

Abstract zum Seminarvortrag am 28. Juni 2016

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The Circadian and Sleep-Wake Regulation in Waking Performance: Why Night Shifts are a Challenge

Our sleep-wake cycle interacts with an endogenous circadian clock to generate a rhythm of deterioration and recovery in cognitive capacity during the day and night, respectively. Shift work and extended work shifts disrupt this relationship resulting in cognitive impairment. I will discuss experimental data on the circadian and sleep-wake regulation in cognition which show how this happens. I will also discuss experimental findings that show how circadian timing and the sleep-wake cycle can be manipulated to counteract the deleterious effects of circadian disruption and sleep loss that can occur during shift work and extended work shifts.