269th WPI-IIIS Seminar

Timing the body clock: Adapting to light and beyond

Light resets our internal clock every day, yet the clock resists rapid change, which is why jet lag and shift work are so disruptive. My lab has shown that this resistance is actively controlled: light induces the kinase SIK1, which acts as a molecular brake on circadian entrainment. Using molecular, phosphoproteomic and in vivo approaches, we are mapping how this brake works and how the same signalling may help animals adapt their rhythms to other environmental and physiological challenges. I will also describe how we are translating these insights into clinical interventions and what I have learned on this exciting journey.



Dr. Aarti Jagannath

Sleep and Circadian Neuroscience Institute, University of Oxford

Date: **Wednesday, December 2, 2026**

Time: **15:00 – 16:00**

Venue: **1F Auditorium, IIIS Building**

＊On-site participation only

IIIS
INTERNATIONAL INSTITUTE FOR INTEGRATIVE SLEEP MEDICINE

筑波大学 高等研究院 Tsukuba Institute for Advanced Research

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MOONSHOT RESEARCH & DEVELOPMENT PROGRAM

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