

Kahn Sleep Lab

Deciphering the links between sleep and emotions

Dr Michal Kahn

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Overnight Therapy? The Role of Sleep in Emotional Brain Processing

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Abstract

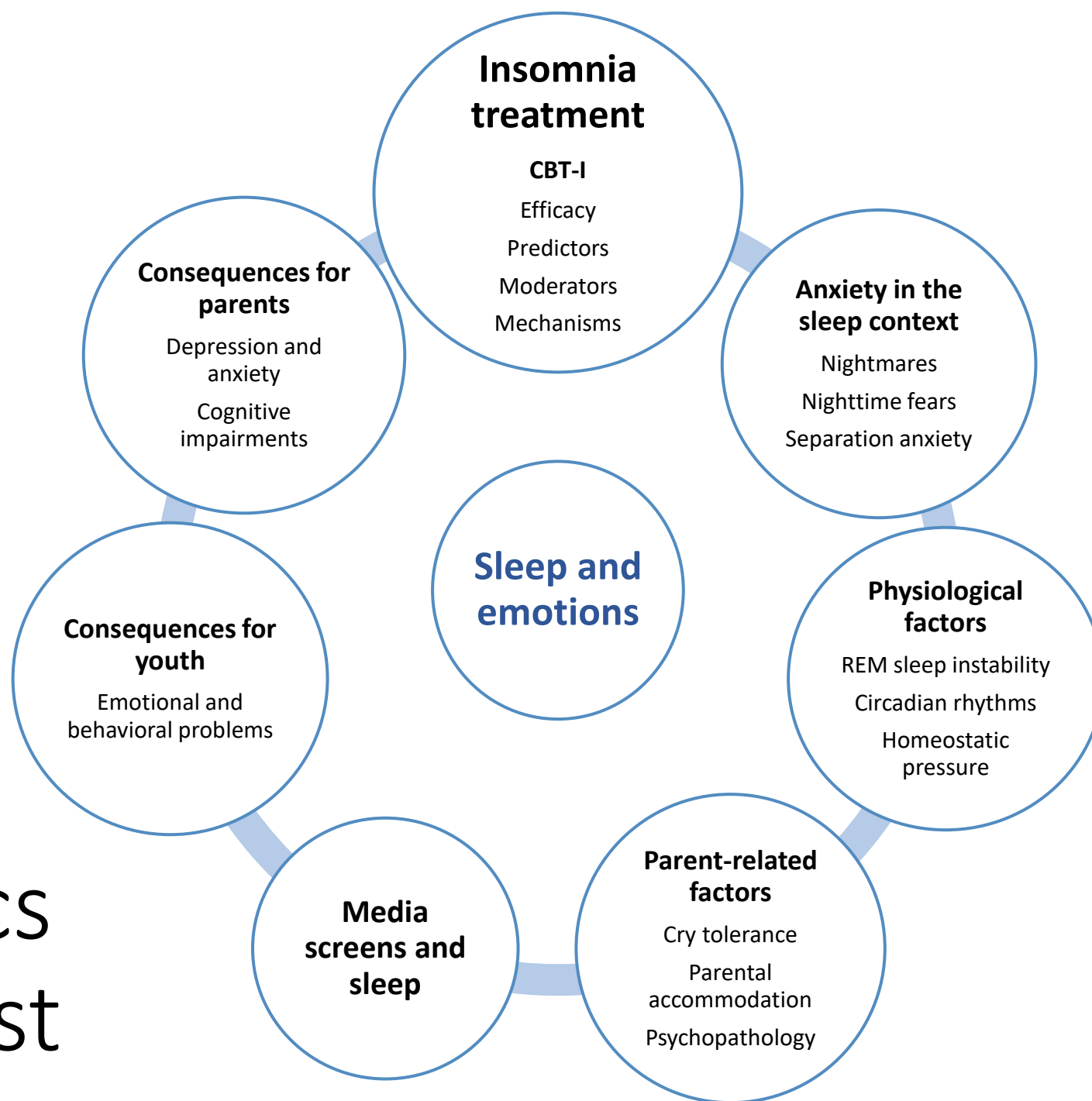
Cognitive neuroscience continues to build meaningful connections between affective behavior and human brain function. Within the biological sciences, a similar renaissance has taken place, focusing on the role of sleep in various neurocognitive processes, and most recently, the interaction between sleep and emotional regulation. In this review, we survey an array of diverse findings across basic



Our overarching goals

Advancing the understanding of sleep development, sleep disorders, and evidence-based treatments to help individuals obtain sufficient good-quality sleep

Lab topics of interest



Research Project Examples



Is sleep associated with depression and distress tolerance in pregnant women?



How does cognitive-behavioral therapy for childhood insomnia work?



Are sleep trackers associated with increased “sleep perfectionism”?



Opportunities for students

4- or 6-hour workshops, either during the first semester or throughout the 2025-26 school year



Join the sleep
team!



Kahn Sleep Lab

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