

Annual Summit on

Sleep Disorders & Medicine

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Sleep quality in young adults

Kathy Sexton Radek
Elmhurst College, USA

The results of several cohorts that participated in a sleep education intervention called Sleep 101 will be presented. The context of the problems specific to this at risk population will be underscored. Finally, clinical implications for future study of young adult sleep quality will be presented for discussion.

Biography

Kathy Sexton-Radek has received her Doctorate of Philosophy degree from Illinois Institute of Technology in 1989 and interned at Rush Medical University 1988-1989 in sleep medicine, behavioural medicine, geriatric psychology and health psychology rotations. Currently, she is working as Professor in Elmhurst College, Psychology Department since 1988. She received her board certification in behavioural sleep medicine. She completed a two year Post-doctorate Certificate program in Clinical Psychopharmacology which included a yearlong preceptorship with psychiatry and pulmonary medicine rotation.

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