

## CURRICULUM VITAE updated Feb 11 2021

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**Born** Feb 21, 1982, in Biel, CH  
**Position** Head of the [Baby Sleep Laboratory](#) at the University of Fribourg, [Dept. of Psychology](#) and University Hospital Zurich, [Dept. of Pulmonology](#)  
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**Research Interest** Development of sleep regulation / Maturation of neuronal networks / Mapping with high-density electroencephalography / Cognitive development in early childhood / Interaction with family context, nutrition, and gut microbiome



### EDUCATION

2019 **Asst. Professorship**, Department of Psychology, University of Fribourg, CH  
**Venia Legendi (PD) in Neuroscience with the focus of Neurobiology and Neurophysiology**, Medical Faculty, University of Zurich, CH  
 2018 **Certificate of Advanced Studies (CAS) in Teaching & Learning in Higher Education**, University of Teacher Education Zurich, CH  
 2011 **PhD in Neuroscience**, University of Zurich, CH  
**International PhD Program in Neuroscience**, Neuroscience Center Zurich (ZNZ)  
 2007 **MSc in Biology**, University of Berne, CH  
 2001 **Baccalaureate**, High school, Reussbuehl, CH

### SCIENTIFIC TRAINING AND POSITIONS

2019-present **SNF Eccellenza Professorial Fellowship**, University of Fribourg, CH  
 2017-present **Assistant Lecturer** (Lehrbeauftragte), University of Zurich, CH  
 2016-present **Research Group Leader**, Clinical Research Priority Program, University of Zurich; Dept. of Neurology and Pulmonary Clinic, University Hospital Zurich, CH  
 2012-2016 **Postdoctoral Fellow**, Dept. of Integrative Physiology, University of Colorado Boulder, USA, with Prof. M. LeBourgeois and Prof. S. Deoni (School of Engineering, Brown University, USA)  
 2011-2012 **Postdoctoral Fellow**, University Children's Hospital Zurich, CH, with Prof. R. Huber  
 2007-2011 **PhD Student**, University Children's Hospital Zurich, CH, with Prof. R. Huber

### GRANT SUPPORT

2019 - 2024 *Development of sleep regulation – a window of opportunity for fostering healthy development*  
 2019 - 2021 *New avenues of infant sleep: an imperative in brain development*  
 2017 - 2019 *Development of sleep regulation and gut microbiota in infants with colic.*  
*Monitoring infants sleep by actigraphy – state of the art and future directions.*  
 2016 - 2019 *Sleep and gut microbiota in infants.*  
 2012 - 2015 *Sleep and white matter maturation in childhood and early adolescence.*  
*Sleep and brain connectivity in early childhood.*  
 2011 - 2012 *Brain connectivity and sleep in preschool children.*  
*How does intense caffeine consumption in adolescents affect their development?*

### FUNDING

Total: > CHF 3,100,000

As PI:

<b>Professorial Fellowship (SNF Eccellenza, PI)</b> , University of Fribourg (2019-2024)
<b>Project Grant</b> (PI), Medical Faculty, University of Zurich (2019-2021)
<b>Project Grant</b> (PI), Forschungskredit, University of Zurich (2019-2020)
<i>The Next Sleep Research Generation</i> , <b>Career Development Grant</b> (Co-I), awarded by the ZiS (2018)
<b>Project Grant</b> (PI), Stiftung für wiss. Forschung, Universität Zürich, (2017)
<b>Junior Grant</b> (Co-I), Zurich Center for Interdisciplinary Sleep Research (ZiS, 2017)
<b>Project Grant</b> (PI), Olga Mayenfisch Stiftung, Medical Faculty Zurich, (2017)
<i>Women in Science Career Development Grant</i> , CRPP <i>Sleep and Health</i> , University of Zurich, (2016)
Young Investigator <b>Start-Up Grant</b> (PI), CRPP <i>Sleep and Health</i> , University of Zurich (2016-18)
<b>As Postdoc:</b>
<b>Outreach Grant</b> (Co-I), University of Colorado Boulder, Boulder, CO, USA (2013)
<b>Project Grant</b> (PI Huber), EMDO Stiftung, Zurich, CH (2011)
Jacob's Foundation <b>Research Grant</b> (PI Deoni), Providence, RI, USA (2012)
Intermountain Neuroimaging Consortium <b>Grant</b> (PI LeBourgeois), Boulder, CO, USA (2012)
Swiss National Science Foundation <b>Grant Prolongation</b> (postdoc), Boulder, CO, USA (2012)
Swiss National Science Foundation <b>Grant</b> for Prospective Researchers (postdoc), Boulder, USA, (2011)
<b>To my Trainees:</b>
Covid-19 Hardship case: <b>Front-end support</b> for young academics, to A. Markovic (2021)
Swiss National Science Foundation <b>Postdoc.Mobility Grant</b> , to V. Jaramillo (2021-22)
Swiss National Science Foundation <b>Postdoc.Mobility Grant</b> , to S. Schoch (2021-22)
<b>Travel Grant</b> ISDP Awards Committee, to S. Schoch (2018)
Swiss National Science Foundation <b>PhD Doc.ch Grant</b> , in Zurich, CH, to S. Schoch (2018-20)
<b>Travel Grant</b> for training visit, Graduate Research Campus, University of Zurich, to S. Schoch (2018)
<b>Travel Grant</b> for Gordon Conference on Sleep Regulation, awarded by the ZNZ, to S. Schoch (2017)
<b>Travel Grant</b> for the Lancaster Conference on Infant and Early Child Development, to S. Schoch (2017)
<b>Travel Grant</b> for World Sleep Meeting, awarded by the SAGW, to S. Schoch (2017)
<b>ESRS Sleep Science School Grant</b> , awarded by the SSSSC, to S. Schoch (2017)

## PRIZES, AWARDS, FELLOWSHIPS

<b>As Postdoc/ PhD student for example:</b>
<b>2 Datablitz Awards</b> , Sleep Research Society, SLEEP Meeting of the APSS, Seattle, USA (2015), and Conference Psychoneuroimmunology Research Society, Seattle, USA (2015)
<b>Strategic Plan Poster Award</b> : Society for Research on Child Development, Conference, Philadelphia, USA (2015)
<b>Young Scientist Award</b> , European Sleep Research Society Congress (ESRS) in Tallinn, EE (2014)
<b>Merit Award</b> , Sleep Regulation and Function Gordon Research Conference (GRC), Galveston, TX, USA (2014)
<b>Honourable Mention Award</b> Sleep Research Society, SLEEP Meeting of the APSS, in Baltimore, MD, USA (2013)
<b>Trainee Merit Award</b> : Multi-Site Training for Basic Sleep Research Conference (2013)
<b>Sponsors Award</b> for Outstanding Basic Sleep Research at the Annual SSSSC Meeting, St. Gallen, CH (2011)
<b>Honors and awards to my trainees</b>
<b>People's choice award Minute-To-Win-It Presentation</b> , Science at the Seaside Salk Congress (2019)
<b>1st Place Poster Award</b> , Madoko Congress, Psychological Institute, University of Zurich, to S. Schoch (2017)
<b>Best Grant Proposal</b> , and <b>3<sup>rd</sup> Place Presentation Award</b> , ESRS Sleep Science School, to S. Schoch (2017)
<b>Van Ek Award</b> : Colorado University Boulder, College of Arts and Sciences, to I. McClain (2016)
<b>Merit Award</b> : Sleep Research Society, to J. Lassonde, A. Schumacher, M. Doucette (2015)
<b>Graduate Travel Award</b> , Colorado University Boulder, to I. McClain (2015)
<b>Merit Award</b> , Sleep Research Society, to M. Doucette (2013)
<b>Trainee Merit Award</b> , Multi-Site Training for Basic Sleep Research, to M. Doucette, L. Pierpoint (2013)

## PROFESSIONAL ACTIVITIES

[Internal Ethics Board](#), Dept. of Psychology, University of Fribourg (since 2020)

**Management board**, Competence Center [Sleep and Health Zurich](#) (SHZ, since 2018)

**Expert Panel**, Public Event *Schlaf, Gesundheit und Gesellschaft*, University of Zurich (2018)

**Conference contributions**. Symposium chair/ moderator/ reviewer, expert in public discussion forums

**Reviewer of scientific journals** PNAS, Current Biology, Journal of Neuroscience, NeuroImage, Journal of Sleep Research, Sleep, Nature and Science of Sleep, International Journal of Developmental Neuroscience, Neurobiology of Sleep and

Circadian Rhythms, Sleep Medicine, Nutrients, Translational Issues in Psychological Science, Brain Sciences, Scientific Reports, etc.

**Membership.** Swiss Psychological Society (SPS), Swiss Society for Early Childhood Research (SSECR), Sleep and Health Zurich (SHZ), Neuroscience Center Zurich (ZNZ), European Sleep Research Society (ESRS), Swiss Society for Neuroscience (SSN), Society for Neuroscience (SfN), Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC).

**Press release.** Regular contributions in radio, newspaper, online media - discussing latest findings and health implications.

#### INNOVATION & INITIATION

- **Co-Founder** (2020-) *Digital Science Café*, peer exchange about academic leadership and growth, an interdisciplinary network platform among young scientists with leadership function
- **Co-Founder** (2018-2019) [The New Sleep Research Generation](#), an extension of *Women in Science* and platform to extend and strengthen the network within and around academia
- **Co-Founder and organizer** [Monitoring infants sleep by actigraphy – State of the art and future directions](#), a student-to-expert approach for research integration and dissemination (2017-2019)
- **Co-Founder and organizer** of [Women in Science](#), an open discussion round for junior female scientists centered around Zurich, CH (2016-2018)
- **BLOG Writer** [Baby Sleep Laboratory](#) (since 2020) and **Co-Writer** of the [Sleep & Health Zurich Tweet](#) (since 2017)

#### ORGANISATION OF CONFERENCES / SYMPOSIA

**Co-chair and organizer**, *Sleep & Health Symposium*, University Center of Competence Sleep & Health Zurich (Virtual Congress, 2020)

**Co-chair and organizer** (rejected), *On the Importance of Sleep Beyond the Brain*, symposium at the European Sleep Research Society Congress (ESRS, Basel, 2018)

**Chair and organizer**, *Brain Plasticity and Network Dynamics in Sleep: Moving the Field Forward with Novel Quantitative Tools*, symposium at the annual SLEEP meeting (APSS, Seattle, 2015)

**Co-chair and organizer**, *Substrates, Mechanisms, and Neurodevelopment of Sleep Regulation*, symposium at the annual SLEEP meeting (APSS, Minneapolis, 2014)

#### MENTORING OF JUNIOR RESEARCHERS

**37 Trainees** in Neuropsychology, Psychology, Neurobiology, Pharmacology, Integrative Physiology, Human Movement Sciences, 12 thereof co-mentored: **3 Postdocs, 4 PhD Students, 16 MA Students, 6 BA Students, 7 Interns:** Dr. V. Jaramillo, Dr. A. Markovic, M. Beaugrand, C. Muehlematter, A. Hechler, L. Binz, M. Stanojevic, L. Arigoni, F. Sunier, J. Hartnack, V. Horii, D. Castiglioni, O. Minot, Dr. V. Rocha, S. Schoch, L. Barblan, R. Grolimund, V. Gastens, S. Boschert-Hennrich, J. Berger, M. Stoller, M. Auer, Dr. F. Pugin, Dr. F. Baracchi, A. Wood, E. de Marco., M. Doucette, J. Lassonde, A. Schumacher, E. Mullins, L. Pierpoint, I. McClain, A. Mouthon, S. Fattinger, M. Schaerer, and A. Aepli.

#### TEACHING

**Master and Bachelor Colloquium** (2021-), Baby Sleep Laboratory, Psychology, University of Fribourg

**Research Colloquium Cognitive Neuroscience I and II** (2020-) Psychology, University of Fribourg

**Master and Bachelor thesis supervision** (2019-) Psychology, thesis supervision, University of Fribourg

**Lectures** (2012-) Diverse sleep-focused workshops, lectures, seminars / colloquia, journal clubs and symposia.

**Student block course** (2017) Biomedicine, University of Zurich, *Actigraphy in Sleep Research* (BME348) **a Peer-initiative**

**Sleep & Health Seminar** (2017-) University of Zurich (SPV0Y040, CRPP/ ZiS/ SHZ)

**Sleep Research Workshops** (2007-2012) Children's Hospital Zurich, college/ high-school students **a Peer-initiative**

**Education programs** (2008-) Educational public research events *Schlaf, Gesundheit und Gesellschaft* (2018), *Brain Fair* (2009-2019), lectures to high school students (2011, 2017), *Scientifica* (2011), *Nacht der Forschung* (2009), *Parcours des Wissens* (2008) - **Peer-initiatives**

**Classroom visits** (2008-) University of Zurich, CH, University of Colorado Boulder, USA, kindergarten, elementary and high school, international pre-college, teaching neuroscience, sleep, research tools and research activities - **Peer-initiatives**