

Code B_2450

Department	Medical Science and Public Health
UniCa reference person	Redolfi Stefania
Project title in English	Sleep physiology and disorders: health implication
Project title in Italian	Il sonno: fisiologia e sue patologie. Quali implicazioni per lo stato di salute
Subject area of reference (World University Ranking)	LIFE SCIENCES
Project summary and VPS' profile	<p>Sleep has recently begun to receive proper attention in the context of public health. Even with regard to educational programs in health care, the space reserved to sleep needs broadening and deepening at different levels.</p> <p>Knowledge of sleep physiology, the importance of good quality sleep of sufficient duration, and the implications of sleep disorders on physical and mental health status is indispensable in the training process of health professionals.</p>
Proposed length of stay	Short visit of 6 days
Expected period of activity	Spring 2024
Academic position of the VPS'	Professor
Course of Study	Laurea magistrale a ciclo unico (5-6-year Master Degree), Dottorato di ricerca (PhD Course), Scuola di specializzazione (Specialization Course)
Language of instruction	English