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## Conflicted clocks: social jetlag, entrainment and the role of chronotype

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*Document Version*

Publisher's PDF, also known as Version of record

*Publication date:*

2017

[Link to publication in University of Groningen/UMCG research database](#)

*Citation for published version (APA):*

Zerbini, G. (2017). *Conflicted clocks: social jetlag, entrainment and the role of chronotype: From physiology to academic performance; from students to working adults*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen.

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## **Curriculum Vitae**

Giulia Zerbini was born on the 8<sup>th</sup> of June 1987 in Trento, Italy. Her background is in Psychology. She obtained the Bachelor and Master degrees in Cognitive Psychology respectively in 2009 and 2011 at the University of Padova. From the first years of undergraduate studies it became clear to her that her passion was directed more to science rather than to the clinical work. Starting a PhD was therefore a straightforward decision. She wanted to complete her PhD abroad to develop herself both from a personal and professional point of view. In 2013 she joined the chronobiology research group in Groningen and became immediately passionate about this discipline. Studying circadian rhythms in humans allowed her to find immediate applications of her work in society. A great example is the collaboration with the high schools in Coevorden and Hardenberg that led to her first publications and, as a consequence of her findings, to a delay in school starting times. During these years she learned several techniques to study sleep in the field, from actigraphy to assessing dim-light melatonin onset. She helped with teaching and supervised several high school, BSc and MSc students. Finally she participated to several national and international conferences to present her results. She would like to continue her research on sleep and circadian rhythms but with a focus on athletic performance.

