

# Center for Research on Management of Sleep Disturbances

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## CHRONOBIOLOGICAL CONDITIONING OF ATHLETES FOR IMPROVING MORNING PERFORMANCE



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Dr. Uchida is visiting the University of Washington from Waseda University in Japan. There, he is Director of the Future Institute for Sport Sciences and is a certified physician of sleep medicine, JSSR; certified physician of sports medicine, JASA; and certified psychiatrist, JSPN.

**Monday, March 8<sup>th</sup>, 2010**  
4:00-5:30 PM  
Health Sciences  
T-Wing, 6<sup>th</sup> Floor, Room T653



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