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Editor

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Biography

Dr. Kathy sexton-Radek has received her Doctorate of Philosophy degree from Illinois institute of Technology in 1989 and interned at Rush Medical University 1988-1989 in Sleep Medicine, Behavioural Medicine, Geriatric Psychology and Health Psychology rotations. Currently, she is working as Professor in Elmhurst College, Psychology Department since 1988. She received her board certification in Behavioural sleep Medicine. She completed a two year post- Doctorate Certificate program in Clinical Psychopharmacology which included a year long preceptor ship with psychiatry and pulmonary medicine rotation.



Research Interests

Behavioral Medicine/Health Psychology, Sleep quality in young adults, Factors particular to cognitive functioning, personality style, and health practices have been examined with regard to sleep quality in emerging young adults aged 18-25 years old, Examination of the utility of conflict-resolution programming in school settings.



Publications

- Sexton-Radek K, Hartley A (2013) College residential sleep environment. *Psychol Rep* 113: 903-907.
- Sexton-Radek K, Pichler-Mowry R (2011) Daily activities and sleep quality in young adults. *Percept Mot Skills* 112: 426-428.
- Kloss JD, Nash CO, Walsh CM, Culnan E, Horsey S, et al. (2014) A "Sleep 101" Program for College Students Improves Sleep Hygiene Knowledge and Reduces Maladaptive Beliefs about Sleep. *Behav Med* .
- Sexton-Radek K, Urban A, Pichler-Maury R (2007) Utility of personality measurement of clinic patients with insomnia. *Percept Mot Skills* 104: 677-686.



Health psychology

Health psychology is a specialty area that focuses on how biology, psychology, behavior and social factors influence health and illness. Other terms including medical psychology and behavioral medicine are sometimes used interchangeably with the term health psychology. The field of health psychology is focused on promoting health as well as the prevention and treatment of disease and illness. Health psychologists also focus on understanding how people react, cope and recover from illness. Some health psychologists work to improve the health care system and the government's approach to health care policy.



Sleep quality in young adults

Young adults are notorious for not getting enough sleep, with most only averaging six hours a night. Young adults need an average of 7.5 and 8 hours of sleep every night. Getting enough sleep each night is important for your overall health. Many studies have found a link between not getting enough sleep and serious health problems, in both the short term and long term. College students simply don't get enough of sleep. There are many reasons for it. Going out to have fun with friends is often more important.



Sleep quality in young adults

Other students over-extend themselves with taking too many credits and participating in too many extracurricular activities. A growing percentage of students don't sleep enough because of their financial circumstances. They have to work 20-40 hours a week just to pay for school. Teens and young adults like to push boundaries. They take risks. Some take bigger risks than others, and the types of risks vary. Alcohol is often abused, as is caffeine, by college students. Both decrease sleep quality. 8 hours of sleep may only be as restful as 6 hours after drinking alcohol or caffeine.

Sleep disorders and therapy Related Journals

- Alzheimer's Disease & Parkinsonism
- Brain Disorders & Therapy



Sleep disorders and therapy Related Conferences

- Annual Summit on Sleep Disorders and Medicine August 10-12, 2015 San Francisco, USA
- 2nd International Conference on Alzheimer's Disease and Dementia *September 23-25, 2014 Valencia, Spain*



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