

**Faculty mentor:** James Gross

**Research supervisor(s) (name, position, email):** Dr. Sylvia Kreibig, senior research scientist, [skreibig@stanford.edu](mailto:skreibig@stanford.edu)

**Project topic(s):** Emotion Regulation and Sleep

**Brief description of scientific issues:** This project investigates the bidirectional relationship between emotion regulation and sleep. We study emotion regulation and sleep using gold-standard methods. We measure emotion and emotion regulation through lab-based psychophysiological measurement of emotional responding, including brain activity (EEG), facial expressions (EMG), cardiovascular, electrodermal, and respiratory activity, and subjective report. We bring these data together with home-based sleep assessment of a 1-night sleep study (polysomnography) and 14-day sleep self-tracking using actigraphy and diary.

**Skills required:**

- declared major or interest in declaring a major in psychology, human biology, or closely related discipline
- reliable
- detail oriented
- quick learner
- handle well complex projects
- able to follow a detailed experimental protocol
- comfortable interacting with research participants either in the lab or at a home visit (always in teams of research assistants)
- prior experience as a research assistant a plus

**Skills to be learned:**

- how to conduct lab-based experimental psychology research and home-based ecological observations of emotion, emotion regulation, and sleep
- psychophysiological research methods of lab and/or home-based measurement
- navigating a complex multi-component research study
- interacting and coordinating in a larger research team

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