

Northwestern

SCIENCE  
CAFE

## Clocks Within Us

with Fred Turek, Professor, Department of Neurobiology,  
Weinberg College of Arts and Sciences, and  
Director, Center for Sleep and Circadian Biology



Internal clocks are not always in  
sync with external life.

Photo Courtesy of NASA Earth Observatory

**Wednesday**  
**January 20, 2016**  
**6:30 - 8:00pm**

**The Firehouse Grill**  
**750 Chicago Avenue**  
**Evanston**

The modern world we live in seems to be increasingly aligned against the proper expression and alignment of our circadian rhythms and sleep-wake cycles, thus making it important to understand how those cycles work and how they relate to our health.

At this Science Café, we will discuss the fields of circadian rhythms and sleep, first by briefly defining these concepts, discussing their evolutionary basis, and then by discovering the underlying genetic and molecular mechanisms driving their function within the human body.

How do sleep and rhythms relate to human health and disease? Come out to hear from leaders in this field describe how circadian rhythms are fundamental biological processes that are crucial and relevant for our health.

Science Cafe: Eat. Drink. Talk research in a relaxed atmosphere.

We are committed to promoting engagement with scientific topics and making it accessible to all.