ESF European Sleep Foundation

SSWS SLEEP SCIENCE WINTER SCHOOL

03-06/03/2019
WENGEN HOTEL REGINA
Dear Scientists,

We are delighted to announce the scientific program of the 2nd 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

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EUROPEAN SLEEP FOUNDATION
• Claudio Bassetti
• Winfried Randerath
• Luigi Ferini-Strambi
### DAY 1 - SUNDAY, 3rd MARCH 2019

**14.00 Welcome address**

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

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

**15.45 Break**

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

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

**17.45 Break**

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

**20.00 Dinner**

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### DAY 2 - MONDAY, 4th MARCH 2019

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

**09.45 Break**

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

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

**12.15 Meet the Professor Lunch**

**13.45 SCIENTIFIC SESSION 1 - EPILEPSY**
- **Gauging Seizure Risk** - Maxime Baud (Bern Uni Hospital, Neurology)
- **Evaluating the MRI after a first seizure: the role of quantitative markers** - Christian Rummel (Bern Uni Hospital, Neuroradiology)
- **Epilepsy and sleep** - Frédéric Zubler (Bern Uni Hospital, Neurology)
- **qEEG** - Kaspar Schindler (Bern Uni Hospital, Neurology)

**14.45 Break**

**15.45 POSTER SESSION**
- **Young scientists presenting their research with welcome reception**
DAY 3 - TUESDAY, 5th 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 Zubler (Bern Uni Hospital, Neurology)

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

15.45 Break

DAY 4 - WEDNESDAY, 6th MARCH 2019

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

SCIENTIFIC SESSION 4 - PSYCHIATRY & COGNITION
CHAIRS: L. TAROKH, M. HATZINGER
14.15 How does cognition influence sleep?
   Björn Rasch (Uni Fribourg, Psychology)

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

15.15 Break

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

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

17.15 Break

18.15 Insights into selected IRC projects
   C. BASSETTI, F. MAST

20.00 Dinner
CONTACT
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ACCOMMODATION
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individual booking by e-mail to reservation@hotelregina.ch

MEETING VENUE
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

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
For more information and registration:
www.europeansleepfoundation.ch