The Sino-German Sleep Seminar has been held in China for two seasons. At the seminar, scientists from China, Germany have discussed topics related to sleep, such as sleep apnea, mechanism of sleep regulation, emotional stress and sleep, insomnia and treatment, sleep recording technology, etc.. Sleep experts also had a discussion about questions with mutual interests. Furthermore, a few collaboration programs have been established between Fan Han (Beijing University) and Thomas Pollmächer (MPI of Psychiatry, Munich Center of Mental Health, between Fan Han and Thomas Penzel (Charité – Universitäts-medizin Berlin), between Xiangdong Tang (Sichuan University) and Eberhard Fuchs (Klinische Neurobiologie Deutsches Primatenzentrum Leibniz-Institut für Primatenforschung), under the support of Chinese-German Research Center of NNSFC. With the third meeting, we plan to continue efforts to stimulate more collaborations between the two nations, especially for the groups with higher level of research.
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Organizational committee
Thomas Penzel (Berlin)
Thomas Pollmächer (Ingolstadt)
Xiang-Dong Tang (Chengdu)
Fang Han (Beijing)

Agenda
Third Joint Sino-German Sleep Research Symposium
Berlin, Langenbeck-Virchow-Hauses

21 June, 08:30 – 10:20 hours
Chairs: Thomas Penzel, Fang Han
Thomas Penzel (Berlin): Introduction to Sino-German Research Center
Xiang-Dong Tang (Chengdu): Daytime sleepiness measure in the patients with insomnia
Geert Mayer (Schwalmstadt): Narcolepsy diagnosis after early onset
Fang Han (Beijing): Risk of narcolepsy and H1N1 infection
Claudio Bassetti (Lugano): Sleep and stroke: Clinical and neurobiological aspects

21 June, 11:00 – 12:20 hours
Chairs: Dieter Riemann, Xi-Long Zhang
Andreas Schuld (Ingolstadt): Influences of psychopharmacological treatment on sleep and sleepiness
Ya-Nan Liu (Beijing): Genetic pathogenesis of narcolepsy in Chinese
Zhi-An Hu (Chongqing): Orexins enhance neuronal excitability and spatial learning in the entorhinal cortex with Short-term sleep deprivation increases intrinsic excitability of prefrontal cortical neurons
Xi-Long Zhang (Nanjing): Phrenic nerve stimulation for CHF (congestive heart failure

21 June, 13:20 – 15:30 hours
Chairs: Joachim Ficker, Zhi-An Hu
Nikolaus C. Netzer (Bad Reichenhall): Sleep apnea
Xiao-Song Dong (Beijing): Sleep apnea in China
Ingo Fietze (Berlin): Management of sleep apnea in the western world
Andreas Patzak (Berlin): Continuous blood pressure measurement during sleep using pulse wave velocity
Niels Wessel (Berlin): Synchronisation and Coupling Analyses in Sleep Research
Han-Qiao Wang (Shijiazhuang): Heart rhythm disorder in patients with obstructive sleep apnea syndrome

21 June, 16:10 – 17:50 hours
Chairs: Thomas Wetter, Hua Zhao
Maritta Orth (Mannheim): Accidents in OSAS – epidemiology, diagnostics and treatment
Xue-Mei Gao (Beijing): The relationship between children's craniofacial morphology and upper airway
Yun Li (Chengdu): Immediate effects of overnight CPAP titration on MSLT score in patients with obstructive sleep apnea
Joachim H. Ficker (Nürnberg): Metabolic effects of sleep related breathing disorders
Xiao-Zhe Zhang (Beijing): Narcolepsy as a disorder of imbalance between sleep and wakefulness promoting substances

22 June, 08:30 – 10:30 hours
Chairs: Ingo Fietze, Xiang-Dong Tang
Thomas Pollmächer (Ingolstadt): Narcolepsy and glucos metabolism from a clinical aspect
Thomas Wetter (Regensburg): Neuroimaging of sleep and sleep disorders
Wei-Min Qu (Shanghai): Roles of the basal ganglia in sleep-wake regulation
Anne von Rüsten (Nuthetal): Daytime sleep and risk of chronic diseases
Dieter Riemann (Freiburg): REM sleep instability - a new pathway for insomnia?
Tatjana Crönlein (Regensburg): Feasibility and acceptance of a standardized cognitive behavior program in patients with severe insomnia in a psychiatric inpatient setting

22 June, 11:00 – 13:10 hours
Chairs: Steffen Gais, Claudio Bassetti
Till Roenneberg (München): Recording and modelling human sleep/wake behaviour in real life
Ling-Hui Yang (Chengdu): Effects of stressor predictability and controllability on sleep, temperature, and fear behavior in mice
Thomas Penzel (Berlin): Portable sleep apnea monitoring
Jie Wu (Berlin): SomnoNetz - a shared IT infrastructure for multicentre research and collaboration in sleep medicine
Eva-Maria Elmenhorst (Köln): Sleep and recovery in airplanes
Michael H. Wiegand (München): Effect of total sleep deprivation in depressed patients and healthy controls

22 June, 14:10 – 15:50 hours
Chairs: Thomas Pollmächer, Ting-Li Li
Pascal Grosse (Berlin): Functional coupling between motor cortex and basal ganglia in human non-REM sleep
Susanne Diekelmann (Luebeck): Memory reactivation and reorganization during sleep
Christoph Nissen (Freiburg): Reactivation – a sleep-specific mechanism of memory enhancement
June J. Pilcher (Clemson, SC, USA): Sleep is more than rest for cortical plasticity

22 June, 16:20 – 18:00 hours
Chairs: Joachim H. Ficker, Larry D. Sanford
Ping Gu (Shijiazhuang): Parkinson’s disease and sleep
Cornelia Sauter (Berlin): Effects of Electromagnetic Field Exposure on the Waking and the Sleeping Brain
Larry D. Sanford (Norfolk): Viral encephalitis, immune regulation and sleep
Hua Zhao (Jilin): habenular nucleus, depression and sleep
Birgit Högl (Innsbruck): Towards a more objective diagnosis of REM sleep behavior disorder

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