

EUROPEAN INSOMNIA NETWORK MEETING

JUNE 11, 2021
2pm – 8.15 pm (CEST)

Chairs: Dieter Riemann & Eus van Someren	Introduction to the meeting – some basics (90 min)
Dieter Riemann , (Freiburg)	Chronic insomnia – state of the art and update (15 min)
Eus van Someren (Amsterdam)	Insomnia and restless REM sleep (15 min)
Laura Palagini , (Pisa)	Insomnia and neurodegeneration (15 min)
Sandra Tamm (Oxford)	Cross-sectional and longitudinal associations of insomnia, depression and inflammation in the UK Biobank cohort (15 min)
Nicole Tang , (Warwick)	Factors affecting sleep quality judgement (15 min)
	Discussion (15 min)
Chairs: Chiara Baglioni & Nicole Tang	Insomnia and emotions (50 min)
Ellemarije Altena , (Bordeaux)	Insomnia affects brain reward network activity in response to humorous films (10 min)
Chiara Baglioni , Anna Johann (Rome/ Freiburg)	Emotion regulation in insomnia – preliminary results (10 min)
Elaine Boland (Philadelphia)	Poor habitual sleep quality is associated with effort but not temporal discounting of rewards: Implications for sleep disturbance in depression (10 min)
Arman Rakhimov , (Warwick)	Self compassion and sleep quality (10 min)
	Discussion (10 min)
	Break (15 min)
Chairs: Maria Gardani & Bernd Feige	Methodology & Measurements & Models (90 min)

Feed Benz , (Freiburg),	Different aspects of total sleep duration and insomnia (10 min)
Maria Gardani , (Glasgow)	Prevalence of insomnia and insomnia symptoms following mild-Traumatic Brain Injury: a systematic review and meta-analysis (10 min)
Katherine Miller (Philadelphia)	Actigraphic sleep efficiency trajectories and intraindividual variability over the course of residential PTSD treatment (10 min)
Hang Yuan (Oxford)	Predicting polysomnography (PSG) from accelerometry using machine learning (10 min)
Bernd Feige , (Freiburg)	Insomnia and REM sleep instability (10 min)
Frederik Weber (Amsterdam)	Revisiting insomnia non-REM sleep EEG in larger cohorts. (10 min)
Desi Kocevska (Amsterdam)	The association between sleep quality and polygenic risk score for insomnia in childhood (10 min)
Lukas Frase and consortium (Freiburg)	The role of PSG for insomnia and sleep disorders in mental illness (10 min)
	Discussion (10 min)
Chairs: Kai Spiegelhalder and Ximena Omlin	CBT-I: classic and digital (100 min)
Laura Chandler , (Warwick)	A systematic review on CBT-I and other sleep interventions on university student and young adult mental health outcomes (10 min)
Karolina Janku (Klecaný)	Insomnia research in the Czech Republic: from CBT-I to the acoustic stimulation during sleep (10 min)
Markus Jansson-Fröjmark , (Stockholm)	Predictors and moderators of behavior therapy and cognitive therapy for insomnia disorder (10 min)
Havard Kallestad , (Trondheim)	The development and effects of a psychiatric hospital based on chronotherapeutic principles (10 min)
Leonie Maurer (Oxford)	Evidence for the mechanisms of sleep restriction therapy for insomnia: Results from the MARTINI study (10 min)
Declan McLaren (Glasgow)	The effectiveness of the behavioural components of cognitive behavioural therapy for insomnia in Older Adults (CBT-I): systematic review and meta-analysis (10 min)

Ximena Omlin (Bern/Oxford) / Rachel Sharman (Oxford)	The effect of digital CBTi on sleep and cognition: a randomised controlled trial (10 min)
Katrina Tse (Oxford)	The effect of digital CBT-I on emotional processing: A randomised controlled trial (10 min)
Kai Spiegelhalder (Freiburg)	Investigating non-inferiority and additional benefits of internet-delivered versus face-to-face cognitive behavioural therapy for insomnia (CBT-I): a randomised controlled trial (10 min)
	Discussion (10 min)