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

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

Registration: www.sleep.uzh.ch (deadline: Nov. 20)
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

Supported by: www.sleep.uzh.ch  @UZH_SHZ