**World Sleep Day**

**II Scientific Meeting from Agreste Alagoano of Sleep Disorders (II ECAADS)**

**I Week for the Prevention of Sleep Disorders**

### Scientific program – II ECAADS

**Thursday (02/13/2020 – Morning)**

**08:00 a.m. - 08:30 a.m:** Registration and accreditation

**08:30 a.m. – 09:00 a.m.:** Welcome ceremony

**09:00 a.m. – 09:40 a.m.:** **Sleep x Physiological paradise: sleep, dream and be happy. Only that?**

Prof. PhD. Luiza Antas Rabelo (UFAL)

**09:40 a.m. - 10:20 a.m.:** **Sleep x Physical exercises**

Prof. MSc. Douglas Henrique Bezerra Santos (UFAL)

**10:20 a.m. - 10:40 a.m.: Coffee Break**

**10:40 a.m. - 11:20 a.m.:** **Sleep x Medicines**

Prof. PhD. Elaine Virgínia Martins de Souza Figueiredo (UFAL)

**11:20 a.m. – 12:00 a.m.:** **Sono x Drugs (Exposure to drugs in pregnancy and the effects on sleep and behavior of the newborn)**

Prof. MSc. Renise Bastos Farias Dias (UFAL)

**Thursday (02/13/2020 – Afternoon)**

**14:00 p.m. – 14:40 p.m.: Sleep x Child Exposure Time to smartphones**

Prof. PhD. Cleriston Izidro Dos Anjos

**14:40 p.m. – 15:20 p.m.: Sleep x Anxiety: what is the relationship and how does neuropsychology explain? "**

Psychologist Karla Thiala Melo Silva

**15:20 a.m. – 15:40 a.m.: Coffee Break**

**15:40 p.m. – 16:20 p.m.: Sleep x Newborns**

Nurse Yrys Rayanny Macêdo Barbosa

**16:20 p.m. – 17:00 p.m.: Sleep x memory**

Prof. MSc. Rafael Danyllo da Silva Miguel

**Friday (02/14/2020 - Morning)**

**8:30 a.m. – 9:20 a.m.: Sleep x Sports Performance**

Prof. PhD. Arnaldo Tenório da Cunha Jr

**9:20 a.m. – 10:00 a.m.: Sleep x Genetics: What is the problem with the evening?**

PhD. Diego de Siqueira Figueiredo (UFAL)

**10:00 a.m. - 10:20 a.m.: Coffee Break**

**10:20 a.m. – 11:00 a.m.: Sleep x Apnea in children: when to suspect?**

Doctor Katiane Wanderley Rocha (Otorhinolaryngologist, Sleep Medicine Specialist)

**11:00 a.m. – 11:40 a.m.: Sleep x Aging**

Doctor Rossana Araújo Silvestre (Neurologist)

**Friday (02/14/2020 – Afternoon)**

**14:00 p.m. – 16:00 p.m.: Presentation of works E-Posters**

CCME rooms