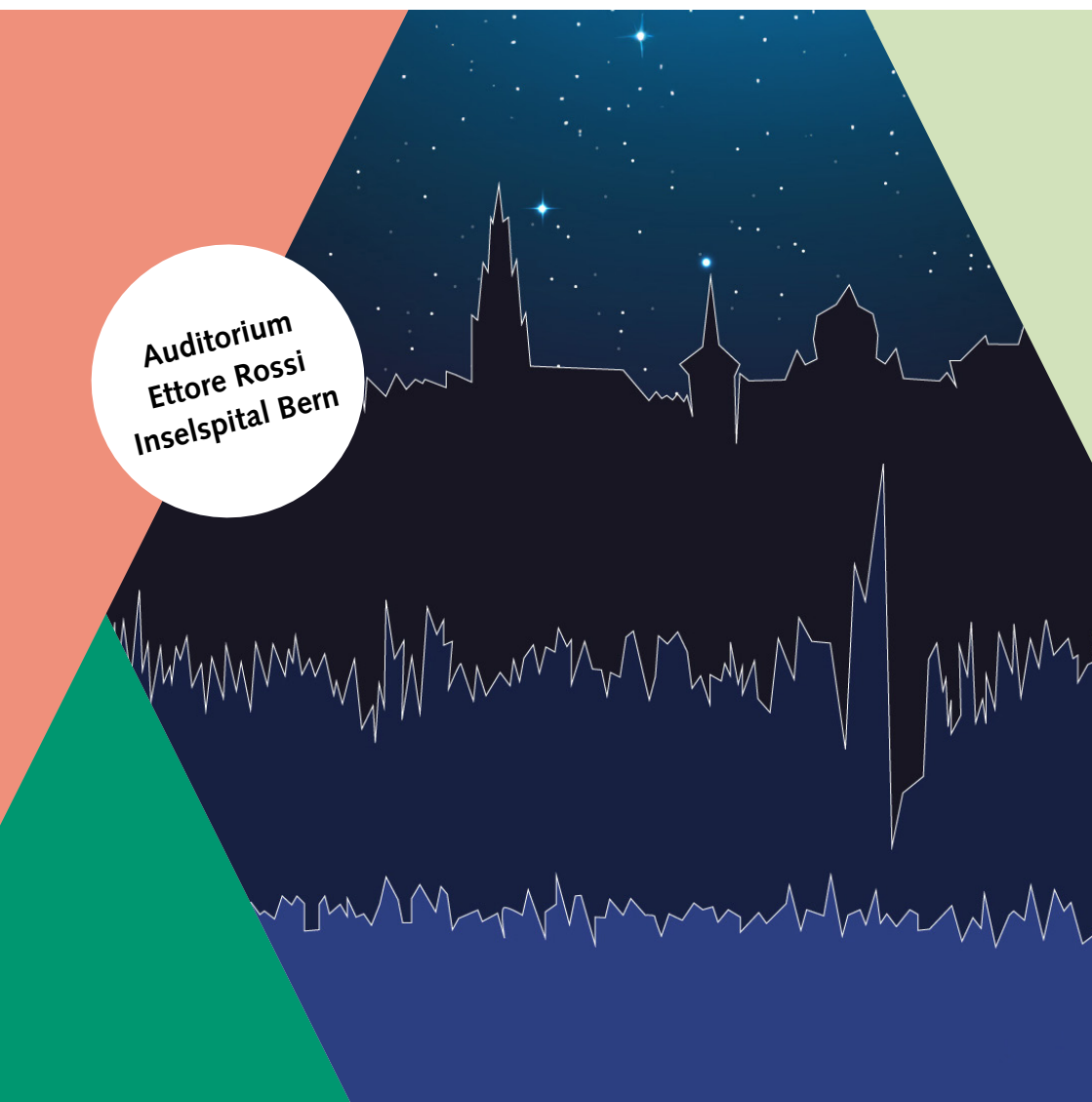


IRC Decoding Sleep Final Symposium

Thursday, January 25, 2024, 13:00–18:15

**Auditorium
Ettore Rossi
Inselspital Bern**



Dear colleagues

We celebrate the final symposium of the Interfaculty Research Cooperation (IRC) «Decoding Sleep». This project was launched in 2018 and brought together numerous researchers from Neurology, Psychology, Psychiatry and Computer Science, and resulted in various fruitful scientific achievements.

Since the project was launched, we were accompanied by an international advisory board, from which renowned experts in sleep research will present lectures. Dieter Riemann from the University of Freiburg i.Br.: «Chronic insomnia, hyperarousal and REM sleep instability» and Ritchie Brown from Harvard Medical School: «A brief history of sleep research and a look at the road ahead».

The IRC was based on clusters. The highlights of each will be presented by Athina Tzovara, Fred Mast and Antoine Adamantidis. Short talks from ongoing and future research will be presented by prospective scientists, whose careers were supported by funding from the IRC (Bianca Viberti, Aleksandra Eberhard) and by Leila Tarokh, who was a group leader in the project.

We are sure that this will be an exciting symposium and it will mark the end of an inspiring and interesting research collaboration, funded by the University of Bern, and it will continue to grow in other funding schemes and networks at the University of Bern and beyond.

Kind regards,

Prof. Dr. med. Claudio L. A. Bassetti

Prof. Dr. Fred Mast

Prof. Dr. Athina Tzovara

Prof. Dr. Antoine Adamantidis

Program

13:00	Welcome and Opening Remarks Claudio L. A. Bassetti, Hugues Abriel
13:15	iSPHYNCS: An international study on new biomarkers of central disorders of hypersomnolence Claudio L. A. Bassetti
14:00	Cluster Human Research Fred Mast
14:15	Short presentation: Rock'n'rolling the Brain to Sleep – Can we promote sleep through vestibular stimulation? Aleksandra Eberhard-Moscicka
14:30	Cluster Computational Platform Athina Tzovara
14:45	Coffee break
15:15	Chronic insomnia, hyperarousal and REM sleep instability Dieter Riemann
16:00	Cluster Basic Research Antoine Adamantidis
16:15	Short presentation: Translational perspective – Role of ambient temperature in gating REM sleep and cataplexy expression in narcolepsy Bianca Viberti
16:30	Short presentation: Sleep as a transdiagnostic marker of mental health in adolescence – What have we learned and where are we headed? Leila Tarokh
16:45	Coffee break
17:00	A brief history of sleep research and a look at the road ahead Ritchie Brown
17:45	Closing Remarks & General discussion Advisory Board
18:15	Dinner Buffet at location (all former IRC students are invited)

Speakers

Prof. Dr. Hugues Abriel

Vice-Rector for Research,
University of Bern, Switzerland

Prof. Dr. Antoine Adamantidis

Director Experimental Neurology
Center (ZEN), Department of
Neurology, Inselspital,
Bern University Hospital, Switzerland

Prof. Dr. med. Claudio L. A.

Bassetti

Head of Department and Senior
Consultant, Department of
Neurology, Inselspital, Bern
University Hospital, Switzerland
Dean Faculty of Medicine, University
of Bern, Switzerland

Ritchie Edward Brown, Ph.D.

Associate Professor of Psychiatry,
Harvard Medical School, USA

Dr. Aleksandra Eberhard-Moscicka

Postdoc, Creativity and Sleep,
University of Bern, Switzerland

Prof. Dr. Fred Mast

Head of Cognitive Psychology,
Perception and Research Methods,
Ordinarius, University of Bern,
Switzerland

Univ. Prof. Dr. rer. soc. Dipl. Psych.

Dieter Riemann

Chief of the Centre for Sleep
Medicine of Freiburg University
Medical Centre Department Head
(Clinical Psychology and
Psychophysiology) at the Centre
for Mental Disorders, Medical
Faculty, University of Freiburg,
Germany

Prof. Dr. Leila Tarokh

Group leader, University Psychiatric
Department, University of Bern,
Switzerland

Prof. Dr. Athina Tzovara

Cognitive Computational
Neuroscience, Institute of Computer
Science, University of Bern,
Switzerland

Bianca Viberti

PhD Student, Interfaculty Research
Cooperation – Decoding Sleep,
University of Bern, Switzerland

General Information

The latest information about the event can be found on the [website](#).

Location

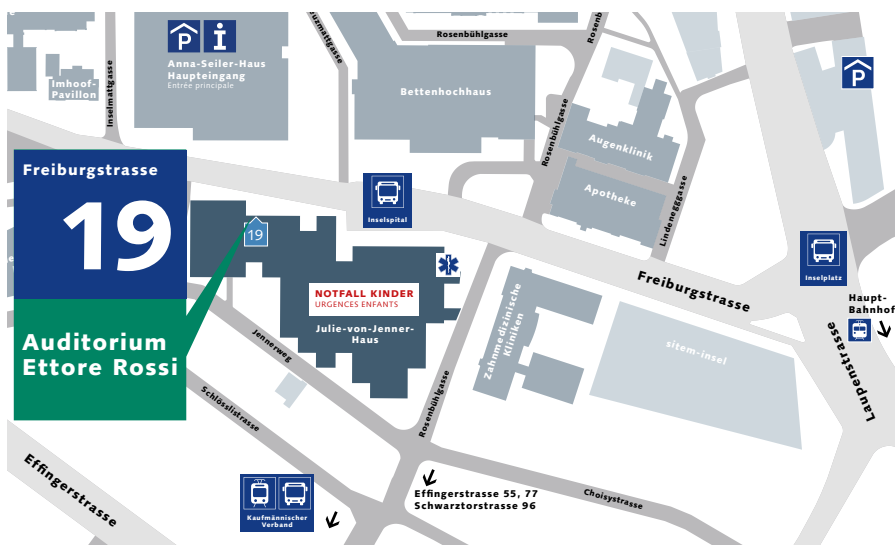
The event will take place in the Auditorium Ettore Rossi at the Inselspital Bern.

Registration

Registration is mandatory for participation. Please register until January 18, 2024 on the [website](#). Participation is free of charge.

Directions

We recommend arrival by public transport. From Bern railway station, take bus line 12 in the direction of Holligen to the „Inselspital“ stop. If you are travelling by car, take the „Bern Forsthaus“ motorway exit. Limited parking spaces are available in the Inselparking, the Bahnhofparking and the City West multi-storey car park.



Credits

SGSSC 4.5 Credits, SNG 4 Credits, SGPP 4 Credits, SGKN 3 Credits

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