**Dear colleagues:**

It’s our pleasure to invite you to attend this scientific activity of the World Sleep Day 2018 hoping that it’s a fruitful day full of knowledge and benefits for you.

Arianna Huffington, formerly of The Huffington Post states, "*Sleep is the underpinning of our entire well-being. For centuries people thought that sleep was a time of inactivity that the brain was resting. But all the new science proves that the opposite is true -- that during sleep the brain is in a state of intense activity, which is necessary for us to fully recharge and be productive, creative and truly connect with ourselves and others during the day.”*

Thank you for attending

Dr. Nevin Zaki (World Sleep Society -Middle East coordinator

Dr. Nesreen Elmorsy World Sleep Society –Egypt Coordinator

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| **Time** | **Title** | **Speaker** | **Chairperson** |
| 9-:9:30 | Registration | | |
| 9:30-10 | Opening ceremony with presentation of the WSD 2017 activity  Appreciation of the award winning team members including:  1. Prof Elsaid Abdelhady-Dean of Faculty of Medicine  2. Prof .Nesrene Omar-Vice Dean for community affairs  3.Mansoura university Sleep center MUSC: represented by Prof Abdelbaset Saleh  4. Organizer: Dr Nesreen Morsy (Lecturer of Chest Medicine)  5. Middle east coordinator of WSD Dr Nevin Zaki(Assistant Proofessor of Psychiatry )  6. Student: Mohammed Alaa  7. Mansoura university safety society MUSS | | Prof Elsaid Abdelhady  Dean of Faculty of Medicine  Prof .Nesrene Omar Vice Dean for community affairs  Prof.Abdelbaset saleh  manager of MUSC |
| 10-10:30 | Concept of chronobiology & circadian rhythms | Dr Nesreen morsy - Lecturer of pulmonary medicine Mansoura university  Egypt coordinator of World Sleep Day | Prof Hala Elboriae  Prof.Elsayed Saleh  Prof.Abdelbaset saleh |
| 10:30-11 | Health consequences disturbed circadian rhythms | Prof .Elsayed Saleh professor of psychiatry Mansoura university |
| 11:11:30 | Circadian rhythm disorders | Dr Maha Youssef professor of pulmonary medicine Menofia university |
| 11:30-12:00 | **Break** | |
| 12:00-12:30 | Hands on demonstration of Cpap+Bipap  Hands on demonstration of actigraphy | Dr Nesreen morsy Lecturer of pulmonary medicine Mansoura university  Egypt coordinator of World Sleep Day  Dr Nevin Zaki Associate professor of psychiatry Mansoura university  Middle east coordinator of World Sleep Day |
| 12:30-1:00 | Assessing circadian functions | Dr Nevin Zaki |
| 1:00-1:30 | Role of Circadian genes in sleep disordered breathing | Dr Ahmad Elsobky Lecturer of otolaryngology Mansoura university |
| 1:00-1:30 | Circadian rhythms and children health | Dr Mohamed Elgmal Lecturer of pulmonary medicine Mansoura university |