



2020 SOAR Mentor

Michael Grandner, PhD, MTR

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Board Certification/Specialty: CBSM/DBSM



About Me: My research interests are in real-world applications of sleep health. This includes studies of downstream consequences of insufficient sleep (e.g., cardiovascular, metabolic, mental health, neurocognitive), upstream determinants of sleep (e.g., environment, social, sociodemographic, structural), and real-world interventions for sleep health. I am a licensed clinical psychologist.

Past Mentees: Bilgay Izci-Balserak, MS, PhD; Azizi Seixas, PhD; Natasha J. Williams, EdD, MPH