Sleep & Health Symposium 2021

Thursday, 2 September 2021
9:00-12:30

Kunsthaus Zürich, Vortragssaal
Heimplatz 1 | 8001 Zürich
Sleep & Health Symposium 2021

Programme

09:00 Welcome and Symposium Opening

09:15 Keynote Lecture
Locus coeruleus, nonREM sleep fragility and the ultradian cycle
Anita Lüthi, Prof., Dept. of Fundamental Neurosciences, University of Lausanne

10:00 The sense of the bodily self in awake and dreaming states
Bigna Lenggenhager, Prof., Dept. of Psychology, UZH

10:30 Coffee Break

11:00 Datablitz: latest insights from ongoing research

11:30 Smart wearables to unlock precision mental health care
Giulia de Poain, PhD, HEST, ETH Zurich

12:00 Obstructive sleep apnoea and CPAP effects – Does time matter?
Esther Schwarz, MD PD, Dept. of Pulmonology, USZ

12:30 Closing Remarks

12:45 General Assembly and Business Meeting 2021
Sleep & Health Zurich, University Center of Competence

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In collaboration with:
Schweizerische Hirn Stiftung