

# 30<sup>th</sup> WPI IIIS Seminar

## “Responses and Adaptation to Chronic Sleep Loss, Associated Costs, and Underlying Mechanisms”

Chronic sleep loss is common in our societies, and negatively impacts performance and health. To understand the consequences of chronic sleep loss and underlying mechanisms, my laboratory has developed a rodent model of chronic sleep restriction. I will present our recent findings on the neurobehavioural and physiological consequences, and possible roles of BDNF and FosB family gene proteins in these responses and adaptation. The role of astrocytes in sleep regulation will also be discussed.



Speaker: Dr. Kazue Semba

Department of Medical Neuroscience,  
Dalhousie University

**Date:** Friday, May 16, 2014

**Time:** 15:00-16:00

**Venue:** Room #402, 4F, Health and Medical Science Innovation  
Laboratory, University of Tsukuba



**Contact:** International Institute for Integrative Sleep Medicine  
Phone: 029-853-5857 (ext. 5857)