



**Leading Chronobiologist**

Till Roenneberg is Germany's leading chronobiologist and the world's first professor of chronobiology. For more than 25 years he has been researching how important it is to respect our internal time.

Roenneberg (\*1953) studied physics, medicine and biology at the Ludwig Maximilian University in Munich. In 1978 he graduated in zoology, genetics and biochemistry. In 1983 he received his doctorate and ten years later his habilitation and authorisation to teach in medical psychology and neurobiology. From 1983 to 1985 he was a Postdoctoral Fellow at the Max Planck Institute Erling-Andechs and subsequently spent three years as a Research Associate and Teaching Fellow at Harvard University. Since 1988 he has been head of the Centre for Human Chronobiology at the Medical Faculty of LMU Munich.

In his research and his successful books, Professor Roenneberg deals with the internal clock of humans. He shows that many factors that make us early or late "chronotypes" are beyond our control, how we can sync our internal time with our external environment and why and how this affects our health .

Professor Roenneberg has received numerous awards for his work, including the "Aschoff's Ruler" Research Prize, the "Harvard-Hoops Prize for Excellence in Teaching" and the Silver Medal of the Ludwig Maximilian University for special commitment to teaching. The renowned scientist is a member of numerous professional societies and committees, including the Society for Research in Biological Rhythms and the Advisory Committee of the National Academy of Sciences in the USA.

In an entertaining and gripping way, the internationally sought-after keynote speaker describes the often underestimated effects of the human internal clock on society and the economy. He shows how teams, relationships and performance are determined by chronobiology, comments humorously on the fundamental questions of modern sleep research and encourages his listeners to think about sleep and its influence on wakefulness.

**Topics (Selection):**

- Early Birds and Night Owls
- Internal Clock and Time Stamp Clock
- Sleep Disturbances

**Publications (Selection):**

- Internal Time: Chronotypes, Social Jet Lag, and Why You're So Tired, 2012