



## Adrien Specht

Ph.D. Student in Computational and Mathematical Engineering, admitted Spring 2024

### Bio

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#### BIO

Adrien Specht is a master's student at both ENS Paris-Saclay and Stanford University. He majored in electrical, computational, and mathematical engineering with the ambition to advance Sleep Sciences. In France, he was one of the sleep pioneers working with the start-up Dreem on a new deep learning strategy to conduct EEG spectral analysis. Now in California, he is assisting Dr. Mignot with data-oriented research such as studying sleep depth and circadian rhythm with machine learning and proteomics. To him, the best moment of the day is after lunch with a coffee, a nice sunbath, and enjoyable sleep talks with colleagues.

### Publications

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#### PUBLICATIONS

- **Circadian protein expression patterns in healthy young adults.** *Sleep health*  
Specht, A., Kolosov, G., Cederberg, K. L., Bueno, F., Arrona-Palacios, A., Pardilla-Delgado, E., Ruiz-Herrera, N., Zitting, K. M., Kramer, A., Zeitzer, J. M., Czeisler, C. A., Duffy, J. F., Mignot, et al  
2023