



European Sleep Foundation
Fondazione Europea Sonno

EUROPEAN SLEEP FOUNDATION

2021 Activity Report

2021 ACTIVITY REPORT

Education

As we have done since 2017, the ESF supported the Academy of Sleep and Consciousness ASC and its students through 2021. Together we have accomplished to not only continue the CAS/ DAS/MAS in Sleep, Consciousness and Related Disorders but also to start with a fresh 2021 CAS cohort.

JAN. - DEC. 2021

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. We expect all five MAS students to graduate in 2022.

JUL. - DEC. 2021

With the support of the ESF the ASC was able to start with the second cohort. Four students joined the program in July 2021. This shows that the ESF investment to support the ASC in building a sustainable program is bearing fruits. We are especially happy that we were able to help carrying the program without any mentionable stoppages in the times of a global pandemic.

JULY 2021

The Sleep Medicine Summer School, organized by the ESF, was once again part of the ASC's educational program. Thanks to the ESF efforts to organize a hybrid setting for the participants during these times of the pandemic, the ASC was able to integrate the schools program as a module for its students. All of them successfully passed the examination.



ASC 2020-2023 flyer

Partners of the ASC

The following ESF events have been organized in 2021.

MARCH 2021

World Sleep Day, Press Conference in “Regular Sleep, healthy futur”
March 19th, 2021

MAY 2021

Public event: Morbus Parkinson and Alzheimer: is sleep disturbance a wake-up call?
Virtual Meeting - May 26th, 2021

World Sleep Forum | 5th Think Tank
Virtual Meeting - May 27th-29th, 2021

JULY 2021

Sleep Medicine Summer School (SMSS)
Hybrid Meeting - Grenoble, France - July 5th-9th, 2021



World Sleep Forum 2021 flyer



Public event: Morbus Parkinson and Alzheimer flyer



SMSS 2021 flyer

The following events have been patronaged by ESF in 2021.

FEBRUARY 2021

6th Swiss Narcolepsy Day
Barmelweid, Switzerland - February 4th, 2021

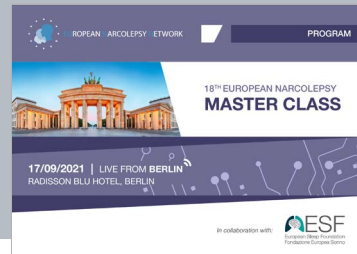
SEPTEMBER 2021

16th European Narcolepsy Master Class
Berlin, Germany - September 17th, 2021

12th European Narcolepsy Days
Berlin, Germany - September 18th-19th, 2021



Swiss Narcolepsy Day 2021 flyer



European Narcolepsy Master Class 2021 flyer



European Narcolepsy Days 2021 flyer

SEPTEMBER 2021

First sleep pilot study (screening, logbook and sleep coaching) with athletes of the National Sport.

Center of Tenero, Switzerland
September 15th, 2021



National Youth Sports Centre Tenero CST



Photo by www.swissolympicteam.ch/de/olympische-missionen/3t/3t

SEPTEMBER 2021

The photographic ESF portfolio has been exhibited for one week at the sitem-insel in Bern. The exhibition was part of the NeuroTec opening which took place on September 14th, 2021 with 90 invited guests from politics, medicine and science.



NeuroTec-Loft: The "research apartment"

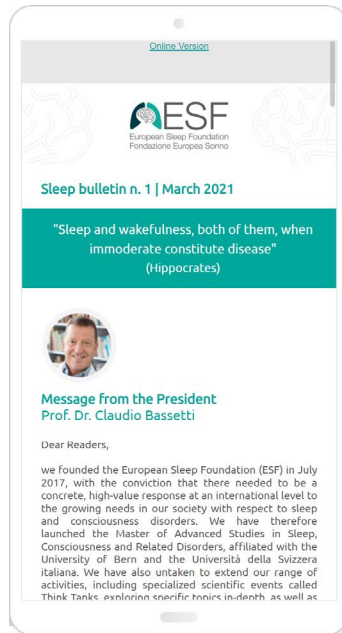


NeuroTec-Loft: bedroom and high-tech sleep laboratory



Prof. Claudio Bassetti explains the importance of long-term observation in research into the diagnosis, monitoring and therapy of neurodegenerative diseases.

2021



First Sleep Bulletin of 2021



facebook

Statistics

- 800 + followers
- 108.000 + posts coverage
- 1400 + interactions with posts

Follow us: www.facebook.com/europeansleepfoundation

ESF Sleep Bulletins

- March 2021
- April 2021
- May 2021
- July 2021
- October 2021

Statistics

- 5 sleep bulletins sent in 2021
- 993 recipients
- 98% deliverability rate
- 52% opening rate

2021 ACTIVITY REPORT

Scientific activities

Our publications (from our think tank 2021)

- Ferini-Strambi L. et al. Insomnia: the tip of the iceberg of a 21st century epidemic. Eur J Neurol. 2021 Jul;28(7):2156-2167
- Ferini Strambi L et al. Neurodegeneration and sleep. Eur J Neurol (submitted)



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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.