Beth Israel Lahey Health
Beth Israel Deaconess Medical Center

HARVARD MEDICAL SCHOOL

Laboratory Research Assistant I

Sleep and Inflammatory Systems Laboratory

The Sleep and Inflammatory Systems Laboratory at Beth Israel Deaconess Medical Center (https://projects.iq.harvard.edu/humansleepandinflammation/home) is an international leader in conducting research on the biological basis for the effects of short or disturbed sleep, using models of controlled experimental exposure to sleep restriction or insomnia-like sleep patterns with the aim of defining physiological and inflammatory response phenotypes. Furthermore, our laboratory investigates the effects of sleep intervention strategies on restoring the physiological consequences of short or disturbed sleep.

Position Summary: We are looking to fill a full (or half) time benefitted position at Beth Israel Deaconess Medical Center as a Basic Research Assistant I. Flexible scheduling with some evening and weekend rotation required. This position involves the following areas of responsibility:

(1) Laboratory work (80%):

- Processing of blood samples from study participants, including sterile work with primary immune cell cultures, measurement of inflammatory mediators using flow cytometry, molecular biological methods, i.e., RNA/DNA extraction, performing ELISAs, and assisting with other functional immune assays.
- Analyzing flow cytometry data using specific analysis software (FlowJo).
- Management and organization of frozen specimen storage.
- Performing routine wet lab maintenance, including maintaining laboratory supply inventory.

(2) Clinical work (20%):

- Performing or assisting in various testing procedures, including autonomic, emotional/cognitive, and pain testing.
- Preparing materials for study runs in the Clinical Research Center.
- Data management (Excel, SPSS).

Qualifications/Skills & Knowledge Requirements:

- Minimum of a Bachelor's degree. Work commitment of at least 2 years is preferred. Applicants who are planning to apply to graduate school in the future are preferred.
- Knowledge and familiarity with laboratory techniques, with skills acquired through coursework and/or previous work/research experience.
- Familiarity with data analysis tools (e.g., SPSS) is desirable.
- Ability to organize tasks, solve problems, and respond to multiple demands.
- Ability to prioritize workload and to be self-directed.
- Ability to communicate well with others and to take direction from multiple sources.
- Must be detailed and careful in approach to work.

Interested applicants should send a CV to:

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