

UMassAmherst | Core Facilities

Institute for Applied Life Sciences
University of Massachusetts Amherst
Life Science Laboratories
240 Thatcher Road
Amherst, MA 01003

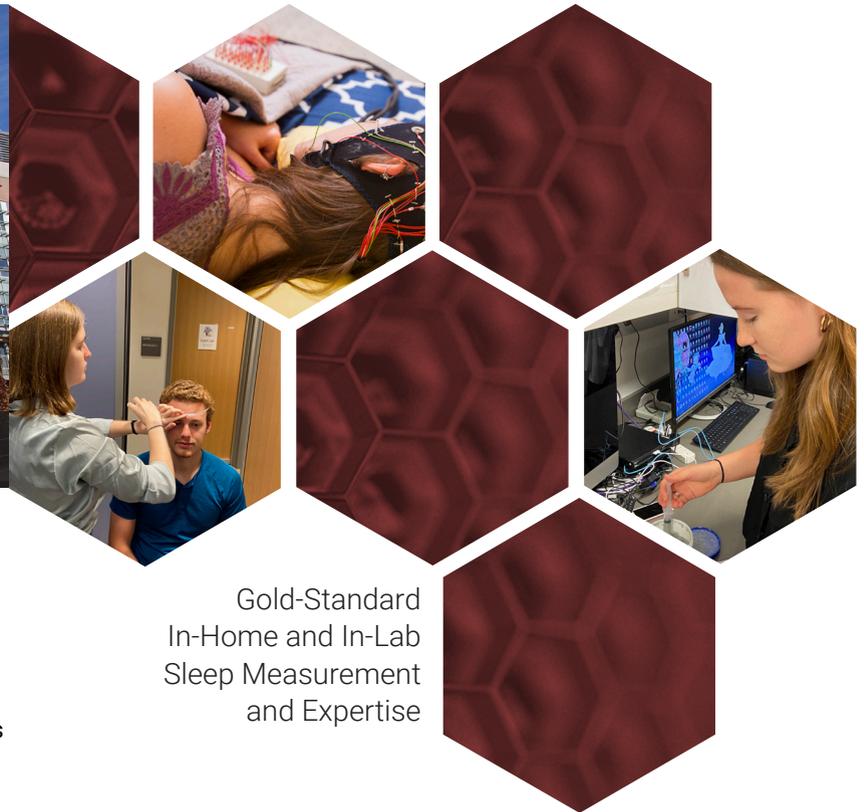
UMassAmherst | Core Facilities

Sleep Monitoring

Institute for Applied Life Sciences
University of Massachusetts Amherst



Research and Innovation to Translate Basic Science
into Product Candidates



PARTNER WITH US!

Sleep Monitoring Inquiries

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umass.edu/ials/sleep-monitoring

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umass.edu/ials/core-facilities

Gold-Standard
In-Home and In-Lab
Sleep Measurement
and Expertise

Revision (02/XX/23)

RESEARCH CAPABILITIES

Facilities

The Sleep Monitoring core facility is equipped with a central control room, three bedrooms that are heavily sound-attenuated, temperature controlled, and shielded from electrical noise. Real-time monitoring through two-way mirrors is available, as well as full laundry facilities, showers, and facilities for sanitizing and cleaning equipment.

Our work has employed both functional and structural MRI techniques. This work is done in the Human Magnetic Resonance Center (hMRC), located on premise. The hMRC houses a state-of-the-art 3T Siemens MR scanner.

Equipment

The facility is equipped with a variety of polysomnographic montages ranging from full clinical montages, sleep monitoring headbands, and low-to-high density MRI compatible and incompatible electrode caps. The Sleep Monitoring Core also maintains availability and validates the latest commercial sleep monitoring devices.



Support from Sleep Experts

The facility offers technical expertise and full hands on support for consulting with individuals to design new projects, seek institutional review, design and conduct sleep data analyses, and all other aspects of conducting sleep studies. We also provide recruitment expertise and maintain a database of potential participants from infants to older adults.



A significant portion of core equipment has been purchased through MLSC grant funding support.

Sleep Monitoring



umass.edu/ials/sleep-monitoring

Located on the 3rd floor in the Life Science Laboratories the Sleep Monitoring laboratory is equipped with EEG systems for recording sleep physiology (sleep staging). A central control room will allow for on-line observation and monitoring of sleep in populations from infants to the elderly. It is the only sleep research facility in Western Massachusetts.

The facility accepts samples and will perform requested analysis. We offer training to users to conduct experimentation for use on a fee for service basis to both internal and external researchers, academic or industry based. Following an initial consultation, covering experimental parameters training and access is arranged through the director.

ACCESS

To request access, training, or additional information please

contact Rebecca Spencer at rspencer@psych.umass.edu. Our rates are competitive and tiered based on needs and usage. Visit our website at umass.edu/ials/sleep-monitoring for current listing.

TRAINING

Training for new users consists of:

- Lab safety training
- Operation of the instrument and associated software
- Use of data analysis software
- Exporting or presenting data
- Clean up and shutdown of the instrumentation

Once the training is complete, researchers may schedule their experiments through the director of Sleep Monitoring (Rebecca Spencer) or online through CORUM (corum.umass.edu).