

# PhD and Clinical PhD Opportunities Sleep and Mental Health

We are a vibrant research group, harmonises strengths from fields of sleep and circadian rhythms, clinical psychology, and data sciences to shed new light on the relationship between sleep and mental health, and new ways to improve sleep and wellbeing.

We are part of [Sleep and Circadian Rhythms Program](#), and a member of the [Turner Institute for Brain and Mental Health](#), [School of Psychological Sciences](#), Monash University. Successful candidate(s) will be supervised by [Dr Bei Bei](#) and another supervisor with complementary expertise.

In 2022, applicants will be able to work in three main areas with strong focuses on clinical translation. Specific PhD and Clinical PhD research topics are worked out collaboratively with the candidate, and there are ample scopes to incorporate the candidate's own research interest. These areas are:

## 1. PERINATAL INSOMNIA AND MENTAL HEALTH.

We are launching a large NHMRC funded clinical trial, looking at real-world effectiveness of Cognitive Behavioural Therapy for Insomnia during pregnancy and the postpartum periods, as well as the implementation potential of the intervention in the routine perinatal care (Monash Health and Royal Women's Hospital). Within this trial, there will be ample scope for the candidate to develop research topics in the area of perinatal maternal/infant sleep and mental health, as well as clinical expertise in treating insomnia during this challenging time for new parents.

## 2. A NOVEL APPROACH TO IMPROVE SLEEP IN ADOLESCENTS.

Over the past 10 years, our group have extensively studied the unique sleep challenges adolescents face. Based on this body of work, we are piloting a novel intervention to help adolescents sleep better using a combined bio-psycho-social approach. The candidate will play a critical role in the development and delivery of the intervention, and receive training on behavioural management of sleep problems in adolescents.

## 3. MONASH UNIVERSITY HEALTHY SLEEP CLINIC.

[Monash University Healthy Sleep Clinic](#) is a busy outpatient service provides evidence-based treatments for sleep disorders to the broader community, while also serving as a platform to foster research excellence, professional training, and education. Over the past 6 years, our research database has captured comprehensive sleep and mental health profiles on ~900 patients. Candidate working in this area will have the opportunity to have deep-dives into our research database, and receive specialist training in behavioural sleep medicine. Other research opportunities include designing and piloting hybrid clinician-digital intervention in a real-world clinical setting, and multidisciplinary approaches to treating sleep disorders.

## EXPRESSION OF INTEREST:

Please send inquiries and CV to: Dr Bei Bei ([bei.bei@monash.edu](mailto:bei.bei@monash.edu)).