



UCSD Center for  
Circadian Biology



# CCB Workshop on Circadian Rhythms & Shiftwork

February 25, 2015 | 1:00 PM - 4:30 PM | UCSD Sanford Consortium

## Speakers and Schedule:

1:00pm **Registration**

1:15pm **Phyllis Zee** – *Basics of circadian rhythms in health and disease*

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

2:00pm **Break**

2:30pm **Michael Gorman** – *Adapting to shift-work schedules: What we've learned from human and animal studies*

Professor of Psychology, UC San Diego

3:15pm **Sonia Ancoli-Israel** – *Sleep disorders and Shiftwork - consequences of poor sleep and treatment strategies*

Professor Emeritus of Psychiatry and Medicine, UC San Diego

4:00pm **Q&A**

4:30pm **Adjourns**

## 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 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 other sleep disorders 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-workshop.html>

