

SUMMER SCHOOL TIMETABLE 2016

Sunday

- 12:00 – 14:00 Students arrive, registration (lunch will be provided)
 Students receive registration pack and telemetry device(s)
- 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 Introduction to the School 09:15 – 10:30 What is the clock? 10:30 – 11:00 <i>Coffee break (students to put posters up x12)</i> 11:00 – 12:15 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 Sleep and the clock 15:15 – 15:45 <i>Coffee break</i> 15:45 – 17:00 <u>TBC</u>

Tuesday – MOLECULAR AND NEUROBIOLOGICAL MECHANISMS

09:15 – 13:15	<i>Lecture/workshop for all</i> 09:15 – 10:30 Molecular Mechanisms of Clocks 10:30 – 11:00 <i>Coffee break (students to put posters up x12)</i> 11:00 – 12:15 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
	Neurobiology of sleep and circadian rhythms

SUMMER SCHOOL TIMETABLE 2016

Wednesday - ENTRAINMENT

09:15 – 13:15	<i>Lecture/workshop for all</i> 09:15 – 10:30 Circadian Entrainment 10:30 – 11:00 <i>Coffee break (students to put posters up x12)</i> 11:00 – 12:15 Timing of sleep and circadian rhythm sleep disorders 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
	Entrainment Formalisms	Practical session 1 - 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 Sleep and metabolic health 10:30 – 11:00 <i>Coffee break (students to put posters up x12)</i> 11:00 – 12:15 Human Circadian Rhythms 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>Outputs of circadian system:</u> Immune System Proteomics Learning and memory	Practical session 2 - Actigraphy, sleep log and EEG analysis
18:00 – 19:00	Public debate on daylight saving time – to be confirmed Oxford Martin School	

SUMMER SCHOOL TIMETABLE 2016

Friday

09:15 – 13:15	Lecture Circadian/Basic	Lecture Sleep/Clinical
09:15 – 10:30	Seasonal Rhythms	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	Plant Rhythms	Sleep and PTSD
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 <i>Coffee available at 15:30</i>	Parasomnias and narcolepsy
15:30 – 16:00		<i>Coffee break</i>
16:00 – 17:30		Treating sleep problems in people with psychiatric disorders
17:30 – 18:00	Closing remarks and prize giving	
19:00 – 22:00	Leaving party	

Saturday

Students depart