

# Sleepy heads – Why are people sleepy during the day?



MACQUARIE  
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## Abstract

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Whilst sleep disorders such as sleep apnea and insomnia are highly prevalent, some people have increased daytime sleepiness which negatively affects how they perform during day. The reasons for this are not clear and Dr Julia Chapman will present her research showing possible causes and how this could be effectively treated.

## Biography

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**Dr Julia Chapman** is a sleep researcher with a strong focus on the daytime consequences of poor sleep, and the measurement of biological markers to identify the effects of poor sleep on brain health. Dr Julia Chapman' research tries to understand why some people have increased daytime sleepiness especially in people with sleep apnea.