CCB Workshop on Circadian Rhythms & Shiftwork

February 25, 2015 | 1:00 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
- Learn practical techniques for minimizing disruption of circadian clocks during shiftwork
- Implement strategies for combating sleep disorders and getting the most restorative value of sleep even under non-ideal conditions

Instructors:

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

Michael Gorman – What animal studies tell us about shiftwork: health concerns and hopes for the future
Professor of Psychology, UC San Diego

Sonia Ancoli-Israel – Management strategies for sleep disorders (Insomnia, Apnea, Narcolepsy) and shiftwork
Professor Emeritus of Psychiatry and Medicine, UC San Diego

Mark Rosekind – Transportation safety risks due to circadian biology: NTSB investigations and recommendations
Board Member, National Transportation Safety Board (NTSB)

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