



This Week's Guest Speakers:

Lilith Apostel, visiting researcher

University of Cologne, Germany

Sleep—Dream—Death: The impact of sleep and dreaming on ideas of the netherworld before 1500 BC

In the first historic cultures of the late third and early second millennium BC, the alternation of day and night was connected to myths and stories that tied together the sun cycle with sleeping and waking, as well as with the netherworld. The talk will explore texts from Mesopotamia and Egypt that mention sleep and dreaming, with special attention to religious ideas that were influenced by these experiences. Dreams were considered an important means of divination and therefore considerable knowledge about sleep developed in the course of time, sometimes describing features that have only recently been rediscovered by modern science.

Adam Lucero, PhD student

School of Sport and Exercise, Massey University

A New Method to Measure Local Blood Flow and Oxygen Consumption in Skeletal Muscle

Near infrared spectroscopy (NIRS) is a non-invasive tool that can be used to monitor changes in blood volume and oxygen consumption of a specific skeletal muscle site. This talk will describe a new protocol that uses NIRS to assess local blood flow and oxygen consumption of a specific thigh muscle (vastus lateralis) at rest and during incremental exercise. With a reliable protocol, the relationship between local blood flow regulation and muscle oxygen consumption can be explored in both healthy and diseased populations.