Faculty mentor: James Gross

Research supervisor(s):
Dr. Sylvia Kreibig, Senior Research Scientist, skreibig@stanford.edu
Alan Brown, Research Coordinator, alanb@stanford.edu

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

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 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
- ability to navigate in a fast-paced environment of active data collection

Skills to be learned:
-conducting Zoom sessions with participants
-ambulatory assessment of sleep and emotion by diary, EMA, and physiology tracking (actigraphy, muscle activity during teeth grinding, heart rate variability)
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
-data quality control and processing
-writing literature reviews

Hours: Full time

Contact person: Sylvia Kreibig, skreibig@stanford.edu