IRC Decoding Sleep
Final Symposium
Thursday, January 25, 2024, 13:00–18:15
Dear colleagues

We celebrate the final symposium of the Interfaculty Research Cooperation (IRC) «Decoding Sleep». This project was launched in 2018 and brought together numerous researchers from Neurology, Psychology, Psychiatry and Computer Science, and resulted in various fruitful scientific achievements.

Since the project was launched, we were accompanied by an international advisory board, from which renowned experts in sleep research will present lectures. Dieter Riemann from the University of Freiburg i.Br.: «Chronic insomnia, hyperarousal and REM sleep instability» and Ritchie Brown from Harvard Medical School: «A brief history of sleep research and a look at the road ahead».

The IRC was based on clusters. The highlights of each will be presented by Athina Tzovara, Fred Mast and Antoine Adamantidis. Short talks from ongoing and future research will be presented by prospective scientists, whose careers were supported by funding from the IRC (Bianca Viberti, Aleksandra Eberhard) and by Leila Tarokh, who was a group leader in the project.

We are sure that this will be an exciting symposium and it will mark the end of an inspiring and interesting research collaboration, funded by the University of Bern, and it will continue to grow in other funding schemes and networks at the University of Bern and beyond.

Kind regards,

Prof. Dr. med. Claudio L. A. Bassetti
Prof. Dr. Fred Mast
Prof. Dr. Athina Tzovara
Prof. Dr. Antoine Adamantidis
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tr>
<td>13:00</td>
<td>Welcome and Opening Remarks</td>
<td>Claudio L. A. Bassetti, Hugues Abriel</td>
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<tr>
<td>13:15</td>
<td><strong>iSPHYNCS: An international study on new biomarkers of central disorders of hypersomnolence</strong></td>
<td>Claudio L. A. Bassetti</td>
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<td>13.40</td>
<td>Long-term monitoring with Fitbit smartwatches and extraction of digital biomarkers in narcolepsy</td>
<td>Oriella Gnarra</td>
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<td>14:00</td>
<td>Cluster Human Research</td>
<td>Fred Mast</td>
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<td>14:15</td>
<td>Short presentation: Rock'n'rolling the Brain to Sleep – Can we promote sleep through vestibular stimulation?</td>
<td>Aleksandra Eberhard-Moscicka</td>
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<td>14:30</td>
<td>Cluster Computational Platform</td>
<td>Athina Tzovara</td>
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<td>14:45</td>
<td>Coffee break</td>
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<td>15:15</td>
<td>Chronic insomnia, hyperarousal and REM sleep instability</td>
<td>Dieter Riemann</td>
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<td>16:00</td>
<td>Cluster Basic Research</td>
<td>Antoine Adamantidis</td>
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<td>16:15</td>
<td>Short presentation: Translational perspective – Role of ambient temperature in gating REM sleep and cataplexy expression in narcolepsy</td>
<td>Bianca Viberti</td>
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<td>16:30</td>
<td>Short presentation: Sleep as a transdiagnostic marker of mental health in adolescence – What have we learned and where are we headed?</td>
<td>Leila Tarokh</td>
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<td>16:45</td>
<td>Coffee break</td>
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<td>17:00</td>
<td>A brief history of sleep research and a look at the road ahead</td>
<td>Ritchie Brown</td>
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<td>17:45</td>
<td>Closing Remarks &amp; General discussion</td>
<td>Advisory Board</td>
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<td>18:15</td>
<td>Dinner Buffet at location (all former IRC students are invited)</td>
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Speakers

Prof. Dr. Hugues Abriel
Vice-Rector for Research, University of Bern, Switzerland

Prof. Dr. Antoine Adamantidis
Director Experimental Neurology Center (ZEN), Department of Neurology, Inselspital, Bern University Hospital, Switzerland

Prof. Dr. med. Claudio L. A. Bassetti
Head of Department and Senior Consultant, Department of Neurology, Inselspital, Bern University Hospital, Switzerland
Dean Faculty of Medicine, University of Bern, Switzerland

Ritchie Edward Brown, Ph.D.
Associate Professor of Psychiatry, Harvard Medical School, USA

Dr. Aleksandra Eberhard-Moscicka
Postdoc, Creativity and Sleep, University of Bern, Switzerland

Prof. Dr. Fred Mast
Head of Cognitive Psychology, Perception and Research Methods, Ordinarius, University of Bern, Switzerland

Oriella Gnarra PhD Student, SWEZ, Department of Neurology, Inselspital, Bern University Hospital and ETH Zürich, Switzerland

Univ. Prof. Dr. rer. soc. Dipl. Psych. Dieter Riemann
Chief of the Centre for Sleep Medicine of Freiburg University Medical Centre Department Head (Clinical Psychology and Psychophysiology) at the Centre for Mental Disorders, Medical Faculty, University of Freiburg, Germany

Prof. Dr. Leila Tarokh
Group leader, University Psychiatric Department, University of Bern, Switzerland

Prof. Dr. Athina Tzovara
Cognitive Computational Neuroscience, Institute of Computer Science, University of Bern, Switzerland

Bianca Viberti
PhD Student, Interfaculty Research Cooperation – Decoding Sleep, University of Bern, Switzerland
General Information

The latest information about the event can be found on the [website](#).

**Location**
The event will take place in the Auditorium Ettore Rossi at the Inselspital Bern.

**Registration**
Registration is mandatory for participation. Please register until January 18, 2024 on the [website](#). Participation is free of charge.

**Directions**
We recommend arrival by public transport. From Bern railway station, take bus line 12 in the direction of Holligen to the „Inselspital“ stop. If you are travelling by car, take the „Bern Forsthaus“ motorway exit. Limited parking spaces are available in the Inselparking, the Bahnhofparking and the City West multi-storey car park.

**Credits**
SGSSC 4.5 Credits, SNG 4 Credits, SGPP 4 Credits, SGKN 3 Credits