



KICKSTART YOUR CAREER IN SLEEP MEDICINE.

This conference is your opportunity to take the next step in your journey as an early-career researcher or clinician in sleep medicine and psychology. Designed to support and promote the next generation, the program offers hands-on learning, networking, and mentorship to help you grow in the field.

Collaborate with Experts. Join crash courses on topics like Disrupted Sleep & Wake Behaviours: Vigilance & Hypermotor-Restlessness or Sleep at Home & in the Hospital: Analysis of Information in Complex Chronic Care in Pediatrics and in Transition to Adulthood. Work on your projects and papers with guidance from experienced mentors, gaining insights and actionable feedback to refine your research and ideas.

Share Ideas in a Safe Space. Participate in discussions within a peer-based setting with mentors, where you can share ideas openly. Our aim is to create a supportive environment that fosters trust and encourages innovation, giving you the freedom to explore new approaches.

Build Your Network. Expand your connections with leaders in sleep medicine through organized networking events, casual meetups, and targeted mentoring sessions. Build relationships that can open doors to collaborations, career opportunities, and new perspectives.

Learn Practical Skills. Enhance your expertise with hands-on workshops in areas like sleep analysis, home mechanical ventilation, and sleep counseling. Gain practical knowledge directly from experts to strengthen your clinical or research skills.

Shape the Future. Be part of shaping the future of sleep medicine. Share your ideas, learn from peers and mentors, and take an active role in driving advancements in this evolving field.

Submit an abstract. DGSM and ÖGSM/ASRA members with accepted abstract will receive a 50% off voucher.

PROGRAMMING FOR EARLY-CAREER RESEARCHERS & CLINICIANS

CRASH COURSE SLEEP COACHING WITH QUALITY CONTROL

Sunday, May 4, 2025 — 09:00 to 17:00
Hosted in German/English
180 Euros*

In-Person (Europahaus, Konferenz und
Bildungshaus, Schloss Miller-Aichholz, Vienna)
& Virtual

The course is based on the training concept of the sleep coaching course at the Medical University of Vienna and builds on the seven theses of the ChildRight2Sleep initiative, which call for independent concepts in child and adolescent medicine and psychology. The teaching content is harmonized with the academy concepts of the DGSM, ÖGSM and SGSSC and the relevance of the content has been agreed with the ADHD, RLS and narcolepsy self-help groups.

[SUBMIT AN ABSTRACT](#)

CRASH COURSE SLEEP MEDICINE & RESEARCH

Sunday, May 4, 2025 — 09:00 to 17:00
Hosted in English
180 Euros*

In-Person (Europahaus, Konferenz und
Bildungshaus, Schloss Miller-Aichholz, Vienna)
& Virtual

This course is intended to support early-career clinicians and researchers in acquiring practical knowledge about sleep and sleep health in children and adolescents, to learn the basics of sleep physiology and to develop essential scientific skills.

Bring your questions related to resolved/unresolved clinical cases, show your research, tackle real-world clinical challenges, and explore the future of sleep medicine and psychology in a dynamic and collaborative setting. Through poster presentations, interactive discussions with national and international experts, you'll have the chance to discuss your work and receive feedback. Join us to connect with peers, refine your skills, and shape the next chapter in sleep.

[SUBMIT AN ABSTRACT](#)

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