



PROGRAMME SLAAP2021

English Track

Thursday 25 November

10.10-11.10	Abstract session, Sleep disorders	
	A systematic search for hypothalamic neuropathology in narcolepsy type 1	Ling Shan
	Diagnosing narcolepsy type 1: the role of intermediate hypocretin-1 cerebrospinal fluid concentrations and characteristics of cataplexy	Adrienne van der Hoeven
	Unsupervised clustering of central hypersomnolence disorders: An important step towards data-driven phenotyping	Jari Gool
	Actigraphy in insomnia: is it really worth the effort?	Lara Rösler
10.10-11.10	Sleep and cognition Chair: Ysbrand van der Werf	
	Sleep Fosters Insight Into Real-Life Problems	Lucia Talamini
	Recovery of "lost" spatial memories after sleep deprivation	Youri Bolsius
	Emotional (re)processing in sleep and dreams	Sophie Schwartz
11.10-11.30	Poster session	
11.30-13.00	Lunch break	
13.00-14.00	Sleep Health Promotion in Adolescents 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 & Maartje van Stralen
14.00-14.15	Break	

14.15-15.15	Sleep in times of Covid-19 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
	Sleep health as a mechanism of resilience during COVID-19	Philip Cheng
14.15-15.15	Molecular mechanisms of sleep and the biological clock 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
15.15-15.30	Break	
15.30-16.15	Keynote 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
16.20-16.45	Poster session	
16.50-17.30	Network session	

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Friday 26 November

09.40-10.20	Keynote Chair: Ysbrand van der Werf	
	Chrono nutrition: why meal timing and eating windows really do matter	Andries Kalsbeek
10.25-11.25	Technical developments in measuring sleep 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
10.25-11.25	Abstract session: Sleep and physical disease Sessievoorzitter: Annemarie Luik	
	Exploring a new developmental concept: the sleep-brain-gut axis in infants	Sarah Schoch
	Setting your clock: associations of physical activity timing with cardiovascular disease risk	Raymond Noordam
	The prevalence of insomnia and the association with metabolic outcomes in people with type 2 diabetes: The hoorn diabetes care system cohort	Femke Rutters
	Prevalence of sleep disorders and associated risk factors in adolescents and young adults after childhood cancer	Shosha Peersmann
11.25-13.00	Lunch break	
14.25-15.25	Abstracts session Sleep and mental health/cognition Sessievoorzitter: Annemarie Luik	
	The longitudinal association of sleep and 24-hour activity rhythms with cortisol response to a very low dose of dexamethasone	Annemarie Luik
	Chronotherapy in adult ADHD: results from the PhASE study	Emma van Andel
	Sleep, 24-Hour Activity Rhythms and Cognitive Reserve: A population-based study of middle-aged and elderly persons	Jendé Zijlmans
	Subjective Cognitive Decline and Self-Reported Sleep at a Memory Clinic: the SCIENCE project	Heleen Hendriksen
14.25-15.25	Residual EDS in OSA Chair: Jeryll 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
15.30-17.00	Network session	