

COLORADO

Café Scientifique

TUESDAY 25 JANUARY 2005

at the Wynkoop Brewing Company

<http://www.wynkoop.com/>

Corner of 18th and Wynkoop in LoDo, Denver

About a block from Light Rail. Thirteen minutes by foot from Auraria.

—SLEEP—

That Knitteth up the Ravell'd Sleeve of Care

Michael Weissberg

Professor of Psychiatry

University of Colorado Health Sciences Center

Why do we need to sleep? (*Do we need to sleep? What does it knitteth up?*) There are many of us who feel that we don't get enough sleep, or that its quality is poor. Some of us have difficulty falling asleep; other fall asleep readily, but wake frequently. What's wrong with us? What's narcolepsy, what are dreams? Mike Weissberg is a psychiatrist who has a special interest in sleep disorders. A superb and engaging teacher, he is in charge of both basic science and clinical education of CU's medical students in human behavior.

EVERYONE IS WELCOME. Come before 6 PM to leave yourself time to get something to eat, or stay and eat afterwards. We end around 8 PM.

There's no charge. The Wynkoop is generously providing the facility; we buy our own food and drinks. It will be first come, first seated, and **seating is limited** so that everyone who wants to can be part of the discussion.

The Colorado Café Scientifique is organized by an informal group of President's Teaching Scholars and other faculty from CU and institutions up and down the Front Range, as well as science types from industry and government. We welcome your input, including ideas for speakers and topics. Bring them with you to the next Café, or e-mail them and any questions to John.Cohen@UCHSC.edu

Further essential information is on our Web site at <http://coloradocafesci.org>