THE EUROPEAN SLEEP FOUNDATION
“Sleep and wakefulness, both of them, when immoderate constitute disease”
(Hippocrates)

Sleep-wake disorders affect 10-20% of the general population and have a dramatic impact on health, performance, productivity, and overall quality of life. However, the awareness and knowledge concerning sleep-wake disorders and current diagnostic and treatment strategies are often either inadequate or find insufficient application in practice.

Numerous studies have shown that sleep problems and consciousness disorders have serious consequences for the quality of life of those affected, particularly noticeable in patients of young age. The problem of sleep disorders, however, has yet to attain a sufficiently high level of awareness among patients, policymakers and the general public. Society as a whole does not perceive sleep disorder as a problem as serious as the so-called people’s diseases, such as obesity and cardiovascular risk.

The importance of the subject of sleep disorders and their negative effects highlights the need to establish a solid and recognized reference framework, within which to debate the issues. The European Sleep Foundation, created in 2017 by Prof. Bassetti and Dr. Barazzoni, therefore wants to present and define itself nationally and internationally as a strong and prominent pioneer in the field of sleep disorders.

Prof. Dr. med. Claudio Bassetti
Chairman

Dr. med. MPH Fabrizio Barazzoni
Vice-Chairman
VISION

Our vision is to commit the European Sleep Foundation to global excellence and innovation in the field of sleep disorders and consciousness.

The ESF dedicates itself to the promotion of knowledge and scientific research, the continuous training and improvement of doctors, researchers and health personnel in general, as well as the care and assistance of patients, and the dissemination of information among the greater public in the field of sleep, consciousness and related disorders, in Europe and the world.

The ESF pursues its vision through, for example, the funding of schools, think tanks, Master’s programmes, and research funding.

Our main fields of activity are the following:

- EDUCATION
- RESEARCH
- PATIENT CARE
- PREVENTION
MISSION

Our Foundation supports:

• The Academy of Sleep and Consciousness
• Advanced educational programs for medical doctors, scientists and health care professionals
• Knowledge development and scientific initiatives
• Continuous improvement of patient’s quality of life through learning programs and shared expertises

ESF is a non-profit organization. It achieves its goals through funding for advanced educational events, think tanks and special events.

The ESF and the Academy of Sleep and Consciousness

With regards to continuing education, the ESF actively supports the inter-university Master’s degree of the University of Bern and the Università della Svizzera italiana - USI, in association with the Ente Ospedaliero Cantonale - Cantonal Hospital Authority EOC and the Inselspital Bern - University Hospital of Bern, in the field of sleep diseases, consciousness and related disorders, whose operation is entrusted to the Academy of Sleep and Consciousness ASC (http://www.asc.unibe.ch). The educational path, aimed at professionals in the sector, is designed to train specialists to manage the complexity of those pathologies in order to inform their decisions in their daily professional activities.

The program consists of a Certificate of Advanced Studies (CAS), Diploma of Advanced Studies (DAS), and a Master of Advanced (MAS) Studies in Sleep, Consciousness and Related Disorders.