



UCSD Center for
Circadian Biology



CCB Workshop on Sleep, Health and Work Schedules

February 24, 2016 | 1:00 PM - 5:00 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:

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

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

Debra Skene – *Health consequences of shiftwork and possible treatment strategies*
Professor of Neuroendocrinology, University of Surrey

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



For more information:

Pattie Magallanez pattiemag@ucsd.edu

For website and registration information:

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

