

## Participate in a Study at the Rutgers Sleep Lab

We are currently enrolling sleepy teens (14-18y) who are interested in increasing their sleep duration!

**Interested in participating?**

**Contact Us Today!**

Email: [sleep-lab@kines.rutgers.edu](mailto:sleep-lab@kines.rutgers.edu)

Call: (848)-932-7037

Visit our website to learn more about our current projects:

[kines.rutgers.edu/sleep-lab](http://kines.rutgers.edu/sleep-lab)



### Rutgers Kinesiology and Health

The Department of Kinesiology and Health in the School of Arts and Sciences is committed to: educating and training the next generation of scholars to address the major public health issues related to physical activity and health; advancing the scientific understanding of human health; and providing leadership to the global sports industry.



Rutgers Sleep Lab  
Rutgers University–New Brunswick  
Loree Classroom Building, Room 018  
72 Lipman Drive  
New Brunswick, NJ 08091  
[sleep-lab@kines.rutgers.edu](mailto:sleep-lab@kines.rutgers.edu)  
[kines.rutgers.edu/sleep-lab](http://kines.rutgers.edu/sleep-lab)

**RUTGERS**  
School of Arts and Sciences



# Rutgers Sleep Lab

*Department of Kinesiology and Health*  
Rutgers University–New Brunswick

Research conducted in the Rutgers Sleep Lab is multidisciplinary and focuses on establishing the nature of the relationship between sleep and health outcomes. Research methods utilized by the Rutgers Sleep Lab include observational studies, experiments, and behavioral interventions in adolescents and young-adults. Our studies are conducted in the Department of Kinesiology and Health, located on the Rutgers University–New Brunswick Douglass Campus and in the Robert Wood Johnson Clinical Research Center. We also collaborate with the Robert Wood Johnson Comprehensive Sleep Center. Research within the laboratory examines how sleep and circadian biology affects various health outcomes including dietary intake, meal timing patterns, physical activity levels, adherence to exercise programs, insulin sensitivity, and cognitive performance.

## What we do:

- Conduct clinical trials aimed at improving sleep and metabolic health.
- Design observational and experimental studies to better understand sleep and eating behaviors.

## Our Mission:

To understand the role of sleep in the promotion of health and wellness.



## Meet our Staff

### Laboratory Director, Andrea Spaeth, Ph.D.

Trained as an experimental psychologist, Dr. Spaeth has dedicated herself to a career in sleep research aimed at advancing our understanding of how changes in sleep behaviors affect health outcomes. She has published peer-reviewed journal articles, written book chapters and given talks nationally and internationally on the topic of sleep and health.

### Research Coordinator, Emily Wasson, M.P.H.

Emily received her Master's Degree in Public Health with a concentration in Epidemiology. Her research interests include the neuroepidemiology of mental health disorders, and sleep health and obesity in adolescence.

## Join our Team

**Rutgers Students: Interested in gaining research experience?**

Visit [kines.rutgers.edu/sleep-lab](https://kines.rutgers.edu/sleep-lab) for more information and email us at [sleep-lab@kines.rutgers.edu](mailto:sleep-lab@kines.rutgers.edu) to apply.

“I was interested in joining this lab since I wanted to understand the impact of sleep on overall health and well-being.

- Mira Chanowitz, Class of 2019

“This lab caught my interest because I realize how vital sleep is in order for one to function and people underestimate its importance.

- Joanna Kantilierakis, Class of 2019

