Welcome
Prof. H.-P. Landolt (SHZ Steering Committee)

New opportunities to scrutinize brain state dynamics
Prof. F. Helmchen (Brain Research Institute, UZH)

Junior session 1
Travelling to the brain that never sleeps
Sara Bernardez Noya (Inst. of Pharmacology & Toxicology, UZH)

A distinct population of circadian clock neurons
directly controls napping
Sara Pierre-Ferrer (Inst. of Pharmacology & Toxicology, UZH)

Coffee Break

Junior session 2
The neurochemistry of human sleep: insights from simultaneous EEG-MR spectroscopy
Dario Dornbierer (Psychiatric University Hospital Zurich)

Netflix, social media or relaxation?
The influence of bedtime activities on sleep
Prof. B. Rasch (Dept. of Psychology, University of Fribourg)

Where no sleep researcher has gone before
Prof. W. Karlen (D-HEST, ETH Zurich)

Closing remarks
Prof. H.-P. Landolt (SHZ Steering Committee)

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