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**The Neurosciences Institute receives \$73,000 grant to fund
how sleep and appetite are linked in the brain.**

The Neurosciences Institute is pleased to announce that Dr. Cynthia Hughes, a Research Fellow in Experimental Neurobiology at The Neurosciences Institute, has been awarded \$73,000 by the Blasker-Rose-Miah Science & Technology Fund at The San Diego Foundation. This grant will provide funding for one year to support Dr. Hughes' work on how sleep and appetite are linked at the molecular and cellular level in the brain.

Sleep disorders and obesity are both common in our modern age and lack effective treatments, largely because of gaps in our understanding of how sleep and appetite are regulated. Emerging data suggests that the sleep and appetite feeding circuitry are intertwined, and are part of a larger homeostatic system that keeps energy levels in balance. Understanding the precise molecular nature of sleep and appetite regulation could facilitate the development of treatments and therapeutic drugs to address issues of insomnia and obesity.

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The Neurosciences Institute, founded in 1988, is a nonprofit scientific organization based in La Jolla, dedicated to learning about the brain for the benefit of all mankind. Under the leadership of Nobel Laureate Dr. Gerald Edelman, the Institute focuses its theoretical and experimental research on the principles underlying how we perceive the world, how we learn and remember, and how consciousness arises. The small research staff is united by a shared vision to deepen our understanding of brain function, these young and talented scientists work in a collaborative, creative, and flexible environment like no other.

The Institute is supported largely by gifts and grants from individuals, foundations, corporations, and accepts limited governmental funding to support its unique and groundbreaking research programs. For additional information and to become a member supporter, visit the Institute's website at www.nsi.edu or contact Debbie Honeycutt (honeycutt@nsi.edu or call 858-626-2020).

Founded in 1975, The San Diego Foundation is a broad-purpose community foundation helping individuals, families, and organizations carry out their charitable plans, with the common goal of improving the quality of life in the greater San Diego region. The Foundation evaluates and helps coordinate needs with resources, so that charitable gifts are used effectively to address our community's most critical needs, now and for generations to come.

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