



Postdoctoral Fellowship Training Program

Postdoctoral Fellowship Description

RESEARCH FOCUS

Title: Postdoctoral Fellowship in Sleep and Cardiovascular Health during Adolescence

	Yes	No
APA-accredited:		x
Fellowship primarily allows for Telework:		x
Fellowship primarily allows Telesupervision:		x
Fellowship primarily uses Telehealth:		x

Site/Employer: Bradley Hospital

Supervisor(s): Jared Saletin, PhD, Primary Supervisor
Mary Carskadon, PhD
Elissa Jelalian, PhD

Description of Site

The **E.P. Bradley Hospital Sleep Research Laboratory** (www.sleepforscience.org) was founded by director, Dr. Mary A. Carskadon in 1985 to broaden our understanding of sleep and circadian rhythms in developing humans and to foster the training of the next generation of sleep researchers. The Sleep Lab and Bradley Hospital offer a rich environment for training in sleep and circadian rhythms methods and their application to adolescent mental health research. These efforts are enhanced through the Bradley Hospital COBRE Center for Sleep and Circadian Rhythms in Child and Mental Health. Our dedicated four-bedroom sleep laboratory offers state-of-the-art polysomnography (EEG/EOG/EMG) recording equipment, circadian light control, and behavioral testing capabilities. Our lab also maintains a suite of at-home sleep monitors (actimetry and wearable EEG) facilitates field research.

Research conducted at the Sleep Lab extends to novel applications of sleep and circadian science to adolescent topics such as mood regulation, suicide-risk, cardiovascular health, eating disorders, asthma and methods development.

Our lab is dedicated to training. Dr. Carskadon leads a highly regarded summer apprenticeship for undergraduate students. Our lab also provides research placements for Brown undergraduate honors students, pre-doctoral psychology residents, postdoctoral research fellows, and visiting faculty. Our lab hosts monthly academic colloquia and weekly journal club activities to enrich our intellectual community.

Fellowship Aims

1. To provide the fellow with broad postdoctoral training in the relationship between cardiovascular health, eating behaviors, and sleep neurophysiology as well as circadian science.

2. To provide the fellow with a strong working knowledge of analyzing sleep neurophysiology data, including from methods such in lab and at-home EEG.
3. To provide the fellow with research training and experience in preparation for a research career at the intersection of adolescent cardiovascular health and sleep medicine.

Fellowship Timeline

The duration of the fellowship is one year. The anticipated start date is August 15, 2026.

Research Activity Plan (90% Total)

The fellow will be exposed to multiple activities related to understanding the links between adolescent sleep, circadian rhythms, executive function, and cardiovascular health via participation in the following activities:

- Secondary data analysis: The fellow will collaborate with mentors (Drs. Saletin, Carskadon, and Jelalian) to conduct secondary analyses from an existing data set of Dr. Carskadon's. The objective of this work will be to: 1) examine baseline differences in NREM slow wave sleep by weight status; 2) explore contributions of time awake and circadian timing to impulse control, vigilance, and attentional bias; 3) examine the ways in which adolescents of different weight status differ in outcomes focused on impulse control, vigilance, and attentional bias in the context of time awake and circadian timing; 4) examine the relative contributions of time awake and internal biological timing to eating behaviors; and 5) explore the ways in which adolescents of different weight status differ in eating behavior based on time awake and circadian phase **(70% time)**.
- Grant writing: The fellow will be encouraged to develop grant ideas and submit at least one grant proposal by the end of the fellowship term. Additionally, the fellow will have the opportunity to contribute towards ongoing grant preparation and submission within the Bradley Sleep Lab **(10% time)**.
- Manuscript preparation and submission: The fellow will be encouraged to collaborate on manuscript preparation and poster submissions at national and international conferences. The plan for secondary data analysis detailed above will permit development of first-author manuscripts in the areas of sleep, circadian rhythms, executive functioning, and cardiovascular health. Individually tailored goals will be established in this area **(10% time)**.

Clinical Activity Plan (0%)

There are no opportunities for clinical activity associated with this position.

Path toward licensure: YES ☐ NO ☒

Didactics (10% Total)

Postdoctoral Seminars: The fellow will participate in the following postdoctoral seminars through the Postdoctoral Fellowship Training Program.

Mandatory Didactics:

DPHB Academic Grand Rounds (1 per month)

Bradley Sleep Lab seminar series (Tom F. Anders Seminar Series; monthly).

Bradley Sleep Lab Journal Club (bi-monthly)

Optional Didactics:

Research Fellowship Program (RFP) Core Seminars (1 per week)

Academic Friday – Grantsmanship seminars, Special Topics in Statistics (1 per week)

Other didactics may be available through mutual agreement of the Postdoctoral fellow and Supervisors.

Supervision and Evaluation

Research-focused supervision will be provided in the form of weekly individual supervision (Drs. Saletin, Carskadon, or Jelalian).

Every 6 months for the duration of the fellowship, the fellow and the supervisors will provide formal evaluations, and evaluations of the program relative to the goals and learning objectives of the fellowship.

Please visit the [Brown Faculty](#) page to view supervisor profiles.

Resource Requirements

Fellow will be provided with the following resources:

- Access to space to complete research responsibilities
- A computer and project specific software
- Internet access
- Telephone
- Appropriate space for conducting clinical interviews, intervention, and risk assessments

Reporting and approval

This fellowship will be part of the Research Fellowship Program (RFP). The position has been discussed and approved by the Training Committee.

Associate Director, Research Fellowship Program

Director, Postdoctoral Fellowship Training Program