268th WPI-IIIS Seminar

Falling for ChatGPT: My Ongoing Journey with Generative AI

As a psychiatrist, I have spent years treating and studying sleep disorders. In late 2022, I tried ChatGPT, and I was amazed. I started posting on X about using it to write papers. Those posts turned into books, and the books pushed me to publish original research. As AI kept improving, I kept learning. I had never written code before, but now I build research tools and skills for Codex and Claude Code. I am having more fun than ever. In this talk, I will share my story and a few lessons on using AI with care.

Dr. Kentaro Matsui

Department of Sleep Medicine, National Center Hospital, National Center of Neurology and Psychiatry

Date: **Tuesday, November 10, 2026**

Time: **11:30 – 12:30**

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

＊On-site participation only

IIIS
INTERNATIONAL INSTITUTE FOR INTEGRATIVE SLEEP MEDICINE

筑波大学 高等研究院 Tsukuba Institute for Advanced Research

wpi

MOONSHOT RESEARCH & DEVELOPMENT PROGRAM

Contact: International Institute for Integrative Sleep Medicine, University of Tsukuba
029-853-5859 (ext.5859) | wpi-iiis-alliance@ml.cc.tsukuba.ac.jp