

# Stanford

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## Yanan Zhao

Postdoctoral Scholar, Psychiatry

### Bio

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#### BIO

Yanan completed her Ph.D. degree at Fudan University, where she uncovered the mechanisms of sleep transitions from the evolutionary point of view in Dr Zhili Huang's lab, with a combination of optogenetics, in vivo electrophysiology, fiber photometry, polysomnography, immunohistochemistry and so on. In the de Lecea lab, Yanan is now curious about how sleep regulates the balance between DNA damage and repair with approaches of imaging. At the same time, she is interested in larger scale imaging during different brain states. Outside the lab, Yanan enjoys biking and exploring the sunny bay area.

#### HONORS AND AWARDS

- First Prize of Academic Scholarship, Fudan University (2019)
- First Prize of Academic Scholarship, Fudan University (2017)
- Outstanding Graduates Awards., Taiyuan University of Technology (2016)
- Chancellor's Scholarship Nomination Award., Taiyuan University of Technology (2015)
- First Prize of the 13th Extracurricular Academic Science and Technology Works Competition., Taiyuan University of Technology (2015)
- Professional Study Scholarships., Taiyuan University of Technology (2014 and 2016)
- Third Prize of National Collegiate Mathematical Modeling Competition, Shanxi Division, Taiyuan University of Technology (2014)
- First Prize of National Collegiate Mathematics Competition Preliminary Round, Taiyuan University of Technology (2013)

#### PROFESSIONAL EDUCATION

- Bachelor, Taiyuan University of Technology , Bioengineering (2016)
- Ph.D., Fudan University , Pharmacology (2022)
- Postdoc, Stanford University , Biomedical Sciences

#### STANFORD ADVISORS

- Luis de Lecea, Postdoctoral Faculty Sponsor

### Publications

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#### PUBLICATIONS

- **GABAergic neurons in the rostromedial tegmental nucleus are essential for rapid eye movement sleep suppression.** *Nature communications*  
Zhao, Y. N., Jiang, J. B., Tao, S. Y., Zhang, Y., Chen, Z. K., Qu, W. M., Huang, Z. L., Yang, S. R.  
2022; 13 (1): 7552
- **A cluster of mesopontine GABAergic neurons suppresses REM sleep and curbs cataplexy.** *Cell discovery*

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Chen, Z. K., Dong, H., Liu, C. W., Liu, W. Y., Zhao, Y. N., Xu, W., Sun, X., Xiong, Y. Y., Liu, Y. Y., Yuan, X. S., Wang, B., Lazarus, M., Chérasse, et al  
2022; 8 (1): 115

- **Whole-Brain Monosynaptic Afferents to Rostromedial Tegmental Nucleus Gamma-Aminobutyric Acid-Releasing Neurons in Mice.** *Frontiers in neuroscience*

Zhao, Y. N., Zhang, Y., Tao, S. Y., Huang, Z. L., Qu, W. M., Yang, S. R.  
2022; 16: 914300

- **The Rostromedial Tegmental Nucleus: Anatomical Studies and Roles in Sleep and Substance Addictions in Rats and Mice.** *Nature and science of sleep*

Zhao, Y. N., Yan, Y. D., Wang, C. Y., Qu, W. M., Jhou, T. C., Huang, Z. L., Yang, S. R.  
2020; 12: 1215-1223

- **The rostromedial tegmental nucleus is essential for non-rapid eye movement sleep.** *PLoS biology*

Yang, S. R., Hu, Z. Z., Luo, Y. J., Zhao, Y. N., Sun, H. X., Yin, D., Wang, C. Y., Yan, Y. D., Wang, D. R., Yuan, X. S., Ye, C. B., Guo, W., Qu, et al  
2018; 16 (4): e2002909