

TRAINING PROGRAM IN

Sleep, Circadian & Respiratory Neurobiology





“ The T32 was the ideal mentoring experience. The coursework prepared me to excel as a researcher. More importantly, my mentors worked with me to ensure that I got the experiences I needed to pursue my specific career goals.”

DAYNA A. JOHNSON, PHD, MPH, MSW, MS
Assistant Professor, Emory University
Rollins School of Public Health, Department of Epidemiology



The **Harvard Medical School Division of Sleep Medicine** is a growing community of Harvard faculty and fellows working in diverse areas related to sleep and circadian biology.

Through laboratories and clinics affiliated with Harvard Medical School and Harvard teaching hospitals, our researchers are leading science to a greater understanding of sleep and circadian physiology, and developing more effective therapies for the treatment of sleep disorders. Our faculty research programs encompass patient-oriented and applied research relevant to sleep, circadian and respiratory neurobiology, including:

- neurophysiology
- molecular neurobiology
- neuroendocrinology
- human physiology
- integrative and visual neuroscience
- cognitive science
- mathematical modeling
- statistical modeling
- neuroanatomy
- neuro-pharmacology
- electrophysiology
- respiratory neurobiology
- cardiorespiratory physiology
- sleep pathophysiology
- medical chronobiology
- human genetics

Our Training Program is sponsored by the NIH National Heart, Lung, and Blood Institute, and emphasizes mentorship and individualized training and career development. We strongly encourage applications from women and minority candidates.

The **Research Training Program in Sleep, Circadian & Respiratory Neurobiology** is a multi-institutional, multi-disciplinary program. Trainees are provided with a competitive stipend, tuition and an allotment for travel and training related expenses.

PRE-DOCTORAL TRAINING PROGRAM

The Pre-doctoral Training Program exists in parallel with the student's training at the University in which they are enrolled, and is designed to provide a structured, comprehensive program to train outstanding individuals for eventual academic positions in the broad field of Sleep Disorders Medicine with specific expertise in basic science, patient-oriented or applied research.

“ I was mentored by exceptional leaders in the field, who consistently challenged and inspired me. It was invigorating to be in an interdisciplinary environment where I could learn from a diverse group of people who truly cared.”

JAIME K. DEVINE, PH.D.
Associate Scientist, Operational Fatigue and Performance
Institute for Behavior Resources, Inc



POST-DOCTORAL TRAINING PROGRAM

The Post-Doctoral Training Program is based on the thesis that the most important aspect of research training is intense involvement of trainees under close supervision of faculty preceptors, to establish a core body of knowledge relevant to the particular area of research in which the trainee wishes to receive his/her training. An important aspect of the program is that the trainees contribute to the fabric of the academic environment through their collaborations, diverse backgrounds and interests.

“ From a scientific standpoint, it afforded me the freedom to pursue high-risk research I am passionate about, which opened up entirely new paths and collaborations in my career.”

JOHN H. ABEL, PHD
Research Fellow in Anaesthesia,
Massachusetts General Hospital, Harvard Medical School





SUMMER MINORITY MEDICAL STUDENT PROGRAM

This program is designed to provide under-represented minority medical school students with an opportunity to participate in a 2- to 3-month summer research training experience working in the laboratory of a program preceptor. After matching with a specific mentor, the student has a structured research internship with the ultimate goal of encouraging outstanding individuals to consider academic positions in sleep and circadian research.

“ I had the most incredible summer thanks to the Research Training Program in Sleep, Circadian and Respiratory Neurobiology. I was able to perform cutting edge research, attend neurobiology, sleep lectures and grand rounds, and work closely with the head of the Neurology Department. Every day I was pushed to learn more, acquire new skills, and it helped me grow tremendously!”

KWESI LILLARD, BS,
Howard University College of Medicine



FOR MORE INFORMATION

A detailed description of our training program, faculty mentors, and application materials can be found at sleep.med.harvard.edu or contact our Program Coordinator sleep_training@hms.harvard.edu