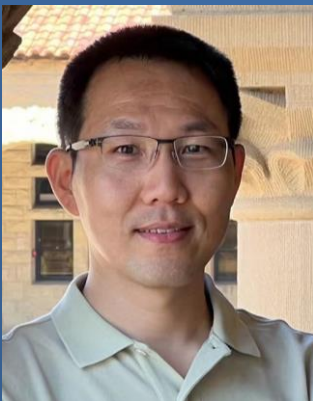


204th WPI-IIIS Seminar

Mechanistic interrogation of sleep disorders arising with age and stress

High-quality sleep is essential for maintaining our physical and mental health. A good night sleep not only restores our physical and mental strength efficiently, but also helps us to maintain mental health and boost immunity. However, sleep is subjected to various challenges including aging and stress, across the lifespan. Sleep quality declines with age, prominently sleep fragmentation, which heavily impairs the ability of sleep in maintaining physical and mental health. Stress not only prevents us from a good night slumber, but also make us more vulnerable to pathogen infection. In this seminar, Dr. Li will present evidence demonstrating the mechanistic underpinnings of sleep fragmentation with age, and a hypothalamic circuitry underlying stress-induced hyperarousal/insomnia and peripheral immunosuppression.



Dr. Shibin Li

Institute for Translational Brain Research
and Zhongshan Hospital, Fudan University

Date: **Friday, October 18, 2024**

Time: **13:00 – 13:45**

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

** On-site participation only*



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