



ESRS - EU “Marie Curie” Project  
2007-2010



## Training in Sleep Research and Sleep Medicine

### PROGRAM AND CALL FOR 2010

The European Sleep Research Society (ESRS) Board is pleased to announce the start of the fourth year of activity of the project “Training in Sleep Research and Sleep Medicine” (Project No. 046036) that the ESRS was awarded within the framework of the Call “FP6-2006-Mobility-4” of the “Marie Curie-Conferences and Training Courses-SCF” Program (<http://cordis.europa.eu/mariecurie-actions>). The goal of the program is to provide young trainees from different European countries both with a theoretical and practical education in general aspects of sleep research/medicine as well as the opportunity to gain experience from reciprocal interaction with top-level senior researchers. Complementary skills, including management, ethical questions, science funding and gender questions will be also addressed.

#### PARTICIPATION IN THE PROJECT

The participation in the project is open to sleep researchers/clinicians, who are eligible for funding according to the Marie Curie Program, i.e.:

- i) **“early stage”** researchers/clinicians with up to 4 years of research/clinical experience and not in possession of a doctoral degree;
- ii) **“experienced”** researchers/clinicians
  - with more than 4 years but less than 10 years of research/clinical experience;
  - with up to 4 years of research/clinical experience, but already in possession of a doctoral degree;
  - with more than 10 years of research/clinical experience, nationals of EU Member States or Associated States, but active outside these states.

The calculation of the years of the research/clinical experience **starts from the DATE OF THE DIPLOMA GIVING THE POTENTIAL ACCESS TO DOCTORAL STUDIES** (e.g. degree in Medicine, degree in Psychology,.....) according to the National rules. Both the degree and date awarded **MUST BE INDICATED** in the application form. Also, applicants who are in possession of a doctoral degree must indicate the award date.

The Program Committee will select participants on the basis of the information submitted by each applicant. Priority will be given to “early stage” researchers, ESRS members, and Citizens of a European Country.

#### MANAGEMENT OF THE PROJECT

The “Basic” Vice-President of the ESRS, Prof. Roberto Amici, is the “Coordinator” of the Project. The management of the project and that of the training program is carried out by an Executive Committee and a Program Committee, respectively. Both Committees are formed by members of the ESRS Board and Committees of the ESRS.



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### STRUCTURE OF THE PROJECT

A four-year project (2007-2010), which consists of three modules, will be carried out according to the following schedule:

- i) **Training Course.** Each year, a three-day residential training course will be organised, in which a minimum of 40 trainees and 20 teachers will participate. Participation fee is fixed at 250 Euro;
- ii) **Practical Training Period.** Within the same year, each trainee will participate in a one-week practical training period in either a sleep research laboratory or a sleep clinic belonging to the Network that has been specifically established for the project. Participation fee is fixed at 150 Euro;
- iii) **Final Symposium.** At the end of the fourth year of the project (2010), the 160 trainees who have participated in the program will be invited to a four-day final symposium in which they will have the opportunity to attend different workshops and to show and discuss the results of their own research activity with experienced researchers. Participation fee is fixed at 250 Euro.

**Participation in the program consists of one training course (i), one practical training period (ii), and the final symposium (iii).**

### CERTIFICATION OF ATTENDANCE

A diploma of participation in the “*Sleep Research and Sleep Medicine Education Program*” will be given to trainees who participate in each of the three events of the program and who pass a final examination.

### EXPENSES RELATED TO ELIGIBLE PARTICIPANTS

Participation fees and travel and living expenses of the participants eligible for funding, who participate in the three events, will be almost completely covered according to the following criteria:

- i) **Training Course.** The participation fee will be fully reimbursed. An allowance will be given which fully covers living expenses (double room and meals) and covers travel expenses up to 320 Euro (up to 250 Euro if the distance is less than 500 Km);
- ii) **Practical Training Period.** The Participation fee will be fully reimbursed. An allowance will be given which covers living expenses (room and meals) up to 100 Euro/day and travel expenses up to 320 Euro (up to 250 Euro if the distance is less than 500 Km);
- iii) **Final Symposium.** The Participation fee will be fully reimbursed. An allowance will be given which covers living expenses (room and meals) up to 100 Euro/day and travel expenses up to 320 Euro (up to 250 Euro if the distance is less than 500 Km).



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### NETWORK OF LABORATORIES AND CLINICS FOR PRACTICAL TRAINING

Each trainee will participate in a one-week practical training period in one of the following 11 sleep research laboratories/sleep clinics. The site for training will be assigned to each participant by the Program Committee, as far as possible according to the participant's preference. For this, applicants are asked to rank their choice of the training sites. The researcher in charge of each site will organise the practical training sessions and will be responsible for the quality of the training.

- **1) Max Planck Institute for Psychiatry, Munich, Germany**  
Researchers in charge: Prof. Thomas Pollmächer. Specific training responsibility: Sleep in patients with psychiatric and neurological disorders, in particular sleep-related movement disorders, parasomnias and narcolepsy
- **2) Sleep and Wake Disorders Center, Department of Neurology, University Hospital Zürich, Switzerland**  
Researchers in charge: Prof. Claudio Bassetti and Dr. Esther Werth. Specific training responsibility: narcolepsy, hypersomnia, sleep disorders in neurological diseases
- **3) Sleep and Wake Disorders Center, Neurology Department, Gui de Chauliac Hospital, Montpellier, France**  
Researcher in charge: Dr. Yves Dauvilliers. Specific training responsibility: narcolepsy, central hypersomnias and sleep disorders in neurological diseases
- **4) Polysomnographic laboratory, Department of Neurological Sciences, University of Bologna, Italy**  
Researcher in charge: Prof. Pasquale Montagna. Specific training responsibility: sleep disorders in neurological diseases, sleep apnea syndrome
- **5) Unit of Sleep Medicine, Scientific Institute H San Raffaele, Vita-Salute University, Milan, Italy**  
Researcher in charge: Prof. Luigi Ferini-Strambi. Specific training responsibility: insomnia, sleep apnoea, parasomnia
- **6) Unit for human and animal sleep research, Institute of Pharmacology and Toxicology, University of Zurich, Switzerland**  
Researchers in charge: Prof. Irene Tobler, Prof. Peter Achermann, and Dr. Hans Peter Landolt. Specific training responsibility: Animal models in sleep research, standard polysomnography in humans, signal analysis, modeling sleep and sleep regulation.
- **7) Sleep Research Laboratory, Institute of Biomedicine, University of Helsinki, Finland**  
Researcher in charge: Dr. Tarja Porkka-Heiskanen. Specific training responsibility: sleep regulation at molecular level, animal models
- **8) Molecular Genetics of Sleep and Sleep Disorders Unit, Center for Integrative Genomics, University of Lausanne, and the Center for Investigation and Research in Sleep (CIRS), Centre Hospitalier Universitaire Vaudois, Lausanne, Switzerland.**  
Researchers in charge: Prof. Mehdi Tafti, Dr. Paul Franken, and Dr. Raphaël Heinzer. Specific training responsibility: Molecular and quantitative genetic methods in sleep research and sleep medicine.
- **9) Physiological Regulation in the Wake-Sleep Cycle Laboratory, Department of Human and General Physiology, University of Bologna, Italy**  
Researcher in charge: Prof. Roberto Amici. Specific training responsibility: physiological regulation in sleep in animal models
- **10) Chronobiology Laboratory, Faculty of Health and Medical Sciences, University of Surrey, Guildford, UK**  
Researchers in charge: Human chronobiology: Prof. Debra J. Skene and Dr. Benita Middleton. Molecular & animal chronobiology: Dr. Simon Archer. Specific training responsibility: human, animal and molecular chronobiology
- **11) Pathophysiology of Neuronal Networks Responsible for the Sleep-Waking Cycle Laboratory, CNRS, UMR5167, University of Lyon, France**  
Researcher in charge: Dr. Pierre-Hervé Luppi. Specific training responsibility: animals models in sleep research, narcolepsy, learning and sleep, polysomnography in animals, molecular biology

Further information about the training in the different sites can be found in the announcement posted in the "Training & Courses" section on the ESRS website ([www.esrs.eu](http://www.esrs.eu)).



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### PROGRAM FOR 2010

For 2010, the program will be **“clinically”** oriented and aimed towards researchers/clinicians who are interested in the basic and clinical aspects of sleep medicine.

#### i) Training Course

The training course will be held in **Bertinoro, Italy**, at the Residential Centre of the University of Bologna ([www.ceub.it](http://www.ceub.it)), **from March 4<sup>th</sup> to March 8<sup>th</sup> 2010**. Participants will meet at the residence in the evening of Thursday, March 4<sup>th</sup> and will leave after lunch on Monday, March 8<sup>th</sup>. Free transfer to and from either Bologna or Forlì airport or railway station will be provided for all the participants on the afternoon of March 4<sup>th</sup> and on the afternoon of March 8<sup>th</sup> 2010. The course consists of a series of lectures and interactive sessions that should facilitate informal contacts among the participants and between the participants and leading European experts in the field.

**The following topics will be addressed:** Sleep regulation; Sleep functional anatomy; Sleep genetics; Physiology in sleep; Electroencephalography; Sleep and imaging; Slow oscillations and synaptic homeostasis; Methods in sleep medicine; Sleep and breathing: pathophysiology; Sleep and breathing: clinical aspects; Sleep and metabolism; Insomnia; Parasomnias; Hypersomnias; Sleep in psychiatric patients; Sleep in children; Motor disturbances in sleep and RBD; Shift-work: basic aspects; Shift-work: clinical aspects; Patient cases. Complementary skills, including Career development will be also addressed.

#### **The faculty will include:**

P. Achermann, R. Amici, C. Bassetti, O. Bruni, L. Ferini-Strambi, P. Franken, R. Huber, G. Kerkhof, G.J. Lammers, P. Peigneux, D. Pevernagie, G. Plazzi, T. Pollmächer, T. Porkka-Heiskanen, D. Riemann, D.J. Skene, I. Tobler, E. Werth.

A special session “Communicating about sleep” will be organised, in which each participant will be asked to make a brief oral presentation (3 min) aimed to spread information amongst a general public audience about the social and scientific relevance of his/her own work in sleep research/medicine.



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### ii) Practical Training Period

The practical training period will be carried out in the different training sites during the week that is indicated alongside:

- 1) Max Planck Institute for Psychiatry, Munich, Germany: May 10-15.
- 2) Sleep and Wake Disorders Center, Department of Neurology, University Hospital Zürich, Switzerland: April 6-11.
- 3) Sleep and Wake Disorders Center, Neurology B Department, Gui de Chauliac Hospital, Montpellier, France: to be announced.
- 4) Polysomnographic laboratory. Department of Neurological Sciences, University of Bologna, Italy: May 10-15.
- 5) Unit of Sleep Medicine, Scientific Institute H San Raffaele, Vita-Salute University, Milan, Italy: May 17-22.
- 6) Unit for human and animal sleep research, Institute of Pharmacology and Toxicology, University of Zurich, Switzerland: May 21-26.
- 7) Sleep Research Laboratory, Institute of Biomedicine, University of Helsinki, Finland: April 19-24.
- 8) Molecular Genetics of Sleep and Sleep Disorders Unit, Center for Integrative Genomics, University of Lausanne, and the Center for Investigation and Research in Sleep (CIRS), Centre Hospitalier Universitaire Vaudois, Lausanne, Switzerland: to be announced.
- 9) Physiological Regulation in the Wake-Sleep Cycle Laboratory, Department of Human and General Physiology, University of Bologna, Italy: May 10-15.
- 10) Chronobiology Laboratory, Faculty of Health and Medical Sciences, University of Surrey, Guildford, UK: to be announced.
- 11) Pathophysiology of Neuronal Networks Responsible for the Sleep-Waking Cycle Laboratory, CNRS, UMR5167, University of Lyon, France, CNRS, UMR5167, University of Lyon, France: to be announced.

### iii) Final Symposium

The Final Symposium of the Program will be held in **Kloster Seeon, Germany**, at the “Kultur & Bildungs Zentrum des Bezirks Oberbayern” ([www.kloster-seeon.de](http://www.kloster-seeon.de)) from **July 2<sup>nd</sup> to July 6<sup>th</sup>**. All trainees who have participated in the four years of the Program will meet at the centre in the evening of Friday, July 2<sup>nd</sup> and will leave after lunch on Tuesday, July 6<sup>th</sup>. Free transfer to and from Munich will be provided for all the participants on the afternoon of July 2<sup>nd</sup> and in the early afternoon of July 6<sup>th</sup> 2010. Participants will have the opportunity to attend different workshops and to show and discuss the results of their own research activity with experienced researchers. The Program of the Symposium will be posted in the “Training & Courses” section on the ESRS website ([www.esrs.eu](http://www.esrs.eu)).

**The application deadline for 2010 is January 10.**

Applicants will be notified by late **January 2010** whether they have been selected for participation in the project.



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## Training in Sleep Research and Sleep Medicine

### Application for 2010

Requirements for participation: **Up to 10 years of research/clinical experience from the degree giving access to Doctoral studies.**

*Experienced researchers/clinicians with more than 10 years of research/clinical experience can apply if they are Nationals of EU Member States or Associated States, but are currently active outside these states*

Please submit **this form** together with a **short curriculum vitae** and a **letter of recommendation** signed by the head of your laboratory or clinic.

**The form should be submitted not later than January 10<sup>th</sup>, 2010** to:

#### ESRS

Maria Wiechmann  
Bezirksklinikum Regensburg  
Universitätsstr. 84, 93053 Regensburg, Germany

An unsigned version of both application, curriculum vitae and letter of introduction **must** also be sent by e-mail within the same deadline to: **Maria.Wiechmann@medbo.de**

Surname: \_\_\_\_\_

First Name: \_\_\_\_\_

Date of Birth (dd/mm/yyyy) \_\_\_\_\_ Nationality: \_\_\_\_\_

Gender (please mark): M ☐ F ☐

Degree/Diploma giving access to Doctoral studies:

\_\_\_\_\_

Date (dd/mm/yyyy) of the Degree/Diploma giving access to Doctoral studies: \_\_\_\_\_

Date (dd/mm/yyyy) of the Doctoral Degree, if applicable: \_\_\_\_\_

ESRS member (please mark) : Yes ☐ No ☐ Application for Membership ☐

Institution: \_\_\_\_\_

Address: \_\_\_\_\_

Post code, City: \_\_\_\_\_

Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Practical training sites ranking: 1<sup>st</sup> No. \_\_\_\_\_; 2<sup>nd</sup> No. \_\_\_\_\_; 3<sup>rd</sup> No. \_\_\_\_\_; 4<sup>th</sup> No. \_\_\_\_\_; 5<sup>th</sup> No. \_\_\_\_\_.

**I commit myself to participate in all three modules of the training program.**

Place and date: \_\_\_\_\_ Signature: \_\_\_\_\_