



## Jaehoon Seol

University of Tsukuba, Japan

### • Education

Period	Affiliation	Position
– 2017-2020	University of Tsukuba, Japan	Ph.D.
– 2015-2017	University of Tsukuba, Japan	M.S.
– 2013-2015	University of Tsukuba, Japan	Research Student in Physical Education
– 2006-2013	Myeongji University, Korea	B.S.

### • Affiliations / Experience

Period	Affiliation	Position
– 2024-Present	University of Tsukuba, Japan	Assistant Professor
– 2024-Present	National Center for Geriatrics and Gerontology, Japan	Visiting Researcher
– 2021-Present	International Institute for Integrative Sleep Medicine, Japan	Visiting Researcher
– 2023-2023	National Institute of Occupational Safety and Health, Japan	Researcher
– 2021-2023	Japan Society for the Promotion of Science, Japan	JSPS Postdoctoral Fellowship

### • Committee Memberships

- Korean Society Exercise Nutrition
- BMC Geriatrics, Part of Springer Nature
- Korean Academy of Kinesiology

### • Publications

- Validation of sleep-staging accuracy for an in-home sleep electroencephalography device compared with simultaneous polysomnography in patients with obstructive sleep apnea. *Scientific Reports*, 14(1):3533
- Relationship between rest-activity rhythms and cardiorespiratory fitness in middle-aged workers: A cross-sectional study with non-parametric analysis using accelerometers worn on the thigh. *BMC Public health*, 24(1):62
- Association between electroencephalogram-based sleep characteristics and physical health in the general population of middle age. *Scientific Reports*, 13(1):21545
- Bidirectional associations between physical activity and sleep in older adults: a multilevel analysis using polysomnography. *Scientific Reports*, 12(1): 15399
- Distinct effects of orexin receptor antagonist and GABAA agonist on sleep and physical/cognitive functions after forced awakening. *PNAS*, 116: 24353-24358