



## AMCA Toronto Lecture Series 2017

Friday, February 24, 2017 at 7:45 pm

### Richard Horner: Why We and Other Living Things Sleep

#### Dr. Richard Horner



Richard Horner is a Professor of Medicine and Physiology at the University of Toronto, and a Canada Research Chair. Richard is author of the book *The Universal Pastime: Sleep and Rest Explained*. Richard is also the author of over one hundred research papers and chapters in textbooks on sleep science. His research identifies mechanisms of sleep, sedation and anesthesia. He engages with the media on various platforms (television, radio and print) to discuss sleep and health. He also collaborated on a short play – *Somniloquy* with the UK playwright Craig Baxter – that dramatized the workings of the brain in sleep. Richard leads undergraduate and graduate teaching on sleep science at the University of Toronto. He has won awards for his research and teaching.

#### Abstract



The human brain is the most complex known machine in the universe, yet it shuts itself off from the outside world each and every day, for hours on end. Why? This talk will explain why we and other living things sleep. The question of why sleep exists in biology has long been considered a scientific mystery, but this apparent ‘mystery’ can now be resolved. The answer to why we sleep has important implications for understanding the biological basis of sleep health, and in particular mental health.

#### *Admission*

Members     \$ 15  
Non-members \$ 25  
Students     Free



Faculty Club of U of T, 41 Willcocks St., Toronto

#### *Registration at*

[lectureseries@amcatoronto.com](mailto:lectureseries@amcatoronto.com)  
or  
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