CURRICULUM VITAE

Laura Bianchi

Neurophysiopathology Technician — Sleep Medicine Specialist — PhD Candidate



PERSONAL INFORMATION

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Web of Science ResearcherID: ADT-8905-2022

PROFESSIONAL TITLE

PhD Candidate in Neurophysiopathology Techniques

VAT no. (P.IVA): 13117160013

WORK EXPERIENCE

March 2025 – present

Neurophysiopathology Technician (self-employed / VAT) – remote
Medicair Srl
Analysis of polysomnographic recordings with technical reporting

October 2024 – present

Neurophysiopathology Technician (self-employed / VAT) – remote
Galmed Srl
Analysis of polysomnographic recordings with technical reporting

Sept. 2024 – Sept. 2026

Neurophysiopathology Technician (self-employed / VAT)
Outpatient clinics: Centro Medici Insieme (Villadossola) · Vesalius (Domodossola) · Promater (Verbania) · Sanigest (Luino) · Baroncini (Sesto Calende) · Sinergie (Arona)

- EMG
- EEG
- Cardio-respiratory polygraphy

July 2021 – June 2026

Neurophysiopathology Technician
IRCCS Auxologico Italiano, Piancavallo — Str. L. Cadorna, 90, 28824 Piancavallo VB, Italy

- Visual evoked potentials
- Somatosensory evoked potentials
- Motor evoked potentials
- EMG
- EEG
- 24-hour dynamic EEG
- Sudoscan
- Sympathetic skin response (SSR)
- Autonomic testing with HRV study
- rTMS

Sleep Medicine:

- Assisted overnight video-polysomnography
- Cardio-respiratory polygraphy
- MSLT/MWT
- Sleep macrostructure (AASM) and microstructure scoring

Clinical research

Sept. 2018 – Sept. 2022

Neurophysiopathology Technician
EEG, ENG/EMG — at clinics in Luino (VA), Villadossola (VB) and Varese

July 2017 – Feb. 2021

Neurophysiopathology Technician
EOC — Via Tesserete, 46, 6900 Lugano, Switzerland
Evoked Potentials Unit
EEG Unit:

- EEG (adult and pediatric)
- Video-EEG
- 24-hour dynamic EEG
- HD-EEG

Sleep Medicine Unit:

- Overnight video-polysomnography
- Cardio-respiratory polygraphy
- Manual CPAP/BPAP/AutoSV titrations
- MSLT/MWT
- Actigraphy – night-shift workers
- Sleep scoring (EEG+PG)

Operating room monitoring:

- Evoked potentials
- EMG
- EEG

Pediatrics – EOC Bellinzona site (Referent for):

- EEG, ages 0–16

Feb. 2016 – June 2017

Neurophysiopathology Technician
IRCCS Casimiro Mondino, Pavia, Italy
Evoked Potentials Unit: visual evoked potentials (30' check, 15' check, FERG, PERG, chromatic, motion) / brainstem auditory evoked potentials / somatosensory evoked potentials
EEG / Sleep Medicine Unit: EEG / video-EEG / daytime laboratory polysomnography / overnight video-polysomnography / cardio-respiratory polysomnography / CPAP titrations
Neuro-otology Unit: vestibular testing / EOG / visual vertical / Hess-Lancaster screen / visual field

Oct. 2011 – Oct. 2014

Neurophysiopathology Technician
Medicair Italia, Origgio, Italy

- Overnight cardio-respiratory polysomnographies
- Mask fitting and CPAP titration

EDUCATION AND TRAINING

Nov. 2026 – Nov. 2029

PhD in Neuroscience — Clinical and Experimental Neuroscience
University of Genoa (UNIGE), Genoa, Italy

Nov. 2023 – Oct. 2025

Master's Degree (Laurea Magistrale) in Health Professions Technical Diagnostic Sciences (LM/SNT3)
University of Turin (UNITO), Turin, Italy
Thesis (Management track): "Governance and Risk Management in Building Care Pathways for OSAS: The Strategic Role of Scientific Societies"

Mar. 2021 – Nov. 2021

Master's Programme in "Clinical Research in Healthcare"
Unipegaso

Oct. 2016 – June 2019

Plantar Reflexology Practitioner
On Zon Su, Sesto San Giovanni, Italy
Thesis: "The On Zon Su Method. Supporting a Care Pathway: A Comparison with Western Medicine and Hahnemannian Unicist Homeopathy"

Sept. 2007 – Apr. 2011

Faculty of Medicine and Surgery — Health Professions Technical Degrees (Class L/SNT3)
University of Pavia (UNIPV), Pavia, Italy
Bachelor's degree in Neurophysiopathology Techniques

1 Apr. 2011 — **Bachelor's Degree (I level) in Neurophysiopathology Techniques**
University of Pavia (UNIPV), Pavia, Italy
Thesis: "Normative Data on Visual Evoked Potentials from Pattern-Motion and Chromatic Contrast Stimulation"

Sept. 2001 – June 2007 — **Lyceum of Social Sciences (Bio-Medical track)**
Istituto "Sofonisba Anguissola", Cremona, Italy
Sociology, pedagogy, psychology, anthropology, philosophy. Internships in hospitals and nursing homes.

PERSONAL SKILLS

Mother tongue
Italian

Foreign languages

	Listening	Reading	Spoken interaction	Spoken production	Written production
English	B1	B2	B1	B1	B1
French	B1	B1	A1	A1	B1

Levels: A1/A2 basic user – B1/B2 independent user – C1/C2 proficient user (Common European Framework of Reference for Languages)

Communication skills
- Strong communication skills developed throughout professional experience
- Strong ability to relate to patients and their families
- Strong ability to work in teams and collaborate across different professional roles
- Member of the Communications group (social media and newsletter management) of AITN (Italian Association of Neurophysiopathology Technicians)

Digital skills
- Good command of standard office software (word processing, spreadsheets, presentation software)
- Working knowledge of Windows OS, Microsoft applications and the Office suite
- Good command of Mac OS
- Good command of medical equipment software (Systemplus, Ebneuro, Remlogic, Nicolet, Micromed, sInergy, Somnoscreen, Noxturnal)
- Good command of AI tools (Canva, Claude, Gemini)

Driving licence
Category B

ADDITIONAL INFORMATION

Membership of groups / associations
- AITN, member since 2010
- Ordine TSRM-PSTRP: Register of Neurophysiopathology Technicians, No. 1 / Varese (20/12/2018)
- Ordine TSRM-PSTRP: Register of Neurophysiopathology Technicians, No. 26 / Novara (23/06/2023)
- SINC, SIN, AIMS, SIMRI
- ESRS, ESST

Member of the AITN "SLEEP" Special Interest Group — Coordinator (2022–2025)
Member of the AITN Board of Directors — Treasurer (2026–2029)

PUBLICATIONS

R. Cremascoli, R. De Icco, L. Bianchi et al. "Visual dysfunction and neurodegeneration in REM sleep behavior disorder and Parkinson's disease: a visual evoked potentials study." EAN Lisbon book 2018; AIMS Genova 2019 congress book.

P. Piterà, R. Cremascoli, L. Bianchi et al. "Whole-Body Cryostimulation as an Adjunctive Treatment for Neurophysiologic Tinnitus and Associated Disorders: Preliminary Evidence from a Case Study." J. Clin. Med. 2024, 13(4), 993; https://doi.org/10.3390/jcm13040993

“Circadian phase tailored light therapy in primary chronic insomnia, a randomized control trial study.” European Journal of Neurology 2023/06, conference abstract, DOI: 10.1111/ene.15944

“Can the short-term use of continuous positive airway pressure restore cognitive dysfunctions in obstructive sleep apnea syndrome?” Neurological Sciences, DOI: 10.1007/s10072-022-06531-9

Borghesi, F.; Cremascoli, R.; Chirico, A.; Bianchi, L.; Di Moia, A.; Priano, L.; Piedimonte, A.; Mauro, A.; Cipresso, P. “Mind and body connection in expert meditators: a computational study based on central and peripheral nervous system.” BMC Complementary Medicine and Therapies 2024, Journal article, DOI: 10.1186/s12906-024-04413-5

Borghesi, F.; Mancuso, V.; Bruni, F.; Cremascoli, R.; Bianchi, L.; Mendolicchio, L.; Cattaldo, S.; Chirico, A.; Mauro, A.; Pedroli, E. et al. “Mental flexibility assessment: A research protocol for patients with Parkinson’s Disease and Anorexia Nervosa.” PLoS ONE 2023, Journal article, DOI: 10.1371/journal.pone.0293921

P. Piterà; R. Cremascoli; L. Bianchi; F. Borghesi; F. Verme; S. Cattaldo; E. Prina; S. Mai; P. Cipresso; F. Galli et al. “Autonomic modulation in Parkinson’s Disease Using Whole-Body Cryostimulation: a pilot study.” Biomedicines, 2024-10-27, Journal article, DOI: 10.3390/biomedicines12112467

Solaro N., Giovanelli L., Bianchi L., Piterà P., Verme F., Malacarne M., Pagani M., Fontana J.M., Capodaglio P., Lucini D. “Whole-Body Cold Stimulation Improves Cardiac Autonomic Control Independently of the Employed Temperature.” J. Clin. Med. 2024, 13(24), 7728; https://doi.org/10.3390/jcm13247728

TEACHING AND PRESENTATIONS

Participation in ECM training events

Speaker, “Politecnici” Congress, Milan, 27–28 January 2022 — “Sleep microstructure in Parkinson’s-disease-related dementia: alteration of sleep microstructure (CAP) reflects the progression of neurodegeneration.”

Speaker, XXXIII AIMS National Congress, Milan, 24–26 November 2023 — “Sleep microstructure: a neurophysiological marker in search of an author.”

Speaker, “Politecnici” Congress, Verona, 2–3 February 2024 — “Total-body cryostimulation in Parkinson’s disease: a preliminary study of its effects on heart rate variability (HRV) and wellbeing indices.”

Organizer, Moderator and Speaker, Webinar “The Dreamy Side of Sleep” (AITN), 4 April 2024

Speaker, XLI AITN National Course — presentation of the Sleep Special Interest Group, which she coordinates.

Organizer, Moderator and Scientific Committee member, 1st International SLEEP TECH Conference, Valmontone, 18–20 October 2024

Moderator, SIMRI “Polysomnography and Sleep-Related Breathing Disorders in Pediatric Age,” Advanced level, 7 May 2026

Moderator, SIMRI “Polysomnography and Sleep-Related Breathing Disorders in Pediatric Age,” Advanced level, 14 May 2026

Moderator, “Politecnici 2026,” San Benedetto del Tronto, 29–30 May 2026

Signature

Laura Bianchi