

Circadian Rhythm Disorders (CRDs) are clinical conditions characterised by a disruption of the individual sleep-wake cycle and other daily (lat. "circa diem") biological rhythms.

A circadian pacemaker, or body clock, localised in the anterior hypothalamus, is responsible for synchronising every internal rhythm to the 24-hour day.

In the present symposium we will learn how this synchronisation can be compromised, e.g. in neuropsychiatric or eye diseases, as well as in common life situations and what are the possible health consequences of the "misalignment" between internal and external time for the affected people.

Accredited educational training:

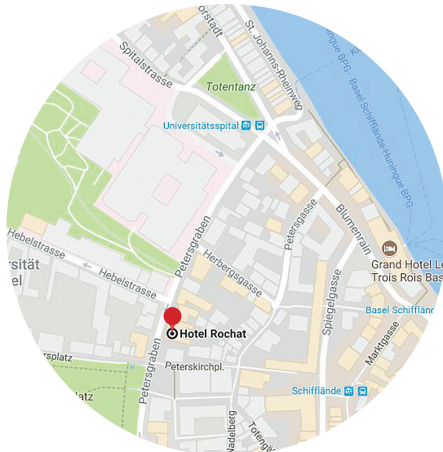
- Swiss Neurological Society (SNG-SSN): 4 Credits
- Swiss Society for Psychiatry and Psychotherapy (SGPP): 3 Credits

Location:

Hotel Rochat - Saal Rochat,
Petersgraben 23, 4051 Basel

Information and Registration:

Dr. Corrado Garbazza
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When the (biological) clock ticks out of time

Ist Basel Symposium on Circadian Rhythm Disorders

Thursday, 5 October 2017, 14.00-17.30
Hotel Rochat, Basel



Centre for Chronobiology
Psychiatric Hospital of the University of Basel (CH)

PQ
HS | PhD Educational Program
Health Sciences

University
of Basel

Welcome

Dr. Corrado Garbazza, MD

14.00-14.15

1st Session

“Circadian Disruption in Daily Life”

(Moderator: Corrado Garbazza)

- **Prof. Christian Cajochen, PhD**

14.15-14.45

Sleep and circadian rhythms in the 24/7 society:
an overview with insights into current research topics

- **Prof. Steven Lockley, PhD**

14.45-15.30

Non-24-hour sleep-wake rhythm disorder
in visually impaired people

Keynote Lecture

Coffee break

15.30-16.00

2nd Session

“Circadian Rhythm Disorders in Clinical Practice”

(Moderator: Christian Cajochen)

- **Prof. em. Anna Wirz-Justice, PhD**

16.00-16.30

Light therapy for mood and circadian rhythm disorders

- **Prof. Francesco Benedetti, MD, PhD**

16.30-17.00

Circadian disruption in psychiatric disorders:
pathophysiology and therapeutic strategies in the clinical setting

Discussion

17.00-17.30

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Confirmed Speakers:

- **Prof. Steven Lockley, PhD**

Harvard Medical School, Division of Sleep Medicine (USA)

- **Prof. Francesco Benedetti, MD, PhD**

Department of Clinical Neurosciences, Scientific Institute and
University Vita-Salute San Raffaele, Milan (IT)

- **Prof. em. Anna Wirz-Justice, PhD**

Centre for Chronobiology, University of Basel (CH)

- **Prof. Christian Cajochen, PhD**

Centre for Chronobiology, University of Basel (CH)

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