

The programme will cover a wide variety of topics in the field of sleep research and sleep medicine and a special programme for the young scientists as well as the hot topics and poster viewing. The proposed topics will include

- basic sleep research
- sleep deprivation
- sleep in children
- sleep in women
- seasonal changes in mood and behaviour
- treatment of insomnia
- treatment of hypersomnia
- RLS
- sleep-disordered breathing
- mathematics in sleep research