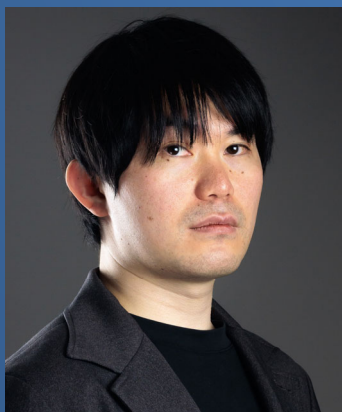


231st WPI-IIIS Seminar

Sleep and metabolism regulation by MCH and orexin neurons in the hypothalamus

The hypothalamus functions as a regulatory center for both sleep and metabolism, through multiple neuroendocrine peptides. Orexin promotes wakefulness and increases energy expenditure, while melanin-concentrating hormone (MCH) induces REM sleep and conserves energy expenditure. However, it has not been fully understood how these peptides control sleep and metabolism, respectively. In this presentation, the speaker will present the current studies on MCH and orexin neuronal systems, including the mutual regulatory interactions between these neurons.



Dr. Shuntaro Izawa

Max Planck Institute for Metabolism Research

Date: **Thursday, July 17, 2025**

Time: **11:30 – 12:30**

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

*** On-site participation only**



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