

# Zurich Sleep Medicine Symposium 2018

## International Symposium of the Clinical Research Priority Program *Sleep & Health*

### PROGRAM Thursday, February 1<sup>st</sup>, 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 2<sup>nd</sup>, 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 Psychothérapie (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

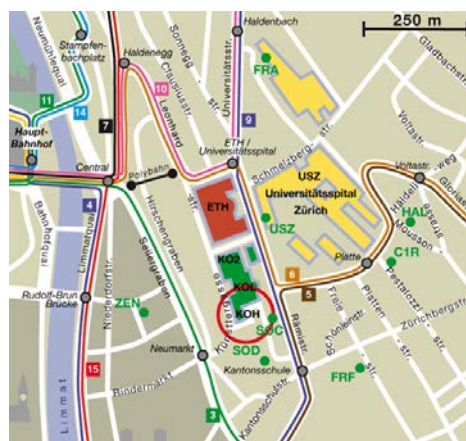
Rämistrasse 71, 8006 Zürich

Lecture Hall: KOH B 10

Public transport:

Tram station ETH/Universtätsspital (Line 9/10)

Tram station Kantonsschule (Line 5/9)



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