



Public lecture series 2018

Room U0.05 Brockington Building, Loughborough University
Lecture starts at 6pm

www.ncsem-em.org.uk
[@ncsemem](https://twitter.com/ncsemem)

Sept

5

Sleep and metabolic health

Presented by Dr Iuliana Hartescu, Lecturer
in Psychology, Loughborough University

The lecture will commence with an overview of sleep and its relationship with health, followed by a more detailed examination of the role of sleep duration in metabolic health, particularly drawing on experimental investigations conducted by Dr Hartescu.



Iuliana gained her undergraduate degree in Psychology (2010) at Loughborough University, followed by a PhD in Behavioural Medicine (Loughborough University, 2014), investigating the effects of daytime physical activity on insomnia symptoms in sedentary people.

Following the completion of her PhD, Iuliana took up a research associate position with the Biomedical Research Unit (BRU), an NIHR-funded partnership between Loughborough University, University Hospitals of Leicester NHS Trust and University of Leicester.

In 2016 Iuliana was appointed as a Lecturer in Psychology in the School of Sport, Exercise and Health Sciences. Iuliana's research interests are in the area of sleep behaviour and public health.

To book, please email Alison Stanley:
a.stanley@lboro.ac.uk