Sleep & Health Symposium 2020
New Perspectives and Synergies
of Sleep Research Initiatives in Zurich

November 27, 2020, 9:00-12:40
Kunsthaus Zurich, Vortragssaal
University Center of Competence «Sleep & Health Zurich»

Sleep & Health Symposium 2020
Programme

09:00 Welcome
Prof. H.-P. Landolt (Inst. of Pharmacology & Toxicology, UZH)

09:10-09:40 New Opportunities to Scrutinize Brain State Dynamics
Prof. F. Helmchen (Brain Research Institute, UZH)

09:40-10:10 The Multifunctional Thalamus: Control of Sleep and Wake
Dr. T. Gent (Vetsuisse Faculty, UZH)

10:10-10:40 Nutrient-Sensing Neurons in Sleep/Wake Brain Circuits
Prof. D. Burdakov (D-HEST, ETH Zurich)

10:40-11:10 Coffee Break

11:10-11:40 Junior Session
The Neurochemistry of Human Sleep: Insights from Simultaneous EEG-MR Spectroscopy
Dario Dornbierer (Inst. of Pharmacology & Toxicology, UZH)
Travelling to Brain that never Sleeps
Sara Bernardez Noya (Inst. of Pharmacology & Toxicology, UZH)

11:40-12:10 Netflix, Social Media or Relaxation? The Influence of Bedtime Activities on Sleep
Prof. B. Rasch (Dept. of Psychology, University of Fribourg)

12:10-12:40 Where No Sleep Researcher Has Gone Before
Prof. W. Karlen (D-HEST, ETH Zurich)

12:45-13:45 SHZ General Assembly and Business Meeting
Lunch

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