



UCSD Center for
Chronobiology



CCB Workshop on Circadian Rhythms & Shiftwork

February 5, 2014 | 1:30 PM-4:30 PM | 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 significantly impairs cognitive and work performance in real world and laboratory settings
- Examine most common problems experienced by shiftworkers and learn practical techniques for minimizing disruption of their circadian clocks
- Implement strategies for combating insomnia and getting the most restorative value of sleep even under non-ideal conditions

Instructors:

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

Hans P.A. Van Dongen - Research Professor of Psychology, Assistant Director of Sleep & Performance Research Center, Washington State University

Michael Gorman - Professor of Psychology, UC San Diego

Charmane Eastman - Professor of Behavioral Sciences, Biological Rhythms Research Laboratory, Rush University Medical Center, Chicago

Sonia Ancoli-Israel - Professor Emeritus of Psychiatry and Medicine, UC San Diego



For more information:

Maysoon Lehmeidi mlehmeidi@ucsd.edu

For website and registration information:

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

