

**Department of Psychiatry & Behavioral Sciences**



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*“Investigations in Sleep and Sleep Health”*

*November 18, 2015  
12:00 p.m. – 1:00 p.m.  
Buggy Works Building  
1513 East Cleveland Avenue, SW  
Bldg. 100-A, Suite 100*

***Learning Objectives***

**At the end of this presentation participants will be able to:**

- 1) Understand the importance of sleep for brain and body.
- 2) Recognize health consequences associated with sleep loss.
- 3) Understand how circadian timing regulates sleep.

**Speaker Disclosure(s): None**

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