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 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

**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

For more information:
Maysoon Lehmeidi mlehmeidi@ucsd.edu
For website and registration information: http://ccb.ucsd.edu/activities-and-events/workshop-shiftwork.html
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:**

Maysoon Lehmeidi mlehmeidi@ucsd.edu

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