



## SLEEP HEALTH AS A PUBLIC HEALTH PRIORITY

**SAVERIO STRANGES** - *Professor and Chair of the Department of Epidemiology and Biostatistics, Western University in Canada*

The seminar will provide an overview on the relevance of sleep health as a major but still neglected public health priority globally.

Dr. Stranges will present some of his epidemiological work from population-based studies on the link between sleep problems and chronic disease risk, with emphasis on social determinants of health and disparities in the distribution of the disease burden associated with poor sleep patterns.

**February 11 2026, h 14:30**  
**Room U7-08, -1 floor**

**[REGISTRATION HERE](#)**