

Watch March 6 Live Webcast

## **FIGHTING THE CLOCK: How America's Sleep Deficit is Damaging Longterm Health**



March 6, 2012

2:00-3:00 PM ET

Watch at [www.ForumHSPH.org](http://www.ForumHSPH.org)

This *Forum* event--held just days before the country will lose an hour of sleep due to daylight saving time--will explore what we mean by "sleep deprivation," what happens in tired brains and bodies, and what are the longterm health risks for children and adults. Panelists will also discuss policies that schools and businesses should consider to protect health and a good night's sleep. Panel participants include [Charles Czeisler](#) and [Susan Redline](#) of Harvard Medical School's Division of Sleep Medicine and [Frank Hu](#), professor of nutrition and epidemiology, Harvard School of Public Health.

Submit questions for the panel via the [Forum site](#), [email](#), or on Twitter using the hashtag #sleepforum.

## **Social networks and volunteering linked with good health worldwide**



Much research has indicated that strong social networks and volunteering are linked with good health. But most of that research has been done in western or developed countries. Now, HSPH researchers and colleagues have found that the association is true the world over. [Read more](#)

## **Wanted: 100,000 nurses for next generation of landmark study**



Researchers at HSPH are recruiting 100,000 nurses to expand the landmark Nurses' Health Study. Female RNs, LPNs, and nursing students, ages 20 to 46, who live in the U.S. or Canada are eligible to join. The Nurses' Health Study has

### **Quick Links**



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### **Parenting classes**



Human Resources is sponsoring the seminars, which are from 12:00-1:30 PM in the Countway Library Minot Room. Bring your lunch. [Register for seminars](#)

**Talking With Children About Tough Topics**  
March 6

**Parenting the First Year**  
March 20

**Good Enough vs. Perfect Parenting: Where is the Fine Line?**  
April 5

**McDonough talks**

followed more than 200,000 nurses since it began in the 1970s. More than 90 percent of the women who joined the study in 1976 or when it expanded in 1989 still answer annual confidential questionnaires. The surveys have provided important insights on women's health, including cancer prevention, cardiovascular disease, and diabetes. [Read more](#)

## Around the School

### [Bright ideas wanted](#)



Submit your ideas to help the School save money and/or enhance revenue. Prizes are available for qualified entries-- including one award of up to \$5,000.

### [It's time for a performance management conversation](#)

Visit the HSPH Performance Management site for forms and tips. All reviews must be submitted to HR by April 30.

### [Student opportunity: The President's Challenge](#)

Harvard's Innovation Lab is hosting the President's Challenge, a University-wide initiative to develop entrepreneurial solutions to the world's most important social problems. Sponsored by President Drew Faust, the Challenge is open to teams with at least one student in a substantial leadership role. The grand prize is \$100,000.

### [Recruitment opportunity: Administrative Fellowship Program places minority professionals at Harvard](#)

HSPH is participating in the University's Administrative Fellowship Program, which provides work experience to under-represented minority professionals and helps support our goal of having a diverse and inclusive workforce. Learn more about how you can access funding to hire a fellow for a short-term project. The deadline to submit a request is March 30. Contact your HR Partner with questions.

### [Green Carpet nominations open](#)

This April, Harvard will roll out the Green Carpet for staff, students, or faculty who champion sustainability. Their efforts will be recognized at a University-wide celebration in Sanders Theatre on April 12th. [Nominate](#) a team or individual for sustainability stardom by March 9.

## health care reform



HSPH Prof. [John McDonough](#) will discuss *The Future of National Health Reform* at the Boston Public Library East Boston Branch. March 12 6:00-7:00 PM [Learn more](#)

## News and interviews



[Tracking disease with cell phone data](#)  
(HSPH feature)

[HSPH researchers help boost public health in India](#)  
(Harvard Magazine)