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Sleep and Shift Work: Optimizing Productivity and Health Management in the 24/7 Global Economy

September 27–28, 2012 • Boston, MA

A Harvard School of Public Health Program

Receive the most cutting-edge perspectives on productivity and health management, operations, and public policy issues with regard to the challenges that fatigue, shift work, and sleep-related disorders place on the 24/7 global economy.

Upon Completion, Participants Will Be Able To:

- Evaluate, understand, and communicate the health and productivity impact of fatigue, shift work, and sleep disorders
- Interpret the biological, physiological, and medical risks associated with fatigue, shift work, and sleep disorders
- Implement innovative and/or evidence-based approaches to mitigate and minimize risks associated with sleep and shift work
- Apply strategies and best practices to shift work operations

Understand the Productivity and Health Impact of 24/7 Operations

Businesses leverage around-the-clock operations to meet the demands of the global marketplace. Shift work, defined as shifts outside of a typical 9–5 workday, is associated with numerous chronic health conditions. The consequences include higher health care costs and concerns related to excessive sleepiness, compromised safety, and depressed labor productivity. In addition to requiring shift work, many industries require transoceanic travel, which disrupts circadian rhythms and usual sleep patterns. Armed services members and other federal employees are also subject to deployments in which sustaining or optimizing performance upon arrival to the new destination may have mission critical effects.



Featured Faculty:

Charles A. Czeisler

Hans P. A. Van Dongen

Anthony Kales

Ronald C. Kessler

Mark R. Rosekind



REGISTER TODAY — visit <https://ccpe.sph.harvard.edu/IPHM>



AGENDA

SEPTEMBER 2012

S M T W T F S

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30

THURSDAY, SEPTEMBER 27TH

7:30 AM Check-In and Continental Breakfast

8:00 **Welcome & Introductory Remarks** — *S. Kales, Forman, Parks*

8:15 **Fatigue, Sleep Disorders, and Shift Work: Key Lessons from Transportation Accidents** — *Rosekind*

9:15 **Sleep Loss and Fatigue: Designing Transportation Work Schedules for Enhanced Safety, Health, and Productivity** — *Van Dongen*

9:50 Refreshment Break

Program agenda continued on next page...

Who Should Participate

Executives, managers at all levels, health care providers, researchers, and safety professionals from all types of organizations and businesses who want to increase their understanding of the productivity and health impacts of sleep and shift work.

Individuals who occupy leadership positions in any industry with 24/7 operations, including:

- Fire and emergency medical services
- Health care
- Law enforcement
- Manufacturing
- Military and federal government
- Transportation industry (e.g., aviation, rail, trucking, maritime)
- Union representatives

Other professionals:

- Environmental health and safety professionals
- Health care providers
- Leaders in federal, state, and local organizations (e.g., FAA, DOT, FMCSA, MASSPORT)
- Researchers and scientists
- Regulatory and legal affairs professionals

Program Goals:

- Promote a cutting-edge understanding of the impact of fatigue, sleep, and shift work on the productivity and health of workers and organizations.
- Provide a dynamic multidisciplinary forum to discuss the state of the science in productivity, health management, and business operations. Discuss strategies to mitigate the individual, organizational, and societal consequences of fatigue, sleep disorders, and shift work.

Learn from and interact with researchers and leaders in business, public policy, and health care

Developed by the Initiative for Productivity and Health Management (IPHM) of Harvard's Occupational and Environmental Medicine Residency, the 2012 program engages C-suite leaders, policymakers, managers at all levels, scientists, health care providers, and safety professionals with an intensive two-day seminar, enabling them to interact and learn from a cutting-edge, multi-disciplinary program.

Shift work and circadian rhythm disruptions affect health, safety, and productivity. The 2012 *Productivity and Health Management* program will expose participants to critical issues affecting industries, employers, and workers.

10:20	Effects of a Comprehensive Program for Sleep Apnea Diagnosis and Treatment on Trucking Accidents and Health Care Costs — <i>Burks</i>
10:55	Screening for Obstructive Sleep Apnea and Excessive Daytime Sleepiness in Professional Drivers — <i>S. Kales</i>
11:30	Panel Discussion: Transportation — <i>Rosekind (Moderator)</i>
12:15 PM	Lunch
1:15	Insomnia and Its Impact on Productivity, Health, and Wellbeing — <i>Kessler</i>
1:50	Sleep Disorders: Contributors to Professional Burnout — <i>Vela-Bueno</i>
2:25	Effects of Shift Work on Patients with Sleep Disorders — <i>Malhotra</i>
3:00	Refreshment Break
3:30	Panel Discussion: Sleep Disorders — <i>A. Kales (Moderator)</i>
4:15	Future of Sleep Centers: Challenges and Opportunities — <i>Valentine</i>
5:00	Sessions End
5:00	Reception

Program agenda continued on next page...

Program Directors

Samuel Forman, MD, MBA, MS
Visiting Scientist
 Occupational and Environmental
 Medicine Residency
 Department of Environmental Health
 Harvard School of Public Health
President
 Oak and Ivy Health Systems, Inc.

**Stefanos N. Kales, MD, MPH,
 FACP, FACOEM**
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 Occupational and Environmental
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 Harvard School of Public Health
Director of Employee & Industrial Medicine
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 Harvard Medical School
Instructor in Medicine
 Cambridge Health Alliance
Strategic Advisor & Research Scientist
 H21

Program Faculty

Mark B. Berger, MD*
President and Chief Medical Officer
 Precision Pulmonary Diagnostics

Stephen V. Burks, PhD
*Associate Professor of Economics
 and Management*
 Division of Social Science
 University of Minnesota, Morris

Charles A. Czeisler, PhD, MD, FRCP
*Baldino Professor of Sleep Medicine &
 Director, Division of Sleep Medicine*
 Harvard Medical School
Chief, Division of Sleep Medicine
 Department of Medicine
 Brigham and Women's Hospital

Thomas C. DiSalvi, CDS*
Director of Safety and Loss Prevention
 Schneider National, Inc.

Heidi D. Howarth, PhD*
Engineering Psychologist
 Human Factors Research
 John A. Volpe National Transportation
 Systems Center

Anthony Kales, MD
Professor Emeritus of Psychiatry
 Penn State College of Medicine
 SRS Modern Sleep Research Founder



**90% of participants rated the faculty
 as very good to excellent**

**Session Panelists*

FRIDAY, SEPTEMBER 28TH

7:30 AM Continental Breakfast

8:00 **Duty Hours in Health Care: Effects on Safety, Performance, and Productivity** — *Landrigan*

8:45 **Sleep and Fatigue: Challenges in Law Enforcement and Firefighting** — *Lockley*

9:30 Refreshment Break

10:00 **Biochronicity: The Biology of Timing Beyond the Circadian Cycle** — *Macedonia*

10:45 **Translating Fatigue Research into Technologic Countermeasures** — *Lombardi*

11:30 **From NASA to the Boston Celtics: Using Chronobiology to Optimize Productivity and Health** — *Czeisler*

12:30 PM Questions and Discussion

1:30 Program Adjournment

Agenda subject to change

Ronald C. Kessler, PhD

*Professor of Health Care Policy
Department of Health Care Policy
Harvard Medical School*

Christopher P. Landrigan, MD, MPH

*Research Director
Children's Hospital Boston Inpatient
Pediatrics Service
Director
Sleep and Patient Safety Program
Brigham and Women's Hospital
Associate Professor of Medicine
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Harvard Medical School*

Steven W. Lockley, PhD

*Associate Professor of Medicine
Harvard Medical School
Neuroscientist
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Brigham and Women's Hospital*

David A. Lombardi, PhD

*Principal Research Scientist
Center for Injury Epidemiology
Liberty Mutual Research Institute
for Safety*

Christian Macedonia, MD

*Program Manager
Defense Advanced Research Projects
Agency (DARPA)*

Atul Malhotra, MD

*Associate Professor of Medicine
Harvard Medical School
Medical Director
Sleep Disorders Research Program
Clinical Chief, Sleep Medicine Division
Brigham and Women's Hospital*

Mark R. Rosekind, PhD

*Member
National Transportation Safety Board*

Paul S. Valentine

*President and Chief Executive Officer
Sleep HealthCenters*

Hans P. A. Van Dongen, PhD

*Research Professor
Washington State University, Spokane
Assistant Director
Sleep and Performance Research Center*

Antonio Vela-Bueno, MD, PhD

*Professor of Psychiatry
Universidad Autónoma de Madrid, Spain
Clinical Professor of Psychiatry
Pennsylvania State University*

John W. Winkelman, MD, PhD*

*Associate Professor of Psychiatry
Harvard Medical School
Associate Physician
Division of Sleep Medicine
Department of Medicine
Medical Director
Sleep HealthCenter
Brigham and Women's Hospital*

Program Fee: \$1,295

Program Fee Includes:

- Continental breakfasts, lunches, and refreshment breaks
- Reception
- Comprehensive take-home reference manual
- Continuing Education Credit
- Harvard School of Public Health certificate of participation

Registration criteria available online

Discounts Available*

Group Registrations — Save 15%

Save 15% when three or more colleagues register together. Let this excellent professional development opportunity serve as a team-building experience for you and your colleagues.

Alumni — Save 10%

If you have previously participated in a Center for Continuing Professional Education program, you are eligible for a discount on this program.

**Please note: Each participant is limited to one discount/scholarship per program. Discounts will be applied to the full program fee and will not be awarded after the start of the program. Application programs do not qualify for discounts. Registration for teams greater than five participants will need to receive prior approval from the Program Directors. For more information, please contact us at 617.384.8692 or contedu@hsph.harvard.edu.*

Accommodations

The Colonnade Hotel

120 Huntington Avenue
Boston, MA 02116
617.424.7000
\$224/night, plus 14.45% tax
(includes wireless Internet access)

A limited number of rooms have been reserved at a reduced rate until **September 6, 2012**. These rooms are available on a first-come, first-served basis. Please be advised that hotels in the Boston area can sell out very quickly.

We recommend making your hotel reservation as soon as you receive registration confirmation. Please mention *IPHM0912* and the Harvard School of Public Health to receive the

special rate. The Colonnade Hotel is a five-minute taxi ride, approximately 1.5 miles, from the program location.

Continuing Education Credit

This program is accredited by the Harvard School of Public Health. The following credits have been approved for this program, subject to the final agenda:

- 1.1 CEUs, Harvard School of Public Health

Credits subject to final agenda. Continuing Medical Education credits have been applied for; please visit the website for up-to-date information.

For the most up-to-date information, visit <https://ccpe.sph.harvard.edu/IPHM>

Substitution/Cancellation Policy

Substitutions may be made without additional charge. All requests for substitutions or cancellations must be made in writing. Cancellations on or before August 9, 2012, will be issued a refund less a \$150 administrative fee per person. Cancellations received between August 10, 2012, and September 6, 2012, will be issued a refund of 50%. **After September 6, 2012, no refund will be issued.** There will be no exceptions to this policy.

The Harvard School of Public Health maintains an Education and Research Center (ERC) funded by the National Institute for Occupational Safety and Health (NIOSH).

Complementary Programs

Work, Health, and Wellbeing: Strategic Solutions for Integrating Wellness and Occupational Safety and Health in the Workplace
September 17–20, 2012
<https://ccpe.sph.harvard.edu/WHW>

Ergonomics and Human Factors: Strategic Solutions for Workplace Safety and Health
October 1–5, 2012
<https://ccpe.sph.harvard.edu/EHF>

Leadership Strategies for Evolving Health Care Executives
October 28–November 2, 2012
<https://ccpe.sph.harvard.edu/ALS>



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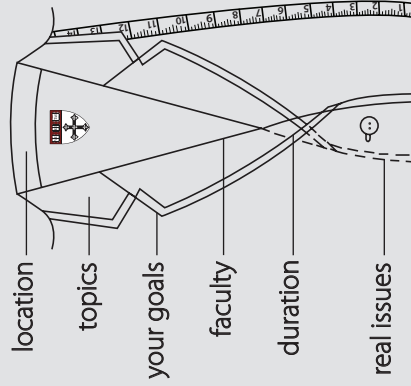
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