



Latin American School on
Chronobiology and Sleep 2019
Montevideo- Colonia del Sacramento, Uruguay



Module I	Facultad de Medicina. Departamento de Fisiología (Montevideo)	
Tuesday 1/10	10:00-11:00	Welcome and Introduction to LASCS (Adriana Migliaro, Alicia Costa, Luciana Benedetto, URY). LASC Organizing Committee welcomes students (Ana Silva, URY; Pablo Torterolo, URY). Introduction to Chronobiology (Mario Guido, ARG) Introduction to Sleep Science (Pablo Torterolo, URY)
	11:00-11:30	Coffee Break
	11:30-13:00	Molecular mechanisms underlying circadian clocks (Fernanda Ceriani, ARG)
	13:00-14:30	Lunch
	14:30-16:00	Circadian control of rhythmic behaviour (Fernanda Ceriani, ARG)
	16:00-16:30	Coffee Break
	16:30-18:00	An evolutionary perspective of biological rhythms (Bettina Tassino, URY)
	19:00	Location: Charrúas hostel* IBRO Neuroethics (Ana Silva, URY) Welcome get-together
Wednesday 2/10	9:00-18:00	Hands-on activities Group 1) "Workshop: Polysomnographic study in animal models" Location: Laboratorio de Neurobiología del Sueño. Facultad de Medicina* Group 2) Models of Circadian Rhythms under extreme conditions Location: Laboratorio de Neurociencias. Facultad de Ciencias*

Thursday 3/10	9:00-10:00	Seasonal rhythms (Laura Quintana, URY)
	10:00-11:00	Chronopharmacology (Manuel Ibarra, URY)
	11:00-11:30	Coffee break
	11:30-13:00	Basic properties of circadian rhythms. Entrainment: Continuous and discrete models of entrainment (Horacio de la Iglesia, USA)
	13:00-14:30	Lunch
	14:30-16:00	Searching for biological clocks. Neural substrates of biological clocks (Horacio de la Iglesia, USA)
	16:00-16:30	Coffee break
	16:30-18:00	Sleep functions (Alicia Costa, URY)
Friday 4/10	9:00-11:00	Student's presentation of hands-on lab work
	11:00-11:30	Coffee break
	11:30-13:00	Analysis and processing in chronobiology (Carlos Caldart, USA)
	13:00-14:30	Lunch
	14:30-16:00	Mechanisms of sleep-wake cycle generation (Giancarlo Vanini, USA)
	16:00-16:30	Coffee break
	16:30-18:00	Introduction to Mini-Symposium (Adriana Migliaro, Alicia Costa, Luciana Benedetto, URY)
		Molecular genetic basis of sleep duration: how far have we got (Victoria Garfield, GBR)
Saturday 5/10	9:00-10:00	Top-Down Regulation of Sleep-Pain Interactions (Giancarlo Vanini, USA)
	10:00-11:00	Effects of sleep deprivation on cognitive processes (Pablo Valdez, MEX)
	11:00-11:30	Coffee break
	11:30-13:00	Chronobiology of REM sleep in humans and animal models (Adrian Ocampo, CHI)
	13:00-14:30	Lunch
	14:30-16:00	Biological rhythms in natural and laboratory environments (Gisele Oda, BRA)

	16:00-16:30	Coffee break
	16:30-18:00	Physiological regulation during sleep (Roberto Amici, ITA)
Sunday 6/10	11:00-14:00	Transfer to Colonia del Sacramento
	19:00	Networking with the experts Dinner at Colonia del Sacramento
Module II		XV LASC (Hotel el Mirador, Colonia del Sacramento) <i>Below: special activities for LASCS students</i>
Monday 7/10	11:00-12:00	Endocannabinoids in circadian rhythms and sleep (Eric Murillo, MEX)
	12:00-13:00	Retinal Rhythms (Ethan Buhr, USA)
	13:00-14:00	Lunch
	14:00-15:00	Chimio and Optogenetics (Carlos Blanco-Centuri3n, USA)
	15:00-16:00	Migration in European birds (Barbara Helm, GBR)
	17:30	LASC beginning (for information on LASC activities please check LASC program)
Tuesday 8/10	18:00-18:30	Data Blitz (Chairs: Alicia Costa; Ignacio Estevan, URY)
	18:30-20:30	Poster evaluation session 1
Thursday 10/10	12:00-12:30	Data Blitz (Chairs: Lorena Lacuesta, URY; Mat3as Cavelli, URY)
	12:30-14:30	Poster evaluation session 2
	15:00-17:00	Data analysis Workshop (Carlos Caldart, ARG)
	17:00-17:30	Coffee break
	17:30-19:00	Data analysis Workshop (Carlos Caldart, ARG)
Friday 11/10	17:30-19:00	Round table: clocks and society (Chair Diego Golombek, ARG)
	20:00	Transfer to Montevideo

***Facultad de Medicina.** Address: Avenida General Flores 2125, Montevideo
Classes: Sala de Seminarios del Depto. De Fisiolog3a, Planta Alta.
Hands-on Group 1: Laboratorio de Neurobiolog3a del Sue1o (Subsuelo).

***Facultad de Ciencias.** Address: Igu3 4225

Hands-on Group 2: Laboratorio de Neurociencias (Piso 4).

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