



THIS WEEK:

Last week, we moved into learning about sleeping/circadian rhythms! Dr. Soma introduced us to a variety of experiments, types of sleep, and even tricks to getting better sleep! Below, I've recapped the topics we covered and also provided links to labs at UBC that are exploring these research methods. Some of these labs are even looking to hire undergraduate students, so take some time to review the labs I've listed.

NEWS LETTER TOPICS



WEEKLY RECAP

circadian rhythm, sleep



UNDERGRADUATE LAB HIRING

We have provided links to UBC labs exploring the research methods we discussed in class. Some of these labs are even looking to **hire undergraduate students**.



UPCOMING EVENTS

There are a lot of events coming up soon, so stay tuned!

CIRCADIAN RHYTHM

Last Tuesday, we started by learning about circadian rhythms. We learned about the various zeitgebers that reset our internal clock, as well as experiments that show us where the internal clock originates in our brain. Unfortunately, I couldn't find any labs at UBC that work with circadian rhythms at UBC. In general, there aren't many labs that conduct sleep research as their primary research projects. However, I was able to find a couple labs that have some projects that involve some aspect of sleep. I listed these opportunities on the next page under 'sleep'.

SLEEP

We then transitioned into learning about sleep. It was cool to learn about what REM sleep actually entailed, and seeing the EEG graphs, after hearing about it for so long. There were also many genetic factors influencing sleep such as the PER and TIM proteins. At UBC, there are a few labs/researchers that have some projects involving sleep. However, I can't guarantee that they're still conducting those sleep projects. I've listed them below. Some of these labs are looking to hire undergraduate students.

UNDERGRADUATE RESEARCH OPPORTUNITIES

DR. OSMAN IPSIROGLU

Functional sleep/wake behaviours; sleep health; Videosomnography; sleep disorders; sleep movement; Restless Legs Syndrome (RLS);

<https://www.bcchr.ca/oipsiroglu>



SENSING IN BIOMECHANICAL PROCESSES LAB, PI: Dr. Lyndia Wu

(INTERESTED IN HIRING UNDERGRADUATES FOR VOLUNTEER ROLES)
Biomechanical engineering; Biomedical instrumentation (including diagnostics); Biomedical signal processing; Mechanical characterization (including modeling, testing, and monitoring); Injury biomechanics; Soft Tissue Biomechanics; Traumatic Brain Injury; Sleep Biomechanics; Sensors and Instrumentation; Data Mining and Machine Learning; Wearable Sensing

<https://simpl.mech.ubc.ca/>



DR. ISMAIL LAHER

(INTERESTED IN WORKING WITH UNDERGRADUATES)

Pharmacology and pharmaceutical sciences (except clinical aspects); Cardiovascular diseases; animal models of sleep apnea; Diabetes; exercise; oxidative stress; regulation of small artery tone, mechanisms of pressure-induced vasomotor responses, exercise, sleep

<https://www.grad.ubc.ca/researcher/14879-laher>



Upcoming Events



Feb 7 - Psychostimulants with the Director

Time: 2:30-3:30

Sign up on Canvas:

https://canvas.ubc.ca/appointment_groups/14499

Feb 17 - colloquium hosted by Dr. Lynn Raymond with speaker Dr. Rosemary Bagot of McGill University.

Time -

11:00 am - 12:00 pm

Title -

**At the intersection of threat
and reward in nucleus
accumbens glutamatergic
afferents**

Venue:

- 1. Rudy North Lecture
Theatre, Djavad
Mowafaghian Centre for
Brain Health**
- 2. Zoom**
 - a. Meeting ID: 91512
289258**
 - b. Passcode: 289258**

Upcoming Events



**Feb 14 -
NURC Abstract
Submissions
Deadline Extended**

**TIME:
END OF DAY**

SUBMISSION FORM:

[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSEFRS3LTxK6XKE6607Q-9WHBOYYFSOMOLUQ-V95T1BPWR5ICG/VIEWFORM](https://docs.google.com/forms/d/e/1FAIpQLSEFRS3LTxK6XKE6607Q-9WHBOYYFSOMOLUQ-V95T1BPWR5ICG/viewform)

Description:

If you would like to have the amazing opportunity of presenting your research at the UBC Neuroscience Undergraduate Research Conference, then please submit your abstract to the link below by January 29! More info can be found through the link.

Upcoming Events



**Feb 8 -
Success in
Neuroscience
Online Expo -
Campus Alberta
Neuroscience**

**TIME:
10:00AM - 4:00PM**

**LOCATION:
ONLINE**

Description: Are you interested in attending research conferences but don't know where to start? Campus Alberta Neuroscience is offering our 3 annual Successes in Neuroscience Virtual Expo. This event highlights the top research in various fields of neuroscience but vows to make it accessible to all audiences. This is a great opportunity to get a feel for research conferences, build your network, and find areas that may be of interest for a thesis or graduate work. You can find out more information and register at:

[HTTPS://WWW.ALBERTANEURO.CA/2023-SUCCESSES-IN-NEUROSCIENCE-SYMPOSIUM/](https://www.albertaneuro.ca/2023-successes-in-neuroscience-symposium/)

NEUROSCIENCE PROGRAM RESOURCES

OFFICE HOURS: STEVEN AND RYAN

You can sign up for appointment times with either Steven or Ryan via the Neuroscience Student Guide canvas calendar. Email them if you'd rather meet in-person. You can sign up for appointment times with either Steven or Ryan via the Neuroscience Student Guide canvas calendar. Additional appointment times are always being added, so if you don't see any open slots, check back again later and more will be available. If you've enabled notifications for the Neuroscience Student Guide, you'll be sent a message when additional Office Hours have been added.

WELLNESS RESOURCES:

UBC Psychology has an excellent list of diverse wellness resources. We've linked them below.

[WELLNESS
RESOURCES](#)

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02/05/2023

QUESTIONS/CONCERNS/INQUIRIES:

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