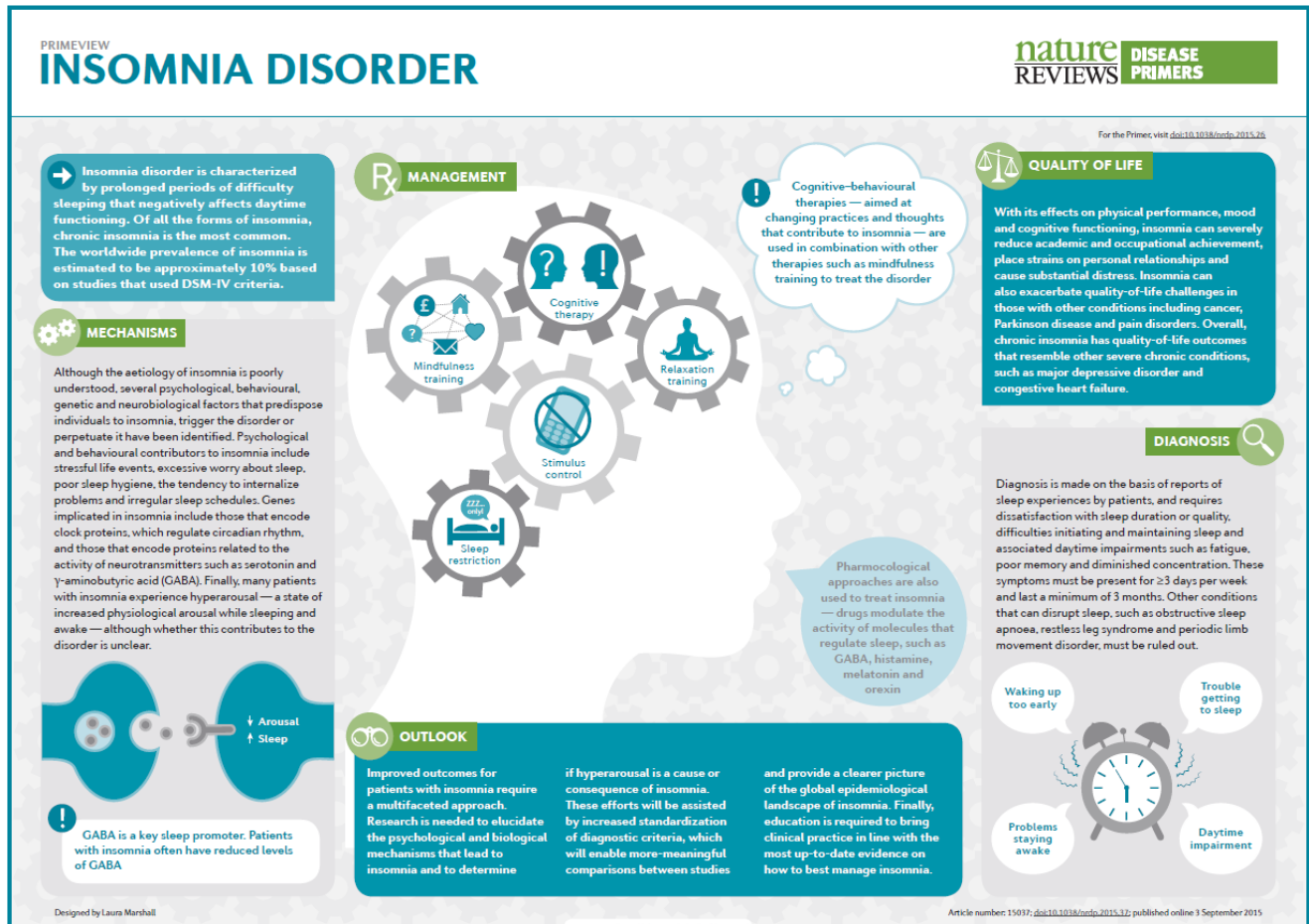


WORK REPORT 2025
Prof. (em.) Dr. Dieter Riemann,
CENTRE FOR MENTAL DISORDERS/ MEDICAL FACULTY
UNIVERSITY OF FREIBURG



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>

Prof. emeritus (since 01.04.2024): 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>

MD candidates: Anna Bockholt, Aliza Bredl, Jan Bürklin, Anahita Davoodabadi, Annika Eiswirth, Liv Espen, Isabella Gioia, Stephanie Guo, Sonja Huart, Christian Kienzler, Nikolas Konzen, Lena Lentsch, Katharina Nachtsheim, Felix Rüb, Hanna Schmid, Marie Keller-Bacher

1. PUBLICATIONS

1.1. ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

- Simon, L, Terhorst, Y, Küchler, AM, Riemann, D, Ebert, DD, Kyle, S, Rozental, A, Spiegelhalder, K, Baumeister, H: Negative effects of cognitive behavioral therapy for insomnia: Psychometric evaluation of an insomnia-specific amendment for the negative effect questionnaire. **Sleep Medicine**, 2025, 129, 200-111. doi: 10.1016/j.sleep.2025.02.044. (IF: 3.4)
- Türkmen, C, Schneider, CL, Ingunn, K, Lund, O, Bolstad, I, Chakravorty, S, Kallestad, H, Angenete, GW, van Dalen, JH, A, Feige, B, Spiegelhalder, K, Riemann, D, Vedaa, O, Pallesen, S, Hertenstein, E: Cognitive Behavioral Therapy for Insomnia in Adults with Alcohol Use Disorder or Risky Alcohol Use and Comorbid Insomnia: A Systematic Review and Meta-analysis. **Sleep Medicine Reviews**, 2025 Jan 11;80:102049. doi: 10.1016/j.smr.2025.102049. (IF:9.7).
- Simon, L, Steinmetz, L, Berghoff, N, Rehm, C, Neumann, L, Kuechler, AM, Riemann, D, Ebert, DD; Spiegelhalder, K, Baumeister, H: Barriers and facilitators of sleep restriction therapy in internet-delivered CBT-I: a qualitative content analysis and the development of a treatment path model. **Journal of Sleep Research**; 2025 Feb 24:e70018. doi: 10.1111/jsr.70018. (IF:3.9)
- Brückner, HA, Ell, J, Kalon, L, Strahler, J, Ducki, A, Riemann, D, Buntrock, C, Spiegelhalder, K, Lehr, D: Effectiveness of a digital cognitive behavioral therapy for insomnia for nurses with shift work sleep disorder: results of a randomised controlled trial. **International Journal of Nursing Studies**, 2025, 105112; <https://doi.org/10.1016/j.ijnurstu.2025.105112>. (IF: 7.2)
- Schneider, CL, Feher, K, Hertenstein, E, Hügli, F, Wunderlin, M, Züst, M, Mikutta, C, Adamantides, A, Riemann, D, Feige, B, Nissen, C: Sleep-wake perception in patients with insomnia disorder. **Scientific Reports**, 2025,15,19328.(IF: 3.9)
- Simon, L, Steinmetz, L, Bendig, E, Küchler, AM, Riemann, D, Ebert, DD, Spiegelhalder, K, Baumeister, H: Exploring reasons and predictors for dropout in an internet delivered cognitive behavioral therapy for insomnia. **International Journal of Clinical and Health Psychology**., 2025, 25,100598 (IF: 4.4)
- Sforza, M, Morin, C, Dang-Vu, C, Pomares, F, Perrault, A, Gouin, JP, Buskova, J, Janku, K, Vgontzas, A, Fernandez-Mendoza, J, Bastien, C, Riemann, D, Baglioni, C, Carollo, G, Casoni, F, Zucconi, M, Castonovo, V, Galbiati, A, Ferini-Strambe, L. : Cognitive behavioral therapy for insomnia mechanism of action: exploring the homeostatic K-complex involvement. **Journal of Sleep Research** 2025, Aug;34(4):e14452. doi: 10.1111/jsr.14452. (IF: 3.9).
- Specht, A, Betz, L, Riepenhausen, A, Jauch-Chara, K, Jakob, G, Riemann, D, Göder, R: Effectiveness and safety of an interactive internet-based intervention to improve insomnia: results from a randomized controlled trial. **Journal of Sleep Research**; 2024;e14409. <https://doi.org/10.1111/jsr.14409> (IF:3.9)
- Haritos, R, Küppers, V, Samea, F, Riemann, D, Jessen, F, Eickhoff, SA, Dafsari, FS, Thamasian, M: The effect of psychotherapy on the multivariate association between insomnia and depressive symptoms in late-life depression. **European Psychiatry**, Sep 3;68(1):e120. doi: 10.1192/j.eurpsy.2025.10088. (IF: 6.7)
- Petri, R, Holub, F, Schiel, JE, Feige, B, Rutter, MK, Tamm, S, Riemann, D, Kyle, SD, Spiegelhalder, K: Sleep health and white matter integrity in the UK biobank. **Journal of Sleep Research**, 2025, doi: 10.1111/jsr.70034 . (IF: 3.9)

In press:

- Dressle, RD, Riemann, D, Thoma, N, Erler, C, Burmeister, R, Jogwitz, B, Domschke, K, Spiegelhalder, K, Boldt, J, Wiertz, S, Feige, B: Developing a data trust model (not only) for sleep research: a conceptual study and quantitative survey. **JMIR**
- Hertenstein, E, Angelillo, M, Henkaerts, P, Schneider, CL, Feher, KD, Riemann, D, Feige, B, Spiegelhalder, K, Johann, A, Türkmen, C, Nissen, C: Subjective and objective differences between patients with insomnia disorder and controls – a systematic umbrella review and meta-analysis. **Sleep Medicine Reviews**, 2025, Aug 19;83:102153. doi: 10.1016/j.smr.2025.102153. Online ahead of print.. (IF:9.7).
- Henckaerts, P, Feher, KD, Hertenstein, E, Schneider, CL; Angelillo, M, Feige, B, Riemann, D, Nissen, C: Slow wave activity during non-rapid eye movement sleep in patients with major depressive disorder: a

meta-analysis. **Sleep Medicine Reviews**, 2025, Aug 5;83:1 02141. doi: 10.1016/j.smr.2025.102141. Online ahead of print. (IF:9.7)

- Frase, S, Domschke, K, Feige, B, Hosp, J, Lahmann, C, Spiegelhalder, K, Riemann, D, Frase, L: Characterization of insomnia related daytime impairment. **Journal of Sleep Research**, (Oct 30:e70234. doi: 10.1111/jsr.70234. Online ahead of print. IF: 3.9).

Submitted /under review:

- Riemann, D, Baglioni, C, Nissen, C, Nevieri, A, Lenouveau, P, Leontiou, C, Leger, D: Outcomes associated with long-term use of benzodiazepines in adults with chronic insomnia: a systematic review and meta-analysis. *Journal of Sleep Research*
- Mikutta, C, Feher, KD, Henckaerts, P, Hertenstein, E, Schneider, CL, Riemann, D, Feige, B, Nissen, C: Neural sleep signatures of major depressive disorder: altered oscillatory and aperiodic components. TBD.

In preparation:

- Türkmen, C, Schneider, CL, Furukawa, Y, van Dalsen, J, McCall, WV, Pigeon, W, Perlis, M, Tubbs, A, Riemann, D, Spiegelhalder, K, Langsrud, L, Kallestad, H, Hertenstein, E: Insomnia treatment as a pathway to suicide prevention: a systematic review and meta-analysis. **Trials** (IF: 2.0)
- Meneo, D, Benz, F, Johann, AF, Steinmetz, L, Frase, L, Kuhn, M, Braun, S, Willimsky, A, Junghanns, H, Schöne, J, Heitz, F, Rüb, F, Tuschen-Caffier, B, Riemann, D, Feige, B, Baglioni, C: Facial EMG responses to symptoms-related and non-related video clips in patients with insomnia compared to healthy subjects with and without sleep restriction. **Journal of Sleep Research** (IF: 3.9).
- Kwan Hui, IT, Cgung, TH, Biabini, N, Drakatos, P, Bucks, R, Naismith, S, O'Regan, D, Kumari, V, Riemann, D, Wise, T, Lee, S, Rosenzweig, I: Sleep-related attentional bias in insomnia with anxiety symptoms: a drift diffusion model analysis. **Journal of Sleep Research** (IF: 3.9).
- Feher, KD, Henckaerts, P, Hirsch, V, Bucsenes, U, Kuhn, M, Maier, JG, Schneider, CL, Hertenstein, E, Riemann, D, Feige, B, Nissen, C: A nap can recalibrate homeostatic and associative synaptic plasticity in the human cortex. **Sleep** (IF: 4.9)
- Sforza, M, Morin, CM, Thanh Dang-Vu, T, Pomares, F, et al: The effectiveness of cognitive behavioral therapy for insomnia on sleep hyperarousal: a multicentric polysomnographic study. **Translational Psychiatry**
- Krawczyk, K, Riemann, D, Schleicher, E, Günter, A, Ayekoi, A, Czerny, M, Pooth, JS, Böhmerle, T, Feige, B, Beyersdorf, F: Association between sleep quality and oxidative stress in postoperative cardiovascular patients – a pilot study. **Journal of Sleep Research** (IF: 3.9).
- Mikutta, CA, Hertenstein, E, Feher, KD, Henckaerts, P, Schneider, CL, Riemann, D, Feige, B, Nissen, C: Convergent alterations of oscillatory and aperiodic sleep signatures across mental disorders: a meta-analysis of sleep slow waves, spindles, coupling and spectral slope dynamics.
- Dressle, R, Riemann, D, Spiegelhalder, K, Domschke, K, Feige, B: Just think about insomnia? The effects of symptom confrontation on sleep misperception in patients with insomnia disorder.
- Holub, F, Konzen, N, Petri, R, Schiel, JE, Davoodabadi, A, Xu, Z, Schmid, S, Feige, B, Maier, S, Lange, T, Feige, U, Frase, L, Tahmasian, M, Drummond, SPA, Riemann, D, Domschke, K, Spiegelhalder, K: Reduced dmPFC modulation after cognitive behavioral therapy for insomnia irrespective of treatment response.
- Pevernagie, D, De Bruecker, M, Veirman, E, Crombez, G, Van Ryckeghem, D, Hertegonne, K, Bauters, F, Abma, I, Arnardottir, EA, Grote, L, Hedner, J, Johannsdottir, KR, Islind, MA, Lammers, GJ, McNicholas, W, van Mechelen, PH, Olafsdottir, KA, Overeem, S, Riemann, D, Sund, R, Mariman, A: The development of the European Sleep Questionnaire – a new patient reported outcome measure. **Journal of Sleep Research** (IF: 3.9).
- Fisel, L, Peto, N, Kalousios, S, Riemann, D, Khazali, MF, Schulze-Bonhage, A: Epileptic arousals: reintroducing a neglected clinical entity.

1.2. REVIEW PAPERS

- Riemann, D, Dressle, RJ, Benz, F, Spiegelhalder, K, Johann, AF, Nissen, C, Hertenstein, E, Baglioni, C, Palagini, L, Krone, L, Perlis, ML, Domschke, K, Berger, M, Feige, B: Chronic insomnia, REM sleep instability and emotional dysregulation: a pathway to anxiety and depression? **Journal of Sleep Research**, 2025;34:e14252. <https://doi.org/10.1111/jsr.14252> (IF: 3.9)
- Nilus, G, Woehrle, H, Preisendörfer, B, Riemann, D, Wilke, M, Heidbreder, A, Triché, D, Schöbel, C, Stuck, B, Specht, M, Veauthier, C, Hein, H, Penzel, T: Eine wissenschaftliche Analyse zur Versorgungsstruktur und Abrechnung der Polysomnographie in Deutschland - ein Positionspapier der DGSM. **Somnologie**, 2025 (IF: 0.6)
- Palagini, L, Arango C, Bassetti CLA, Bastien C, Geoffroy PA, Elder G, Ellis J, Hedner J, Khullar A, Nobili L, Partinen M, Saletu M, Vieta E, Morin CM, Riemann D, Ferini Strambi L, Fiorillo A: The need to prioritize "insomnia disorder" in public health agendas: "a wakeup call" position paper from European and Canadian

experts in sleep and mental health. *Sleep Med.* 2025 Aug 23;135:106763. doi: 10.1016/j.sleep.2025.106763. **Sleep Medicine (IF: 3.4)**

- Feige, B, Benz, F, Dressle, R, Riemann, D: About digitalisation, and AI, data protection, data exchange, data mining – legal constraints/ challenges concerning sleep medicine. **Journal of Sleep Research**, 2025, 34:e70044. (IF: 3.9).
- Dressle, R, Spiegelhalder, K, Schiel, J, Benz, F, Johann, AF, Feige, B, Espie, C, Jernelov, S, Kyle, S, Morin, C, Perlis, ML, Riemann, D: The future of insomnia research – there is still work to be done. **Journal of Sleep Research** 2025,34:e70091 (IF: 3.9).
- Pevernagie, D, Arnardottir, ES, Brunbi, O, Hartley, S, Lammers, GJ, Paunio, T, Riemann, D, Riha, RL: Sleep medicine – what's in a name? **Journal of Sleep Research**, 2025, 34:e70183 (IF: 3.9).
- Riemann, D, Nissen, C, Geoffroy, PA, Feige, B, Ellis, J: Sleep and dreams as reflected by science-fiction literature and films – anything to learn from? *Journal of Sleep Research*, 2025, 34:e70183 2025 Aug 21:e70183 (IF: 3.9).
- 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: Update 2025 (AWMF-Registernummer 063-003). *Somnologie* (2025). <https://doi.org/10.1007/s11818-025-00530-6>. **Somnologie (IF: 0.6)**
- Spiegelhalder, K, Riemann, D: Schlafstörungen: Vergleich von ICD-11 und ICD-10. **Nervenarzt.**, 2025 Dec;96(Suppl 1):22-25. doi: 10.1007/s00115-025-01859-x. (IF: 1.1)

In press:

Under review/submitted/ in preparation:

- Dzierzewski, J, Alfano, C, Badr, S, Boland, E, Goldschmied, J, Lopos, J, Nadorff, M, Neubauer, D, Nielson, S, Palmer, C, Riemann, D: Sleep health and mental health: a position statement for the national sleep foundation. **Sleep Health (IF: 3.9)**
- Baldi, E, Meneo, D, Rizzuti, M, Benz, F, Curati, S, Cerolino, S, Riemann, D, Gelfo, F, Baglioni, C: Cognitive and emotional correlates of sleep health in the peripartum period: a systematic review. **Clinical Psychology Review (IF:)**
- Palagini, L, Ellis, JG, Geoffroy, PA, Riemann, D, Garcia-Borreguero, D: Diagnosing and treating insomnia: a summary of the European guideline 2023. **Therapeutic advances in chronic disease**
- Spiegelhalder, K, Baglioni, C, Scott, H, Morin, CM, Nissen, C, Palagini, L, Perlis, ML, Riemann, D Spiegelhalder, K: **Insomnia. Nature Reviews Disease Primer (IF: 81.5)**
- Baglioni C., Bjorvatn B., Jernelov S., Hertenstein E., Blom K., Spiegelhalder K., Sforza M., Stanyer E.C., Papatheodosiu P., Castelnovo A., Espie C.A., Lancee J., Van Straten A., Tang N.K.Y., Meneo D., Altena E., Barclay N., Benz F., Blanken T., Cerolini S., Del Giudice R., Johann A.F., Grandner M., Gavrilloff D., Holzinger B., Kallestad H., Morin C.M., Nissen C., Palagini L., Ratti P.L., Schlarb A.A., Spaargaren K.L., Steinmetz L., Verbeek I., Riemann D., Galbiati A.: A care model of insomnia disorder. A position paper of the European insomnia network. **Behavior Research and Therapy.**
- Palagini, L, Arango, C, John, A, Bassetti, C, Castelnovo, A, Bjorvatn, B, Dell'Osso, B, fagioloini, A, Geoffroy, PA, Mak, MS, Martinotti, G, McIntyre, RS, Riemann, D, Serafina, G, Vita, A, Sani, G, Nobili, L, Ferini-Strambi, L, Fiorillo, A: Sleep, insomnia and mental health from a lifespan approach: a position paper from an international task force of experts revisiting the importance of insomnia and of its management in psychopathology. TBD.

1.3. Short Communications/ Editorials/ Letters to the Editor

- Perlis, ML, Grandner, M, Posner, D, Spiegelhalder, K, Riemann, D: Sleep diaries and other subjective measures are essential for the assessment of insomnia, (Editorial). **Journal of Sleep Research**, 2025 Sep 4:e14313. doi: 10.1111/jsr.14313. (IF: 3.9)
- Riemann, D: Daylight savings time – a position statement of the British Sleep Society and more! (Editorial) **Journal of Sleep Research**, 2025 Feb 18:e70020. doi: 10.1111/jsr.70020. (IF: 3.9)
- Riemann, D: The future of sleep medicine (Editorial). **Journal of Sleep Research**, 2025, 34: e70185. (IF: 3.9).
- Riemann, D: Farewell and Welcome Journal of Sleep Research. (Editorial). **Journal of Sleep Research**, 2025, <https://doi.org/10.1111/jsr.70222>. (IF: 3.9).

In press:

Submitted/in preparation:

1.4. CONTRIBUTIONS TO BOOKS

- Riemann, D: Presentazione. In: C. Baglioni, C. Buonanno (Hrsg.): La terapia cognitivo comportamentale del disturbi di insonnia. Franco Angeli, Milano, 2025, 13-14.
- Spiegelhalder, K, Nissen, C, Riemann, D: The impact of prescription and recreational drugs on sleep. In: CA Espie, PC Zee, CM Morin (Eds.): Oxford handbook of sleep and sleep disorders (2nd edition). 2025, pp. 458-457.
- Hertenstein, E, Nissen, C, Riemann, D: Insomnie. In: EL Brakemeier, F Jacobi (Eds.): Verhaltenstherapie in der Praxis (2. Überarbeitete Auflage), Beltz, Weinheim, 2025, pp. 685 – 694...
- Frase, L, Riemann, D, Bassetti, C, Nissen, C: Schlafstörungen im Alter. In: S. Klöppel, F. Jessen (Hrsg.): Praxishandbuch Gerontopsychiatrie und – psychotherapie, 3. Auflage. 2025. Elsevier Deutschland, pp. 165 – 176.

In press:

- Palagini, L, Massa, L, Riemann, D: Sleep disorders and peripartum. In: M. Percudani et al. (eds.) Key Topics in perinatal Mental health. Springer, New York, Berlin.
- Palagini, L, Bramante, A, Gemignani, A, Miniati, M, Riemann, D: Sleep disturbances and suicidal risk during peripartum: In: V. Scharma, L. Palagini (eds.) Sleep and perinatal psychiatric disorders – a guide for clinicians and researchers. Turin, 2025, pp.
- Palagini, L, Miniati, M, Caruso, V, Geoffroy, PA, Riemann, D: Pharmacological treatment of peripartum insomnia. In: V. Scharma, L. Palagini (eds.) Sleep and perinatal psychiatric disorders – a guide for clinicians and researchers. Turin, 2025, pp
- Palagini, L, Bramante, A, Riemann, D, Miniati, M: Screening, evaluation and diagnosis of peripartum sleep wake disorders. In: V. Scharma, L. Palagini (eds.) Sleep and perinatal psychiatric disorders – a guide for clinicians and researchers. Turin, 2025, pp
- Riemann, D, Spiegelhalder, K: Schlafstörungen. In: M. Linden, M. Hautzinger (Hrsg.) Psychotherapie Praxis 2025
- Scott, H, Ellis, JG, Spiegelhalder, K, Riemann, D, Perlis, ML: The etiology and pathophysiology of insomnia. In: In: Kryger, M, Roth, T, Goldstein, C, Dement, WC (Eds). Principles and practice of sleep medicine, 8th edition. 2026, Elsevier, Philadelphia, pp.
- Nissen, C, Hertenstein, E, Riemann, D: Depressive disorders. Kryger, M, Roth, T, Goldstein, C, Dement, WC (Eds). Principles and practice of sleep medicine, 8th edition. 2026, Elsevier, Philadelphia, pp.
- Riemann, D, Van Straten, A, Morin, CM: 5. Current guidelines for the diagnostic and therapeutic management of insomnia. In: European Sleep Medicine Textbook, 3rd. Ed.; ESRS & Wiley, Regensburg, 2026.
- Marques, M, Riemann, D, Hödlmoser, K: Insomnia – 3. Clinical picture and diagnosis. In: European Sleep Medicine Textbook, 3rd. Ed.; ESRS & Wiley, Regensburg, 2026.

1.5. BOOKS

1.6. PUBLISHED ABSTRACTS (CHRONOLOGICAL)

1.7. ORAL PRESENTATIONS & POSTER (ALPHABETICAL)

- D. Riemann: Insomnie – state of the art. (online). DGSM Akademie, digitale Vortragsreihe, 26.02.2025
- D. Riemann: Sleep and insomnia in women during pregnancy and the peri- and postnatal period: an opportunity for prevention of mental illness. (8th Clinical update sleep. Royal College of Physicians, London, 28.02.2025
- D. Riemann: Schlaf und Schlafstörungen. UKF, Freiburg, 10.03.2025
- D. Riemann: Schlaf und Psyche. 15. Update Psychiatrie, Berlin, 14.03.2025
- D. Riemann: Schlaf und Psyche. 15. Update Psychiatrie, Mainz, 28.03.2025
- D. Riemann: Overview of normal sleep: Cognitive behavioral therapy for insomnia (online seminar), 03.04.2025
- D. Riemann: Insomnie – state of the art. GAIA AG, online, 09.04.2025
- D. Riemann: Concluding remarks: Is there a life beyond work?. Farewell Symposium Dieter Riemann, UKF, Freiburg, 11.04.2025
- D. Riemann: Update Insomnie. Privatklinik Meyringen (CH), Fort- und Weiterbildung online, 29.04.2025
- D. Riemann: Alles steht auf dem Kopf – durch unzureichenden Schlaf? Seminarreihe Einführung in die Schlafwissenschaft, DGSM online, 06.05.2025.

- D. Riemann: Insomnia – state of the art. MAS Insomnia and Mental health track, online, 15.05.2025
- D. Riemann: REM Sleep – gaining faith in science. Science Slam, 2. Idorsia Schlafkonvent,, Frankfurt a. Main, 23.05.2025
- D. Riemann: Diagnostik und Therapie der Insomnie. BUB Kurs Nürnberg, 12.07.2025
- D. Riemann: Clinical assessment of sleep: Diagnostic classification systems. Oxford Online Programme in Sleep Medicine, 24.07.2025
- D. Riemann: Insomnia and hyperarousal – an integrative synthesis Oxford Online Programme in Sleep Medicine, 24.07.2025
- D. Riemann: Sleep, Insomnia and Depression Oxford Online Programme in Sleep Medicine, 24.07.2025
- D. Riemann: Insomnia – practical exercises. MAS Crash course in sleep medicine, online, 11.09.2025
- D. Riemann: Publikationen erfolgreich ins Review schicken: Einblicke ins Editorial Board und interne Entscheidungsprozesse. Zentrum Translationale Zellforschung, UKLFR, 25.09.2025
- D. Riemann: Cognitive behavior therapy in clinical practice. Post graduation course in sleep medicine, online, Catolica Faculdade in Medicina, Portugal, 03.10.2025.
- D. Riemann: Grundlagen der Schlaf-Wach-Regulation. Kognitive Verhaltenstherapie für Insomnie (KVT-I). Online Seminar, 07.11.2024.
- D. Riemann: Epidemiologie und Ätiologie. Kognitive Verhaltenstherapie für Insomnie (KVT-I). Online Seminar, 07.11.2025
- D. Riemann: The bi-directional relationships between insomnia and major depression (online). British Sleep Society meeting, Brighton, 08.11.2025
- D. Riemann: Grundlagen der Schlaf-Wach-Regulation. UKF, Fort- und Weiterbildung, Freiburg, 11.11..2025
- D. Riemann: Die Freiburger Schlafschule. UKF, Fort- und Weiterbildung, Freiburg, 11.11.2025

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

- D. Riemann/ K. Spiegelhalder: Cognitive behavioral therapy for insomnia (online seminar), 03.04.-05.04. 2025
- D. Riemann: Farewell Symposium. Freiburg, 11.04.2025
- D. Riemann, C. Blume, M. Crawford: esleep Europe, Mental Health track, online, 08.05.2025
- G. Hajak, D. Riemann: 2. Idorsia Schlafkonvent, Frankfurt a. Main, 23.05. – 24.05.2025
- D. Riemann/ K. Spiegelhalder: Workshop KVT-I der Insomnie, online, 07.11. – 09.11. 2025
- D. Riemann/ A. Schlarb: Schlaf Coaching. 33. Jahrestagung der DGSM, Hannover, 27.11. – 29.11.2025
- D. Riemann: Postersession Insomnie. 33. Jahrestagung der DGSM, Hannover, 27.11. – 29.11.2025

3. RESEARCH PROJECTS

Ongoing:

- Title: Investigating non-inferiority and additional benefits of internet-delivered versus face-to-face cognitive behavioural therapy for insomnia: a 6owards6ed controlled trial

Investigators: K. Spiegelhalder, D. Lehr, M. Janneck, D. Ebert, D. Riemann

Duration: 01.02.2022 – 31.01.2026

Funding: DFG

Amount: 2.009.047 €
- Title: SleepExpert

Investigators C. Nissen (Bern), Multicenterstudie (für Freiburg: D. Riemann/ K. Spiegelhalder)

Duration: 01.07.2023 – 30.06.2026

Funding: SNF

Amount: 120.000€ (für Freiburg)

4. SPECIAL SCIENTIFIC AND CLINICAL ACTIVITIES/ HONORS/ AWARDS

- Riemann, D: Mitglied Editorial Board Zeitschrift Verhaltenstherapie, seit 2010.
- Riemann, D.: Visiting Professor, Nuffield Department of Clinical Neurosciences, Oxford University (October 2015 - 2028)
- Riemann, D.: Editor in Chief of Journal of Sleep Research (2017 - 2025)
- 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: Member consensus recommendations on the clinical use of digital CBT for Insomnia (dCBT), SBSMC (since 2022)
- Riemann, D: Speaker of the board of the German Sleep Society (since 01.04.2024).

5. REVIEWS

- **Funding agencies etc.:**
- **Journals:**

6. ACADEMIC THESES AND TEACHING

Dissertations:

- Espen, L: Die Auswirkung von Konfrontations- und Vermeidungsinterventionen auf das objektive Schlafverhalten bei chronischer Insomnie (Riemann/ Feige), 2025
- Petri, R: Sleep health and white matter integrity (K. Spiegelhalder/ D. Riemann), 2025
- Kronberger, E: Die Auswirkungen von Konfrontation versus Gedankenunterdrückung auf die subjektive Schlafqualität bei Patienten mit Insomnie. (Riemann/ Feige), 2025
- Lentsch, L: KVT-I vs. KVT-I plus ACT (Riemann/ Johann), 2025
- Holub, F: Assoziationen zwischen funktioneller Konnektivität und Insomnie-Symptomen in der UK-Biobank Kohorte (Riemann/ Spiegelhalder), 2025

7. PUBLIC OUTREACH AND MEDIA ACTIVITIES

Internet-Links:

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