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

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Experimental Neurology, Bern University Hospital

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Stephanie Fulda
Sleep & Epilepsy Center, EOC Lugano

Martin Hatzinger Psychiatry and Psychotherapy Dept., Solothurner Spitäler

Roger Hunziker
Scientific Assistant, Bern University Hospital
**DAY 1 - SUNDAY, 1ST MARCH 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>14.00</td>
<td>Participants’ registration</td>
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<tr>
<td>14.40</td>
<td>Welcome and introduction - Tbd</td>
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**SCIENTIFIC SESSION 1**

**SLEEP AND ANAESTHESIA**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>15.00</td>
<td>EEG-based brain monitoring during general anaesthesia - HEIKO KAISER</td>
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<tr>
<td>15.20</td>
<td>From biomimetic sleep to sleep-like general anaesthesia. Feasible transition? - FRIEDRICH LERSCH</td>
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<tr>
<td>15.40</td>
<td>EEG changes during emergence from general anaesthesia - DARREN HIGHT</td>
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<tr>
<th>Time</th>
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<tr>
<td>16.00</td>
<td>KEYNOTE LECTURE I - Sleep &amp; circadian interaction - STEVEN A. BROWN</td>
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**TEACHING COURSE I**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>17.15</td>
<td>The art of presentation - KASPAR SCHINDLER (Neurology, Bern University Hospital)</td>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>19.00</td>
<td>Dinner</td>
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**DAY 2 - MONDAY, 2ND MARCH 2020**

**SCIENTIFIC SESSION 2**

**INFRA SLOW OSCILLATIONS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>08.30</td>
<td>Insights into the neural mechanisms of infraslow rhythms - ANITA LÜTHI (Uni. Lausanne)</td>
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<tr>
<td>08.50</td>
<td>Waking up during the night - timing of microarousals in relation to the infraslow oscillation of mouse NREM sleep - ROMAIN CARDIS (Uni. Lausanne)</td>
</tr>
<tr>
<td>09.10</td>
<td>Infraslow oscillations during human sleep - STEPHANY FULDA (EOC, Lugano)</td>
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<tr>
<td>09.30</td>
<td>Periodicity without a Zeitgeber - MAXIME BAUD (Uni. Hospital Bern)</td>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>10.00</td>
<td>Coffee break</td>
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**SCIENTIFIC SESSION 3**

**PAIN**

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10.30</td>
<td>TBD (sleep &amp; pain) - ROLF-DETLEF TREEDE (Uni. Heidelberg/Mannheim, Germany)</td>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10.50</td>
<td>TBD (pain &amp; sleep) - ISABELLE DECOSTERED (Uni. Lausanne)</td>
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<tr>
<td>11.10</td>
<td>TBD (pain and brain oscillations) - ROHINI KUNER (Uni Heidelberg, Germany)</td>
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<tr>
<td>11.30</td>
<td>TBD (EEG &amp; pain) - MARKUS PLONER (TU München, Germany)</td>
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<th>Time</th>
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<tbody>
<tr>
<td>12.15</td>
<td>Lunch</td>
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**TEACHING COURSE II**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>15.45</td>
<td>Slam dunk papers - from writing to reviewing - FLAVIO FRÖHLICH (University of North Carolina, Chapel Hill, USA)</td>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>17.00</td>
<td>Coffee break</td>
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**DATA BLITZ & POSTER SESSION**

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>17.15</td>
<td>Data blitzes of young scientists with evaluation and awards</td>
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<tr>
<td>18.30</td>
<td>Poster viewing with aperitif</td>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>20.00</td>
<td>Dinner</td>
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DAY 3 - TUESDAY, 3RD 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 (Univ. 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 CESCH (Uni. Hospital Bern)

10.00 ☕ Coffee break

10.30 Role of circadian clocks in dopaminergic neurodegeneration - EMI NAGOSHI (University of Geneva)

10.50 Impact of sleep deprivation on glucose metabolism and the master circadian clock - ETIENNE CHALLET (Univ. Strasbourg, France)

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, 4TH MARCH 2020

SCIENTIFIC SESSION 7
BODY AWARENESS AND SELF-CONSCIOUSNESS
CHAIRS: L. Heydrich

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 (Univ. 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 CESCH (Uni. Hospital Bern)

10.00 ☕ Coffee break

10.30 Role of circadian clocks in dopaminergic neurodegeneration - EMI NAGOSHI (University of Geneva)

10.50 Impact of sleep deprivation on glucose metabolism and the master circadian clock - ETIENNE CHALLET (Univ. Strasbourg, France)

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

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 MÈGEVAN (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-inbued, 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

<table>
<thead>
<tr>
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<th>Full Congress</th>
<th>Before 20/01/19</th>
<th>After 20/01/19</th>
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<tbody>
<tr>
<td>Participant</td>
<td>150.- CHF</td>
<td>175.- CHF</td>
<td></td>
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<tr>
<td>Student</td>
<td>100.- CHF</td>
<td>125.- CHF</td>
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<tr>
<td>Daily Pass*</td>
<td>75.- CHF</td>
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*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

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

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

ONLINE REGISTRATION**

**online registration is mandatory
For more information, registration and abstract/poster submission:
www.europeansleepfoundation.ch/event/sleep-science-winter-school-2020