



**University of
Zurich** ^{UZH}

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



**UniversityHospital
Zurich**



**UNIVERSITY
CHILDREN'S HOSPITAL
ZURICH**

**The hospital of the
Eleonore Foundation**



**Psychiatric
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
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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.
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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

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Harvard Medical School, Boston, USA

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Organization

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 Prof. Hans-Peter Landolt
 University of Zurich
 Clinical Research Priority Program
 CRPP Sleep and Health

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Venue

University Hospital Zurich
 Lecture Hall NORD
 Frauenklinikstrasse 10
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Credits

2.5 Credits for:
 SGP, SGPP, SNG, SGIM, SGAM

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

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