



Talk on Thursday, 17. Sept 2026

Start: 13:00 till 14.30 Uhr

in HS 424

The talk will be presented in English

Psy-Talks: The Emotional Brain in a Sleepless World

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Not getting enough sleep dramatically changes how we feel and think, both towards ourselves but also towards others. Even a single night of sleep loss elevates levels of anxiety, depression and asocial behavior in healthy adults and if sleep loss is chronic, this association can develop into a clinical mental disorder. This finding is alarming considering that 40% of adults in the US are suffering from

chronic insufficient sleep, and demands a better understanding of the interaction between socio-emotional well-being and sleep. This talk will describe what it is about sleep loss that undermines our mental health and how sleep, when we do get it, helps restore our minds back to a more positive state.

Coffee and cake will be served at the talk!