DUKE NUS GRADUATE MEDICAL SCHOOL SINGAPORE

Signature Seminar Series

Changes in Sleep with Age: Causes and Consequences

ABOUT THE LECTURE

While older adults report sleeping about seven hours a night, there are changes in sleep that occur with age. The consequences of poor sleep include increased risk of depression, declining physical function, cognitive dysfunction and falls and increased mortality. The prevalence of primary sleep disturbances also increases including circadian rhythm disturbances, sleep disordered breathing, REM behavior sleep disorder, restless legs syndrome, and periodic limb movements in sleep. Particularly in older adults, sleep disturbances are likely to represent a multi-factorial syndrome in which medical illness, psychiatric illness, and medications may also play a role

Speaker: ***Professor Sonia Ancoli-Israel***
Professor Emeritus of Psychiatry and Medicine
Professor of Research
University of California, San Diego

Host: ***Professor Michael Chee***
Professor
Neuroscience & Behavioral Disorders Programme
Duke-NUS Medical School

Date: Tuesday, 19 January 2016

Time: 12.00 PM— 1.00 PM
(Lunch will be served at 1.00 PM)

Venue: Duke-NUS Medical School
Amphitheatre, Level 2

Contact Person: Ms Kathleen Chan, Duke-NUS Research Affairs Department
Tel: 6516 7255 or Email: kathleen.chan@duke-nus.edu.sg

ABOUT THE SPEAKER

Sonia Ancoli-Israel, Ph.D. is a Professor Emeritus and Professor of Research in the Departments of Psychiatry and Medicine at the University of California San Diego (UCSD) School of Medicine and Director of the Gillin Sleep and Chronomedicine Research Center. Dr. Ancoli-Israel received her Bachelor's Degree from the State University of New York, Stony Brook, a Master's Degree in Psychology from California State University, Long Beach and a Ph.D. in Psychology from the University of California, San Francisco. Dr. Ancoli-Israel's expertise is in the field of sleep disorders and sleep research in aging. Her current interests include the longitudinal effect of sleep disorders on aging, the effect of circadian rhythms on sleep, therapeutic interventions for sleep problems in dementia, and fatigue, particularly the relationship between sleep, fatigue and circadian rhythms in cancer and other chronic illnesses. Dr. Ancoli-Israel is Past-President of the Sleep Research Society (SRS), Past-President of the Society for Light Treatment and Biological Rhythms, and was on the founding Executive Board of the National Sleep Foundation. She was honored in 2007 with the National Sleep Foundation Life Time Achievement Award and the SRS Mary A. Carskadon Outstanding Educator Award, in 2012 with Society of Behavioral Sleep Medicine Distinguished Career Award and in 2014 with the SRS Distinguished Scientist Award. Dr. Ancoli-Israel is published regularly in medical and psychiatric journals with over 400 publications in the field.



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