

Sample SLEEP 2010 Itinerary

Circadian Rhythm Focus (Clinical)

Saturday, June 5, 2010

8:00am – 5:00pm Choose from 6 Courses

Sunday, June 6, 2010

8:00am – 5:00pm Postgraduate Course: Diagnosis and Treatment of Circadian Rhythm Sleep Disorders

6:00pm – 7:30pm *Welcome to San Antonio* Networking and Fundraising Reception

Monday, June 7, 2010

8:00am – 10:15am Plenary Session and Keynote Address: Sleep and Circadian Rhythms – Closer Together Again

10:15am – 10:30am Refreshment Break in the Exhibit Hall

10:30am – 12:30pm Discussion Group: Sleep and Circadian Biology: New Opportunities and Resources for Molecular Research at the NIH

12:30pm – 1:30pm Meet the Professor Session: Managing the Shift Work Patient

1:45pm – 2:45pm Choose from 6 Sessions

2:45pm – 3:00pm Refreshment Break in the Exhibit Hall

3:00pm – 5:00pm Symposium: Circadian and Sleep Disturbances Underlying Cardiometabolic Disease in Shift Workers

Tuesday, June 8, 2010

8:00am – 9:00am Plenary Session: Childhood Antecedents for the Chronic Health Conditions: The Role of Sleep Disorders

9:00am – 10:00am Choose from 4 Sessions

10:00am – 10:15am Refreshment Break in the Exhibit Hall

10:15am – 12:15pm Symposium: The Role of Chronobiology and Sleep in Adolescent Psychiatry

12:30pm – 1:30pm Meet the Professor Session: Resetting the Human Circadian Pacemaker with Light

1:30pm – 2:30pm Choose from 6 Sessions

2:30pm – 2:45pm Refreshment Break in the Exhibit Hall

2:45pm – 4:45pm Scientific Oral Presentations: Clock Resetting and Circadian Physiology

Wednesday, June 9, 2010

8:00am – 9:00am Plenary Session: New Adventures in Sleep Quality

9:00am – 10:00am Scientific Oral Presentations: Sleep and Circadian Modulation of Learning

10:00am – 10:15am Refreshment Break in the Exhibit Hall

10:15am – 12:15pm Clinical Workshop: Actigraphy in the Clinic

12:30pm – 1:30pm Lunch and Learn Session: Sleep vs. Circadian Effects on Learning and Memory

1:30pm – 2:30pm Scientific Oral Presentations: Sleep Regulation and Plasticity

2:30pm – 2:45pm Refreshment Break

2:45pm – 4:45pm Scientific Oral Presentations: Circadian Rhythm Disturbances: Clinical Impact and Treatment Challenges