

The 2019 Stockholm Conference on Ultra-Early Intervention: *Circadian rhythms and sleep in the developing brain* - *NIDCAP, neuroglia and future research?*

Karolinska University Hospital, Sune Bergströms Aula, Eugeniavägen 3, J3:07, Solna, Stockholm,
March 21st 2019

Organizers: Karolinska NIDCAP Training & Research Center, Karolinska University Hospital

08.00-08.30	<i>Registration</i>	
08.30-08.40	Welcome address	Stina Klemming Lars Navér
08.40-08.50	World NIDCAP-day	Deborah Buehler
<u>Moderator:</u>	<u>Karin Stjernqvist</u>	
08.50-09.20	"Formation of the mind and emergence of consciousness"	Hugo Lagercrantz
09.20-09.50	Parental experience	Parent representative
09.50-10.40	"Reading the Infant in the NICU" – NIDCAP* Implications for Brain Development and State Regulation Infant behavior as a valuable source in structuring and implementing high-quality, sensitive and individualized care to protect sleep and self- regulation. Effectiveness of system-wide adoption of NIDCAP implementation for enhanced brain development and state regulation. *(Newborn Individualized Developmental Care and Assessment Program)	Heidelise Als
10.40-11.10	<i>Coffee and visits with our sponsors</i>	
<u>Moderator:</u>	<u>Lena Hellström-Westas</u>	
11.10-12.00	"State organization during skin-to-skin contact and during separation in preterm infants" Preliminary results of heart rate variability and impedance cardiography studies. What does healthy sleep look like? Why is healthy sleep important?	Nils Bergman
12.00-12.50	"Sleep and early brain development" How can we describe, measure and evaluate sleep in preterm infants and hospitalized term infants? Why is it important to quantify neonatal sleep? Future clinical approaches?	Jeroen Dudink
12.50-13.00	Discussion / Reflection	
13.00-14.30	<i>Lunch</i>	

Moderator: Lena Westas

14.30-14.40 summary of the morning

14.40-15.30 **“Sensory environment and sleep in the NICU”**

Pierre Kuhn

The importance of sleep for sensory system development. How can the NICU environment affect the infant's sleep ? How to preserve the infant from sleep disruptors ?

15.30-16.20 **“Improving sleep in hospitalized newborn infants”**

Jacques Sizun

Review of early interventions for sleep improvement in the NICU. Possible interventions? Why should we change and how?

16.20-16.50 *Fruits and visits with our sponsors*

Moderator: Björn Westrup

16.50-17.10 **“The developing brain and neuroscientific research”**

Eric Herlenius

Are there links to developmental care? Future research?

17.10-17.50 **“Neuroglia and their importance for sleep and neurodevelopment”**

David Forsberg

Nurture the infant, minimize stress, and the neuroglia will nurture the neurons – for a better development of the brain. Future research?

17.50-18.00 Discussion / Reflection

19.00 *Dinner at Haga Forum restaurant (Annerovägen 4)*

Welcome back next year

- Save the date!

March 19th 2020

*“European standards for newborn health in Infant and family centered developmental care
– How to make this a reality for all infants and families”*

We would like to thank our sponsors: