Is sleep duration related to mortality and how does aging, heredity and the weekend fit in?

Föreläsare: Professor em Torbjörn Åkerstedt, Karolinska Institutet och Stressforskningsinstitutet, Stockholms universitet.

Titel: Is sleep duration related to mortality and how does aging, heredity and the weekend fit in?


Plats: Rum 357, Frescati Hagväg 14, plan 3.

Ansvarig avdelning: Biologisk psykologi.

Presentation/abstract: The most common question about sleep is “how long should I sleep”. A considerable number of epidemiological studies have found that both short (<6h) and long (>8h) sleep is associated with increased mortality, but the links are rather weak and the reason for the links is unclear. We have in a series of studies taken this further.

This seminar will demonstrate that the link is strongest among the young, that weekend sleep may buffer, and that heredity is strong for short sleep but not for long sleep, and that long sleep may be particularly driving mortality. We will also have a look at what sleep physiology looks like in long and short sleepers and what brain structures that might link to long sleep.

Den allmänna seminarieserien äger rum på onsdagar, klockan 14-15, i rum 357, Frescati Hagväg 14, om annat ej anges. Extraseminarier kan tillkomma på andra dagar och tider, bland annat s k halvtidsseminarier.

Se www.psychology.su.se för fler seminarier och andra evenemang.