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Sleep and Circadian Health Approaches to Reducing Cardiometabolic Risk

Tuesday June 23, 2026 noon – 1:00 pm

Virtual Presentation

Microsoft Teams

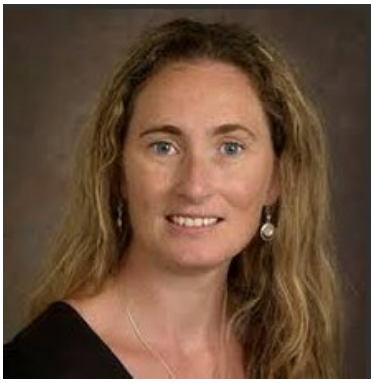
Join the meeting now

Meeting ID: 266 770 830 157
Passcode: C5KxPy

Cardiometabolic disease remains a leading cause of death, yet many of its behavioral risk factors are shaped not only by *what* we do but by *when* we do it. This talk examines how the timing of sleep, eating, and physical activity influences cardiometabolic risk across the lifespan. Drawing on observational, intervention, and experimental work from the Sleep and Circadian Health Research Program, ***Freda Patterson, PhD, University of Delaware***, will show how irregular sleep and eating patterns relate to early markers of cardiovascular disease, how sleep health can be leveraged to improve other health behaviors, and how the circadian timing of exercise may affect blood pressure in prehypertensive adults. Together, these findings point toward timing as a modifiable, upstream target for prevention.

Meet the Speaker

Dr. Freda Patterson is a Distinguished Alumni Professor in the College of Health Sciences at the University of Delaware, where she leads the Sleep and Circadian Health Research Program. Her research examines sleep and circadian health as upstream, modifiable mechanisms in the prevention of cardiometabolic disease, spanning observational, intervention, and experimental laboratory designs.



Freda Patterson, PhD

Professor and Associate Dean of Research

University of Delaware

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Dial in by phone

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Phone conference ID: 485 760 939#

Interested in a CME credit for attendance
RSVP to Debra.Reese@christianacare.org
Include your name and institution/organization
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