Sleep & Health Symposium 2020
New Perspectives and Synergies of Sleep Research Initiatives in Zurich

November 27, 2020, 9:00-12:30
ONLINE: Zoom

Registration: www.sleep.uzh.ch  (Deadline: Nov. 23)
09:00  **Welcome**  
Prof. H.-P. Landolt (Inst. of Pharmacology & Toxicology, UZH)

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  **Nutrient-sensing neurons in sleep/wake brain circuits**  
Prof. D. Burdakov (D-HEST, ETH Zurich)

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 (Inst. of Pharmacology & Toxicology, UZH)

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 (Inst. of Pharmacology & Toxicology, UZH)

13:00  **SHZ general assembly and business meeting**