



Longwood
SEMINARS

Why Sleep Matters

April 30, 2019

Many of us burn the candle at both ends, as we stay up late into the night to study, work or have fun. But going without adequate sleep carries short- and long-term health consequences. In this seminar, Harvard Medical School sleep experts illuminate the importance of getting a good night's rest and demystify how much sleep is needed and why it's so vital to keep our bodies at their best during every hour of the day.

#HMSMiniMed

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About the Speakers

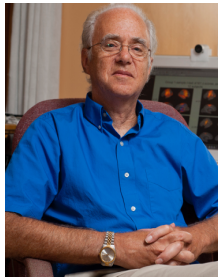
Charles Czeisler, MD, PhD



Dr. Czeisler is the Harvard Medical School Frank Baldino Jr., Ph.D. Professor of Sleep Medicine, director of the Division of Sleep Medicine at Harvard Medical School, and chief of the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital. His research focuses in the field of basic and applied research on the physiology of the human circadian timing system and its relationship to the sleep-wake cycle.

He has received many honors and awards, including the American Academy of Sleep Medicine's William C. Dement Academic Achievement Award and the National Sleep Foundation's Lifetime Achievement Award.

Robert Stickgold, PhD



Dr. Stickgold is Harvard Medical School associate professor of psychiatry at Beth Israel Deaconess Medical Center. He researches the nature of cognition during sleep and the role of sleep in memory and emotional processing. Stickgold is member of the Sleep Research Society, Society for Neuroscience and Cognitive Neuroscience Society. He has published two science fiction novels and over 100 scientific publications.

Judith Owens, MD, MPH



Dr. Owens is Harvard Medical School professor of neurology and director of the Center for Pediatric Sleep Disorders at Boston Children's Hospital. Her research interest is in the neurobehavioral and health consequences of sleep problems in children. Owens is the recipient of the National Institutes of Health Sleep Academic Award, a five-year grant in sleep education.

Currently the editor of *Behavioral Sleep Medicine*, she has received the American Academy of Sleep Medicine's Mark O. Hatfield Public Policy or Advocacy Award and the American Academy of Sleep Medicine's Excellence in Education Award.



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Supplemental Reading

Articles

Awake at 3 a.m.? Strategies to help you to get back to sleep

Harvard Health Publishing

<https://www.health.harvard.edu/sleep/awake-at-3-am-strategies-to-help-you-to-get-back-to-sleep>

Sleep, Learning, and Memory

Harvard Medicine Magazine

<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/learning-memory>

Sleep and mental health

Harvard Health Publishing

https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health

Videos

Sleep Deficit: The Performance Killer

YouTube

<https://www.youtube.com/watch?v=pNHcXmiYsBk&t=100s>

What Happens To Your Body And Brain If You Don't Get Sleep

YouTube

<https://www.youtube.com/watch?v=Y-8b99rGpkM>

Further information can be found at [Harvard Health Publications](https://www.health.harvard.edu/) (<https://www.health.harvard.edu/>).

Sign up for [Harvard Medicine News](https://hms.harvard.edu/news/sign-email-communications) (<https://hms.harvard.edu/news/sign-email-communications>) to receive weekly updates on scientific research, medical education and community news from Harvard Medical School.

Sign up to receive future issues of [Harvard Medicine](https://hms.harvard.edu/news/sign-email-communications) (<https://hms.harvard.edu/news/sign-email-communications>). The magazine of Harvard Medical School presents topics ranging from space-based medical research to climate change and human health. The magazine captures the work of the HMS faculty, students, and alumni and illuminates their contributions to human health.

