



European Sleep Foundation



PROGRAM



**SSWS** SLEEP SCIENCE  
WINTER SCHOOL

**03-06/03/2019**

**WENGEN** HOTEL REGINA



Università  
della  
Svizzera  
italiana



**BENESCO**

Bern Network Epilepsy Sleep Consciousness

**u<sup>b</sup>**

UNIVERSITÄT  
BERN

Interfaculty Research Cooperation:  
Decoding Sleep



SLEEP SCIENCE WINTER SCHOOL

***Dear Scientists,***

We are delighted to announce the scientific program of the 2<sup>nd</sup> Sleep Science Winter School (SSWS). Building on the long-standing tradition of this scientific meeting in the stunning Bernese Alps, we return in 2019 with a fresh new format that will integrate the BENESCO Wengen meeting and the Sleep Science Winter School, as part of the integrated program of the Academy of Sleep and Consciousness (ASC). The program of the SSWS/BENESCO features educational lectures aimed at multi-level students enrolled in the Certificate of Advanced Studies (CAS) in sleep, consciousness and related disorders program, however, participation is open to regular BENESCO members and the swiss scientific community. The CAS aims at fostering the development of the next-generation sleep scientists by providing excellent educational programs, opportunities for scientific interaction and mentoring by world-known experts in

the field of sleep and circadian science.

This meeting has a strong focus on methodological aspects in sleep research as well as their clinical relevance in the diagnosis of sleep disorders. Hence, the speaker's expertise ranges from fundamental neuroscience to applied clinical practice. The different modules are organized as follows:

**CAS Lectures\*:** The program is designed to provide sleep scientists at all career stages with lectures ranging from the basic principles of sleep and circadian science to lectures on highly specialized scientific, clinical and methodological topics.

**CAS course series\*:** Prof. Frohlich will teach an interactive course on systems neuroscience in these morning sessions with a particular highlight of sleep.

**Scientific sessions:** During the afternoon symposia, experts in the field of sleep and circadian science present and discuss current topics in the field of sleep and epilepsy, psychiatry, consciousness, cognition and sensory processing.

**Poster session\*:** At the poster session, scientists will have the opportunity to present and discuss their own research with their peers as well as experts in the field of sleep and circadian science from a fundamental as well as clinical perspective.

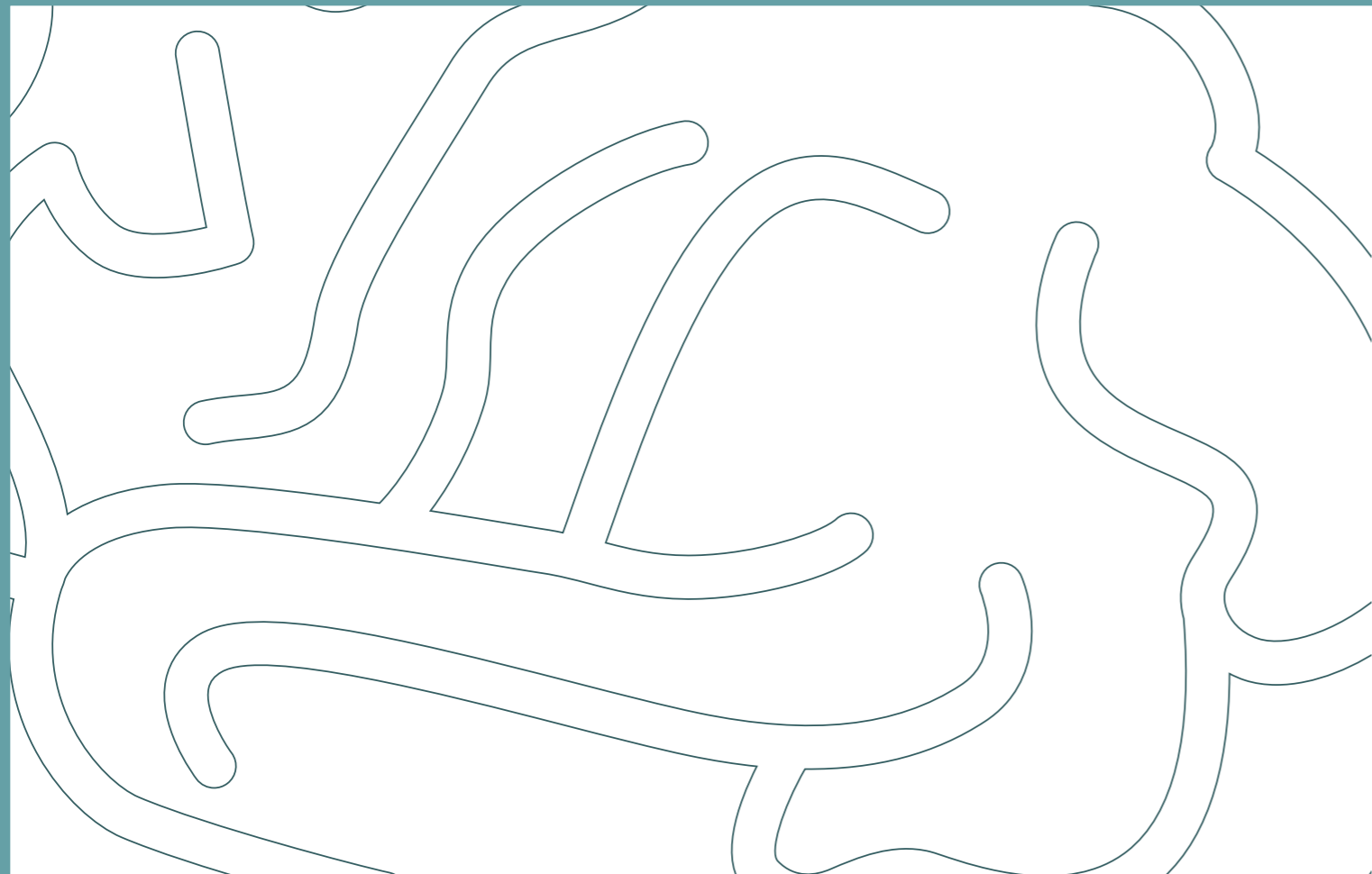
**IRC session:** This evening session provides insight into current research projects of the Interfaculty Research Cooperation (IRC) «Decoding Sleep».

**Networking and scientific debate:** Multiple networking opportunities as well as room for scientific debate is provided during the meeting. «Meet the Professors lunch» and dinners are planned to enable valuable scientific exchange and informal discussion.

We hope you join us for this inspiring Sleep Science Winter School,

On behalf of the BENESCO and Academy of Sleep and Consciousness executive board, the European sleep foundation and the scientific committee.

*\*Attendance of the CAS lectures, the CAS course series and the poster session are mandatory for the students of the Academy of Sleep and Consciousness.*



## SCIENTIFIC COMMITTEE



Antoine Adamantidis  
Urs Albrecht  
Steven Brown  
Simone Duss  
Stephany Fulda  
Reto Huber  
Anita Lüthi  
Kaspar Schindler



Flavio Fröhlich



Pierre-Hervé Luppi



Marcello Massimini



Winfried Randerath

## BENESCO EXECUTIVE BOARD

- Antoine Adamantidis
- Urs Albrecht
- Claudio Bassetti
- Thomas Dierks
- Daniel Erlacher
- Matthias Gugger
- Katharina Henke
- Mauro Manconi
- Christoph Nissen
- Arto Nirkko
- Kaspar Schindler
- Roland Wiest

## EUROPEAN SLEEP FOUNDATION

- Claudio Bassetti
- Winfried Randerath
- Luigi Ferini-Strambi

DAY 1 - **SUNDAY, 3<sup>rd</sup> MARCH 2019**

14.00 Welcome address

**CAS LECTURES**

14.15 Sleep across species - *Markus Schmidt (Bern Uni Hospital, Neurology)*

15.00 Sleep homeostasis - *Paul Franken (Uni Lausanne, Biology & Medicine)*

15.45 *Break*

**CAS LECTURES**

16.15 The regulation of sleep - *Pierre-Hervé Luppi (Neuroscience Research Center Lyon, Basic research)*

17.00 Sleep & Consciousness  
*Francesca Siclari (CHUV, Sleep Center)*

17.45 *Break*

**CAS LECTURES**

18.00 The clocks controlling sleep  
*Steven Brown (Uni Zurich, Chronobiology)*

20.00 *Dinner*

DAY 2 - **MONDAY, 4<sup>th</sup> MARCH 2019**

**CAS COURSE SERIES**

08.30 Network Neuroscience - *Flavio Fröhlich (Uni North Carolina, Psychiatry)*

09.45 *Break*

**CAS LECTURES**

10.15 Methods in basic sleep research  
*Antoine Adamantidis (Bern Uni Hospital, Experimental Neurology)*

11.15 Methods in human sleep research  
*Stephany Fulda (EOC Lugano, Sleep & Epilepsy Center)*

12.15 *Meet the Professor Lunch*

**SCIENTIFIC SESSION 1 - EPILEPSY**

 **CHAIRS: K. SCHINDLER, M. BAUD**

13.45 Gauging Seizure Risk - *Maxime Baud (Bern Uni Hospital, Neurology)*

14.15 Evaluating the MRI after a first seizure: the role of quantitative markers  
*Christian Rummel (Bern Uni Hospital, Neuroradiology)*

14.45 Epilepsy and sleep - *Frédéric Zubler (Bern Uni Hospital, Neurology)*

15.15 qEEG - *Kaspar Schindler (Bern Uni Hospital, Neurology)*

15.45 *Break*

**SCIENTIFIC SESSION 2 - SENSOMOTOR PROCESSING DURING SLEEP**

 **CHAIRS: K. HENKE, R. KHATAMI**

16.15 Sensory processing and learning during sleep - *Anat Arzi (Uni Cambridge, Psychology)*

16.45 Vocabulary acquisition during sleep  
*S. Ruch (Uni Bern, Psychology)*

17.15 PVT performance under different sleep schedules - *Zhongxing Zhang (Sleep Medicine Barmelweid)*

17.45 Auditory stimulation to modulate sleep oscillations - *Caroline Lustenberger (ETH, Zurich)*

18.15 *Break*

**POSTER SESSION**

18.30 Young scientists presenting their research with welcome reception

20.00 *Dinner*

DAY 3 - **TUESDAY, 5<sup>th</sup> MARCH 2019**

DAY 4 - **WEDNESDAY, 6<sup>th</sup> MARCH 2019**


**CAS COURSE SERIES**  
08.30 Network Neuroscience - *Flavio Fröhlich (Uni North Carolina, Psychiatry)*

09.45 *Break*

**CAS LECTURES**  
10.15 The function of sleep  
*Reto Huber (Uni Children's Hospital Zurich, Child Development Center)*

11.15 The memory function of sleep  
*Björn Rasch (Uni Fribourg, Psychology)*

12.15 *Individual lunch*

**SCIENTIFIC SESSION 3 - CONSCIOUSNESS**  
 CHAIRS: F. ZUBLER, D. ERLACHER


13.45 Assessment of Coma in the ICU  
*Matthias Hänggi (Bern Uni Hospital, Intensive Care Medicine)*

14.15 Post-cards from the dark side-gauging unconsciousness - *Friedrich Lersch (Bern Uni Hospital, Anesthesiology)*

14.45 EEG and consciousness - *Frédéric Zuber (Bern Uni Hospital, Neurology)*

15.15 Lucid dreaming - *Daniel Erlacher (Bern Uni, Sports Science)*

15.45 *Break*

**SCIENTIFIC SESSION 4 - PSYCHIATRY & COGNITION**  
 CHAIRS: L. TAROKH, M. HATZINGER

16.15 Sleep-associated biomarkers in insomnia and depression - *Thorsten Mikoteit (Psychiatry Services, Solothurn)*

16.45 Heritability of Sleep in Adolescence: Implications for Psychiatry  
*Leila Tarokh (Bern University Hospital of Psychiatry and Psychotherapy)*

17.15 How does cognition influence sleep?  
*Björn Rasch (Uni Fribourg, Psychology)*

17.45 Sleep as a window to rapid antidepressant treatment in major depression  
*Christoph Nissen (Bern University Hospital of Psychiatry and Psychotherapy)*

18.15 *Break*

**IRC SESSION**  
 CHAIRS: C. BASSETTI, F. MAST

18.15 Insights into selected IRC projects

20.00 *Dinner*

**CAS COURSE SERIES**  
08.30 Network Neuroscience - *Flavio Fröhlich (Uni North Carolina, Psychiatry)*

09.45 *Break*

**CAS LECTURES**  
10.15 Circadian rhythms - *Urs Albrecht (Uni Fribourg, Chronobiology)*

**12.00 Exam for ASC students aiming for the Certificate of Advanced Studies in Sleep, Consciousness and Related Disorders**

13.00 Networking Event

## LOCAL ORGANIZER

DR. PHIL. SIMONE DUSS

Sleep-Wake-Epilepsy-Center, Department of  
Neurology, Bern University Hospital

3010 Bern, Inselspital

simone.duss@insel.ch

## MEETING VENUE & ACCOMMODATION

HOTEL REGINA

CH-3823 Wengen

www.hotelregina.ch

phone: +41 33 856 58 58

individual booking by e-mail to  
reservation@hotelregina.ch



## HOW TO REACH WENGEN

BY TRAIN

From Bern via Interlaken Ost, to Wilderswil,  
Lauterbrunnen, Wengen

BY CAR

From Bern to Wilderswil (car park) or Lauterbrunnen  
(car park) then by train to Wengen



## REGISTRATION FEES

### Full Congress fee

Participant 150 €

Student 100 €

[www.europeansleepfoundation.ch/events/](http://www.europeansleepfoundation.ch/events/)

ONLINE REGISTRATION



REGISTRATION FEE INCLUDES:

- Participation to the Winter School
- Conference materials
- Coffee breaks
- Lunches

ADDITIONAL INFORMATION:

Students must prove their student status with the  
official document from their university.

## CREDITS

Certificate in Advanced Studies «Sleep,  
Consciousness, and related disorders»:  
2 ECTS

Graduate Schools for Health Science (GHS) and for  
Cellular and Biomedical Sciences (GCP), University  
of Bern:

1.5 ECTS for active participation and poster  
presentation

Swiss Neurological Society (SNG) & Swiss Society  
for Clinical Neurophysiology (SGKN/SSNC):  
4 CREDITS PER HALF-DAY

Swiss Society for Sleep Research, Sleep Medicine  
and Chronobiology (SGSSC):  
SUNDAY 5 CREDITS, MONDAY/TUESDAY 8  
CREDITS PER DAY, WEDNESDAY 3.5 CREDITS

## PATRONAGE



Schweizerische Gesellschaft für Schlafforschung,  
Schlafmedizin und Chronobiologie  
Société Suisse de Recherche sur le Sommeil,  
de Médecine du Sommeil et de Chronobiologie

## ORGANIZING SECRETARY



**ANDREA BARZAGO**

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**For more information and registration:**

[www.europeansleepfoundation.ch](http://www.europeansleepfoundation.ch)