

SLEEP Unil RESEARCH DAY



guest speakers

Dr. Caroline Lustenberger

Prof. Dr. Mehdi Tafti

January 12, 2024 | 9:00 AM

Grand auditoire (UNIL-DNF), Lausanne

Unil

UNIL | Université de Lausanne
Département
des neurosciences
fondamentales

organized by L. Fernandez, A. Lüthi and P. Franken

register here
<https://events.unil.ch/register/248>





SLEEP RESEARCH DAY – 12.01.2024

Unil

Grand Auditoire, UNIL-DNF, Lausanne

DETAILED PROGRAM

Registration



9h00-9h30: Morning reception

Morning session | Human and rodent sleep: brain activity, metabolism and signaling

9h30-10h15: **Dr. Caroline Lustenberger**, ETH Zurich, *Non-invasive stimulation of deep sleep: from basic insights to clinical implications.*

10h15-11h05:
10h15-10h40 **Dr. Christina Grimm** (EPFL, Valerio Zerbi group), *Blue Networks: How the Locus Coeruleus controls and reorganizes brain activity.*

10h40-11h05 **Dr. Georgios Foustoukos** (UNIL, Anita Lüthi group) *Locus coeruleus activity fluctuations set a non-reducible time frame for mammalian NREM-REM sleep cycles.*

11h05-11h30: Short break

11h30-12h20:
11h30-11h55 **Nina Dukanovic** (UNIL, Paul Franken group), *Linking lipid metabolism to sleep regulation.*

11h55-12h20 **Loredana Cumpana** (EPFL, Carmen Sandi group), *The modulation of NREM sleep by corticotropin-releasing hormone through the thalamic reticular nucleus.*

12h20-12h50:
12h20-12h35 **Dr. Laura Fernandez**: *Quizz! test your knowledge on sleep.*

12h35-12h45 group picture

12h45-14h00: Lunch break

Afternoon session | From fly to human sleep: genetics, memory functions and disease

14h00-15h30:
14h00-14h25 **Prof. Claudia Bagni** (UNIL, DNF), *ASD-related sleep disorders in Drosophila.*

14h25-14h50 **Dr. Ali Seifinejad** (UNIL, Mehdi Tafti group), *Neuroimmune interactions in sleep regulation*

14h50-15h15 **Dr. Nicola Marchi** (CHUV, Raphaël Heinzer group), *Periodic limb movements during sleep and neurocognitive functioning in older adults at risk for dementia. ONLINE – on zoom:*
<https://unil.zoom.us/j/2341931984>

15h15-15h40 **Lila Banterle** (UNIL, Anita Lüthi group), *Exploring offline memory consolidation in a goal-directed sensorimotor task.*

15h40-16h00: Break – informal discussions

16h00-16h45: **Prof. Mehdi Tafti**, University of Lausanne, *From narcolepsy to sleep-in-a-dish.*

16h45-17h00: Closing remarks

Credits for LNDS students

DEFAULT OPTION:

2 seminar entries on your seminar sheet. Please send your symposium certificate with your completed seminar sheet.

or

CREDIT OPTION:

To obtain 1 ECTS, you are asked to:

- 1) Ask at least 2 questions during the day at discussion session after talks.
- 2) Write a short text in which you:
 - Develop potential research perspectives on 1 or more topics you have heard about during the day.
 - State what would be the next step experiments or projects of interest that you would like to pursue.
 - Minimum $\frac{1}{2}$ page, maximum 1 page, to be sent to laura.fernandez@unil.ch by February 28.