



European Sleep Foundation  
Fondazione Europea Sonno

# EUROPEAN SLEEP FOUNDATION

## 2022 Activity Report

# 2022 ACTIVITY REPORT

## Education

### Education - The International Master in Sleep Medicine and further academic initiatives

ESF is among the pioneers in sleep medicine and committed to develop academic faculties around the world. The digital environment is facilitating contacts and exchanges, blending with highly intensive in-person meetings whenever the situation allows.

Together with the Academy of Sleep and Consciousness (ASC), reshaping was this year's motto – from the name, to the duration, including the admission criteria and the tuition fees have given the programme an innovative concept. The Master in Sleep Medicine is ready to take off again in May 2023 and to boost its positioning in the academic scene being even more accessible than in the past.

We acknowledge the efforts of the Team, the ASC, University of Berne and Università della Svizzera italiana, all further universities contributing in various ways, and wish to express respect and gratitude for their dedication and guidance.

[www.asc.unibe.ch](http://www.asc.unibe.ch)



ASC 2023-2025 flyer

Partners of the ASC

# 2022 ACTIVITY REPORT

## Events

The following ESF events have been organized in 2022.

MARCH 2022

Sleep Science Winter School (SSWS)  
*Virtual Meeting - March 3<sup>rd</sup>-4<sup>th</sup>, 2022*

JUNE 2022

Sub-Specialty Track on Sleep-Wake Disorders, EAN Congress  
*Vienna, Austria - June 25<sup>th</sup>, 2022*

OCTOBER 2022

Think Tank, World Sleep Forum  
*Baveno, Italy - October 14<sup>th</sup>-16<sup>th</sup>, 2022*

### Statistics

- 42+ international speakers
- 150+ participants
- 9+ sponsor



Sleep Science Winter School flyer



EAN Congress 2022 flyer



World Sleep Forum 2022 flyer

# 2022 ACTIVITY REPORT

## Patronage

The following events have been patronaged by ESF in 2022.

JANUARY 2022

7<sup>th</sup> Swiss Narcolepsy Day  
*Lugano, Switzerland - January 20<sup>th</sup>, 2022*

NOVEMBER 2022

19<sup>th</sup> European Narcolepsy Master Class  
*Bologna, Italy - November 18<sup>th</sup>, 2022*

13<sup>th</sup> European Narcolepsy Days  
*Bologna, Italy - November 19<sup>th</sup>-20<sup>th</sup>, 2022*



Swiss Narcolepsy Day 2022 flyer



European Narcolepsy Master Class 2022 flyer



European Narcolepsy Days 2022 flyer

## 2022 ACTIVITY REPORT

# Sleep and Sport

Athletes are role models and ambassadors of a healthy lifestyle. Surprisingly about 30% of young athletes have regular sleep problems. Thus sleep problems in athletes are as common as in their non-athletic peers. Coaching and improving the awareness of sleep health in athletes can improve athletic performance, reduce injuries and spread the word about the importance of sleep for health in general.

Since 2022, with the support of the ESF, the team of Dr. Albrecht Vorster and Prof. Daniel Erlacher attended the Swiss Olympic Talent Treff Tenero (3T) four times, providing sleep training and coaching to more than 1000 young athletes. Meanwhile two symposia on the topic of sleep and sport were organized as part of the annual Bern Sleep Wake Days, as well as a symposium at the Annual Meeting of the Sportwissenschaftlichen Gesellschaft der Schweiz (SGS). In result a fruitful collaboration among swiss researchers was established. A larger questionnaire based study among swiss athletes is planned for fall 2023.



National Youth Sports Centre Tenero CST



Photo by [www.swissolympicteam.ch/de/olympische-missionen/3t/3t](http://www.swissolympicteam.ch/de/olympische-missionen/3t/3t)

# 2022 ACTIVITY REPORT

## Communication

The ESF was officially present with a booth at the 8<sup>th</sup> European Academy of Neurology Congress 2022 (25-28 June, Vienna) to promote the foundation and its activities. Thanks to Adrienne Van Der Hoeven, Livia Fregolente-Gomez, Oriella Gnarra and Andrea Barzago for their precious participation.

In collaboration with:



EUROPEAN NARCOLEPSY NETWORK



8<sup>th</sup> EAN Congress



A. Van Der Hoeven, A.Barzago and L. Fregolente-Gomez



ESF - EU-NN Booth

# 2022 ACTIVITY REPORT

## Scientific activities

### Our publications

Ferini-Strambi L. tbd  
(from our think tank 2022)

The first publication from the Sleep and Sport project “Schlafprobleme im Leistungssport”  
<https://doi.org/10.4414/smf.2022.08941>

# 2022 ACTIVITY REPORT

## Partners in health

The ESF recognises the engagement of all entities working, cooperating and sharing the responsibilities of progressing science, education and awareness. ESF is proud to cooperate with the leading corporates and organisations on a global level.

Whilst networking with organisations and universities is part of everyday life, knowledge of companies, their potential and vision, might be less evident.

The early weeks into 2022 were invested in communicating with sponsors and supporters to strengthen the reciprocal knowledge and present the initiatives planned for 2022 and beyond.





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#### **HOW TO GET IN TOUCH WITH ESF**

European Sleep Foundation ESF

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[www.europeansleepfoundation.ch](http://www.europeansleepfoundation.ch)

#### **HOW TO SUPPORT ESF'S MISSION**

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.