

VASILEIOS STAVROU

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Πανεπιστήμιο Κύπρου
University of Cyprus



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The research project was designed to explore the impact of a 12-week tele-exercising program on cognitive performance and related brain metabolism in patients with sleep apnea syndrome, thus highlighting the multidimensional relationship between physical exercise, cognition and brain oxygenation/metabolism.

Dr. Vasileios T. Stavrou is a Postdoctoral researcher at the Faculty of Medicine (Department of Respiratory), University of Thessaly and Faculty of Medicine (Department of Neurology), University of Cyprus. Since 2012, he has been working at the Research Associate at Laboratory of Cardio-Pulmonary Testing and Pulmonary Rehabilitation, University of Thessaly as an Exercise Physiologist in assessment in patients with non-communicable diseases (COPD, OSAS, IPF, Pulmonary Embolism, etc) and/or other diseases (COVID-19, etc).

Since 2022 he is the founder and owner of the USTEP company (Unique Safe Tele Exercise Project). His basic and clinical research focus in the areas of clinical exercise physiology, sleep deprivation and disorder, rehabilitation and pre-rehabilitation, tele-exercise and well-being.

The research project was designed to explore the impact of a 12-week tele-exercising program on cognitive performance and related brain metabolism in patients with sleep apnea syndrome, thus highlighting the multidimensional relationship between physical exercise, cognition and brain oxygenation/metabolism. Supervisor in this project is Assistant Professor of Neurology from the University of Cyprus, Dr Panagiotis Bargiotas.