

**THE FEDERATION OF
BEHAVIORAL, PSYCHOLOGICAL,
AND COGNITIVE SCIENCES**

FBPCS

You are invited to attend a Congressional Briefing on

"The Criticality of Sleep for Health and Safety in a 24/7 World"

sponsored by

**The Federation of Behavioral, Psychological
and Cognitive Sciences**

and

the Decade of Behavior

**May 10, 2004, 12:00-1:30pm
Rayburn House Office Building, Room B-354**

(Special thanks are extended to the Office of Representative Greenwood, our congressional host)

Sleep deprivation is a growing problem in technology-rich societies, and Americans are getting less sleep than ever before. The daily biological requirement for adequate sleep is among the most basic of human needs, grounded in our genetic programming, yet in modern industrialized societies, daily sleep durations and quality have been steadily decreasing for millions as a result of lifestyle and economic factors.

The Decade of Behavior (<http://www.decadeofbehavior.org>) and the Federation of Behavioral, Psychological, and Cognitive Sciences (www.thefederationonline.org) have invited Dr. David Dinges, this year's recipient of the Decade of Behavior's Research Award, to present his research findings on sleep deprivation at a Congressional briefing. Dr. Dinges, a professor at the University of Pennsylvania School of Medicine and an adjunct professor at Drexel University, is one of the nation's leading sleep research authorities. His research has examined the effects of chronic sleep deprivation on the brain's ability to sustain acceptable levels of attention and alertness and on the body's ability to fight off infection and disease. Our luncheon briefing will address the consequences of sleep deprivation and the real-world applications of sleep research.

We hope you can join us as we honor Dr. Dinges and present him with the Decade of Behavior Research Award.

Please send positive RSVPs to federation@fbpcs.org or call 202.336.5922.