

## *PERSONAL INFORMATION*

**Address** **Pavlos Topalidis**  
Hellbrunner Straße 34  
5020 Salzburg  
Austria  
+43 (0) 662 – 8044 5143  
pavlos.topalidis@plus.ac.at

**Webpage** <http://www.sleepscience.at>

**Date of birth** 2<sup>th</sup> August 1993

**Nationality** Greek



## *EDUCATION*

**May 2022-October 2022** Research Visit at **Yale University**, CT, USA. Research Topic: Evidence of hippocampal intracranial-electroencephalography engagement in memory recall and statistical learning of visuo-motor associations. **Supervisor: Prof. Nicholas Turk-Browne.**

**October 2019-March 2025** Student of the Doctoral College “Imaging the Mind” funded by the FWF Austrian Science Fund, University of Salzburg, Austria.

**October 2019-March 2025** Ph.D. candidate at University of Salzburg, Austria, Centre for Cognitive Neuroscience (CCNS), laboratory for „Sleep and Consciousness Research“. **Supervisors: Univ.-Prof. Dr. Manuel Schabus & Univ.-Prof. Dr. Nathan Weisz.**

**October 2017 - September 2019** M.Sc. Neuro-Cognitive Psychology, Elite Network of Bavaria Program, **Ludwig-Maximilians-Universität (LMU), Munich**, Germany. Master thesis at Max-Planck Institute of Psychiatry on „The relationship between objective sleep and activity measures and symptomatology in a sample of healthy controls and patients with mood and anxiety disorders “. Supervisors: Prof. Paul Sauseng & Dr. Victor Spoormaker.

**October 2013-June 2014** B.Sc. Psychology, **Justus-Liebig-Universität, Giessen**, Germany, Erasmus Scholarship.

**September 2012 - June 2016** B.Sc. (Hons, first class) Psychology, **University of Aberdeen, UK.** Bachelor thesis topic: „The Visual Influence of Ostracism“. **Supervisors: Prof. Neil Macrae & Prof. Arash Sahraie.**

**2008-2011** 3rd High School of Katerini, Greece.

## *RESEARCH & TEACHING EXPERIENCE*

**October 2023–August 2024** Junior Lecturer at University of Salzburg, teaching about Human Cognition and Sleep, at Bachelor (BSc.) and Masters (MSc.) level.

**August 2018–May 2019** Research Assistant at the faculty of Psychiatry and Psychotherapy at Ludwig-Maximilians-Universität (LMU) in collaboration with the German institute of Brain Stimulation (GCBS). Studied cognitive functions of depression and schizophrenia patients, using fMRI and

transcranial Direct Current Stimulation (tDCS). **Supervisors: Dr. Daniel Keeser & Prof. Frank Padberg.**

**November 2018-  
July 2019**

Research Assistant at the faculty of General & Experimental Psychology, at LMU. Studied the interplay of bottom-up and top-down processes in a visual search paradigm. **Supervisors: Prof. Dr. Hermann Mueller & Dr. Marian Sauter.**

### *AWARDS & GRANTS*

**October 2024**

FWF Science communication grant for “From Brain to Mind: a scientific endeavour of understanding the Mind by studying the brain” project, FWF funding (100.000,000€)-[link](#).

**September 2024**

Best Poster Award ESRS 2024 for basic human research, Sevilla, Spain: Implicit statistical learning in sleep: a full night E/MEG study using a grammar learning task

**September 2024**

Innovation Grant for wearable Optimization Research (Nukkuaa GmbH - 12.000€). FFG - The Austrian Research Promotion Agency.

**February 2023**

Poster award at Sleep, Cognition and Consciousness Winter Symposium, Werfenweng, Austria. Poster title: Searching for predictive codes during sleep: Preliminary results of a full-night E/MEG study.

**November 2022**

Salzburg University research stay funding (1700 €) at Yale University, USA.

**October 2022**

Shortlisted for best poster award at the 26th European Sleep Research Society Conference, Athens, Greece. Poster Title: Decoding of auditory low-level stimulus properties and higher-order statistics in wakefulness and sleep.

**October 2021**

European Sleep Research Society (ESRS) 3rd Sleep School “Function of Sleep”, first price project presentation award in “Predictive Coding during Sleep”, Vrejus, France.

**October 2013**

ERASMUS scholarship at Justus-Liebig-Universität, Gießen, Germany.

### *INTERNSHIPS & TRAININGS*

**10 May 2024**

**Sleepstaging Workshop-** Peter Anderer, The Siesta Group Schlafanalyse GmbH.

**30 March 2023**

Cognitive behavioural therapy for insomnia (CBT-I), Deutsche Gesellschaft für Schlafforschung und Schlafmedizin e.V.

**May 2022**

CITI Program: **Good Clinical Practice (US FDA focus)** – 48879523 - Under requirements set by **Yale University**.

**May 2022**

CITI Program: Social-Behavioral-Educational program for Researchers - Basic/Refresher - Under requirements set by Yale University.

**November 2016-  
August 2017**

Military psychologist & Mental Health counsellor at the Hellenic Military Forces, Greece (Health Care division).

**June 2015**

Trainee psychologist at the Mental Health Centre, Katerini, Greece. Supervisor: Nota Voura, MSc.

## **PUBLICATIONS**

- 2025** **Topalidis, P.**, Kogler, L., Mitterer, C., Hinterberger, A., Baron, S., Schabus, M., & Horst, R. Beyond the Hype? A Standardised Real-World Evaluation of Consumer Sleep Trackers (CST) in Extracting Sleep.
- 2025** Hinterberger, A., Eigl, E. S., **Topalidis, P. I.**, & Schabus, M. (2025). The Effects of a CBT-I Based App-Program on Sleep Quality, Insomnia Severity, Psychological Strain and Quality of Life: A Pilot Study. *Nature and Science of Sleep*, 2369-2385.
- 2025** Kurapov, A., Blechert, J., Hinterberger, A., **Topalidis, P.**, & Schabus, M. (2025). Non-guided, mobile, CBT-I-based sleep intervention in War-torn Ukraine: A feasibility study. *PLoS One*, 20(5), e0310070.
- 2025** **Topalidis, P. I.**, Demarchi, G., Reisinger, L., Schubert, J., Ameen, M. S., Weisz, N., & Schabus, M. (2025). Selective preservation of prediction-related signals in human sleep. *Current Biology*, 35(9), 2195-2201.
- 2024** Hinterberger, A., Eigl, E. S., Schwemlein, R. N., **Topalidis, P. I.**, & Schabus, M. (2024). Investigating the subjective and objective efficacy of a cognitive behavioural therapy for insomnia (CBT-I)-based smartphone app on sleep: A randomised controlled trial. *Journal of Sleep Research*, 33(4), e14136.
- 2023b** **Topalidis, P. I.**, Baron, S., Heib, D. P., Eigl, E. S., Hinterberger, A., & Schabus, M. (2023). From Pulses to Sleep Stages: Towards Optimised Sleep Classification Using Heart-Rate Variability. *Sensors*.
- 2023** Eigl, E. S., Hauser, T., **Topalidis, P. I.**, & Schabus, M. (2023). On the efficacy of a CBT-I-based online program for sleep problems: a randomized controlled trial. *Clocks & Sleep*, 5(4), 590-603.
- 2023a** **Topalidis, P.**, Heib, D. P., Baron, S., Eigl, E. S., Hinterberger, A., & Schabus, M. (2023). The Virtual Sleep Lab—A Novel Method for Accurate Four-Class Sleep Staging Using Heart-Rate Variability from Low-Cost Wearables. *Sensors*, 23(5), 2390.
- 2021** **Topalidis, P.**, Florea, C., Eigl, E-S., M., Kurapov, A., Leon, C. A. B., & Schabus, M. (2021). Evaluation of a Low-Cost Commercial Actigraph and Its Potential Use in Detecting Cultural Variations in Physical Activity and Sleep. *Sensors*. <https://doi.org/10.3390/s21113774>
- 2021** Florea, C., **Topalidis, P.**, Hauser, T., Angerer, M., Kurapov, A., Leon, C. A. B., ... & Schabus, M. (2021). Sleep during COVID-19 lockdown: A cross-cultural study investigating job system relevance. *Biochemical Pharmacology*, 114463. [Video Abstract](#).
- 2020** **Topalidis, P.**, Zinchenko, A., Gädeke, J. C., & Föcker, J. (2020). The role of spatial selective attention in the processing of affective prosodies in congenitally blind adults: An ERP study. *Brain Research*, 146819.
- 2020** Pöhlchen, D., Leuchs, L., Binder, F. P., Blaskovich, B., Nantawisarakul, T., **Topalidis, P.**, ... & Czisch, M. (2020). No robust differences in fear conditioning between patients with fear-related disorders and healthy controls. *Behaviour Research and Therapy*, 103610.
- 2017** Golubickis, M., Sahraie, A., Hunt, R., Visokomogilski, A., **Topalidis, P.**, & Macrae, N. (2017). The visual influence of ostracism. *European Journal of Social Psychology*, 48(2), 0182-0188.

2015

Macrae, N., Mitchell, P., Tait, A., McNamara, L., Golubickis, M.,  
**Topalidis, P.**, & Christian, M. (2015). Turning I into me: Imagining your  
future self. *Consciousness and Cognition*, 37, 207-213.

### ***METHODS & SKILLS***

<b>Project Management</b>	Notion;
<b>Data Acquisition</b>	Encephalography; Polysomnography; Magnetoencephalography; Magnetic Resonance Imaging; Reaction times/Behavioural; intercranial-EEG; Actigraphy.
<b>Data Processing</b>	Brainstorm (Beginner); EEGLab (Advanced); Fieldtrip (Advanced).
<b>Data Analysis</b>	Event-related Potentials; Time-Frequency Analysis; Multilevel Pattern Analysis; Data cleaning; Data manipulation;
<b>Programming Languages</b>	Matlab (Advanced); R (Advanced); Python (Intermediate), SQL (Intermediate)
<b>Experimental control</b>	Psychotoolbox-Matlab (Beginner).
<b>Scientific reporting</b>	RMarkdown; Reproducible science articles package.
<b>Languages</b>	English (C1), German (B1), Greek (Native).

### ***RESEARCH INTERESTS***

- Sleep, Cognition & Consciousness.
- Information processing during sleep; Predictive coding & Statistical learning and sleep.
- Interpretations of oscillatory brain activity and potential applications.
- Sleep Monitoring; Wearables; Sleep health; Insomnia; Cultural Variations in Sleep.
- Psychophysiology: using physiological measures to index mental states.
- The role of sleep in neurological and mental disorders.
- Science Communication: finding intuitive ways to communicate complex concepts.