

## Laboratory Research Assistant I Sleep & Inflammatory Systems Laboratory

The Sleep & Inflammatory Systems Laboratory at the BIDMC (<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. Further, 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 cell stimulation work, measurement of inflammatory mediators using Flow Cytometry, RNA/DNA extraction, performing ELISAs, and assisting with other measurement methodologies.
- Analyzing samples using flow cytometry software (FlowJoe).
- Management and organization of specimen storage.
- Maintaining routine laboratory procedures.

(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 Bachelors 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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