

***CPSY, BIO, or Neuro: Independent Study (Sleep/Circadian Research)**

Professor Mary A. Carskadon and/or Assoc. Professor Jared M. Saletin

Permission Required

This exercise is intended to provide students the experience of working in a laboratory doing human sleep and chronobiology research, to participate in the research activities of the lab (seminars, lab meetings, journal club, special talks), and to prepare brief reports of seminars and special talks. Because the research studies in the lab involve large projects over several years with human participants, the data collected in the course of the lab's research are not typically amenable for students to use for independent analyses, although sometimes archival data sets are available.

Before working with participants in the lab or data entry, students must go through the Bradley Hospital process to achieve volunteer status and must take and pass required Internet-based assessments for human subject research and HIPAA qualification.

Students are required to attend a *monthly* **Thomas F. Anders Seminar Series (TFASS) seminar** at noon on the (usually) third Tuesday of each month over a zoom link. A 1- to 2-page summary of and response to the seminar is due one week after the seminar (and then filed in your semester project binder).

Students are urged but not required to attend a monthly video cast of the **Harvard Sleep Grand Rounds (HSGR)**, Monday at noon (usually the first or second Monday each month). A 1- to 2-page summary/response paper is due a week later (and then filed in your semester project binder).

Students are required to read the articles and attend **journal club** over a zoom link (often the 2nd and/or 4th Tuesdays at noon). Students are also asked to present a paper at journal club one time during the semester. Journal club attendance includes reading the paper beforehand, participating in the discussion, and writing a one-page reflection

The final product evaluated at the end of the semester includes:

- Seminar (TFASS & HSGR) summary/response papers
- Journal club reflections/articles
- Log of lab activities by date and activities

Students receive training on certain sleep lab procedures throughout the semester as needed. These sessions may occur on a weekend or evenings or mornings. Students are also encouraged to read the research plan(s) for projects they are working on.

Lab commitment: students commit about eight hours every week throughout the semester to participate as a member of the in-lab crew (mornings, evenings, or weekends) or in other research-related activities (e.g., data entry, error checking).

In summary, to enroll in this course you must be able to commit...

Monday noon hour (1/mo): Harvard Sleep Grand Rounds

Noon hour on Tuesday: 2nd &/or 4th = journal club; 3rd = TFASS Seminar.

~ 8 hours (sometimes evenings or mornings or weekends) each week at Sleep Lab: Work in the lab

Permission Required. Contact Professor Carskadon: Mary_Carskadon@brown.edu or 421-9440 or Assoc. Professor Saletin: jared_saletin@brown.edu .

*Students who work for *per diem* pay or as a volunteer in the lab, but not for independent credit are expected to attend the seminars, journal club, and lab meetings, but are not required to complete the written assignments.