

196th WPI-IIIS Seminar

Understanding sleep and its potential impact on health

Sleep is one of the most fundamental survival needs of all organisms, including humans, and it is one of the most mysterious phenomena. However, breakthrough discoveries on sleep have been made in recent years. We demonstrated the connection between our genetic makeup and sleep behaviors by finding the human mutations that lead to unusual sleep patterns. We have identified several genetic variants in natural short sleep (NSS) human subjects. Recently, we showed that the NSS genetic variants can dramatically delay the pathological onset and progression of Alzheimer's disease mice (both A β and tau), demonstrating the fundamental importance of good quality sleep in health maintenance and disease prevention. A better understanding of the sleep regulatory mechanism will shed new light on how we may use good sleep to help us reach healthy longevity.



Dr. Ying-Hui Fu

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Date: **Wednesday, February 28, 2024**

Time: **15:00 – 16:00**

Venue: **1F Auditorium, IIIS Building**

*** On-site participation only**



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