

# 46th WPI IIIS Seminar

## & 7th Human High Performance Seminar

### “Mechanisms Linking Insufficient Sleep to Metabolic Dysregulation”

Insufficient sleep is of epidemic proportions in many countries worldwide, and is hypothesized to be a novel and independent risk factor for obesity, diabetes, and the metabolic syndrome. We have conducted studies aimed at improving our understanding of physiological and behavioral mechanisms by which insufficient sleep contributes to changes in energy balance, weight gain and insulin sensitivity. Modulation of energy metabolism by sleep and circadian physiology will be discussed as well as findings implicating insufficient sleep and circadian misalignment as factors that contribute to the risk of metabolic disease.



Speaker: Dr. Kenneth P. Wright Jr.

Sleep and Chronobiology Laboratory  
Center for Neuroscience /  
Department of Integrative Physiology  
University of Colorado Boulder

Date: Friday, October 10, 2014

Time: 12:15-13:15 (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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