



## Tuesday, 23.09.2025: Day 2

07:45 – 09:00	Breakfast
09:00 – 10:15	<b>Lecture 3. Deriving fractal and oscillatory spectra of sleep-wake state-dependent physiological signals - Robert Bodizs (HU)</b>
10:30 – 12:00	Workshop activity preparing project/grant – continued
12:00 – 16:00	Picnic + Trekking on the seashore with informal discussion with the faculty
16:30 – 17:30	Participants' project presentation 3
	<b>17:30 coffee break + light food</b>
17:45 – 19:00	<b>Lecture 4. Behavioral and EEG approaches in the study of motor memory consolidation in sleep over the lifespan - Kerstin Hoedlmoser (AT)</b>
19:00 – 20:00	Participants' project presentation 4
20:00 – 21:00	Dinner

## Wednesday, 24.09.2025: Day 3

07:45 – 09:00	Breakfast
09:00 – 10:15	<b>Lecture 5. Exploring the Sleep Circuits: The Role of Neuronal and Astrocyte Dynamics - Carolina Herrera (CH)</b>
10:15 – 11:15	Participants' project presentation 5
	<b>11:15 coffee break</b>
11:30 – 12:45	Workshop activity preparing project/grant - continued
12:45 – 15:00	Lunch and Social (free time, games and sport activities)
15:00 – 16:00	Participants' project presentation 6
16:00 – 17:15	<b>Lecture 6. New tools in the study of sleep neuroanatomy in animal - Pierre-Hervé Luppi (FR)</b>
	<b>17:15 coffee break + light food</b>
17:45 – 18:45	Participants' project presentation 7
18:45 – 20:00	Workshop activity preparing project/grant – continued
20:00 – 21:00	Dinner

#### Thursday, 25.09.2025: Day 4

07:45 – 09:00	Breakfast
09:00 – 10:15	<b>Lecture 7. Sleep- and memory-related changes in brain structure and function Philippe Peigneux (BE)</b>
10:15 – 11:15	Workshop activity preparing project/grant continued
	<b>11:15 coffee break</b>
11:30 – 12:45	Workshop activity preparing project/grant - continued
12:45 – 15:00	Lunch and Social (free time, games and sport activities)
15:00 – 17:20	Workshop activity - Grants Oral Presentations
	<b>17:20 coffee break + light food</b>
17:50 – 19:10	Workshop activity - Grants Oral Presentations
19:10 – 20:00	Open discussion on academic and scientific career, concluding remarks and feedback
20:00 – 21:00	Dinner
21:00 – ????	Dance party and awards!!!

#### Friday, 26.09.2025: Departure

07:45 – 09:00	Breakfast (optional)
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