



# - Workshop for Young Sleep Researchers

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**Tuesday & Wednesday  
June 25 – 26 2019**

On behalf of the Swiss Young Sleep Wake Chronobiology Network (SYSWCN), we would like to invite you to a pre-conference workshop for young sleep researchers right before the annual meeting of the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC). Financially supported by the Swiss National Science Foundation (SNSF), European Research Council (ERC) and the University of Fribourg, are pleased to present a program with international speakers from Europe, USA and Canada.

This workshop will be an excellent opportunity to meet young researchers from other labs of Switzerland and abroad. You will benefit of international researchers presenting their work, join hands-on classes and learn from each other in an informal setting.

**Location:** The workshop will take place at the Péroilles Campus at the University of Fribourg, Switzerland.

**Registration Fee:** A registration fee of 20.00 CHF for this two day workshop is applied. Coffee breaks, refreshments, lunch, and a Social Dinner at the first evening will be provided.

**Registration:** The number of participants is limited to 30, and they will be selected on a first-come, first-served basis. Please register by sending an email to [selina.combertaldi@unifr.ch](mailto:selina.combertaldi@unifr.ch) with "Workshop Registration" in the subject line and the following information in the email: surname, first name, institution, address, dietary requirements.

**Deadline:** Participants must register until 15.05.2019.

**Travel grants:** We offer four travel grants (up to 200.00 CHF) for international young researchers (PhD / Master students). If you are interested, please send your CV, a confirmation of your student status and a short motivational letter (deadline: 01.05.2019).

In case of any questions, please contact [selina.combertaldi@unifr.ch](mailto:selina.combertaldi@unifr.ch) directly.

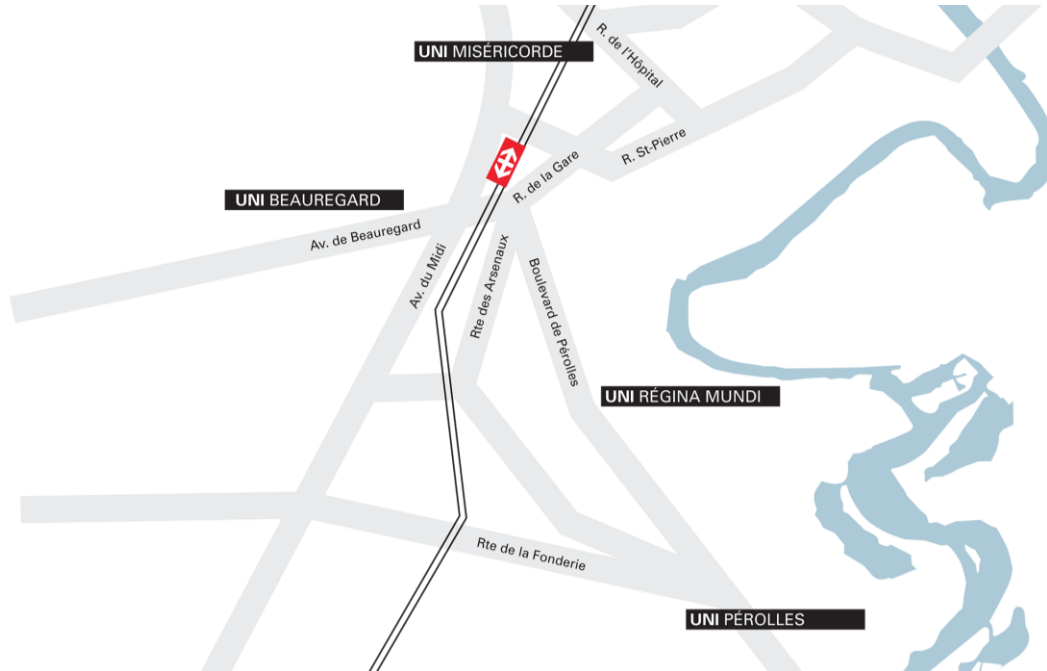
We are looking forward to meeting you in Fribourg!!

Selina L. Combertaldi  
Organizer

Björn Rasch  
Co-Organizer

## Venue

The Meeting will be held at the Péroilles Campus of the University of Fribourg, Switzerland ([www.unifr.ch](http://www.unifr.ch)).



## Sponsors

The Swiss National Science Foundation (SNSF), European Research Council (ERC), and the Fonds de Centenaire (Fonds de la Recherche) of the University of Fribourg generously support this Meeting financially. Administrative support is given by the Unit of Cognitive Biopsychology and Methods of the University of Fribourg and the Swiss Young Sleep Wake Chronobiology Network (SYSWCN) .

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## Program

### Day 1, June 25, 2019

8.30 am – 9:30 am	Welcome address
09:30 am – 10:30 am	<b>Lecture I:</b> Advanced EEG in Sleep (Bernhard Staresina, University of Birmingham)
10:30 am – 11:00 am	<i>Coffee break</i>
11:00 am – 12:30 pm	<b>Group work:</b> Create Your Own Project
12:30 pm – 1:30 pm	<i>Lunch</i>
1:30 pm – 2:30 pm	<b>Lecture II:</b> Targeted Memory Reactivation(TMR) during sleep (Monika Schönauer, Princeton University)
2:30 pm – 3:30 pm	<b>Hands-on:</b> The What's and When's of TMR Research (Thomas Schreiner, University of Birmingham)
3:30 pm – 4:00 pm	<i>Coffee break</i>
4:00 pm – 5:30 pm	<b>Project presentations &amp; plenum discussions</b>
5:30 pm – 6:30 pm	<b>“Tour de Lab”:</b> Guided Tour to the sleep labs at the University of Fribourg
6:30 pm	<b>Diner:</b> networking and socializing

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Day 2, June 26, 2019

09:00 am – 10:30 am	<b>Lecture III:</b> Dream and Cognition (Perrine Ruby, Lyon Neuroscience Research Center)
10:30 am – 11:00 am	<i>Coffee break</i>
11:00 am – 12:30 am	<b>Lecture IV:</b> Stimulation during Sleep (Anat Arzi, University of Cambridge)
12:30 am – 1:30 pm	<i>Lunch</i>
1:30 pm – 2:30 pm	<b>Lecture V:</b> Sleep Engineering (Penny Lewis, Cardiff University)
2:30 pm – 3:30 pm	<b>Lecture VI:</b> Targeted Memory Reactivation and Dreams (Claudia Picard-Deland, Université de Montréal)
3:30 pm – 4:00 pm	<i>Coffee</i>
4:00 pm – 5:30 pm	<b>Round Table discussion:</b> Careers in Sleep with Anat Arzi, Penny Lewis, Monika Schönauer, Perrine Ruby
8 pm	Meet the University: A lecture on Sleep and Memory for Everyone (French / German)

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