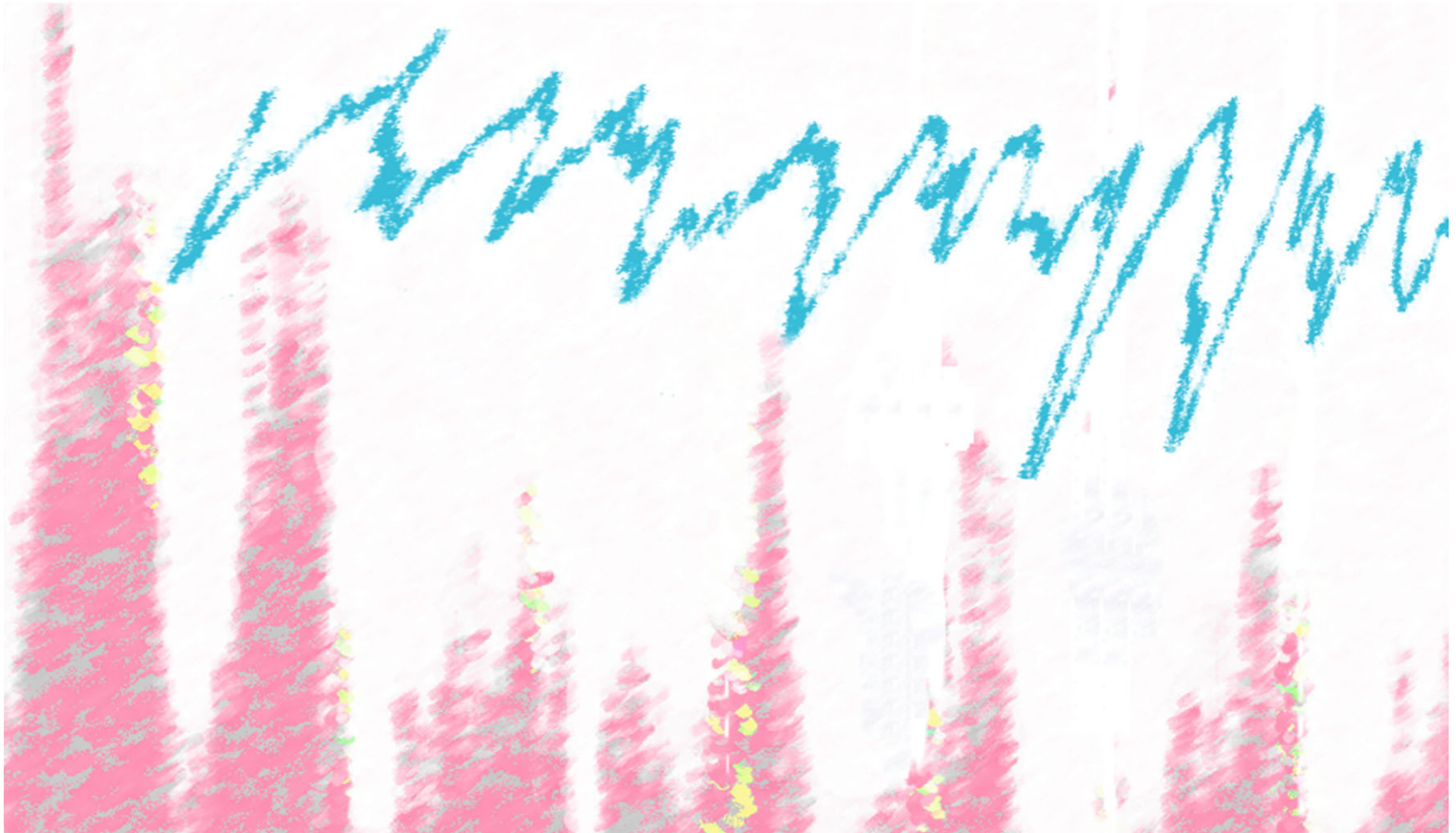




**Universität
Zürich^{UZH}**

Center of Competence Sleep & Health Zurich



Sleep & Health Symposium 2022

The Two-Process Model of Sleep Regulation

- An Ongoing Journey

Forty Years with the Two-Process Model of Sleep Regulation

Thursday, 23. June 2022, 9:00-12:30

Kunsthaus Zürich

Vortragssaal (direct access)

Heimplatz 1 | 8001 Zürich





Center of Competence Sleep & Health Zurich

Program

- 09:00 **Welcome**, Esther Werth, PhD (USZ/UZH)
- Key Note Lecture**
- 09:05 **Origin of the Two-Process Model of Sleep Regulation**
Alexander Borbély, Prof. em. (UZH)
- Part 1: Process S**
Chair: Esther Werth, PhD (USZ/UZH)
Salome Kurth, Prof. (UZH/Univ. of Fribourg)
- 09:30 **Regional Difference in Sleep Homeostasis Assessed in the Sleep and Wake EEG**
Reto Huber, Prof. & Sophia Snipes, M. sc. (Kispi/UZH)
- 09:50 **The Two-Process Model and Brain Disease: Can we Harness the Restorative Power of Slow-Wave Activity for Neuroprotection in Animal Models of Neurodegeneration?**
Daniela Noain, PhD & Ines Dias, M. sc. (USZ/UZH)
- 10:10 **Nature and Nurture: Genetic Contribution to Interindividual Variability in Sleep and Circadian Rhythms**
Leila Tarokh, PhD & Chiara Fontanellaz-Castiglione, M. sc. (Univ. of Bern)
- 10:30 **Interactive Break: Poster-Session (guided tour)**
Hanspeter Landolt, Prof. (UZH) & Reto Huber, Prof. (Kispi/UZH)
- Part 2: Process C**
Chair: Salome Kurth, Prof. (UZH/University of Fribourg)
Esther Irene Schwarz, PD MD (USZ/UZH)
- 11:20 **Acute vs Chronic Caffeine Intake - Differential Effects on Sleep and Circadian Rhythms?**
Hanspeter Landolt, Prof. (UZH) & Carolin Reichert, PhD (Univ. of Basel)
- 11:40 **Integrating the Two Processes: Local and Systemic Influences**
Steven Brown, Prof. & Waleed ElGrawani, M. sc. (UZH)
- 12:00 **Rules are Made to be Broken: the Two Processes meet Ecology and Evolution**
Sara Meier, M. sc. & Melanie Furrer, M. sc. (Kispi, UZH)
- 12:10 **Personal Perspectives**
Irene Tobler, Prof. & Peter Achermann, Prof. (UZH)
- 12:20 **SHZ Junior Award and Closing Remarks**
Salome Kurth, Prof., UZH/Univ. of Fribourg
- 12:30 **SHZ General Assembly and Business Meeting 2022**

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CME Credits: 3.5 SGSSC