

Personal information

Surname(s) / First name(s) **Monica Maria Francesca Puligheddu M.D, PhD**

Position: Associate Professor of Neurology
Dept of Public Medical Sciences and Public Health- University of Cagliari
Head of Neurology Unit
Azienda Ospedaliero-Universitaria (AOU) Monserrato- Cagliari

**Work
experience**

ASN MUR: full professor valid from 26.04.21 till 26.04.33
Author of 152 indexed scientific papers
H index 34
Source SCOPUS

Employment

nov1998–dec 2003 Neurologist in charge for Public Health Services
giu 2000–dec2003 Neurologist in charge for Neurophysiology service AOU-Cagliari
gen2004 – giu 2019 Assistant professor of Neurology University of Cagliari and
Neurologist at Neurology Unit AOU- Cagliari
nov 2009 - to date Director of Sleep Disorders and EEG Center AOU-Cagliari
lug-2017- to date Director of Sleep Disorder Center -University of Cagliari
giu 2019 – to date Associate professor of Neurology University of Cagliari and
Neurologist at Neurology Unit AOU- Cagliari.
May 2023- to date. Director of Neurology Unit – Azienda Ospedaliero-Universitaria -Cagliari

Teaching

2004- to date: Professor of Neurology (MED26) at Università degli studi di Cagliari- ITALY for:

1. *Degree Course in Medicine and Surgery Facoltà di Medicina e Chirurgia*
2. *Degree Course in Nursing Sciences Facoltà di medicina e Chirurgia*
3. *Post-graduation Course in Internal Medicine Facoltà di medicina e Chirurgia*
4. *Post-graduation Course in Infective diseases Facoltà di medicina e Chirurgia*
5. *Post-graduation Course in Geriatry Facoltà di medicina e Chirurgia*
6. *PhD Program in Neuroscience – University of Cagliari*

2004 -to date: Professor of EEG and correlate techniques for Università degli studi di Cagliari-
Post-graduation Course in Neurology Facoltà di medicina e Chirurgia
Post-graduation Course in Neurophysiology Facoltà di medicina e Chirurgia

2004- to date: Tutor of 40 Degrees Thesis for Medicine and Surgery Course at UNICA
2017- to date: Tutor of 12 Degree Thesis in Nursing Course at University of Cagliari
2010- to date: Tutor of 8 Thesis for Neurology and Neurophysiology Specialization Course at University of Cagliari
2012- to date Tutor of 10 PhD Program at University of Cagliari

Clinical Assistance

- Neurophysiopathology service: Epilepsy Centre, Sleep Disorders Centre, General neurology
- Neurology division: clinical assistance
- Elettroencefalography and evoked potentials labs, 24 dynamics EEG, video-PSG, cognitive evoked potential.
- -intraoperative monitoring (EEG\PE)
- -death investigation
- -SLEEP LAB MONITORING

Research Projects

Main National \International Grant Research Projects

-MIUR- Programmi Di Ricerca Scientifica Di Rilevante Interesse Nazionale Anno 2017 PRIN-prot. 2017S7C3JP "Role of neuroactive steroids in the interplay between sleep disorders and Parkinson's disease: possible sex difference and therapeutic intervention". Eligible not funded

-MOH-Ministero Della Salute Bando Ricerca Finalizzata 2011\12 progetto PE-201102351898 "Modulation of the startle response in REM Sleep Behavior Disorder" dal 24-11-2014 al 24-11-2018. Principal Investigator

-Fondazione Banco Di Sardegna Bando 2017 "Neurosteroids as a novel predictive biomarker associated with sleep disorders in Parkinson's disease" (Unit Responsible)

-H2020-PHC2014-single-stage Topic PHC-20-2014 Type of Action IA Proposal Number 210151827 Acronym MILLE "Maintain Independent Longer-Living in a Home-Environment" eligible not funded (Unit Responsible)

-Fondazione Banco Di Sardegna bando 2013 "Studio a medio-lungo termine degli effetti della palmitoiletanolamide (PEA) sul deficit ventilatorio in sonno in malati affetti da sclerosi laterale amiotrofica (SLA)". Principal Investigator

-L. Regionale 7 Agosto 2007, N 7 Regione Sardegna bando 2012- _CRP-61629: "Study of the effects of palmitoylethanolamide on medium and long-term evolution in respiratory sleep disorders in patients affected by amyotrophic lateral sclerosis" dal 03-09-2012 al 30-09-2017 (Principal Investigator)

-MIUR-Programmi Di Ricerca Scientifica Di Rilevante Interesse Nazionale Anno 2009 PRIN- prot. 2009HST9YF "A novel therapeutic target in nocturnal frontal lobe epilepsy" dal 17-10-2011 al 17-10-2013. (Participant)

- L. Regionale 7 Agosto 2007, N 7 Regione Sardegna Bando 2008 "La stimolazione trigeminale come terapia non farmacologica alternativa e/o coadiuvante la stimolazione vagale, nel trattamento dell'epilessia parziale farmaco-resistente" dal 01-01-2011 al 31-12-2012- Principal Investigator

-Young Researcher (Start-Up) \ (Fondo 5%) - Bando 2008 UNICA –University of Cagliari "Application for a non- invasive new method for brain rhythm study: EEG\FMRI combined" Principal Investigator

-International Rotary Scholarship (ROMA-EST)1999 “multimodal analysis of spontaneous and evoked brain MEG\EEG rhythms and its evaluation of cognitive brain functions”. (Principal Investigator)

Clinical neurophysiopatology Studies

“Neural Correlates Of Simple Arithmetic: An Eeg/Meg Study” in collaborazione con prof CJ Stam_ Meg Centre_Vumc, Amsterdam (NI) dal 09-09-2001 al 05-12-2005 Principal Investigator

“La stimolazione trigeminale come terapia non farmacologia alternativa e/o coadiuvante la stimolazione vagale, nel trattamento dell'epilessia parziale farmacoresistente”.

dal 01-01-2011 al 31-12-2012 In collaborazione con Università di Sassari prof F. Deriu – (finanziamento RAS legge 7 bando 2008). (Unit Responsible)

“aAnalisi non-lineare del segnale corticale eeg\meg:studio osservazionale in categorie stratificate di soggetti afferenti all'ambulatorio di neurofisopatologia (eg epilessia, malattie neurodegenerative, disturbi del sonno, cefalea”.

Principal Investigator Studio Non_LiMe versione del 17-01-13

“ Effetti del finasteride sul disturbo del controllo degli impulsi nella malattia di Tourette e mlt di Parkinson ” (studio in aperto e studio in doppio cieco randomizzato) in collaboration with Dr. M. Bortolato (Utah_USA) dal 03-01-2011 al 30-06-2017

Co-Principal Investigator

“F waves parameters as a specific and sensitive tool for diagnosis of restless legs syndrome” in collaborazione con Università di Parma e università di Clermont Ferrand (reclutamento Cagliari) dal 03-02-2011 al 31-12-2015 Principal Investigator

PhD Program c\o Alma mater Bologna apr 2015 funding PRIN- prot. 2009HST9YF

“Studio Multicentrico Osservazionale Sulla Prevalenza Di Disturbi Del Sonno Nel Personale Medico Ospedaliero (Protocollo PRESOMO)- capofila Pisa dal 11-11-2011 al 31-12-2013 Unit Responsible

“Study of the effects of palmitoylethanolamide on medium and long-term evolution in respiratory sleep disorders in patients affected by amyotrophic lateral sclerosis” dal 03-09-2012 al 30-09-2017 (funding RAS legge 7 bando 2012 CRP-61629). Principal Investigator

“I disturbi del sonno in gravidanza: conseguenze sul benessere materno-fetale” (Studio multicentrico osservazionale) capofila Messina in collaborazione con il servizio materno.infantile dell'Università di Cagliari. dal 04-01-2013 al 2017.Unit Responsible

“Heart rate variability and ECG-based Cardiopulmonary Coupling for Sleep Stability Assessment in Patients with Amyotrophic Lateral Sclerosis (ALS)” in collaborazione con Università di Parma; Wyss Institute at Harvard University, Boston, MA, USA; Beth Israel Deaconess Medical Center (BIDMC), Boston, MA, USA Recruiting in Cagliari dal 03-03-2014 a 2017 Principal Investigator

“Evaluation of sleep structure and characteristics in patients with Amyotrophic Lateral Sclerosis (ALS)” in

collaborazione con Università di Parma; IRCSS Troina. dal 05-03-2014 a 2017. Recruiting in Cagliari.
Principal Investigator

“atonia loss in idiopathic REM sleep behavior disorder correlates with abnormalities in the Vestibular Evoked Myogenic Potentials -Neuropsychiatric features in idiopathic RBD”. coll. con Università di Sassari Prof. F. Deriu 05-03-2016 a 07-12- 2017 Recruiting Center PI

“Studio cross-over randomizzato in doppio cieco contro placebo sull’efficacia del 5-idrossitriptofano nel trattamento dei disturbi del comportamento nel sonno REM, fluttuazioni motorie/discinesie, apatia e depressione in pazienti affetti da Malattia di Parkinson”. 03\06\2016- 31-12-2017 Recruiting Center – PI

“Studio polisonnografico di soggetti con PANS (Pediatric Acute-onset Neuropsychiatric Syndrome)” coll con Clinica Neuropsichiatria infantile UNICA Cagliari. DI 07-01-2019 co- PI

“Studio polisonnografico di soggetti con PANS (Pediatric Acute-onset Neuropsychiatric Syndrome)” coll con Clinica Neuropsichiatria infantile UNICA Cagliari. DI 07-01-2019 co- PI

“Modulation of the startle response in REM Sleep Behavior Disorder “ 24-11-2014 24-11-2018 (**funding MOH Ministeriale (PE--2011--02351898) PI**

Studio multicentrico traslazionale (CA-PR): “Rationale for adjunctive therapy with fenofibrate in pharmacoresistant nocturnal frontal lobe epilepsy (fnle)”. Reclutamento Cagliari e Parma dal 15-09-2011 al 31-12-2014 Principal Investigator

As a member of the International RBD Study Group (from 2011 to today) I have participated in the following projects as a Unit Responsible:

1. “Environnemental Risk Factor for Idiopathic REM behaviour disorder” Head Montreal_CAN 03-03-2011 to 31-12-2012
2. “A Single-Question Screen for REM Sleep Behavior Disorder: A Multicenter Validation Study” Head Montreal_CAN dal 03-03-2011 al 28-02-2012
3. “Combined cohort study of Rem Behaviour disorder”.Head Montreal_CAN from 22-09-2016 to date.
4. “International Validation of a Scale for the Severity of REM sleep behavior disorder (IVA-RBDSS)” Head Clermont-Ferrand (FRA) dal 07-12-2017 to date
5. “The genetics of REM sleep behavior disorder, Parkinson’s disease and other synucleinopathies”. GWAS study Head Montreal CAN dal 07-11-2017 a oggi.
6. “REMeDio Study The fate of patients with idiopathic REM sleep Behaviour Disorder (iRBD). A prospective observational study. (Head Genova prof F. Nobili) dal 05-04-2016

Coordinator of studies and head of the project unit in collaboration with the University of Clermont-Ferrant (Prof F. Durif; Prof; L. Fantini) (from 10-09-2014) to date

7. “REM sleep behavior disorder (RBD) as a marker of progression in Parkinson’s disease: a longitudinal study”
8. “Increased risk of impulsive behavior disorders in Parkinson’s disease patients with RLS Impulsivity and narcolepsy”.

9. “Dream mentation , neuropsychiatric features and impulse control disorders in Isolated RBD and Parkinson’s Disease”.
10. “REM sleep behavior as a prodromal marker of neurodegeneration.”

National and International Clinical Trial

1. Studio multicentrico nazionale: Studio di superiorità randomizzato, in aperto, multicentrico per l’efficacia e la sicurezza di zonisamide come terapia aggiuntiva con zonisamide come terapia sostitutiva lo farmaco antiepilettico ad essere stato aggiunto in pazienti affetti da crisi focali. SPONSOR EISAI)-2012.
2. Studio multicentrico internazionale: A Phase III Randomized, Placebo-Controlled Clinical Trial to Safety and Efficacy of Suvorexant (MK-4305) for the Treatment of Insomnia in Subjects with Alzheimer’s PONSOR:MERCK-SHARP & DOHM.ECORP., Inc dal 06-06-2016 a 21-12- 2017
3. -Studio multicentrico internazionale: A Multicenter, Randomized, Double-Blind, Controlled, Active or, Parallel-Group Study of the Efficacy and Safety of Lemborexant in Subjects with Insomnia Disorder,” EISAI Limited Sponsor, dal 22-08-2016 al 30-12-2017
4. -Studio multicentrico internazionale: “Dose finding phase Iib study of Bavisant to evaluate its efficacy in treatment of excessive daytime sleepiness (EDS) in PARKinson’s Disease (PD). CASPAR study. BenevolentAI Bio Limited dal 05-04-2017 dec 2019
5. -Studio multicentrico internazionale: “A randomized, double-blind, placebo-controlled, dose study to evaluate the efficacy and safety of padsevonil as adjunctive treatment of focal onset seizures in adult with drug-resistant epilepsy”, phase II, PAREXEL #235557, Site # 450 Sponsor UCB dal 06-12-2017 dec
6. Studio monocentrico nazionale di efficacia del trattamento pressometrico con CPAP e del ventilatorio con supporto pressovolumetrico in sonno sulle prestazioni cognitive diurne in una e di pazienti obesi affetti da sindrome delle apnee ostruttive in sonno (OSAS) o sindrome obesità-ione (OHS). PEPTACOS con il supporto di VIVISOL®- 03-03-18 to date.
7. Studio multicentrico internazionale: A 5year multi center, observational post authorization safety document the utilization of Wakix® in the treatment of narcolepsy with or without cataplexy and to collect on its long term safety when used in routine medical practice P1511 ENCEPP/ SDPP/13818/ WAKIX®. BIOPROJECT 02-02-2019 to date.

Master's \Laurea

1. **Laurea in Medicine and Surgery**, \Laurea in Medicina e chirurgia Summa cum Laude
Facoltà di medicina e Chirurgia Università degli studi di Cagliari- ITALY
Date: July 1994
2. **Board Medical \ABILITAZIONE** all'esercizio della professione di Medico-Chirurgo
Facoltà di medicina e Chirurgia Università degli studi di Cagliari- ITALY
Date: November 1995
3. **Master in NEUROPHYSIOLOGY** (Elettroencephalography and Evoked potentials)
Faculté de Médecine et Chirurgie UNIVERSITÉ C.BERNARD LYON –FR
Date: November 1997
4. **Post Graduate in Neurology** \specializzazione in Neurologia (Cum Laude)
Facoltà di medicina e Chirurgia Università degli studi di Cagliari- ITALY
Date: November 1998
5. **National Board on Sleep Disorder AIMS**
Date: November 2006
6. **PhD Program Specialistic Medicine- Sleep Medicine**
Date march 2015
Alma Mater Studiorum – Bologna
7. **Master University level II “MANAGEMENT AND INNOVATION IN HEALTHCARE”**
Università La Sapienza Roma 2022-23

STAGES:

- 1997 service D'EXPLORATION FONCTIONNELLE EEG, POT.EV. ET UNITE
EPILEPTOLOGIE Hôpital Neurologique "P.Wertheimer" LYON (FR) –dir. prof. F Mauguiere.
Faculté de Médecine et Chirurgie UNIVERSITÉ C.BERNARD LYON –FR (12 months)
- 2000\2001 MAGNETOENCEPHALOGRAPHIE CENTRUM –dir. PhD B. VanDijk
FREE UNIVERSITY –AMSTERDAM (NL) (9 months)
- 2012 Ph Doctoral fellowship AT SLEEP MEDICINE CENTRE Parma (IT) dir prof GM
Terzano (4 years)

Personal skills and competences

Mother tongue(s)

ITALIAN

Other language(s)

ENGLISH, FRENCH,

Self-assessment

European level ()*

Understanding		Speaking		Writing
Listening	Reading	Spoken interaction	Spoken production	

Language

x	ENGLISH	x	X	X	X
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Language

x	FRENCH	X	X	X	X
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() Common European Framework of Reference (CEF) level*

Organisational skills and competences

Since 2006 responsible of SLEEP DISORDER LAB for adults and children clinical competences:

general neurology, epilepsy, sleep disorders.

Research competences:

- fundamental research
- clinical epilepsy research
- sleep disorders research
- multimodal brain signals analysis

Technical skills and competences

- High density Electroencefalography,
- extended polisomnography,
- EEG monitoring for intensive care and surgical rooms, carotid TEA monitoring,
- co registered EEG\fmRI technical procedures
- co registered MEG\EEG analysis
- short, middle and long latency evoked potentials, Event Related potentials
- quantitative brain rhythms analysis,
- videopolisomnography laboratory with applications for children and adults sleep disorders
- Non invasive ventilation procedures.

Computer skills and competences

Computer skills and competences: windows, apple, EEG\MEG software acquisition and analisys, brain imaging software analysis, VNS devices,.

Other skills and competences

Driving licence(s)

Type B

Additional information

Author of 152 indexed scientific papers

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