

Distinguished Lecture

“Sleep Health for Successful Cardiovascular and Cognitive Aging: Findings from the Sleep, Health & Society Collaboratory”



Orfeu M. Buxton, PhD (Neuroscience, Northwestern University, 2000)
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Dr. Buxton directs the [Sleep, Health & Society](#) Collaboratory at Penn State.

His research primarily focuses on 1) the causes of chronic sleep deficiency in the workplace, home, and society; 2) the health consequences of chronic sleep deficiency; and 3) the physiologic and social mechanisms by which these outcomes arise. Ongoing [interdisciplinary human studies](#) in the lab and in free-ranging humans of all ages address sleep health, cardiometabolic risk, cognition, and wellbeing across the life course. Successful aging is a central focus of this work (e.g., mPI of the recently renewed Einstein Aging Study). Dr. Buxton currently serves as the second Editor in Chief of [Sleep Health](#), focused on the social epidemiology and public health aspects of sleep.

[Complete list of publications for Orfeu M. Buxton, PhD](#)

*Sponsored by the School of Aging Studies & Florida Policy Exchange Center on Aging.
For more information email Lydia Hentschel at lhentsch@usf.edu or call 813-974-8201*

Friday, December 2, 2022

11:00 am CBCS Atrium Lobby MHC 1200 – In person & MS Teams

MS Teams Link: <https://bit.ly/3zSY9Uu>



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