



European Sleep Foundation  
Fondazione Europea Sonno

# EUROPEAN SLEEP FOUNDATION

## 2020 Activity Report

# 2020 ACTIVITY REPORT

## Education

**As we have done since 2017, the ESF supported the Academy of Sleep and Consciousness ASC and its students all through 2020. Together we have accomplished to not only continue the CAS/DAS/MAS in Sleep, Consciousness and Related Disorders but to also improve the educational program significantly. In December 2020, six students have successfully graduated the first edition of the DAS in Sleep, Consciousness and Related Disorders (CAS SCD). Four Students were approved a prolongation, if everything goes to plan they will graduate the DAS in 2021. The ESF has supported each student with a scholarship of CHF 8'000, which amounts to over 50% of the full tuition fee.**

### DECEMBER 2020

In December 2020 five students continued with the program in order to acquire the Master of Advanced Studies (MAS) in Sleep, Consciousness and Related Disorders. The ESF is once again supporting all five students with an additional scholarship of CHF 10'500 each for the final year of the program.

### JAN. - DEC. 2020

The ESF has also successfully supported the ASC in acquiring important international partnerships with leading institutions. By the end of 2020 the ASC has signed Collaboration Agreements (Memorandum of Understanding) with the following Institutions:

- Università Vita-Salute San Raffaele, Italy
- Institute of Neurological Sciences of Bologna, Italy
- Université Grenoble Alpes, France
- University of Ljubljana, Slovenia
- University of Freiburg, Germany
- University of Tübingen, Germany
- University of Witten/Herdecke, Germany
- University Hospital of Liège, Belgium
- University of Ghent, Belgium
- Almazov National Medical Research Center, Russia
- Carol Davila University of Medicine and Pharmacy, Romania
- Iuliu Hatieganu University, Cluj-Napoca, Romania
- FUCS University, Colombia
- University of Cyprus

# 2020 ACTIVITY REPORT

## Events

**Due to the COVID-19 pandemic and the resulting restrictions, both the Sleep Science Winter School (SSWS) planned in Wengen, Switzerland from March 1-4, 2020 had to be cancelled. The Think Tank/World Sleep Forum, planned in Ascona, Switzerland from 29-31 October 2020 has only been postponed in 2021.**

# 2020 ACTIVITY REPORT

## Patronage

The following events have been patronaged by the ESF in 2020.

SEPTEMBER 2020

17th European Narcolepsy Master Class, Berlin, Germany  
September 5, 2020

11th European Narcolepsy Days, Berlin, Germany  
September 5, 2020



11th European Narcolepsy Day, Berlin, Germany



17th European Narcolepsy Master Class, Berlin, Germany

# 2020 ACTIVITY REPORT

## Health

JAN. - FEB. 2020

A short a photographic ESF portfolio has been exposed during sleep film review at the Palacinema Locarno (Switzerland) from January to February 2020. This was an important occasion to promote the work and the projects of the Foundation in better sleep behavior.



**CISA** Conservatorio Internazionale Scienze Audiovisive Scuola Specializzata Superiore FILM

Rassegna cinematografica  
**IL GRANDE SONNO**

PalaCinema Locarno  
**22.01-06.05**

Rassegna promossa da: CISA Conservatorio Internazionale Scienze Audiovisive

In collaborazione con: ESF European Sleep Foundation

Con il sostegno di: PALACINEMA LOCARNO ARENA

**CISA** PalaCinema Locarno - Piazza Remo Rossi 1 t +41 (0)91 756 00 90 e info@cisaonline.ch w cisaonline.ch

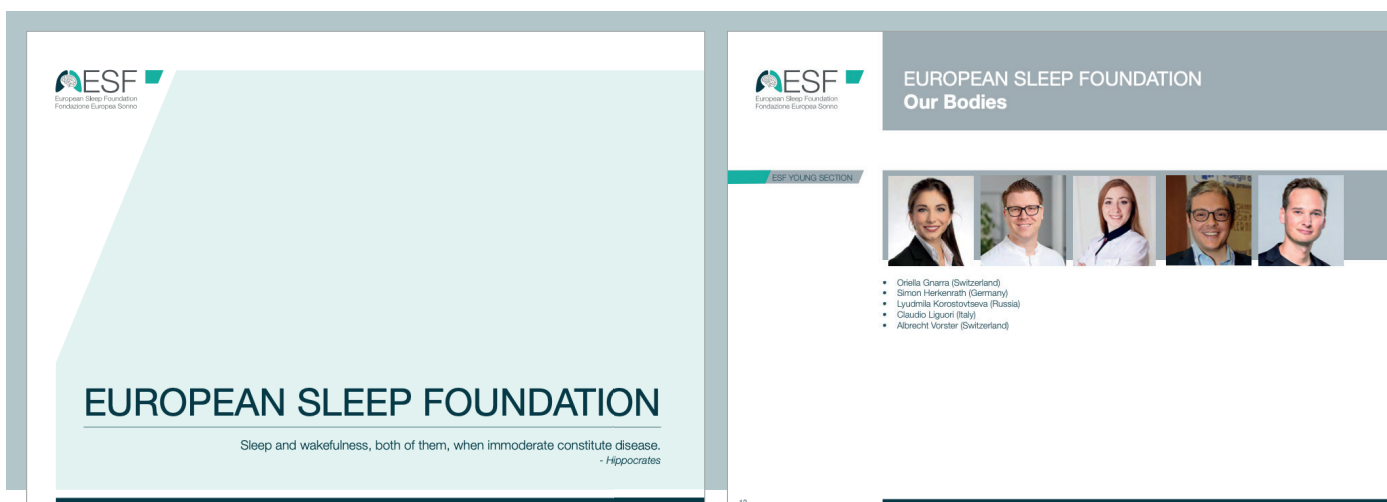
Palacinema Locarno, Switzerland

# 2020 ACTIVITY REPORT

## Miscellaneous

In order to open up new fields of development in the area of communication, the relationship between sport and sleep and in basic and clinical research, ESF has created the “ESF Young Section” in 2020.

In 2020, ESF published the new brochure with updated content and the addition of new areas of activity and development.



ESF brochure cover

ESF brochure - young section

## HOW TO CONTACT US

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## HOW TO SUPPORT US

If you would like to support us, you can transfer  
your donation directly into our bank account:

European Sleep Foundation Lugano

Bank name : UBS Lugano

Account number: CH530024724717796801Y

SWIFT: UBSWCHZH80A

Please put your full name as a reference and email to [info@europeansleepfoundation.ch](mailto:info@europeansleepfoundation.ch)  
to let us know that you've donated or paid in your fundraising money.