



APPLICATION DEADLINE 16 February 2026!

Sleep and Chronobiology Summer Behavioral Sciences Research Apprenticeship

The E.P. Bradley Hospital Brown University affiliated Sleep Research Laboratory in Providence, RI, announces research apprenticeships available for the summer of 2026.

COMMITMENT: Full-time beginning 25 May 2026* through 19 August 2026

- Summer 2026 Training: Night and weekend training hours occur. Training includes instruction in background information on sleep and circadian science, ethics of human research, sleep laboratory skills, behavioral testing, and presentation skills. In addition, the background and rationale for summer studies are reviewed.
- Scientific Conference: SLEEP 2026, the 40th Annual Conference of the Associated Professional Sleep Societies (APSS): June 14-17, 2026, Baltimore, MD. Students are expected to join the Sleep Research Society (cost = \$10 as trainee member) as soon as possible after accepting admission to the program. Attendance at the APSS scientific meeting is part of the apprenticeship, which supports your registration, transportation, and lodging for the conference.
- Research Projects in the Lab: Students undertake in **FULL**-time involvement with various laboratory research projects. The challenging nature of human sleep and biological rhythms research requires apprentices to devote the summer entirely to this academic research experience and not have other jobs or course work.
- Academic Exercise: Each trainee completes library research on a sleep/circadian related topic of their choosing with mentorship from faculty and fellows. Apprentices provide an overview of this research with a poster and a brief oral presentation at the end-of-summer colloquium (August 16-19). Your commitment to the program extends through this retreat/colloquium.

*Onboarding: In order to be onboarded as an employee or volunteer of Bradley Hospital, you must plan to arrive in Rhode Island, at least one week prior to your 25 May 2026 start date.

APPLICATION

Complete this application form and submit it by February 16, 2026. Have 2 letters of recommendation (preferably from professors) e-mailed directly to Dr. Carskadon and Christine Hawkinson (see addresses below) by the same deadline. A member of the admissions committee will interview the short list of candidates via Zoom or in person.

ELIGIBILITY

Undergraduate students with strong interest in behavioral sciences research and who demonstrate enthusiasm, commitment to, and availability for the full program are encouraged to apply. Applications from recent university graduates or graduate students are accepted. US citizenship is required. Members of underrepresented minorities and individuals from disadvantaged backgrounds are encouraged to apply.

This work was supported by the COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health funded by the National Institute of General Medical Sciences of the NIH under grant number P20GM13974. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

Previous courses or lab work in sleep or circadian rhythms are helpful but not required. Local trainees (e.g., Brown, URI, PC students) are offered the opportunity to participate in sleep lab activities beyond the summer by working on the lab's sleep studies during the school year. Apprentices must reside in or very near Providence for the summer.

What Research Apprentices Learn: Formal Training Program

- Introduction to normal human sleep and circadian rhythms
- Central nervous system and neurophysiological basis of electroencephalography (EEG) and EEG spectral analysis
- Polysomnographic (PSG) recording techniques, including EEG, EMG, EOG, EKG, respiratory plethysmography, oxygen saturation, etc.
- Operation of laboratory and ambulatory PSG monitoring equipment
- Performance testing and identification of sleep stages
- Working with people from various backgrounds, including children, young adults, or adults in treatment for opioid use disorder
- CPR Training
- Basic lab procedures, including working with human participants
- Ethical conduct of research
- Experimental hypotheses, rationale, and methods for the laboratory's summer research projects
- Presentation skills, including effective creation and performance of PowerPoint slide presentations
- Attendance at the Sleep Lab's retreat/colloquium, which includes research presentations from sleep scientists detailing their career paths and current scientific research
- Skills in preparing for attending a scientific conference
- Successful applicants are also required to complete appropriate Human Subjects Protection/HIPAA training through the CITI program, as well as E.P. Bradley Hospital orientation training (including a background check and a drug screen), and additional online training modules.

What Research Apprentices Do

Our lab is involved with several projects that research apprentices may work on throughout the summer. The primary research projects in the summer of 2026 include: (1) sleep, circadian rhythms, sleep-dependent learning, and structural imaging in children; (2) underpinning sleep mechanisms for people on medication treatment for opioid use disorder; (3) systematic collection of fatigue data and implementation and tracking of fatigue mitigating actions. These projects can include assessments that necessitate apprentice involvement at times that circle the clock.

Research apprentices carry out multiple facets of data collection (electrode application, one-to-one work with research participants, and forms and tests administration), data reduction, and data entry and error checking.

During the research phases of the program, apprentices are assigned to teams and work 5 or 6 days each week—not always Monday through Friday, often Saturday and Sunday—in research protocols that often involve working unusual schedules. Applicants must be able and willing to work on various types of schedules for all or part of the program. [Sleep planning assistance (e.g., ear plugs, eye masks, and light boxes) is provided to help your adaptation to work schedules; sample schedules are available on request.] When possible, we attempt to assign apprentices to hours that correspond to their circadian rhythms and make an effort to keep schedules somewhat consistent for each apprentice.

Stipend and Other Benefits

- \$4,500* for the summer, housing not included. (assistance in locating housing in Providence may be provided)
- Paid registration, travel, and lodging for the annual scientific conference (Baltimore, MD) Sleep 2026. You are responsible to pay SRS membership dues (\$10).
- Students who are admitted to the apprenticeship through this application process may be eligible to enroll in the course CPSY1194 through the Brown University Office of Summer and Continuing Education. Tuition and fees are NOT covered by the Sleep Lab; receiving both the stipend and payment for tuition are not permitted by the University. You will not receive a Brown transcript credit for the experience unless you opt to enroll in this course and pay the university fees rather than receive the stipend.

*Stipends are subject to taxes and fees; they are not tax deductible; SSI fees are charged. Payments occur every 2 weeks across the summer, starting 2-3 weeks after the program begins. Apprentices become employees of EP Bradley Hospital, through which payments are made. In order for you to complete hiring onboarding tasks, you will need to be present in Rhode Island about one week prior to your 25 May 2026 start date.

APPLICATION DEADLINE 16 FEBRUARY 2026!

Personal Information

Legal Name _____

Date of Birth _____

Preferred Name _____

Age _____

Gender _____

Pronouns _____

Current Mailing Address _____

Permanent Address _____

Cell Phone _____

Academic Email _____

Other Email _____

Emergency Contact (EC) Name _____

EC Phone(s) _____

EC Email _____

What is your relationship to your emergency contact? _____

Are you a US Citizen? Yes No Country of Citizenship _____

Educational Information

Semester Standing: Fr So Jr Sr Grad

Current Institution _____ City, State _____

Major _____ Minor _____

Overall GPA _____ PLME Eligible (Brown students) _____

If graduated, graduate school or other plans? _____

Personal Statements

On a separate sheet of paper, please write a brief personal statement (about 1 page) in which you discuss your *specific* reasons for seeking *this* Summer Behavioral Sciences Research experience. Include 1) past research experience, 2) past experience that demonstrates your ability to be flexible in your behavior in order to respond to a challenge (such as working unusual hours), 3) past experience working with children or adolescents, 4) your educational and career plans and your notion of why this fellowship is a priority for your academic/career/life goals. [Put your name at the top of the page and in the file name.]

CV / Resume

Please submit a resume or CV that highlights your honors/awards you have received since graduating from high school. Include scholarships, assistantships, professional society memberships, and publications. As well as your employment, special training, and volunteer experiences, including start and end dates, role, and name of the company or institution.

Are you able to work in the lab in the 2026-2027 academic year? Yes: Sem I Sem II No

If yes, please describe availability: _____

Academic Performance

Please submit your transcript, it need not be an “official” transcript.

References

Please list below the names, degrees, and affiliations of two people (usually professors) who you will request to submit recommendation letters for you. [Letters should be sent or e-mailed directly to Dr. Carskadon and cc Christine Hawkinson at the address below.]

Name and degree(s)	Position/rank	Institution
1. _____		
2. _____		

Completed application forms and letters of recommendation
must be received by February 16, 2026.

If you have questions, contact: Professor Carskadon, Sleep Research Laboratory, phone: (401) 421-9440, e-mail: mary_carskadon@brown.edu or Administrative Assistant, Christine Hawkinson, e-mail: chawkinson@brownhealth.org. For questions specific to the Summer Apprentice experience, you may reach out to prior Dement Fellows: Lauren Rocheford '25 (laurenrocheford@gustavus.edu)
Sophia Nicogossian '23 ([Sophia_patti@brown.edu](mailto: Sophia_patti@brown.edu))

Send completed materials to the following address: Christine Hawkinson, Sleep Research Laboratory, E.P. Bradley Hospital, 300 Duncan Drive, Providence, RI 02906, USA; or e-mail: chawkinson@brownhealth.org (cc: mary_carskadon@brown.edu)

APPLICANT STATEMENT

I certify that if I accept the apprenticeship offer, I will be able to participate for the full duration of the Summer Sleep and Chronobiology Behavioral Research Apprenticeship from 25 May 2026 through 19 August 2026. In order to complete hiring onboarding tasks, like Attorney General and Bureau of Criminal Investigation checks, and you will need to be present in Rhode Island one week prior to your 25 May 2026 start date.

I further certify that the information provided on this application and supplementary documents is true and complete. I understand that misrepresentation or withholding information may result in the rejection of consideration for this program or termination at any time during the program.

I hereby agree to waive my right to view letters of recommendation and release the educational institutions and related individuals from all liability in responding to inquiries regarding my application. I release the E.P. Bradley Hospital Sleep and Chronobiology Laboratory, the Department of Psychiatry and Human Behavior of the Alpert Medical School of Brown University, and the Brown University Department of Cognitive and Linguistic Sciences, and Office of Summer Studies, and all other program-affiliated institutions from any liability related to such inquiries.

I agree to abide by all program requirements, policies, and practices.

Signature _____ Date _____

Printed Name _____

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Inclusion of Underrepresented Individuals

Confidential Information for Program tracking, NOT for admissions.

Goal: To increase applications from students whose backgrounds are underrepresented in biomedical research, including individuals from disadvantaged backgrounds, individuals diagnosed with a disability, and individuals from underrepresented racial and ethnic groups.

Your participation in completing this portion of the application, while optional, will ensure we continue enhancing the diversity of the biomedical research workforce. This form is separated from the application prior to processing and has no bearing on final fellowship selection.

Please select one:

Were or currently are homeless, as defined by the McKinney-Vento Homeless Assistance Act	<input type="checkbox"/> Yes <input type="checkbox"/> No
Were or currently are in the foster care system, as defined by the Administration for Children and Families	<input type="checkbox"/> Yes <input type="checkbox"/> No
Were eligible for the Federal Free and Reduced Lunch Program for 2+ years	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have/had no parents or legal guardians who completed a bachelor's degree (see the U.S. Department of Education)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Were or currently are eligible for Federal Pell grants	<input type="checkbox"/> Yes <input type="checkbox"/> No
Received support from the Special Supplemental Nutrition Program for Women, Infants and Children as a parent or child	<input type="checkbox"/> Yes <input type="checkbox"/> No
Grew up in a federally-designated U.S. rural area (see Health Resources and Services Administration Rural Health Grants Eligibility Analyzer) OR low-income/health professional shortage (qualifying zip codes here: Centers for Medicare and Medicaid Services-designated Low-Income and Health Professional Shortage Areas)	<input type="checkbox"/> Yes <input type="checkbox"/> No

How would you best describe yourself? Select all that apply.

<input type="checkbox"/> American Indian/Alaska Native	<input type="checkbox"/> Asian
<input type="checkbox"/> Native Hawaiian/Other Pacific Islander	<input type="checkbox"/> Black or African American
<input type="checkbox"/> White	<input type="checkbox"/> More than one race
<input type="checkbox"/> Other/Unknown	<input type="checkbox"/> Prefer Not to Answer