

Course #2673

2013 WPIC Summer Seminar Series



Sleep and Circadian Rhythms – From Bench to Bedside

PROGRAM OVERVIEW. Sleep and circadian rhythms are fundamental physiological processes in humans and other animals. The search for a fundamental function of these processes on the one hand remains elusive; on the other hand, this function may be so obvious that it often escapes our attention. The basic premise of this course is simply this: That sleep and circadian rhythms maintain optimal neurocognitive and physical health. A better understanding of these processes is therefore essential to all scientists and clinicians who study cognitive and emotional processes, physical health, and the relationships between them. We will survey recent findings in each of these areas. In order to demonstrate the depth of translational research relating to sleep and circadian rhythms, we propose an ambitious but stimulating format for each of the six sessions. Each session will include two 20-minute “mini-lectures,” one focused on clinical research, and one focused on translational research, in either the basic science or dissemination direction. A Discussant will draw on these two presentations for an informal 10-minute commentary. The final 10 minutes will encourage audience discussion.

Sessions will take place from **Noon to 1:00 PM** on the following Thursdays at the WPIC Auditorium located on the second floor of Thomas Detre Hall.

Date	Title	Presenters
July 11, 2013	Dissemination of Sleep Disorder Treatments	Anne Germain, PhD Charles Atwood, Jr., MD Bruce Rollman, MD
July 18, 2013	Sleep and Emotion Regulation	Peter Franzen, PhD Dana McMakin, PhD Greg Siegle, PhD
July 25, 2013	Insomnia	Daniel J. Buysse, MD Georgina Cano, PhD Erika Forbes, PhD
August 8, 2013	Circadian Rhythms and Emotion Regulation	Colleen McClung, PhD Brant Hasler, PhD Kathryn Roecklein, PhD
August 15, 2013	Aging, Sleep, and Circadian Rhythms	Tim Monk, PhD Etienne Sibille, PhD Mark Miller, MD
August 22, 2013	Sleep and Health	Martica Hall, PhD Christopher O'Donnell, PhD Patrick Strollo, MD

All UPMC Faculty and Staff are welcome to attend.

FACULTY DISCLOSURES. Faculty for this activity have been required to disclose all relationships with any proprietary entity producing health care goods or services, with the exemption of non-profit or government organizations and non-health care related companies.

CONTINUING MEDICAL EDUCATION CREDIT. The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.1 continuing education units (CEUs) which are equal to 1.0 contact hours.

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