APPLICATION DEADLINE 19 FEBRUARY 2020!

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 2020.

COMMITMENT

❖❖ **Summer 2020 Training:** *FULL*-time beginning May 31 through June 28, 2020. 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 Philadelphia, PA, as part of the training experience. Travel, registration, and accommodations for the meeting are provided through the apprenticeship program.

❖❖ **Research Projects:** June 29 through August 15, *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 August 16-18. 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 19, 2020. Have 2 letters of recommendation (preferably from professors) sent, e-mailed, or faxed directly to Dr. Carskadon and Mrs. Elliott (see addresses on the application form below) 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, with a slightly higher stipend.] 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 laboratory and ambulatory PSG monitoring equipment
Performance testing and identification of sleep stages
- Basic lab procedures, including working with human adolescent and adult participants
- Ethical conduct of research
- Experimental hypotheses, rationale, and methods for laboratory’s summer research project
- Presentation skills, including effective creation and performance of PowerPoint slide presentation
- Attendance of the Sleep Lab’s 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 complete Bradley Hospital orientation training (including a background check and a drug screen)

**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 2020 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. Opportunities 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 likely 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.]

**Stipend and Other Benefits**

- $3,600* for the summer, housing not included. (Assistance in locating housing in Providence is provided)
- 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).
- Paid travel and lodgings (3 or 4 to a room) for the APSS meeting (Philadelphia, PA, June 13-17).
- 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.
- Mentorship in sleep science, including data acquisition, analysis, interpretation, and presentation.

- 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 weeks after the program begins. Apprentices become employees of E.P. Bradley Hospital, through which payments are made.

**APPLICATION DEADLINE 19 FEBRUARY 2020!**
PERSONAL INFORMATION

Name: ___________________________ Date of Birth: __________

Gender: __________ 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 (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.]

EDUCATION

Current institution: ___________________________ City, State ________________

Major: ___________________________ Minor ___________________________

Overall GPA: __________

If graduated, graduate school plans? ___________________________

Revised 1/8/2020
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 2020-2021 academic year?  Sem. I ☐  Sem. II ☐  No ☐

If “yes”, please describe availability:  

____________________________________
**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.*

<table>
<thead>
<tr>
<th>Name and degree(s)</th>
<th>Position/rank</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.]

Completed application forms and letters of recommendation must be received by **February 19, 2020**.  
**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 melliott@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; or Fax: 401-453-3578; or e-mail: melliott@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 31 May 2020 through 18 August 2020.

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 ______________________________________