

As part of the Graduate School's "Building Graduate Communities Initiative" the Program in Public Health presents:

## The Social Epidemiology of Sleep: The Nights and Daze of Teenagers.

Presented by Dr. Lauren Hale

Lauren Hale, PhD, is an associate professor of Preventive Medicine and Core Faculty in the Program in Public Health at Stony Brook University. She is also the founding editor-in-chief of *Sleep Health*, the journal of the National Sleep Foundation. Hale has authored more than 55 articles in *Sleep*, *Sleep Medicine Reviews*, *Journal of Sleep Research*, *Pediatrics*, and numerous other peer-reviewed journals. Her research focuses on the social determinants of sleep and the role of sleep in health disparities. In particular, her work endeavors to elucidate how disparities in sleep affect health outcomes, like obesity, depression, and cognitive function. She is the principal investigator of a study examining the sleep, physical activity, and screen time patterns of a national sample of nearly 1,000 teenagers who are part of an ongoing birth cohort study. She is also a co-investigator on an analysis of retirement and sleep trajectories in the Wisconsin Sleep Cohort, known as the REST study. As a member of the National Sleep Foundation's Board of Directors, she also contributes to key NSF initiatives



Thursday, March 19<sup>th</sup> 4:00PM, HSC Level 2 Room 408 (SHTM Large Conference Room) Refreshments will be served.

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RSVP by March 16<sup>th</sup> to  
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