



Ari Shechter, Ph.D.

Assistant Professor of Medical Sciences

Research Summary:

Dr. Shechter's scientific interests are in the field of human chronobiology, and specifically, the behavioral, hormonal, metabolic, and cognitive pathways by which sleep and circadian physiology affect energy balance and body weight. His research has focused on the effects of sleep restriction, shifted sleep-wake timing, and altered sleep architecture/quality on 24-h energy expenditure, dietary-induced thermogenesis, food choice and intake, vigilance levels, hormonal regulation of appetite/satiety, the rewarding value of food, and motivation to consume food. Dr. Shechter is currently funded by a Scientist Development Grant from the American Heart Association to study the effects of continuous positive airway pressure on body composition, physical activity, diet, and cardio-metabolic health markers in obese obstructive sleep apnea patients.

Selected Publications:

1. Shechter A, Pham T, Rising R, St-Onge M-P. (2015). Effects of CPAP on energy expenditure in obese obstructive sleep apnoea patients: A pilot study. *Obesity Research & Clinical Practice*. In press.
2. St-Onge MP, Roberts A, Shechter A, and RoyChoudhury A. (2015). Fiber and Saturated Fat are Associated with Sleep Arousals and Slow Wave Sleep. *Journal of Clinical Sleep Medicine*. In press.
3. Shechter A, St-Onge M-P, Kuna ST, Zammit G, RoyChoudhury A, Newman AB, Millman RP, Reboussin DM, Wadden TA, Jakicic JM, Pi-Sunyer FX, Wing RR, Foster GD, Sleep AHEAD Research Group of the Look AHEAD Research Group. (2014). Sleep architecture following a weight loss intervention in overweight and obese patients with obstructive sleep apnea and type 2 diabetes: Relationship to apnea-hypopnea index. *Journal of Clinical Sleep Medicine*. 10(11):1205-1211.
4. Shechter A and St-Onge M-P. (2014). Delayed sleep timing is associated with low levels of free-living physical activity. *Sleep Medicine*. 15(2014):1586-1589.
5. Shechter A, Rising R, Wolfe S, Albu JB, and St-Onge M-P. (2014). Postprandial thermogenesis and substrate oxidation are unaffected by sleep restriction. *International Journal of Obesity*. 38(9):1153-8.
6. Shechter A, Grandner M, and St-Onge M-P. (2014). The Role of

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Sleep in the Control of Food Intake. *American Journal of Lifestyle Medicine*. 8(6):371-374.

7. Shechter A, Rising R, Albu JB, and St-Onge M-P. (2013). Experimental sleep curtailment causes wake-dependent increases in 24-hour energy expenditure as measured by whole-room indirect calorimetry. *American Journal of Clinical Nutrition*. 98(6):1433-9.
8. St-Onge M-P, Wolfe S, Sy M, Shechter A, and Hirsch J. (2013). Sleep restriction increases the neuronal response to unhealthy food in normal-weight individuals. *International Journal of Obesity*. 38(3):411-6.
9. Shechter A, O’Keeffe M, Roberts AL, Zammit GK, RoyChoudhury A, and St-Onge M-P. (2012). Alterations in sleep architecture in response to experimental sleep curtailment are associated with signs of positive energy balance. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*. 303(9):R883-9.
10. Shechter A, Lespérance P, Ng Ying Kin NMK, and Boivin DB. (2012). Pilot investigation of the circadian plasma melatonin rhythm across the menstrual cycle in a small group of women with premenstrual dysphoric disorder. *PLOS ONE*. 7(12):e51929.
11. Shechter A, Lespérance P, Ng Ying Kin NMK, and Boivin DB. (2012). Nocturnal polysomnographic sleep across the menstrual cycle in premenstrual dysphoric disorder. *Sleep Medicine*. 13(8):1071-1078.
12. Shechter A, Boudreau P, Varin F, and Boivin DB. (2011). Predominance of distal skin temperature changes at sleep onset across menstrual and circadian phases. *Journal of Biological Rhythms*. 26(3):260-270.
13. Shechter A, Varin F, and Boivin DB. (2010). Circadian variation of sleep during the follicular and luteal phases of the menstrual cycle. *SLEEP*. 33(5):647-656.

More about Ari Shechter, Ph.D. :

<http://www.ncbi.nlm.nih.gov/myncbi/browse/collection/47811426/?sort=date&direction=descending>