

# SLEEP SYMPOSIUM

by the German Society for Epidemiology,  
Section Neurological and Mental Health Epidemiology

**A feature of diverse, recent epidemiological research on sleep characteristics and brain health from cohort studies in Europe.**

**NOVEMBER 30 2021**  
**9 AM – 12:00 AM CET**

Register to participate – it's free:

<https://dgepi.eventbrite.com>

This is an **online event** held on Zoom.



## 9:00 | Welcome and Opening Remarks

PD Dr. Heike Minnerup

Institute of Epidemiology und Social Medicine, University of Münster, Germany

Dr. Susanne Röhr

Institute of Social Medicine, Occupational Medicine and Public Health, University of Leipzig, Germany

## 9:10 | Introduction

Prof. Dr. Klaus Berger

Institute of Epidemiology und Social Medicine, University of Münster, Germany

## 9:15 | Assessment of objective sleep parameters – an overview

Dr. András Szentkirályi

Institute of Epidemiology and Social Medicine, University of Münster, Germany

## 9:30 | The Assessment of Sleep Parameters in 17,000 Subjects of the GNC Health Study

PD Dr. Jan W. Kantelhardt

Institute for Physics, Martin Luther University Halle-Wittenberg, Halle, Germany

## 10:00 | Predictors and biomarkers of sleep apnea-associated risk: the HypnoLaus Study

Prof. Dr. Raphael Heinzer

Centre d'investigation et de recherche sur le sommeil (CIRS), Lausanne, Switzerland

## 10:20 | Associations between actigraphy-based sleep phenotypes, serum 25-hydroxyvitamin D concentrations and depressive symptomatology in the LIFE-Adult cohort

Dr. Christian Sander

Department of Psychiatry and Psychotherapy, University of Leipzig Medical Center/Leipzig Research Centre for Civilization Diseases (LIFE), Germany

## 10:40 Break - Optional Networking Opportunity

## 11:00 | Prevalence and characteristics of common sleep disorders in the population-based BiDirect cohort study

Dr. András Szentkirályi

Institute of Epidemiology and Social Medicine, University of Münster, Münster, Germany

## 11:20 | The relationship between AD-related brain atrophy patterns and sleep macro-architecture

Dr. Antoine Weihs

Department of Psychiatry and Psychotherapy, University Medicine Greifswald, German

## 11:40 | Sleep duration from mid to late life and dementia risk: findings from the Whitehall II study

Dr. Séverine Sabia

Epidemiology of Ageing and Neurodegenerative diseases, Université de Paris, Inserm U1153, Paris, France;  
Department of Epidemiology and Public Health, University College London, London, UK

## 12.00 | Final Discussion and Closing Remarks

PD Dr. Heike Minnerup and Dr. Susanne Röhr