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University of
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Translational Research Training in Sleep Medicine

www.sleep.pitt.edu

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Sleep research is a vibrant and growing field of investigation. Sleep and sleep disorders are increasingly recognized as critical contributors to physical health, mental health and functioning. Sleep medicine is a vital research and clinical field that has the potential to positively affect the health of all Americans. Over the past five years, a range of exciting developments in basic, translational, and epidemiological sleep research have begun to elucidate how sleep exerts these effects.

The University of Pittsburgh provides outstanding faculty, institutional, and infrastructure support for sleep medicine training.

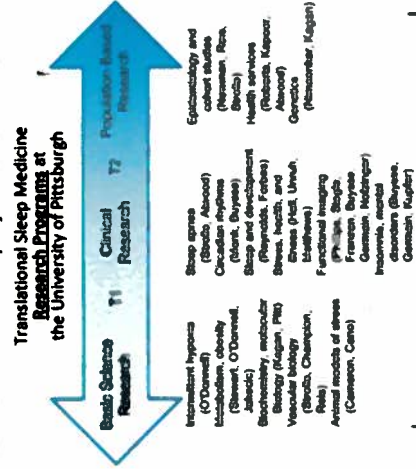
Pitt was one of the first academic centers in the United States to actively pursue sleep research and clinical sleep medicine.

Pitt has several existing T32 programs that have interfaced with sleep medicine research. The sleep medicine training program draws on the experience and resources of these other training programs, but offers a distinct training experience.

Pitt is currently the sixth largest recipient of NIH funding in the U.S.

The role of Pitt faculty in national sleep medicine roles directly benefits our trainees in at least three ways.

- Our faculty can provide rich networking opportunities for fellows, by introducing trainees to other leading researchers and research opportunities.
- Trainees can develop new research projects using ongoing collaborative multi-site projects as a foundation.



Translational Research Training in Sleep Medicine

The aim of this training program is to train the future generation of clinical and basic sleep researchers in a translational approach to sleep medicine. Our philosophy is that research training in sleep medicine is most effective when its content is translational, its faculty multidisciplinary, and its outcomes measurable and competency-based. Guided by this philosophy, we will accomplish our aim using the following methods:

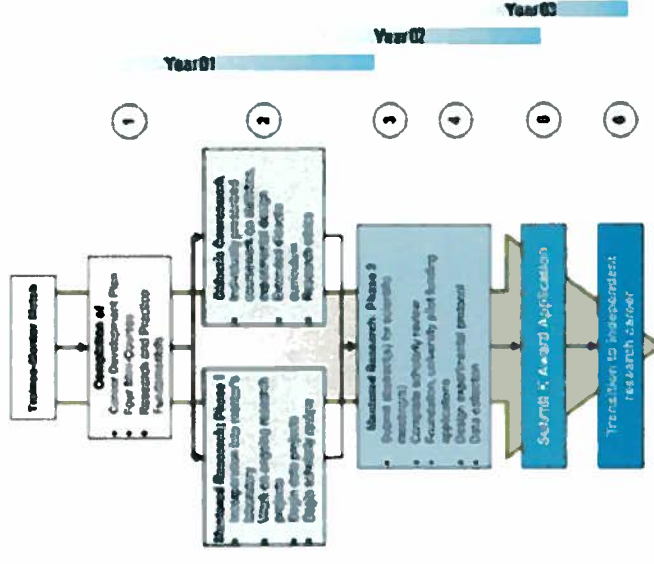
- Focus on mentored research
- Team mentoring, with co-mentors representing complementary content
- Immersion in “basic training” mini-courses in animal and human sleep research methods; emphasis on presentation and publication, individually-prescribed formal coursework, and preparation of a career development award (K-series applications).
- Accessing the training and research support resources of the University of Pittsburgh Clinical and Translational Science Institute (CTSI)



The training program includes two components:

- 1) **Postdoctoral Training Fellowship for MD** scientists from Pulmonary Medicine, Psychiatry, Neurology, and Internal Medicine programs, as well as PhD scientists from neuroscience, physiology, and other sleep-related disciplines.

Post-Doctoral Training Milestones



- 2) **Medical Student training, which comprises two pathways:**
 - a) a summer research program;
 - b) a longitudinal “scholarly project” running through four years of medical school. The Medical Student Summer Research Program is designed to engage medical students from diverse backgrounds in sleep research and to promote careers in sleep research through close relationships with successful role models and enthusiastic peers.