

My name is Ali. I received my B.Sc. in Physiology from McGill University in 2013 and I am currently doing a second degree in Exercise Science (Honours) at Concordia University. Since my undergraduate studies, I have always had a passion for learning more about neurological disorders. I was first exposed to research in cellular physiology at McGill. I learnt a lot about the fundamentals of research and truly enjoyed my time conducting experiments. In fact, it was then that my interest in research ignited.

During my second undergraduate studies, I met Dr. Dang-Vu in one of my classes and after learning about his extensive research experience in the field of sleep, I providentially got the opportunity to do research under his supervision. Ever since I have been exploring different electrophysiological techniques and have always been deepening my understanding of the brain activities during sleep (i.e. sleep spindles and slow oscillations). During my time at the lab I increasingly became interested in insomnia and have chosen to continue my research on evaluating how group cognitive behavioral therapy can be effective in treating insomnia symptoms in elderly population.