

LISBON SLEEP SUMMIT – Sleep in Women

15th May	16th May	17th May	18th May	19th May
<p>Pre Summit Courses 9:30 – 18h</p> <p>Course 1 Diagnosis in Somnology and Sleep Medicine</p> <p>Course 2 Sleep across Life and Gender</p>	<p>Pre Summit Course 9:30 – 16:30h</p> <p>Course 3 Treatment in Somnology and Sleep Medicine</p>	<p>9 h – Sleep, genes and depression in women</p> <p>9h30 – Neurobiology of female`s sleep</p> <p>10h30 – Coffee break</p> <p>11h – Women, work and success</p> <p>11h30 – Mothers’ sleep</p>	<p>9h – Do female and male clocks tick differently?</p> <p>9h30 – Objective and Subjective Sleep metrics in Men and Women</p> <p>10h00 – Strange things women may do at night</p> <p>10h30 – Coffee break</p> <p>11h – Violence, women and sleep</p> <p>11h30 – Sleep in the context of aggression</p>	<p>9h – Sleep in adolescents: gender matters</p> <p>9h30 – Early in life: sleep prevention and education</p> <p>10h30 – Coffee break</p> <p>11h – My Life, My Sleep and I</p> <p>12h – Closing session</p>
		12h30 Lunch time - Posters presentation	12h30 Lunch time - Posters presentation	12h30 Lunch time
	<p>14h Registration</p> <p>17h Opening session</p> <p>17h30 Women Life Challenges</p> <p>19h00 Welcome reception</p>	<p>14h – Sleep disorders in females</p> <p>14h30 – The three companions: Pain, Fatigue and dyssomnia</p> <p>15h30 – Coffee break</p> <p>16h – Insomnia in Females</p> <p>16h30 – Late in life: Risks, preservation and quality</p> <p>18h – Oral communications and posters</p>	<p>14h – The snoring woman</p> <p>14h30 – Breathing, sleep and females</p> <p>15h30 – Coffee break</p> <p>16h – Women, stress and memory</p> <p>16h30 – The magic triangle: Sleep, Nutrition, Exercise</p> <p>18h – Oral communications and posters</p>	