



**Society for Research on
Biological Rhythms**

Introducing the First SRBR Public Outreach Fellow



Hello SRBR members! My name is Laura Kervezee and I am very proud to serve as SRBR's first Public Outreach Fellow. I currently work as a postdoc in the groups of Dr. Diane B. Boivin and Dr. Nicolas Cermakian at McGill University, where I study the physiological consequences of circadian misalignment in humans to better understand the increased risk of health problems in shift workers. In addition to my own research, I have always been fascinated by the enormous diversity of the field of chronobiology and its relevance to many aspects of everyday life. Given the recent advances in our field that are poised to make a significant impact on society, such as those in chronotherapy, sleep, timing of food intake, cognitive performance, and epidemiology, I believe that now is a crucial time for the SRBR to further develop its public outreach efforts. I am very excited to work together with the SRBR Public Outreach Committee to help bring chronobiological research to the outside world. In the coming year, one of the key priorities will be to improve the SRBR website so that it becomes an attractive and dynamic place not only for members, but also for all others with an interest in biological rhythms, as well as for policy makers, journalists, and grant agencies. In addition, it is our goal to intensify SRBR's engagement with the general public and bring more attention to important advances in our field. For this, I will be working together with a great team of postdocs, consisting of Jonathan Cedernaes, Louise Ince, Jeremy Stubblefield, and Emily Manoogian, who are all very motivated to increase SRBR's social media presence and initiate other public outreach activities. Keep your eyes open for more updates soon and don't forget to follow us on Twitter (@SRBR_Outreach)!