

Sleep Research Lab

The main goal of the lab is to explore the relationship of sleep and behavioral health, and to develop new and innovative ideas about how to measure sleep, treat sleep problems, and evaluate the relationship of sleep to other human conditions. The Department of Clinical & Health Psychology is situated in the Health Science Center at Shands Hospital. Hence, the laboratory is located optimally to provide access to diverse clinical populations and is a model of an ideal intra and interdepartmental collaborative environment.

The UF Sleep Research Lab investigates the mechanisms underlying normal and pathological sleep, the link between sleep and cognition, the daily variability inherent in sleep and sleep-related behaviors, and the efficacy and effectiveness of cognitive-behavioral interventions to treat insomnia in diverse populations (e.g. older individuals, dementia caregivers, and medical populations, including pain, cardiac disease, cancer, and end stage renal disease). As a result of these research emphases, we collaborate with a broad range of investigators within clinical psychology that specialize in aging, cognition, cardiac psychology, neuroimaging, pain, and psycho-oncology, as well as colleagues from cardiology, immunology, nursing, rheumatology, and sleep medicine.