Where in the Brain is Insomnia?  
How in the World Should We Treat It?

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Wednesday, May 18, 2016, 12:00 PM to 1:00 PM  
UPMC Shadyside, Hillman Cancer Center  
Cooper Classroom C

Light lunch provided. Please contact Stacy Fitzsimmons (fitzsimmonss3@upmc.edu) if you plan to attend, need directions, or need more information. The Cooper Classrooms are located on the ground level of the Hillman Cancer Center, 5115 Centre Avenue, in Shadyside. After entering the building, walk to the left past the elevators. Facing the gift shop, turn right down the hallway. Room C is the 3rd door in the lobby area on the left.

BRAIN, BEHAVIOR, AND CANCER  
Seminar Series  
Sponsored by  
The Biobehavioral Oncology Program  
University of Pittsburgh Cancer Institute

Abstract: Insomnia is one of the most common problems in medical practice, and is associated with increased risk for mental and physical disorders. Insomnia also complicates the course of virtually all mental and physical disorders, including cancer. Two very different but critical issues regarding insomnia continue to vex sleep medicine community: What is its underlying pathophysiology, and how can we effectively treat it in real-world settings? Recent studies at the University of Pittsburgh’s Sleep and Chronobiology Center have addressed both of these issues. We have studied sleep and circadian regulatory mechanisms in insomnia and, more recently, its neural correlates. These studies provide a novel understanding of where in the brain insomnia resides. In a very different way, we have examined new implementation strategies for behavioral treatments of insomnia in the real world. Together, understanding the pathophysiology of insomnia and its effective treatment may help to improve the overall health of millions of insomnia sufferers.

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