

CMX Seminar

Relationships between light, the circadian clock and mood in the mouse

Urs Albrecht PhD

Professor of Dept of Biology,
University of Fribourg, Switzerland



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Conference Room, Research Building B

Light is a crucial environmental factor that influences various aspects of life, including physiological and psychological processes. While light is well-known for its role in enabling humans and other animals to perceive their surroundings, its influence extends beyond vision. Importantly, light affects our internal time-keeping system, the circadian clock, which regulates daily rhythms of biochemical and physiological processes, ultimately impacting mood and behaviour. The 24-hour availability of light can have profound effects on our well-being, both physically and mentally, as seen in cases of jet lag and shift work. In this seminar I highlight some of the intricate relationships between light, the circadian clock, and mood-related behaviours, exploring the underlying mechanisms and its implications for health.

Sponsored by: Center for Medical Transformation (CMX)

In charge: Department of Physiology and Cell Biology (Professor Toru Takumi)

Contact: Research Planning Section, Research Support Division (ext. 5189)