

Invitation

Sleep & Health Policy Seminar

Tuesday 3 June 2014, UCL 1.45 – 4pm

(Preceded by lunch at 1pm and followed by afternoon tea)

RSVP essential. Email: icls@ucl.ac.uk

We all know that a good night's sleep makes you feel better but is sleep also a necessary ingredient for health, learning and longevity? This seminar presents new findings on the precursors and consequences of a good night's sleep at different stages in life. The first talk outlines the relationship between scheduled feeding and sleep in infancy and then links these to sleep routines and obesity in childhood. The second presentation follows up on this theme by reporting on the association of childhood bedtime routines with cognitive and behavioural development. We then move to the other end of the lifespan for the third talk showing how older Europeans' health and social circumstances interfere with sleep quantity and quality. The seminar rounds off with a presentation on the health consequences of poor sleep, which finds mortality risk is raised in those who do not sleep well.

Introduction: Amanda Sacker is a Professor of Lifecourse Studies at UCL and Director of ICLS.

Presentations and Speakers:

Scheduled versus demand feeding of infants: how do different feeding modes affect sleeping patterns in older childhood, and do they affect the risk of obesity? Maria Iacovou, Reader in Quantitative Sociology, Department of Sociology, University of Cambridge.

Time for bed? Sleep, health and development in the first decade of life: findings from the Millennium Cohort Study. Yvonne Kelly, Professor of Epidemiology and ICLS Associate Director.

Sleep disturbance, sleep duration and mortality in British civil servants. Jessica Abell, UCL Research Associate and former ICLS PhD student.

Troubled sleep: A cross-national study of the influence of age, health, social and psychosocial factors Gopalakrishnan Netuveli, Professor of Public Health, Institute of Health and Human Development, UEL and a member of ICLS.

Chairperson: Richard Bartholomew, (former) Chief Research Officer, Children, Young People and Families Directorate, Department for Education.

There is no fee for this seminar but please **RSVP seminar attendance** (indicating any special needs). E-mail: icls@ucl.ac.uk. UCL Venue details at will be available on registration. Nearest underground stations: Gode Street and Warren Street.

www.ucl.ac.uk/icls/policy_seminars

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