Thomas Svensson

1.著書

2.学術論文

1) Original Papers,Responsible Author,Madhawa K, Svensson T, Hoang NT, Chung UI, Svensson AK.,April 2025,English,Associations between plasma proteomic signatures and secondary sleep in older adults,peer-reviewed,GeroScience,4623-4634,https://doi.org/10.1007/s11357-025-01565-1
2) Original Papers,Responsible Author,Pham H, Svensson T, Chung U-i, Svensson AK.,May 2025,English,Bidirectional association between physical activity and sleep in healthy Japanese super-seniors: the Japan Healthy Aging Study (J-HAS),peer-reviewed,npj Aging,Article number: 36,https://doi.org/10.1038/s41514-025-00223-2
3) Original Papers,Responsible Author,Yamaga Y, Svensson T, Chung U-i, Svensson AK. ,July 2025,English,Every 1,000 steps matter: incremental reductions in metabolic syndrome risk in Japanese office workers,peer-reviewed,Diabetology and Metabolic Syndrome,Article number: 281,https://doi.org/10.1186/s13098-025-01816-3,The first author is a PhD student at SHI.
4) Original Papers,Responsible Author,Ishikawa Y, Svensson T, Madhawa K, Hoang NT, Chung U-i, Svensson AK. ,October 2025,English,Association between sedentary behavior and sleep quality among urban white-collar workers with or at risk of metabolic syndrome: a secondary analysis of a randomized 3-month workplace lifestyle intervention trial,peer-reviewed,Journal of Occupational Health,1,Article number: uiaf062,https://doi.org/10.1093/joccuh/uiaf062,The first author was a Master's student at SHI.

3.その他の著作

4.学会発表等

5.学会，協会，公的団体の委員など

6.社会貢献

1) SHI Summer School 2025Lecture about sleep and sleep healthto Junior and Senior High School Students,July 31, 2025August 18, 2025,I was involved in the planning

of the Summer School and was a lecturer on both days.

2) 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,Ongoing,https://www.pref.kanagawa.jp/docs/fz7/cnt/f532715/p991437.html
3) Ongoing social implementation of MIRAMED in the following products for lifestyle improvement:,Ongoing,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 products for lifestyle improvement:,Ongoing,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 student orientation in Yokosuka ,20250402
6) Participating in the AY2024 SHI briefing sessions ,20250607
7) Participating in the master’s program mid-term presentation ,20250927
8) Conducting entrance interviews for prospective students ,20251109
9) Participating in the SHI doctoral program research plan presentation and mid-term report ,20251213

7.講演, 放送

1) SHI Summer School 2025Lecture about sleep and sleep healthto Junior and Senior High School Students,July 31, 2025August 18, 2025

8.学会等での活動

9.学内教育活動

1)Faculty, Master's Course, SHI

Course manager "Introduction to Epidemiology",20250405-20250726,15 lectures on Epidemiology

Course manager "Academic Presentation",20250410-20250522,8 lectures on Academic Presentation

Main Supervisor of Master's Course Student 1,20250401-20260331,Supervising the research and Master's thesis of master's student 1

Main Supervisor of Master's Course Student 2,20250401-20260331,Supervising the research and Master's thesis of master's student 2

Assistant Supervisor of Master's Course Student 3,20250401-20260331,Supervising the research and Master's thesis of master's student 3

2)Faculty, Doctoral Course, SHI

Main Supervisor of Doctoral Student 1,20250401-20260331,Supervising the research and PhD thesis of doctoral student 1

Main Supervisor of Doctoral Student 2,20250401-20260331,Supervising the research and PhD thesis of doctoral student 2

10.学内各種委員会活動

1) International and Regional Collaboration Committee,20250401 - 20260331,Serving on the International and Regional Collaboration Committee with participation in committee activities, e.g., SHI Summer Science Event.
2) Entrance Examination Committee,20250401 - 20260331,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,2027年03月,The grant has been extended to the end of FY2027. The grant is related to my work at the University of Tokyo and is managed by the University of Tokyo.
2) Oura Ring Oy,contributor,Thomas Svensson,Preventive Healthcare and Bioengineering,6,000千円,2022年04月,2026年03月,The grant has been extended to the end of FY2026. The grant is related to my work at the University of Tokyo and is managed by the University of Tokyo.
3) 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,The grant is related to my work at the University of Tokyo and is managed by the University of Tokyo.
4) Sawai Pharmaceutical,contributor,Thomas Svensson,Clinical research (POC) of the sleep coach app (Mirasleep),33,410千円,2024年11月,2026年12月,The grant is related to my work at the University of Tokyo and is managed by the University of Tokyo.
5) Research grant, Ernhold Lundströms Stiftelse,delegate,Thomas Svensson,Sleep and l

ongevity - increased understanding of the association between digital biomarkers and healthy aging,4,500千円,2025年06月,2026年05月,The grant is related to my research at Lund University, Sweden and is managed by Lund University.

6) University of Tokyo/Mitsubishi Chemical Corporation,contributor,Thomas Svensson, Research on reflecting information obtained from piezoelectric film sensors into biological information and developing applications for healthy longevity,15,000千円,2025年07月,2028年05月,The grant is related to my work at the University of Tokyo and is managed by the University of Tokyo.

12.学内研究助成金の受託

13.受賞

14.特許など

1) Regularity Index,特願2024-115706,2024年07月,The date indicates the date of patent registration.
2) Healthy Aging Index,特願2024-115708,2024年07月,The date indicates the date of patent registration.
3) Regularity Index,PCT/JP2025/25839,2025年07月,Information processing systems, information processing methods, and program technology field- RegularityThe date indicates the date of patent registration.
4) Healthy Aging Index,PCT/JP2025/25840,2025年07月,Information processing systems, information processing methods, and program technology field-Healthy Aging IndexThe date indicates the date of patent registration.

15.その他