

Communication

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## **Successful CAS in sleep medicine Kick off**

**The first «CAS (Certificate of Advanced Studies) in Sleep, Consciousness and Related Disorders» has successfully been launched. Seventeen students were welcomed to the first international educational program in sleep medicine in Switzerland during the kick off event. The event is embedded in the traditional Bernese Sleep-Wake conference days at the Inselspital Bern University Hospital.**

We spend about one third of our lives asleep. Restful sleep is vital for the recovery of mind and body and for repair processes in the brain and in various organs to take place. In Switzerland, over 30 percent of the population suffer from occasional sleep-wake disorders, 10 to 20 percent from chronically disturbed sleep. Despite the large body of research that has been conducted over the past 60 years it has not yet fully been elucidated why we humans sleep.

The department of sleep medicine and sleep research at the Inselspital Bern University Hospital as well as at the Neurocentro della Svizzera italiana has intensively been developed and greatly contributes to the scientific understanding of sleep mechanisms. The "CAS in sleep, consciousness and related disorders" has been set up to ensure the continuity of excellent sleep medicine research in the future by educating and fostering a new generation of top notch sleep scientists.

### **17 students from 10 countries and 4 different educational backgrounds**

Seventeen students enrolled in this first educational program in sleep medicine. Hence, the original target of 15 students has been exceeded. This year's group of CAS students represents 10 nationalities, USA, Mexico, Norway, Romania, Croatia, Slovenia, Italy, Austria, Germany and Switzerland. Their educational backgrounds are in medicine as well as psychology and neuroscience. During this year they will acquire an expertise in scientific as well as clinical aspects of sleep medicine.

This program is a joint venture between the University of Bern and the Università della Svizzera italiana, in collaboration with the Department of Neurology, Inselspital, Bern University Hospital and Ente Ospedaliero Cantonale of the Canton Ticino. The CAS is generously sponsored by the European Sleep Foundation.

Further Information: [Academy of Sleep and Consciousness ASC](#)