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UTBILDNING

**År Examen Lärosäte**

1976 Am. High school degree Scattergood Friends School, Iowa

1977 Gymnasieexamen Platenskolan, Motala

1983 Filosofie magisterexamen Stockholms Universitet

1983 Ekonomi (10p) Uppsala Universitet

1999 Filosofie Doktor i Psykologi Stockholms Universitet

TJÄNSTER/ANSTÄLLNINGAR

1983-1987 Forskningsassistent, Psykologiska institutionen, Stockholms Universitet

1988-1989 Forskare, Psykologiska institutionen, Stockholms Universitet

1997-1998 Forskarutbildning

1990-1999 Forskningsassistent, Institutet för Psykosocial Medicin

2000-2008 Forskare, Institutet för Psykosocial Medicin

2009- Forskare, Stressforskningsinstitutet, Stockholms Universitet

2010- Docent, Psykologiska institutionen, Stockholms Universitet

2011 Certifierad sömnforskare

HUVUDSAKLIGA FORSKNINGSINTRESSEN

Sleep/wake regulation, Circadian rhythms, Light behaviour, Work hours, health and performance

UTVALDA ARTIKLAR; PUBLIKATIONER

Eckerberg B, Lowden A,Nagai R, Åkerstedt T. Melatonin Treatment Effects on Adolescent Students’ Sleep Phase and Sleepiness in a Placebo-Controlled Crossover Study, Chronobiology Int. 2012, 29(9): 1239-1248.

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