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:
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For website and registration information:
http://ccb.ucsd.edu/activities-and-events/shiftwork-workshop.html