

CURRICULUM VITAE

Personal Details

Name: **Anna Castelnovo**
Current positions: Senior Physician and Clinical Scientist at the Sleep Medicine Unit of the Neurocenter of Southern Switzerland (EOC)
Born: Milan, Italy (11.11.1986)
Swiss Permit: C
Address: Via Povro' 10, 6900 Massagno
E-mail: anna.castelnovo@eoc.ch
Phone Number: Cell: 0789229747
ORCID: Work: 0918116117/0918119677
Scopus Author ID: 0000-0002-8875-96555877358200
Websites: <https://www.eoc.ch/medici/c/castelnovo-anna.html>
https://www.asc.unibe.ch/about_us/personen/dr_med_castelnovo_anna/
<https://www.researchgate.net/profile/Anna-Castelnovo/research>
<https://search.usi.ch/it/persona/d13eb6374da81ac2427641e685f73ee6/castelnovo-anna/corsi>



Education

1992-2005 Primary, secondary and scientific high school in Milan
2005-2011 Diploma in Medicine and Surgery at the University of Milan (110/110 cum laude)
Thesis (Director: Prof Silvio Scarone, Co-Director: Prof Stefano Cappa):
"Physiology and pathology of reality testing: phenomenology, theoretical models and experimental hypotheses"
2012
2012-2017 Licensed as Medical Surgeon
Residency in Psychiatry (70/70 cum laude)
Thesis (Director: Prof Silvio Scarone, Co-Director: Dr Armando D'Agostino):
"Thalamocortical dysconnectivity as a vulnerability marker for psychosis"
2017 FMH recognition as Psychiatrist and Psychotherapist (MEBEKO)
2018-2019 Certification as Expert in Sleep Medicine by the European, Swiss and Italian Sleep Societies
2018-2021 Master in Cognitive Behavioral Psychotherapy at "Studi Cognitivi"(Milan)
2019-2022 PhD in Human Neuroscience, University of Italian Switzerland (USI)
Thesis (Director: Prof Mauro Manconi, Mentors: Prof Alain Kaelin, Prof. Thomas Dierks): "A high-density electroencephalographic investigation of sleep brain oscillations: a unique window to explore neuropsychiatric disorders"

Employment history/ institutional responsibilities

- Psychiatrist expert in sleep medicine and clinical scientist at the Sleep Medicine Unit of the Neurocenter of Southern Switzerland (2017-today)
- Coordinator of 2 research projects at the EOC/USI (The "HdOA" Project and the "TeleDOA" project)

Supervision and Teaching activities

- Thesis Director of 2 students for the CAS/DAS/MAS in sleep, consciousness and related disorders
- Thesis Co-Director of graduate and post-graduate students (2 medicine master students at the University of Milan, 1 student in Psychology at San Raffaele University in Milan, 1 resident physician in child neuropsychiatry at the University of Bologna, 4 medicine master students in at the University of Southern Switzerland)

- Vice-Chair of the Local Faculty of the Academy of Sleep and Consciousness for the coordination of the CAS, DAS, MAS in Sleep, Consciousness and Related Disorders
- Invited FMH lecture on Functional Neurological Disorders for Neurology trainees in Ticino
- Invited Teacher at the Advanced Sleep Medicine Course 2021 and 2023, Italian Association of Sleep Medicine
- Invited Teacher at the optional Sleep Course 2022, 2023, 2024 - Master in Medicine at the University of Milan
- Optional course in Sleep Medicine 2021, 2022, 2023, 2024 - Master in Medicine at USI (lecture on parasomnias and practical teaching in ambulatory setting – clinical interview/sleep scoring)
- Course of Personality and Cognition 2022, 2023, 2024 - Master in Medicine at USI (lectures on sleep problems and on medical unexplained symptoms/irrational fear of symptoms)

Journal activities

Review Editor	Frontiers in Psychiatry (sleep disorders section), Frontiers in Neurology (sleep disorders section), Frontiers in Psychology (Consciousness Research Section)
Ad hoc referee	Nature Communications, Schizophrenia Bulletin, Schizophrenia Research, Journal of Affective Disorders, Clinical Neurophysiology, Plos One, International Journal of Neuro-psychobiology, European Journal of Neuroscience, Journal of the Neurological Sciences, Sleep, Sleep Medicine Reviews, Journal of Sleep Research, Sleep Medicine, Frontiers
Guest Editor	Biological Psychiatry, special issue: "Exploring sleep alterations in Severe Mental Disorders: converging evidence from basic, translational and clinical research". Co-guest Editors: Armando D'Agostino, Giulio Tononi, Fabio Ferrarelli

Memberships

- Società Ticinese di Psichiatria e Psicoterapia (STPP)
- Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC), Member of the Swiss Sleep and Psychiatry Working-Group (SIG-Arbeitsgruppe)
- Italian Society of Sleep Medicine (AIMS), Member of the Editorial Board
- European Sleep Research Society (ERS) / European Insomnia network
- World Association of Sleep Medicine (WASM)

Fellowships/Experiences abroad

2014-2015	Fellow at the Center for Sleep and Consciousness (Prof. Giulio Tononi, University of Wisconsin – Madison, Department of Psychiatry)
2023-today	Honorary Fellow at the Center for Sleep and Consciousness (Prof. Giulio Tononi, University of Wisconsin – Madison, Department of Psychiatry)

Grants/Awards

2017	"ABREOC - Scientific Research Advisory Board of the EOC" Grant (CHF 53'571): Taking a High-density Picture on a Sleeping Brain in a Moving Body: The HDOA Project (High Density EEG in Disorders of Arousal). Role: Collaborator.
2018	"Finalizzata Giovani 2018" Grant (450'000 euros): Neuronal reprogramming in Schizophrenia: a translational approach to unravel sleep endophenotypes. Role: Co-Pi "Young Researcher EOC" Grant (CHF 50'000), Area Formazione Accademica, Ricerca e Innovazione (AFRI): Characterization of physiological and pathological arousals from Non-Rapid Eye-Movement (NREM) sleep. Role: PI.
2021	Guazzelli award "Sonno, Insonnia e Funzioni Psiciche", 2022, Italian Society in Sleep Medicine
2022	Guazzelli award "Sonno, Insonnia e Funzioni Psiciche", 2022, Italian Society in Sleep Medicine
2023	"Innosuisse Project Grant (without commercial partner)" (CHF 206'199.60). At-home monitoring of abnormal sleep behaviors: feasibility study for an AI-powered device combining wearable EEG and video data. Role: PI.
2025	Fondation Adrian et Simone Frutiger (CHF 300'000). The Development of the Arousal System in Children and its Implications for Neuropsychiatric Disorders. Role: PI.

Publications, lectures and other research activities

- 50 scientific articles, 3 book chapters: H-index: 16, RCR: 1.4 (range: 0.17-5.5, weighted: 58)
- Several oral presentations at National and International congresses
- Speaker at International Symposia (2017: World Sleep Annual Meeting; 2022: World Sleep Annual Meeting; 2024: Annual Congress of the European Sleep Research Society)
- Speaker at National Congresses (2019: XXV Annual Meeting of the Italian Association of Psychology; 2022: XXXII. Annual Meeting of Italian Association of Sleep Medicine) - Invited speaker to National Congresses (2021: 7th Romanian Pediatric Sleep Conference endorsed by the World Sleep Society - online; 2023: Journée Nationale de la Narcolepsie et Hypersomnie Rares", University of Montpellier; 2024: Disturbi del sonno in età evolutiva, Istituto Giannina Gaslini, Genova; 2024: Annual Meeting of the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC), Bern)
- World Sleep 2022 Symposia Selection (invited reviewer).

Career breaks

None

Lugano, 06.05.2025