



ABSTRACT

WHY DO WE SLEEP? HYPOTHESIS AND CONTROVERSIES

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“What's this? Man wants to achieve it and when he/she finally has it, one does not learn to know it.” Leonardo Da Vinci stated this paradox about sleep early on. Today, we know that sleep is crucial for daytime functioning and well-being. However, its purpose and biological function are not yet well understood. Sleep seems to fulfill an important function. However, it is likely that sleep serves different functions dependent probably on species, age, and so on.

Fascinating and puzzling aspects of sleep will be illustrated and the most important hypothesis and controversies on “why we sleep” will be addressed and discussed.

Others lectures: http://konwersatorium.pw.edu.pl/oferta/v_lectures.html

1. Quantitative analysis of sleep: Useful in clinical applications?
2. Modeling circadian rhythm generation in the SCN with locally coupled self-sustained oscillators.
14.06.2013 r., start godz. 12.00, Duża Sala Wykładowa, Instytut Psychiatrii i Neurologii / Warszawa, ul. Sobieskiego 9 (both lectures)
3. Human sleep and its regulation: Individual and trait-like aspects.
18.06.2013 r., godz. 13.00, s. 81, Katedra i Klinika Psychiatryczna Warszawskiego Uniwersytetu Medycznego / Warszawa, ul. Nowowiejska 27
4. Slow waves and sleep regulation.
20.06.2013 r., godz. 12.15, s. 134, Gmach Główny PW