

45th WPI IIIS Seminar

& 6th Human High Performance Seminar

“Food intake regulation and sleep restriction:
Are we blindly leaping into the leptin/
ghrelin explanation?”

This talk will provide an overview of the research examining the role of sleep on food intake regulation. Some early studies have shown that restricting sleep increases ghrelin and decreases leptin and this effect has been thoroughly embraced by lay press and even scientists. However, this has not been universally observed among studies. In this talk, I will provide a possible explanation for discrepant results and alternative mechanism by which sleep restriction can lead to increased food intake.



Speaker: Dr. Marie-Pierre St-Onge

New York Obesity Nutrition Research Center,
St. Luke's / Roosevelt Hospital /
Columbia University

Date: Friday, October 10, 2014

Time: 11:00-12:00 (Light refreshments will be served from 12:00-12:15)

Venue: 8F Hall, Health and Medical Science Innovation
Laboratory, University of Tsukuba

*Note: This seminar is held as part of the HHPS
series of the Human High Performance Center.



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