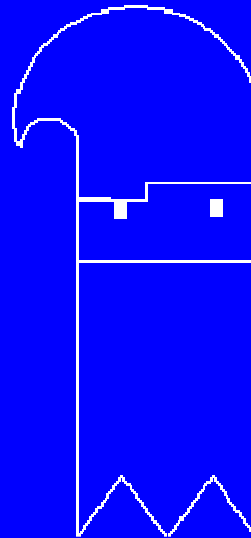


# «The Risk of Fatigue»

## 32<sup>nd</sup> Myron B. Laver International Postgraduate Course

Congress Center Basel, Switzerland  
March 30 – 31, 2012



Department of Anaesthesia  
and Intensive Care Medicine  
University Hospital Basel  
Switzerland

[www.anaesthesia.ch/mbi](http://www.anaesthesia.ch/mbi)

## FRIDAY, March 30, 2012 (Morning Session)

08.15 Registration in the foyer outside of the Saal San Francisco  
(3<sup>rd</sup> Floor of the Congress Center)

### **Session I: Physiological Background of Fatigue**

Moderator:

09.00 - 09.15	Welcome / Introduction	D. Scheidegger Basel, Switzerland
09.15 - 09.45	Processes Underlying the Regulation of Sleep and Wakening	A. Borbély Zurich, Switzerland
09.45 - 10.15	The Circadian Timing System. The Daily Rhythms of Genes, Cells and Organs	U. Schibler Geneva, Switzerland
10.15 - 10.45	Can We Measure Fatigue Objectively?	M. Mallis Baltimore, MD, USA
10.45 - 11.15	Coffee break	
11.15 - 11.45	Hints for Better Sleep	J. Caldwell Honolulu, HI, USA
11.45 - 12.15	Effects of Age and Light on Human Alertness	C. Cajochen Basel, Switzerland
12.15 - 13.00	Discussion with all speakers	

## FRIDAY, March 30, 2012 (Afternoon Session)

### Session II: The Risk of Fatigue

Moderator:

14.00 – 14.30	Fatigue as a Risk Factor	R. Hunninghaus Bern, Switzerland
14.30 – 15.00	Sleep Deprivation and Performance	J. Horne Leicestershire, UK
15.00 – 15.30	Shift Work, Circadian Rhythms, Health and Performance	C.A. Czeisler Boston, MA, USA
15.30 – 16.00	Coffee break	
16.00 – 16.30	Individual Differences in Sleep/Wake Regulation and Performance	D. Aeschbach Cologne, Germany
16.30 – 17.00	The Use of Drugs in Fatigue Management	J. Caldwell Honolulu, HI, USA
17.00 – 17.30	Discussion with all speakers	
17.30 – 18.15	Guest lecture	E.D. Miller Baltimore, MD, USA
18.15	Close of scientific session	
19.00	Alumni dinner (for those who have reserved)	

## **SATURDAY, March 31, 2012**

08.15 – 09.00 Coffee and croissants

### **Session III: Countermeasures**

Moderator:

09.00 – 09.30	An Evaluation of Countermeasures to Driver Sleepiness	J. Horne Leicestershire, UK
09.30 – 10.00	Work Hours, Sleep and Patient Safety in Medicine	C.A. Czeisler Boston, MA, USA
10.00 – 10.30	Countermeasures for Jetlag and Sleep Deprivation	M. Mallis Baltimore, MD, USA
10.30 – 11.00	Work and Sleep in the Space Environment	C. Nicollier Lausanne, Switzerland
11.00 – 11.30	Discussion with all speakers	
11.30	Close of scientific session	

**Faculty** (in alphabetical order):

**Daniel Aeschbach, PhD**, Division Head, Physiology in Aviation, Institute of Aerospace Medicine, German Aerospace Center, Cologne, Germany

**Alexander A. Borbély, MD**, Emeritus Professor, Institute of Pharmacology and Toxicology, University of Zurich, Switzerland

**Christian Cajochen, PhD**, Professor and Head, Centre for Chronobiology, Psychiatric University Clinics, Basel, Switzerland

**John A. Caldwell, PhD**, Chief Scientist, Fatigue Science, Honolulu, HI, USA

**Charles A. Czeisler, PhD, MD, FRCP**, Baldino Professor of Sleep Medicine, Director, Division of Sleep Medicine, Harvard Medical School; Chief, Division of Sleep Medicine, Department of Medicine, Brigham and Women's Hospital, Boston, MA, USA

**Jim Horne, PhD**, Professor of Psychophysiology, Director, Sleep Research Centre, Loughborough University, Leicestershire, UK

**Ryan Hunninghaus**, Division Head, Safety Risk Management, Federal Office of Civil Aviation (FOCA), Bern, Switzerland

**Melissa Mallis, PhD**, Chief Scientist, Operational and Fatigue Research, Institutes for Behavior Resources, Inc., Baltimore, MD, USA

**Edward D. Miller, MD**, Frances Watt Baker and Lenox D. Baker Jr., Dean of the Medical Faculty and CEO, Johns Hopkins Medicine, Baltimore, MD, USA

**Claude Nicollier**, Professor, École Polytechnique Fédérale de Lausanne, Sciences et Technique de l'Ingénieur, Centre de Technologies Spatiales, Lausanne, Switzerland; former ESA astronaut, who has flown on 4 space shuttle missions

**Daniel Scheidegger, MD**, Professor and Chairman, Department of Anaesthesia and Intensive Care Medicine, University Hospital Basel, Switzerland

**Ueli Schibler, PhD**, Professor, Department of Molecular Biology, University of Geneva, Sciences III, Geneva, Switzerland

## GENERAL COURSE INFORMATION

Sponsor: Department of Anaesthesia and Intensive Care Medicine  
University Hospital Basel  
Basel, Switzerland

Address for Correspondence: 32<sup>nd</sup> MBL International Postgraduate Course  
Department of Anaesthesia and Intensive Care Medicine  
University Hospital Basel  
CH-4031 Basel, Switzerland  
Phone: +41 [0] 61 265 72 54  
Fax: +41 [0] 61 265 73 20  
E-mail: [anaesthesie@uhbs.ch](mailto:anaesthesie@uhbs.ch)  
Website: <http://www.anaesthesia.ch/mbi>

Language: English (No simultaneous translation will be available)

On-line Registration: <http://www.anaesthesia.ch/mbi>

On-site Registration and Information: Registration begins on Friday, March 30, 2012 at 8:15 am in the foyer outside of the Saal San Francisco on the 3rd floor of the Congress Center. The registration and information desk will be open during the entire proceedings.

Information Registration Fee: The cost of the course is CHF 400 for all participants, including a standing lunch at the Congress Center on Friday afternoon. **We kindly ask you to send your registration by March 16, 2012**, so that we can send an estimate of the number of participants to the caterers. Payment should be made in Swiss francs by using the enclosed payment slip or via e-banking to Credit Suisse, CH-8070 Zurich, Switzerland, in favor of "Verein zur Foerderung von Wissenschaft und Ausbildung am Departement Anaesthesie der Universitaet Basel" (IBAN: CH12 0483 5060 1315 8100 0, SWIFT/BIC: CRESCHZZ40A).

**Note: Credit cards cannot be accepted for the registration fee**

Your registration will be acknowledged after we receive payment notification from the bank.

Lunch: Lunch at the Congress Center on Friday is included in the cost of the registration.

Buffet Dinner: A buffet dinner will be served in the Holsteinerhof (Hebelstrasse 30) of the University Hospital Basel for faculty and participants immediately after the last session on Friday. The cost of CHF 50 should be included with your registration fee if you plan to attend. Limited space is available.

Swiss Credit Points: SSAR/SGAR:

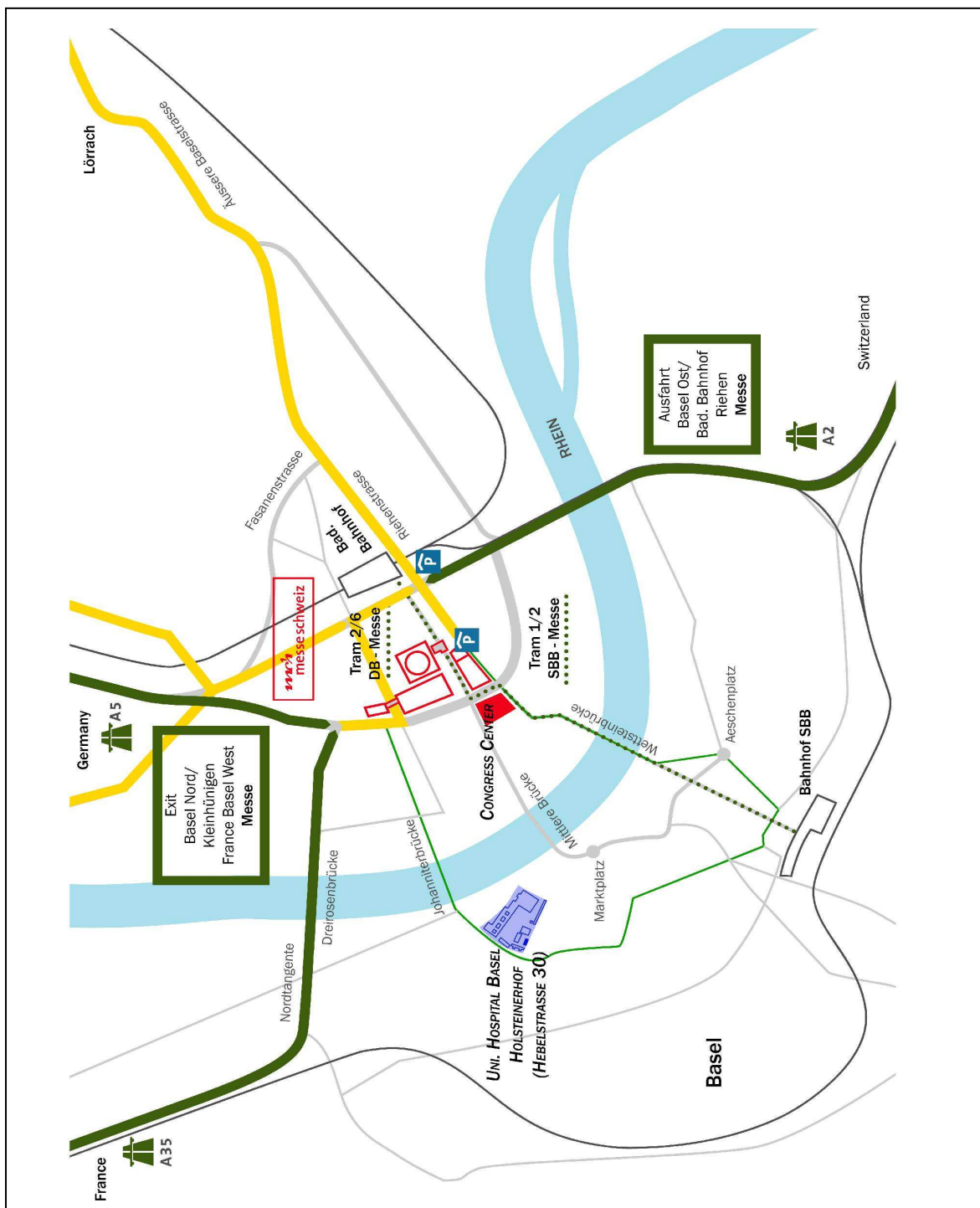
Hotel Reservations: Basel Tourismus Tel: +41 [0] 61 268 68 68 or <http://www.baseltourismus.ch>

Venue: Saal San Francisco  
Congress Center Basel (3<sup>rd</sup> Floor)  
MCH Messe Schweiz (Basel) AG  
Hebelstrasse 20  
CH-4005 Basel, Switzerland  
Phone +41 [0] 61 265 72 58

Travel by train: Arriving at Basel SBB: Take tram 1 or 2 to "Messeplatz". Arriving from the German (DB) railway station, take tram 2 or 6 to "Messeplatz".

Travel by car: Arriving via the A2 motorway, the exit "Messe" leads directly to the Congress Center.  
There is a multistorey car park with space at the Exhibition Square.

Travel by air: Arriving at EuroAirport Basel-Mulhouse-Freiburg: Take Bus 50 to the stop "Bahnhof SBB". Then take tram 1 or 2 to "Messeplatz".



## REGISTRATION FORM

**32<sup>nd</sup> Myron B. Laver International Postgraduate Course**  
**"The Risk of Fatigue"**  
March 30 – 31, 2012  
Basel, Switzerland

Please return by **March 16, 2012** (Please type or print in block letters)

### Register by

Website: <http://www.anaesthesia.ch/mbi>

Mail: University Hospital Basel  
Attn. Allison Dwileski  
Department of Anaesthesia  
and Intensive Care Medicine  
CH-4031 Basel, Switzerland

Fax: +41 (0) 61 265 7320

Last Name

First Name

Title and/or Academic Degree

Position

Hospital, Institute or Company

Business Address

Postal Code

City

State/Country

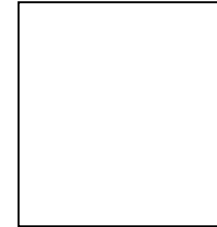
Phone Number (Home)

(Business)

Fax Number

E-Mail Address

- Early registration CHF 400 (please register **before** March 16, 2012, so that we can send an estimate of participants to the caterers)
- Buffet dinner CHF 50 (should be included with your payment)



From:

**32<sup>nd</sup> MBL International Postgraduate Course**  
**Attn. Allison Dwileski**  
**Department of Anaesthesia and Intensive Care Medicine**  
**University Hospital Basel**  
**CH-4031 Basel**  
**Switzerland**