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**UNIVERSITÄT  
BERN**

Faculty of Medicine

**Department for BioMedical Research**

## **Johanna Dürmüller-Bol DBMR Research Award 2023**

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The Johanna Dürmüller-Bol DBMR Research Award is a joint project of the Department for BioMedical Research DBMR and the [Foundation Johanna Dürmüller-Bol](#). The award is intended to promote a younger researcher of the Faculty of Medicine, by supporting a promising research project with the aim of obtaining further funding through competitively acquired third-party funds.

### **Johanna Dürmüller-Bol DBMR Research Award 2023**

At DBMR Day for BioMedical Research on July 5 2023, Prof. Dr. Volker Enzelmann announced the awardee of the Johanna Dürmüller-Bol DBMR Research Award 2023.

The award went to:



#### **Dr. Mattia Aime**

Department for BioMedical Research,  
University of Bern

Department of Neurology, Inselspital, Bern  
University Hospital, University of Bern

#### **For the project:**

REM sleep and emotions: the missing link  
for a better life quality

The DBMR congratulates Dr. Aime and thanks the Foundation Johanna Dürmüller-Bol for their continuing support!

**Lay Summary:**

Emotions strongly impact our lives, shaping our perceptions, behaviours, and well-being. Daily life presents us with numerous events that trigger intense positive and negative emotions. But how can we effectively manage this emotional overload? Surprisingly, the solution may lie in a seemingly unrelated phenomenon: sleep. Sleep plays a vital role in our daily routine, particularly in processing emotions. We've all experienced how a restless night can disrupt our emotions. However, the scientific understanding of the intricate relationship between sleep and emotions remains limited. In my project, I aim to investigate the neural mechanisms involved in emotional processing during sleep. This research will enhance our understanding of the significance of sleep and shed light on potential therapeutic targets for treating maladaptive emotional memory processing.

More details on the research project are available [here](#).