



BELGIAN COLLEGE of NEUROPSYCHOPHARMACOLOGY and BIOLOGICAL PSYCHIATRY

NATIONAL DAY ' WHY WE SLEEP '

Brussels, Friday 23 June 2023

Royal Library of Belgium, Auditorium Panorama, Kunstberg 28, Brussels

Welcome, Livia De Picker, President

Morning session chaired by Martin Desseilles

- 9.15 'Eat – Sleep – Work – Repeat': Introduction to chronobiology.
Christina SCHMIDT, Sleep and Chronobiology Lab, GIGA-institute, CRC-In Vivo Imaging Unit, Liège (BE)
- 9.50 'The chronobiology of depression'
Niki ANTYPY, Department of Clinical Psychology, Faculty of Social and Behavioral Sciences Leiden University (NL)
- 10.25 Coffee break
- 10.55 'Sleep and neurodegeneration'
Maarten VAN DEN BOSSCHE, Department of Geriatric Psychiatry UPC KU Leuven – Sleep Centre UZ Leuven – Neuropsychiatry, Leuven Brain Institute, KU Leuven.
- 11.30 'Sleep and cognitive health'
Thanh DANG-VU, Centre de Recherche de l'Institut Universitaire de Gériatrie de Montréal (CRIUGM) and Concordia University, Montreal, Canada
- 12.05 Lunch

Afternoon session chaired by Livia De Picker

- 13.00 'In search of brain mechanisms of insomnia and its consequences for mental health'
Eus Van Someren, VUMC Amsterdam (NL)
- 13.35 'Light, emotion and mood'
Gilles Vandewalle, Sleep and Chronobiology Lab, GIGA-institute, CRC-In Vivo Imaging Unit, Liège (BE)
- 14.10 Closing remarks

Online registration via www.bcnbp.org

Registration fee: BCNBP members: free - Non-members: 95 euro - Trainees: 45 euro

Payment by bank transfer (IBAN: BE40 2900 1349 6963) with communication '23.06.2023 + name'

Accreditation has been requested.