



UCSD Center for
Circadian Biology

Public Workshop

“It’s About Time for Health: Exercise, Light & Food”

February 13, 2019 | 1:00 PM - 4:00 PM | UCSD Sanford Consortium

Objectives:

- Increase public awareness regarding impact of lifestyle behaviors and environmental conditions on circadian rhythms and sleep, and evidence-supported strategies to minimize health risks
- Discover how modern 24/7 lifestyles, including timing of exercise, light exposure, and food intake influence body clocks, sleep, and health
- Discuss daily strategies for improving body clocks and sleep, metabolism, and health through modest changes in personal, workplace, and community-based practices

Who Should Attend: Shift workers, hospital and nursing home administrators, military, first responders, healthcare workers, students and residents, 911 operators, public and community health officials

Speakers and Presentations:

Sonia Ancoli-Israel – Moderator and panelist. Professor Emeritus of Psychiatry and Medicine, UC San Diego.

Dorothy D. Sears – “Effect of Meal-Timing and Fasting on Rhythms, Sleep and Health”

Professor of Nutrition, College of Health Solutions, Arizona State University; Adjunct Professor of Medicine and Family Medicine & Public Health, UC San Diego

Celine Vetter – “Effect of Light on Rhythms, Sleep and Health”

Assistant Professor of Integrative Physiology, University of Colorado Boulder

Phyllis Zee – “Introduction to Circadian Rhythms and the Effect of Exercise on Rhythms, Sleep and Health”

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



For website and registration information:

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

For more information:

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