

## “Sleep, Psyche, Circadian Clock”

<b>1° module - Friday November 6th, 2020</b>		
P. Girardi /A. Minervino	Welcome and Introduction to the Course	10 min.
A. Minervino	The importance of the sentinel function in sleep	20 min.
G. Biggio	Circadian clock, trauma, brain	20 min.
L. Nobili	The mechanisms of sleep and wakefulness	20 min.
P. Girardi	Psichopathology of trauma and insomnia	20 min.
Scientific Board	Discussion	30 min.

<b>2° module – Saturday November 14th, 2020</b>		
P. Girardi /A. Minervino	Welcome and Introduction to the Course	10 min.
R. Manni	Circadian rhythms and insomnia	20 min.
L. Nobili	Melatonin, a neurohormone and a drug	20 min.
E. Aguglia	The trauma effects on psychic disorders and circadian rhythms	20 min.
M. Amore	Circadian clock and the ages of life among stress, mood and anxiety	20 min.
Scientific Board	Discussion	30 min.

<b>3° module _ Friday November 20th, 2020</b>		
Responsabili Scientifici P. Girardi /A. Minervino	Welcome and Introduction to the Course	10 min.
C. Mencacci	Insomnia in women’s life cycles	20 min.
R. Brugnoli	Trauma and impact on sanitary operators’ circadian clock	20 min.
L. Palagini	Pharmaco-therapeutic aspects of insomnia	20 min.
L. Grassi	Sonno & Psyche project Survey: preliminary data	20 min.
Scientific Board	Discussion	30 min.

**First Class S.r.l. Meetings and Conferences**

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