

No Two Nights are the Same: Causes and Consequences of Variability in Sleep



Who: Dr. Danica Slavish

When: Thurs., October 29, 6pm (1 hr CE, FOC)

Where: ZOOM

Zoom Meeting ID: 839 6179 8525

Link: <https://murraystate.zoom.us/j/83961798525>

Sleep is a dynamic health behavior. It can fluctuate drastically from night to night due to daily changes in work schedules, medical symptoms, stress, mood, caregiving responsibilities, and/or social obligations. Are individuals with more variable sleep schedules at greater risk for disease? How might this inconsistency in sleep cause disease? This presentation will explore these questions and present results of research studies conducted in the Bronx, Memphis, and Dallas. Dr. Slavish will discuss future directions and implications of this work for COVID-19 and the importance of understanding the causes and consequences of variability in sleep from a biopsychosocial perspective.

Continuing education learning objectives:

1. Participants will identify variability in sleep as a unique facet of disturbed sleep and understand the potential causes and health consequences of variability in sleep.
2. Participants will learn how inflammation may be a mechanism linking variability in sleep and chronic disease.
3. Participants will understand how sleep patterns have changed since COVID-19.

Dr. Danica Slavish is an Assistant Professor of Psychology at the University of North Texas and is the Director of the Sleep and Health in Everyday Life Research Laboratory. She received her Ph.D. in Biobehavioral Health from The Pennsylvania State University. Dr. Slavish is interested in examining the associations between sleep, stress, and health across time using a biopsychosocial framework and a variety of methodologies including statistical approaches to analyzing intensive longitudinal data.

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