



**2020 SOAR Mentor**  
**Louise O'Brien, PhD, MS**  
**Associate Professor, Michigan Medicine**  
**Board Certification/Specialty: Sleep Research**



**About Me:** I have over 20 years of expertise in sleep research. One of my main areas of investigation is the impact of sleep disturbance and its treatment on adverse pregnancy outcomes, including maternal as well as fetal wellbeing. I am also interested in how maternal sleep practices may play a role in late stillbirth. I was responsible for developing collaborations between the Division of Sleep Medicine and the Department of Obstetrics and Gynecology at the University of Michigan.

These endeavors have resulted in multiple successful studies, including NIH-funded, foundation-funded, and privately funded work. I also direct multiple other studies of the impact of sub-optimal sleep in healthy women, infertile women, pregnant/postpartum women, and in the health of the fetus/infant/child. In addition, I maintain active studies across the pediatric age spectrum in both healthy children as well as those with medical conditions. Another area of interest is school start times and adolescent health.