



# SSWS

4<sup>th</sup> SLEEP  
SCIENCE  
WINTER  
SCHOOL

MARCH 3<sup>rd</sup>-4<sup>th</sup>, 2022

 VIRTUAL MEETING

*In collaboration with:*



Università  
della  
Svizzera  
italiana

*u<sup>b</sup>*

UNIVERSITÄT  
BERN

Interfaculty Research Cooperation:  
Decoding Sleep

## FACULTY

-  ANTOINE ADAMANTIDIS, Bern, CH
-  PANAGIOTIS BARGIOTAS, Nicosia, CV
-  CLAUDIO BASSETTI, Bern, CH
-  YVES DAUVILLIERS, Montpellier, FR
-  AARTI JAGANNATH, Oxford, UK
-  ULF KALLWEIT, Witten, DE
-  ZOLTAN KEKECS, Lund, SE
-  LYUDMILA KOROSTOVTSEVA, Saint Petersburg, RU
-  STEVEN LAUREYS, Liege, BE
-  PIERRE-HERVÉ LUPPI, Lyon, FR
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-  SVEN RUPPRECHT, Jena, DE
-  MINK SCHINKELSHOEK, Leiden, NL
-  MARKUS SCHMIDT, Bern, CH
-  STEFAN SEIDEL, Vienna, AT
-  FRANCESCA SICLARI, Lausanne, CH
-  ALESSANDRO SILVANI, Ravenna, IT



*Dear Scientists, dear Neurologist, dear Student,*

We are pleased to announce the **4<sup>th</sup> Sleep Science Winter School** for March 3-4, 2022, virtual edition.

Our preliminary inspiring program includes 3 topical keynote lectures given by international experts in the fields of the orexin system and narcolepsy, consciousness and coma, and the neuroscience of hypnosis. Four scientific sessions provide newest insight into the key topics of sleep mechanisms and functions, awareness and consciousness, and translational sleep science. A new concept of intensive, short lectures and immediate interaction will be implemented and shall intensify learning and exchange.

On behalf of European Sleep Foundation and the organizing committee, we wish you an inspiring Sleep Science Winter School.

**Prof. Dr. Ulf Kallweit**  
*SSWS Program Director*

**Prof. Dr. Claudio Bassetti**  
*President ESF*

**Prof. PD Dr. Stefan Seidel**  
*Local Organizer*

**Dr. Lyudmila Korostovtseva**  
*Local Organizer*



**DAY 1** | Thursday, March 3, 2022 | 15.00-18.55

**Development and regulation of sleep in humans and other animals**

15.00 Welcome and Introduction  
*A. Adamantidis, U. Kallweit*



**SCIENTIFIC SESSION 1**

CHAIRS: A JAGANNATH, M. SCHMIDT

15.10 Development of sleep wake regulation and rhythms in the brain - *S. Rupprecht*

15.45 How sleep and circadian rhythms regulate one another - *A. Jagannath*

16.20 Sleep and immune system  
*M. Schinkelshoek*

16.55 ☕ *Coffee break*



**SCIENTIFIC SESSION 2**

CHAIRS: A. ADAMANTIDIS, P.H. LUPPI

17.10 Sleep across species - *M. Schmidt*

17.45 REM dysfunction/RBD - *P.H. Luppi*

18.20 Animal model RLS/PLMS - *A. Silvani*

18.55 End day 1



**DAY 2** | Friday, March 4, 2022 | 14.00-18.40

**Transitions and in-between states: Sleep - Wake - Dream**

14.00 Welcome - *A. Adamantidis*

14.05 Update Postgraduate International Sleep (ASC) Master - *C. Bassetti*



**SCIENTIFIC SESSION 3**

CHAIRS: L. KOROSTOVTSEVA, Y. DAUVILLIERS

14.20 Neuronal circuits of sleep wake states and sleep function - *A. Adamantidis*

Sleep regulation - What can go wrong?

**KEY NOTE LECTURE I**

14.55 Narcolepsy- orexin dysfunction  
*Y. Dauvilliers*

15.20 Parkinson's disease- motor system and sleep - *P. Bargiotas*

15.55 ☕ *Break*



**SCIENTIFIC SESSION 4**

CHAIRS: S. SEIDEL, S. LAUREYS

16.10 Dreaming and nightmares - *F. Siclari*

**KEY NOTE LECTURE II**

16.45 Neuroscience and practice of hypnosis  
*Z. Kekecs*

17.20 ☕ *Break*

17.30 Brain activity at awakening - *P. Ruby*

**KEY NOTE LECTURE III**

18.05 Disorders of consciousness - *S. Laureys*

18.40 Closing remarks  
*A. Adamantidis, U. Kallweit*

## EVENT FORMAT

Due to the current Covid-19 pandemic and related national restrictions, the Board has decided to convert the meeting into a full virtual meeting.

## REGISTRATION FEES

	Coupon Code*	NO Coupon Code
Participant	50,- €	75,- €
Participant < 35 years old	35,- €	50,- €

\*Use the following coupon code to get a special discount:



**SSWS22-COUPON**

Please note: registration with the coupon code will be possible until 21<sup>st</sup> February 2022.

## HOW TO REGISTER

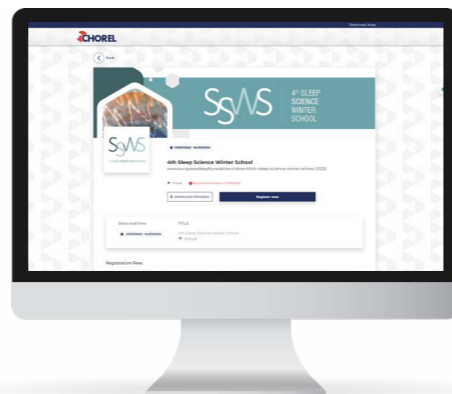
The Sleep Science Winter School is a full virtual meeting. Due to COVID-19 restriction in-person participation is not possible.



**Online registration is mandatory.**

To join the meeting please register [HERE](#) or scan the QR code.

**Deadline for online registration:  
1<sup>st</sup> March 2022**



## CREDITS

Schweizerische Neurologische Gesellschaft (SNG)  
4 CREDITS/DAY

Schweizerische Gesellschaft für klinische  
Neurophysiologie (SGKN)  
3 CREDITS/DAY

Schweizerische Gesellschaft für Schlafforschung,  
Schlafmedizin und Chronobiologie (SGSSC)  
DAY 1 | 4 CREDITS  
DAY 2 | 5.5 CREDITS

## WITH THE UNCONDITIONAL SUPPORT OF:



## LOCAL ORGANIZERS

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## ORGANIZING SECRETARY



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**For more information, visit:**

[www.europeansleepfoundation.ch/event/4th-sleep-science-winter-school-2022](http://www.europeansleepfoundation.ch/event/4th-sleep-science-winter-school-2022)