



Dear friends

Happy new year! The year got off to a rocky start, especially in the US with covid numbers at an all-time high and political turmoil on top of that, but hopefully better times are ahead of us.

On the subject of covid, I'm guessing that many of our members have gotten the vaccine already and others are close to it. I was struck by the daily relevance of what we work on when a sleep research colleague alerted me to the fact that the first vaccine at our medical center may have been given at the wrong time of day. This was to a nurse just coming off his night shift, and the concern was that he would be sleep-deprived and possibly circadian-disrupted, either of which could affect the immune response. The relevant people were notified, and if this person was totally shifted to a night schedule, then the timing may not have been such an issue. Nevertheless, it reminded me that we, as a society, should constantly be highlighting the importance of time-of-day considerations in medicine. And for maintaining a healthy, fit life. I hear that the covid pandemic has actually helped in that regard because working from home has allowed people to maintain schedules suited to their internal rhythms, and to get adequate amounts of sleep. Maybe we can keep some of these positive aspects as things return to normal.

On another note, you may be receiving reminders to renew your membership to SRBR. I would remind you all, especially trainees, that we are maintaining mentorship activities throughout the year and not just around the time of the meeting, thanks to Ilia's mentorship committee, and as members you will have access to all these.

Stay safe, healthy and happy!

All the best
Amita