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Section of Epidemiology
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Short presentation

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.

Employment

Guest Researcher
Section of Epidemiology
København K
3 Feb 2024 → nu

Postdoc

Section of Epidemiology
København K
15 Aug 2018 → 2 Feb 2024

Uddannelse

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