



**University of
Zurich**^{UZH}

University Center of Competence «Sleep & Health Zurich»



Sleep & Health Symposium 2020

New Perspectives and Synergies of Sleep Research Initiatives in Zurich

November 27, 2020, 9:00-12:40

Kunsthaus Zurich, Vortragssaal

Registration mandatory: www.sleep.uzh.ch (deadline: Nov. 15)



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 the 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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