Workshop Objectives:

- Understand how brains and bodies are governed by daily clocks that resists 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 significantly impairs cognitive and work performance in real world and laboratory settings.
- Examine most common problems experienced by shift-workers and learn practical techniques for minimizing disruption of their circadian clocks.
- Implement strategies for combating insomnia and getting the most restorative value of sleep even under non-ideal conditions.

Instructors:

**Phyllis Zee** - Benjamin and Virginia Boshes Professor of Neurology, Director of the Center for Sleep and Circadian Medicine, Northwestern University Feinberg School of Medicine

**Hans P.A. Van Dongen** - Research Professor of Psychology, Assistant Director of Sleep & Performance Research Center, Washington State University

**Michael Gorman** - Professor of Psychology, UC San Diego

**Charmane Eastman** - Professor of Behavioral Sciences, Biological Rhythms Research Laboratory, Rush University Medical Center, Chicago

**Sonia Ancoli-Israel** - Professor Emeritus of Psychiatry and Medicine, UC San Diego

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For website and registration information:
http://ccb.ucsd.edu/activities-and-events/workshop-shiftwork.html