

## SCCR Science Series

# Modern Sleep Medicine: How I Learned to Stop Worrying and Love my Sleep



**Thursday, April 7th, 2022**  
**9:00-11:00 am [Zoom Meeting](#)**

Click [HERE](#) to Register!

The mission of the Stanford Center for Clinical Research (SCCR) includes offering educational resources, training, and support for investigators and research staff. We have invited the Associate Professor of Psychiatry and Behavioral Sciences at Stanford Center for Sleep Medicine, **Dr. Jamie Zeitzer, PhD**, to provide you with fundamental aspects of sleep and circadian physiology, common disruptors, and countermeasures to these disruptions, as well as current and future developments in the field.

At the conclusion of this class, you will be able to:

- Understand the biological underpinnings of sleep and circadian rhythms
- Understand common types of sleep disruptions
- Understand countermeasures to sleep disruptions

*Attendance is open to all research staff*

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## About the Instructors:



**Dr. Jamie Zeitzer, PhD**, is an associate professor of Psychiatry and Behavioral Sciences and the co-director of the Center for Sleep and Circadian Sciences at Stanford University. He also holds a position as a health science specialist at the VA Palo Alto Medical Center. He has more than 25 years of research experience examining sleep and circadian rhythms in humans as well as animal models. His current research mainly focuses on the impact of light on human behavior, circadian-based sleep disorders, and the use of wearables to improve human health.

## BRN OPTIONAL

Spectrum is an approved provider by the California Board of Registered Nursing, Provider Number CEP15435 for 2 contact hour(s).

To receive your certificate with BRN credit, you are required to complete an evaluation at the conclusion of this class.

BRN Cancellation Policy: If you wish to cancel your registration, please contact Susan Saba at [ssaba@stanford.edu](mailto:ssaba@stanford.edu).