



UCSD Center for
Circadian Biology



CCB Workshop on Sleep, Health and Work Schedules

February 15, 2017 | 1:30 PM - 5:20 PM | UCSD Sanford Consortium

Workshop Objectives:

- Understand how brains and bodies are governed by daily clocks that resist the scheduling demands of shiftwork in our 24/7 society
- Learn what animal studies indicate about health consequences of circadian disruption and how flexibility of clocks can be enhanced
- Discover how inadequate sleep (secondary to sleep disorders or sleep restrictions) significantly impairs cognitive and work performance
- Examine most common problems experienced by shift-workers and learn practical techniques for minimizing disruption of circadian clocks
- Implement strategies for combating insomnia and hypersomnia and getting the most restorative value of sleep

Instructors:

Michael Gorman – *Adapting to shift-work schedules: What we've learned from human and animal studies*
Professor of Psychology, UC San Diego

Kenneth Wright – *Shift work: Challenges and countermeasure strategies*
Professor of Integrative Physiology, University of Colorado Boulder

Sonia Ancoli-Israel – *Sleep disorders: Consequences and treatment strategies*
Professor Emeritus of Psychiatry and Medicine, UC San Diego

Phyllis Zee – *Applying strategies to shiftwork: Case studies*
Director of the Center for Circadian and Sleep Medicine,
Benjamin and Virginia Boshes Professor of Neurology,
Northwestern University Feinberg School of Medicine



For more information:

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For website and registration information:

<http://ccb.ucsd.edu/activities-and-events/shiftwork-workshop.html>



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