Title: “Sleep”
Chair: J.Mathis & K.Henke, Universität Bern

Sleep research and sleep medicine have gained much interest in the last few years, since it became possible to treat sleep disorders such as insomnia, narcolepsy or sleep apnoea syndrome and much better insight was obtained into the fundamental functions of sleep.

For both fields, sleep medicine and sleep research, polysomnography is the gold standard examination to get insight into physiological sleep mechanisms or sleep disorders.

One important function of sleep is memory consolidation, and exciting research is going on to understand the underlining processes. Apart from insomnia, the most prevalent sleep disorder, a similar amount of patients suffers primarily from excessive daytime sleepiness, with important consequences on daytime performance. Objective Assessment of this poorly characterized construct of “sleepiness” is particularly important in view of its consequences in the industrialized societies.

Lectures:

**Polysomnography a Goldstandard in Sleep Research and Sleep Medicine**
*Corinne Roth*, Universität Bern

**The contribution of sleep stage II to the consolidation of episodic memories.**
*Simon Ruch*, Universität Bern

**Maintaining memories by reactivation**
*Björn Rasch*, Universität Zürich

**Multimodal assessment of daytime sleepiness**
*Johannes Mathis*, Universität Bern