



FENS

Prof Laura Palagini

Biography



Professor Laura Palagini is a psychiatrist and sleep medicine specialist. She is the coordinator of the sleep outpatient clinic at the University Hospital of Pisa in Italy. From 1998-2000 she was a Research Assistant in the Department of Psychiatry, Sleep Laboratory at the University of Davis in California. In 2004, she concluded her PhD at the University of Pisa, Italy. Prof. Palagini earned a degree in cognitive behavioral therapy for insomnia in Philadelphia. She served as a Member of the board of The Italian Association of Sleep Medicine (AIMS) 2015 to 2022, Member of the Board of the Sleep Research Society (SRS) (TEAC committee) 2014 to 2017, and she serves as Member of the committee for the "World Sleep Day" World Sleep Association (WSA) and Member of the European Insomnia Network and of the European Cognitive Behavioural Academy (European Sleep Research Society). She is a member of the task force "Sleep and Women" of the European Insomnia Network.

Professor Palagini is a recipient of several awards in the sleep field. She was on the scientific committee of more than 100 courses and meetings about sleep disturbances and mental health; she was an invited speaker at more than 150 national and international meetings. She is an author of more than 100 scientific contributions and more than 20 chapters and book contributions in the field of sleep, mental health, and women's mental health.

Her research interests cover: insomnia and circadian rhythms disorder consequences on mental health and insomnia and circadian rhythms disorders in women across the lifespan.