



INTERNATIONAL SERIES ON MUNICIPAL BEST-PRACTICES IN TIME POLICIES

The implementation of chronobiology on our daily lives

ONLINE SESSION
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by form](#)

Third session - 17 June 2021 – 10 am to 11.30 am

Circadian rhythms regulate different processes in our body in cycles of approximately 24 hours, controlled mainly through our patterns of sleep and wakefulness. The disruption of this internal rhythm has been linked to health problems such as behavioural disorders, stress, cardiovascular disease, diabetes and obesity. Despite this, the social organisation of time forces many people to live out of sync with their circadian rhythm, as they have to adapt to the work, educational, social and leisure schedules that shape the rhythm of life in our cities and towns.

In this debate, we'll look at some of the different public health policies designed to either change the schedules established by local entities or make them more flexible in order to cause less disruption to citizens' circadian rhythms.

Programme

[#TimeUse](#)

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| 10 am | Welcome <ul style="list-style-type: none">▪ Laura Foraster i Lloret, Secretary General of DIPLOCAT▪ Jean-Yves Boulin, Coordinator of the European Cities Network for Time Use |
| 10.10 am | Introduction to chronobiology: by María de los Ángeles Rol de Lama , full professor of Physiology and co-director of the CronoLab Research Group at the University of Murcia |
| 10.20 am | Round table on case studies
Moderator: María de los Ángeles Rol de Lama <ul style="list-style-type: none">▪ The organisation of educational leisure and the effects on children and families: Àngel Puig, councillor for Economic Development at Argentona City Council.▪ The Girona Network for Timetable Reform: Best practices on health, work-life balance and productivity: Glòria Plana, councillor for the Economic Development Area at Girona City Council.▪ Changes in the daily rhythms of the metropolitan area of Rennes: Anne Le Floch, vice-president of Rennes Métropole. |
| 11.20 am | Q & A |
| 11.30 am | Series closing speech by Ariadna Güell , co-coordinator of the Barcelona Time Use Initiative for a Healthy Society. |