Karine Spiegel is a tenured INSERM (French National Institute for Health and Medical Research) scientist at Lyon Neuroscience Research Center (CRNL; https://www.crnl.fr/). Her pioneer clinical studies indicated that recurrent sleep curtailment, an increasingly common behavior in modern society, may be a risk factor for diabetes and obesity. Her recent and current work focuses on the impact of various sleep characteristics (duration, quality, timing, regularity) on the pathophysiology of metabolic diseases in children, adolescents and adults who are lean, obese and/or diabetics. Her main objective is to determine the putative therapeutic effects of optimizing sleep on metabolic outcomes. In her talk, she will highlight the importance of assessing sleep, stress systems and metabolic health at multiple time points to delineate the effects of sleep on metabolic health.