

Sunday

- 12:00 – 14:00 Students arrive, registration (lunch will be provided)
Students receive registration pack
- 14:00 – 16:00 Walking tour of Oxford and a College
- 16:00 – 18:00 free time to explore Oxford
- 18:00 – 22:00 Welcome dinner for students and faculty – Cherwell Boathouse

Monday – GENERAL INTRODUCTIONS

09:00 – 13:15	09:00 – 09:15 Russell Foster : Introduction to the School 09:15 – 10:30 Martha Merrow : What is the clock? 10:30 – 11:00 <i>Coffee break (students to put posters up x12)</i> 11:00 – 12:15 Colin Espie : What is sleep? 12:15 – 12:45 Data blitz session 1
12:45 – 14:00	Lunch and poster viewing
14:00 – 17:00	14:00 – 15:15 Till Roenneberg : Sleep and the clock 15:15 – 15:45 <i>Coffee break</i> 15:45 – 17:00 Russell Foster : Sleep and circadian rhythm disruption

Tuesday – MOLECULAR AND NEUROBIOLOGICAL MECHANISMS

09:15 – 13:15	<i>Lecture/workshop for all</i> 09:15 – 10:30 Ezio Rosato : Molecular Mechanisms of Clocks 10:30 – 11:00 <i>Coffee break (students to put posters up x12)</i> 11:00 – 12:15 Vladyslav Vyazovskiy : Molecular, cellular and network mechanisms of sleep regulation 12:15 – 12:45 Data blitz session 2
12:45 – 14:00	Lunch and poster viewing
14:00 – 17:30	Joint workshop
	Johanna Meijer : Circadian Neurobiology XXXX: Neurobiology of sleep

Wednesday - ENTRAINMENT

09:15 – 13:15	<i>Lecture/workshop for all</i> 09:15 – 10:30 XXXX: Sleep and metabolic health 10:30 – 11:00 <i>Coffee break (students to put posters up x12)</i> 11:00 – 12:15 <u>Debra Skene</u> : Human Circadian Rhythms 12:15 – 12:45 Data blitz session 3	
12:45 – 14:00	Lunch and poster viewing	
14:00 – 17:30	Subject-specific workshops (split to 2 groups)	
	Circadian/Basic	Sleep/Clinical
	<u>Outputs of circadian system:</u> <u>Bert Maier</u> : Immune System XXXX: Proteomics <u>Stuart Peirson</u> : Learning and memory	Practical session 1: <u>Christel Gudberg, Kate Porcheret, Rachel Sharman, Jan Cosgrave, Chris Harvey</u> - PSG background and set up

Thursday –Health and outputs of the sleep/circadian systems

09:15 – 13:15	<i>Lecture/workshop for all</i> 09:15 – 10:30 <u>Russell Foster</u> : Circadian Entrainment 10:30 – 11:00 <i>Coffee break (students to put posters up x12)</i> 11:00 – 12:15 <u>Thomas Erren</u> : Timing of sleep and circadian rhythm sleep disorders 12:15 – 12:45 Data blitz session 4	
12:45 – 14:00	Lunch and poster viewing	
14:00 – 17:30	Subject-specific workshops (split to 2 groups)	
	Circadian/Basic	Sleep/Clinical
	<u>Till Roenneberg</u> : Entrainment Formalisms	XXXX: Practical session 2 - Actigraphy, sleep log and EEG analysis
18:00 – 19:00	Public lecture – Allan Pack, Genetics of Sleep (SCNi medal to be awarded) Oxford Martin School	

Friday

09:15 – 13:15	Lecture Circadian/Basic	Lecture Sleep/Clinical
09:15 – 10:30	XXXX :Seasonal Rhythms	Simon Kyle: Treatments to improve sleep quality: pharmacotherapy and psychological approaches
10:30 – 11:00	<i>Coffee break (students to put posters up x12)</i>	
11:00 – 12:15	Alex Webb : Plant Rhythms	Bryony Sheaves: Treating sleep problems in people with psychiatric disorders
12:30 – 13:00	Data blitz session 5	
13:00 – 14:00	Lunch and poster viewing	
14:00 – 17:30	Subject-specific workshops	
	Circadian/Basic	Sleep/Clinical
14:00 – 15:30	Actigraphy, sleep log and EEG/PSG analysis workshop - Include big data/time series discussions to be led by all Chrono faculty still in Oxford <i>Coffee available at 15:30</i>	Philip Gehrman: Sleep and PTSD
15:30 – 16:00		<i>Coffee break</i>
16:00 – 17:30		Renata Riha: Parasomnias and narcolepsy
17:30 – 18:00	Closing remarks and prize giving	
19:00 – 22:00	Leaving party – Brasenose College Sports Ground	

Saturday

Students depart