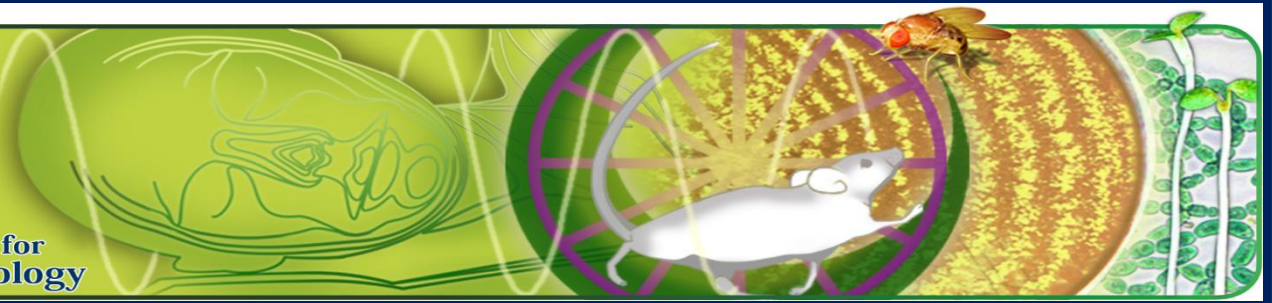




UCSD Center for  
Circadian Biology



# CCB Workshop on Sleep, Health and Work Schedules

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

## Speakers and Schedule:

1:00pm **Registration**

1:30pm **Michael Gorman** – *Adapting to shift-work schedules: What we've learned from human and animal studies*  
Professor of Psychology, UC San Diego

2:15pm **Kenneth Wright** – *Shift work: Challenges and countermeasure strategies*  
Professor of Integrative Physiology, University of Colorado Boulder

3:00pm **Break**

3:20pm **Sonia Ancoli-Israel** – *Sleep disorders: Consequences and treatment strategies*  
Professor Emeritus of Psychiatry and Medicine, UC San Diego

4:05pm **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

4:50pm **Q&A**

5:20pm **Adjourn**

## 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 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

## For more information:

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## For website and registration information:

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



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