



## PROGRAMME SLAAP2021\*

### English Track

### Thursday 25 November

|                    |   |                     |
|--------------------|---|---------------------|
| <b>10.10-11.10</b> | <b>Abstract session, Sleep disorders</b>  |                     |
| <b>10.10-11.10</b> | <b>Sleep and cognition</b><br>Chair: Ysbrand van der Werf   |                     |
|                    | Sleep Fosters Insight Into Real-Life Problems   | Lucia Talamini      |
|                    | Restoring the natural accessibility to object-location memories after sleep deprivation-induced amnesia   | Youri Bolsius       |
|                    |   | Sophie Schwartz     |
| <b>11.10-11.30</b> | <b>Poster session</b>   |                     |
| <b>11.30-13.00</b> | <b>Lunch break</b>  |                     |
| <b>13.00-14.00</b> | <b>Sleep Health Promotion in Adolescents</b><br>Chair: Ree Meertens   |                     |
|                    | The Transdiagnostic Sleep and Circadian Intervention: Modifying the Impact of Eveningness Chronotype in Adolescence on Sleep, Circadian and Risk Outcomes | Allison Harvey      |
|                    | Development, implementation and evaluation of an intervention to promote healthy sleep in Flemish adolescents using a participatory approach              | Benedicte Deforche  |
|                    | Promoting Sleep Health in Teens using a complex systems approach  | Vincent Busch       |
| <b>14.00-14.15</b> | <b>Break</b>  |                     |
| <b>14.15-15.15</b> | <b>Sleep in times of Covid-19</b><br>Chair: Ellemarije Altena   |                     |
|                    | What we learnt about the impact of lockdown and how we can use it to improve circadian rhythms and sleep  | Maria Juliana Leone |
|                    | Preventing COVID-related Insomnia   | Jason Ellis         |
|                    |   | Philip Cheng        |

|                    |   |                             |
|--------------------|---|-----------------------------|
| <b>14.15-15.15</b> | <b>Molecular mechanisms of sleep and the biological clock</b>   |                             |
|                    | Chair: Bert van der Horst   |                             |
|                    | Towards interventions that improve shift work related sleep disturbances and health                                 | Linda van Kerkhof           |
|                    | Sleep and the circadian clock in neonates; impact of perinatal circadian disturbance on later life health and sleep | Inês Chaves                 |
|                    | Sleep, Shiftwork and the Immune response to COVID-19 vaccination  | Heidi Lammers-van der Holst |
| <b>15.15-15.30</b> | <b>Break</b>  |                             |
| <b>15.30-16.15</b> | <b>Keynote</b>  |                             |
|                    | Chair: Gert Jan Lammers   |                             |
|                    | Evolution of sleep in the octopus and the cyclic alternation of two states analogous to SWS and REM sleep           | Sylvia Medeiros             |
| <b>16.20-16.45</b> | <b>Poster session</b>   |                             |
| <b>16.50-17.30</b> | <b>Network session</b>  |                             |

*\*Programme is subject to change.*

## PROGRAMME SLAAP2021\*

### Friday 26 November

|                    |   |                   |
|--------------------|---|-------------------|
| <b>09.40-10.20</b> | <b>Keynote</b>  |                   |
|                    | Chair: Ysbrand van der Werf   |                   |
|                    | Chrono nutrition: why meal timing and eating windows really do matter | Andries Kalsbeek  |
| <b>10.25-11.25</b> | <b>Technical developments in measuring sleep</b>                      |                   |
|                    | Chair: Sebastiaan Overeem   |                   |
|                    | Patch-based polysomnography   | Hartmut Schneider |
|                    | Sleep EEG wearables for large-scale home recordings                   | Martin Dresler    |
|                    | Developments in wearable cardiorespiratory sleep staging              | Pedro Fonseca     |
| <b>10.25-11.25</b> | <b>Abstract session: Sleep and physical disease</b>                   |                   |
| <b>11.25-13.00</b> | <b>Lunch break</b>  |                   |
| <b>14.25-15.25</b> | <b>Abstract session: Sleep and mental health/cognition</b>            |                   |

|                                    |  |                   |
|------------------------------------|--|-------------------|
| <b>14.25-15.25</b>                 | <b>Residual EDS in OSA</b>                 |                   |
|                                    | Chair: Jerryll Asin & Mink Schinkelshoek   |                   |
|                                    | Etiology of residual EDS in OSA            | Jean-Louis Pepin  |
|                                    | Treatment of residual EDS in OSA           | Johan Verbraecken |
|                                    | Clinical management of residual EDS in OSA | Rolf Fronczek     |
| <b>15.30-17.00 Network session</b> |  |                   |

*\*Programme is subject to change.*