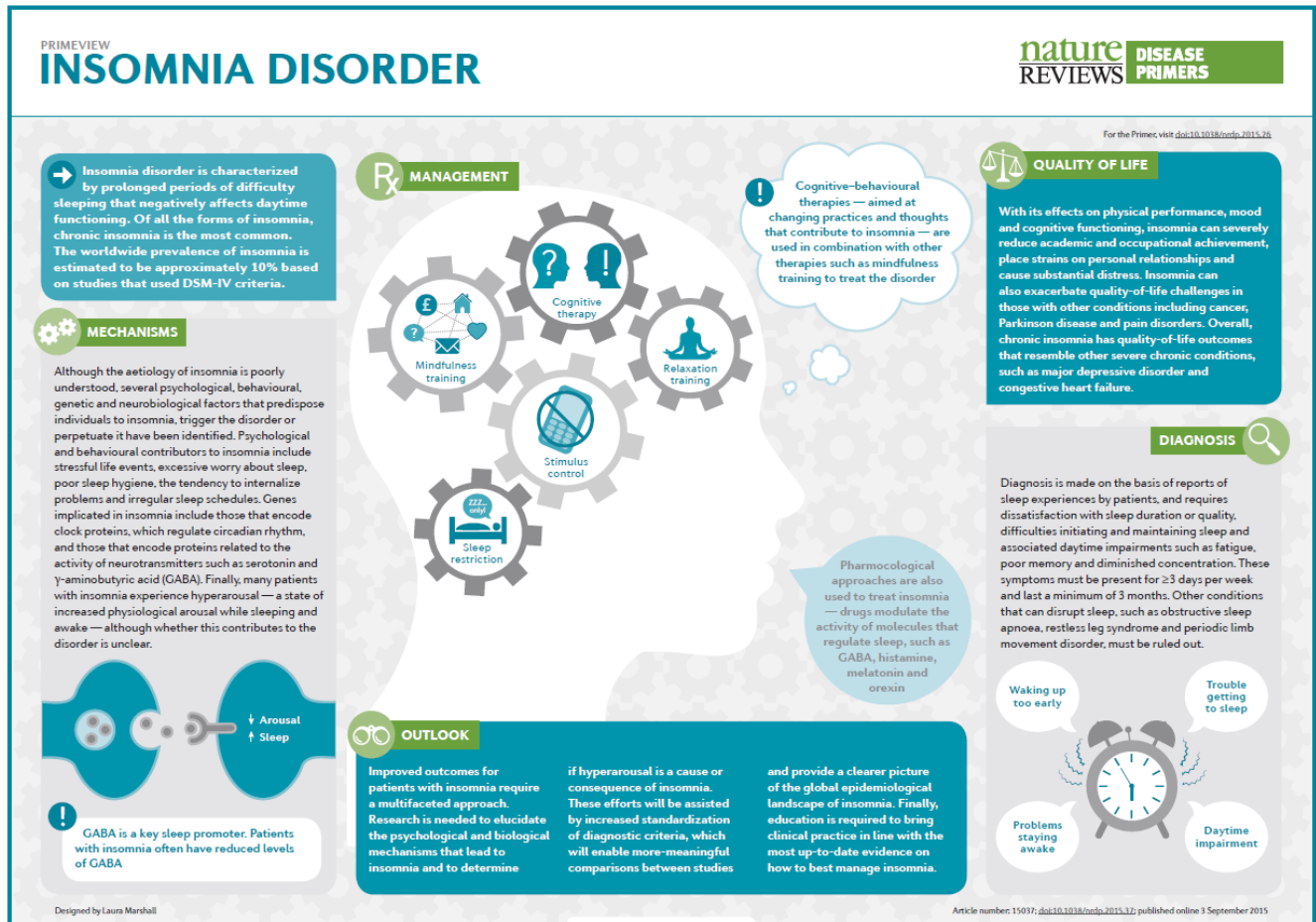


WORK REPORT 2022

SLEEP & INSOMNIA RESEARCH AT THE DEPARTMENT OF CLINICAL PSYCHOLOGY AND PSYCHOPHYSIOLOGY/ CENTRE FOR MENTAL DISORDERS/ MEDICAL FACULTY UNIVERSITY OF FREIBURG



In: Morin C, Drake C, Harvey A, Krystal AD, Manber R, Riemann D, Spiegelhalter K: Insomnia. Nature Review Disease Primers. 2015 Sep 3;1:15026. doi: 10.1038/nrdp.2015.26.

“....it is our aim to better understand the relationships between sleep, insomnia and mental disorders, especially anxiety and depression. With our multidisciplinary team we combine expertise from biological and clinical psychology, clinical neurosciences, clinical pharmacology, nursing, psychiatry, psychotherapy, physics and sleep research/ sleep medicine to experimentally study sleep with a variety of methods in good sleepers and people suffering from mental disorders and insomnia. Besides striving to understand the pathophysiology/ etiology of disturbed sleep in psychiatry we hope to improve current therapeutic avenues”

<https://www.uniklinik-freiburg.de/psych/abteilungen/klinische-psychologie-und-psychophysiologie/bereich-psychophysiologie-schlafmedizin.html>

Head of Department: Dieter Riemann, PhD, Professor of Clinical Psychophysiology, Dipl. Psych., Somnologist (Germany/Europe), Psychological Psychotherapist, Clinical Supervisor for Cognitive-Behavioral Therapy; <https://www.uniklinik-freiburg.de/psych/team/riemann.html>

Deputy Head: Kai Spiegelhalter, MD, Dipl. Psych., PhD, apl. Professor of Psychology, Psychological Psychotherapist

Medical Head: Lukas Frase, MD (attending Psychiatrist)

Technical Director: Bernd Feige, PhD (Physicist)

Post-Doc Researchers: Marion Kuhn, PhD (presently on maternity leave)

Affiliated researchers: Chiara Baglioni, PhD (Professor of Clinical Psychology, Rome Telematics University; Psychological Psychotherapist)

PhD candidates: Fee Benz, MSc, Anna Johann, MSc, Lisa Steinmetz, MSc, Natasza Walter, MSc, Johanna Ell, MSc, Julian Schiel, MSc, Raphael Dressle MSc, Lukas Spille, MSc, Sarah Schmid, MSc

Scientific staff: Nicole Thoma, (Diploma in business administration, BSc Psychology)

MD candidates: Noa Behrendt, Anna Bockholt, Simon Braun, Aliza Bredl, Jan Bürklin, Anahita Davoodabadi, Liv Espen, Isabella Gioia, Stephanie Guo, Kathrin Hanke, Johannes Heitz, Florian Holub, Sonja Huart, Hagen Junghanns, Christian Kienzler, Emma Kronberger, Viveka Loeck, Katharina Nachtsheim, Roxana Petri, Anuschka Riedel, Felix Rüb, Jana Schöne, Hanna Schmid, Natalie Speiser, Björn Wagenmann, Adrian Willimsky.

Master students: Alicia Dehn, Tobias Liebler

Student researchers and night technicians: Julian Bäuerle, Lara Güth, Annika Strauß, Nina May, Marlene Glumann, Moira Schummer, Alicia Dehn, Rasheed Hamdoosh, Celia Hann, Klara Breuksch, Anne Zeien, Laura Hertel, Emma Meerpohl, Julia Skakovska

Clinical staff: Lukas Frase, MD (Psychiatrist); Marion Kuhn, PhD (on maternal leave; Clinical Psychologist), Judit Kelbert, DP (Clinical Psychologist till June 06, 2022), Dr. Dorothea Lemper. (Psychiatrist in training), 01.10.2021 – 30.04.2022; 01.11. 2022 - xxx); Lukas Spille (Psychologist, June 07, 2022 – June 30, 2023

Nursing team: Patrick Anjard, Claudine Heinrich, Heike Franz, Sebastian Schura, Sonja Weiss (maternity leave), Mathias Nuding (till March, 31, 2021), Hieronymus Gottschaldt (since Oct. 1, 2021).

Technical staff: Claudia Stippich

Clinical and research interns/guests: Giulia Aquino (Erasmus student, Psychology, University of Pisa), 15.09. 2021 – 15.03.2022; Luca Pellegrini (Erasmus student, Medicine, University of Milano) 15.09.2021 – 30.06.2022; Artjom Mari, (Psychology, University of Freiburg), 02.01.2022 – 28.02.2022; Jasmin Kühnert (Psychology, University of Freiburg), 28.03. – 30.04.2022; Alicia Dehn (Psychology, University of Freiburg), 10.04. – 31.05.2022; Luca Beinhoff (Psychology, University of Freiburg), 02.05. – 15.06.2022; Lina Stanfjord (MAS-CAS; Psychology; University of Trondheim), 23.05. – 03.06.2022; Dr. Filip Karuga (Medicine, Erasmus, University of Lodz), 13.06. – 24.06.2022; Marlene Glumann (Psychology, University of Freiburg), 22.08. – 17.09.2022; Klara Breuksch (Psychology, University of Freiburg), 28.08. – 10.10...2022; Ann Rosen (Psychology; Karolinska Institute, Sweden), 04.10. – 14.10.2022; Karolina Janku (Psychology; NIMH, Czech Republic), 10.10. – 21.10.2022; Svetlana Sitner (Psychology; University of Freiburg), 31.10. – 30.11.2022; Haykuhi Hovakimyan (Department of Neurology and Neurosurgery, NIH, Yerevan, Armenia), 28.11. - 09.12.2022;

IT/ technical issues: Bernd Tritschler

Work groups:

1. **Clinical Neurophysiology** (B. Feige)
2. **Sleep and Plasticity** (L. Frase)
3. **Sleep, Insomnia and Mental Disorders** (D. Riemann)
4. **Pathophysiology of Insomnia** (K. Spiegelhalter)

1. PUBLICATIONS

1.1. ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

- Palagini, L, Miniati, M, Marazziti, D, Franceschini, C, Grassi, L, Sharma, V, Riemann, D.: Insomnia symptoms are associated with impaired resilience in bipolar disorder: potential association with early life stress and of its consequences on mood features and suicidal risk. **Journal of Affective Disorders**, 2022, 299, 596-603.doi:10.1016/j.ad.2021.12042 (IF: 6.533)
- Mikutta, C, Wenke, M, Spiegelhalder, K, Hertenstein, E, Maier, JG, Schneider, C, Koenig, J, Altorfer, A, Riemann, D, Nissen, C, Feige, B: Coordination of brain and heart oscillations during NREM sleep. **Journal of Sleep Research**. 2022 Apr;31(2):e13466. doi: 10.1111/jsr.13466 (IF: 5.296).
- Weber FC, Danker-Hopfe H, Dogan-Sander E, Frase L, Hansel A, Mauche N, Mikutta C, Nemeth D, Richter K, Schilling C, Sebestova M, Spath M, Nissen C, Wetter TC. Restless Legs Syndrome Prevalence and Clinical Correlates among Psychiatric Inpatients: A Multicenter Study. **Frontiers in Psychiatry**, doi: 10.3389/fpsy.2022.846165 (IF: 4.157).
- Bacaro, V, Curati, S, Baglioni, C: Validation study of the Italian version of the sleep hygiene index. **Journal of Sleep Research**. 2022 Feb;31(1):e13445. doi: 10.1111/jsr.13445. (IF: 5.296)
- Spanhel, K, Burdach, D, Pfeiffer, T, Lehr, D, Spiegelhalder, K, Ebert, DD, Baumeister, H, Bengel, J, Sander, LB: Effectiveness of an internet-based intervention to improve sleep difficulties in a culturally diverse sample of international students: a randomized controlled pilot study. **Journal of Sleep Research**. 2022 April; 31 (2):e13493.doi:10.1111/jsr.13493. (IF:5.296)
- Spanhel, K, Hovestadt, E, Lehr, D, Spiegelhalder, K, Baumeister, H, Bengel, J, Sander, L: Engaging refugees with a culturally adapted digital intervention to improve sleep: a randomized controlled pilot trial. **Frontiers in Psychiatry**.2022.Feb 23; 13:832196.doi: 10.3389/fpsy.2022.832196 (IF: 4.157).
- Hertenstein, E, Trinca, E, Wunderlin, M, Schneider, CL, Züst, M, Feher, K, Su, T, Van Straten, A, Berger, T, Baglioni, C, Johann, A, Spiegelhalder, K, Riemann, D, Feige, B, Nissen, C: Cognitive behavioral therapy for insomnia in patients with mental disorders: a systematic review and meta-analysis. **Sleep Medicine Reviews**, 2022 Feb 9;62:101597. doi: 10.1016/j.smrv.2022.101597. (IF: 11.401)
- Dressle, R, Feige, B, Spiegelhalder, K, Schmucker, C, Benz, F, Mey, N, Riemann, D: HPA axis activity in patients with chronic insomnia: a systematic review and meta-analysis of case-control studies. **Sleep Medicine Reviews** 2022 Apr;62:101588. doi: 10.1016/j.smrv.2022. (IF:11.401).
- Schiel, J, Tamm, S, Holub, F, Petri, R, Dashti, H, Domschke, K, Feige, B, Lane, JM, Riemann, D, Rutter, MK, Saxena, R, Tahmasian, M, Wang, H, Kyle, SD, Spiegelhalder, K: Associations between sleep health and amygdala reactivity to negative facial expressions in the UK biobank cohort. (N = 25.758). **Biological Psychiatry**. 2022 Nov 1;92(9):693-700. doi: 10.1016/j.biopsych.2022.05.023 (IF:12.8100)
- Bacaro, V, Curati, S, Meneo, D, Buonanno, C, De Bartolo, P, Riemann, D, Mancini, F, Martoni, M, Baglioni, C: The impact of Covid-19 on Italian adolescents' sleep and its association with psychological factors. **Journal of Sleep Research**. 2022;31:e13689. <https://doi.org/10.1111/jsr.13689> (IF: 5.296).
- Tamm S, Harmer CJ, Schiel J, Holub J, Rutter MK, Spiegelhalder K, Kyle SD. Amygdala responses to negative faces are not associated with depressive symptoms: cross-sectional data from 28 638 individuals in the UK Biobank cohort. **American Journal of Psychiatry** 2022;179:509-513. (IF: 14.1)
- Aust S, Brakemeier E L, Spies J, Herrera-Melendez A L, Kaiser T, Fallgatter A, Plewnia C, Mayer S V, Dechantreiter E, Burkhardt G, Strauß M, Mauche N, Normann C, Frase L, Deuschle M, Böhringer A, Padberg F, Bajbouj M: Efficacy of Augmentation of Cognitive Behavioral Therapy With Transcranial Direct Current Stimulation for Depression: A Randomized Clinical Trial. **JAMA Psychiatry**, 2022, 79(6):528-537. 2022 (IF = 25.941)
- Grapp, M., Ell, J., Kiermeier, S., Haun, M. W., Kübler, A., Friederich, H. C., Maatouk, I: Feasibility study of a self-guided internet-based intervention for family caregivers of patients with cancer (OASE). **Scientific reports**, 2022, 12(1), 1-11. (IF: 4.996)

In press:

- Simon, L, Reimann, J, Steubl, LS, Stach, M, Spiegelhalder, K, Sander, L, Baumeister, H, Messner, EM, Terhorst, Y: Help für insomnia from the appstore? A standardized rating of mobile health applications claiming to target insomnia. **Journal of Sleep Research**, 2022; May 27;e13642.doi:10.1111/jsr.13642 (IF: 5.296).
- Christodoulou, N, Bertrand, L, Palagini, L, Frija-Masson, J, D'Ortho, MP, Lejoyeux, M, Riemann, D, Maruani, J, Geoffroy, PA: Factors associated with insomnia: a naturalistic study during a COVID-19 fully restrictive lockdown. **Journal of Sleep Research** (IF: 5.296)
- Holub, F, Petri, R, Schiel, J, Feige, B, Rutter, MK; Tamm, S, Riemann, D, Kyle, SD, Spiegelhalder, K: Associations between insomnia symptoms and functional connectivity in the UK biobank cohort (n= 29,423). **Journal of Sleep Research** (IF: 5.296)

- Johann, AF, Feige, B, Hertenstein, E, Nissen, C, Benz, F, Steinmetz, L, Baglioni, C, Riemann, D, Spiegelhalder, K, Akram, U: The effects of cognitive behavioral therapy for insomnia on multidimensional perfectionism. **Behavior Therapy (IF: 4.78)**
- Benz, F, Riemann, D, Domschke, K, Spiegelhalder, K, Johann, AF, Marshall, NS, Feige, B: How many hours do you sleep? A comparison of subjective and objective sleep duration measures in a sample of insomnia patients and good sleepers. **Journal of Sleep Research (IF: 5.296)**.

Submitted /under review:

- Bacaro, V, Feige, B, Romani, F, Riemann, D, Baglioni, C: Poor sleep quality and insomnia symptoms during pregnancy as a risk factor for post-partum mental disorders: a systematic review and meta-analysis of longitudinal studies. **Journal of Affective Disorders (IF:6.533)**
- Bacaro, V, Debora, M, Martoni, M, Bernd, F, Altena, E, Gelfo, F, Riemann, D, Baglioni, C: Systematic review and meta-analysis of insomnia prevalence during Covid-19 pandemic: a focus on gender, age and cross-cultural differences. **Sleep Medicine Reviews (IF: 11.401)**
- Cheung, JMY, Scott, H, Muench, A, Grunstein, R, Krystal, A, Riemann, D, Perlis, ML: Comparative safety and efficacy of hypnotics: a quantitative risk benefit analysis. **TBD (IF:)**
- Traut, J, Mengual, JP, Meijer, EJ, McKillop, LE, Alfonsa, H, Hoerder-Suabedissen, A, Song, SM, Molnar, Z, Akerman, CJ, Vyazovskiy, V, Feher, K, Riemann, D, Krone, LB: Effects of clozapine-N-oxide and compound 21 on sleep in laboratory mice. bioRxiv preprint doi: <https://doi.org/10.1101/2022.02.01.478652> and: **elife**
- Afshani, M, Aznavah, AM, Noori, K, Rostampour, M, Zarei, M, Spiegelhalder, K, Khazaeie, H, Tahmasian, M: Discriminating paradoxical and psychophysiological insomnia based on structural and functional brain images: a preliminary machine learning study. **Journal of Sleep Research (IF: 5.296)**.
- Hertenstein, E, Kuhn, M, Landmann, N, Maier, JG, Schneider, CL, Feher, KD, Frase, L, Riemann, D, Feige, B, Nissen, C: Brain-derived neurotrophic factor genetic polymorphisms and creativity. **Neuropsychologia (IF:3.054)**
- Hürlimann, P, Bodenmann, G, Riemann, D, Weitkamp, K: Cognitive-behavioral therapy to treat stress and insomnia: a randomized wait list-controlled trial of two online courses. **Journal of Sleep Research (IF: 5.296)**.
- Dressle, R, Riemann, D, Spiegelhalder, K, Perlis, ML, Feige, B: On the relationships between EEG spectral analysis and pre-sleep cognitive arousal in insomnia disorder – towards an integrated model of cognitive and cortical arousal. **Journal of Sleep Research (IF: 5.296)**
- Steinmetz, L, Simon, L, Feige, B, Riemann, D, Johann, AF, Ebert, DD, Baumeister, H, Benz, F, Spiegelhalder, K: Network meta-analysis examining efficacy of components of cognitive behavioural therapy for insomnia. **Psychological Bulletin (IF: 23.027)**.
- Knötzele, J, Riemann, D, Frase, L, Feige, B, Tebartz van Elst, L, Kornmeier, J: Can rose odor help to improve memory consolidation during sleep and retrieval? **Scientific Reports (IF: 4.996)**
- Frase, L, Feige, B, Gioia, I, Loeck, VK, Domschke, K, Kilian, H, Schläpfer, T, Dressle, R, Riemann, D: No differences in indirect markers of locus coeruleus – norepinephrine function in insomnia disorder. **Journal of Sleep Research (IF: 5.296)**.
- Ell, J, Schiel, JE, Feige, B, Riemann, D, Nyhuis, CC, Fernandez-Mendoza, J, Vetter, C, Rutter, MK, Kyle, SD, Spiegelhalder, K: Sleep health dimensions and shift work as longitudinal predictors of cognitive performance in the UK Biobank cohort. **SLEEP (IF: 6.313)**
- Simon, L, Steinmetz, L, Feige, B, Benz, F, Spiegelhalder, K, Baumeister, H: Comparative efficacy of on-site, digital, and other settings for cognitive behavioral therapy for insomnia: a systematic review and network meta-analysis. **Scientific reports (IF: 4.996)**

In preparation:

- Schiel J, Sexton, C, Feige, B, Domschke, K, Riemann, D, Rutter, MK, Kyle, SD, Spiegelhalder, K,: Sleep health and grey matter volume in the UK biobank cohort. **Brain (IF: 15.255)**.
- Petri, R, Holub, F, Schiel, J, Feige, B, Rutter, MK, Tamm, S, Riemann, D, Kyle, SD, Spiegelhalder, K: Sleep health and white matter integrity in the UK biobank. **Biological Psychiatry (IF:12.8100)**
- Baglioni, C, Johann, AF, Benz, F, Steinmetz, L, Meneo, C, Frase, L, Kuhn, M, Ohlert, N, Huat, B, Speiser, N, Tuschen-Caffier, B, Riemann, D, Feige, B: Interactions between sleep quality, insomnia and emotional processes: an ecological momentary assessment of longitudinal influences combining self-report and physiological measures. **Psychological Medicine (IF: 10.592)**
- Weihs, A, Frenzel, S, Bi, H, Schiel, J, Asfahani, M, Bülow, R, Ewert, R, Hofftsädter, F, Jahanshad, N, Khazaeie, H, Riemann, D, Rostanbour, M, Stubbe, B, Thomopoulos, S, Thompson, PM, Valk, SL, Völzke, H, Zarei, M, Eickhoff, S, Grabe, J, Patil, K, Spiegelhalder, K, Tahmansian, M, Lack of structural brain alteration associated with insomnia: findings from the Enigma sleep working group. **TBD**

1.2. REVIEW PAPERS

- Palagini, L, Baglioni, C, Altena, E, Bramante, A, Tang, N, Johann, AF, Riemann, D.: Insomnia evaluation and treatment during the perinatal period: a joint position paper from European insomnia network task force “sleep and women”, Italian Marche society and international task force. **Archives of Women's Mental Health**, 2022, <https://doi.org/10.1007/s00737-022-01226-8>. (IF: 4.405)
- Palagini, L, Miniati, M, Marazziti, D, Massa, L, Riemann, D, Grassi, L: Insomnia and circadian sleep disorders in ovarian cancer: prevalence and management of underestimated potentially modifiable factors contributing to cancer-related mental comorbid conditions. **Journal of Sleep Research**. 2022; 31:e13510. doi: 10.1111/jsr.13510. (IF: 5.296)
- Palagini, L, Geoffroy, A, Miniati, M, Perugi, G, Biggio, G, Marazziti, D, Riemann, D: Insomnia, sleep loss, and circadian sleep disturbances in mood disorders: a pathway toward neurodegeneration and neuroprogression? A theoretical review. **CNS Spectrums**, 2022, 27, 298-308. <https://doi.org/10.10715/S109285292000827> (IF: 4.604)
- Riemann, D, Benz, F, Blanken, T, Espie, CA, Dressle, R, Johann, AF, Henry, A, Kyle, SD, Leerssen, J, Wassing, R, Spiegelhalder, K, van Someren, E: Insomnia disorder: state of the science and challenges for the future. **Journal of Sleep Research**, 2022; 31:e13604 (IF: 5.296).
- Palagini, L, Riemann, D, Hertenstein, E, Nissen, C: Sleep, insomnia and mental health. **Journal of Sleep Research**, 2022; 31:e13628 (IF: 5.296).
- Spiegelhalder, K, Baumeister, H, Al-Kamaly, A, Bauereiss, N, Benz, F, Braun, L, Buntrock, C, Cuijpers, P, Domschke, K, Dülsen, P, Frase, L, Heber, E, Helm, K, Jentsch, T, Johann, AF, Küchler, AM, Lehr, D, Maun, A, Morin, CM, Moshagen, M, Richter, K, Schiel, JE, Simon, L, Spille, L, Weess, HG, Riemann, D, Ebert, DD: Effectiveness of a stepped care model for insomnia – study protocol for a pragmatic cluster randomized controlled trial (GET Sleep). **BMJ Open**, 2022; 12:e058212.doi: 10.1136/bmjopen-2021-058212. (IF:3.006).
- Spiegelhalder, K, Crönlein, T: Aktuelle Entwicklungen in der Schlafforschung und Schlafmedizin. Eine Einschätzung der AG Insomnie. **Somnologie**, 2022, 26, 160-161
- Pandi-Perumal SR, Kumar VM, Pandian NG, de Jong JT, Andiappan S, Corlateanu A, Mahalaksmi AM, Chidambaram SB, Kumar RR, Ramasubramanian C, Sivasubramaniam S, Bjørkum AA, Cutajar J, Berk M, Trakht I, Vrdoljak A, Meira E Cruz M, Eyre HA, Grønli J, Cardinali DP, Maercker A, van de Put WACM, Guzder J, Bjorvatn B, Tol WA, Acuña-Castroviejo D, Meudec M, Morin CM, Partinen M, Barbui C, Jordans MJD, Braakman MH, Knaevelsrud C, Pallesen S, Sijbrandij M, Golombek DA, Espie CA, Cuijpers P, Agudelo HAM, van der Velden K, van der Kolk BA, Hobfoll SE, Devillé WLJM, Gradisar M, Riemann D, Axelsson J, Benítez-King G, Macy RD, Poberezhets V, Hoole SRH, Murthy RS, Hegemann T, Heinz A, Salvage J, McFarlane AC, Keukens R, de Silva H, Oestereich C, Wilhelm J, von Cranach M, Hoffmann K, Kloinski M, Bhugra D, Seeman MV. Scientists Against War: A Plea to World Leaders for Better Governance. **Sleep and Vigilance**, 2022 Mar 18:1-6. doi: 10.1007/s41782-022-00198-0.
- Perlis, ML, Posner, D, Riemann, D, Bastien, C, Teel, J, Thase, M: Insomnia. **The Lancet**, 2022, 24:400 (10357): 1047-1060. [https://doi.org/10.1016/S0140-6736\(22\)00879-0](https://doi.org/10.1016/S0140-6736(22)00879-0). (IF: 202.731)
- Riemann, D: Schlafstörungen und psychische Erkrankungen hängen zusammen. **ARS MEDICI** 7/ 2022

In press:

- Palagini, L, Geoffroy, PA, Riemann, D: Sleep markers in psychiatry: do insomnia and disturbed sleep play a role as markers of disrupted neuroplasticity involved in mood disorders? A proposed model. **Curr Med Chem**. 2021 Dec 14. doi: 10.2174/0929867328666211214164907. Online ahead of print. (IF: 4.740)
- Spiegelhalder, K, Benz, F, Feige, B, Riemann, D: Subtypen der Insomnie – exemplarische Ansätze und offene Fragen. **Somnologie**
- Altena, E, Baglioni, C, Cajochen, C, Sanz-Agita, E, Riemann, D: How to deal with sleep problems during heat waves: practical recommendations from the European Insomnia Network. **Journal of Sleep Research** 2022 Sep 8:e13704. doi: 10.1111/jsr.13704. Online ahead of print. (IF: 5.296).

Under review/submitted/ in preparation:

- Bacaro, V, Altena, E, Riemann, D, Baglioni, C: Sleep deprivation, emotion and depression during adolescence. **Brain Sciences** (IF:3.333)
- Franceschini, C, De Gennaro, L, Riemann, D, Baglioni, C: The impact of psychological studies on sleep in the healthcare system: new insights to support and integrate daily clinical practice. **Frontiers in Psychology** (IF: 4.232)
- Aquino, G, Gemignani, A, Dressle, R, Benz, F, Riemann, D, Feige, B: Neuroimaging findings in insomnia – a systematic review. **Sleep Medicine Reviews** (IF:11.401).
- Dikeos, D, Wichniak, A, Ktonas, PY, Mikoteit, T, Crönlein, T, Eckert, A, Koprivova, J, Ntafouli, M, Spiegelhalder, K, Hatzinger, M, Riemann, D, Soldatos, C: The potential of biomarkers for diagnosing insomnia:

consensus statement of the WFSBP task force on sleep disorders. **World Journal of Biological Psychiatry** (IF: 3.418).

- Pandi-Perumal, SR, Kumar, VM, Jansson-Fromark, M, Jahrami, HA, Mahalakshami, AM, Chidambaram, SB, Gupta, R, Michael, T, Manzar, MD, Golombek, D, ARamasubramian, C, Bahamann, AS, Lundmark, O, Pandian, Gn, Berk, M, Riemann, D, Espie, C: Desparate journeys: the critical issues of sleep and refugee health. **TBD**
- Palagini, L, Geoffroy, A, Baletsrieri, M, Ferini-Strambe, L, Ferrara, M, Grassi, L, Miniato, M, Liquoiori, C, Nobili, L, Riemann, D, Gemignani, A: Current models of insomnia disorder: potential role of orexins with implications for insomnia treatment. **Journal of Sleep Research** (IF: 5.296)
- Spiegelhalder K, Baum E, Becker M, Cornaro C, Crönlein T, Frase L, Harth V, Hertenstein E, Johann A, Klose P, Mertel I, Kunz D, Langhorst J, Maurer JT, Mayer G, Nissen C, Pietrowsky, Pollmächer T, Schumacher C, Sitter H, Steffen A, Weeß HG, Wehling M, Riemann D: Leitlinie „Insomnie bei Erwachsenen“ - Update 2022. (AWMF-Registernummer 063-003). **Somnologie**
- Spiegelhalder K, Altena, E, Arnardottir, ES, Baglioni, C, Bassetti, C, Berzina, N, Bjorvatn, B, Dikeos, D, Dolenc Groselj, L, Ellis, JG, Espie, CA, Garcia-Borreguero, D, Geoffroy, PA, Gjerstad, M, Gonçalves, M, Hertenstein, E, Hoedlmoser, K, Hion, T, Holzinger, B, Janku, K, Jansson-Fröjmark, M, Järnfeldt, H, Jernelov, S, Jennum, PJ, Khachatryan, S, Krone, L, Kyle, S, Lancee, J, Leger, D, Lupusor, A, Marques, DR, Nissen, C, Palagini, L, Paunio, T, Perogamvros, L, Pevernagie, D, Pollmächer, T, Schabus, M, Shochat, T, Szentkiralyi, A, van Someren, E, van Straten, A, Wichniak, A, Riemann, D: European guideline for the diagnosis and treatment of insomnia – first revision. **Journal of Sleep Research** (IF: 5.296)

1.3. Short Communications/ Editorials/ Letters to the Editor

- Sharma, V, Palagini, L, Riemann, D: Should we target insomnia to treat and prevent postpartum depression? (editorial) **Journal of Maternal-Fetal & Neonatal Medicine**, 2022, 35:25, 8794-8796. doi: 10.1080/14767058.2021.2005021 (IF: 2.323)
- Riemann, D: The European Sleep Research Society celebrates its 50th anniversary! (editorial). **Journal of Sleep Research**, 2022, Feb;31(!) e13544. doi:10.1111/jsr.13544 (IF: 5.296).
- Spiegelhalder, K, Feige, B, Riemann, D, Kyle, SD: Daridorexant for insomnia disorder (commentary). **Lancet Neurology**. 2022 Feb;21(2):104-105. doi: 10.1016/S1474-4422(22)00007-2. (IF: 59.935)
- D. Riemann: Guest editorial: Sleep, insomnia and anxiety - bidirectional mechanisms and chances for intervention. **Sleep Medicine Reviews**. 2021 Dec 18;61:101584. doi: 10.1016/j.smrv.2021.101584. Online ahead of print. (IF: 11.906)
- D. Riemann: Sleep in childhood and adolescence, insomnia, neurological sleep disorders and much more (editorial). **Journal of Sleep Research**, 2022 Apr;31(2):e13559. doi: 10.1111/jsr.13559. (IF: 5.296).
- Baglioni, C, De Gennaro, L, Riemann, D, Dimitriou, D, Franceschini, C: The impact of psychological studies on sleep for the healthcare system: new insights from clinical and non-clinical research to support and integrate daily clinical practice (editorial). **Frontiers in Psychology**, 2022, 13. Doi: 103389/psyg.2022.857433 (IF: 4.232)
- D. Riemann: Sleep health (editorial). **Journal of Sleep Research**, 2022;31:e13586. <https://doi.org/10.1111/jsr.13586> (IF: 5.296).
- D. Riemann: Happy 50th anniversary ESRS (editorial). **Journal of Sleep Research**, 2022; 31:ed13606 (IF: 5.296).
- D. Riemann: Focus on sleep medicine (editorial). **Journal of Sleep Research**, 2022; 31:e13722.606. <https://doi.org/10.1111/jsr.13722> (IF: 5.296).

In press:

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1.4. CONTRIBUTIONS TO BOOKS

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1.7. ORAL PRESENTATIONS & POSTER (ALPHABETICAL)

- F. Benz, Riemann, D, Domschke, K, Spiegelhalder, K, Johann, AF, Marshall, N: How many hours do you sleep? A comparison of objective and subjective sleep duration measures in a sample of insomnia patients and good sleepers. 26th congress of the European Sleep Research Society, Athens, 27.09.-30.09.2022
- F. Benz: Investigating non-inferiority and additional benefits of internet-delivered versus face-to-face CBT-I: a randomised controlled trial. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- F. Benz: Digitale KVT-I vs. Face to face KVT-I. 30. Jahrestagung der DGSM, Wiesbaden, 10.11. – 12.11.2022
- R. Dressle, Riemann, D, Spiegelhalder, K., Frase, L, Perlis, MP, Feige, B: On the relationship between EEG spectral analysis and pre-sleep cognitive arousal in insomnia disorder -towards an integrated model of cognitive and cortical arousal. 26th congress of the European Sleep Research Society, Athens, 27.09.-30.09.2022
- R. Dressle: HPA axis activity in patients with chronic insomnia: a systematic review and meta-analysis of case control studies. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- J. Ell, Brückner, H, Feige, B, Johann, AF, Frase, L, Steinmetz, L, Järnefelt, H, Riemann, D, Lehr, D, Spiegelhalder, K: Does online delivered cognitive-behavioural therapy for insomnia improve insomnia severity in nurses working shifts? Preliminary results of an ongoing randomised controlled study. 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022
- J. Ell: Online-delivered CBT-I for nurses working shifts: preliminary results of an ongoing RCT. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- J. Ell: Der Einfluss schlafbezogener Variablen auf die kognitive Leistungsfähigkeit: eine longitudinale Studie basierend auf Daten der UK Biobank. 30. Jahrestagung der DGSM, Wiesbaden, 10.11. – 12.11.2022
- J. Ell, Brückner, H, Feige, B, Johann, AF, Steinmetz, L, Frase, L, Riemann, D, Lehr, D, Spiegelhalder, K: Überprüfung der Wirksamkeit eines onlinebasierten Schlaftrainings für Pflegekräfte in Schichtarbeit – vorläufige Zwischenergebnisse. 30. Jahrestagung der DGSM, Wiesbaden, 10.11. – 12.11.2022
- B. Feige: Wie werden Patientendaten für die Forschung verfügbar? SouveMed - BMBF-Verbundprojekt für ein Datentreuhändermodell in der Schlafmedizin. Forschungskonferenz, Klinik für Psychiatrie und Psychotherapie, online, 17.01.2022
- B. Feige: Tools zur Bewertung des klinischen EEGs/ aktueller Stand. Forschungskonferenz, Klinik für Psychiatrie und Psychotherapie, 26.09.2022
- B. Feige, Riemann, D, Johann, AF, Benz, F, Baglioni, C: Event-related potentials reveal that sleep loss affects emotion regulation regarding sleep disturbance related film clips. 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022
- B. Feige: Sleep perception in insomnia disorder. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- B. Feige: Datentreuhändermodelle aus der Sicht eines Schlaflabors. 30. Jahrestagung der DGSM, Wiesbaden, 10.11. – 12.11.2022
- L. Frase: Pharmacotherapy for insomnia. Workshop Cognitive-behavioral treatment of insomnia (CBT-I), Freiburg, Online, 31.03. – 02.04.2022
- L. Frase: Gesunder Schlaf – Schlafstörungen. Bremer Gesellschaft Freiburg. 21.06.2022
- L. Frase: Insomnie und OSAS: Schnittmengen. 104. Jahrestagung der Vereinigung Südwestdeutscher Hals-Nasen-Ohrenärzte. 17.09.2022
- L. Frase. Does excessive daytime sleepiness exist in insomnia? 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022
- L. Frase: CBT-I vs sleep pharmacotherapy: differences in mechanisms. European Academy for Cognitive Behaviour Therapy for Insomnia 2022. 22.10.22
- L. Frase: Pharmakotherapie der Insomnie. Kognitive Verhaltenstherapie für Insomnie (KVT-I). Online Seminar, 19.11.2022
- A.F. Johann: Kognitive Verhaltenstherapie der Insomnie: Grundlagenmodul. Workshop Einführung in der Kognitive Verhaltenstherapie der Insomnie (KVT-I), Bern, Online, 25.02. – 26.02.2022

- A.F. Johann: Sleep restriction therapy and stimulus control therapy. Workshop Cognitive-behavioral treatment of insomnia (CBT-I), Freiburg, Online, 31.03. – 02.04.2022
- A.F. Johann: CBT-I in comorbid insomnia. Workshop Cognitive-behavioral treatment of insomnia (CBT-I), Freiburg, Online, 31.03. – 02.04.2022
- A.F. Johann: Einführung in die kognitive Verhaltenstherapie bei Insomnie – Teil 1. Online Akademie für Psychotherapie (OAP). Workshop, Freiburg, Online, 07.07.2022
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- A.F. Johann, Baglioni, C, Benz, F, Steinmetz, L, Meneo, D, Ohler, J, Huart, S, , L, Kuhn, M, Riemann, D, Feige, B: Emotion regulation in insomnia: be calm – just sleep. 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022
- A.F. Johann: Schlafstörungen. Eröffnungsvortrag Verhaltenstherapiewoche 2022, München, Online 11.11. – 13.11.2022
- A.F. Johann: Schlafrestriktion und Stimuluskontrolle. Kognitive Verhaltenstherapie für Insomnie (KVT-I). Online Seminar, 18.11.2022.
- A.F. Johann: Therapie der Insomnie bei komorbiden Erkrankungen. Kognitive Verhaltenstherapie für Insomnie (KVT-I). Online Seminar, 19.11.2022.
- D. Riemann: Schlaf und Schlafstörungen. Gesundheitsmanagement Stadt Freiburg, Online, 18.01.2022
- D. Riemann: Insomnie – klinische Manifestation und Pathophysiologie. Online Kurs Einführung in die Kognitive Verhaltenstherapie der Insomnie (KVT-I). Bern, 25.02. 2022
- D. Riemann: Kurs Entspannungsverfahren I. Klinik für Psychiatrie und Psychotherapie, Universitätsklinik Freiburg, 08.03.2022.
- D. Riemann: Meta-analyses about Insomnia. WSF Congress Rome, 15.03.2022 (online)
- D. Riemann: Basics of sleep-wake regulation: overview of normal sleep. Workshop Cognitive-behavioral treatment of insomnia (CBT-I), Freiburg, Online, 31.03. – 02.04.2022
- D. Riemann: Psychotherapy of insomnia – state of the science (online). 7th Panhellenic Congress of CBT-I, Heraklion, Kreta, 14.05.2022.
- D. Riemann: CBT-I workshop and supervision (online). Psychiatric University Hospital, Warsaw, 19.05.2022
- D. Riemann: Mental health and insomnia: what is the role of cognitive-behavioral treatment for insomnia to improve health care (online)? . Psychiatric University Hospital, Warsaw, 20.05.2022.
- D. Riemann: CBT-I : an evidence-based approach. European guidelines, evidences, stepped-care model, theoretical introduction to behavioral, cognitive and educational strategies of CBT-I. Online course CBT-I, Rome, Italy, 22.05.2022
- D. Riemann: Workshop Schlaf und Schlafstörungen. IPSYT Zürich, 11.06.2022
- D. Riemann: Schlaf, Schlaflosigkeit und psychische Erkrankungen. Praxissymposium Frankfurt am Main, 25.06.2022
- D. Riemann: Workshop Schlafstörungen. Praxissymposium Frankfurt am Main, 25.06.2022
- D. Riemann: Insomnien (online). BUB Kurs Nürnberg, 16.07.2022
- D. Riemann: Sleep, insomnia and mental health. Online meeting with Vectura Phertin Pharma, 24.08.2022.
- D. Riemann: Von der verkürzten REM-Latenz zur chronischen Insomnie. 4. PPA Symposium, Freiburg, 23.09.2022.
- D. Riemann: Insomnia (teaching course). 26th congress of the ESRS, Athens, 27.09.2022.
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- D. Riemann: Introduction to the meeting. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- D. Riemann: High quality CBT-I training for health professionals. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- D. Riemann: Das aktuelle kognitiv verhaltenstherapeutische Pathogenesekonzept der Insomnie. Workshop Kognitive Verhaltenstherapie der Insomnie, Basel, 28.10.2022
- D. Riemann: Schlaf, Schlaflosigkeit und Psyche. Fa. Bettenrid, Gesundheitswochen, München, 15.11.2022
- D. Riemann: Grundlagen der Schlaf-Wach-Regulation. Kognitive Verhaltenstherapie für Insomnie (KVT-I). Online Seminar, 17.11.2022.
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- D. Riemann: Clinical assessment of sleep: Diagnostic classification systems. Oxford Online Programme in Sleep Medicine - Module 2 faculty, 28.11.2022

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- D. Riemann: Sleep, insomnia and mental disorders. Charite, Wiss. Kolloquium (online) , CBF, 07.12.2022
- D. Riemann: Grundlagen der Schlaf-Wach-Regulation. Seminar Schlafstörungen. FAVT Freiburg, online, 16.12.2022
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- J. E. Schiel: Associations between sleep health and amygdala reactivity to negative facial expressions in the UK biobank cohort. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- S. R. Schmid, Blume, C, Fiebich, BL, Feige, B, Stefani, O, Riemann, D, Spiegelhalder, K: Light therapy (LT) as add on therapy to cognitive behaviour therapy for insomnia (CBT-I). 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022
- K. Spiegelhalder: Schlafstörungen. Vortrag im Rahmen des Berufungsverfahren W3-Professur für Psychosomatische Versorgungsforschung, Universität Heidelberg, 04.02.2022
- K. Spiegelhalder: Clinical diagnostics of sleep disorders. Workshop Cognitive-behavioral treatment of insomnia (CBT-I), Freiburg, Online, 31.03. – 02.04.2022
- K. Spiegelhalder: Psychoeducation, relaxation therapy, cognitive therapy. Workshop Cognitive-behavioral treatment of insomnia (CBT-I), Freiburg, Online, 31.03. – 02.04.2022
- K. Spiegelhalder: GET Sleep – Stepped Care Modell für die Behandlung von Schlafstörungen. Netzwerk Versorgungsforschung München, 07.04.2022
- K. Spiegelhalder: Workshop Schlafstörungen. Lindauer Psychotherapiewochen, 11.04.-15.04.2022 (5 x 2 h)
- K. Spiegelhalder: Insomnie – Erkenntnisse aus der Forschung für die Praxis. Online-Akademie für Psychotherapie, 23.06.2022
- K. Spiegelhalder: Der Schlaf und seine Relevanz für die Lebensqualität. Symposium Schlaf und Traum 2.0 – Beiträge zur Lebensqualität, Ortenau Klinikum in Lahr, 23.07.2022
- K. Spiegelhalder: Revision of the insomnia guideline – work report. 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022
- K. Spiegelhalder: What can journals in the sleep field do to facilitate open research practices, and what are the potential pitfalls? 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022
- K. Spiegelhalder: Schlafstörungen. Update Psychosomatische Medizin und Psychotherapie 2022. Seminar der Deutschen Gesellschaft für Psychosomatische Medizin und Ärztliche Psychotherapie (DGPM), Leipzig, 30.09.2022
- K. Spiegelhalder: Diagnostik und Differentialdiagnostik. Kognitive Verhaltenstherapie für Insomnie (KVT-I). Online Seminar, 18.11.2022
- K. Spiegelhalder: Psychoedukation, Entspannungstechniken, Kognitive Therapie. Kognitive Verhaltenstherapie für Insomnie (KVT-I). Online Seminar, 18.11.2021
- K. Spiegelhalder: Behandlung von Insomnien. Seminar Schlafstörungen. FAVT Freiburg, online, 16.12.2022
- L. Steinmetz, Simon, L, Riemann, D, Feige, B, Johann, AF, Baumeister, H, Ebert, D, Benz, F, Spiegelhalder, K: Network meta-analysis examining the efficacy of components of cognitive behavioural therapy for insomnia. 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022
- L. Steinmetz: A component network meta-analysis of CBT-I. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
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- J. Traut, Mengual, JP, Meijer, EJ, McKillop, LE, Alfonsa, H, Hoerder-Subadissen, A, Song, SM, Molnar, Z, Akerman, CJ, Vyazovski, VV, Krone, L: Effects of clozapine-n-oxide and compound 21 on sleep in mice. 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022
- E. Trinca, Hertenstein, E, Wunderlin, M, Schneider, CL, Züst, MA, Feher, KD, Su, T, van Straten, A, Berger, TB, Riemann, D, Feige, B, Nissen, C: Cognitive behavioral therapy for insomnia (CBT-I) in patients with mental disorders and comorbid insomnia: a systematic review and meta-analysis. 26th congress of the European Sleep Research Society, Athens, 27.09.- 30.09.2022

2. CHAIR(S) AT SYMPOSIA/ MEETINGS & ORGANIZATION OF MEETINGS

- D. Riemann/ K. Spiegelhalder: Workshop Cognitive-behavioral treatment of insomnia (CBT-I), Freiburg,

Online, 31.03. – 02.04.2022

- D. Riemann: Webinar – 50th anniversary of the ESRS (online), 05.09.2022.
- D. Riemann/ Brigitte Knobl: JSR Editorial Board meeting, 26th congress of the ESRS, Athens, 28.09.2022
- E. Hertenstein/ D. Riemann: European Insomnia Network Meeting. 26th congress of the ESRS, Athens, 28.09.2022
- S. Kyle/ D. Riemann: Session 5 Oral sessions – Insomnia. 26th congress of the ESRS, Athens, 27.09.2022
- D.G. Dikeos/ D. Riemann: Insomnia – case discussions. 26th congress of the ESRS, Athens, 29.09.2022
- D. Riemann/ C. Baglioni: Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- K. Spiegelhalder: Insomnia and psychophysiological arousal. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- D. Riemann: CBT-I training. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- K. Spiegelhalder: Mechanisms of CBT-I. Meeting (online) of the European Insomnia Network and the European Academy for CBT-I, October 20 – 22, 2022
- K. Spiegelhalder (Wissenschaftliches Komitee): 30. Jahrestagung der DGSM, Wiesbaden, 10.11. – 12.11.2022
- C. Erler/ D. Riemann: Qualitätssicherung und Datenschutz/ Datentreuhandmodelle in der Schlafmedizin. 30. Jahrestagung der DGSM, Wiesbaden, 10.11. – 12.11.2022
- K. Spiegelhalder/ T. Crönlein: Insomnie – wie geht es den Betroffenen tagsüber? 30. Jahrestagung der DGSM, Wiesbaden, 10.11. – 12.11.2022
- D. Riemann, K. Spiegelhalder: Kognitive Verhaltenstherapie der Insomnie. Workshop, online, 17. 11. – 19.11.2022
- D. Riemann, K. Spiegelhalder: Seminar Schlafstörungen. FAVT Freiburg, online, 16.12. 2022

3. RESEARCH PROJECTS

Ongoing:

- | | | |
|----|----------------|--|
| 1. | Title: | Arbeit und Schlaf: bidirektionale Zusammenhänge und individuelle Schutzmaßnahmen |
| | Investigators: | K. Spiegelhalder |
| | Duration: | 01.07 .2019 - 31.05.2023 |
| | Funding: | Hans Böckler Stiftung |
| | Amount: | 175.000 € |
- | | | |
|----|----------------|---|
| 2. | Title: | GET Sleep – Stepped Care Modell für die Behandlung von Schlafstörungen |
| | Investigators: | K. Spiegelhalder, D. Riemann (Konsortialführung für Freiburg, weitere beteiligte Partner u.a. Universität Erlangen-Nürnberg, Universität Ulm, Barmer GEK, |
| | Duration: | 01.10.2019 - 30.09.2023 |
| | Funding: | Innovationsfond FKZ: 01NVF18030 |
| | Amount: | 6.074.000 € |
- | | | |
|----|----------------|--|
| 3. | Title: | Nächtliche auditorische closed loop Stimulation bei Insomnie |
| | Investigators: | L. Frase/ K. Spiegelhalder |
| | Duration: | 01.01. 2019 – 31.10.2022 |
| | Funding: | UKL-FR |
| | Amount: | 60.000 € |
- | | | |
|----|----------------|---|
| 4. | Title: | Investigating non-inferiority and additional benefits of internet-delivered versus face-to-face cognitive behavioural therapy for insomnia: a randomised controlled trial |
| | Investigators: | K. Spiegelhalder, D. Lehr, M. Janneck, D. Ebert, D. Riemann |
| | Duration: | 01.02.2022 - 31.01.2025 |
| | Funding: | DFG |
| | Amount: | 2.009.047 € |

5. Title: Light therapy as complementation of Cognitive Behavior Therapy (CBT-I) for Insomnia- a pilot study
Investigators: K. Spiegelhalder
Duration: 15.01.2022-31.01.2025
Funding: DGSM & in-house funds
Amount: 4970 €
6. Title: SouveMed: Vertrauenswürdiges Datentreuhandmodell zur souveränen und effektiven Nutzung von medizinischen Daten in der Forschung
Investigators: D. Riemann/ B. Feige zusammen mit dem Karlsruher FZI
Duration: 01.01.2021 – 31.12.2022
Funding: BMBF
Amount: 186.000 €
7. Title: Insomnie bei psychischen Erkrankungen - Multicenterstudie der DGPPN
Investigators: L. Frase/ S. Frase/ D. Riemann für Freiburg
Duration: 01.01.2022 – 31.02.2022
Funding: Intramural
Amount: 1.000 €
8. Title: Deconstructing CBT-I – a network meta-analysis investigating treatment components
Investigators: D. Riemann, L. Steinmetz, K. Spiegelhalder, B. Feige
Duration: 01.08. 2022 - 31.07. 2023
Funding: BMBF
Amount: 91.300 €
9. Title: Einfluss des zirkadianen Rhythmus auf endogenen oxidativen Stress
Investigators: Beyersdorf, F, Bork, M, ... Riemann, D, Schleicher, E
Duration: 01.10. 2021 - 31.12.2022
Funding: Eigenmittel
Amount: 1500 €
10. Title: PERSLEEP-III (2nd revision)
Investigators: D. Riemann/ B. Feige
Duration: 01.01.2022 – 31.12.2023
Funding: DFG RI 565/13-5
Amount: 186.000 €
11. Title: SleepExpert
Investigators C. Nissen (Bern), Multicenterstudie (für Freiburg: D. Riemann)
Duration: 01.01.2023 – 31.12. 2027
Funding: SNF
Amount: 300.000€ (für Freiburg)

Submitted:

1. Title: Efficacy of cognitive behavioral therapy for insomnia in comparison to dari-dorexant 50 mg: a randomized controlled mutlicentre trial
Investigators: K. Spiegelhalder
Duration: 01.02.2024 – 31.01. 2029
Funding: DFG
Amount: ca. 2.000.000 €
2. Titel: Targeting sleep to improve anxiety and depression in young people
Investigators: Kyle, Harmer, Espie, Peirson, Saunders, Yu (Oxford), Spiegelhalder
Duration: 01.04.2023 – 31.03.2029
Funding: Wellcome Grant
Amount: 3.107.349 Pound Sterling

Rejected in 2022:

1. Title: Deprescribing sleep medication in patients with polypharmacy...
Investigators: T. Dreischulte (LMU München) in cooperation with K. Spiegelhalder/ D. Riemann
Duration: 01.01. 2022 - 31.12.2024
Funding: BMBF
Amount: 50.000 € for Freiburg

4. SPECIAL SCIENTIFIC AND CLINICAL ACTIVITIES/ HONORS/ AWARDS

- Ell, J: DGSM Posterpreis – 2. Platz. 29. Jahrestagung der DGSM, Freiburg – Digital 2.0, 28.10.-30.10.2021
- Feige, B: Member Advisory Editorial Board Journal of Sleep Research, since February 2019
- Frase, L.: Zusatzbezeichnung Schlafmedizin, Ärztekammer Ba-Wü, Oktober 2020
- Frase, L. QN Somnologie. DGSM, 2022
- Quality assurance by GSS passed for process quality, 01.01.2020 – 31.12.2022
- Riemann, D: Mitglied Editorial Board Zeitschrift Verhaltenstherapie, seit 2010.
- Riemann, D.: Visiting Professor, Nuffield Department of Clinical Neurosciences, Oxford University (October 2015 - 2023)
- Riemann, D.: Editor in Chief of Journal of Sleep Research (since January 2017)
- Riemann, D: Member Scientific Advisory Board Interfaculty Research Cooperation (IRC) funding scheme: “Decoding Sleep: From Neurons to Health and Mind”, University of Berne, Switzerland (since October, 2018)
- Riemann, D: Member International Editorial Board: L’Encephale (since July 2018)
- Riemann, D: Member Advisory Board Pharmacopsychiatry (2018-2021)
- Riemann, D: Member Advisory Board Light and Shift Work (DGUV), since 02/ 2020
- Riemann, D: Stern Ärteliste 08.03.2022: Top Mediziner Schlafmedizin.
- Riemann, D: Member of the Faculty of the Academy of Sleep and Consciousness (ASC), Berne – Lugano (since May 2020)
- Riemann, D: International reviewer for ICSD-4 (since 2021)
- Riemann, D: Member Advisory board for the development of a new European Sleep Questionnaire. H2020 project Sleep revolution (since January 2022).
- Riemann, D: Delegate of the German Psychological Society for the new Insomnia Guideline. March, 2022
- Riemann, D: Member Panel TIMES - International Advisory Panel on Sleep in Cognitive Impairment and Dementia (UK, since 2022)
- Riemann, D: Member consensus recommendations on the clinical use of digital CBT for Insomnia (dCBT), SBSMC (since 2022)
- Riemann, D/ Spiegelhalder, K: Chair European Insomnia guideline revision (ESRS; since 2022)
- Riemann, D: Focus Topmediziner Schlafmedizin 2022
- Spiegelhalder K: Mitglied des wissenschaftl. Komitees der DGSM, 2014-2022.
- Spiegelhalder K: Mitglied des Vorstands der DGSM, 2018-2022.
- Spiegelhalder, K.: Member of the Editorial Board of Journal of Sleep Research (since January 2017)
- Spiegelhalder, K.: Editor in Chief of Somnologie (since January 2017).
- Spiegelhalder, K.: Member of the Editorial Board of Behavioral Sleep Medicine (since January 2019)
- Spiegelhalder, K.: Mitglied Editorial Board, Verhaltenstherapie (since January 2017)
- Spiegelhalder, K.: Member of the Editorial Board, Clocks & Sleep (since January 2018)
- Spiegelhalder, K: Co-chair of the Scientific Committee of the ESRS (2020-2022), member of the Scientific Committee of the ESRS (2022-2024)
- Spiegelhalder, K: Member of the Editorial Board of Sleep Medicine Reviews (since December 2020)
- Walter, N: ESRS Gender Equality Forum Childcare Support Grant, 26th Congress of the European Sleep Research Society, Athens, 27.09.22 – 30.09.22

5. REVIEWS

- **Funding agencies etc.:**

SNF;

- **Journals:**

The Lancet; Journal of Sleep Research; Sleep Medicine Reviews; Telemedicine Health;

6. ACADEMIC THESES AND TEACHING

Bachelor theses:

Master theses:

- G. Aquino: Towards the neurobiology of insomnia: a systematic review on neuroimaging studies (University of Pisa; D. Riemann)
- L. S. Ramfjord: Chronotherapies in the Treatment of Depression: A systematic review (Master of Advanced Studies of Sleep and Consciousness, Lugano; D. Riemann)

Dissertations:

- V. Loeck: P300 als psychophysiologischer Marker der phasischen Locus coeruleus-Aktivität im Vergleich von ProbandInnen mit Insomnie und gesunden Kontrollpersonen (D. Riemann).
- A. Riedel: Systematisches Review und Meta-analyse zu Sportinterventionen bei Insomnie (D. Riemann)

TEACHING

WS 2021/ 2022

- Schlaf und Schlafstörungen: Relevanz für Biologie, Psychologie und Medizin - eine interprofessionelle Perspektive (Seminar): Feige, Benz, Johann, Frase, Riemann, Spiegelhalder, Steinmetz, Schiel, Ell, Walter
- Diplomanden- und Doktorandenseminar (Seminar): Riemann
- Blockunterricht Psychiatrie und Psychotherapie: Frase, Spiegelhalder, Riemann
- Kurs Medizinische Psychologie: Johann
- Seminar UK Biobank (Institut für Psychologie): Spiegelhalder
- Research Conference: Riemann

SS 2022

- Schlaf und Schlafstörungen: Relevanz für Biologie, Psychologie und Medizin - eine interprofessionelle Perspektive (Seminar): Feige, Benz, Johann, Frase, Riemann, Spiegelhalder, Steinmetz, Schiel, Ell, Walter
- Vorlesung Psychopathologie: Riemann, Spieler, Haack-Deess
- Diplomanden- und Doktorandenseminar (Seminar): Riemann
- Blockunterricht Psychiatrie und Psychotherapie: Frase, Spiegelhalder, Riemann
- Kurs Medizinische Psychologie: Johann
- Seminar Transdiagnostische Konzepte (Institut für Psychologie): Spiegelhalder
- Research Conference: Riemann

WS 2022/ 2023

- Schlaf und Schlafstörungen: Relevanz für Biologie, Psychologie und Medizin - eine interprofessionelle Perspektive (Seminar): Feige, Benz, Johann, Frase, Riemann, Spiegelhalder, Steinmetz, Schiel, Ell, Walter
- Diplomanden- und Doktorandenseminar (Seminar): Riemann
- Blockunterricht Psychiatrie und Psychotherapie: Frase, Spiegelhalder, Riemann
- Kurs Medizinische Psychologie: Johann
- Seminar Affektive Störungen (Institut für Psychologie): Spiegelhalder
- Seminar Projektarbeit (Institut für Psychologie): Spiegelhalder
- Research Conference: Riemann

7. PUBLIC OUTREACH AND MEDIA ACTIVITIES

Internet-Links:

- <https://www.spektrum.de/news/chronomedizin-heilung-im-takt-der-inneren-uhr/1964326>
- <https://www.morgenpost.de/ratgeber/article234385981/einschlafen-probleme-gruebeln-nachdenken-schlaf-mangel-tipps.html>
- <https://www.pressreader.com/germany/thuringer-allgemeine-arnstadt/20220124/282278143712251>
- <https://www.abendblatt.de/ratgeber/article234385981/einschlafen-probleme-gruebeln-nachdenken-schlaf-mangel-tipps.html>
- <https://gettotext.com/healing-in-time-with-the-internal-clock/>
- <https://esrs.eu/sleep-science-friday-treatment-of-insomnia/>
- https://twitter.com/esrs_sleep
- <https://www.zdf.de/nachrichten/panorama/schlaf-schlafprobleme-koerper-psyche-schlafmedizin-100.html>
- <https://www.pflegen-online.de/verhaltenstherapie-besser-als-baldrian-yoga-co>
- https://ch.linkedin.com/company/european-sleep-research-society?trk=public_profile_volunteering-position_profile-section-card_full-click
- <https://www.gbhi.org/news-publications/scientists-against-war-plea-world-leaders-better-governance>
- <https://www.badische-zeitung.de/medikamente-und-operationen-sind-je-nach-uhrzeit-effektiver--210841970.html>
- <https://nachrichten-pforzheim.de/medikamente-und-operationen-sind-je-nach-zeit-effektiver-gesundheit-ernaehrung/>
- https://www.fzi.de/2022/03/28/pi_start_souvedmed/
- [https://www.wiley.com/en-us/Cognitive+Behavioural+Therapy+for+Insomnia+\(CBT+I\)+Across+the+Life+Span:+Guidelines+and+Clinical+Protocols+for+Health+Professionals-p-9781119785132](https://www.wiley.com/en-us/Cognitive+Behavioural+Therapy+for+Insomnia+(CBT+I)+Across+the+Life+Span:+Guidelines+and+Clinical+Protocols+for+Health+Professionals-p-9781119785132)
- <https://www.rosenfluh.ch/arsmedici-2022-07/schlafstoerungen-und-psychische-erkrankungen-haengen-zusammen>
- https://www.martinus.sk/authors/dieter-riemann?specials%5B0%5D=in_store&languages%5B0%5D=slovensky
- <https://www.uniklinik-freiburg.de/presse/pressemitteilungen/detailansicht/2852-von-lichttherapie-bis-gute-nacht-geschichten-was-hilft-bei-der-therapie-von-schlafstoerungen.html>
- <https://www.regiotrends.de/de/politisches/index.news.481170.-von-lichttherapie-bis-gute-nacht-geschichten---was-hilft-bei-therapie-von-schlafstoerungen----teilnehmer-mit-schlafstoerungen-fuer-studien-am-universitaetsklinikum-freiburg-gesucht---probanden-profitieren-von-nach-richtlinien-durchgefuehrter-therapie.html>
- <https://esrs.eu/news/sleep-science-friday/join-sleep-europe-2022/>
- <https://www.regenbogen.de/kategorie-nachricht/subaden-schwarzwald/20220513/freiburg-studien-zu-schlafstoerungen>
- <https://patientenkompetenz.info/von-lichttherapie-bis-gute-nacht-geschichten-was-hilft-bei-der-therapie-von-schlafstoerungen/>
- https://www.zeit.de/campus/angebote/howitworks/2022/10-schlaf-gut/index?utm_referrer=https%3A%2F%2Fwww.google.com%2F
- https://www.rheinpfalz.de/rheinpfalz-am-sonntag_artikel,-innere-uhr-wie-unser-k%C3%B6rper-tickt-_arid,5384016.html?reduced=true
- <https://www.regenbogen.de/kategorie-nachricht/subaden-schwarzwald/20220513/freiburg-studien-zu-schlafstoerungen>
- https://www.charite.de/service/veranstaltung/veranstaltung/details/sleep_insomnia_and_mental_disorders/
- <https://www.bettenrid.de/magazin/story/die-4-schlaf-gesundheitswochen-bei-bettenrid-vom-7-bis-18-november-2022/>
- <https://www.stiftung-gesundheitswissen.de/presse/schlaflos-zwischen-baldrian-und-abhaengigkeit>
- <https://www.stiftung-gesundheitswissen.de/presse/schlaflosigkeit-mit-schlafmitteln-bekaempfen>
- <https://www.leuphana.de/en/services/university-sports/news/single-view/2022/11/09/sleep-workshop-tips-tricks-for-developing-healthy-sleep-habits.html>
- <https://www.landkreis-waldshut.de/aktuelles/ist-schlaf-die-beste-medizin-einladung-zur-plenumssitzung-der-kommunalen-gesundheitskonferenz>
- <https://www.youtube.com/watch?v=IAdz2NIIb70>
- https://www.plus.ac.at/veranstaltungen/?lang=en&event_id=77833&tr_nr=5033834
- <https://www.badische-zeitung.de/wie-sich-schichtarbeit-auf-die-schlafqualitaet-der-arbeitnehmer-auswirkt--227183878.html>
- <https://www.badische-zeitung.de/nicht-zu-viele-nachtdienste-am-stueck-arbeiten--227183878.html>
- https://www.netzwerk-suedbaden.de/category/titelthema_november_2022/

- <https://www.tagesspiegel.de/gesundheit/die-gute-frage-hilft-musik-beim-einschlafen-8960371.html>
- <https://www.badische-zeitung.de/besser-schlafen-mit-geschichten--229485576.html>

Print media:

- Psychologie Heute: Gemeinsame Nacht – warum Paare ruhiger schlafen (D. Riemann), März 2022
- Das Schlafmagazin: 29. Jahrestagung der DGSM (D. Riemann), 01, 2022
- Das Schlafmagazin: Wie entstehen Schlafstörungen? (D. Riemann), 01, 2022
- Schlafmedizin: Wenn Schäfchen zählen nicht hilft: Ein- und Durchschlafstörungen (D. Riemann), 01, 2022

Radio:

- Radio Regenbogen (Interview mit D. Riemann), 7.9.2022