

124th WPI-IIIS Seminar

Monitoring Sleep in the 21st Century – What is Clinically-Actionable Data?

With recent advancements, we have opportunities to gain a better understanding of sleep along the spectrum from normal to pathological. Much of what drives an individual's satisfaction with their sleep comes from their psychological perspective of sleep quality. But, what are the biological correlates of sleep "quality"? Can we use modern technology to gain insight into what makes a person have a good or bad night of sleep? Can we monitor sleep, or the consequences of sleep, unobtrusively at both the individual and population level? I will discuss these issues in the context of recent studies from my laboratory.



Dr. Jamie M. Zeitzer

Stanford University

Date: **Friday, December 15, 2017**

Time: **13:00 – 13:30**

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



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