

23 OKTOBER 2009, KL 10.00-15.00
KUNGL. VETENSKAPSAKADEMIEN
LILLA FRESCATIVÄGEN 4A, STOCKHOLM



KUNGL.
VETENSKAPS-
AKADEMIEN

THE ROYAL SWEDISH ACADEMY OF SCIENCES

SEMINAR ARRANGED BY:
THE SWEDISH NATIONAL COMMITTEE FOR PSYCHOLOGICAL SCIENCES

Sleeping problems?

Psychological aspects on sleep and sleeping disturbances

10.00 Introduction

Lars-Göran Nilsson, Professor, Chair of the Swedish National Committee for Psychology

Sleep loss, fatigue, and risk

Torbjörn Åkerstedt, Professor, Stress Research Institute, Stockholm University, and Clinical Neuroscience, Karolinska institutet, Stockholm

Fragmented sleep, insomnia, and cognition

Eus J W van Someren, Head Dept. Sleep & Cognition at Netherlands Institute for Neuroscience

12.00-12.45 LUNCH

Sleep rhythms and cognition: From genes to fMRI

Derk-Jan Dijk, Professor of Sleep and Physiology, Director Surrey Sleep Research Centre, University of Surrey, U.K.

Do we need psychology to understand and treat insomnia?

Markus Jansson-Fröjmark, fil.dr, Department of Behavioural, Social and Legal Sciences, Örebro universitet

PANEL DISCUSSION

15.00 END OF THE SEMINAR

The seminar is open to the public, free of charge but registration is required, please register at www.kva.se/kalendarium no later than 19 October 2009.
Contact: astrid.auraldsson@kva.se, 08-673 95 97 or rolf.sandell@liu.se

WELCOME!