



PROGRAMME SLAAP2021*

English Track

Thursday 25 November

10.10-11.10	Abstract session, Pre-clinical	
10.10-11.10	Sleep and cognition 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
11.10-11.30	Postersession	
11.30-13.00	Lunch break	
13.00-14.00	Sleep Health Promotion in Adolescents Chair: Ree Meertens	
		Benedicte Deforce
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 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	Postersession	
16.50-17.30	Networksession	

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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	
11.25-13.00	Lunch break	
14.25-15.25	Abstract session (clinical)	
14.25-15.25	Residual EDS in OSA 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
15.30-17.00	Network session	

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