

The impact of sleepiness on wellbeing and possible causes

Erna Sif Arnardottir

Bio

Dr. Erna Sif Arnardottir is an Assistant Professor at the Department of Engineering and Department of Computer Science at Reykjavik University, Iceland as well as the Director of the Reykjavik University Sleep Institute (<https://svfnsetrid.ru.is/en/>).

She also has an advisory position at the Landspítali – The National University Hospital of Iceland. Dr. Arnardottir has over 15 years of experience within the field of clinical and scientific sleep research.

Dr. Arnardottir is the Secretary of the European Sleep Research Society (ESRS) and the Past President of the Icelandic Sleep Research Society (2011-2021). She has authored over 50 published peer-reviewed papers. Dr. Arnardottir is the Principal Investigator of a 15 million euro grant from EU Horizon 2020 Research and Innovation Programme no. 965417 (<https://sleeprevolution.eu/>). The SLEEP REVOLUTION is an inter-disciplinary and international research and development project with 37 partner institutions and companies in Europe and Australia. SLEEP REVOLUTION aims to introduce an approach based on machine learning to assess sleep apnea severity and treatment needs. Through new technological solutions and a digital management platform, the project aims to bring together researchers, patients, and healthcare professionals to provide beyond the current state-of-the-art method of accurate sleep apnea diagnosis and optimal treatment. Dr. Arnardottir's Google Scholar profile shows >3500 citations, an H-index of 25 and i10-index of 34.