



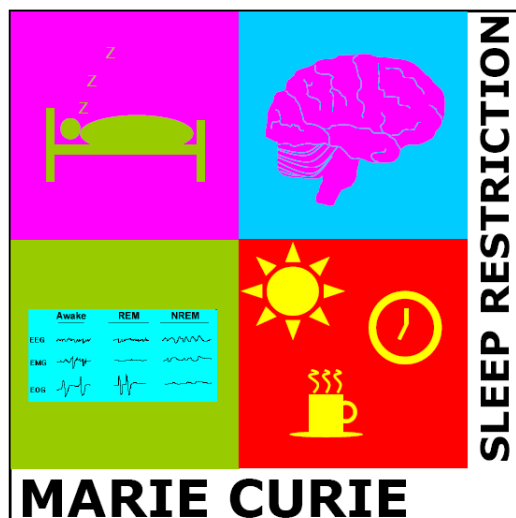
# Biomedical & Sociological Consequences of Sleep Loss

**BRUSSELS**

January 29 2009

**EUROPEAN COMMISSION  
REPRESENTATION IN BELGIUM**

Rue Archimède 73



Organization: EU Project Sleep Restriction MCRTN - CT- 2004 - 512362

Information & Registration: [mykerkho@ulb.ac.be](mailto:mykerkho@ulb.ac.be)

# AGENDA

**9:15: Registration**

**9:30: Welcome:** F. Marx (EU)

T. Porkka-Heiskanen: Coordinator EU project Sleep restriction

## **Sociological and behavioural consequences of sleep loss**

**09:45** S. Arber, University of Surrey UK

[Sociological perspectives on sleep and sleep loss](#)

**10:15** C. Cajochen, University of Basel, Switzerland

[Sleep loss and cognitive functions](#)

**10:45** P. Maquet , University of Liège, Belgium

[A PERIOD 3 polymorphism predicts sleep loss effects on executive brain responses in humans](#)

**11:15** *Coffee break*

## **Sleep loss, health and society**

**11:30** T. Porkka-Heiskanen, University of Helsinki, Finland

[Is sleep loss a risk factor?](#)

**12:00** T. Pollmächer, Max Planck Institute of Psychiatry Munich, Germany

[Sleep loss, metabolism and immunology](#)

**12:30** Press conference

**13:00** Lunch

## **Counteracting the effects of sleep loss**

**14:00** M. Kerkhofs, Université Libre de Bruxelles, Belgium

[Is napping an effective strategy against sleep loss?](#)

**14:30** D.J. Skene, University of Surrey, UK

[Effect of light on mood, alertness and sleep](#)

**15:00** H.P Landolt, University of Zurich, Switzerland

[Sleeping more or being more alert?](#)

**15:30** Panel Discussion

**16:00** Conclusions