



Looking Forward to the Next 20 Years of Multidisciplinary and International Collaborative Sleep Research

19th – 20th April 2023, University of Surrey

Draft Programme

Day 1 – Wednesday 19th April 2023

Afternoon

Introduction and Overview

Theme 1 – *How should the bedroom of the future look like? How can we harness the potential of new digital and other sleep-circadian health technologies?*

Presentations and round table discussion

Celebration Dinner

Day 2 – Thursday 20th April 2023

Morning

Theme 2 – *Multilevel dynamics of sleep-wake rhythms: Which analytical approaches are most suitable to extract useful information from the simultaneous and longitudinal assessment of multivariate data streams?*

Presentations and round table discussion

Lunch

Afternoon

Theme 3 – *Sleep-Circadian Biology and the Environment of the Future: What data and mathematical models are needed to inform and change public opinion, policy and medical education?*

Bringing it all together; outlining plans for future sleep and circadian research; follow-up seminars; recording the VIDEO: SLEEP-for-the-FUTURE

Farewell Drinks and Canapes