Faculty mentor: James Gross

Research supervisor(s):
Prof. James Gross
Sylvia Kreibig, PhD
Hannah Overbye, B.A.

Project topic(s): Stanford Home Sleep Study of the Stanford Home Sleep Center

Brief description of scientific issues:
- do individuals who grind their teeth while asleep (sleep bruxism) have greater difficulties regulating their emotions than those individuals who do not show this sleep time behavior? May emotion regulation present as an intervention variable to improve sleep bruxism?
- what are the bidirectional effects of sleep and affect?
- does emotion regulation mediate the relation between distress disorders (depression, anxiety) and insomnia?
- relationship between traumatic experiences, emotion regulation, and sleep outcomes

Skills required:
- strong motivation to learn
- attention to detail
- ideally prior research experience
- ability to navigate in a fast-paced environment of active data collection

Skills to be learned:
- conducting at-home sleep studies (polysomnography)
- conducting in-lab multi-modal assessment of emotion and emotion regulation, including psychophysiology (EEG, EMG, EKG, EDA, RSP, BP), self-report, video recording, and eye tracking
- ambulatory assessment of sleep and emotion by diary, EMA, and physiology tracking (actigraphy, ECG, muscle activity during teeth grinding)
- team work within a highly dynamic team of RAs, graduate students, postdocs, and research staff
- opportunity to learn discussion skills at weekly large lab meetings and research group meetings

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