

EUROPEAN SLEEP FOUNDATION

Sleep and wakefulness, both of them, when immoderate constitute disease.

- Hippocrates

EUROPEAN SLEEP FOUNDATION

For Sleep Health, against Sleep Deprivation/Disorders

OVERVIEW

Sufficient and regular sleep has a beneficial effect on brain, body and mental health.

Sleep deprivation and sleep disorders have a negative effect on health, performance, well being, and productivity.



-40 Min.

sleep duration in the last 30 years.



30%

of the general population suffers from insomnia symptoms.



20%

of 65+ year olds have received benzodiazepines in the past year.



10-30%

of all road traffic accidents are likely due to drowsy driving.



1-3%

In USA, UK, Germany and Japan, economic costs of insufficient sleep amount to 1-3% of gross domestic product.

1. Tinguely et al. Therapeutische Umschau 2014.
2. Baglioni et al. J Sleep Res. 2020.
3. Luta X et al. 2020.
4. Gonçalves, M. et al. J Sleep Res.
5. Hafner M et al. Rand Health Q. 2017.

VISION

Sleep is recognized as essential for brain, body, mental health, performance and wellbeing.

MISSION

Promoting excellence and innovation to reduce the burden of sleep-wake, circadian and related disorders and promote sleep health.

CORE VALUES

Integrity

Our work and the work we support is objective, non-partisan, fair and balanced.

Progress

Our work and the work we support is dedicated to sustainable progress and innovation in the field of sleep medicine.

Responsibility

We accept responsibility for the decisions we make and for the impact they have.

Excellence

In all we do we strive for nothing less than excellence.



Villa Saroli, Lugano

EUROPEAN SLEEP FOUNDATION

Strategic Objectives

OBJECTIVES



Strategic Objectives Education

1

Master of Advanced Studies in Sleep, Consciousness and Related Disorders of the Universities of Bern, Svizzera italiana and 13 international partner Universities (www.asc.unibe.ch) with the patronage of European Sleep Research Society (ESRS), European Academy of Neurology (EAN) and Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC).

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

u^b

UNIVERSITÄT
BERN

Interfaculty Research Cooperation:
Decoding Sleep



1

Our sponsors

- Fondazione Aldo e Cele Daccò
- Fondazione Araldi Guinetti
- Fondazione Dottor Pierluigi Crivelli
- Fondazione Sir John Eccles
- Fondazione Leonardo
- Fondazione Neuroscienze Ticino
- Rudolf Kernen-Fond

2

Our grants



3

Our publications (from our think tanks)

- Bassetti C.L. et al. Neurology and psychiatry: waking up to opportunities of sleep. State of the art and clinical/research priorities for the next decade. *Eur J Neurol.* 2015; 22 (10), 1337-54.
- McNicholas W.T. et al. Challenges in obstructive sleep apnoea. *Lancet Respir Med.* 2018 Mar; 6(3), 170-172.
- Randerath W. et al. Challenges and perspectives in obstructive sleep apnoea: Report by an ad hoc working group of the Sleep Disordered Breathing Group of the European Respiratory Society and the European Sleep Research Society. *Eur Respir J.* 2018 Sep 16; 52(3).
- Bassetti C.L. et al. Narcolepsy - clinical spectrum aetiopathophysiology, diagnosis and treatment. *Nat Rev Neurol.* 2019 Sep;15(9), 519-539.
- Ferini-Strambi L. et al. Insomnia: the tip of the iceberg of a 21st century epidemic. (in press)

4

Endowed Chairs/Professorships in Sleep Medicine and Science.

1

„Walk in sleep clinics“ and sleep houses

- For the accessible, rapid, low cost triage of sleep-wake and circadian disorders such as insomnia, sleep apnea, restless legs syndrome, narcolepsy, and parasomnias and socially induced sleep deprivation.
- Interprofessional and patient's centered activity (e.g. GP's, specialized nurses, technicians).
- Promotion of sleep-related health.
- In collaboration with sleep specialists and traditional sleep centers.

2

Patient's support

Promoting patient's empowerment through:

- the availability of the best evidence-based scientific knowledge,
 - the development of sleep health projects based on the real needs of patients and through their direct involvement,
- ... in the field of diagnostic and therapy for sleep-wake, circadian and related disorders.

3

Sleep related health promotion for the general public, for hospitals, institutions, services and companies.

1

International Schools

- Sleep Medicine Summer School (SMSS)
Lugano 2011, Ljubljana 2013, Lugano 2015, Lugano 2017, Lugano 2019, Grenoble 2021
- Sleep Science Winter School (SSWS)
Wengen 2018, Wengen 2019, Wengen 2020

2

World Sleep Forum

3

Promotion and co-organization of international events

- European Narcolepsy Day
- European Narcolepsy Master Class
- Swiss Narcolepsy Day



SSWS 2020 flyer



SMSS 2021 flyer



World Sleep Forum 2021 flyer

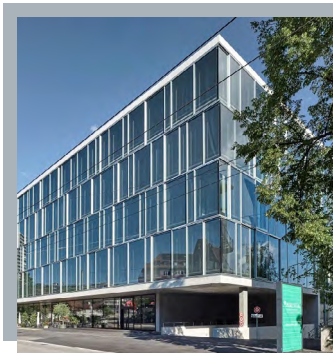
1

New technologies for the early diagnosis, monitoring and follow-up of Sleep-Wake Cycle Disturbance (SWCD).



2

Development of telemedicine approaches to test and monitor patients at home.



NeuroTec / SITEM-Insel



ETH Zürich



Università Vita-Salute San Raffaele, Milano



University of Witten/Herdecke

ESF BOARD



- Prof. Claudio Bassetti, Switzerland (President)
- Prof. Luigi Ferini-Strambi, Italy
- Prof. Mauro Manconi, Switzerland
- Prof. Winfried Randerath, Germany

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- Oriella Gnarra (Switzerland)
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- Lyudmila Korostovtseva (Russia)
- Claudio Liguori (Italy)
- Albrecht Vorster (Switzerland)

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Our Faculty

ESF FACULTY

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Our Official Partners

ESF PARTNERS

- European Sleep Research Society (ESRS)
- Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC)
- European Academy of Neurology (EAN)
- Bern Network for Epilepsy, Sleep and Consciousness (BENESCO)
- European Narcolepsy Network (EU-NN)
- Swiss Narcolepsy Network (SNaNe)



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
to let us know that you've donated or paid in your fundraising money.