

Sleep Deficiency Causes and Consequences

Orfeu M. Buxton, PhD

Division of Sleep Medicine, Harvard Medical School

Friday, October 26, Noon-1:00

OSU-Tulsa, North Hall, Room 220

Live Video Stream to OSU-Stillwater, MSCS 310

Light lunch provided in Tulsa

Please join us as Dr. Buxton discusses

- Sleep deficiency and sleep insufficiency, some potential causes, and their personal, health, and family impact
- Metabolic consequences of sleep restriction and circadian disruption based on evidence from laboratory studies
- Understanding the impact of sleep in health and health behaviors using evidence from epidemiologic and workplace cohort studies



Seminar Series co-sponsored by

Center for Family Resilience, OSU-Tulsa
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Questions? Call Dr. Harrist (405) 744-7043, OSU HDFS Dept.