



Sleep & Health Zurich Symposium 2025

Thursday, May 8th, 2025

Kunsthaus Zürich, Vortragssaal
Heimplatz
8032 Zürich
From 8:50 am to 12:45 pm

Scientific Program

08:50 Welcome and Symposium Opening

Chair: Dr. med. Simon Schreiner, Department of Neurology, University Hospital Zurich, Switzerland

Part I

Chair: Dr. Konstantinos Kompotis, Institute of Pharmacology and Toxicology, University of Zurich, Switzerland

09:00 Sleep to Survive? Connecting Neuroscience and Ecology

Dr. Paul-Antoine Libourel, Centre d'écologie fonctionnelle et évolutive, Université de Montpellier and Centre de Recherche en Neurosciences de Lyon, INSERM, France

09:30 Reduced and Redundant: Information Processing of Prediction Errors during Human Sleep

Dr. Christine Blume, Centre for Chronobiology, Psychiatric Hospital of the University of Basel, and Research Cluster Molecular and Cognitive Neurosciences, University of Basel, Switzerland

10:00 SHZ Junior Session 2025

Datablitz: latest insights from ongoing research

Chairs: Dr. med. Sarah Schiebler, Department of Consultation -Liaison Psychiatry and Psychosomatic Medicine, University Hospital Zurich, Switzerland

PD Dr. med. Katrin Rauen, Neurological Rehabilitation Center Godeshöhe GmbH, Bonn, and Neuroscience Center Zurich (ZNZ), University of Zurich, Switzerland

10:30 Coffee Break

Part II

Chair: Dr. Angelina Maric, Department of Neurology, University Hospital Zurich

11:00 Non-REM Sleep in Isolated REM Behavior Disorder: Interactions Between Slow Waves and Cognition

Dr. Andrea Galbiati, "Vita-Salute" San Raffaele University and Sleep Disorders Center, IRCCS San Raffaele Scientific Institute, Milan, Italy

11:30 The Infralow Fluctuation of Sigma Power During Sleep Across Development and a First Glimpse into Schizophrenia

Maria Dimitriades, University Children's Hospital Zurich, Switzerland

12:00 Pharmacological Modulation of Arousal to Enhance Sleep

Prof. Hans-Peter Landolt, Institute of Pharmacology and Toxicology, University of Zurich, Switzerland

12:30 SHZ Junior Award and Closing Remarks

Chair: PD Dr. med. Katrin Rauen, Neurological Rehabilitation Center Godeshöhe GmbH, Bonn, Germany, and Neuroscience Center Zurich (ZNZ), University of Zurich, Switzerland

12:45 SHZ General Assembly and Business Meeting 2025 (SHZ members only)

Registration

No registration needed. Free of charge.

CME Credits

3 SGSSC Credits.

Contact

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SHZ Steering Committee

Dr. Angelina Maric, Research Group Leader, Department of Neurology, University Hospital Zurich

Dr. Konstantinos Kompotis, Postdoctoral Researcher, Institute of Pharmacology and Toxicology, University of Zurich

Dr. Sarah Schiebler, Senior Physician, Head of Unit for Fatigue and Sleep Disorders, Department of Consultation -Liaison Psychiatry and Psychosomatic Medicine, University Hospital Zurich

Dr. Simon Schreiner, Head of Sleep Unit, Department of Neurology, University Hospital Zurich

PD Dr. med. Katrin Rauen, Chief Physician, Neurological Rehabilitation Center Godeshöhe GmbH, Bonn, and Neuroscience Center Zurich (ZNZ), University of Zurich