Sleep and sleep disorders are increasingly recognized as critical contributors to physical health, mental health, neurocognitive function, and cardiometabolic risk. Over the past five years, a range of exciting developments in basic, translational, and epidemiological research have begun to elucidate how sleep exerts its far-reaching effects on health. These investigators have a wide range of opportunities to address cardiovascular outcomes.

Why Sleep Medicine?

Sleep Medicine offers a wide variety of research opportunities. Because of its multidisciplinary nature, Sleep Medicine includes neuroscience, psychiatry, endocrinology, and basic biomedical disciplines. This broad scope of research includes neuroendocrine, sleep medicine, and sleep-related respiratory disease. The University of Pittsburgh Sleep Medicine Institute offers a wide variety of research opportunities for investigators in the Schools of Medicine, Nursing, and the Graduate School of Public Health.

The University of Pittsburgh Sleep Medicine Institute (UPSMI) includes investigators from the Schools of Medicine, Nursing, and the Graduate School of Public Health. These investigators have a wide range of research programs (see figure). The focus of these programs includes basic sleep science, epidemiologic studies, and clinical research studies. The aims of the Scholarly Project are:

1. Capture the interest of medical students early in the path of their clinical education.
2. Provide role models, mentorship, and guidance for medical students.
3. Present to students regarding careers that integrate research, teaching, and clinical service.
4. Provide a mentor based on their interests and experience.
5. Enhance the oral and written communication skills of graduating medical students.

The UPSMI offers two types of research experiences:

- **Short term summer research experience at the School of Medicine Scholarly Project.** Medical students will then meet with the mentor to choose a research project that has the potential for a peer-reviewed publication. In addition, students will participate in a research project and be selected to lead a presentation. In many cases a research project will lead to a research fellowship and to research on sleep medicine.
- **Longer term involvement through the School of Medicine Research Programs.** Medical students should contact the Program Directors who will direct them to a potential faculty mentor based on their interests and experience. Medical students should contact the Program Directors, who will direct them to a potential faculty mentor based on their interests and experience. Medical students should contact the Program Directors who will direct them to a potential faculty mentor based on their interests and experience. Medical students should contact the Program Directors, who will direct them to a potential faculty mentor based on their interests and experience. Medical students should contact the Program Directors, who will direct them to a potential faculty mentor based on their interests and experience. Medical students should contact the Program Directors, who will direct them to a potential faculty mentor based on their interests and experience.