

This campaign is structured around two priority policy asks: the creation of a European Parliament Intergroup on Brain Health and Research and increased support to the creation of EU and National Brain plans. One year after the official kick-off, the campaign demonstrated that, when united, the brain community can reach a significant number of policymakers and make its voice heard to drive tangible policy changes.

The presentation “No Health Without Brain Health: Prioritising Brain Health in the European Union to Leave No One Behind” in this joint workshop will showcase success stories, address challenges and share good practices in EU-wide brain health initiatives. It will highlight the importance of collaboration and breaking down silos in preparing for the brain-healthy transition of our societies. Additionally, it will address the burden of brain disorders, neurological and mental alike, in a comprehensive and collaborative manner.

Disclosure of Interest: None Declared

JS020

Sleep and brain, physical and societal health

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Abstract: Sleep is essential for physical, brain (including mental) and societal health. Sleep-wake disorders are confirmed as independent risk factors and/or modulators of several neurological (such as stroke, dementia, and parkinsonism), psychiatric (depression) and other (arterial hypertension, diabetes, oncological) disorders. According to the Cost Of Illness in Neurology in Europe (COIN-EU) Study, 1.7 trillion euros cost is estimated for neurological disorders, of which 25.45% is dedicated for sleep disorders. In this talk both the socioeconomic burden of sleep disorders, and possible sleep-based interventions for improving brain and physical health, will be discussed.

Disclosure of Interest: None Declared

JS021

The Sleep Revolution – a model for other disease assessment and follow-up

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doi: 10.1192/j.eurpsy.2025.80

Abstract: In this talk, Dr. Arnardóttir will summarize the main findings of the SLEEP REVOLUTION, an EU Horizon 2020 Research and Innovation Programme no. 965417. The project is an inter-disciplinary and international research and development project with 39 partner institutions and companies in Europe and Australia. SLEEP REVOLUTION aims to introduce an approach based on machine learning to assess sleep apnea severity and

treatment needs as well as the use of digital health technology to measure sleep and health (app, cognitive testing, consumer sleep technology and clinically validated sleep technology for home use). Through these technological solutions, the project brings together researchers, patients and healthcare professionals to provide beyond the current state-of-the-art diagnosis and optimal treatment for sleep disorders. The approach of this project can be used as a model for other disease assessment and follow-up.

Disclosure of Interest: E. Arnardóttir Consultant of: Medical Advisory Board for Philips (Feb 2022-Feb 2024) and Lille (Sept 2024), Speakers bureau of: Nox Medical, ResMed, Jazz Pharmaceuticals, Linde Healthcare, Apnimed, Wink Sleep, Vistor (Novo-Nordisk)

JS022

Sleep in Different Contexts: The Perspectives of European Psychology

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Abstract: Sleep is not something that occurs in isolation—it is embedded in a context. These contexts include biological, psychological and social factors, as well as a range of environmental considerations.

Throughout Europe psychologists engage in research and practice and collaborate with colleagues from allied professions such as psychiatry and those with lived experience on the topic of sleep. Insights are gathered from throughout the network of the European Federation of Psychologists' Associations (EFPA). Individual examples and emergent themes are identified from a wide range of contexts including:

The role of sleep in European policy

Sleep in times of crisis

Community-oriented approaches to supporting healthy sleep patterns

The role of sleep and rest in the workplace

How concern over topics like climate change affects sleep

Competency around sleep in practitioner training and standards

The implications of digitalisation on sleep

Disclosure of Interest: None Declared

Core Symposium

CRS001

Common pathways in the neurobiology of post-COVID conditions and of Mood Disorders

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Abstract: Mood disorders (MD) have been consistently associated with alterations in the immune system. Evidence suggests a condition of systemic low-grade inflammation with abnormally