**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 Medicine2. Prof .Nesrene Omar-Vice Dean for community affairs3.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 Alaa7. Mansoura university safety society MUSS | Prof Elsaid AbdelhadyDean of Faculty of MedicineProf .Nesrene Omar Vice Dean for community affairsProf.Abdelbaset saleh manager of MUSC |
| 10-10:30 | Concept of chronobiology & circadian rhythms  | Dr Nesreen morsy - Lecturer of pulmonary medicine Mansoura universityEgypt coordinator of World Sleep Day | Prof Hala ElboriaeProf.Elsayed SalehProf.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 universityEgypt coordinator of World Sleep DayDr Nevin Zaki Associate professor of psychiatry Mansoura universityMiddle 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 |