



Sleep & Health Seminar

| Date | Time | Venue | Speaker | Title |
|------------|---------------|--------------------------------|---|--|
| 19.10.2022 | 13.00 - 14.00 | Irchel Campus IPT, Y17-H-05 | Prof. Eus van Someren Netherland Institute for Neuroscience | In search of brain mechanisms of insomnia and its consequences for mental health |
| 04.11.2022 | 12.15 - 13.15 | online | Franziska Ryser, PhD Rehabilitation Engineering Laboratory, ETH and Department of Neurology, USZ Niklas Schneider, PhD (Department of Neurology, USZ) | Movement-based sleep detection – a wearable sensor system to assess quantity and quality of sleep Phase-targeted auditory stimulation during sleep restriction: Can slow wave activity enhancement compensate for insufficient slow wave sleep? |
| 02.12.2022 | 12.15 - 13.15 | online | Prof. Carlo Menon Biomedical and Mobile Health Technology lab, ETH | Wearables for health monitoring and treatment at the Biomedical and Mobile Health Technology lab |
| 13.01.2023 | 12.15 - 13.15 | online | Prof. Wanhe Li Center for Biological Clocks Research Texas A&M University | How Time Flies During Lockdown: Mechanisms Underlying Social Isolation-Induced Sleep Loss in Drosophila |

Organization:

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