Focus on REM sleep; from basics to the clinic

NSWO Autumn symposium 2018
Date: 2 November 2018
Location: Auditorium O|2 building, VU/VUmc*

**Morning chair: Els Møst**

- 09:00-09:30  Registration and coffee
- 09:30-10:30  Membership meeting (ALV)
- 10:30-11:00  Coffee/tea break
- 11:00-11:45  Van den Hoofdakker Keynote: Eus van Someren (NIN, Amsterdam): *Restless REM sleep, emotion regulation and hyperarousal in insomnia: converging findings from GWAS to MRI*
- 11:45-12:15  Datablitz
- 12:15-13:00  Postersession
- 13:00-14:00  Lunch

**Afternoon chair: Floor van Oosterhout**

- 14:00-14:30  Melanie Knufinke (Radboud University, Nijmegen): PhD thesis *Optimizing sleep to improve performance in elite athletes*
- 14:30-15:00  Niki Antypa (Leiden University): *Chronotype, sleep and mood*
- 15:00-15:30  Johan Verbraecken (University Hospital Antwerpen, Belgium): *REM related OSA*
- 15:30-16:00  Coffee/tea break
- 16:00-16:45  Keynote Victor Spoormaker (Max Planck Institute of Psychiatry, Munich, Germany): *REM sleep and the emotional brain: relevance for posttraumatic stress*
- 16:45-17:30  Drinks

* O|2 building, “De Boelelaan 1108 in Amsterdam”. It is a big white building, number 13, see https://www.vumc.nl/7068067/61579/203696/2014-vogelvlucht-groot*