

This talk is **FREE**  
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King Alfred's Academic Enrichment Programme presents:  
The Sir Christopher Ricks Lecture 2025

# “Body Clocks and Sleep – Biology to Health”

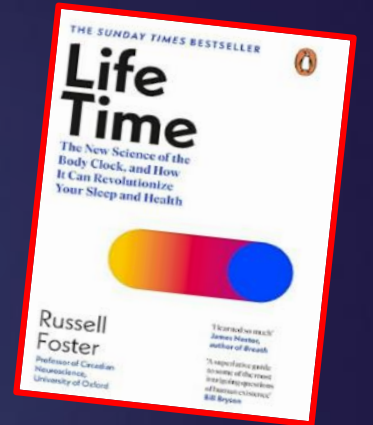
Professor Russell Foster FRS

Sir Jules Thorn Sleep and Circadian Neuroscience Institute

Thursday 2<sup>nd</sup> October 2025

19:00 – 20:30

The Beacon Theatre, Wantage



You can  
also book  
↓  
here



Professor Russel Foster’s life work revolves around understanding our natural body clocks and the role of sleep for ensuring health and well-being. How do the sleep needs of young people differ from those of adults? What can we do to improve our sleep and bring our body clock to a healthier rhythm? What difference does it make?

His book “LifeTime” was a *Sunday Times Best Seller*. Professor Foster’s talk should provide some valuable understanding of the underlying mechanisms of sleep.

This Event is sponsored by the Wantage Literary Festival

**BOOKING ESSENTIAL**

Please email [pstokell@kas.cambrianlt.org](mailto:pstokell@kas.cambrianlt.org) to reserve your places

