

PERFORM Colloquium Series

You are kindly invited to join us for the next PERFORM Colloquium.



Health Consequences of Circadian and Sleep Disruption

Circadian rhythms and sleep are fundamental processes that impact all levels of physiological organization from gene expression, protein synthesis, biochemical pathways, to coordination of the function of tissues, organs, organ systems, and whole-body physiology and behavior. This talk will highlight mechanisms by which circadian misalignment and sleep disruption dysregulate human physiology, including the human microbiome, with implications for human health and disease.

Following this talk, participants will:

- Be able to describe how insufficient sleep and circadian misalignment disrupt glucose metabolism
- Understand how circadian misalignment impacts the human proteome with consequences for metabolic function
- Learn how combined circadian misalignment and sleep loss impact the structure and function of the human microbiome

[More information](#)

Wednesday, February 12, 2020

16:00 - 17:00

[Loyola Jesuit Hall and Conference Centre](#)

7141 Sherbrooke St W.,

Room RF 110

 [download to calendar](#) (.ics file)

Presented by:

Dr. Kenneth P. Wright Jr.

College Professor of Distinction
Department of Integrative Physiology
Director
Sleep and Chronobiology Laboratory
University of Colorado Boulder

Everyone is welcome. This event is free of charge. No registration required.

Feel free to forward this announcement to others who may be interested.

The colloquium schedule is on our [web site](#). For more information contact Wendy Kunin:

wendy.kunin@concordia.ca

[\(514\) 848-2424 ext.5295](tel:(514)848-2424)

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