

Faculty Symposium

09.06.12

Thursday,
September 6, 2012

4:30–6:00 p.m.

Faculty Shark Club
(Rosenthal Building)

RSVP to
specialevents@nova.edu
or (954) 262-2105
by Friday, August 31, 2012.

Save the date:
2012 Symposia

October 4, 2012
Popular Culture
and Education

November 1, 2012

December 6, 2012



Managing Sleep and Stress: Essentials for Life and Daily Life Hassles

Throughout the day, we muster energy resources and continually respond to stressful situations, but then must be able to relax and sleep at the end of a demanding day. Although sleep and stress responses appear functionally independent from one another, these two states have bidirectional and biologically interconnected processes. In this discussion, we will highlight the interconnectivity of the sleep and stress systems in day-to-day life and also review common misconceptions about these processes. Additionally, we will discuss the current understanding of what happens during typical sleep and stress responses and what happens to these systems when they are overtaxed or dysregulated. We will then provide information on healthy sleep and stress management habits to foster improved sleep in the wake of stressful experiences.

Speakers

Ana I. Fins, Ph.D., received her degree in clinical health psychology from the University of Miami and completed postdoctoral training in behavioral sleep medicine at the Durham VA Hospital and Duke University Sleep Disorders Center. She is an associate professor in the Center for Psychological Studies and currently serves as chair of NSU's Institutional Review Board. Her research interests have focused on behavioral sleep medicine, specifically treatment of insomnia in HIV+ individuals, sleep in acute trauma, sleep apnea, and chronotypes. She has supervised several dissertations focusing on sleep topics. Currently, she is collaborating with Jaime Tartar's research team on a study investigating relationships between genetic polymorphisms, human sleep cycles, and psychological well being. Additionally, Fins supervises doctoral-level students in the insomnia clinic subsumed under the Healthy Lifestyles Guided Self-Change Program at the Psychology Services Center.

Jaime Tartar, Ph.D., received her degree in the behavioral neuroscience program at the University of Florida and completed postdoctoral training at Harvard Medical School. She also earned a certificate in sleep medicine from Harvard Medical School Division of Sleep Medicine. Tartar is an associate professor in the Farquhar College of Arts and Sciences (FCAS) and currently serves as the research coordinator for the Division of Social and Behavioral Sciences. She is widely published in many areas of neuroscience with topics ranging from clinical neurological impairments to basic cell physiology. Her current research involves three main avenues of investigation: emotion and cognition, mechanisms and consequences of acute and chronic stress, and the impact of sleep and sleep deprivation on human emotion and cognitive processing. Tartar also supervises graduate students in the FCAS Master of Science in Experimental Psychology program.