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BENESCO

Bern Network Epilepsy Sleep Consciousness

5th Winter Research Meeting **Hotel Regina Wengen, March 9 - 11, 2017** **Program**



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Conference location & hotel: Hotel Regina, CH-3823 Wengen, www.hotelregina.ch

Dear participants of the 5th BENESCO Winter Research Meeting

We are pleased to conduct the fifth BENESCO Winter Research Meeting at the Hotel Regina in Wengen. This year's meeting is dedicated to the exchange of new research findings in the field of sleep and consciousness and to outline the next research steps to advance the scientific field. This meeting is for the first time a joint national initiative with international contributions.

The meeting consists of eight topical scientific sessions covering basic and clinical research including talks and discussion. On Thursday, an interactive and topical poster session will be organized and on Friday, a roundtable discussion on the next steps to advance sleep and consciousness research will be held.

We hope that we will all gain new insights and enrich the research fields highlighted in each scientific session with new ideas for future interdisciplinary projects.

On behalf of BENESCO,

Prof. Dr. med. Claudio Bassetti
BENESCO Director
Chairman and Head
Neurology Department, Bern University Hospital

Program 5th BENESCO Winter Research Meeting

Wengen, Hotel Regina, March 9 - 11, 2017

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Overview meeting program

When			What	Session coordinators/Moderation
Thursday	March 9	12:00-13:00	Welcome lunch	all
		13:00-13:15	Welcome address	Claudio Bassetti (Director BENESCO)
		13:15-15:00	1 st scientific session: talks & discussion	Mechanobiology and neuro-medical technologies to improve sleep & health Kaspar Schindler (Epileptology, Bern Uni. Hospital) Tobias Nef (ARTORG, Uni. Bern)
		15:00-15:30	Coffee break	
		15:30-17:15	2 nd scientific session: talks & discussion	Insomnia and Depression Christoph Nissen (Psychiatry, Uni. Hospital of Psychiatry Bern) Mauro Manconi (Neurology, EOC Lugano)
		17:15-17:30	Group picture	all
		17:45-19:45	3 rd Scientific Session: Poster blitz & Poster session	Interactive, topical poster session on: animal and human sleep research and consciousness all, Moderation: S. Duss (Psychology, Bern Uni. Hospital)
		20:00	Dinner	all
Friday	March 10	07:00	Breakfast	
		08:30-10:15	4 th scientific session: talks & discussion	Sleep-Wake-Circuits Antoine Adamantidis (Center for Experimental Neurology, ZEN, Bern Uni. Hospital) Thomas Nevian (Physiology, Uni. Bern)
		10:15-10:45	Coffee break	
		10:45-12:30	5 th scientific session: talks & discussion	Sleep and its role in brain and body disorders Claudio Bassetti (Neurology, Bern Uni. Hospital) Matthias Gugger (Pulmonary Medicine, Bern Uni. Hospital)
		12:30-17:00	Individual lunch break and sports/social event	
		17:30-19:30	6 th scientific session: BENESCO Research Roundtable	Next steps to advance sleep & consciousness research Moderation: Urs Albrecht, Kaspar Schindler, Antoine Adamantidis, Fred Mast
		20:15	Dinner, Mary's Café, Staubbachbänkli, Wengen	
Saturday	March 11	07:00	Breakfast	
		08:30-10:15	7 th scientific session: talks & discussion	24h society Urs Albrecht (Chronobiology, Uni. Fribourg) Ramin Khatami (Sleep Medicine, Clinic Barmelweid)
		10:15-10:45	Coffee break	
		10:45-12:30	8 th scientific session: talks & discussion	Consciousness and its disorders René Mürli (Neurology, Bern Uni. Hospital) Katharina Henke (Psychology, Uni. Bern)
		12:30-13:30	Farewell aperitif	

Detailed meeting program – scientific sessions

Thursday, March 9			Friday, March 10			Saturday, March 11		
1st scientific session	Mechanobiology and neuro-medical technologies to improve sleep & health MODERATION: K. Schindler / T. Nef		4th scientific session	Sleep and its role in brain and body disorders MODERATION: C. Bassetti / M. Gugger		7th scientific session	24h society MODERATION: U. Albrecht / R. Khatami	
13:15-13:45	Flavio Fröhlich, Uni. North Carolina, USA	<i>Network neuroscience of the thalamo-cortical system</i>	08:30-08:50	Simone Sarasso, Uni. Milan, I	<i>The role of sleep-like bistability in the electrophysiological assessment of stroke</i>	08:30-08:55	Anna Wirz-Justice, Uni. Basel	<i>topic tbd</i>
13:45-14:15	Robert Riener, ETH Zurich	<i>Smart bed technologies to improve sleep quality</i>	08:50-09:10	Christian Baumann, Uni. Hospital Zurich	<i>Sleep and Parkinson – a translational approach</i>	08:55-09:20	Antonio Meireles-Filho, EPFL	<i>Drosophila as a model to study the genetic mechanisms of circadian rhythms</i>
14:15-14:30	Andreas Steimer, Bern Uni. Hospital	<i>Predicting critical brain targets for resective surgery in pharmacoresistant epilepsy Patients</i>	09:10-09:30	Raphael Heinzer, CHUV Lausanne	<i>SDB prevalence and consequences – The HypnoLaus Study</i>	09:20-09:45	Ursula Loizides, Uni. Geneva	<i>The role of circadian clocks in metabolism and metabolic disorders</i>
14:30-15:00	Discussion		09:30-09:45	Roland von Känel, Clinic Barmelweid/ Bern Uni. Hospital	<i>Sleep problems, neuroendocrine and coagulation activity in acute coronary syndrome</i>	09:45-10:15	Discussion	
			09:45-10:15	Discussion				
2nd scientific session	Insomnia and Depression MODERATION: Ch. Nissen / M. Manconi		5th scientific session	Sleep-Wake-Circuits: bench to bedside in animal models - MODERATION: A. Adamantidis / Th. Nevian		8th scientific session	Consciousness and its disorders MODERATION: R. Muri / K. Henke	
15:30-15:55	Kai Spiegelhalter, Uni. Freiburg i. B., D	<i>Human insomnia as a model for studying brain mechanisms of sleep</i>	10:45-11:00	Thom Gent, ZEN, Bern Uni. Hospital	<i>Centromedial thalamus control of cortical state during sleep</i>	10:45-11:15	Steven Laureys, Liège Uni. Hospital, B	<i>Consciousness: Exploring brain activity in coma and other states of consciousness</i>
15:55-16:20	Christoph Nissen, Uni. Hospital of Psychiatry Bern	<i>Synaptic mechanisms of therapeutic sleep deprivation in major depression</i>	11:00-11:15	Fernando Kasanetz, Uni. Bern	<i>Network dynamics of nociceptive and aversive processing in the ACC during the transition to chronic pain</i>	11:15-11:45	Marcello Massimini, Uni. Milan, I	<i>Consciousness and complexity: from theory to practice</i>
16:20-16:45	Thorsten Mikoteit, Psychiatry, Solothurn	<i>Biomarker properties of heart rate variability during REM-Sleep in depression and insomnia</i>	11:15-11:30	Mauro Manconi, EOC Lugano	<i>REM sleep EEG spectral content and instability in idiopathic RBD is partially restored by clonazepam</i>	11:45-12:00	Panagiotis Bargiotas, Bern Uni. Hospital	<i>Deep brain stimulation and disorders of consciousness</i>
16:45-17:15	Discussion		11:30-12:00	Pierre Luppi, Uni. Lyon	<i>Genetic rat models for studying muscle atonia and REM sleep behavior disorder</i>	12:00-12:30	Discussion	
			12:00-12:30	Discussion				
3rd scientific session	Data blitzes & posters: MODERATION: S. Duss		6th scientific sessions	BENESCO Research Roundtable MODERATION: U. Albrecht, K. Schindler, A. Adamantidis, F. Mast		12:30- 13:30	End of Meeting & Farewell aperitif	
17:45-19:45	<i>Young researchers present their scientific work</i>		17:30-19:30	<i>Next steps to advance sleep & consciousness research</i>				
20:00	Dinner		20:15	Dinner				

General Information

Meeting venue

By train: from Bern via Interlaken Ost, to Wilderswil, Lauterbrunnen, Wengen

By car: from Bern to Wilderswil (car park) or Lauterbrunnen (car park) then by train to Wengen



Accommodation

Hotel Regina, CH-3823 Wengen; www.hotelregina.ch; phone: +41 33 856 58 58; individual booking by e-mail to reservation@hotelregina.ch.

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