

Annual Meeting Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC) 2019

June 27 & 28, 2019
Université de Fribourg



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University of Fribourg
PER 21 & PER 22
Boulevard de Pérolles 90
1700 Fribourg

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Dear Colleagues

We are pleased to invite you to the 2019 Annual Meeting of the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC) to be held in Fribourg, June 27-28.

The 2019 meeting in Fribourg provides evidence-based education to advance the science and clinical practice of sleep medicine and sleep physiology, disseminates cutting-edge sleep and circadian research, promotes the translation of basic science into clinical practice and fosters the future of the field by providing young clinicians and researchers to present their findings in talks and on posters.

Renowned international and national speakers will provide comprehensive updates, educational workshops, and insights into novel scientific topics covering various areas of sleep research and sleep medicine. Special emphasis is given to the field of insomnia, sleep and cognition, sleep and development, oscillatory mechanisms, sleep apnea and auto-immune disorders.

A data-flash and a poster session will allow for the presentation of latest results of current research. Most importantly the meeting should provide ample opportunities to bring together people, to engage in discussions and planning of clinical cases and scientific projects.

We are looking forward to an exciting, inspiring and collaborative meeting.

Welcome to Fribourg!

Prof. Dr. med. Martin Hatzinger, Prof. Björn Rasch, Prof. Urs Albrecht
President SSSSC Local organizer Local organizer 2

Program Day 1, Thursday, June 27, 2019

08.30	Arrival / Registration		
09.00	First round of workshops		
	Workshop	Wearables in Sleep Research	C120
		K. Wac	
		Big Data in Sleep Science	C140
		HP. Landolt & B. Stucky	
		Local Sleep	G120
		R. Huber	
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10.00	Coffee Break		
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10.30	Second round of workshops		
	Workshop	Wearables in Sleep Research	C120
		K. Wac	
		Big Data in Sleep Science	C140
		HP. Landolt & B. Stucky	
		Local Sleep	G120
		R. Huber	
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11.30	Break		
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11.45	Symposium	New treatment approaches in sleep apnea	Auditorium Joseph Deiss
	Sponsored by Philips		
	A. Wellman	How to use sleep apnea phenotypes in clinical practice	
	N. de Vries	Positional treatment for sleep apnea	
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12.45	Break		

Program Day 1, Thursday, June 27, 2019

13.00	Symposium	Narcolepsy	Auditorium Joseph Deiss
	Sponsored by Bioprojet		
	Chair: J. Haba-Rubio		
	U. Kallweit	Narcolepsy pathio- pathology update and histamine pathway	
	J. Haba-Rubio	Clinical data from trials (HARMONY 1 and HARMONY CTP) and real life experience in Lausanne	
	C. Caussé	Wakix: global evaluation, mechanism of action and its prescription	
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14.00	Break		
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14.15	Official Opening		Auditorium Joseph Deiss
	M. Hatzinger		
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14.30	Keynote lecture: Sleep and Memory		Auditorium Joseph Deiss
	Jan Born		
	Chair: B. Rasch		
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15.30	Coffee Break		

Program Day 1, Thursday, June 27, 2019

15.45 **Symposium** **The Cortical state in non-REM sleep** C140

Chair: A. Lüthi & L. Fernandez

J. Seibt **The cortical state of sleep spindles**

L. Fernandez **Thalamic reticular control of local cortical non-REM sleep**

N. Niethard **Calcium imaging of excitation-inhibition balance in non-REM sleep**

R. Khatami **Exploring cortical states in sleep disorders through near-infrared spectroscopy**

15.45 **Symposium** **Autoimmunity and Sleep Disorders** C120

Chair: U. Kallweit & A. Vincent

U. Albrecht **Sleep/circadian rhythms and the immune system**

A. Vincent **Autoantibodies in disorders with sleep/wake disturbance**

U. Kallweit **Autoimmune diseases and sleep-wake disturbances**

Program Day 1, Thursday, June 27, 2019

15.45 **Symposium** **Pediatric sleep in development** G120

Chair: A. Moeller & S. Vella

S. Kurth **Development of rhythm in the first year: sleep regulation in infants**

R. Huber **Maturation of the sleeping brain during childhood and adolescence**

S. Miano **A broad clinical spectrum of paediatric insomnia, from infancy to adolescence**

D. Trachsel **Sleep disordered breathing from infancy to adolescence**

17.30 **Break**

17.45 General assembly SSSSC C140

19.30 Dinner
Social Event: Couvent des Cordeliers
(Monastery of Fribourg)

Program Day 2, Friday, June 28, 2019

08.00	Arrival / Registration		
08.15	Symposium	Current developments in insomnia research and clinical care	C120
	Chair: C. Nissen & F. Siclari		
	M. Maire / R. Auer	Insomnia prevalence and management in Swiss primary health care - a roadmap for implementation and dissemination of CBT-I in routine clinical practice	
	E. Hertenstein	Developments in the psychotherapy of insomnia	
	F. Siclari	Sleep perception in healthy individuals and patients with paradoxical insomnia	
	K. Spiegelhalder	Concepts and challenges in understanding the neurobiology of insomnia	

Program Day 2, Friday, June 28, 2019

08.15	Symposium	Sleep and Cognition	C140
	Chair: B. Rasch & K. Hödlmoser		
	M. Dresler	Interactions of cognition, metacognition and emotions during sleep and wakefulness	
	S. Ruch	New learning during sleep	
	M. Hülsemann	Embodied Cognition and sleep	
	K. Hödlmoser	Functional impact of developmental changes in sleep on memory consolidation	
	M. Schredl	Lucid dreaming and sleep	
10.00	Coffee Break		
10.30	Dataflash presentations (4-5 minutes each)		PER22
	Chair: B. Rasch & C. Nissen		
	Presentation of 10 best posters		
11.30	Poster session		PER22
12.30	Lunch		
	Additions; Sponsoring, etc.		
13.30	Poster viewing (guided tour)		PER22
	Chair: U. Albrecht		

Program Day 2, Friday, June 28, 2019

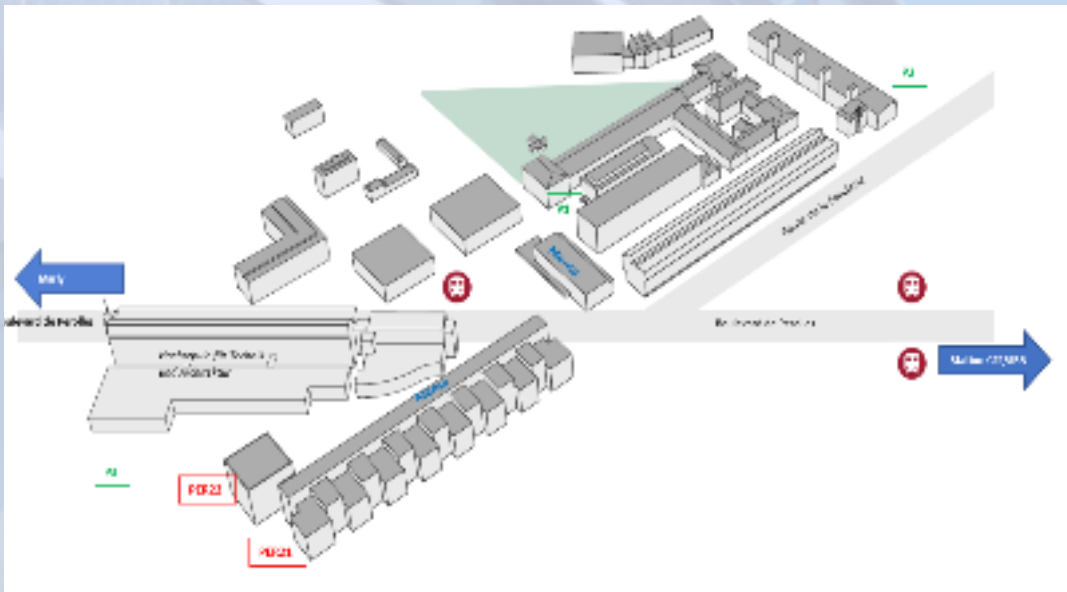
14.00	Symposium	New trends in sleep apnea diagnosis and treatment	C140
	Chair: R. Heinzer		
	A. Wellman	New pharmacological treatment for sleep apnea	
	W. Randerath	Central sleep apnea, who should be treated?	
	R. Heinzer	New biomarkers of OSA severity and associated cardiovascular risk	
14.00	Symposium	Swiss Young Sleep Wake Chronobiology Network (SYSWCN)	C120
	Chair: D. Schreier & J. Skorucak		
	W. Karlen	Pushing for better technologies to monitor and manipulate sleep	
	M. Navarrete	Precise sounds to sleep soundly	
	V. Bromundt	The Art in Science of Chronobiology	
15.45	Coffee Break		
16.15	Awards Ceremony and Closing		Auditorium
	M. Hatzinger		Joseph Deiss

Speakers in Alphabetical Order

Urs Albrecht	Fribourg	Salomé Kurth	Zurich
Reto Auer	Bern	Hanspeter Landolt	Zurich
Jan Born	Tübingen (DE)	Micheline Maire	Bern
Vivien Bromundt	Bern	Silvia Miano	Lugano
Caussé Christian	Paris	Miguel Navarrete	Cardiff (GB)
Nico de Vries	Amsterdam (NL)	Niels Niethard	Tuebingen (DE)
Martin Dresler	Nijmegen (NL)	Winfried Randerath	Solingen (DE)
Laura Fernandez	Lausanne	Simon Ruch	Bern
José Haba Rubio	Lausanne	Michael Schredl	Mannheim (DE)
Raphael Heinzer	Lausanne	Julie Seibt	Surrey (GB)
Elisabeth Hertenstein	Bern	Francesca Siclari	Lausanne
Kerstin Hödlmoser	Salzburg (AU)	Kai Spiegelhalter	Freiburg (DE)
Reto Huber	Zurich	Benjamin Stucky	Zurich
Mareike Hülsemann	Zurich	Daniel Trachsel	Basel
Ulf Kallweit	Witten (DE)	Angela Vincent	Oxford (GB)
Walter Karlen	Zurich	Katarzyna Wac	Stanford (US)
Ramin Khatami	Barmelweid	Andrew Wellman	Boston (US)

Venue

University of Fribourg
PER 21 & PER 22
Boulevard de Pérolles 90
1700 Fribourg
Switzerland



By car: Just a few parking possibilities.

By bus: www.tpf.ch

Bus 1 - Marly, G rine

Bus 3 - Fribourg, Charmettes

Bus 7 - Fribourg, Villa-Beau-Site

Bus stop: Industrie / Plateau de P rolles

Accommodation

EN : <https://fribourg.e-vent.online/web/02B3D27793CC4B2097D972D7CA9881B6/GB>

Credits

	Day 1	Day 2	Workshops
SSSSC	5.5	6.5	1 per workshop
SNG	6	6	1 per workshop
SSPP/SGPP	6	7	1 per workshop
SGP	TBD		

Scientific Committee

Bj rn Rasch, Fribourg (Chair, local organizer)

Urs Albrecht, Fribourg (local organizer)

Claudio Bassetti, Bern

Raphael Heinzer, Lausanne

Anita L thi, Lausanne

Alexander M ller, Z rich

Christoph Nissen, Bern

Sophie Schwartz, Gen ve

Back office / Administration

Universit re Psychiatrische Kliniken Basel

Abteilung Chronobiologie

B atrice Anderlohr-Streule

Wilhelm Klein-Strasse 27

CH - 4002 Basel

beatrice.anderlohr@upk.ch

Phone: +41 61 325 54 74

Register on:

<http://swiss-sleep.ch/newsevents/registration-congress-2019/>

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