



Swiss Society for Sleep Research, Sleep Medicine and Chronobiology
Schweizerische Gesellschaft für Schlafforschung, Schlafmedizin und Chronobiologie
La Société Suisse de Recherche sur le Sommeil, de Médecine du Sommeil et de Chronobiologie
Società Svizzera di Ricerca sui sonno, di Medicina del Sonno e di Cronobiologia

PRELIMINARY PROGRAM

Congress 2026 at the University Children's Hospital Zurich
20th and 21st of August



Thursday, 20th of August 2026

Time	Room 1	Room 2	Room 3	Room 4
08:30–10:00	Arrival & Registration		Board Meeting	
09:30–13:00			Insomnia Workshop (CBT-I)	
10:00–11:30	Wake Up and Inspire the World (Chairs: C. Lustenberger, C. Blume) <ul style="list-style-type: none"> • Blume – <i>Communicating Sleep Science Beyond Academia</i> • van der Helm – <i>From Sleep to Strategy</i> • Böddeker – <i>Communicating with Media and the Public</i> • Rasch – <i>Network Sleep Switzerland</i> 	Pneumology – New Guidelines (Chairs: A-K. Brill, R. Heinzer) <ul style="list-style-type: none"> • Schwarz – <i>ERS Statement on Adaptive Servo Ventilation</i> • Testelmans / Randerath – <i>ERS Guideline on CPAP in OSA</i> • Round Table: Implementation of Guidelines 		
11:30–12:00	Coffee Break			
12:00–13:00	Data Flashes (Chair: R. Huber)	SNaNe Session – Talks 1–3		
13:00–14:00	Lunch Symposium	Dentist / ENT Session – Talks 1–3		
14:00–15:00	Official Opening Keynote: Emmanuel Mignot (Chair: A. Adamantidis)			
15:00–15:15	Coffee Break			
15:15–16:45	Clinical Focus – Pediatric (Chairs: A. Möller, M. Giarrana) <ul style="list-style-type: none"> • Tan – <i>Central Sleep Apnea in Children</i> • Kerzel – <i>Respiratory Management in SMA</i> • Bölsterli – <i>TBA</i> • Gerstenberg – <i>Sleep & Schizophrenia in Youth</i> 	Multidimensional Sleep (Basic Research) (Chairs: R. Huber, C. Lustenberger) <ul style="list-style-type: none"> • Van De Ville – <i>Brain Networks in NREM Sleep</i> • Tzovara – <i>TBA</i> • Stephan – <i>Arousal Signatures Across Species</i> • Kempf – <i>Homeostatic Sleep Control in the Fly</i> 		
16:45–17:00	Coffee Break			
17:00–18:00	General Assembly			
19:30	Apéro, Dinner			

Friday, 21st of August 2026

Time	Room 1	Room 2
09:00–10:30	Changing Therapeutic Landscape – Neurology (Chair: R. Khatami) <ul style="list-style-type: none">• Narcolepsy & Hypersomnia• Paradigm Shift in RLS• Comorbid Insomnia in Neurology• Talk 4	Basic Research – Pediatric (Chairs: S. Schoch, R. Liamlahi) <ul style="list-style-type: none">• Albrecht – School Start Times• Tarokh – 47,001 Nights of Sleep• Markovic – Developmental Determinants of Sleep• Pittner – Infant Sleep Duration
10:30–11:00	Coffee Break	
11:00–12:30	CBT-I: Implementation in Switzerland (Chairs: C. Nissen, M. Gerstenberg) <ul style="list-style-type: none">• Slawik – Treatment Recommendations for Insomnia• Schneider – Inpatient Psychiatric Care• Lang – SLEEP Expert for Adolescents• Solelhac – RE-MIND	Sex Differences in Sleep (Chairs: D. Noain, L. Stankeviciute) <ul style="list-style-type: none">• Schwarz – OSA in Women• Cajochen – TBA• Schoch – Dream Recall Differences• Spitschan – Circadian and neuroendocrine responses to light
12:30–13:30	Lunch Symposium	Poster Session
14:00–15:30	Sleep, Neuromodulation & Neurodegeneration (Chairs: S. Schreiner, M. Züst) <ul style="list-style-type: none">• Violante – Temporal Interference Stimulation• Noain – Oscillotherapy• Wicki – Enhancing Slow Waves• Marchi – CPAP & Neurodegeneration Biomarkers	Swiss Young Sleep Wake Chronobiology Network (Chairs: T. Scharf, C. Schneider) <ul style="list-style-type: none">• Khatami – Sleep Medicine Database• Milanese – Locus Coeruleus in Early AD• Kallestad – Implementing Treatment Trials• Maric – Slow-Wave Stimulation in Parkinson’s
15:30–16:00	Closing Ceremony and Awards	