APPLICATION DEADLINE 18 FEBRUARY 2019!

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 2019.

COMMITMENT

✏✏ Summer 2019 Training: FULL-time beginning June 2, 2019. Night and weekend training hours occur.

✏✏ APSS Meeting (available only if funding received): Students are expected to join the Sleep Research Society (cost =$85) as soon as possible after accepting admission to the program, and we attend the scientific meeting of the Associated Professional Sleep Societies, this year in San Antonio, TX, as part of the training experience. Travel, registration, and accommodations for the meeting are provided through the apprenticeship program.

✏✏ Research Projects: June 2 through August 20, FULL-time involvement on 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 other course work.

✏✏ Academic Exercise: Each student completes a presentation based upon library research, presented to the group at the end-of-summer colloquium held at a retreat August 19-20. The commitment extends through this retreat. Scientists early in a research career in the areas of sleep or circadian rhythms research give presentations describing their career paths and their scientific research as part of the retreat.

APPLICATION

Complete the application form and submit it by February 18, 2019. Have 2 letters of recommendation (preferably from professors) sent, e-mailed, or faxed directly to Dr. Carskadon and Mrs. Elliott by the same deadline. Candidates are subsequently interviewed by telephone, video link (GoToMeeting or Skype), or in person (if local).

ELIGIBILITY

Undergraduate students with strong interest in behavioral sciences research and who demonstrate enthusiasm for, commitment to, and availability for the full program are encouraged to apply. Previous courses or lab work in sleep or circadian rhythms are helpful but not required. Students from local institutions may be 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. [Recent graduates or graduate students are also encouraged to apply. Students may apply for a repeat summer experience as a Senior Research Apprentice.] US citizenship or appropriate visa status is required.

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 PSG monitoring equipment
ØØ Performance testing and identification of sleep stages
ØØ Basic lab procedures, including working with human adolescent and adult participants
ØØ Ethical conduct of research
ØØ Experimental hypotheses, rationale, and methods for laboratory’s summer research project
ØØ Presentation skills, including effective creation and performance of PowerPoint slide presentation
ØØ Skills in preparing for attending a scientific conference
ØØ Successful applicants are also required to complete appropriate Human Subjects Protection/HIPAA training through the CITI program.

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 2019 include: disparities in sleep and sleep context in children with asthma (ambulatory sleep recordings in the home); effects of alcohol on sleep and cognitive function in adults (sleep recordings in the lab); impact of caffeine on sleep and circadian timing in adolescents (sleep and performance assessments in the lab). These projects can include assessments that may 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, forms and tests administration), data reduction, and data entry. Options for data analysis and research presentation are available to apprentices. 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 involve working unusual schedules. Although we attempt to assign apprentices to hours that correspond to their circadian phase preferences, applicants must be able and willing to work on any of the following types of schedules for all or part of the program: “Owl” shifts may begin as early as 3 pm or as late as 10:45 pm and end as early as 10:30 pm or as late as 4:30 am; “lark” shifts may begin as early as 3:45 am or as late as noon, and may end as early as 8:15 am or as late as 4:30 pm; “neither” shifts may begin as early as 10:15 am or as late as 6:15 pm, and end as early as 4:15 pm or as late as 10:45 pm. [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.]

Benefits

ØØ Paid registration for the annual scientific meeting of the Associated Professional Sleep Societies (APSS), if funding is received. You are responsible to pay SRS membership dues ($85).
ØØ Paid travel and lodgings (3 or 4 to a room) for the APSS meeting (San Antonio, TX, June 8-12).
ØØ Students who are admitted to the apprenticeship through this application process are also eligible to enroll in CLPS1194 through the Brown University Office of Summer and Continuing Education. Tuition and fees are NOT covered by the Sleep Lab. You will not receive a Brown transcript credit for the experience unless you opt to enroll in this course and pay the university fees. Upon admission to the program, apprentices are encouraged to apply at their local institutions for funding to support living expenses associated with the experience.
ØØ Mentorship in sleep science, including data acquisition, analysis, interpretation, and presentation.
ØØ Meals at the Research Apprenticeship Retreat (August 19-20).

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PERSONAL INFORMATION

Name: ___________________________________________ Date of Birth: ____________

Sex: m □ f □ Age: _____ Semester Standing: Fr □ So □ Jr □ Sr □ Grad □

Current Mailing Address: _______________________________________________________

____________________________________________________________________________

Permanent Address: ____________________________________________________________

____________________________________________________________________________

Phone: ___________________________ Cell Phone: ________________________________

E-mail: ___________________________ Country of citizenship: _______________________

If not a U.S. citizen, do you currently have permanent residency status? Yes □ No □

Emergency contact name: ___________________________ Relationship: _____________

Emergency contact phone: ______________________________

PERSONAL STATEMENT

On a separate sheet of paper, please write a brief personal statement (no more than 1.5 pages) 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(s).]

EDUCATION

Current institution: __________________________ City, State ____________________

Major: __________________________ Minor __________________________

Overall GPA: ____________

If graduated, graduate school plans? __________________________
In the space below (or a separate sheet), please list honors/awards you have received since graduating from high school. Include scholarships, assistantships, professional society memberships, and publications.

List below (or on a separate sheet) 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 2019-2020 academic year?  Sem. I ☐  Sem. II ☐  No ☐

If “yes”, please describe availability:  

Revised 1/7/19
ACADEMIC PERFORMANCE

List (below or on a separate sheet) by institution and year, your undergraduate and graduate courses with grades. For current courses, leave the grade blank. Explain grading system if other than 1-100 or A, B, C, D, F. Show level required for passing.

If available, it is preferable to send your university transcript instead.

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

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<tr>
<th>Name and degree(s)</th>
<th>Position/rank</th>
<th>Institution</th>
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Completed application forms and letters of recommendation must be received by February 18, 2019. If you have questions, contact: Professor Carskadon, Sleep Research Laboratory, phone: (401) 421-9440, e-mail: mary_carskadon@brown.edu or her assistant, Marian “Max” Elliott, e-mail mellott@lifespan.org. Send completed materials to the following address: Max Elliott, (cc Mary A. Carskadon, Ph.D., Director), Sleep Research Laboratory, E.P. Bradley Hospital, 300 Duncan Drive, Providence, RI 02906, USA, Fax: 401-453-3578, e-mail: mellott@lifespan.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 Summer Behavioral Research Apprenticeship from 2 June 2019 through 20 August 2019.

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 and I understand that this is an unpaid internship.

☐ Yes  ☐ No

Signature_________________________________________ Date _______________________

Printed Name _________________________________