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## **SYMPOSIUM COUNTS THE COST OF SLEEP LOSS**

The detrimental effects that sleep loss can have on the safety, performance and health of employees and how to reduce these - will be the focus of the 2<sup>nd</sup> annual Sleep Loss Symposium being held on **Thursday 17 November** at the Australian Technology Park Conference Centre in Sydney.

Titled Working and Sleeping Around the Clock, the symposium has been organised by the Woolcock Institute of Medical Research to present the latest research findings on sleep loss and fatigue in the workplace

It will bring together international guests from Sweden and the USA, as well as local experts to discuss the causes and sometimes devastating consequences of sleep loss.

Guest speaker Professor David Dinges from the University of Pennsylvania is an expert on the impact of sleep loss, shift work and extended work hours on human performance and safety. Professor Torbjörn Åkerstedt from Stockholm's Karolinska Institute focuses his research on the health effects of sleep loss and shift work.

Sleep loss is one of the most serious health risks facing the workplace and communities at large, said Dr Naomi Rogers, Senior Research Fellow at the Woolcock Institute of Medical Research.

This symposium aims to raise awareness of the issues surrounding sleep loss and provide a forum to discuss how industry, government and business can work together to optimise employee performance, health and safety.

The symposium will include sessions on shiftwork and burnout; sleep loss and road accidents; countermeasures to optimise alertness and performance; the effect of sleep apnea on human performance; public policy and medico-legal aspects of sleep loss and the effects of jet lag and management strategies for the intercontinental worker.

The Sleep & Circadian Research Group at the Woolcock Institute has coordinated the symposium as part of its mission to develop, foster and promote Australia's world-class research and clinical capability in the fields of sleep medicine and sleep research.

The 2<sup>nd</sup> Annual Sleep Loss Symposium will be held at the Australian Technology Park (ATP) Conference Centre in Eveleigh, Sydney.