



# Neuroscience Café

Thursday

March 18, 2021

6:00 - 7:00 PM

## “Sleep and Circadian Rhythms During a Pandemic”



**Karen L. Gamble, PhD**  
Professor  
Psychiatry-Behavioral  
Neuroscience  
Vice Chair of Basic Research

The overall goal of my research program is to investigate environmental modulation of circadian clock function in mammalian systems and the contribution of clock disruption to pathological disease. We are interested in how nutrition (high caloric diets, meal timing) and disease (obesity, neurodegeneration) influence clock-driven changes in physiology and behavior in brain regions. A second interest of the laboratory is translation from animal models to humans determining the impact of circadian misalignment on metabolic function under a shift work environment. I investigated chronobiological systems while training in the laboratories of Drs. Elliott Albers and Doug McMahon. I have conducted research in numerous species, including hamsters, mice, and humans. I received my PhD training at Georgia State University in Behavioral Neuroscience. My postdoctoral training began at Vanderbilt University in the McMahon laboratory, where I started using transgenic mouse models and learned electrophysiology and organotypic culture imaging in 2004. In this vibrant chronobiology community, I received mentoring and training from Drs. Carl Johnson, Terry Page, Shin Yamazaki, and Randy Blakely. This training prepared me for my faculty position which began in 2009 at University of Alabama at Birmingham. At UAB, I enjoy the outstanding neuroscience community, inter-disciplinary collaborations in research and teaching, as well as opportunities to educate the next generation of scientists. I am currently serving as the Director of the Neuroscience theme in the Graduate Biomedical Sciences Program.



**S. Justin Thomas, PhD**  
Assistant Professor  
Psychiatry-Adult  
Director of the UAB Behavioral  
Sleep Medicine Clinic

Dr. S. Justin Thomas' program of research is translational: spanning basic, clinical, and population science. Broadly, his research interests focus on circadian and sleep mechanisms underlying health, as well as disparities in health. He has a particular interest in circadian rhythms research and its application to clinical practice. He holds funding as PI or Co-I from the American Heart Association (AHA), the Patient Centered Outcomes Research Institute (PCORI), and the National Institutes of Health (NIH).

He received a PhD in clinical health psychology from the University of Alabama with an emphasis on health psychology and behavioral sleep medicine. He completed clinical internship at the University of Florida, clinical fellowships in behavioral sleep medicine at both the University of Alabama and the University of Florida, and a two-year post-doctoral research fellowship on sleep and hypertension at UAB. Dr. Thomas is currently an Assistant Professor in the Department of Psychiatry at the University of Alabama at Birmingham (UAB). He is the Director of the UAB Behavioral Sleep Medicine Clinic integrated in the UAB Sleep/Wake Disorders Center, Co-Director of the UAB Sleep and Circadian Research Core, and serves on the Board of Directors of the Society of Behavioral Sleep Medicine.

This UAB CNC Neuroscience Café is a **virtual event** in collaboration with the Birmingham area libraries.

**NEW!!!! Register for Zoom Meeting:** <https://uab.zoom.us/meeting/register/tJ0uceCtrz0sEtNSRRiG4xbIxChS-JHi1pX>

You will receive a confirmation email with the zoom link.