



Center for
Sleep and
Circadian
Science

6th Annual Research Day

Thursday, November 4, 2021

University Club, 123 University Place, Oakland

9:00 am – 5:30 pm

DAVID J. KUPFER KEYNOTE SPEAKER



Kenneth P. Wright, Jr. PhD.

College Professor of Distinction

Department of Integrative Physiology

Director, Sleep and Chronobiology Laboratory

University of Colorado, Boulder

Morning Symposium:

Sleep and Health Outcomes in
Pregnancy/Postpartum

Afternoon Symposium:

Sleep and Circadian Rhythms in
Operational Settings

Data Blitz

Poster Session

The Impact of Circadian Misalignment on Health

Circadian rhythms impact all levels of physiological organization from gene expression, protein synthesis, and 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 dysregulates human physiology with implications for human health.