

**The Measurement of Sleep:
A Practical Workshop for Investigators
Friday, April 11, 2008**

What is really involved in a laboratory sleep study?
How do low-cost technologies measure specific indices of sleep?
*How can I review data collected from a laboratory sleep study and
a wrist actigraph to actually 'see' how these data compare?*
What can (or can't) self-report methods tell you about sleep?

If questions like these interest you, sign up now for this one-day interactive workshop. The day will include four hands-on sessions, each focusing on a specific set of 'tools' for measuring sleep. Faculty will stress the relevance of specific sleep measures to mind-body science.

Polysomnography: Drs. Patrick Strollo & Martica Hall

Portable Monitoring in Sleep Research: Dr. Charles Atwood

Wrist Actigraphy: Dr. Jack McKenzie

Self-Report Instruments: Dr. Daniel Buysse

Registration is limited. To register, Email Ginger Placone (gingerp@cmu.edu) with: 1) your contact information and 2) a brief statement about why these sessions would be important to your current or planned research efforts. Visit www.pghmbc.org for more details.

This workshop is sponsored by The Pittsburgh Mind-Body Center. Please share this information with interested colleagues. Thank you!