

Sara Mednick

Professor of Cognitive Sciences at UC Irvine

Irvine, CA, US

Sara Mednick is an expert in memory consolidation, sleep, aging and brain stimulation and author of *The Power of the Downstate*.

Biography

Sara C. Mednick is Professor of Cognitive Sciences 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. 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). 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 BA from Bard College, Annandale-on-Hudson, NY, in Drama/Dance. After college, her experience working in the psychiatry department at Bellevue Hospital in New York, inspired her to study the brain and how to make humans smarter through better sleep. 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.

Areas of Expertise

Memory Consolidation, Aging, Sleep, Pharmacology, Cognitive Science

Education

Harvard University

PhD Psychology

Bard College

BA Drama/Dance

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