

# **Rebecca Spencer**

**Professor of Psychological and Brain Sciences at University of Massachusetts Amherst**  
Amherst, MA, US

Rebecca Spencer is one of the nation's leading researchers exploring the relationship between sleep and brain function.

---

## **Biography**

A leading expert on the of the relationship between sleep, memory and learning and how these change across the life span, Rebecca Spencer has appeared in media ranging from the New York Time to PBS, the BBC, Netflix and Glamour magazine. She leads the Somneurolab at UMass Amherst, where her research team uses a variety of techniques to explore how the brain operates during sleep and how this processing affects daytime cognition.

---

## **Expertise**

Children and Napping, Napping, Sleep and Learning, Learning and Memory, Children and Sleep, Cognition, Sleep Memory and Learning

---

## **Education**

**Purdue University**  
Ph.D. Neuroscience

**Hope College**  
B.A. Biology/Kinesiology

---

[Please click here to view the full profile.](#)

This profile was created by [Expertfile.](#)