

Thomas Svensson

2. 学術論文

- 1) Original Papers, First and Responsible Author, Svensson T, Svensson AK, Kitlinski M, Engstrom G, Nilsson J, Orho-Melander M, Nilsson PM, Melander O., April 2024, English, Very short sleep duration reveals a proteomic fingerprint that is selectively associated with incident diabetes mellitus but not with incident coronary heart disease: a cohort study, peer-reviewed, BMC Medicine, 22, 173, <https://doi.org/10.1186/s12916-024-03392-1>, This journal does not have page numbers, but instead provides the article number (173).
- 2) Others (reports, etc.), First and Responsible Author, Svensson T, Madhawa K, Hoang NT, Chung UI, Svensson AK, May 2024, English, Response to comment on “Validity and reliability of the Oura Ring Generation 3 (Gen3) with Oura Sleep Staging Algorithm 2.0 (OSSA 2.0) when compared to multi-night ambulatory polysomnography: A validation study of 96 participants and 421,045 epochs, non-refereed, Sleep Medicine, N/A, 217-218, <https://doi.org/10.1016/j.sleep.2024.03.014>
- 3) Original Papers, Responsible Author, Sjoland O, Svensson T, Madhawa K, Hoang NT, Chung UI, Svensson AK, June 2024, English, Associations of Subjective Sleep Quality with Wearable Device-Derived Resting Heart Rate During REM Sleep and Non-REM Sleep in a Cohort of Japanese Office Workers, peer-reviewed, Nature and Science of Sleep, N/A, 867-877, <https://doi.org/10.2147/NSS.S455784>
- 4) Others (reports, etc.), Co-author, Nakamura M, Svensson T, Yoshida H, Masakazu H, Tokuno S., June 2024, English, Pilot Study for Early Screening of Autism Spectrum Disorder Using Baby Cry, peer-reviewed, 2024 IEEE 6th Eurasia Conference on Biomedical Engineering, Healthcare and Sustainability (ECBIOS), N/A, 105-107, <https://doi.org/10.1109/ECBIOS61468.2024.10885491>
- 5) Original Papers, Co-author, Yulong R, Kojima Y, Tsuji K, Svensson T, Suto A, Ochi E., July 2024, English, Longitudinal changes in physical activity of early-stage breast cancer survivors in Japan during and after the COVID-19 lockdown, peer-reviewed, Journal of Physical Fitness and Sports Medicine, N/A, N/A, <https://plaza.umin.ac.jp/jspfsm/JPFSM/files/JPFSM-2024-019.pdf>, The manuscript is accepted but not yet published in any issue.
- 6) Original Papers, Responsible Author, Madhawa K, Svensson T, Hoang NT, Chung UI, Svensson AK., February 2025, English, Associations Between Plasma Proteomic Signatures and Secondary Sleep in Older Adults, peer-reviewed, GeroScience, N/A, N/A, <https://doi.org/10.1007/s11357-025-01565-1>, The manuscript is published online until it is

s designated to a specific issue.

6. 社会貢献

- 1) Ongoing social implementation of the Lifestyle Evaluation Algorithm MIRAMED in Kanagawa Prefecture's アプリ「マイME-BYOカルテ」で未病を改善,N/A, <https://www.pref.kanagawa.jp/docs/fz7/cnt/f532715/p991437.html>
- 2) Ongoing social implementation of MIRAMED in the following product for lifestyle improvement:,N/A,SoftBank affiliate, Healthcare Technology Corporation, applied the MIRAMED technology to a remote specific health guidance service using the "HELPO" health app.
- 3) Ongoing social implementation of MIRAMED in the following product for lifestyle improvement:,N/A,Hitachi Systems applied the MIRAMED technology to the "HISYS-MIRAMED" system, allowing the remote specific health guidance service provider companies to use the app.
- 4) Ongoing social implementation of MIRAMED in the following product for lifestyle improvement:,N/A,MEDMIRAI Inc is one of the above providers and in development of MEDMIRAI for regulatory approval as Software as a Medical Device (SaMD).
- 5) Participating in the SHI applicant interview screening ,20240218
- 6) Participating in the SHI student orientation in Yokosuka ,20240403
- 7) Participating in the AY2024 SHI briefing sessions ,20240608
- 8) Participating in the SHI Summer Science Event ,20240807
- 9) Conducting entrance interviews for prospective SHI students ,20241111
- 10) Evaluating entrance essays of prospective students ,202410
- 11) Community outreach and lecture to workers at Mitsubishi Chemical Corporation Toyama plant on January 17, 2025. The purpose of the lecture was to provide informational education to about the importance of sleep, and to inform of the latest advances in sleep research.,20250117
- 12) Community outreach and lecture to residents of Hayama city on May 22, 2024. The topic of the lecture was to inform about the most recent sleep research and sleep-related guidelines. The purpose was to increase awareness of the importance of sleep for health and as an important modifiable lifestyle factor.,20240522

7. 講演, 放送

- 1) Community outreach and lecture to residents of Hayama city on May 22, 2024. The topic of the lecture was to inform about the most recent sleep research and sleep-related guidelines. The purpose was to increase awareness of the importance of

sleep for health and as an important modifiable lifestyle factor.,20240522

- 2) Community outreach and lecture to workers at Mitsubishi Chemical Corporation Toyama plant on January 17, 2025. The purpose of the lecture was to provide informal education to about the importance of sleep, and to inform of the latest advances in sleep research.,20250117

9. 学内教育活動

- 1) Faculty, Master's Course, SHI

Course manager "Introduction to Epidemiology", 20240406 - 20240727, 15 lectures on Epidemiology

Course manager "Academic Presentation", 20240411 - 20240530, 8 lectures on Academic Presentation

Course manager "Global Health Policy", 20240930 - 20241202, 8 lectures on Global Health. The course invited expert guest lecturers on topics related to Global Health. Main Supervisor, 20240401 - 20250331, Supervising the research and Master's thesis of a master course student

Main Supervisor, 20240401 - 20250331, Supervising the research and Master's thesis of a master course student

Assistant supervisor, 20240401 - 20250331, Assistant supervisor for the research and Master's thesis of a master course student

Assistant supervisor, 20240401 - 20250331, Assistant supervisor for the research and Master's thesis of a master course student

- 2) Faculty, Doctoral Course, SHI

Main Supervisor, 20240401 - 20250331, Supervising the research and PhD thesis of a doctoral student

10. 学内各種委員会活動

- 1) International and Regional Collaboration Committee, 20240401 - 20250331, Serving on the International and Regional Collaboration Committee with participation in committee activities, e.g., SHI Summer Science Event.
- 2) Entrance Examination Committee, 20240401 - 20250331, Serving on the Entrance Examination Committee with active participation in committee responsibilities, including essay screenings and interview screenings

11. 科学研究費補助金, その他の補助金などの受託

- 1) AMED Moonshot Research and Development Program, Theme 2 AMED ムーンショット目標7
ターゲット2病院を家庭に、家庭で炎症コントロール, contributor, Thomas Svensson, Theme 2: Exploring the link between sleep and inflammation and development of personalized digital health, 64,036千円, 2022年04月, 2025年03月
- 2) Oura Ring Oy, contributor, Thomas Svensson, Preventive Healthcare and Bioengineering, 6,000千円, 2022年04月, 2024年03月
- 3) Sawai Pharmaceutical, contributor, Thomas Svensson, Development of Sleep application and Dashboard, 30,000千円, 2022年07月, 2025年02月
- 4) Research grant, Ernhold Lundströms Stiftelse, delegate, Thomas Svensson, A study on the comparison of lifestyle markers on sleep and physical activity between Swedish individuals and Japanese super seniors, 4,500千円, 2024年06月, 2025年05月
- 5) AMED Platform Project for Social Implementation of Prevention and Health Promotion (Healthcare Social Implementation Infrastructure Project) AMED予防・健康づくりの社会実装に向けた研究開発基盤整備事業（ヘルスケア社会実装基盤整備事業）」, contributor, Thomas Svensson, Research and Development on Prevention and Health Promotion Using the Behavior Change Promotion App (MIRAMED), 4,400千円, 2024年07月, 2027年03月

14. 特許など

- 1) Regularity Index, 2024-115706, 2024年07月, The date indicates the date of patent registration.
- 2) Healthy Aging Index, 2024-115708, 2024年07月, The date indicates the date of patent registration.