



Satchidananda (Satchin) Panda, PhD is a Professor at the Salk Institute in California, where his research focuses on the circadian regulation of behavior, physiology, and metabolism in model organisms and in humans.

Dr. Panda discovered a blue-light sensing cell type in the retina entrains our master circadian clock, affects mood, and regulates the production of the sleep hormone melatonin.

Recently, he discovered that maintaining a daily feeding-fasting cycle – popularly known as time-restricted feeding (TRF) – can prevent and reverse metabolic diseases. Based on a feasibility study in humans, his lab is currently carrying out a smartphone-based study to assess the extent of circadian disruption among adults.

SATCHIN PANDA

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