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Corporate Communication

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First international higher education program in sleep medicine

The first CAS (Certificate of Advanced Studies) in “Sleep, Consciousness and Related Disorders” is starting this autumn. The new higher education course in a growing field of medicine is a cooperation between the University of Bern and the Università della Svizzera italiana, as well as the Inselspital, Bern University Hospital and the Ente Ospedaliero Cantonale in Ticino.

Sleep is not just important for people and animals to save energy but also for the processes in the brain and various organs to recover and repair. Mechanisms associated with sleep also promote the development of the brain and cognition, and the brain’s ability to regenerate and restructure itself. Sleep-wake disorders can be the first signs of illnesses such as Parkinson’s and dementia or depression. It is therefore vital to map the importance of sleep for mental health, for brain functions and for physical performance in healthy and ill condition in animals and humans.

Together with the Università della Svizzera italiana, the University of Bern is offering the CAS in “Sleep, Consciousness and Related Disorders”. It is the first international higher education program in Switzerland in the field of sleep medicine.

The program focuses on teaching the latest research findings in the field of sleep medicine, consciousness and its related disorders. Possible measuring methods of the states of sleep and consciousness as well as proven approaches for the treatment of the known pathologies are going to be taught using various learning methods.

Great flexibility thanks to self-study

The CAS in “Sleep, Consciousness and Related Disorders” is a higher education program that takes just under a year and is aimed at international academics in the health sector who wish to acquire in-depth knowledge and understanding in sleep medicine.

The program starts with a kick-off meeting in Bern in October 2018. The 10 ECTS to be acquired for the CAS are split up into four modules, half of which can be completed in self-study, thus giving the participants great flexibility to freely divide up the subject matter.

Besides the self-study, a three-day seminar in Wengen focuses on scientific research in sleep medicine. The CAS will end in July 2019 with the renowned Sleep Medical Summer School SMSS, formerly Alpine Sleep Summer School ASSS, which will be held in Lugano for the fifth time.

It is still possible to [register](#) for the first course starting on October 18, 2018 up to August 31, 2018.
The first ten candidates benefit from a 50% reduction in CAS fees.

Further information: www.asc.unibe.ch / info@asc.unibe.ch

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