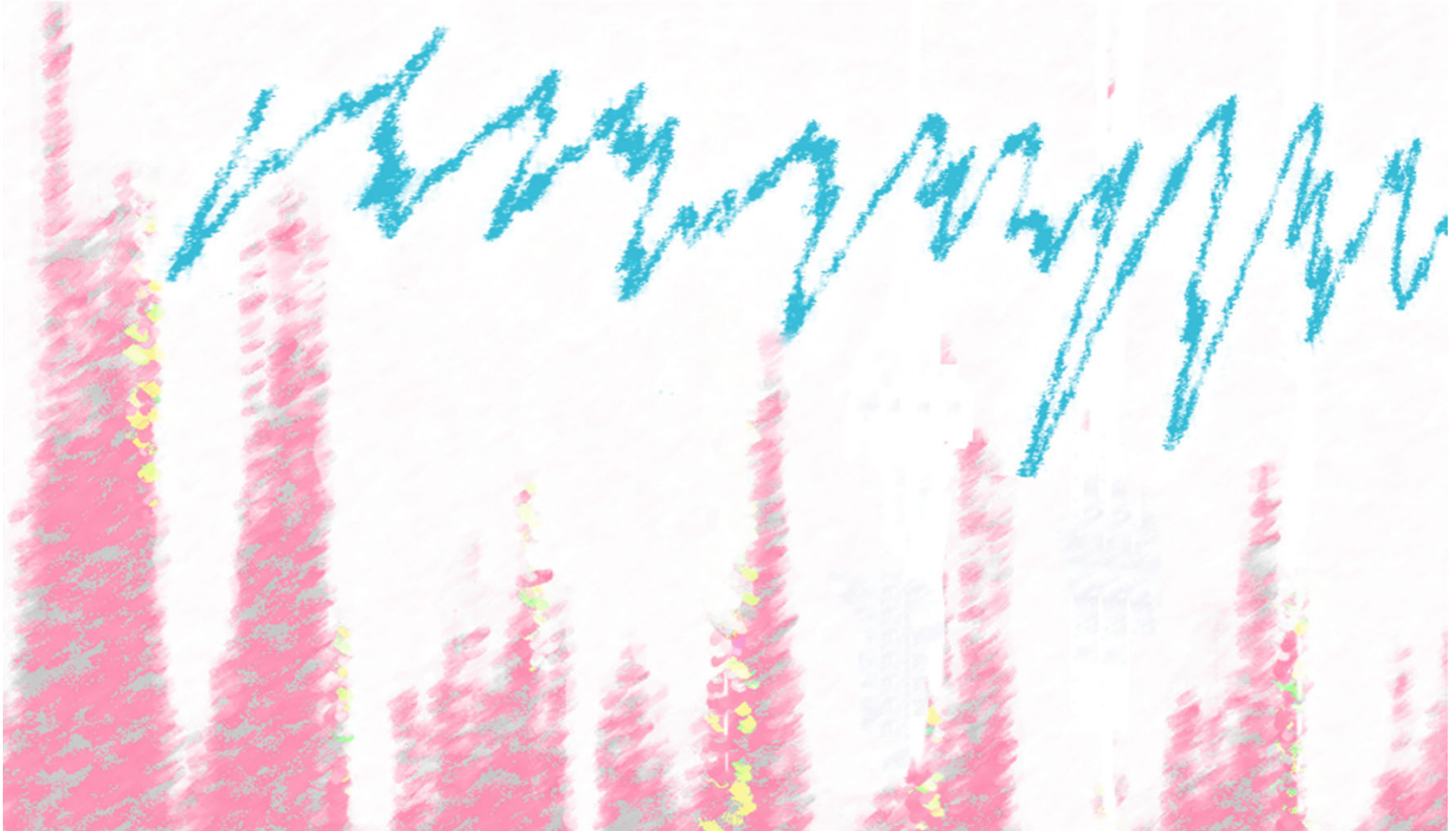




**Universität
Zürich^{UZH}**

Center of Competence Sleep & Health Zurich



Sleep & Health Symposium 2021

Thursday, 2 September 2021
9:00-12:40

Kunsthaus Zürich
Vortragssaal (direct access)
Heimplatz 1 | 8001 Zürich

**Registration
mandatory
ONLINE**
Deadline: July 15



**Universität
Zürich** ^{UZH}

Center of Competence Sleep & Health Zurich

Sleep & Health Symposium 2021

Programme

- 09:00** **Welcome and symposium opening**
Hans Peter Landolt, Prof., SHZ, UZH
- Chair: Hans Peter Landolt, Prof., SHZ, UZH
- 09:15** **SHZ Keynote Lecture**
Locus coeruleus, nonREM sleep fragility and the ultradian cycle
Anita Lüthi, Prof., Dept. of Fundamental Neurosciences, University of Lausanne
- Chair: Salome Kurth, Prof., SHZ, UZH/University of Fribourg
- 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** **SHZ junior session 2021**
Datablitz: latest insights from ongoing research
- Chair: Esther Werth, PhD, SHZ, USZ
- 11:30** **Smart wearables to unlock precision mental health care**
Giulia de Poian, 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** **SHZ Junior Award and closing remarks**
Salome Kurth, Prof., SHZ, UZH/University of Fribourg
- 12:45** SHZ General Assembly and Business Meeting 2021

Registration

Mandatory until July 15, 2021: www.sleep.uzh.ch/registration

Contact

Caroline Kopp, caroline.kopp@usz.ch



[@UZH_SHZ](https://twitter.com/UZH_SHZ)

In collaboration with:



Schweizerische
Hirn Stiftung



**Universität
Zürich^{UZH}**

Center of Competence Sleep & Health Zurich

Sleep & Health Symposium 2021

SHZ junior session 2021

Datablitz: latest insights from ongoing research

- 11:00 **Franziska Ryser**
Insights into Sleep-wake Behavior to Low Sleep Pressure and Circadian Phase in Narcolepsy and Idiopathic Hypersomnia.
(PI: E. Werth)
- 11:06 **Corinne Eicher**
Are effects of 5G electromagnetic fields on sleep modulated by a distinct genetic variation?
(PI: H. P. Landolt)
- 11:12 **Elena Krugliakova**
Does phase-targeted auditory stimulation support physiological sleep?
(PI: R. Huber)
- 11:18 **Niklas Schneider**
Can we enhance the restorative function in sleep restriction by auditory stimulation?
(PIs: A. Maric, C. Baumann)
- 11:24 **Stephanie Huwiler**
Effects of auditory slow wave modulation on cardiovascular dynamics
(PI: C. Lustenberger)

Contact

Caroline Kopp, caroline.kopp@usz.ch



[@UZH_SHZ](https://twitter.com/UZH_SHZ)

In collaboration with:



Schweizerische
Hirn Stiftung