

Department of Neurology

# 28th Bernese Sleep-Wake-Epilepsy Days

November 7–8, 2024



Lecture Hall  
Langhans,  
Inselspital Bern



## Welcome

Dear Ladies and Gentlemen

Dear colleagues

It is with great pleasure that we invite you to the 28th Bernese Sleep-Wake-Epilepsy Days.

The clinical and scientific activities in the fields of sleep and epilepsy in Bern cover a very broad spectrum. They range from preventive medicine, innovative diagnostics and modern therapies to patient care and basic research. The groups involved are nationally and internationally known and closely networked, which is why we have once again succeeded in attracting leading experts in their fields as speakers.

The two-day symposium will begin on Thursday morning with a seminar on clinical and scientific use of long-term electroencephalography (EEG). The traditional, clinically oriented Bernese Sleep-Wake-Epilepsy Symposium will follow on Thursday afternoon. Two important highlights of the symposium will be the presentations of this year's Bernese Sleep Award to Prof. Mary Carskadon and the Bernese Epilepsy Award to Prof. Premysl Jiruska.

On Friday, we celebrate the 10th annual symposium of the Experimental Neurology Center (ZEN) on sleep-wake neurophysiology and experimental neurobiology.

Kind regards,

Prof. Dr. med. Urs Fischer

Prof. Dr. med. Claudio L. A. Bassetti

Prof. Dr. med. Dr. sc. nat. Kaspar A. Schindler

PD Dr. med. Anne-Kathrin Brill

PD Dr. Carolina Gutierrez Herrera

PD Dr. med. Markus H. Schmidt

Prof. Dr. Antoine Adamantidis

Prof. Dr. Leila Tarokh

Prof. Dr. med. Dr. sc. nat. Maxime O. Baud

Prof. Dr. med. Thomas Geiser

Prof. Dr. Athina Tzovara

## General Information

The latest information about the event can be found on the website of the Department of Neurology (see link below).

### Location

All events will take place in the Lecture Hall Langhans at the Inselspital Bern.

### Registration

Registration is mandatory for participation. Please register until October 30, 2024 on the website (see link below).

Participation is free of charge on both days.

### Language

The lectures will be held in English.



[www.neurologie.insel.ch/schlaf-wach-epilepsie-tage](http://www.neurologie.insel.ch/schlaf-wach-epilepsie-tage)

### Directions

We recommend travelling by public transport. From Bern railway station, take bus line 12 in the direction of Holligen and get off at 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.



Thursday, November 7, 2024, 10:30–11:50

## Clinical and scientific use of long-term EEG

Inselspital Bern, Lecture Hall Langhans

### Program

10:30–10:35	<b>Introduction</b>	Kaspar A. Schindler
10:35–11:00	<b>Non-invasive long-term EEG</b>	Claire-Marie Gropp
11:00–11:25	<b>Minimal-invasive long-term EEG</b>	Cecilia Friedrichs-Maeder
11:25–11:50	<b>Invasive long-term EEG</b>	Maxime O. Baud
11:50	Lunch	

### Credits

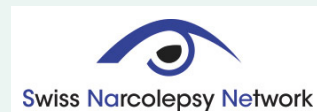
2 Credits SGKN, 1 Credit SNG, 1 Credit SGPP, 1.5 Credits SGSSC

09:00–10:45

## iSPHYNCS Invesitgators Meeting

(by invitation only)

C. Bassetti, R. Khatami, S. von Manitius, A. Datta, S. Miano, M. Strub,  
J. Acker, S. Bürki, U. Kallweit, G. Lammers, M. Schmidt



Thursday, November 7, 2024, 13:30–17:45

## 28th Bernese Sleep-Wake-Epilepsy Symposium

Inselspital Bern, Lecture Hall Langhans

### Program

13:30–13:40	<b>Welcome</b>	Claudio L. A. Bassetti
13:40–13:45	<b>6th Bernese Sleep Award</b>	Award Presentation: Claudio L. A. Bassetti
13:45–14:30	<b>A lifetime of sleep – Why am I so tired?</b>	Mary Carskadon
14:30–15:00	<b>Clearing the brain at night: Sleep &amp; glymphatics</b>	Rolf Fronczek
15:00–15:30	<b>Why randomized clinical trials may show lack of treatment effects of CPAP for sleep apnea?</b>	Shahrokh Javaheri
15:30–16:00	Coffee break	
16:00–16:15	<b>4th Bernese Epilepsy Award</b>	<i>With generous support by the Kernen-Fonds</i> Award Presentation: Kaspar A. Schindler
16:15–17:00	<b>Mechanisms of endogenous epileptogenicity</b>	Premysl Jiruska
17:00–17:30	<b>Differential diagnosis of nocturnal seizures</b>	Lino Nobili
17:30–17:45	<b>Closing remarks</b>	
17:45	Aperitif	

### Credits

4 Credits SNG, 3 Credits SGAIM, 3 Credits SGPP, 2 Credits SGKN, 2 Credits SGP, 4 Credits SGSSC

Friday, November 8, 2024, 08:45–17:15

## 10th ZEN Symposium

Inselspital Bern, Lecture Hall Langhans

### Program

08:45–08:50	<b>Welcome</b> Antoine Adamantidis
08:50–09:00	<b>Research perspectives in neurology</b> Urs Fischer
09:00–10:00	<b>Hybrid states between wake and sleep: A portal into sleepers' cognition?</b> Delphine Oudiette
10:00–10:30	Coffee break
<b>1st Session</b>	Sleep at molecular scale
10:30–11:15	<b>Single-cell transcriptomics &amp; sleep homeostasis</b> Sha Liu
<b>2nd Session</b>	Sleep & neuro-computational approaches
11:15–12:00	<b>Sleep restores an optimal computational regime in cortical networks</b> Keith Hengen
12:00–12:45	<b>Cortical neural assembly dynamics across the sleep-wake cycle</b> Richard Boyce
12:45–13:30	Lunch

<b>3rd Session</b>	Sleep & experimental neurology
13:30–14:15	<b>Hippocampus oscillations in AD, cognition or sleep</b> Isabelle Lambert
14:15–15:00	<b>The role of interictal discharges in ictogenesis – A dynamical perspective</b> Premysl Jiruska
15:00–15:30	Coffee break
<b>4th Session</b>	BRIDGE sponsored session – Sleep and drug discovery
15:30–16:15	<b>Quviviq: Translating orexin receptor antagonism from animals to humans for insomnia treatment</b> Michel-Alexander Steiner
16:15–17:00	<b>Translational predictive tools for improved drug screening for insomnia</b> Tiago Sa Campelo
17:00–17:15	Closing remarks

### Credits

8 Credits SNG, 4 Credits SGPP, 6.5 Credits SGSSC

## Speakers and hosts

**Prof. Dr. Antoine Adamantidis**  
Director Experimental Neurology  
Center (ZEN), Department of  
Neurology, Inselspital, Bern Univer-  
sity Hospital, Bern, Switzerland

**Prof. Dr. med. Claudio L. A. Bassetti**  
Dean Faculty of Medicine, University  
Bern, Switzerland

**Prof. Dr. med. Dr. sc. nat.  
Maxime O. Baud**  
Senior Physician, Department of  
Neurology, Inselspital, Bern University  
Hospital, Bern, Switzerland

**Richard Boyce**  
Postdoctoral Fellow, Mediterranean  
Institute of Neurobiology, Marseille,  
France

**Mary A. Carskadon, PhD**  
Professor, Psychiatry and Human  
Behavior, Warren Alpert Medical  
School of Brown University  
Director, Chronobiology and Sleep  
Research Laboratory  
Director, Center for Sleep and  
Circadian Rhythms in Child and  
Adolescent Mental Health,  
EP Bradley Hospital, USA

**Prof. Dr. med. Urs Fischer**  
Head of Department and Chief  
Physician, Department of Neurology,  
Inselspital, Bern University Hospital,  
Switzerland

**Dr. med. Cecilia Friedrichs-Maeder**  
Deputy Senior Physician, Department  
of Neurology, Inselspital, Bern  
University Hospital, Switzerland

**Dr. Rolf Fronczek**  
Neurologist / Somnologist, Depart-  
ment of Neurology, Leiden University  
Medical Centre and Sleep-Wake  
Centre SEIN, The Netherlands

**Dr. med. Claire-Marie Gropp**  
Senior Physician, Department of  
Neurology, Inselspital, Bern University  
Hospital, Switzerland

**Keith Hengen, PhD**  
Assistant Professor of Biology,  
Washington University in St. Louis,  
USA

**Shahrokh Javaheri, MD**  
Sleep Physician, Division of  
Pulmonary and Sleep Medicine,  
Bethesda North Hospital I, Cincinnati,  
Ohio, USA  
Professor Emeritus, Division of  
Pulmonary, Critical Care and Sleep  
Medicine, University of Cincinnati,  
Ohio, USA  
Adjunct Professor of Medicine,  
Division of Cardiology, The Ohio  
State University, Columbus, Ohio,  
USA

**Premysl Jiruska, MD, PhD**  
Professor, Department of Physiology,  
Second Faculty of Medicine, Charles  
University and Epilepsy Research  
Centre Prague, Czech Republic

**Dr. Isabelle Lambert**  
Neurologist, University Hospital  
of Marseille, France

**Sha Liu**  
Group leader, Center for Brain &  
Disease Research, VVIB-KU Leuven,  
Belgium

**Lino Nobili MD, PhD**  
Head Child Neuropsychiatry Unit,  
IRCCS G. Gaslini Institute, University  
of Genoa, Italy

**Delphine Oudiette, PhD**  
CRCN (Tenured researcher), Dream-  
Team, Paris Brain Institute, France

**Tiago Sa Campelo**  
PhD student, Department for  
BioMedical Research (DBMR),  
University of Bern, Switzerland

**Prof. Dr. med. Dr. sc. nat.  
Kaspar A. Schindler**  
Deputy Chief Physician, Director  
Sleep-Wake-Epilepsy Center,  
Department of Neurology, Insel-  
spital, Bern University Hospital,  
Bern, Switzerland

**PD Dr. med. Markus H. Schmidt**  
Head of Sleep Medicine,  
Sleep-Wake-Epilepsy Center,  
Department of Neurology,  
Inselspital, Bern University Hospital,  
Switzerland

**Dr. Michel-Alexander Steiner**  
Senior Director, Group Leader CNS  
Pharmacology, Idorsia Pharma-  
ceuticals Ltd, Basel, Switzerland

**Prof. Dr. Leila Tarokh**  
Group leader, Universitäre Psychia-  
trische Dienste Bern (UPD), University  
Bern, Switzerland

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

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