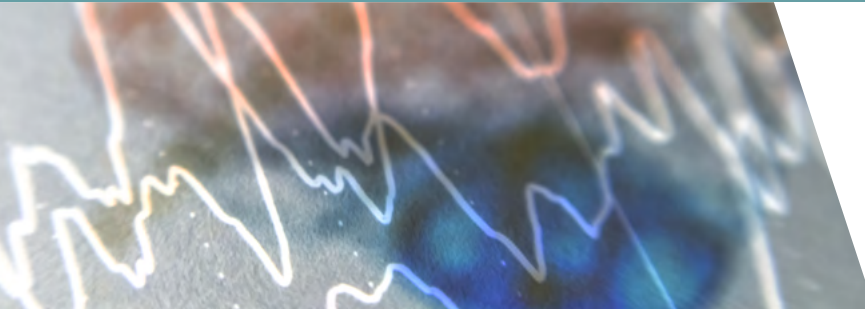




European Sleep Foundation
Fondazione Europea Sonno



PRELIMINARY PROGRAM



SSWS SLEEP SCIENCE
WINTER SCHOOL

01-04/03/2020

WENGEN HOTEL REGINA



Università
della
Svizzera
italiana



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UNIVERSITÄT
BERN

Interfaculty Research Cooperation:
Decoding Sleep



SLEEP SCIENCE WINTER SCHOOL

Dear Scientists,

We are pleased to announce the 3RD Sleep Science Winter School for March 1-4, 2020 and to continue the long-standing tradition of this scientific meeting in the stunning Bernese Alps. Our preliminary inspiring program includes two topical keynote lectures given by international experts in the field on microbiota and sleep and the brain mechanisms of awareness and consciousness.

Seven scientific sessions provide newest insight into the key topics of the Bern Network of Epilepsy, Sleep and Consciousness (BENESCO). Starting with a session on infraslow oscillations, we continue with the topic of the interrelation of pain and sleep and then deepen the topic of sleep breathing disorders, one of the most common sleep disorders and known for its harmful effects on the cardio-cerebrovascular system. On Tuesday, we start with a session on metabolism and sleep. Thereafter the Interfaculty Research

Cooperation “Decoding Sleep” (<http://www.sleep.unibe.ch/>) organizes a scientific session covering their key research topics. We then round up this Winter School with a session on self-consciousness highlighted from a neuropsychological perspective and last but not least a session on epilepsy looking at the temporal dynamics of seizures from a patient’s chronotype to a single neuron.


We also introduce new program elements with two teaching courses for young scientists, a data blitz session and a BENESCO Session where scientists are given a platform to present and discuss their newest research findings.

We hope you join us for the upcoming Sleep Science Winter School,

On behalf of the BENESCO, the European Sleep Foundation and the organizing committee.



BENESCO EXECUTIVE BOARD

-  **Antoine Adamantidis** *Experimental Neurology, Bern University Hospital*
- Urs Albrecht** *Biology Dept., University of Fribourg*
- Claudio Bassetti** *Neurology Dept., Bern University Hospital*
- Thomas Dierks** *Psychiatry and Psychotherapy Dept., Bern University Hospital*
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- Matthias Gugger** *Pneumologie Dept., Bern University Hospital*
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- Andrea Barzago** *European Sleep Foundation Organizing Secretary, Lugano*
- Maxime Baud** *Neurology Dept., Bern University Hospital*
- Simone Duss** *Neurology Dept., Bern University Hospital*
- Stephany Fulda** *Sleep & Epilepsy Center, EOC Lugano*
- Martin Hatzinger** *Psychiatry and Psychotherapy Dept., Solothurner Spitäler*
- Roger Hunziker** *Scientific Assistant, Bern University Hospital*

DAY 1 - SUNDAY, MARCH 1 2020

15:00 Meeting venue

KEYNOTE LECTURE I

16:00 Microbiota & Sleep

TEACHING COURSE I

17:15 The art of presentation - *KASPAR SCHINDLER (Neurology, Bern University Hospital)*

19:00 Dinner

DAY 2 - MONDAY, MARCH 2 2020

SCIENTIFIC SESSION 1

INFRASLOW OSCILLATIONS

 CHAIRS: ST. FULDA, A. LÜTHI

08.30 Insights into the neural mechanisms of infraslow rhythms - *ANITA LÜTHI (Uni. Lausanne)*

08.50 Waking up during the night - timing of microarousals in relation to the infraslow oscillation of mouse NREM sleep
ROMAIN CARDIS (Uni. Lausanne)

09.10 Infraslow oscillations during human sleep
STEPHANY FULDA (EOC, Lugano)

09.30 Periodicity without a Zeitgeber
MAXIME BAUD (Uni. Hospital Bern)

10:00 Break

SCIENTIFIC SESSION 2 - PAIN

 CHAIRS: M. HATZINGER, T. NEVIAN

10.30 TBD (sleep & pain) - *ROLF-DETLEV TREEDE (Uni. Heidelberg/Mannheim, Germany)*

10.50 TBD (pain & sleep) - *ISABELLE DECOSTERED (Uni. Lausanne)*

11.10 TBD (pain and brain oscillations) - *ROHINI KUNER (Uni Heidelberg, Germany)*

11.30 TBD (EEG & pain) - *MARKUS PLONER (TU München, Germany)*

12.15 Lunch

SCIENTIFIC SESSION 3 -

PHENOTYPING IN BREATHING DISTURBANCES DURING SLEEP

 CHAIRS: W. RANDEARTH, A-K. BRILL

13.45 Endotypes - Phenotypes? Definition, validation, clinical and scientific relevance
DIRK PEVERNAGIE (Ghent University, Belgium)

14.05 More than sleepiness: Clinical phenotypes in OSA - lessons from cluster analyses -
TARJA SAARESRANTA (Uni. Turku, Finland)

14.25 More than the apnoea-hypopnoea-index: an integrative approach to obstructive sleep apnoea - *WINFRIED RANDEARTH (Uni. Solingen, Germany)*

14.45 TBD - *RAPHAEL HEINZER (CHUV, Lausanne)*

15.15 Break

TEACHING COURSE II

15.45 Slam dunk papers - from writing to reviewing - *FLAVIO FRÖHLICH (University of North Carolina, Chapel Hill, USA)*

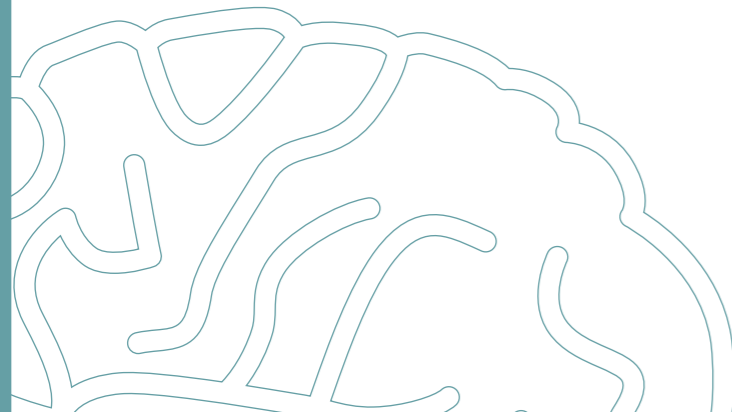
17.00 Break

DATA BLITZ & POSTER SESSION

17.15 Data blitzes of young scientists with evaluation and awards

18.30 Poster viewing with aperitif

20.00 Dinner



DAY 3 - TUESDAY, MARCH 3 2020

SCIENTIFIC SESSION 4 - **CHRONOBIOLOGY, SLEEP & METABOLISM**

 A. ADAMANTIDIS, U. ALBRECHT

- 08.30 TBD - SUZANNE LAFLEUR, NL (TBC)
- 08.50 TBD - ETIENNE CHALLET (Uni. Strasbourg, France)
- 09.10 TBD - KATRIN WENDRICH (Uni. Fribourg)
- 09.30 TBD - LUKAS OESCH (Uni. Hospital Bern)
- 10.00 Break

SCIENTIFIC SESSION 5 **IRC DECODING SLEEP**

 CHAIRS: C. BASSETTI, F. MAST

- 10.30 Brain circuits of sensory processing
NEVIAN THOMAS (Uni. Bern)
- 10.50 Machine learning as a tool for the evaluation of sleep - TZOVARA ATHINA (University of California, Berkeley)

- 11.10 Sleep-wake disturbances following tick-borne encephalitis (animal part) - LEIB STEPHEN (Uni. Hospital Bern)
- 11.30 Sleep-wake disturbances following tick-borne encephalitis (human part) - DIETMANN ANELIA (Uni. Hospital Bern)
- 12.15 Organized networking events

KEYNOTE LECTURE II

- 18.00 Brain mechanisms of body perception, body awareness and consciousness
OLAF BLANKE (EPFL)
- 20.00 Dinner

DAY 4 - WEDNESDAY, MARCH 4 2020


SCIENTIFIC SESSION 6 - **BODY AWARENESS AND SELF-CONSCIOUSNESS**

 L. HEYDRICH, C. BASSETTI

- 08.30 Turning body and self inside out - the neuroscience of extero- and interoceptive signal integration - LUKAS HEYDRICH (Uni. Hospital Bern)
- 08.50 Translational approach to bodily self consciousness - OLAF BLANKE (EPFL)
- 09.10 Altered states of bodily self-consciousness
BIGNA LENGGENHAGER (Uni. Zurich)
- 09.30 Self-motion perception during caloric vestibular stimulation - GERDA WYSSEN (Uni. Bern)
- 10.00 Break

SCIENTIFIC SESSION 7 - **EPILEPSY**

 CHAIRS: M. BAUD, K. SCHINDLER

- 10.30 Chronotypes in epilepsy
MARC GRAU (Uni. Hospital Bern)
 - 10.50 Seizures as one dynamical state of cortex
TIMOTHÉE PROIX (Uni. Geneva)
 - 11.10 Seizures dynamics at the neuronal level
PIERRE MÉGEVAN (Uni. Geneva)
 - 12.00 Lunch
- Topical BENESCO session**
 TBD
13.30 TBD - TBD
- 15.15 End of meeting

MEETING VENUE & ACCOMMODATION

HOTEL REGINA

CH-3823 Wengen
www.hotelregina.ch
+41 33 856 58 58

individual booking by e-mail to:
reservation@hotelregina.ch

Wengen lies on a wind-protected sun terrace at the foot of the Jungfrau, 400 metres above the Lauterbrunnen valley at an altitude of 1274 m.

The tradition-imbued, car-free holiday resort offers a family-friendly ski and rambling area around the Männlichen and the Kleine Scheidegg.



HOW TO REACH WENGEN

BY TRAIN

From Bern via Interlaken Ost, to Wilderswil, Lauterbrunnen, Wengen

BY CAR

From Bern to Wilderswil (car park) or Lauterbrunnen (car park) then by train to Wengen



REGISTRATION FEES

Full Congress fee

Participant	<i>tbd</i>
Student	<i>tbd</i>

www.europeansleepfoundation.ch/events/

ONLINE REGISTRATION

REGISTRATION FEE INCLUDES:

- Participation to the Winter School
- Conference materials
- Coffee breaks
- Lunches

ADDITIONAL INFORMATION:

Students must prove their student status with the official document from their university.

CREDITS

- Certificate in Advanced Studies «Sleep, Consciousness, and related disorders»:
2 ECTS
- Graduate School for Health Science (GHS), University of Bern Graduate School for Cellular and Biomedical Sciences (GCB), University of Bern:
XX CREDITS
- Swiss Neurological Society (SNG):
4 CREDITS PER HALF-DAY
- Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SGSSC):
SUNDAY 5 CREDITS, MONDAY/TUESDAY 8 CREDITS PER DAY, WEDNESDAY 3.5 CREDITS
- Swiss Society for Clinical Neurophysiology (SGKN/SSNC):
4 CREDITS

ORGANIZING SECRETARY



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Fondazione Europea Sonno

ANDREA BARZAGO

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LOCAL ORGANIZER



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For more information:

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