



THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman College of Public Health

Organization Name:

UAHS Center for Sleep and Circadian Sciences

Organization Background:

"Sleep and circadian sciences are biological functions that constitute a core determinant of all domains of health, across the life span" Our center focuses on research in this domain.

<https://sleep.uahs.arizona.edu/>

Internship Project Title

The jet lag study

Project Description:

Jet lag is a clinical phenomenon with possibly serious public health consequences.

As an overview of the jetlag study- Following a 1 week home baseline, we ask the jet lag participants to spend 6 days in the laboratory . When in the laboratory: after an 8 h baseline polysomnographic recording (PSG) on Night 1, participants undergo a 26 h baseline circadian assessment via an ultrashort sleep-wake protocol involving 2 h wake intervals and 1 h sleep intervals. Following baseline circadian assessment, participants are placed on a 16 h wake-8 h sleep schedule in which the wake-sleep and light-dark schedule is delayed 8 h for 3 days (analogous to traveling 8 time zones west).

Participants are randomized to one of 3 treatments administered each of the 3 days of the shifted schedule: (1) placebo control, (2) bright light, and (3) bright light + exercise + melatonin. On baseline Day 1 and Days 2-3 of the shifted schedule, sleepiness, mood, and mental performance is assessed. During all four 8 h sleep periods, sleep is also be recorded with the Dreem headband, which assesses sleep stages. During the ultrashort sleep-wake schedules, mental performance, physiological performance, urinary aMT6s, mood, and sleepiness is measured around-the-clock.

The role of our intern may include screening and consenting participants, following the step-by-step protocol, administering study related activities such as questionnaires and cognitive testing, preparing meals and general study participant oversight, depending on availability and subject recruitment. When the participant is in the lab for the week, all study staff are expected to do one overnight shift. All necessary training is provided on the job by our lead study coordinator.

Internship project keywords (check all that apply).

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|--|---|
| ☐ Health Disparities | ☐ Community health service |
| ☐ Public Health Preparedness | ☐ Physical Activity |
| ☒ Collaborations with Community | ☐ Substance Abuse |
| ☒ Collaborations with University | ☐ Mental Health |

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|--|--|
| ☐ Access to care | ☐ Infectious Disease |
| ☐ Nutrition | ☐ Oral Health |
| ☐ Reproductive/Sexual Health | ☐ Evaluation |
| ☐ Environmental Health | ☐ Policy Development |
| ☐ Maternal/Infant Health | ☐ Program Planning |
| ☐ Tobacco Use | ☐ Data Analysis |
| ☒ Injury/Violence Prevention | ☒ Other Sleep Health |
| ☐ Immunization | |

When: When do you want the work done? Check all that apply.

☐ Fall Semester

☐ Spring Semester

☒ Summer Term

☐ I want this listing to remain active indefinitely and we will accept applications from students for any upcoming semester.

☐ This listing is only for a specific semester/term: _____

Where:

Organization Mailing Address: salmapatel@arizona.edu; nzmak@catworks.arizona.edu

Address where Student will work (if different from above): *Click or tap here to enter text.*

☒ Check here if the student may have the option to work remotely from a site not listed above for all or part of this project.

Student Characteristics:

Excellent communications skills

Attention to detail

Interest in physiology

Organizing talent

Level of Expertise Needed: *Both-- MPH program intern and an undergraduate public health program intern.*

Undergraduate: The internship for undergraduates should provide an experience that allows students to incorporate classroom learning into public health practice.

Graduate: Applied experiences for graduate students should require application of advanced knowledge and skills to the solution of health problems and the production of at least two agency-based deliverables.

Both experiences prepare students for future employment.

☒ MPH

☒ Undergraduate

☒ Either

Supervision

Salma Patel, MD, MPH

Board certified in internal medicine and sleep medicine

Compensation/Benefits/Professional Development

Unfunded position.

There are opportunities for internal professional development such as local conferences and grand rounds.

Students may be included in publications depending on the amount of effort and interest in this.

Application Contact Information

Interns should send an email expressing their interest in this position along with a CV or resume to the following three core study staff included in the same email:

Dr. Salma Patel salmapatel@arizona.edu

Dr. Shawn Youngstedt Youngstedt, youngstedt@arizona.edu

Ms. Natalie Mak, Mak, nzmak@catworks.arizona.edu