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### On Circadian Rhythms, Sleep, Light And Arousal In Natural Environments

In this presentation you will learn about the importance of (day)light for brain functioning and how it sets the circadian system. I will present data from studies where we take people from their life in the modern 24-hour society (where most of us spend a lot of time indoors and expose ourselves to evening electrical light) and take them camping.

Being in daylight is not only improving our alertness and mood, it also turns evening-types into be morning-types. Thus, being inside large parts of the day makes us less alert and in a worse mood than we would be if being outside, and also causes the circadian system to drift in many people. In this lecture, you will also learn about our arousal system and that we are very different in our needs for stimuli so to not have too low or too high arousal.

To support this, we need to create dynamic habitats allowing these different needs, giving children (and grown-ups) the possibility to be in environments that support optimal arousal, cognition and mood. An important step will be to create dynamic environments where different individuals can self-regulate depending on their own needs, so they have arousal levels that supports their ability to concentrate and not be disturbed. You will also learn some basics about sleep, and that we in some aspects actually have too good bedrooms.