

Tuesday, 23.09.2025: Day 2

07:45 – 09:00	Breakfast
09:00 – 10:15	Lecture 3. Deriving fractal and oscillatory spectra of sleep-wake state-dependent physiological signals - Robert Bodizs (HU)
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
	17:30 coffee break + light food
17:45 – 19:00	Lecture 4. Sleep and memory: reactivation in neural activity and dreaming – Monika Schönauer (DE)
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	Lecture 5. Exploring the Sleep Circuits: The Role of Neuronal and Astrocyte Dynamics - Carolina Herrera (CH)
10:15 – 11:15	Participants' project presentation 5
	11:15 coffee break
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	Lecture 6. New tools in the study of sleep neuroanatomy in animal - Pierre-Hervé Luppi (FR)
	17:15 coffee break + light food
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	Lecture 7. Sleep- and memory-related changes in brain structure and function Philippe Peigneux (BE)
10:15 – 11:15	Workshop activity preparing project/grant continued
	11:15 coffee break
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
	17:20 coffee break + light food
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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