

Registration:

Deadline for registration:

Tuesday, 14th February 2017

spoomaker@psych.mpg.de

Participation is free of charge.

Organization:

Victor Spoomaker is a project group leader at the Max Planck Institute of Psychiatry and member of the Young Scholars' Program of the Bavarian Academy of Sciences and Humanities since 2011.

jungeskolleg.badw.de

Image: bpk / Kupferstichkabinett, SMB / Volker-H. Schneider
Alart du Hameel, Jüngstes Gericht

Rapid Eye Movement Sleep, Arousal and Nightmares

Workshop
Monday, 20th February 2017

Young Scholars' Program
of the Bavarian Academy
of Sciences and Humanities

Bavarian Academy of Sciences and Humanities

Alfons-Goppel-Straße 11 (Residenz)

80539 München • Sitzungssaal 2, first floor

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Directions

U3/U6, U4/U5 Odeonsplatz • Tram 19 Nationaltheater

No car park available



Bayerische
Akademie der Wissenschaften

Rapid Eye Movement Sleep, Arousal and Nightmares

Disturbances in rapid eye movement (REM) sleep and arousal co-occur in certain mental disorders, particularly in posttraumatic stress disorder. Their co-occurrence appears to be associated with subjectively reported phenomena, such as nightmares. However, this potential overlap between arousal, objective sleep characteristics and nightmares remains understudied, which is also due to the observation that nightmares have low incidence in the sleep laboratory. This is a suboptimal situation since the study of nightmares and REM sleep features is relevant for a range of cognitive-affective processes, including emotional memory consolidation.

The goal of this workshop is to bring together different perspectives on this triangular relationship by focusing on the clinical significance and stability of sleep characteristics, their link to affect, arousal and subjectively reported nightmares, as well as on imaging methods ranging from electroencephalography to functional magnetic resonance imaging. Speakers from various backgrounds will share their data and insights in order to get an initial overview of the current state-of-the-art in the respective areas.

Program

Welcome and introduction

Victor Spoormaker,
Max Planck Institute of Psychiatry, Munich

10.00 *Sleep studies in combat-related posttraumatic stress disorder*

Eric Vermetten,
Leiden University

10.45 *Nightmare disorder at the intersection of personality traits, affective dysregulation and altered sleep physiology*

Péter Simor,
Budapest University of Technology and Economics

11.30 Break

12.00 *Home-based polysomnographic study of nightmare sufferers and healthy controls*

Michael Schredl,
Central Institute for Mental Health, Mannheim

12.45 *Heart rate variability and sleep EEG derived markers as correlates of depression and treatment response*

Marcel Pawlowski,
Max Planck Institute of Psychiatry, Munich

13.30 Break

14.30 *Functional neuroimaging of REM sleep phasic events and connectivity patterns*

Renate Wehrle, EasyCap, Herrsching

15.15 *Respiratory sinus arrhythmia as a correlate of subjective and objective sleep quality*

Gabriela Werner,
Ludwig-Maximilian University, Munich

16.00 Break

16.30 *On the sexual dimorphism of sleep spindles*

Róbert Bódisz,
Semmelweis University, Budapest