

2021-2022 SOAR Fellow
Maya Elias, PhD, RN
Post-Doctoral Associate, University of Miami School of Nursing and Health Studies
maya.elias.phd@gmail.com



Dr. Elias' academic training, clinical experience, and research collaborations provided her with an interdisciplinary background in geriatrics, sleep, cognitive neuropsychology and critical care. She has served as the Project Director of an NIH-funded randomized controlled trial (R01NR016702), an ICU delirium trial. Currently, she is the Principal Investigator of an NIH-funded F32 Project (F32NR018585), a prospective, longitudinal cohort study examining the impact of sleep deficiency on cognitive impairment in English- and Spanish-speaking older ICU survivors. Moving forward, her F32 project will inform the design of her NIH K grant application: a randomized controlled trial testing a multimodal intervention to mitigate sleep deficiency and cognitive impairment in

older ICU survivors. She looks forward to career development and training to develop her expertise in clinical trial design, biobehavioral sleep interventions and circadian biology. The AASM SOAR Program will provide her with the tailored mentorship necessary to lead sleep intervention trials in older ICU survivors.