



John Axelsson research aims to increase the knowledge and awareness of how sleep in the rapidly developing 24-hour society affects health, cognitive processes and social behavior.

His research is strongly interdisciplinary, and he has carried out research showing that the concept of 'Beauty sleep' is no myth, that sleep is important for motivational states and how old we feel, and that sleep is important for fighting infections.

The research questions he finds particularly intriguing and works on currently include: How do we adapt to long-term sleep loss? How fast does the brain wake up from sleep? And why are we so differently affected by sleep loss?

JOHN AXELSSON

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