Clinical Research Priority Program (CRPP) Sleep and Health

Symposium of the Clinical Research Priority Program «Sleep and Health»

and

15th Zurich Sleep Medicine Symposium

January 15th - 17th, 2015
University Hospital Zurich
Thursday, January 15th 2015
University Hospital Zurich, Lecture Hall NORD, Frauenklinikstrasse 10

**Workshops**
primarily targeted towards PhD students/postdocs
(Registration for workshops is mandatory due to a limited number of participants)

09:00 – 09:50  Workshop 1 (NORD1 C307)
*Working with viruses*
Steven Brown
Ludmila Gaspar

Workshop 2 (NORD1 C301)
*Analysis of the sleep EEG: basics and pitfalls*
Peter Achermann
Lukas Imbach

09:50  **Coffee**

10:10 – 11:00  Workshop 3 (NORD1 C307)
*Optogenetics*
Antoine Adamantidis
Anita Lüthi

Workshop 4 (NORD1 C301)
*Sleep and memory*
Katharina Henke
Björn Rasch

11:10 – 12:00  Workshop 5 (NORD1 C307)
*Basics of sleep scoring*
Tsogyal Latshang
Esther Werth

Workshop 6 (NORD1 C301)
*Methods in chronobiology*
Urs Albrecht
Christian Cajochen

12:00 – 13:30  **Lunch / coffee**
15th Zürich Sleep Medicine Symposium
Moderator: Konrad Bloch

13:30 – 14:00 Obstructive sleep apnea and cancer risk
Ferrán Barbé

14:00 – 14:30 Die Zukunft der neuropsychiatrischen Schlaf-Wach-Forschung
Claudio Bassetti

14:30 – 15:00 Individuelle Koffeinsensibilität: Implikationen für eine personalisierte Schlafmedizin?
Hans-Peter Landolt

15:00 – 15:30 Coffee

15:30 – 16:00 The Human Sleep Project - Ziele und erste Ergebnisse
Till Roenneberg

16:00 – 16:30 Schlafstörungen bei psychiatrischen Erkrankungen: Was ist der Zusammenhang?
Erich Seifritz

Symposium of the Clinical Research Priority Program (CRPP) Sleep & Health

16:30 – 16:45 Opening remarks
Malcolm Kohler

16:45 – 17:15 Hot Topics

The neural correlates of dreaming: a high-density EEG study
Francesca Siclari

Human cortical excitability depends on homeostatic-circadian synergy
Giulia Gaggioni

Molecular Biomarkers for Human Inter-Individual Differences
Ludmila Gaspar

17:15 – 18:00 Obstructive sleep apnoea – oversold or understated?
John Stradling

18:00 Address of the President of the University of Zurich
Michael Hengartner

Address of the Vice President of the University of Zurich
Daniel Wyler

Apéro
Friday, January 16th 2015
University Hospital Zurich, Lecture Hall NORD, Frauenklinikstrasse 10

Setting the stage
Moderator: Steven Brown and Alexander Borbély

09:00 – 09:10  Address of the Dean of the Medical Faculty of the University of Zurich
              Klaus Grätz

09:10 – 09:30  CRPP Subproject I: Sleep and development: interactions between sleep and cortical maturation, and their influence on developmental deviations
              Reto Huber

09:30 – 09:50  CRPP Subproject II: Sleep and affective processing: from mechanisms to patients
              Erich Seifritz and Björn Rasch

09:50 – 10:10  CRPP Subproject III: Chronic sleep deprivation and sleep induction in health and in neurodegeneration: implications for decision-making, cognition and plasticity
              Christian Baumann

10:10 – 10:45  Non-visual effects of light on human alertness, sleep and cognition
              Christian Cajochen

10:45 – 11:05  Coffee

Plasticity, learning, and sleep
Moderator: Björn Rasch and Hans-Peter Landolt

11:05 – 11:40  Sleep to weaken, sleep to strengthen: an integrative view of sleep and synaptic plasticity
              Marcos Frank

11:40 – 12:15  Memory – what’s sleep got to do with it
              Katharina Henke

Selected CRPP Project

12:15 – 12:50  Effects of cueing foreign vocabulary during sleep on memory processes
              Thomas Schreiner

              Reactivation of emotional memories during sleep
              Mick Lehmann

Poster session and lunch/coffee

12:50 – 13:50  Poster session with sandwiches, drinks and coffee
Breathing, the heart, genes, and synapses
Moderator: Reto Huber and John Stradling

13:50 – 14:10 CRPP Subproject IV:  
Sleep disordered breathing, hypoxia, vigilance, cognition and vascular function  
Malcolm Kohler and Konrad Bloch

14:10 – 14:30 CRPP Subproject V:  
Sleep pharmacogenetics: approaches towards personalized medicine of sleep-associated disorders  
Hans-Peter Landolt

14:30 – 14:50 CRPP Subproject VI:  
Molecular biomarkers and mechanisms for sleep and circadian dysfunction  
Steven Brown

14:50 – 15:25 Genes for sleep  
Mehdi Tafti

15:25 – 16:00 Sleep for brain cells:  
ultrastructural signatures of sleep and wake  
Chiara Cirelli

16:00 – 16:20 Coffee

Sleep and rhythms
Moderator: Christian Baumann and Till Roenneberg

16:20 – 16:55 The neurobiology of narcolepsy and cataplexy  
Thomas Scammell

16:55 – 17:30 Light, clocks and sleep: redefining the role of the eye  
Russell Foster

Selected CRPP Project

17:30 – 18:00 The effect of CPAP therapy withdrawal on myocardial perfusion  
Malcolm Kohler and Esther Schwarz

Concluding Remarks

18:00 – 18:15 Concluding remarks  
Christian Baumann and Alexander Borbély

18:15 Closing cocktails
Samstag, 17. Januar 2015
UniversitätsSpital Zurich, Grosser Hörsaal NORD, Frauenklinikstrasse 10

Programm für den Publikumsanlass
Moderatorin: Elke Heidenreich

10:00 – 10:40  **“Ich mach dich wach!”**
Warum Kaffee manche wach hält und andere überhaupt nicht
Hans-Peter Landolt

10:40 – 11:20  **Beginnt die Schule zu früh, oder –**
Schlafen unsere Kinder genug?
Reto Huber

11:20 – 12:00  **Macht Schnarchen krank?**
Konrad Bloch

12:00 – 13:00  **Lunch time**

13:00 – 13:40  **Dürfen Kirchenglocken nachts läuten, oder –**
Macht zu wenig Schlaf krank?
Christian Baumann

13:40 – 14:20  **Geschichten von Lerchen und Eulen:**
Sagen Ihre Gene, wann sie aufstehen?
Steven Brown

14:20 – 15:00  **Lernen im Schlaf: Ist das möglich?**
Björn Rasch

15:00 – 15:40  **Angst im Schlaf überwinden:**
**Ein Comeback für die Psychotherapie-Couch?**
Birgit Kleim

Im **Foyer** vor dem Hörsaal sind unsere Gäste herzlich eingeladen an interaktiven
Ständen den Schlaf und seine Untersuchungsmethoden kennenzulernen.

Im **Kursraum** neben dem Hörsaal zeigen wir Filme rund um den Schlaf.
Speakers and Chairs

Prof. Peter Achermann, Ph.D.
Institute of Pharmacology and Toxicology
University of Zurich

Prof. Antoine Adamantidis, Ph.D
Department of Neurology
Bern University Hospital

Prof. Urs Albrecht, Ph.D
Department of Biology
University of Fribourg

PD Christian Baumann, M.D.
Division of Neurology
University Hospital Zurich

Prof. Claudio Bassetti, M.D.
Department of Neurology
Bern University Hospital

Prof. Konrad Bloch, M.D.
Division of Pulmonology
University Hospital Zurich

Prof. Ferrán Barbé, M.D.
Respiratory Department
University of Lleida, Spain

Prof. Alexander Borbély, M.D.
Institute of Pharmacology and Toxicology
University of Zurich

Prof. Steven Brown, Ph.D.
Institute of Pharmacology and Toxicology
University of Zurich

Prof. Christian Cajochen, Ph.D.
Psychiatric University Clinics
University of Basel

Prof. Chiara Cirelli, M.D., Ph.D.
Department of Psychiatry
University of Wisconsin, Madison, USA

Prof. Russell Foster, Ph.D.
Department of Clinical Neurosciences
University of Oxford, UK

Prof. Marcos Frank, Ph.D.
Department of Medical Sciences
Washington State University, Spokane, USA

Giulia Gaggioni, M.Sc.
Cyclotron Research Centre
University of Liège, Belgium

Ludmila Gaspar, Ph.D.
Institute of Pharmacology and Toxicology
University of Zurich

Elke Heidenreich
German author, literary critic, moderator
Köln, Germany

Prof. Katharina Henke, Ph.D.
Division of Experimental Psychology and Neuropsychology, University of Bern

Reto Huber, Ph.D.
Pediatric Sleep Disorders Center
University Children’s Hospital Zurich

Lukas Imbach, M.D.
Division of Neurology
University Hospital Zurich

Birgit Kleim, Ph.D.
Department of Psychology
University of Zurich

Prof. Malcolm Kohler, M.D.
Division of Pulmonology
University Hospital Zurich

Prof. Hans-Peter Landolt, Ph.D.
Institute of Pharmacology and Toxicology
University of Zurich

Tsogyal Latshang, M.D.
Division of Pulmonology
University Hospital Zurich

Mick Lehmann, M.Sc.
Department of Psychology
University of Zurich

Prof. Anita Lüthi, Ph.D.
Department of Fundamental Neurosciences
University of Lausanne

Prof. Björn Rasch, Ph.D.
Cognitive Biopsychology and Methods
University of Fribourg

Prof. Till Roenneberg, Ph.D.
Institute of Medical Psychology
Ludwig-Maximilians-Universität München, DE

Prof. Thomas E. Scammell, M.D.
Division of Sleep Medicine
Harvard Medical School, Boston, USA

Thomas Schreiner, M.Sc.
Department of Psychology
University of Zurich

Schwarz Esther, M.D.
Division of Pulmonology
University Hospital Zurich

Prof. Erich Seifritz, M.D.
Clinic for Affective Disorders
University Psychiatric Hospital Zurich

Francesca Siclari, M.D.
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Prof. John Stradling, M.D.
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Prof. Mehdi Tafti, Ph.D.
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Clinical Research Priority Program
CRPP Sleep and Health

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University Hospital Zurich
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Credits
2.5 Credits for:
SGP, SGPP, SNG, SGIM, SGAM

14 Credits (7 for each day, Thu/Fri):
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