



UCSD Center for  
Chronobiology



# CCB Workshop on Circadian Rhythms & Shiftwork

February 5, 2014 | 1:30 PM-4:30 PM | Sanford Consortium

## Speakers and Schedule:

1:00pm Registration

1:30pm **Phyllis Zee** – *Basics of circadian rhythms*

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

2:00pm **Hans P.A. Van Dongen** – *Sleep deprivation and performance*

Research Professor of Psychology, Assistant Director of Sleep & Performance Research Center, Washington State University

2:30pm **Michael Gorman** – What animal studies tell us about shift-work: health concerns and hopes for the future

Professor of Psychology, UC San Diego

3:00pm break

3:30pm **Charmane Eastman** – *Shiftwork: What it does to us and how to deal with it*

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

4:00pm **Sonia Ancoli-Israel** – *Insomnia: Consequences and cures*

Professor Emeritus of Psychiatry and Medicine, UC San Diego

4:30pm Adjourn

## Workshop Objectives:

- Understand how brains and bodies are governed by daily clocks that resists 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 shift-workers 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

## For more information:

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## For website and registration information:

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

