



# ANNUAL MEETING OF THE **SWISS SOCIETY FOR SLEEP RESEARCH, SLEEP MEDICINE AND CHRONOBIOLOGY (SSSSC)**

**August 22 & 23, 2024**

Hochschulzentrum vonRoll | Fabrikstrasse 6 | 3011 Bern



Schweizerische Gesellschaft für Schlafforschung, Schlafmedizin und  
Chronobiologie  
Société Suisse de Recherche sur le Sommeil, de Médecine du  
Sommeil et de Chronobiologie

# | Welcome

## Dear colleagues

We are very pleased to welcome you to the 2024 Annual Meeting of the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC) in Berne. The SSSSC meeting is a key event dedicated to advancing our understanding of sleep and circadian rhythms and the prevention, diagnosis and treatments of disorders of sleep and circadian rhythms. Keynote lecture and symposia focus on bridging basic, translational and clinical research on topics including neurodegeneration, artificial intelligence support to sleep research, the sleep-psychiatry dyad, recent advances in OSA treatments and many more. This year's program is a unique opportunity to share and explore the latest breakthroughs in sleep and circadian research, emphasizing the critical bridge between basic science and clinical application.

The SSSSC commitment to nurturing the next generation of sleep scientists and sleep health professionals and this meeting will serve as a vibrant platform for young clinicians and researchers to showcase their work and engage with expert colleagues on hot topics in the fields.

This meeting will be preceded by a dental sleep medicine course, with some participants also joining us for the main program.

This meeting promises to be an enriching experience and a collective dissemination of knowledge.

We look forward to your contributions and to another year of significant advancements in the sleep community.

Thank you for joining us and contributing to the success of this event.

For the SSSSC

Prof. Dr. med. Raphael Heinzer  
President SSSSC

Prof. Antoine Adamantidis  
Chair of the scientific / local  
organizing committee

# | Pre-Congress Dental Course

**Wednesday, 21.8.2024**

It is our pleasure to announce the first Pre-Congress Course in Dental Sleep Medicine, organised by the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC), in the framework of the Annual Congress and in response to the urgent request of our dental colleagues.

The course lasts 2 half days and is aimed at Swiss dentists who wish to acquire specific knowledge in the management of dental therapy for sleep disorders, in particular obstructive sleep apnea in adults.

Experts in the field will discuss the diagnosis and treatment of snoring and obstructive sleep apnea, providing an essential foundation for dentists wishing to acquire specific skills in the management of mandibular advancement devices.

Approximately 8,000 patients with OSA are referred to sleep centres each year, where they receive a multidisciplinary approach and a wide range of therapies, which is only possible thanks to the fruitful collaboration between the various medical disciplines.

[Registration link](#)

Program link: <https://swiss-sleep.ch/newsevents/>

Credits:

SSO:	7 credits
SGORL:	7 credits
SGSSC:	7.5 credits

*(for both days)*

# | Program Day 1

Thursday, 22.08.2024

<b>8:30 - 10:00</b>	Arrival and registration		Board meeting SSSSC
<b>09:00-10:30</b>	(1) Psychiatry, sleep & insomnia	(2) basic, circa- dian rhythms	Insomnia work- shop (CBT-I)
<b>10:30-11:00</b>	Break		
<b>11:00-12:30</b>	(3) SNaNe  <i>General Assembly SNaNe (13:00-14:00)</i>	(4) AI & sleep	
<b>12:30-13:00</b>	Lunch Break		
<b>13:00-14:00</b>			
<b>14:00-15:00</b>	Official opening (Raphael Heinzer) Keynote lecture: Laura D. Lewis, MIT Cambridge, USA Imaging brainwide dynamics across sleep and wake- fulness		
<b>15:00-15:15</b>	Break		
<b>15:15-16:15</b>	(5) OSA: Oral appliances and pharmacologi- cal treatment	(6) Data Flashes	
<b>16:15-17:15</b>	Break and Poster session		
<b>17:15 - 18:00</b>	Laudatio Claudio Bassetti: 1988-2038: Past and future of Sleep		
<b>18:00 - 19:00</b>	General assembly		
<b>From 19:30</b>	Social evening at Schwellenmätteli		

# | Program Day 2

**Friday, 23.08.2024**

<b>9:00 - 10:30</b>	(7) Pediatric sleep	(8) Ecology of sleep	
<b>10:30 - 11:00</b>	Break		
<b>11:00 - 12:30</b>	(9) OSA: Update on diagnosis and consequences	(10) Local sleep/ local wake	
<b>12:30-13:00</b>	Lunch break & poster session		
<b>13:00 - 14:00</b>			
<b>14:00 - 15:30</b>	(11) Swiss Young Sleep Wake Chronobiology Network	(12) Sleep and neurodegeneration	
<b>15:30-15:45</b>	Break		
<b>15:45-16:45</b>	Closing ceremony and awards		

## **Meetings Special Interest Groups (room 003 Fabrikstrasse 2e)**

22.8.2024 (16:15 - 17:00) SIG Psychiatry & Sleep

23.8.2024 (13:00 - 14:00) SIG Pediatric Sleep

## **Insomnia Workshop (room 001 Fabrikstrasse 2e Duration 09:00 - 13:30)**

This course is suitable to earn the credits necessary for the certificate of capacity in sleep medicine especially for non-psychiatrists, providing an introduction into the fundamentals of cognitive behavioural therapy for insomnia.

Cristina Zunzunegui, Zurich (CH) and Verena Reiss, St. Gallen (CH)

# | Symposia details

## 1. Psychiatry, Sleep and Insomnia

**Chairs: Lampros Perogamvros, Geneva (CH), Leila Tarokh, Berne (CH)**

- Manuel Schabus, Salzburg (AT): Accurate daily sleep measurements using wearables: Evaluation of the sleep program for insomnia
- Carlotta Schneider, Geneva (CH): Sleep-wake perception in patients with insomnia disorder
- Corrado Garbazza, Basel (CH): Sleep, insomnia and mood disorders in the perinatal period
- Chiara Fontanellaz-Castiglione, Berne (CH): Sleep and Mental Health in Adolescence

## 2. Basic, Circadian Rhythms

**Chair: Urs Albrecht, Fribourg (CH)**

- Maxime Jan, Lausanne (CH): Disentangling circadian and sleep-wake driven contributions to rhythmic gene expression
- Konstantinos Kompotis, Zürich (CH): Insights on sleep and wake regulation by SCN populations
- Christoph Scheiermann, Geneva (CH): Circadian immune responses

## 3. Swiss Narcolepsy Network (SNaNe): New diagnostic and treatment perspectives in narcolepsy and central disorders of hypersomnolence (CDH)

**Chairs: Claudio Bassetti, Berne (CH), Silvia Miano, Lugano (CH)**

- Gert Jan Lammers, Leiden (NL): New treatments for narcolepsy and CDH
- Julia Van der Meer, Berne (CH): iSPHYNCS: An international study on new biomarkers of narcolepsy and CDH
- Zhongzong Zhang, Barmelweid (CH): New PSG features in the diagnosis of narcolepsy and CDH after sleep deprivation
- Alexandre Datta, Basel (CH): Update on the management of CDH in children and adolescents

## **4. AI & Sleep:**

***Chairs: Athina Tzovara, Berne (CH), Carolina Gutierrez, Berne (CH)***

- Polina Litvak, Lausanne (CH): Sensory processing and sleep in the rodent thalamocortical loop model
- Francesca Faraci, Lugano (CH): Automated Sleep Scoring: Ready for the Clinical Routine?
- Florence Aellen, Berne (CH): Convolutional Neural Networks predict outcome from coma based on auditory ERPs
- Walter Senn, Berne (CH): Beyond memory consolidation: sleep for semantization and creativity?

## **5. OSA: Oral appliances and pharmacological treatment**

***Chairs: Raphael Heinzer, Lausanne (CH), Sibylle Chatelain, Lausanne (CH)***

- Dominik Ettlin, Zurich (CH): Mandibular advancement devices, what should the somnologist know? (reimbursement, types etc)
- Sibylle Chatelain, Lausanne (CH): Impact of MAD on OSA associated comorbidities, what do we know?
- Raphael Heinzer, Lausanne (CH): Pharmacological treatment of OSA

## **6. Data flashes**

***Chairs: Antoine Adamantidis, Berne (CH), Christoph Nissen, Geneva (CH)***

## **7. Pediatric session: Home respiratory support in children**

***Chairs: Eveline Perret-Hoigné, Berne (CH), Christian Bieli, Zurich (CH)***

- Regula Corbelli, Geneva (CH): New Swiss recommendations for the management of children with home respiratory support
- Sophie Guérin, Lausanne (CH): Swiss registry for children with home respiratory support
- Virginie Bayon, Lausanne (CH): Transition to adult care for children with home respiratory support

## **8. Ecology of sleep strategies: Placing sleep function in a broader context**

### ***Chair: Markus Schmidt, Berne (CH)***

- Niels Rattenborg, Munich (DE): Ecological flexibility in sleep duration
- Paul-Antoine Libourel, Lyon (FR): Sleeping safe: Adaptive strategies of fragmentation and infra-slow oscillations
- Melanie Furrer, Zurich (CH): Rumination as an alternative sleep strategy in Arctic reindeer
- Markus Schmidt, Berne (CH): Strategies of resource optimization through sleep-wake alternation

## **9. OSA: Update on diagnosis and consequences**

### ***Chair: Raphael Heinzer, Lausanne (CH)***

- Nicola Marchi, Lausanne (CH): Is OSA a treatable cause of cognitive decline?
- Grégoire Gex, Sion (CH): Interpretation of polygraphy: pitfalls and tricks
- Renaud Tamisier, Grenoble (FR): Assisted servoventilation, do the new data change the indication?

## **10. Local Sleep / local wakefulness**

### ***Chairs: Carolina Gutierrez, Berne (CH), Leila Tarokh, Berne (CH), Lampros Perogamvros, Geneva (CH)***

- Reto Huber, Zurich (CH): Modulation of local aspects of sleep in humans
- Anna Castelnovo, Lugano (CH): The neural correlates of NREM parasomnias in children and adults
- Anita Luthi, Lausanne (CH): Monoaminergic neuromodulation in non-REM sleep - evidence for spatial heterogeneity of sleep arousals?
- Peter Meerlo, Groningen (NL): Sleep homeostasis in birds: local and hemispheric differences in sleep EEG



## **11. Swiss Young Sleep Wake Chronobiology Network (SYSWCN)**

### ***Chair: Jelena Skorucak, Zurich (CH)***

- Simone Bellini, Berne (CH): The role of MCH neurons in context-specific hypothalamic regulation of REM sleep
- Paul Franken, Lausanne (CH): The problem with sleep homeostasis: concepts and quantification
- Valeria Jaramillo, Surrey (UK): Studying REM sleep using closed-loop auditory stimulation and sleep interventions
- Mauro Manconi, Lugano (CH): Advances in understanding periodic limb movements during sleep

## **12. Sleep & Neurodegeneration**

### ***Chair: Marc Zuest, Berne (CH)***

- Simon Schreiner, Zurich (CH): Sleep - biomarker and therapeutic target in Parkinsonian disorders
- Julia Ladenbauer, Berlin (DE): Augmenting NREM Sleep Oscillations via Transcranial Stimulation: A Path to Memory Enhancement and Brain Health in Aging Populations?
- Marina Wunderlin, Berne (CH): Effects of Auditory Stimulation on Slow Wave-Spindle Coupling and Biomarkers of Neurodegeneration in Older Adults
- Daniela Noain, Zurich (CH): Journey into the Unknown: Exploring the Impact of Closed-Loop Auditory Stimulation on Neurodegenerative Sleep-Wake Characteristics in Mice

# | Practical Information

## Registration and information

Online registration on the official website of the SSSSC:  
[www.swiss-sleep.ch/newsevents](http://www.swiss-sleep.ch/newsevents)

### Online Registration

## Fees

Regular SSSSC member:	<b>CHF 250.-</b>
Non-member:	<b>CHF 350.-</b>
Student (SSSSC member):	<b>CHF 50.-</b>
Student (Non-member):	<b>CHF 75.-</b>
Workshop (CBT-I):	<b>CHF 50.-</b>

*(Onsite fees will be higher than regular fees)*

## Social Event

Join us for a get - together and dinner on the banks of the beautiful Aare river

[www.schwellenmaetteli.ch](http://www.schwellenmaetteli.ch)

Fee: **CHF 75.-**

## Contact

Béatrice Anderlohr-Streule (Administration)  
[beatrice.anderlohr@upk.ch](mailto:beatrice.anderlohr@upk.ch)

## Accommodation

Corporate rates available at IBIS styles Bern City for CHF 155.-- / night incl. breakfast  
(pls. send e-mail to: [Sabrina.Boixet@accor.com](mailto:Sabrina.Boixet@accor.com) and mention "SSSSC AM")

or at Hotel Bern for CHF 227.-- / night incl. breakfast  
(pls. send e-mail to: [reception@hotelbern.ch](mailto:reception@hotelbern.ch) and mention "AM2024 SSSSC")

## Accreditation:

<b>Credits</b>	SSSSC:	Day 1: 8 credits / Day 2: 7 credits
	SGPP/SSPP:	Day 1: 7 credits / Day 2: 6 credits
	SGP:	4 credits
	SNG:	Day 1, 8 credits / Day 2, 6 credits
	SGKN:	Day 1, 4 credits / Day 2, 4 credits
	CBT-I Course:	SSSSC 5 credits SGPP/SSPP 5 credits

# | Venue

## Address

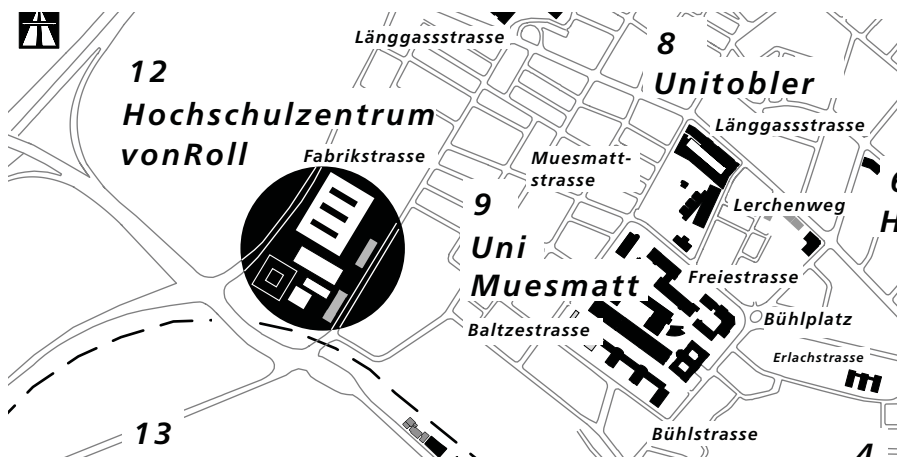
Hochschulzentrum vonRoll  
Fabrikstrasse 6  
3011 Bern

## Public transport

Postbus 101 direction of Schlossmatt, STOP at Güterbahnhof  
Line 20, STOP at Länggasse

## Parking

A limited number of parking spaces are available at Parking vonRoll





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Bei Schlafstörungen eine gute Lösung<sup>1</sup>

**Über 10 Jahre** klinische Erfahrung zeigen:

- ✓ Wirksam bei Ein- und Durchschlafstörungen<sup>1,2</sup>
- ✓ Verbessert die Schlafqualität und Leistungsfähigkeit am Tag<sup>3</sup>
- ✓ keine Toleranzentwicklung, keinen Rebound-Effekt, keine Entzugssymptome<sup>1,4</sup>

Circadin® empfohlen als **pharmakologische Erstlinien-Therapie** bei Patienten mit primärer Insomnie ab 55 Jahren.<sup>5</sup>

**Kurzfachinformation:** **Z:** Retardtabletten à 2 mg Melatonin. **I:** Monotherapie für die kurzzeitige Behandlung der primären, durch schlechte Schlafqualität gekennzeichneten Insomnie bei Patienten ab 55 Jahren. **D:** 1 Tablette à 2 mg einmal täglich 1-2 Stunden vor dem Zubettgehen. Die Dosierung kann bis zu 3 Wochen aufrechterhalten werden. Eine Verlängerung der Behandlung bis zu 13 Wochen (3 Monate) kann in Einzelfällen, nach erneuter Abschätzung durch den Arzt, erfolgen. **KI:** Überempfindlichkeit gegen den Wirkstoff oder einen der sonstigen Bestandteile. **VM:** Abbrechen der Therapie bei Auftreten von Nervosität, verstärkter Schlaflosigkeit, Agitiertheit, Reizbarkeit, Aggressivität und Alpträumen. Circadin kann Schläfrigkeit hervorrufen. Keine oder vorsichtige Anwendung von Circadin bei Patienten mit Autoimmunerkrankungen, Schlafapnoe-Syndrom und der seltenen hereditären Galaktose-Intoleranz, Laktasemangel oder Glukose-Galaktose-Malabsorption, Niereninsuffizienz und Leberfunktionsstörung. **UW:** Häufig: Kopfschmerzen, Nasopharyngitis, Rückenschmerzen und Arthralgie traten sowohl in der Circadin- als auch in der Placebogruppe auf. **IA:** Medikamente mit CYP1A-Enzym-Metabolismus, Fluvoxamin, 5- oder 8-Methoxyproporalen, Cimetidin, Zigarettenrauchen, Östrogene, CYP1A2-Inhibitoren wie Chinolone, CYP1A2-Induktoren wie Carbamazepin und Rifampicin, Alkohol, Benzodiazepine und Nicht-Benzodiazepine. Stand der Information: Juni 2020. Abgabekategorie B. Ausführliche Informationen entnehmen Sie bitte der Arzneimittelinformation [www.swissmedicinfo.ch](http://www.swissmedicinfo.ch). Neurim Pharmaceuticals AG, Turmstrasse 18, 6312 Steinhausen. CH-C-2023-04-27-D

**Referenzen:** **1.** Wade A et al. Prolonged-release melatonin in the treatment of primary insomnia: evaluation of the age cut-off for short- and long-term response. *Current Medical Research and Opinion* 2011; Vol. 27, No. 1, 87-98. **2.** Nava Zisapel. Melatonin and Sleep. *The Open Neuroendocrinology Journal*, 2010, 3, 85-95. **3.** Hajak et al. Lasting treatment effects in a postmarketing surveillance study of prolonged-release melatonin, *International Clinical Psychopharmacology* 2015; 30(1): 36-42. **4.** Circadin Arzneimittelinformation, [www.swissmedicinfo.ch](http://www.swissmedicinfo.ch). **5.** Wilson SJ, et al. British Association for Psychopharmacology consensus statement on evidence-based treatment of insomnia, parasomnias and circadian rhythm disorders. *J Psychopharmacol.* 2010;24:1577-601. Die hierin referenzierte Literatur kann auf Anfrage bei Neurim Pharmaceuticals AG angefordert werden.

# Melatonin Mini-Retardtabletten speziell für Kinder entwickelt

kassen-  
zulässig<sup>4\*</sup>

- ✓ Wirksam bei Ein- und Durchschlafstörungen für Kinder und Jugendliche mit ASS und/oder SMS<sup>1</sup>
- ✓ Verbessert das externalisierende Verhalten signifikant<sup>2</sup>
- ✓ Gut dokumentierte Langzeittherapie<sup>3</sup>



3mm klein<sup>5</sup>



\*Limitatio

**Referenzen:** 1. Schroder C et al. Pediatric prolonged-release melatonin for insomnia in children and adolescents with autism spectrum disorders. 2021. Expert Opinion on Pharmacotherapy, DOI: 10.1080/14656566.2021.1959549. 2. Schroder C et al. Pediatric Prolonged-Release Melatonin for Sleep in Children with Autism Spectrum Disorder: Impact on Child Behavior and Caregiver's Quality of Life. May 2019. Journal of Autism and Developmental Disorders, <https://doi.org/10.1007/s10803-019-04046-5>. 3. Malow B et al. Sleep, Growth, and Puberty After 2 Years of Prolonged-Release Melatonin in Children With Autism Spectrum Disorder. Journal of the American Academy of Child and Adolescent Psychiatry, 60(2), 252–261.e3. <https://doi.org/10.1016/j.jaac.2019.12.007>. 4. Slenyto®, [www.spezialtaetenliste.ch](http://www.spezialtaetenliste.ch). 5. Slenyto® Arzneimittelinformation, [www.swissmedicinfo.ch](http://www.swissmedicinfo.ch).

Die hierin referenzierte Literatur kann auf Anfrage bei Neurim Pharmaceuticals AG angefordert werden.

**Kurzfachinformation:** Z: Retardtabletten à 1mg/5 mg Melatonin. I: Für die Behandlung von Schlafstörungen (Insomnie) bei Kindern und Jugendlichen im Alter von 2 – 18 Jahren mit Autismus-Spektrum-Störung (ASS) und/oder Smith-Magenis-Syndrom, wenn Schlafhygienemassnahmen unzureichend waren. D: Die empfohlene Anfangsdosis beträgt 2 mg. Bei unzureichendem Ansprechen sollte die Dosis auf 5 mg erhöht werden. Die maximale Dosis beträgt 10 mg. Es liegen Daten für eine Behandlungsdauer von bis zu 2 Jahren vor. Der Patient sollte in regelmäßigen Abständen (mindestens alle 6 Monate) kontrolliert werden, um sicherzustellen, dass Slenyto immer noch die am besten geeignete Behandlung ist. KI: Überempfindlichkeit gegen den Wirkstoff oder einen der sonstigen Bestandteile. VM: Slenyto kann Schläfrigkeit hervorrufen. Keine oder vorsichtige Anwendung von Slenyto bei Patienten mit Autoimmunerkrankungen, seltenen hereditären Galaktose-Intoleranz, völligem Laktase-Mangel oder Glukose-Galaktose-Malabsorption. UW: Häufig: Stimmungsschwankungen, Aggressivität, Reizbarkeit, Somnolenz, Kopfschmerzen, plötzliche Schlafattacken, Sinusitis, Erschöpfung und morgendliche Müdigkeit. IA: Medikamente mit CYP1A-Enzym-Metabolismus, Fluvoxamin, Alkohol, Benzodiazepine/Nicht-Benzodiazepine-Hypnotika, Thioridazin und Imipramin. Stand der Information: September 2021. Abgabekategorie B. Ausführliche Informationen entnehmen Sie bitte der Arzneimittelinformation [www.swissmedicinfo.ch](http://www.swissmedicinfo.ch). Neurim Pharmaceuticals AG, Turmstrasse 18, 6312 Steinhausen. CH-S-2024-04-02-D

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