Dr. Orfeu Buxton

ABSTRACT

Dr. Buxton’s research primarily focuses on 1) the causes of sleep deficiency in the workplace, home, and society, and 2) the health consequences of sleep deficiency, especially cardiometabolic outcomes, and the physiologic and social mechanisms by which these outcomes arise. Successful aging is a central focus of this work. Dr. Buxton will describe recent and ongoing interdisciplinary human studies involve sleep loss, aging, and insomnia, as well as health disparities. Recent research findings span epidemiology, controlled laboratory studies, and field experiments.