

AIP Sperimentale 2025, 31° Congresso annuale

Friday, September 12, 2025

Innovative approaches to sleep and well-being: Methodological and research implications: JUNIOR SYMPOSIUM - Aula Magna (3:30 PM - 5:00 PM)

-Conveners: Giorgia Degasperi

time	[id] title	presenter
3:30 PM	[694] Innovative approaches to sleep and well-being: Methodological and research implications	DEGASPERI, Giorgia
3:30 PM	[900] The interplay between sleep health and peripartum psychological health in the family context: a prospective psychophysiological approach	MENEO, Debora
3:50 PM	[697] Are eating worries and sleep quality associated in daily life? An exploratory ecological study	DEGASPERI, Giorgia
4:10 PM	[801] Exploring EEG Complexity in REM and NREM Sleep: Insights into Insomnia Disorder	AQUINO, Giulia
4:30 PM	[529] REM Sleep Behavior Disorder as a unique window into degeneration: the role of sleep, dreaming, cognition and mood	FASIELLO, Elisabetta
4:50 PM	[1040] Open Discussion	