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## **SANPSY - Sommeil, addiction et neuropsychiatrie**

Rapport Hcéres

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# HCERES

High Council for the Evaluation of Research  
and Higher Education

Research units

HCERES report on research unit:

Sommeil, Attention et Neuropsychiatrie

SANPSY

Under the supervision of  
the following institutions  
and research bodies:

Université de Bordeaux

Centre National de la Recherche Scientifique - CNRS

# HCERES

High Council for the Evaluation of Research  
and Higher Education

Research units

*In the name of HCERES,<sup>1</sup>*

Didier HOUSSIN, president

*In the name of the experts committee,<sup>2</sup>*

Lino NOBILI, chairman of the committee

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Under the decree N°2014-1365 dated 14 november 2014.

<sup>1</sup> The president of HCERES "countersigns the evaluation reports set up by the experts committees and signed by their chairman." (Article 8, paragraph 5)

<sup>2</sup> The evaluation reports "are signed by the chairman of the expert committee". (Article 11, paragraph 2)

## Evaluation report

This report is the result of the evaluation by the experts committee, the composition of which is specified below. The assessments contained herein are the expression of an independent and collegial deliberation of the committee.

Unit name:	Sommeil, Attention et Neuropsychiatrie
Unit acronym:	SANPSY
Label requested:	USR
Present no.:	3413
Name of Director (2014-2015):	Mr Pierre PHILIP
Name of Project Leader (2016-2020):	Mr Pierre PHILIP

## Expert committee members

Chair:	Mr Lino NOBILI, Centre of Sleep Medicine, Centre for Epilepsy Surgery, Department of Neuroscience, Nigaurda Hospital, Milan, Italy
Experts:	Ms Christelle CHARLEY MONACA, Hôpital Salengro, Lille Ms Marie-Pia d'ORTHO, Hôpital Bichat, Assistance Publique Hôpitaux de Paris, INSERM (representative of the CNU) Ms Delphine PINS, Laboratoire de Sciences Cognitives et Affectives, CNRS, Université de Lille (representative of the CoNRS)

### Scientific delegate representing the HCERES:

Mr Jean-Marie ZAJAC

### Representatives of the unit's supervising institutions and bodies:

Mr Pierre DOS-SANTOS, Université de Bordeaux  
Mr Roger MARTHAN (director of the Doctoral School SVS n° 154)  
Mr Jean-Louis VERCHER, CNRS

## 1 • Introduction

### History and geographical location of the unit

The SANPSY unit, created in 2011, is part of the Bordeaux Neuroscience Community, the latter being an excellence of the University of Bordeaux. It is located in a 1000 square meter wing at the 13<sup>th</sup> floor of the Bordeaux teaching Hospital (CHU Pellegrin), and it is at short walking distance from the Clinic for addiction treatment (Charles Perren Hospital). The research centre has been completed in June 2014 with the complete installation of Equipex equipment (a multifaceted immersed environment to conduct clinical research) and the opening of the new Sleep Clinic (10 beds) at the same floor of the hospital nearby the SANPSY unit.

### Management team

The management of SANPSY is excellent. The unit is directed by a very dynamic team leader who also plays a critical role in the definition of scientific activities, organization of the research unit and in fund raising process.

### HCERES nomenclature

SVE1\_LS4

SVE1\_LS7

### Unit workforce

Unit workforce	Number as at 30/06/2014	Number as at 01/01/2016
<b>N1:</b> Permanent professors and similar positions	2	2
<b>N2:</b> Permanent researchers from Institutions and similar positions	2	2
<b>N3:</b> Other permanent staff (without research duties)	7	7
<b>N4:</b> Other professors (Emeritus Professor, on-contract Professor, etc.)		
<b>N5:</b> Other researchers (Emeritus Research Director, Postdoctoral students, visitors, etc.)	6	7
<b>N6:</b> Other contractual staff (without research duties)	10	9
<b>TOTAL N1 to N6</b>	<b>27</b>	<b>27</b>

Unit workforce	Number as at 30/06/2014	Number as at 01/01/2016
Doctoral students		
Theses defended	2	
Postdoctoral students having spent at least 12 months in the unit	2	
Number of Research Supervisor Qualifications (HDR) taken		
Qualified research supervisors (with an HDR) or similar positions	5	5

## 2 • Overall assessment of the unit

### Global assessment of the unit

The activity of the SANPSY unit is original both on the side of sleep and of addiction research. In particular, the main strength of this unit is the capability to conduct studies with different, but integrated approaches, going from epidemiological field studies to sophisticated in-lab experiments by exploiting multidisciplinary expertise in neurology, psychiatry, virtual reality, neuropsychology and electrophysiology to investigate sleep and psychiatry disorders. Moreover, the possibility to use different virtual environments offers a unique opportunity to conduct novel experiments not only aimed at evaluating the effects of sleep deprivation and fatigue on attention, cognitive functions and risk of accidents, but also allowing to conduct original studies on neuro-psychiatric diseases such as Attention Deficit Hyperactivity Disorder (ADHD). Another very promising research activity of the unit is the one based on affective computing. Finally the big prospective cohort of addicted patients studied using advanced mobile technologies, allows the recordings of outpatient data in the everyday lives, thus providing a powerful “research tool” for the unit.

Undoubtedly the SANPSY unit constitutes a distinguished and excellent research entity both in the neuroscience community of Bordeaux and at the international level.

### Strengths and opportunities in relation to the context

The presence of a very well equipped platform, with a multifaceted immersed environment, together with the research and technical expertise of the group, including also computer research engineers, represents an exceptional situation that allows conducting high-level experimental and clinical studies. The interdisciplinary approach of the research activity of the unit is a particular strength. Another important strength is given by the opportunity to follow a big cohort of addicted patients using technologies allowing the assessment of outpatient data in the everyday lives.

### Weaknesses and threats related to the context

The main weaknesses of the unit relies on the small number of full time researchers, the very low number of PhD achieved in the team over the past four years as well as the very low number of students in the lab. In particular, the project of team 3 is supported by only one researcher; although she has an excellent background, she needs collaborators.

## Recommendations

It is crucial to increase the number of full-time researchers employed. Moreover, it is recommended to recruit more post-doctoral students and attract more students. We strongly encourage to further increase the collaboration and integration of teams 1 and 2 and, in the other hand, we believe that team 1 and 3 should be merged (see detailed comments of team 3). A higher number of formal lab meetings should be planned.

From a research point of view, the implementation of electrophysiological skills (EEG, HdEEG) during experiments using virtual reality (especially within the driving simulator) could further increase the level of scientific activities.