

# **PRELIMINARY PROGRAM**

## **Program Day 1, Thursday, 23.9.2021**

8.30	<b>Board Meeting</b>	B
8.30	<b>Workshop: Insomnia (part 1)</b>	C
	Chair: Dagmar Schmid (St. Gallen) & Steffi Weidt (Zürich)	
10.15	<b>Workshop: Insomnia (part 2)</b>	C
	Chair: Dagmar Schmid (St. Gallen) & Steffi Weidt (Zürich)	
10.15	<b>Session SYSWCN</b>	C
	Chairs: David Schreier (Bern) & Jelena Skorucak (Zürich)	
	Anita Lüthi (Lausanne)	
	<b>Waking up during the night – the timing of microarousals in mammalian sleep</b>	
	Peter Achermann (Zürich)	
	<b>Cortical neuronal activity and sleep homeostasis</b>	
	Carolin Reichert (Basel)	
	<b>Caffeine, sleep and the circadian timing system</b>	
11.00	<b>Symposium: Telemedicine/OSA/Guidelines</b>	C
	Chair: Otto Schoch (St. Gallen)	
	Robert Thurnheer (St. Gallen)	
	<b>CPAP telemonitoring, should we use it?</b>	
	Kurt Tschopp (Liestal)	
	<b>Hypoglossal nerve stimulation for OSA</b>	
	Raphael Heinzer (Lausanne)	
	<b>Update of the SSSC recommendation for the diagnostic and treatment of OSA</b>	

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## **Program Day 1, Thursday, 23.9.2021**

12.00 **Commercial Exhibition**

**A**

12.00 **Lunch Bags**

**B**

12.00 **Workshop: Insomnia (part 3)**

Chair: Dagmar Schmid (St. Gallen) & Steffi Weidt (Zürich)

**C**

12.45 **Symposium: Hypersomnolence**

**D**

**Sponsored by: Bioprojet**

12.30 **SIG Psychiatry and Sleep**

14.00 **Welcome Address**

**B**

Martin Hatzinger (Solothurn)

**Keynote Lecture**

Isabelle Arnulf (Paris, France)

**Rapid eye movement behavior disorder: a window on the dreaming brain**

16.00 **Symposium: Parasomnia & Epilepsy**

**C**

Chair: Isabelle Arnulf (Paris, France)

Lampros Perogamvros (Geneva)

**The neural correlates and functions of normal and pathological dreaming**

Francesca Siclari (Lausanne)

**The sleepwalking mind: insight from high-density EEG recordings of parasomnia episodes**

Paola Proserpio (Milano, Italy)

**Sleep related hypermotor epilepsy: electroclinical features and differential diagnosis with disorder of arousals**

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16.00	<b>Symposium: Non-visual Function of Light in Sleep and Chronobiology Research</b> Chair: Carolin Reichert (Basel)  Oliver Stefani (Basel) <b>Effects of a continuous change of color temperature and illuminance on the circadian physiology</b>  Vladyslav Vyazovskiy (Oxford, UK) <b>Effects of altered light schedules on sleep homeostasis</b>  Tamar Shochat (Haifa, Israel) <b>Social and environmental determinants of the associations between light exposure and sleep timing</b>	A
	<b>Poster exhibition</b>	Frei
18.00	<b>General Assembly</b>	B
19.30	<b>Social Evening</b>	C

# **PRELIMINARY PROGRAM**

## **Program Day 2, Friday, 24.9.2021**

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- 9.00 **Symposium: Pediatric "Down syndrome"** B
- Chairs: Silvano Vella (Bern) & Silvia Miano (Lugano)
- Karen Waters (Sydney, Australia)
- The spectrum of OSA in Down syndrome**
- Video Lecture-**
- An Boudewyns (Antwerp, Belgium)
- Obstructive sleep apnea in children with Down syndrome: challenges in diagnosis and treatment**
- Video Lecture-**
- Alexandre Datta (Basel)
- Sleep in Down syndrome from a neurological perspective**
- 9.00 **Symposium: Slow Waves** A
- Chair: Carolina Gutierrez (Bern)
- Jeffrey Hubbard (Lausanne)
- Only the dynamics of faster slow waves reflect a homeostatic process**
- Giulio Bernardi (Lucca, Italy)
- Cortical and subcortical hemodynamic changes during human sleep slow waves in humans**
- Caroline Lustenberger (Zürich)
- Slow wave modulation with auditory stimulation: lessons learned from in-home and in-lab studies**
- 10.15 **Data flashes** C

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### **11.15 Symposium: Insomnia**

C

Chair: Ulrich Hemmeter (St. Gallen)

Axel Steiger (Munich, Germany)

**Neuroendocrine sleep-wake regulation and impact on insomnia and stress**

Thorsten Mikoteit (Solothurn)

**Biomarkers of Insomnia**

Christoph Nissen (Bern)

**Become your own SLEEPexpert : design, implementation and preliminary evaluation of a behavioral treatment program for insomnia in patients in psychiatric care**

### **11.15 Symposium: Epigenetic Aspects of Sleep Regulation**

A

Chair: Paul Franken (Lausanne)

Maxime Jan (Lausanne)

**New insights on sleep regulation by chromatin dynamics and genetics of epigenetics**

Valter Tucci (Genova, Italy)

**Genomic imprinting and sleep regulation: paternal versus maternal alleles**

Jérôme Mermet (Lausanne)

**Circadian rhythms of chromatin looping: from transcription regulation to behavior**

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12.30 **Symposium: Insomnia** C  
Sponsored by: Schwabe Pharma AG

12.30 **Lunch Bags** C

12.30 **SIG Pediatric Sleep** B

14.00 **Symposium: Emerging Technologies (Basic)** A  
Chair: Christine Blume (Basel)

Steven Brown (Zürich)

**A border problem: at the frontier between circuits and cells**

Bharath Ananthasubramaniam (Berlin, Germany)

**Internal circadian time determination from a single blood sample**

Reto Huber (Zürich)

**The need for long-term monitoring of sleep in a home setting: potential and challenges of mobile (phone based) technology**

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## **Program Day 2, Friday, 24.9.2021**

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14.00 **Symposium: Sleep & Stroke**

A

Chair: Claudio Bassetti (Bern)

Claudio Bassetti (Bern)

**Sleep-wake disturbances as modulators of stroke outcome**

Carolina Gutierrez (Bern)

**The role of the thalamus in sleep and cognition: a circuit perspective on a thalamic stroke model**

Simone Sarasso (Milano, Italy)

**Local sleep-like cortical reactivity in the awake brain after focal injury**

16.00 **Award & Closing Session**

B

Martin Hatzinger (Solothurn) & Paul Franken (Lausanne)