



**The Centre for Accident Research and Road Safety – Queensland**

presents

**Dr Thomas Balkin,  
Walter Reed Army Institute of Research, USA**

at

**The CARRS-Q Breakfast Series**

### **Chronic Sleep Restriction: A Rude Awakening**

Dr Balkin joined the Department of Behavioural Biology at Walter Reed Army Institute of Research in 1985, where he developed a research program to evaluate the efficacy and performance effects of sleep-inducing medications.

In 1990 he was appointed Chief of the Human Psychopharmacology Branch in the Department of Behavioural Biology, and was appointed Department Chief in 1995. With collaborators from the NIH and WRAIR, he has conducted and published studies of functional brain imaging during sleep and wakefulness, sleep and performance, the psychopharmacology of sleep-inducing and stimulant medications, and fatigue.

Dr Balkin has been an invited lecturer and keynote speaker at national and international conferences, government research laboratories, and universities; and has served on a variety of panels addressing topics ranging from the measurement of sleep and performance in outer space to the impact of insomnia on quality of life.

During this presentation, Dr Balkin will discuss how many researchers studying the effects of fatigue on performance have made a simplifying assumption: that the effects of severe and total sleep deprivation are equivalent to the effects of chronic sleep restriction. Perhaps because of this assumption, the vast majority of experimental studies on fatigue – and as a result, the overwhelming knowledge regarding fatigue that has accrued over the past century – are based on findings from studies of sleep deprivation.

However, in the “real world” acute total sleep deprivation is rare, while chronic sleep restriction is commonplace. This raises a disturbing question: To what extent can findings based on studies of total sleep deprivation be generalized to the real-world operational environment?

**The CARRS-Q Breakfast Seminars continue to be sold out events -  
Be sure to book early for what promises to be an insightful and informative event.**

*Date:*

Tuesday 29 March 2011

*Venue:*

The Map Room, Hotel Conrad  
William Street, Brisbane

**Registration:** \$70 (incl. GST) per person or \$600 (incl. GST) per table of 10  
\$55 (incl. GST) discounted rate for full-time students  
Please register using the instructions on page 2.

**Closing date:** Wednesday 23 March 2011

# Registration and Payment

## CARRS-Q Breakfast Series – 29 March 2011

### Dr Thomas Balkin

To pay, please follow the instructions below. Payment must be made by **23 March 2011**. If you have any problems accessing the website or completing the payment please contact Judith Williams (Finance & Resources Officer) on 07 3138 4804.

- Go to <http://www.frp.qut.edu.au>
- Under Quicklinks – click on QUTPay - Select and Pay (bottom right corner of screen).
- Click on *Institute of Health & Biomedical Innovation (IHBI)*.
- Click on *CARRS-Q Breakfast Series*.
- Complete all fields marked with an asterisk including attendee and dietary requirement detail, then select *Add to cart*.
- In the next screen check all information is correct, then click on *Checkout*.
- Create a guest account for payment by completing the information on the right hand side of the screen.
- Complete contact information including email address. Please note, your receipt will be sent to this email address. If all is correct click on *Next*.
- Select *Pay Now* – this is your only option for Breakfast Series payments, and then click on *Review Payment Items*.
- This is the proforma invoice and is available for printing – review these details and if all still correct click *Next*. Please note, once you go past this screen you cannot change the details of your registration.
- Complete registration and payment by entering your credit card details and click on *Submit* for the payment to be processed.
- Once complete the next screen is your tax invoice/receipt. This receipt will also be emailed to the address specified in step 8.

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**Please note:**

Bookings are only accepted on receipt of the full fee.

No fees can be returned on cancellation, but a booking may be transferred.

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**More information on the event can be obtained by contacting:**

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