

2021-2022 SOAR Fellow
Sarah E. Emert, PhD
Postdoctoral Fellow, University of Arizona
semert@email.arizona.edu



Dr. Emert graduated with her doctorate in clinical psychology in August 2020 from The University of Alabama under the mentorship of Dr. Kenneth Lichstein. She is currently a postdoctoral fellow at The University of Arizona under the mentorship of Dr. Daniel Taylor. Her broad research interests include behavioral sleep medicine and examining sleep as a function of physical and psychological well-being. Her recent work has focused on the concept of insomnia identity, the conviction that one has insomnia which occurs independently of one's actual sleep, to better understand nuances associated with the incongruity between insomnia complaint, insomnia identity and quantitatively derived sleep status. Career-wise, she plans to continue

research focused on advancing the development of behavioral sleep health-related interventions, including the evaluation, modification and dissemination of evidence-based, personalized, accessible interventions and increasing public awareness for these methodologies, especially within underserved populations.