Thursday, February 1st, 2018

Workshops

09:00 – 09:50  Workshop 1
Machine learning tools in sleep research and sleep medicine
Alexander Malafev (University of Zurich, CH)
Ramin Khatami (Clinic Barmelweid, CH)

Workshop 2
Tracking the internal clock
Steven A. Brown (University of Zurich, CH)
Derk-Jan Dijk (University of Surrey, UK)

09:50 – 10:10  Coffee break

10:10 – 11:00  Workshop 3
Sleep and neurodegeneration
Daniela Noain (University Hospital Zurich, CH)
Christian Baumann (University Hospital Zurich, CH)

Workshop 4
Targeted memory reactivation
Björn Rasch (University of Fribourg, CH)
Inès Wilhelm (University of Zurich, CH)

11:10 – 12:00  Workshop 5
Local aspects of sleep and wakefulness
Reto Huber (University Children’s Hospital Zurich, CH)
Bigna Bölsterli (University Children’s Hospital Zurich, CH)

Workshop 6
Imaging sleep and dreams
Sebastian C. Holst (Copenhagen University Hospital, Denmark)
Francesca Siclari (University Hospital Lausanne, CH)

12:00 – 13:30  Lunch

12:15 – 13:15  Business meeting: Zurich Center of interdisciplinary Sleep Research (ZiS)
Zurich Sleep Medicine Symposium 2018

**Phenotyping of patients with OSA**
Moderator: Konrad Bloch (University Hospital Zurich, CH)

13:30-13:50 **Real-time breath analysis: How will it help to track sleep?**
Pablo Martinez Lozano Sinues (University of Basel, CH)

13:50-14:10 **Exhaled breath metabolomics in patients with OSA**
Malcolm Kohler (University Hospital Zurich, CH)

14:10-14:40 **Phenotyping OSA patients**
Andrew Wellman (Harvard Medical School, USA)

14:40-15:10 **Do miRNA predict blood pressure response to CPAP treatment?**
Ferran Barbe (University of Lleida, Spain)

15:10-15:45 **Coffee break**

**Sleep and stress**
Moderator: Erich Seifritz (Psychiatric University Hospital Zurich, CH)

15:45-16:15 **Work stress, sleep and health: What are the links?**
John Axelsson (Karolinska Institutet, Sweden)

16:15-16:35 **Sleep and emotional learning: Relevance to mental health and psychotherapy**
Birgit Kleim (University of Zurich, CH)

16:35-16:50 **Neural correlates of trauma memory and sleep**
Géraldine Gvozdanovic (University of Zurich, CH)

16:50-17:10 **The MemoSleep Hypothesis: How does cognition influence sleep?**
Björn Rasch (University of Fribourg, CH)

Symposium of the Clinical Research Priority Program Sleep and Health

17:15-17:30 **Opening remarks**
Jean-Marc Fritschy (Vice-Dean of the Faculty of Medicine, UZH)
Gregor Zünd (Président of the University Hospital Executive Board)

17:30-18:30 **Keynote lecture**
Moderator: Malcolm Kohler (University Hospital Zurich, CH)
**Developing personalized approaches to sleep disorders**
Allan I. Pack (University of Pennsylvania, USA)

18:30 **Apéro**
Friday, February 2nd, 2018

Sleep projects directed by women
Moderator: Irene Tobler (University of Zurich, CH)

08:45-09:00 Heritability of sleep in adolescence
Leila Tarokh (University of Bern and University of Zurich, CH)

09:00-09:15 Babies, bedtimes and bacteria
Salome Kurth (University Hospital Zurich, CH)

09:15-09:30 Establishing the influence of sleep oscillations on brain and body functions using auditory stimulation
Caroline Lustenberger (ETH Zurich, CH)

09:30-10:00 Coffee break

Sleep biomarkers
Moderator: Hans-Peter Landolt (University of Zurich, CH)

10:00 -10:20 A systems genetic approach to the effects of sleep deprivation in mice
Paul Franken (University of Lausanne, CH)

10:20 -10:50 Brain mechanisms and functional impact of age-related changes
Julie Carrier (University of Montréal, Canada)

10:50-11:20 Human sleep-wake regulation: A multilevel approach
Derk-Jan Dijk (University of Surrey, UK)

11:20-11:35 From wakefulness to sleep: What are the underlying metabolic changes in the human brain?
Mick Lehmann (University of Zurich, CH)

11:45-13:00 Poster session and lunch

Circadian regulation of sleep:
Insights from humans and animal models
Moderator: Steven A. Brown (University of Zurich, CH)

13:00-13:30 Effects of sleep and circadian disruption on the human microbiome
Kenneth Wright (University of Colorado, USA)

13:30-14:00 Suprachiasmatic circuits
Michael Hastings (MRC Laboratory of Molecular Biology, Cambridge, UK)

14:00-14:20 New insights into the circadian regulation of sleep in Drosophila
Emi Nagoshi (University of Geneva, CH)

14:20-14:35 Circadian activity in the wake-maintenance zone
Ben Collins (University of Zurich, CH)
Sleep, brain and behavior  
Moderator: Reto Huber (University Children’s Hospital Zurich, CH)

14:40-15:10 Ultrastructural evidence for synaptic scaling across the sleep-wake cycle  
Luisa de Vivo (University of Wisconsin-Madison, Madison, USA)

15:10-15:30 Deep sleep maintains learning efficiency of the human brain  
Sara Fattinger (University Children's Hospital Zurich, CH)

15:30 -15:50 Animal models of restless legs syndrome and periodic limb movements syndrome  
Mauro Manconi (Neurocenter of Southern Switzerland, Lugano, CH)

15:50-16:10 Chronic sleep restriction: Local aspects of altered behaviors  
Angelina Maric (University Hospital Zurich, CH)

16:10-16:30 Coffee break

Sleep - from synapses to patients  
Moderator: Alexander A. Borbély (University of Zurich, CH)

16:30-16:50 Sleep and wake at cortical synapses: a glial perspective  
Michele Bellesi (University of Wisconsin-Madison, Madison, USA)

16:50 -17:10 Mechanisms of circadian plasticity  
Steven A. Brown (University of Zurich, CH)

17:10-17:30 Who is vulnerable to sleep deprivation?  
Hans-Peter Landolt (University of Zurich, CH)

17:30-17:50 The impact of sleep on neurological disease  
Christian Baumann (University Hospital Zurich, CH)

17:50-18:50 Keynote lecture  
Moderator: Alexander A. Borbély (University of Zurich, CH)  
Sleep and Health: A Clinical Research Priority  
Charles A. Czeisler (Harvard Medical School, USA)

18:50-19:00 Address of the President of UZH  
Michael Hengartner (President of the University of Zürich)

19:00-19:10 Sleep & Health Zurich: Immediate future and perspectives  
Christian Baumann (University Hospital Zurich)

19:10 Closing cocktails
CONTINUOUS MEDICAL EDUCATION

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<tr>
<th>Organization</th>
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<td>Schweizerische Gesellschaft für Pneumologie / Société Suisse de Pneumologie (SGP-SSP)</td>
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REGISTRATION

All participants must be registered. The symposium is free of charge.


Deadline for registration: January 12, 2018

VENUE

University of Zürich, Main Building
Rämistrasse 71, 8006 Zürich
Lecture Hall: KOH B 10

Public transport:
Tram station ETH/UniversitätsSpital (Line 9/10)
Tram station Kantonsschule (Line 5/9)

CONTACT

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