



Sleep & Health Symposium 2020
November 27, 2020

Online

- 09:00 **Welcome**
Prof. H.-P. Landolt (SHZ Steering Committee)
- 09:15-09:45 **New opportunities to scrutinize brain state dynamics**
Prof. F. Helmchen (Brain Research Institute, UZH)
- 09:45-10:05 **Junior session 1**
Travelling to the brain that never sleeps
Sara Bernardez Noya (Inst. of Pharmacology & Toxicology, UZH)
- 10:05-10:35 **A distinct population of circadian clock neurons directly controls napping**
Sara Pierre-Ferrer (Inst. of Pharmacology & Toxicology, UZH)
- 10:35-11:00 Coffee Break
- 11:00-11:20 **Junior session 2**
The neurochemistry of human sleep: insights from simultaneous EEG-MR spectroscopy
Dario Dornbierer (Psychiatric University Hospital Zurich)
- 11:20-11:50 **Netflix, social media or relaxation?**
The influence of bedtime activities on sleep
Prof. B. Rasch (Dept. of Psychology, University of Fribourg)
- 11:50-12:20 **Where no sleep researcher has gone before**
Prof. W. Karlen (D-HEST, ETH Zurich)
- 12:20-12:25 **Closing remarks**
Prof. H.-P. Landolt (SHZ Steering Committee)

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