Stanford



Maryam Ahmadi Shapourabadi

Social Science Research Scholar, Psychiatry and Behavioral Sciences - Sleep Medicine

Bio

BIO

Dr. Maryam Ahmadi is a Research Scholar at the CoPsyN Sleep Lab. She received her PhD in bioengineering from the University of Leicester in the UK, where she developed the first automatic denoising algorithm to study event-related potentials (ERPs) at the single-trial level. She applied this technique to investigate brain neural responses to sensory and cognitive processes during wakefulness and their neural correlations with sleep.

At the CoPsyN Sleep Lab, her research focuses on utilizing high-density EEG recordings and computational modeling to understand the neural mechanisms underlying insomnia disorder and the impact of Cognitive Behavioral Therapy for Insomnia (CBT-I) and repeated Transcranial Magnetic Stimulation (rTMS) on improving sleep, cognitive processes, and mood status in patients with insomnia and comorbid depression. Her work aims to investigate how changes in sleep parameters correlate with cognitive functioning and mood. Ultimately, her research seeks to contribute to the development of effective interventions that enhance cognitive functioning and emotional well-being in individuals affected by sleep disorders.

ACADEMIC APPOINTMENTS

- Social Science Research Scholar, Psychiatry and Behavioral Sciences - Sleep Medicine