Why Do We Sleep?
presented by Professor Ravi Allada, MD
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Northwestern University

Wednesday
May 17, 2017
6:30 - 8:00pm
The Firehouse Grill
750 Chicago Avenue
Evanston

We spend a third of our lives asleep, yet we still don’t know why. Inadequate sleep affects our performance, our memory and may even lead to diseases from diabetes to Alzheimer’s disease. Ravi Allada will discuss how the work of his research team in the fruit fly can tell us about our own sleep-wake cycles, how inactivating a single gene can profoundly affect sleep, how a 24-hour clock in our brain times when we wake up and when we fall asleep, and how this clock can even impact the performance of Major League Baseball players and may have sent the Cubs to the World Series!