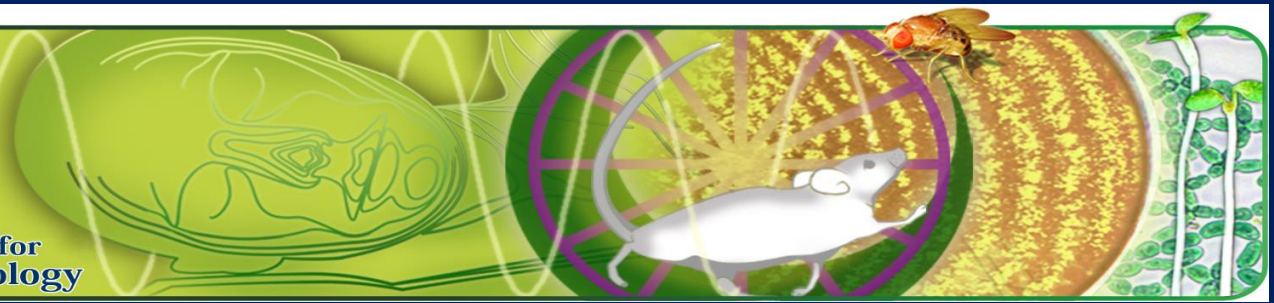




UCSD Center for
Circadian Biology



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:

Pattie Magallanez pattiemag@ucsd.edu

For website and registration information:

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



Center for
Circadian Biology
UC San Diego



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:

Pattie Magallanez pattiemag@ucsd.edu

For website and registration information:

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



Sponsorship Information for UCSD Center for Circadian Biology 2017 Workshop on Sleep, Health and Work Schedules

ATOMIC CLOCK SPONSOR - \$15,000

- Sponsor company logo & hyperlink on symposium and sleep workshop websites
- 6 complimentary registrations, includes validated free parking
- Sponsorship acknowledgement before session introductions
- Complimentary table in symposium and/or sleep workshop venue
- Full-page ad in symposium program and acknowledgement in all symposium or sleep workshop media materials
- List of attendees

BIG BEN SPONSOR - \$10,000

- Sponsor company logo & hyperlink on symposium and sleep workshop websites
- 5 complimentary registrations, includes validated free parking
- Sponsorship acknowledgement before session introductions
- Complimentary table in symposium or sleep workshop venue
- Half-page ad in symposium program and acknowledgement in all symposium or sleep workshop media materials
- List of attendees

GRANDFATHER CLOCK SPONSOR - \$3,000-\$5,000

- Sponsor company logo & hyperlink on symposium websites
- 3 complimentary symposium registrations, includes validated free parking
- Sponsorship acknowledgement before session introductions
- Complimentary table in symposium or sleep workshop venue
- Half-page ad in symposium program and acknowledgement in all symposium or sleep workshop media materials
- List of attendees

SUNDIAL SPONSOR - \$2,000

- Sponsor company logo & hyperlink on symposium websites
- 2 complimentary symposium registrations, includes validated free parking
- Sponsorship acknowledgement before session introductions
- Complimentary table in symposium or sleep workshop venue
- ¼-page acknowledgement on symposium or sleep workshop program
- List of attendees

HOURLASS SPONSOR - \$1,000

- 1 complimentary symposium registration and parking
- Acknowledgement on symposium and sleep workshop websites
- Supporter listing in symposium program

CCB COMMUNITY SUPPORTER - \$200-\$4,000

- **\$4,000** - Sponsor VIP dinner
- **\$3,000** - Sponsor speakers reception
- **\$2,000** - Sponsor poster prize session
- **\$1,000** - Sponsor a closing banquet table
- **\$200** - Scholarship for Student/Trainee to attend sleep workshop or symposium

To become a sponsor or learn more:

**Terry Peters
(858) 534-7753
tpeters@ucsd.edu**