



New trends in sleep research: Developments from the Psychophysiology Sleep Lab

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Sleep is an intrinsic condition of life. All living beings cannot live without sleeping. We know that sleep is a psychophysiological process that is regulated by genetic and epigenetic mechanisms which influence the state of biological systems at different levels (e.g., metabolic and behavioral). Sleep also plays a key role in several cognitive processes (e.g. memory), and consciousness itself can be generated in the absence of any interaction with the external world, during sleep, while we dream. In spite of the evidence of the faceted implications of sleep ... we do not yet know why we sleep. The boom in the technology is producing novel, highly sophisticated devices that offer an unprecedented window on the study of sleep. All together these emerging developments will help addressing some still unanswered questions and clarifying the sleep-related effects on individuals' wellbeing, health and morbidity risk.

Valter Tucci, *Istituto Italiano di Tecnologia, Genova.*
“Sleep and epigenetics”.

Simone Sarasso, *Dipartimento di Scienze Biomediche e Cliniche “L. Sacco”, Università degli Studi di Milano.*
“Sleep and consciousness”.

Naima Covassin, *Department of Cardiovascular Medicine, Mayo Clinic, Rochester, MN, USA.*
“Physiologic effects of sleep deprivation”.

Massimiliano de Zambotti, *Center for Health Sciences, SRI International, Human Sleep Research Program, Menlo Park, CA, USA.*
“Sleep technology”.

Nicola Cellini, *Dipartimento di Psicologia Generale, Università degli Studi di Padova.*
“Sleep and memory consolidation”.