**Sunday**

12:00 – 14:00 Students arrive, registration (University Club, lunch will be provided)

14:00 – 16:00 Walking tour of Oxford and a College (leaving from University Club)

16:00 – 18:00 Free time to explore Oxford

18:00 – 22:00 Welcome dinner for students, faculty and SCNi – Cherwell Boathouse

**Monday – GENERAL INTRODUCTIONS**

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| 09:00 – 13:00 | *Introductory lectures x3; with break at about 11am*  Russell Foster: Introduction to the School  Martha Merrow: What is the clock?  Colin Espie: What is sleep?  Till Roenneberg: Sleep and the clock |
| 13:00 – 14:00 | Lunch |
| 14:00 – 17:30 | *Poster session for all* – University Club |

**Tuesday – MOLECULAR AND NEUROBIOLOGICAL MECHANISMS**

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| 09:30 – 12:30 | *Lecture/workshop for all*  Akhilesh Reddy: Molecular Mechanisms of Clocks  Vladyslav Vyazovskiy: Molecular, cellular and network mechanisms of sleep regulation | |
| 12:30 – 13:30 | Lunch | |
| 13:30 – 17:00 | Subject-specific workshops (split to 2 groups) | |
|  | Circadian/Basic | Sleep/Clinical |
|  | Johanna Meijer: Circadian Neurobiology | Claudio Bassetti: Neurobiology of sleep  **NB: This session will start at 13:00 and finish at 15:30** |

**Wednesday - ENTRAINMENT**

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| 09:30 – 12:30 | *Lecture/workshop for all*  Russell Foster: Circadian Entrainment  Thomas Erren: Timing of sleep and circadian rhythm sleep disorders | |
| 12:30 – 13:30 | Lunch | |
| 13:30 – 17:00 | Subject-specific workshops (split to 2 groups) | |
|  | Circadian/Basic | Sleep/Clinical |
| 13:30 – 15:00 | Till Roenneberg: Entrainment Formalisms | Derk-Jan Dijk: Entrainment of the human circadian pacemaker and the sleep-wake cycle |
| 15:30 -17:00 | Katharina Wulff: Pathologies/Clinical aspects of entrainment (e.g. eye disease) |

**Thursday – METABOLISM (Health and outputs of the sleep/circadian systems)**

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| 09:30 – 12:30 | *Lecture/workshop for all*  Alexandros Vgontzas – Sleep and metabolic health  Susanne La Fleur – Circadian metabolism | |
| 12:30 – 13:30 | Lunch | |
| 13:30 – 17:00 | Subject-specific workshops (split to 2 groups) | |
|  | Circadian/Basic | Sleep/Clinical |
|  | Outputs of circadian system:  Christoph Scheiermann: Immune System  Maria Olmedo: Olfaction  Stuart Peirson: Learning and memory | Gari Clifford/Katharina Wulff – Monitoring sleep and circadian rhythms (Comparisons of different devices available, data analysis and applications) |
| 18:00 – 19:00 | Public lecture – Colin Espie: Title to be confirmed  Oxford Martin School | |

**Friday**

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| 09:30 – 12:30 | Lecture Circadian/Basic | Lecture Sleep/Clinical |
|  | Barbara Helm: Seasonal Rhythms  Isabelle Carré: Plant Rhythms | Simon Kyle: Treatments to improve sleep quality: pharmacotherapy and psychological approaches  Philip Gehrman: Sleep and PTSD |
| 12:30 – 13:30 | Lunch | |
| 13:30 – 17:00 | Subject-specific workshops | |
|  | Circadian/Basic | Sleep/Clinical |
| *13:30 – 15:00* | Data analysis workshop – to be confirmed | Ian Morrison: Parasomnias and narcolepsy |
| *15:15 – 16:45* | Bryony Sheaves: Treating sleep problems in people with psychiatric disorders |
| 17:00 – 17:30 | Closing remarks and prize giving | |
| 19:00 – 22:00 | Leaving party – University Club | |

**Saturday**

Students depart