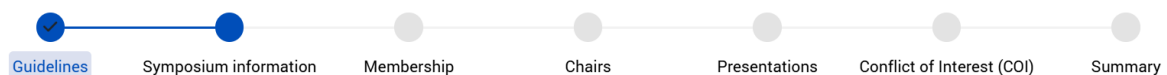




The purpose of this document is to support your preparation of the symposia in advance and to streamline your submission process later on. Please note that the submission deadline is **8 October 2025, 23:59 CEST**. Only submissions marked as “**Submitted**” to the system **by the deadline will be considered**.



Sleep Europe 2026 - Symposia Submission

[Please read through the Guidelines section](#)

Symposium information

Title* *[Max 100 characters including space]*

Description*

[Max 1500 characters including space, please don't forget to include the reason for this proposed topic/symposium]

Main Topic

**Subtopic you can choose from if you select Basic Sleep Science as the Main Topic.
(max one)**

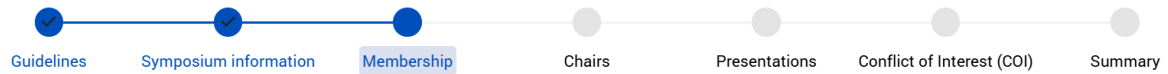
- *Pharmacology and biochemistry*
- *Cell and molecular biology and genetics*
- *Ontogeny and development*
- *Neurobiology*
- *Physiology*
- *Chronobiology*
- *Phylogenetic and evolutionary studies*
- *Behaviour*
- *Learning, memory and cognition*
- *Dreaming*
- *Sleep deprivation*
- *Instrumentation and methodology*
- *Computation and modelling*

Subtopic you can choose from if you select Clinical Sleep Science as the Main Topic. (max one)

- *Sleep disorders – Breathing*
- *Sleep disorders – Circadian rhythms*
- *Sleep disorders – Insomnia*
- *Sleep disorders – Parasomnias*
- *Sleep disorders – Movement disorders*
- *Sleep disorders – Hypersomnia*
- *Neurological disorders and sleep*
- *Medical disorders and sleep*
- *Psychiatric and behavioural disorders and sleep*
- *Sleep disorders and gender*
- *Paediatrics*
- *Sleep disorders and aging*
- *Instrumentation and methodology*
- *Computation and modelling*
- *Healthcare services and education*
- *Public health and environmental effects*

Tracks*

- Basic Animal
- Basic Human
- Mental health
- Neurology
- Paediatrics
- Public Health
- Respiratory
- Sleep Technology



Membership

Symposium proposals must be submitted by a member of the ESRS in good standing with the payment of membership fees and willing to chair the symposium.

Are you willing to chair/co-chair the symposium? *

- Yes
- No

Please provide your membership ID number for our reference. Thank you!

[Note: To find your ESRS membership number, please log in to the ESRS website and visit your member dashboard]



Chair

Please ensure you have 1 Chair & 1 Co-Chair for each symposium submitted.

All submissions are encouraged to include a diverse group of speakers following the [ESRS EDI recommendations](#) and in line with the [ALBA network declaration](#), considering gender balance, early-career researchers and other underrepresented groups in the symposium.

Role*

E-Mail address*:

After filling in the Chair/co-Chair role and e-mail address, you will be prompt to fill in all the following fields for each Chair/Co-chair proposed:

First name*:

Surname*:

Title*:

Gender*:

Indication of career stage*:

City*:

Country*:

Affiliations for this person*: *[This will be asked to fill in after you have added this person]*

- Institution:
- City:
- Country:



Presentations

Please ensure that there are at least 3 proposed presentations and a maximum of 4 presentations for each symposium proposed.

Title*:

①

[Max 100 characters including space]

Description*:

[Max 1000 characters including space, please don't forget to include the reason for this proposed presentation]

After adding the above-mentioned fields, you will need to click on “Edit content” to fill in your speaker for the presentation.

E-Mail address*:

After inserting the proposed speaker, you will need to ensure the following mandatory fields are filled in.

First name*:

Surname*:

Title*:

Gender*:

Indication of career stage*:

Affiliations for this person*: *[This will be asked to fill in after you have added this person]*

- Institution:
- City:
- Country:



Conflict of Interest (COI)

Please insert your conflict of interest(s) here. *[Character limit of 6000]* *



This is a brief summary of your submission. A confirmation email with all submitted details will be sent once you click the “Submit” button.

The Conflict of Interest is not included in the brief summary but will be automatically saved and shared with the proposal graders. You may edit your submission at any time until the deadline: **8 October 2025, 23:59 CEST**. To do so, click “Reopen.” Please note that once reopened, your submission will automatically revert to **DRAFT** mode. You will need to review all steps and required fields again and click “Submit” to finalize.

Only submissions in “Submitted” status by the deadline will be considered.

Acknowledgement

I hereby confirm that all speakers have agreed to participate in person. Requests for changes to the symposium structure (including speakers and communication titles and content) after the submission and acceptance of symposium proposals should be considered as exceptional. Any such request should be duly justified and will be evaluated by the ESRS Scientific Committee, possibly resulting in rejection of the revised symposium proposal.

Click on “Submit”.