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
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

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In collaboration with: Schweizerische Hirnstiftung
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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
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