



Danish Sleep Research Day

9:00 WELCOME

Sleep in Health and Disease

9:10 THE SMARTSLEEP STUDY:
SMARTPHONES, SLEEP AND POPULATION HEALTH
Naja Hulvej Rod

9:40 THE SLEEP WAKE PHYSIOLOGY IN HEALTH AND DISEASE
EXEMPLIFIED BY DATA SCIENCE
Poul Jennum

10:15 Coffee and Posters

Sleep Disorders

10:45 TARGETING SLEEP AND CIRCADIAN RHYTHMS
IN POST-CANCER REHABILITATION
Ali Amidi

11:10 NEURAL ALTERATIONS IN INSOMNIA DISORDER AND
THE EFFECT OF MUSIC FOR ALLEVIATING SYMPTOMS
Kira Vibe Jespersen

11:35 THE PATHOGENESIS OF NARCOLEPSY TYPE 1 –
WHEN THE IMMUNE SYSTEM DESTROYS SLEEP
Birgitte Rahbek Kornum

12:00 Lunch and Poster Exhibition





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	Sleep and Circadian Biology
13:15	THE CIRCADIAN SYSTEM OF THE BRAIN – RHYTHMIC HORMONAL OUTPUTS AND INPUTS Martin F. Rath
13:40	MEMORY ENHANCING PROPERTIES OF SLEEP DEPEND ON THE DYNAMIC RANGE OF NOREPINEPHRINE Celia Kjærby
14:05	MR-DETECTED BRAIN PULSATIONS AND SLEEP Sara Marie Ulv Larsen
14:30	Coffee and Posters
	Big Data and Sleep
15:00	THE DATA SCIENCE OF SLEEP Sune Lehmann
15:30	DEEP LEARNING METHODS FOR CLINICAL SLEEP ANALYSIS Alexander Neergaard
15:55	COMBINING GENETICS AND TRANSCRIPTOMICS TO LEARN MORE ABOUT SLEEP René Lemcke
16:20	Short break
	Special Guest Lecture
16:40	<i>THE PINEAL GLAND, MELATONIN, AND SLEEP; SCIENTIFIC ADVANCES DURING THE LAST CENTURY</i> Morten Møller
17:10	Final Remarks
17:15	HAPPY HOUR & SNACKS