

# DR. SARA MEDNICK

PROFESSOR OF COGNITIVE  
NEUROSCIENCE AND AUTHOR

Dr. Sara C. Mednick is Professor of Cognitive Neuroscience at the University of California, Irvine and author of the book, *Take a Nap! Change your life.* (Workman).

She is passionate about understanding how the brain works through her research into sleep and cognition.

Dr. Mednick's seven-bedroom sleep lab at UCI works literally around-the-clock to discover methods for boosting cognition through a range of different interventions including napping, brain stimulation with electricity, sound and light, as well as pharmacological interventions. Additionally, her lab is interested in how sleep changes throughout the menstrual cycle and lifespan.

Her science has been continuously federally funded (National Institute of Health, National Science Foundation, Department of Defense Office of Naval Research, DARPA). Dr. Mednick was awarded the Office Naval Research Young Investigator Award in 2015.

Her research findings have been published in such leading scientific journals as *Nature Neuroscience* and *The Proceedings from the National Academy of Science*, and covered by all major media outlets. She received a PhD in Psychology from Harvard University, and then completed a postdoc at the Salk Institute for Biological Studies and UC San Diego.

Check out his website: [www.saramednick.com](http://www.saramednick.com)

