

International Conference of Music and Sleep



6-8 May 2026 in the Chamber Music Hall, Royal Academy of Music, Aarhus, Denmark

	Wednesday May 6	Thursday May 7	Friday May 8
09:00 – 09:45	Registration	Keynote 1: Mélanie Strauss 'When the Sleeping Brain Keeps Listening: Predictive Coding of Sound Across Sleep' Dr. Mélanie Strauss is a neurologist and sleep researcher leading the multidisciplinary Sleep Unit at the Université Libre de Bruxelles.	Keynote 2: Marcus Pearce 'Learning to listen, Listening to learn: Modelling musical perception and pleasure' Professor Marcus Pearce is leader of the Computational Auditory Perception Lab at Queen Mary University London.
09:45 – 10:00	Welcome and introduction		
10:00 – 11:00	Welcome talk by Peter Vuust 'The Neuroscience of Music' Professor Peter Vuust is Director of Center for Music in the Brain at Aarhus University.	Session 2 Home use of sleep music	Session 4 Sleep music analysis
11:00 – 11:30	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
11:30 – 11:45	Musical interlude 1	Musical interlude 2	Musical interlude
11:45 – 13:00	Session 1 Music as a sleep aid	Session 3 Sleep music neuroscience	Session 5 Lullabies
13:00 – 14:15	<i>Lunch break</i>	<i>Lunch break</i>	<i>Lunch break</i>
14:15 – 15:00	Poster session 1	Poster session 2	
15:00 – 15:30	<i>Coffee break</i>	<i>Coffee break</i>	
15:30 – 17:00	Workshop 1: Music for sleep in clinical practice By Helle Nystrup Lund (Aalborg University Hospital, DK) and Line Malmoskov (Bispebjerg Hospital, DK).	Workshop 2: SLUMBER software for home sleep data collection By Tinke van Buijtene (Universitat Pompeu Fabra, ES), Ali Saberi (RadboudUMC, NL) and Samuel Morgan (Uni Stuttgart, DE).	
17:00 – 18:30	Welcome reception		
EVENING	20:00 Somnosphere	19:00 Conference dinner	