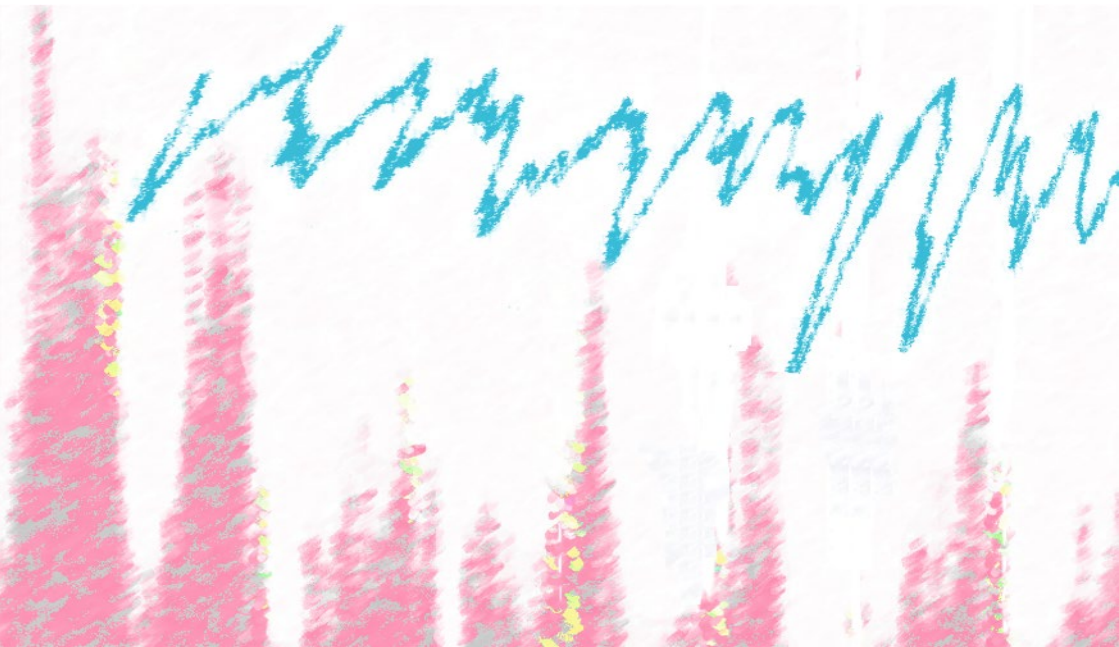




**Universität
Zürich** ^{UZH}

Center of Competence Sleep & Health Zurich



Sleep & Health Symposium **2021**

Thursday, 2 September 2021
9:00-12:40

Kunsthaus Zürich
Vortragssaal (direct access)
Heimplatz 1 | 8001 Zürich

**Registration
mandatory
ONLINE**
Deadline: July 15



**Universität
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Sleep & Health Symposium 2021

Programme

- 09:00** **Welcome and symposium opening**
Hans Peter Landolt, Prof., SHZ, UZH
- Chair: Hans Peter Landolt, Prof., SHZ, UZH
- 09:15** **SHZ Keynote Lecture**
Locus coeruleus, nonREM sleep fragility and the ultradian cycle
Anita Lüthi, Prof., Dept. of Fundamental Neurosciences, University of Lausanne
- Chair: Salome Kurth, Prof., SHZ, UZH/University of Fribourg
- 10:00** **The sense of the bodily self in awake and dreaming states**
Bigna Lenggenhager, Prof., Dept. of Psychology, UZH
- 10:30** Coffee Break
- 11:00** **SHZ junior session**
Datablitz: latest insights from ongoing research
- Chair: Esther Werth, PhD, SHZ, USZ
- 11:30** **Smart wearables to unlock precision mental health care**
Giulia de Poian, PhD, HEST, ETH Zurich
- 12:00** **Obstructive sleep apnoea and CPAP effects – Does time matter?**
Esther Schwarz, MD PD, Dept. of Pulmonology, USZ
- 12:30** **SHZ datablitz award 2021 and closing remarks**
Salome Kurth, Prof., SHZ, UZH/University of Fribourg
- 12:45** **SHZ General Assembly and Business Meeting 2021**

Registration

Mandatory until July 15, 2021: www.sleep.uzh.ch/registration

Contact

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