

Sleep & Health Zurich Symposium 2024

Thursday, May 2nd, 2024

Kunsthaus Zürich, Vortragssaal
Heimplatz
8032 Zürich

From 8:50 to 12:45
Admission free

Scientific Program

08:50 Welcome and Symposium Opening
Dr. Simon Schreiner

Part I

Chair: Dr. Angelina Maric

09:00 Auditory stimulation during sleep – exploring different synchronization processes for slow wave generation
Dr. Sara Fattinger, University Children's Hospital Zurich

09:25 Sleeping deep, beating strong: A link between slow waves and heart function
Dr. Caroline Lustenberger, Department of Health Sciences and Technology, ETH Zurich

09:50 Modulating REM sleep oscillations using closed-loop auditory stimulation
Dr. Valeria Jaramillo, Surrey Sleep Research Centre, University of Surrey

10:15 Coffee Break

10:45 SHZ Junior Session 2024
Datablitz: latest insights from ongoing research

Chairs: Dr. Sarah Schiebler and PD Dr. Katrin Rauen

Part II

Chair: Dr. Konstantinos Kompotis

11:15 Multimodal biomarker discovery for sleep deprivation with interpretable machine learning
Dr. Benjamin Stucky, Institute of Pharmacology and Toxicology, UZH

11:40 Frontal Thalamo-Cortical Dysfunction: Bridging Sleep oscillations and Stroke Outcomes

Dr. Carolina Gutierrez-Herrera, Clinical Neuroscience Bern, University of Bern

12:05 Homeostatic regulation of sleep by deprivation-sensitive neuronal populations

Dr. William Joo, Biozentrum, University of Basel

12:30 SHZ Junior Award 2024 and Closing Remarks

Chair: PD Dr. med. Katrin Rauen

12:45 SHZ General Assembly and Business Meeting 2024

Registration

No registration needed.

CME Credits

3 SGSSC Credits.

Contact

Coordinator: Martina Conti, martina.conti@usz.ch

SHZ Steering Committee

Dr. Angelina Maric, Research Group Leader, Department of Neurology, University Hospital Zurich

Dr. Konstantinos Kompotis, Postdoctoral Researcher, Institute of Pharmacology and Toxicology, University of Zurich

Dr. Sarah Schiebler, Senior Physician, Head of Unit for Fatigue and Sleep Disorders, Department of Consultation -Liaison Psychiatry and Psychosomatic Medicine, University Hospital Zurich

Dr. Simon Schreiner, Head of Sleep Unit, Department of Neurology, University Hospital Zurich

PD Dr. med. Katrin Rauen, Chief Physician, Neurological Rehabilitation Center Godeshöhe GmbH, Bonn, and Neuroscience Center Zurich (ZNZ), University of Zurich