Zurich Sleep Medicine Symposium 2018

International Symposium of the Clinical Research Priority Program Sleep & Health

PROGRAM
Thursday, February 1st, 2018

Workshops

09:00 – 09:50 Workshop 1
Machine learning tools in sleep research and sleep medicine
Alexander Malafev (University of Zurich, CH)
Ramin Khatami (Clinic Barmelweid, CH)

Workshop 2
Tracking the internal clock
Steven A. Brown (University of Zurich, CH)
Derk-Jan Dijk (University of Surrey, UK)

09:50 – 10:10 Coffee break

10:10 – 11:00 Workshop 3
Sleep and neurodegeneration
Daniela Noain (University Hospital Zurich, CH)
Christian Baumann (University Hospital Zurich, CH)

Workshop 4
Targeted memory reactivation
Björn Rasch (University of Fribourg, CH)
Inès Wilhelm (University of Zurich, CH)

11:10 – 12:00 Workshop 5
Local aspects of sleep and wakefulness
Reto Huber (University Children’s Hospital Zurich, CH)
Bigna Bölsterli (University Children’s Hospital Zurich, CH)

Workshop 6
Imaging sleep and dreams
Sebastian C. Holst (Copenhagen University Hospital, Denmark)
Francesca Siclari (University Hospital Lausanne, CH)

12:00 – 13:30 Lunch

12:15 – 13:15 Business meeting: Zurich Center of interdisciplinary Sleep Research (ZiS)
ZURICH SLEEP MEDICINE SYMPOSIUM

Phenotyping of patients with OSA
Moderator: Konrad Bloch (University Hospital Zurich, CH)

13:30 – 13:50 Real-time breath analysis – how will it help to track sleep?
Pablo Martinez Lozano Sinues (University of Basel, CH)

13:50 – 14:10 Exhaled breath metabolomics in patients with OSA
Malcolm Kohler (University Hospital Zurich, CH)

14:10 – 14:40 Phenotyping OSA patients
Andrew Wellman (Harvard Medical School, USA)

14:40 – 15:10 Do miRNA predict blood pressure response to CPAP treatment?
Ferran Barbé (Lleida University, Spain)

15:10 – 15:45 Coffee break

Sleep and stress
Moderator: Erich Seifritz (Psychiatric University Hospital Zurich, CH)

15:45 – 16:15 Work stress, sleep and health: what are the links?
John Axelsson (University of Stockholm, Sweden)

16:15 – 16:35 Sleep and emotional learning: relevance to mental health and psychotherapy
Birgit Kleim (University of Zurich, CH)

16:35 – 16:50 Neural correlates of trauma memory and sleep
Géraldine Gvozdanovic (University of Zurich, CH)

16:50 – 17:10 The MemoSleep Hypothesis: How does cognition influence sleep?
Björn Rasch (University of Fribourg, CH)

SYMPOSIUM OF THE CLINICAL RESEARCH PRIORITY PROGRAM (CRPP) SLEEP & HEALTH

17:15 – 17:30 Opening remarks

17:30 – 18:30 Keynote lecture
Moderator: Malcolm Kohler (University Hospital Zurich, CH)

Developing Personalized Approaches to Sleep Disorders
Allan I. Pack (University of Pennsylvania, USA)

18:30 Apéro
**Friday, February 2nd, 2018**

**Sleep projects directed by women**  
Moderator: Irene Tobler (University of Zurich, CH)

08:45 – 09:00  **Heritability of sleep in adolescence**  
Leila Tarokh (University of Bern and Zurich, CH)

09:00 – 09:15  **Babies, bedtimes and bacteria**  
Salome Kurth (University Hospital Zurich, CH)

09:15 – 09:30  **EEG feedback-controlled auditory sleep stimulation approaches to establish the influence of sleep network dynamics on brain and body functions**  
Caroline Lustenberger (ETH Zurich, CH)

09:30 – 10:00 Coffee break

**Sleep biomarkers**  
Moderator: Hans-Peter Landolt (University of Zurich, CH)

10:00 – 10:20  **A systems genetic approach to the effects of sleep deprivation in mice**  
Paul Franken (University of Lausanne, CH)

10:20 – 10:50  **Brain mechanisms and functional impact of age-related changes**  
Julie Carrier (University of Montréal, Canada)

10:50 – 11:20  **Human sleep-wake regulation: A multilevel approach**  
Derk-Jan Dijk (University of Surrey, UK)

11:20 – 11:35  **From wakefulness to sleep: What are the underlying metabolic changes in the human brain?**  
Mick Lehmann (University of Zurich, CH)

11:45 – 13:00  **Poster session and lunch**

**Circadian regulation of sleep: insights from humans and animal models**  
Moderator: Steven A. Brown (University of Zurich, CH)

13:00 – 13:30  **Effects of sleep and circadian disruption on the human microbiome**  
Kenneth Wright (University of Colorado, USA)

13:30 – 14:00  **Suprachiasmatic circuits**  
Mick Hastings (University of Manchester, UK)

14:00 – 14:20  **New insights into the circadian regulation of sleep in Drosophila**  
Emi Nagoshi (University of Geneva, CH)

14:20 – 14:35  **Circadian activity in the wake-maintenance zone**  
Ben Collins (University of Zurich, CH)
Sleep, brain and behavior
Moderator: Reto Huber (University Children’s Hospital Zurich, CH)

14:40 – 15:10 **Ultrastructural evidence for synaptic scaling across the sleep-wake cycle**
Luisa de Vivo (University of Wisconsin-Madison, Madison, USA)

15:10 – 15:30 **Deep sleep maintains learning efficiency of the human brain**
Sara Fattinger (University Children’s Hospital Zurich, CH)

15:30 – 15:50 **Animal models of restless legs syndrome and periodic limb movements syndrome**
Mauro Manconi (Neurocenter of Southern Switzerland, Lugano, CH)

15:50 – 16:10 **Chronic sleep restriction: local aspects of altered behaviors**
Angelina Maric (University Hospital Zurich, CH)

16:10 – 16:30 Coffee break

16:30 – 17:30 **Keynote lecture**
Moderator: Alexander A. Borbély (University of Zurich, CH)

*Sleep and Health: A Clinical Research Priority*
Charles A. Czeisler (Harvard Medical School, USA)

Sleep - from synapses to patients
Moderator: Alexander A. Borbély (University of Zurich, CH)

17:30 – 17:50 **Sleep and wake at cortical synapses: a glial perspective**
Michele Bellesi (University of Wisconsin-Madison, Madison, USA)

17:50 – 18:10 **Mechanisms of circadian plasticity**
Steven A. Brown (University of Zurich, CH)

18:10 – 18:30 **Who is vulnerable to sleep deprivation?**
Hans-Peter Landolt (University of Zurich, CH)

18:30 – 18:50 **The impact of sleep on neurological disease**
Christian Baumann (University Hospital Zurich, CH)

18:50 – 19:00 **Concluding remarks**
Christian Baumann (University Hospital Zurich)

19:00 Closing cocktails
Symposium endorsed by the European Sleep Research Society.

EDUCATION CREDITS

- Schweizerische Gesellschaft für Pneumologie / Société Suisse de Pneumologie (SGP-SSP), CME: credit points
- Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC), CME: credit points
- Swiss Neurological Society (SNG-SSN), CME: credit points
- Schweizerische Gesellschaft für Psychiatrie und Psychotherapie/ Société Suisse de Psychiatrie et Psychotherapie (SGPP-SSPP), CME: credit points
- Swiss Society of General Internal Medicine (SGAIM-SSMIG-SSGIM), CME: credit points

REGISTRATION

All participants must be registered. The symposium is free of charge.
Call for abstracts: http://www.sleep.uzh.ch/en/agenda/symposium/call-for-abstracts.html
Online registration: http://www.sleep.uzh.ch/en/agenda/symposium/registration.html
Deadline for abstract submission and registration: January 8, 2018

VENUE

University of Zürich, Main Building
Rämistrasse 71, 8006 Zürich
Lecture Hall: KOH B 10
Public transport:
Tram station ETH/Universtätpital (Line 9/10)
Tram station Kantonschule (Line 5/9)

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