

Candidate: Trainee Member-at-Large Elect



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I first discovered the Sleep Research Society Trainee Day five years ago at the APSS conference in Denver, CO. My experience was an exciting introduction to what the field has to offer in terms of intellectual stimulation and training opportunities. Since then I have attended each Trainee Day, and for the past two years I participated in the Trainee Day Committee. I am enthusiastic about contributing my time to making the experience of Trainee Day for new and current trainees as valuable as mine has been. I am also excited to contribute in other ways such as updating knowledge of sleep research training opportunities, and proliferating growth and interest in sleep research.

My research interests include the relations between ethnicity, culture, and sleep disorders, and investigating brief, effective ways to enhance adherence to behavioral sleep medicine interventions. My training in sleep research began as an undergraduate in Dr. Bootzin's sleep research laboratory at The University of Arizona, and at The University of Arizona Sleep Respiratory Laboratory under the supervision of Dr. Quan. For the last four years I have been a clinical psychology doctoral student at The University of Alabama under the mentorship of Dr. Lichstein, which has afforded me multiple research experiences and publications. My clinical sleep experiences include the completion of a year-long, accredited American Academy of Sleep Medicine Behavioral Sleep Medicine Training Program.

At this time I am progressing with my dissertation on the interaction between self-affirmation and working memory capacity on adherence to behavioral insomnia treatment. Soon, I will be commencing a clinical internship at the University of California San Diego/VA under the supervision of Dr. Drummond. My professional goals are to acquire a postdoctoral fellowship with an emphasis on sleep followed by an academic position at a research-oriented university.

