



## The NSWO Fall symposium *'The depths of sleep'*

Will be held on November 25<sup>th</sup>, 2022, in Amersfoort, at congress hall 'De Eenhoorn'.

The **Scientific Committee of the NSWO** presents the program of the NSWO Fall symposium. Congress hall De Eenhoorn is located across the train station of Amersfoort. Attendance is free for NSWO members. The symposium is preceded by the NSWO General Assembly ('ALV').

Subscribe to the symposium (before November 20th): <https://forms.gle/oc1Xa2wW4zreXiWi6>  
To become a NSWO member, please see: <https://www.nswo.nl/word-lid/>

The annual Piet Visser poster prize of €500 will be awarded to the young sleep-wake researcher with the best poster! If you want to present your poster, please send in your abstract, deadline October 31st, to [wetcie@nswo.nl](mailto:wetcie@nswo.nl).

### Program NSWO Fall symposium *'The depths of sleep'*

11.00 - 12.00h NSWO General Assembly ('Algemene Leden Vergadering', NSWO members only)

Moderator: Denise Bijlenga

12.00 - 12.15h Poster blitz (1 min poster pitches)

12.15 - 13.00h Vegetarian lunch and poster viewing

13.00 - 13.05h Welcome (Denise Bijlenga)

13.05 - 13.30h Dr. Eva-Maria Elmenhorst, DLR Institute of Aerospace Medicine, Germany - *Caffeine impacts deep sleep in humans*

13.30 - 13.55h Dr. Tom de Boer, LUMC dept. Molecular Cell Biology - *Caffeine, sleep, and circadian rhythms: What keeps you awake?*

13.55 - 14.15h Debate: *"Caffeine is a relevant sleep-toxin"* with Dr. Eva-Maria Elmenhorst and Dr. Tom de Boer (chair: Sebastiaan Overeem)

14.15 - 14.25h Piet Visser poster prize and audience award ceremonies (Raymond Noordam)

14.25 - 14.45h Break

Moderator: Sebastiaan Overeem

14.45 - 15.05h PhD thesis talk: Dr. Sonia Difrancesco - *Sleep, circadian rhythms and physical activity in depression and anxiety*

15.05 - 15.25h PhD thesis talk: Dr. Jessical Bruijtel - *Tired of being tired: Fatigue and sleep following traumatic brain injury*

15.25 - 15.45h PhD thesis talk: Dr. Gabriele Papini - *Taking the pulse: unobtrusive sleep apnea monitoring using cardiovascular features*

15.45 - 16.30h Key note speaker: Prof. Rob Henning, UMCG dept. Clinical pharmacology - *Deep sleep and hibernation in the animal kingdom*

After 16.30h: Drinks, snacks, and networking.

***We hope to see you then!***