



Sleep Medicine and Circadian Neuroscience Summer School 2014



The Sleep and Circadian Neuroscience Institute (SCNi) hosted the first Sleep and Circadian Neuroscience Summer School at the University of Oxford in June 2014. The Wellcome Trust supported the school, and Lumie and CamNTEch sponsored it. The 55 participants came from all over the UK, Europe, the US and Japan to join a host of internationally renowned experts in the fields of chronobiology and sleep medicine - including Russell Foster, Colin Espie, Martha Merrow and Till Roenneberg.

"I thoroughly enjoyed the week. The poster sessions, socials and public debate were an excellent addition to the taught sessions throughout the day."

Katie Lewis, Cardiff University

It was the ideal opportunity for young researchers to engage with each other academically and socially. Students enjoyed a tour of the beautiful city of Oxford, after which the ever vivacious Professor Russell Foster welcomed them to the

summer school. This was followed by a reception dinner at Cherwell Boathouse. What better way to showcase Oxford than a barbecue in the sunshine, watching the evening punts go by?

The real business of the summer school

- to disseminate cutting edge research and encourage the enthusiasm of early career researchers - was kicked off in earnest with a series of interactive lectures for all of the students. These lectures covered the basics of chronobiology and sleep medicine and provided an introduction to the topics that would be covered during the days of workshops and seminars that followed. For these more in-depth sessions the school split in to two working groups, one for circadian neuroscience and one for sleep medicine, to delve deeper into these areas.

The poster sessions provided a wonderful insight into the new and exciting research which is being carried out internationally in sleep and circadian neuroscience, and allowed students the time to find out more about their peers and start developing what will hopefully become career-long networks. This ethos of interaction was further encouraged during a very spirited public debate, which saw two leaders in the field argue ferociously about the case for making school start later for adolescents.

The summer school ended with a lawn party at Brasenose College Cricket Pavilion. After a typical British summer's day the sun finally came out, just in time for everyone to enjoy pizza and drinks on the lawn, and the odd game of croquet and football.



"The summer school was excellent. I learnt a lot and was impressed by the diversity of the research I was exposed to. Not knowing much about chronobiology it was certainly an eye-opener."

Rebecca Wilson, University of Birmingham

Email scni@ndcn.ox.ac.uk to find out about the next Summer School in July 2015

<http://scni.ndcn.ox.ac.uk>