

Sleep: That Thing You Don't Get

Effects of Chronic Sleep Loss
on Human Performance

Elizabeth D. Finnell MD PhD
Department of Clinical Psychology
Harvard Medical School





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Elizabeth E. Klump MD PhD
Michigan and Ann Arbor Veterans Affairs Medical Center
Department of Psychology





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Elizabeth E. Vanmat MG PhD

Professor and Program Manager

Executive Management School

University of North Carolina

Chapel Hill, NC

evanmat@unc.edu

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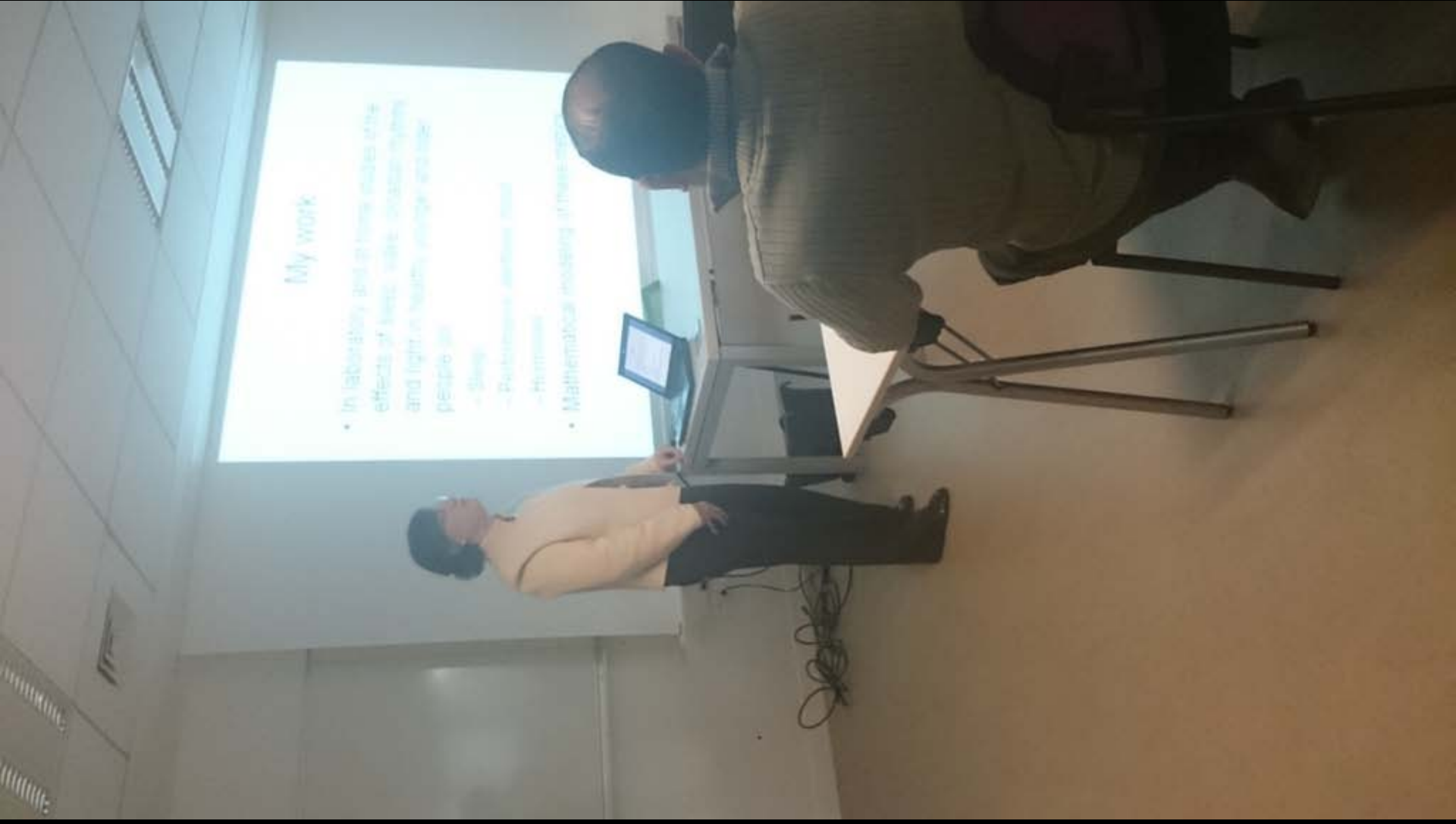
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Elizabeth B. Klerman MD PhD
Harvard and Massachusetts General
Hospital Medical School



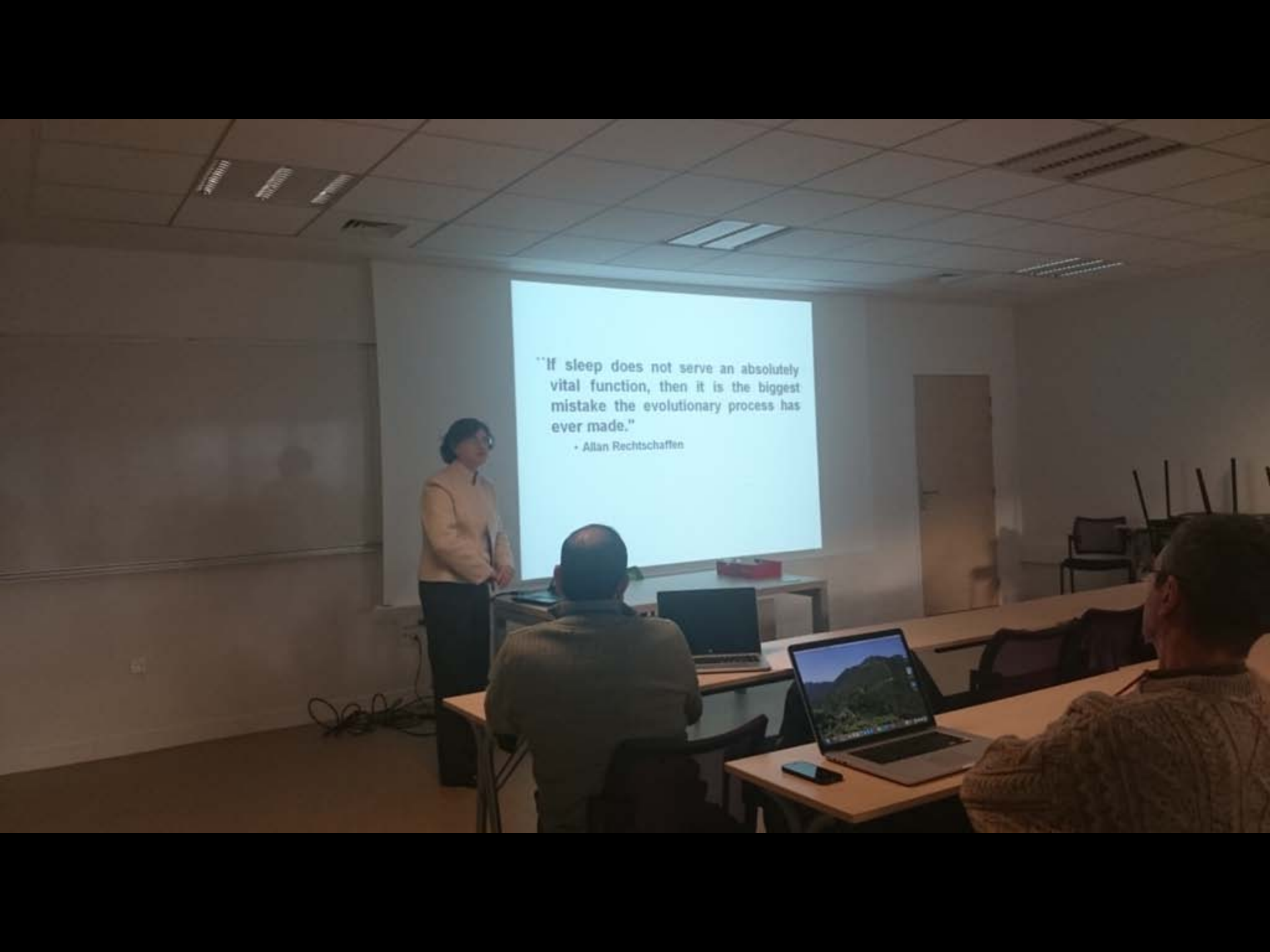
My work

- In laboratory and in home studies of the effects of sleep, shift, circadian rhythm and light on health, energy and mood people do:
 - Sleep
 - Performance and mood test
 - Histories
- Mathematical modeling of these systems







A woman in a light-colored jacket and dark pants stands at the front of a lecture hall, presenting. A large projection screen behind her displays a quote. In the foreground, several audience members are seated at long tables, some with laptops open. The room has a whiteboard on the left and a door on the right.

"If sleep does not serve an absolutely vital function, then it is the biggest mistake the evolutionary process has ever made."
- Allan Rechtschaffen



