A tutti i partecipanti al 2° seminario del Prof. Axelsson

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 increases the risk for developing health problems. This session will also cover how we influence our appearance and health perception in sleep and sickness, and answer questions to whether concepts such as 'Beauty Sleep' and 'Man flu' are true or not.

Article for the presentation
Axelsson J, Ingre M, Kecklund G, Lekander M, Wright KP Jr, and Sundelin T. Sleepiness as motivation: A potential mechanism for how sleep deprivation affects behavior *Sleep* 2020, June, 43(6): zsz291, doi: 10.1093/sleep/zsz291
https://doi.org/10.1093/sleep/zsz291

A tutti i partecipanti <u>in presenza</u> al Journal Club del 2° seminario del Prof. Axelsson

Il Journal Club del 2° seminario del Prof. Axelsson (giovedì 7 dicembre ore 14.30) verterà sulla discussione dei due seguenti articoli:

Articles for the JC (can be downloaded via the links)
1. Holding BC, Sundelin T, Schiller H, Åkerstedt T, Kecklund G & Axelsson J. Sleepiness, sleep duration, and human social activity: An investigation into bidirectionality using longitudinal time-use data, *Proc Nat Acad Sci USA*, 2020 Sept 1, 117 (35) 21209-21217, doi: 10.1073/pnas.2004535117
https://doi.org/10.1073/pnas.2004535117

2. Axelsson J, Lekander, Svensson CI, Simon N, Jurzcak A, Lasselin J & Balter LTB. Vaccine-induced low-grade inflammation and sleep restriction induce coordinated motivational changes that facilitate recovery: An experimental two-hit stress model, PsyRxiv, doi: 10.31234/osf.io/c67n9
https://osf.io/preprints/psyarxiv/c67n9/

Tutti i partecipanti sono invitati a scaricare al più presto gli articoli (disponibili gratuitamente online) e a seguire le istruzioni riportate nel file allegato.