

Department of Neurology

29th Bernese Sleep-Wake-Epilepsy Days

November 6–7, 2025



Lecture Hall
Langhans,
Inselspital Bern



Welcome

Dear Ladies and Gentlemen

Dear colleagues

It is with great pleasure that we invite you to the 29th 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 and modern therapies to patient care and basic research. The groups involved are nationally and internationally known and closely networked, allowing us to attract leading experts in their fields as speakers.

The two-day symposium will begin on Thursday morning with a seminar on the impact of sleep-disordered breathing on the heart and brain. 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. Igor Timofeev and the Bernese Epilepsy Award to Prof. Birgit Frauscher.

On Friday, the 11th annual symposium of the Experimental Neurology Center (ZEN) on sleep-wake neurophysiology and experimental neurobiology will take place. This full-day symposium will focus on the role of the thalamus in sleep and neurological disorders.

Kind regards,

Prof. Dr. med. Urs Fischer

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

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

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 29, 2025 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

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 6, 2025, 10:30–12:45

Sleep disordered breathing – challenge for heart and brain

Inselspital Bern, Lecture Hall Langhans

Program

10:30–10:35	Welcome	Anne-Kathrin Brill
Hosts: Anne-Kathrin Brill & Markus Schmidt		
10:35–11:05	Rhythm of the night – arrhythmia and sleep disordered breathing	Christian Horvath
11:05–11:35	SDB in acute cardiac events – diagnostic challenges and treatment	Michael Arzt
11:35–12:05	Sleep apnea in stroke	Sébastien Baillicul
12:05–12:30	Discussion	all speakers
12:30–12:45	Graduation – Master of Advanced Studies in Sleep Medicine students Conferral of diplomas to the graduating students	Claudio Bassetti
12:45	Lunch	

Credits

SNG 2, SGAIM 2, SGKN 1, SGPP 1, SGP 1, SGSSC 2

09:00–12:00



iSPHYNCS Investigators Meeting

(by invitation only)

C. Bassetti, M. Schmidt, R. Khatami, S. von Manitius, S. Miano, A. Datta, M. Strub, S. Bürki, U. Kallweit, G. Lammers, G. Plazzi, F. Pizza, S. Knudsen

Thursday, November 6, 2025, 13:30–17:45

29th Bernese Sleep-Wake-Epilepsy Symposium

Inselspital Bern, Lecture Hall Langhans

Program

13:30–13:40 **Welcome**

13:40–13:45 **7th Bernese Sleep Award**

Award Presentation: Markus H. Schmidt

13:45–14:30 **Sleep and trauma-induced epileptogenesis –
how to prevent**

Igor Timofeev

Host: Markus H. Schmidt

14:30–15:00 **Current insights into sleep and COVID-19: From
lockdown-induced changes to long-term sleep health**

Christine Blume

15:00–15:30 **The first clock: Mapping sleep and circadian development
from prenatal life through infancy and beyond**

Salome Kurth

15:30–16:00 Coffee break

16:00–16:15 **5th Bernese Epilepsy Award**

With generous support of the Kernen-Fonds

Award Presentation: Cecilia Friedrichs-Maeder

16:15–17:00 **Night watch: How sleep shapes epilepsy**

Birgit Frauscher

Host: Maxime O. Baud

17:00–17:30 **Gauging and controlling cortical excitability in epilepsy**

Cecilia Friedrichs-Maeder

17:30–17:45 **Closing remarks**

17:45 Aperitif

Credits

SNG 4, SGAIM 2, SGKN 3, SGPP 1, SGP 3, SGSSC 4

Friday, November 7, 2025, 09:00–17:15

11th ZEN Symposium

Inselspital Bern, Lecture Hall Langhans

Program

09:00–09:15	Welcome Antoine Adamantidis
1st Session	Thalamic structure Host: Markus H. Schmidt
09:15–10:00	Thalamo-cortical circuits: An orchestrator of sleep, sensory processing and cognition in health and disease Carolina Gutierrez Herrera
10:00–10:25	A role for the thalamus in danger-evoked awakening during sleep (Online presentation) Ida Luisa Boccalaro
10:25–10:50	Coffee break
10:50–11:35	Keynote lecture: Sleep cortical plasticity leading to memory or epilepsy? Igor Timofeev
11:35–12:00	An anatomical and functional overview of the thalamus Shani Folschweiller
12:00–13.00	Lunch

2nd Session	Thalamic function Hosts: Antoine Adamantidis & Carolina Gutierrez Herrera
13:00–13:45	Role of the thalamus in brain injury induced sleep impairment and epileptogenesis Jeanne Paz
13:45–14:30	Reuniens to the rescue: Thalamic nucleus promotes cognitive resilience to alzheimer's pathology Inna Slutsky
14:30–14:50	Coffee break
3th Session	Thalamus & disorders Hosts: Vincent Pernet & Maxime O. Baud
14:50–15:35	Thalamic network disconnection and cognitive impairment in multiple sclerosis Menno Schoonheim
15:35–16:20	Pathological and physiological oscillations in the human thalamus Birgit Frauscher
16:20–17:00	Roundtable discussion
17:00–17:15	Closing remarks

Credits

SNG 7, SGKN 6, SGPP 3, SGSSC 7

Speakers and hosts

Prof. Dr. Antoine Adamantidis

Director Experimental Neurology Center (ZEN), Department of Neurology, Inselspital, Bern University Hospital, Switzerland

Prof. Dr. med. Michael Arzt

Professor of Internal Medicine, Sleep and Ventilation, Centre of Sleep Medicine, Department of Internal Medicine II, University Hospital Regensburg, Germany

Sébastien Baillieux, MD, PhD

Assistant Professor in Physiology Sleep Laboratory, Grenoble Alpes University Hospital, France
HP2 Laboratory, Grenoble Alpes University, France

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 and Group Leader, Department of Neurology, Inselspital, Bern University Hospital, Switzerland

Dr. habil. rer. nat. Christine Blume

Sleep Scientist, Centre for Chronobiology, Psychiatric Hospital of the University of Basel (UPK), Switzerland

Ida Luisa Boccalaro

Division of Sleep Medicine, Department of Neurology, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA, USA

PD Dr. med. Anne-Kathrin Brill

Senior Consultant, Department of Pneumology, Inselspital, Bern University Hospital, Switzerland

Shani Folschweiller

Postdoc Fellow, Experimental Neurology Center (ZEN), Department of Neurology, Inselspital, Bern University Hospital, Switzerland

Dr. med. Cecilia Friedrichs-Maeder

Senior Physician, Department of Neurology, Inselspital, Bern University Hospital, Switzerland

Birgit Frauscher, MD, PhD

Professor of Neurology, Director of the Epilepsy Lab in the Department of Neurology, Professor of Biomedical Engineering, Duke University School of Medicine, Durham, North Carolina, USA

Dr. Carolina Gutierrez Herrera

Group Leader, Department of Neurology, Inselspital, Bern University Hospital, Switzerland

Dr. med. Christian Horvath

Senior Physician, Department of
Pneumology, Inselspital, Bern
University Hospital, Switzerland

Salome Kurth, Asst. Prof.

Assistant Professor, Department of
Psychology, University of Fribourg,
Switzerland

Jeanne Paz, PhD

Associate Professor, Neurology,
University of California,
San Francisco, USA

Prof. Dr. med. Vincent Pernet

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University Hospital, Switzerland

PD Dr. med. Markus H. Schmidt

Senior Physician, Department of
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sity Hospital, Switzerland

Menno Schoonheim, PhD

Associate Professor, Department of
Anatomy & Neurosciences, MS
Center Amsterdam, Amsterdam
UMC, The Netherlands

Prof. Inna Slutsky

Chair, Department of Physiology &
Pharmacology, Sackler Faculty of
Medicine, Tel Aviv University, Israel

Igor Timofeev, PhD

Full Professor, Department of
Psychiatry and Neuroscience, School
of Medicine, Université Laval,
Québec, Canada

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