



ESRS - EU "Marie Curie" Project  
2007-2010



## Training in Sleep Research and Sleep Medicine

The ESRS Board is pleased to announce that the EU-Commission has agreed to finance the project "Training in Sleep Research and Sleep Medicine" (Project No. 046036) that the ESRS presented within the frame of the Call "FP6-2006-Mobility-4" of the "Marie Curie-Conferences and Training Courses-SCF" Program (<http://europa.eu.int/mariecurie-actions>). The goal of the program is to provide young trainees from different European countries with both a theoretical and practical education in general aspects of sleep research/medicine and with the opportunity to gain experience from reciprocal interaction with top level senior researchers. Complementary skills, including management, ethical questions, science funding and gender questions will be also addressed.

### MANAGEMENT OF THE PROJECT

The President of our Society, Prof. Thomas Pollmächer, is the project "Coordinator" while the Vice-President, Prof. Roberto Amici, is the "Scientist in charge", who will manage the interaction with the EU-Commission. The management of the project and that of the training program will be carried out by an Executive Committee and a Program Committee, respectively. Both Committees are formed by members of the ESRS Board and Committees of the ESRS.

### PARTICIPATION IN THE PROJECT

The participation in the project is open to sleep researchers/clinicians from all European countries, who are eligible for funding according to the Marie Curie Program, i.e. either "**early stage**" researchers/clinicians (with up to 4 years of research/clinical experience and not in possession of a doctoral degree) or "**experienced**" researchers/clinicians ( i) with more than 4 years but less than 10 years of research/clinical experience; ii) with up to 4 years of research/clinical experience, but are already in possession of a doctoral degree; iii) with more than 10 years of research/clinical experience, nationals of EU Member States or Associated States, but are active outside these states) The reference period starts from the date of the diploma giving access to doctoral studies. Priority will be given to "early stage" researchers and ESRS members.

### STRUCTURE OF THE PROJECT

A four-year project (2007-2010), which consists of three modules, will be carried out according to the following schedule:

- i) **Training Course.** Each year, a three-day residential training course will be organized, in which 40 trainees and 20 teachers will participate. Participation fee is fixed at 250 Euro;
- ii) **Practical Training Period.** Within the same year, each trainee will participate in a one-week practical training period in either a sleep research laboratory or a sleep clinic belonging to a network that has been specifically established for the project. Participation fee is fixed at 150 Euro;
- iii) **Final Symposium.** At the end of the fourth year of the project (2010), the 160 trainees who participated in the program will be invited to a three-day final symposium in which they will have the opportunity to attend different workshops and to show and discuss the results of their own research activity with experienced researchers. Participation fee is fixed at 250 Euro.



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Participation in the program consists of one training course (i), one practical training period (ii), and the final symposium (iii).

### CERTIFICATION OF ATTENDANCE

A diploma of participation in the "**Sleep Research and Sleep Medicine Education Program**" will be given to trainees who participate in each of the three events of the program and who pass a final examination.

### EXPENSES RELATED TO ELIGIBLE PARTICIPANTS

Participation fees and travel and living expenses of the participants eligible for funding, who participate in the three events, will be almost completely covered according to the following criteria:

- i) **Training Course.** The participation fee will be fully reimbursed. An allowance will be given which fully covers living expenses (double room and meals) and cover travel expenses up to 320 Euro (up to 250 Euro if the distance is less than 500 Km);
- ii) **Practical Training Period.** The Participation fee will be fully reimbursed. An allowance will be given which covers living expenses (room and meals) up to 100 Euro/day and travel expenses up to 320 Euro (up to 250 Euro if the distance is less than 500 Km);
- iii) **Final Symposium.** The Participation fee will be fully reimbursed. An allowance will be given which covers living expenses (room and meals) up to 100 Euro/day and travel expenses up to 320 Euro (up to 250 Euro if the distance is less than 500 Km).

### NETWORK OF LABORATORIES AND CLINICS FOR PRACTICAL TRAINING

Each trainee will participate in a one-week practical training period in one of the following ten sleep research laboratories/sleep clinics. The site for training will be assigned to each participant by the Program Committee, as far as possible according to the participant's preference. For this, each participant will be asked to rank the training sites. The researcher in charge of each site will organise the practical training sessions and will be responsible for the quality of the training.

- **1) Centre of Mental Health, Klinikum Ingolstadt, Ingolstadt, Germany**  
Researcher in charge: Prof. Thomas Pollmächer  
Specific training responsibility: hypersomnias
- **2) Max Planck Institute for Psychiatry, Munich, Germany**  
Researcher in charge: Prof. Thomas Pollmächer/Ass. Prof. Thomas Wetter  
Specific training responsibility: sleep in psychiatric patients
- **3) Sleep and Wake Disorders Center, Department of Neurology, University Hospital Zürich, Switzerland**  
Researcher in charge: Prof. Claudio Bassetti and Dr. Esther Werth  
Specific training responsibility: narcolepsy, hypersomnia, sleep disorders in neurological diseases
- **4) Sleep and Wake Disorders Center, Neurology B Department, Gui de Chauliac Hospital, Montpellier, France**  
Researcher in charge: Dr. Yves Dauvilliers  
Specific training responsibility: insomnia/narcolepsy
- **5) Polysomnographic laboratory, Department of Neurological Sciences, University of Bologna, Italy**  
Researcher in charge: Prof. Pasquale Montagna  
Specific training responsibility: sleep disorders in neurological diseases, sleep apnea syndrome



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- **6) Unit of Sleep Medicine, Scientific Institute H San Raffaele, Vita-Salute University, Milan, Italy**  
Researcher in charge: Prof. Luigi Ferini-Strambi  
Specific training responsibility: insomnia, sleep apnoea, parasomnia
- **7) Unit for human and animal sleep research, Institute of Pharmacology and Toxicology, University of Zurich, Switzerland**  
Researcher in charge: Prof. Irene Tobler  
Specific training responsibility: animals models in sleep research, standard polysomnography in humans, signal analysis, modeling sleep and sleep regulation
- **8) Sleep Research Laboratory, Institute of Biomedicine, University of Helsinki, Finland**  
Researcher in charge: Dr. Tarja Porkka-Heiskanen.  
Specific training responsibility: sleep regulation at molecular level, animal model
- **9) Molecular Genetics of Sleep and Sleep Disorders Unit, Center for Integrative Genomics, University of Lausanne, Switzerland**  
Researchers in charge: Prof. Mehdi Tafti, Dr. Paul Franken  
Specific training responsibility: molecular and quantitative genetic methods in sleep research
- **10) Physiological Regulation in the Wake-Sleep Cycle Laboratory, Department of Human and General Physiology, University of Bologna, Italy**  
Researcher in charge: Prof. Roberto Amici  
Specific training responsibility: physiological regulation in sleep

Further information about the training in the different sites can be found in the announcement posted in the "Training & Courses" section at the ESRS website ([www.esrs.org](http://www.esrs.org))

## PROGRAM AND CALL FOR 2007

For 2007, the program will be "clinically" oriented and aimed towards young sleep researchers/clinicians who are interested in the basic and clinical aspects of sleep medicine. We anticipate that for 2008, the program will be "basic research" oriented and aimed towards researchers/clinicians who are interested in human and animal basic sleep research.

### i) Training Course

The training course will be held in **Bertinoro, Italy**, at the Residential Centre of the University of Bologna ([www.ceub.it](http://www.ceub.it)), **from July 19<sup>h</sup> to July 21<sup>st</sup> 2007**. Participants will meet at the residence in the evening of Wednesday, July 18<sup>th</sup> and will leave on the morning of Sunday, July 22<sup>nd</sup>. Free transfer to and from either Bologna or Forlì airport or railway station will be provided for all the participants on the afternoon of July 18<sup>th</sup> and on the morning of July 22<sup>nd</sup> 2007.

The course consists of a series of lectures and practical sessions for sleep scoring that should facilitate informal contacts among the participants and between the participants and leading European experts in the field.

**The following topics will be addressed:** Sleep functional anatomy; Sleep regulation; Physiology in sleep; Methods: EEG signal analysis; Methods in sleep medicine; Sleep in women; Functions of sleep and consequences of sleep loss; Sleep and Breathing; Parasomnias; Hypersomnias; Sleep in Psychiatric patients; Insomnia: behavioural aspects; Insomnia: pharmacological aspects; Sleep in Children; Motor disturbances in sleep; Shift-work: basic aspects; Shift-work: clinical aspects; Patient cases. Complementary skills, including Ethical questions and Career development will be also addressed.



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## Training in Sleep Research and Sleep Medicine

**The faculty would include:** P. Achermann, R. Amici, T. Akerstedt, S. Berg, M.J. Chalamell, F. Cirignotta, Y. Dauvilliers, L. Ferini-Strambi, P. Franken, G. Kerkhoff, A. Hilmann, D. Pevernagie, G. Plazzi, T. Pollmächer, T. Porkka-Heiskanen, D. Riemann, T. Saaresranta, D.J. Skene, A. Vela-Bueno, E. Werth, J. Winkelmann

A special session "Communicating about sleep" will be organised, in which each participant will be asked to make a brief oral presentation (3min) aimed to spread information amongst a general audience about the social and scientific relevance of his/her own work in sleep research/medicine.

### ii) Practical Training Period

The practical training period will be carried out in the different training sites during the week that is indicated along side:

- 1) Centre of Mental Health, Klinikum Ingolstadt, Ingolstadt, Germany: [November 12-18](#)
- 2) Max Planck Institute for Psychiatry, Munich, Germany: [November 12-18](#)
- 3) Sleep and Wake Disorders Center, Department of Neurology, University Hospital Zürich, Switzerland: [October 22-28](#)
- 4) Sleep and Wake Disorders Center, Neurology B Department, Gui de Chauliac Hospital, Montpellier, France: [October 8-14](#)
- 5) Polysomnographic laboratory. Department of Neurological Sciences, University of Bologna, Italy: [November 12-18](#)
- 6) Unit of Sleep Medicine, Scientific Institute H San Raffaele, Vita-Salute University, Milan, Italy: [October 22-28](#)
- 7) Unit for human and animal sleep research, Institute of Pharmacology and Toxicology, University of Zurich, Switzerland: [October 29-November 4](#)
- 8) Sleep Research Laboratory, Institute of Biomedicine, University of Helsinki, Finland: [October 14-22](#)
- 9) Molecular Genetics of Sleep and Sleep Disorders Unit, Center for Integrative Genomics, University of Lausanne, Switzerland: [October 29-November 4](#)
- 10) Physiological Regulation in the Wake-Sleep Cycle Laboratory, Department of Human and General Physiology, University of Bologna, Italy: [November 12-18](#)

### iii) Final Symposium

Each participant will be asked to commit him/her self to participate in the final symposium that will be held in autumn 2010.

**The application dead-line for 2007 is [May 13](#).**

Applicants will be notified by early **June** whether they have been selected for participation in the project.



## Training in Sleep Research and Sleep Medicine

### Application for 2007

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Requirements for participation:

- i) Up to 10 years of research/clinical experience from the degree giving access to Doctoral studies
- ii) Citizen from an European Country (not necessarily EU Member or Associate)

*Experienced researchers/clinicians with more than 10 years of research/clinical experience can apply if they are Nationals of Member States or Associated States, but are active outside these states*

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Please submit **this form** together with a **short curriculum vitae** and a **letter signed by the head of your department or clinic** certifying that you are working in the field of sleep research. **The form should be submitted not later than May 13<sup>th</sup>, 2007** to:

#### ESRS

Maria Wiechmann  
Bezirksklinikum Regensburg  
Universitätsstr. 84  
93053 Regensburg, Germany

An unsigned version of both application, curriculum vitae and letter of introduction **must** also be sent by e-mail within the same deadline to: **[Maria.Wiechmann@medbo.de](mailto:Maria.Wiechmann@medbo.de)**

Surname: \_\_\_\_\_

First Name: \_\_\_\_\_

Date of the Degree giving access to Doctoral studies: \_\_\_\_\_

Date of the Doctoral Degree, if applicable: \_\_\_\_\_

ESRS member (please mark) :    Yes        No

Institution: \_\_\_\_\_

Address: \_\_\_\_\_

Post code, City: \_\_\_\_\_

Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Practical training sites ranking: 1<sup>st</sup> No. \_\_\_\_; 2<sup>nd</sup> No. \_\_\_\_; 3<sup>rd</sup> No. \_\_\_\_; 4<sup>th</sup> No. \_\_\_\_; 5<sup>th</sup> No. \_\_\_\_.

**I agree to participate in all three modules of the training program.**

Place and date: \_\_\_\_\_

Signature: \_\_\_\_\_