

DHMOSH Public Health Conversation Series #3

"Sleep Better, Live Healthier"

with Dr. Ari Shechter



Dr. Ari Shechter is an Assistant Professor of Medical Sciences at Columbia University. His doctoral training was in neuroscience, with a focus on sleep and biological rhythms. He has conducted a post-doctoral research fellowship exploring how sleep is related to food intake, physical activity, energy metabolism, and body weight regulation. His research focuses on how sleep disturbances affect cardiovascular, metabolic, and psychological outcomes, as well as how the light environment impacts sleep and mood, and is developing therapeutic interventions focused on light to improve sleep and related outcomes. He is currently conducting studies funded by the U.S. federal

government examining how sleep duration following a stroke is related to further cardiovascular risk and another study on how sleep disturbance is related to the development of psychological burnout and elevated blood pressure in healthcare workers.