

Workshop Sleep and Psychiatry
June 26th, 2012
Auditorium Adicare
Institut de Cardiologie – 5^{ème} étage
52 Bd Vincent Auriol, Paris 13^{ème}

PROGRAMME

- 9h30-9h45 :** Introduction
- 9h45-11h15 :** **Session 1 : Sleep hygiene and sleep deprivation: impact on psychiatric diseases**
- 9h45-10h15 :** Sleep-wake cycle regulation and depression in animal models (P. Bourgin)
- 10h15-10h45 :** Interpersonal and social rhythm therapy: a psychosocial approach to regulating activity and sleep-wake cycles in mood disorders. (H. Swartz) .
- 10h45-11h15 :** Sleepiness, sleep deprivation and risk behavior (P. Phillip)
- 11h15-11h30 :** **Pause**
- 11h30-14h30 :** **Session 2 : Organic sleep disorders: impact on psychiatric diseases**
- 11h30-12h00 :** Insomnia as biomarker in depression (D. Riemann)
- 12h00-12h30 :** Disturbances of sleep and alertness in attention deficit / hyperactivity disorder (M. Lecendreux/E. Konofal)
- 12h30-14h00 :** **Lunch**
- 14h00-14h30 :** Kleine-Levin syndrome: at the border between sleep, neurology and psychiatry (I. Arnulf)
- 14h30-16h00 :** **Session 3 : Sleep disorders and psychiatric diseases : a common cause ?**
- 14h30-15h00 :** Genetics of circadian rhythms and mood spectrum disorders in human (B. Etain/S. Jamain)
- 15h00-15h30 :** Narcolepsy and decision making : orexin (Y. Dauvilliers)
- 15h30-16h00 :** Sleep disorders and Autism : melatonin (T. Bourgeron)
- 16h00-17h00 :** **Round Table (Chairman M. Leboyer)**
- 17h00-18h00 :** **Cocktail**