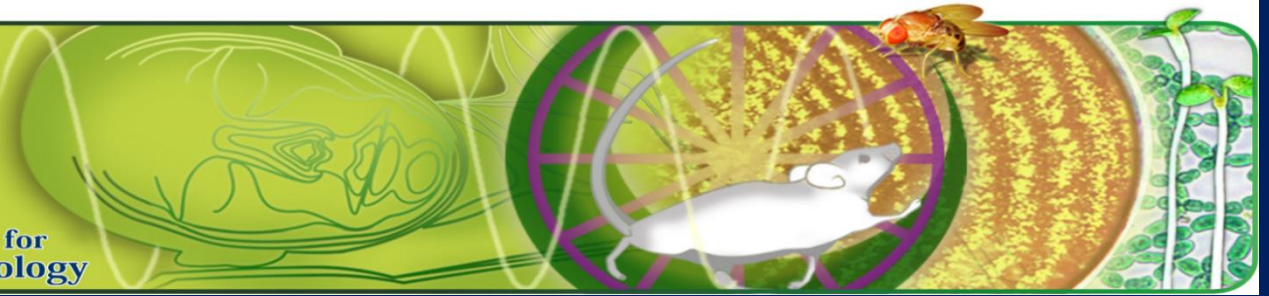




UCSD Center for
Circadian Biology



Public Workshop

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

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

Workshop 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

Schedule

12:45pm Registration

1:00pm Welcome: **Sonia Ancoli-Israel** – Professor Emeritus of Psychiatry and Medicine, UC San Diego

1:15pm **Phyllis Zee** – “Introduction to Circadian Rhythms and the Effect of Exercise on Rhythms, Sleep and Health”
Dr. Zee is Director of the Center for Circadian and Sleep Medicine, Benjamin and Virginia Boshes Professor of Neurology, Northwestern University Feinberg School of Medicine.

1:45pm **Celine Vetter** – “Effect of Light on Rhythms, Sleep and Health”
Dr. Vetter is Assistant Professor of Integrative Physiology at University of Colorado Boulder

2:15pm **30-Minute BREAK**

2:45pm **Dorothy D. Sears** – “Effect of Meal-Timing and Fasting on Rhythms, Sleep and Health”
Dr. Sears is Professor of Nutrition, College of Health Solutions, Arizona State University; Adjunct Professor of Medicine and Family Medicine & Public Health, UC San Diego

3:15pm Panel will address questions and comments from audience

4:00pm **Adjourn**

For website and registration information:

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

For more information:

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