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Kort præsentation

My main research interests are centered on the health consequences of impaired sleep and especially how problematic smartphone usage may affect sleep, mental, and physical health.

My Ph.D. project is part of the research project SmartSleep where we investigate smartphone and sleep behavior and related health consequences using a novel combination of high-resolution smartphone tracking data, questionnaire data, clinical data, and nationwide registers.

In my Ph.D. project, I will investigate how smartphone interrupted sleep is related to mental health, metabolic, and immune dysfunction using a combination of the different data sources collected in the SmartSleep project.

Ansættelse

Gæsteforsker
Afdeling for Epidemiologi
Københavns Universitet
København K
3 feb. 2024 → nu

Postdoc

Afdeling for Epidemiologi
Københavns Universitet
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15 aug. 2018 → 2 feb. 2024

Uddannelse

2017: Bachelor i Folkesundhedsvidenskab, Københavns Universitet
2019: Kandidat i Folkesundhedsvidenskab, Københavns Universitet