

# Center for Sleep & Circadian Neurobiology

## The Penn Behavioral Sleep Medicine Program

### A Personal Retrospective: Past Work on Sleep & Aging and the Possibilities for the Future

Tuesday, November 28<sup>th</sup> 12-1pm (lunch provided)

*3624 Market Street, Suite 201*



Charles M. Morin, PhD, is Professor of Psychology and Director of the Sleep Research Center at Université Laval in Quebec City, Canada. He holds a Canada Research Chair in behavioral sleep medicine.

He is an Associate Editor for the journals *Sleep* and *Behavioral Sleep Medicine*. Professor Morin is considered one of the world leader in the field of behavioral sleep medicine and insomnia. He has published 7 books and more than 250 scientific papers on the epidemiology, risk factors, and treatment of insomnia. He has held several leadership positions in the field of sleep medicine, including as former President of the Canadian Sleep Society and current President of the World Sleep Society.



*7<sup>th</sup> Lecture of a K24 Supported Lecture Series*  
*PI: Michael L. Perlis*