



**Elizabeth Klerman**  
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Université de Technologie de Compiègne  
Salle GI 042– Bâtiment Blaise Pascal  
Avenue de Landshut  
60200 Compiègne

## **Sleep: that thing you don't get**

### **Abstract:**

The talk will present information about physiological determinants of sleep and vigilant performance in humans. Sleep and performance data from inpatient intensive physiological monitoring of healthy humans under different combinations of length of time awake and circadian phase will be shown. Implications for health and safety will be discussed.

### **Bio:**

Dr. Klerman is an Associate Professor of Medicine at Harvard Medical School and Director of the Analytic and Modeling Unit in the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital in Boston Massachusetts. She received her undergraduate degree from the Massachusetts Institute of Technology (MIT) and her MD and PhD degrees from Harvard University. Her post-doctoral work was at the Tokyo Denki University and the Brigham and Women's Hospital. Her primary areas of research are the application of circadian and sleep research principles to normal and pathophysiologic states, and mathematical analysis and modeling of human circadian, sleep, and neurobehavioral mood and performance rhythms. Her teaching and mentoring work in patient-oriented research has been recognized with the awarding of K24 grant support from NIH. Her clinical research focuses on the areas of: (i) the interaction of endocrine, circadian and sleep rhythms in normal and pathological states, and (ii) mathematical analysis and modeling of sleep, circadian system and markers of its function.