

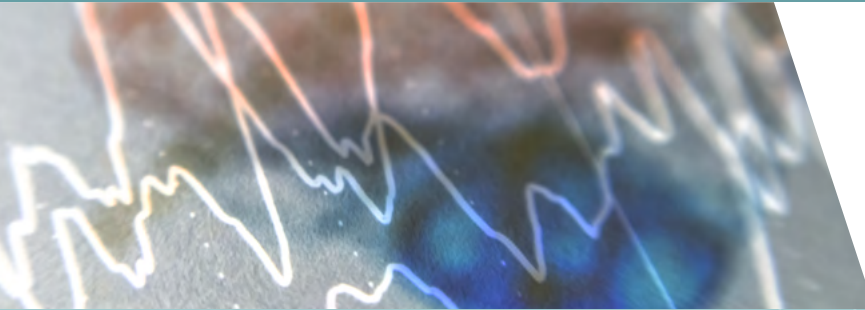


European Sleep Foundation  
Fondazione Europea Sonno



v 1.4 12/02/2020

PRELIMINARY PROGRAM



**SSWS** SLEEP SCIENCE  
WINTER SCHOOL

**01-04/03/2020**

**WENGEN HOTEL REGINA**



Università  
della  
Svizzera  
italiana



*u<sup>b</sup>*

UNIVERSITÄT  
BERN

Interfaculty Research Cooperation:  
Decoding Sleep



SLEEP SCIENCE WINTER SCHOOL

***Dear Scientists,***

We are pleased to announce the 3<sup>RD</sup> 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*
- Daniel Erlacher** *Sports Science Dept., Bern University Hospital*
- Matthias Gugger** *Pneumologie Dept., Bern University Hospital*
- Katharina Henke** *Psychology Dept., Bern University Hospital*
- Mauro Manconi** *University of Bern, Università della Svizzera Italiana, Neurocentro della Svizzera Italiana, Ospedale Regionale di Lugano*

**Christoph Nissen** *Psychiatry and Psychotherapy Dept., Bern University Hospital*

**Arto Nirkko** *Neurology Dept., Hofklinik für Wach- & Schlafmedizin, Lucerne*

**Kaspar Schindler** *Neurology Dept., Bern University Hospital*

**Roland Wiest** *Clinical Neuroscience, Bern University Hospital*

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## ESF BOARD

- + Claudio Bassetti** *Neurology Dept., Bern University Hospital*
- Winfried Randerath** *Pneumologie Dept., Hospital Bethanien gGmbH, Solingen*
- Luigi Ferini-Strambi** *Sleep Disorders Center Dept., IRCCS Ospedale San Raffaele, Milan*

## ORGANIZING COMMITTEE

- + Antoine Adamantidis** *Experimental Neurology, Bern University Hospital*
- 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, 1<sup>ST</sup> MARCH 2020

14.00 Participants' registration

14.40 Welcome and introduction - *Tbd*

### SCIENTIFIC SESSION 1

#### SLEEP AND ANAESTHESIA

15.00 EEG-based brain monitoring during general anaesthesia - *HEIKO KAISER*

15.20 From biomimetic sleep to sleep-like general anaesthesia. Feasible transition?  
*FRIEDRICH LERSCH*

15.40 EEG changes during emergence from general anaesthesia  
*DARREN HIGHT*

16.00 **KEYNOTE LECTURE I**  
Sleep & circadian interaction  
*STEVEN A. BROWN*

**TEACHING COURSE I**  
17.15 The art of presentation - *KASPAR SCHINDLER (Neurology, Bern University Hospital)*

19.00 🍴 Dinner

## DAY 2 - MONDAY, 2<sup>ND</sup> MARCH 2020

### SCIENTIFIC SESSION 2

#### INFRASLOW OSCILLATIONS

👤 CHAIRS: S. 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 ☕ Coffee break

### SCIENTIFIC SESSION 3

#### PAIN

👤 CHAIRS: M. Hatzinger, T. Nevian

10.30 TBD (sleep & pain) - *ROLF-DETLEF 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 4 -

#### PHENOTYPING IN BREATHING DISTURBANCES DURING SLEEP

👤 CHAIRS: W. Randerath, A-K. Brill

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

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

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

15.15 ☕ Coffee break

#### TEACHING COURSE II

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

17.00 ☕ Coffee 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, 3<sup>RD</sup> MARCH 2020

### SCIENTIFIC SESSION 5

#### CHRONOBIOLOGY, SLEEP & METABOLISM

 CHAIRS: A. Adamantidis, U. Albrecht

- 08.30 Role of circadian clocks in dopaminergic neurodegeneration - *EMI NAGOSHI (University of Geneva)*
- 08.50 Impact of sleep deprivation on glucose metabolism and the master circadian clock - *ETIENNE CHALLET (Uni. Strasbourg, France)*
- 09.10 Effect of the clock gene Bmal1 on sleep-wake rhythms - *KATRIN WENDRICH (Uni. Fribourg)*
- 09.30 REM sleep stabilizes hypothalamic representation of feeding behavior - *LUKAS OESCH (Uni. Hospital Bern)*
- 10.00  Coffee break

### SCIENTIFIC SESSION 6

#### IRC DECODING SLEEP

 CHAIRS: C. Bassetti, F. Mast

- 10.30 Brain circuits of sensory processing  
*NEVIAN THOMAS (Uni. Bern)*
- 10.50 Learning auditory patterns in the absence of consciousness or attention  
*TZOVARA ATHINA (Uni. Bern)*
- 11.10 Sleep-wake disturbances following tick-borne encephalitis (animal part) -  
*LEIB STEPHEN (Uni. Bern)*
- 11.30 Sleep-wake disturbances following tick-borne encephalitis (human part) -  
*DIETMANN ANELIA (Uni. Hospital Bern)*
- 12.15 Free afternoon

#### KEYNOTE LECTURE II

- 18.00 Engineering of Hallucinations: Neuroscience, Robotics and Medicine  
*OLAF BLANKE (EPFL)*


20.00  Dinner

## DAY 4 - WEDNESDAY, 4<sup>TH</sup> MARCH 2020

### SCIENTIFIC SESSION 7

#### BODY AWARENESS AND SELF-CONSCIOUSNESS



 CHAIRS: L. Heydrich

- 08.30 Turning body and self inside out - the neuroscience of extero- and interoceptive signal integration - *LUKAS HEYDRICH (Uni. Hospital Bern)*
- 08.50 Immersive Digiceuticals - *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  Coffee break

### SCIENTIFIC SESSION 8

#### 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)*
- 11.30 Neural models and their epilepsy - *FLAVIO FRÖHLICH (Uni. North Carolina, USA)*
- 12.00  Lunch
- 13.30  Farewell Coffee and Dessert

## MEETING VENUE

### HOTEL REGINA

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

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	Before 20/01/19	After 20/01/19
Participant	150.- CHF	175.- CHF
Student	100.- CHF	125.- CHF
<b>Daily Pass*</b>		
Participant & student	75.- CHF	

\*The "Daily pass" allows participants to attend just one day course. Participants interested in more than one must purchase the "Full congress pass".

### REGISTRATION FEE INCLUDES:

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

[www.research.net/r/esf-ssws2020](http://www.research.net/r/esf-ssws2020)

ONLINE REGISTRATION\*\*

\*\*online registration is mandatory



## ACCOMMODATION

Accommodation in the meeting venue is available and thanks to the agreement with Hotel Regina, the ESF - Organizing Secretary - can offer a special rate (breakfast and dinner included).

For further information, please visit the website: [www.europeansleepfoundation.ch/event/sleep-science-winter-school-2020](http://www.europeansleepfoundation.ch/event/sleep-science-winter-school-2020)

## CREDITS

- Swiss Neurological Society (SNG):  
**SUN 01/03** 3 credits, **MON 02/03** 8 credits, **TUES 03/03** 6 credits, **WED 04/03** 4 credits
- Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SGSSC):  
**SUN 01/03** 4 credits, **MON 02/03** 9 credits, **TUES 03/03** 4,5 credits, **WED 04/03** 3 credits
- Swiss Society for Clinical Neurophysiology (SGKN/SSNC):  
**SUN 01/03** 3 credits, **MON 02/03** 4 credits, **TUES 03/03** 2 credits, **WED 04/03** 4 credits

## PATRONAGE



## ORGANIZING SECRETARY



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## LOCAL ORGANIZER



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For more information, registration and  abstract/poster submission:

[www.europeansleepfoundation.ch/event/sleep-science-winter-school-2020](http://www.europeansleepfoundation.ch/event/sleep-science-winter-school-2020)