



UNIVERSITÀ
DEGLI STUDI
DELL'AQUILA



DISCAB
Dipartimento di Scienze
Cliniche Applicate
e Biotecnologiche

Seminar series

"Sleep and health in modern life"

Prof. John Axelsson

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Visiting Professor at the Department of Biotechnological and Applied Clinical Sciences*

The seminar series include 4 sessions on sleep and health.

Each session starts with a 2 hours lecture by Prof. John Axelsson (2*45min) in the morning.

This will be followed in the afternoon by a journal club (JC of 45 min), where the participants will be divided into groups of 4 to discuss the 2 articles (participants can choose to discuss the article in English or Italian).

This will be followed by a 45 minutes session going through the JC-articles as well as a general discussion of the subject.

Seminar 1

Sleep, cognition and how vulnerability to sleep loss is associated to mental health.

What is sleep doing for the brain and cognition, and how are cognitive functions affected by sleep loss? This session will also cover why are we so differently affected by sleep loss, and how such vulnerability can drive mental health problems.

WHEN: Thursday 30 November 2023, 11.30-13.30 (lecture) and 14.30-16.30 (Journal club)

WHERE: Aula C3.4, edificio "Angelo Camillo De Meis" (Coppito 2)

Seminar 2

How does insufficient sleep and sleepiness change our motivation, behavior and appearance?

There are strong links between sleep and health, and insufficient sleep, like other stressors, is known to increase the risk for developing a number of diseases. The present session will cover how motivational and behavioral changes can be an understudied mechanism for how different stressors increase the risk for developing health problems. This session will also cover health perception in sleep and sickness, and answer questions to whether concepts such as 'Beauty Sleep' and 'Man flu' are true or not.³

WHEN: Thursday 7 December 2023, 11.30-13.30 (lecture) and 14.30-16.30 (Journal club)

WHERE: Aula C3.4, edificio "Angelo Camillo De Meis" (Coppito 2)

Seminar 3

Transitioning from sleep to being fully awake: When can you start trusting the awakening brain?

This session focus on sleep inertia, a phenomenon that differs largely between people. What is it and what do we know of its causes? And what solutions are there to waking up more refreshed?

WHEN: Thursday 12 December 2023, 11.30-13.30 (lecture) and 14.30-16.30 (Journal club)

WHERE: Aula 2.4, edificio «Renato Ricamo» (Coppito 1)

Seminar 4

Sleep and stress: What are the links?

Stress is reported as the most common reason for disturbed sleep, but is this true? The presentation will cover how different stressors influence sleep, and cover both positive and negative aspects.

WHEN: date to be determined

TUTTI I SEMINARI POTRANNO ESSERE SEGUITI ANCHE SU MICROSOFT TEAMS - codice: **dtj8tum**

Per i seminari del 30 novembre e 7 dicembre sono disponibili 40 posti per studenti della LM in Psicologia Applicata, clinica e della salute e della triennale in Scienze psicologiche applicate, con prenotazione obbligatoria.

Per il seminario del 12 dicembre sono disponibili 70 posti per studenti della LM in Psicologia Applicata, clinica e della salute e della triennale in Scienze psicologiche applicate, con prenotazione obbligatoria.

Agli studenti che parteciperanno in presenza saranno riconosciuti 0,5 CFU per ciascun modulo seguito (lecture e journal club).

Agli studenti che parteciperanno a distanza saranno riconosciuti 0,25 CFU per ciascuna lecture (non è possibile partecipare al journal club via TEAMS).

