

## CURRICULUM VITAE

*Kerstin Hoedlmoser*



### Personal Information

**Nationality:** Austria  
**Date / place of birth:** 28. 04. 1980 / Gmunden (Austria)  
**Address:** University of Salzburg, Hellbrunnerstr. 34, 5020 Salzburg, Austria  
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### Education

05/2018 **Habilitation in Psychology** '*Functional impact of sleep on declarative and motor memory over the lifespan*' (reviewers: Eus van Someren, Rebecca Spencer, Derk-Jan Dijk)  
04/2007 **Graduation with Doctor of Science (PhD; 'Dr. rer. nat.')** in Psychology (summa cum laude) at the University of Salzburg (Austria); PhD thesis: '*The significance of sleep-related theta synchronization for general memory abilities and the impact of neurofeedback on sleep*' (reviewers: Wolfgang Klimesch & Pierre Maquet)  
11/2004 **Graduation with Master of Science (M.S.; 'Mag. rer. nat.')** in Psychology (summa cum laude) at the University of Salzburg (Austria); Master thesis: '*EEG Alpha und Theta Power im Zusammenhang mit Intelligenz*'  
06/2014 – 02/2015 Curriculum 'Sport psychological training' (ASP)  
10/2007 – 06/2011 Curriculum 'Cognitive-behavioural psychotherapy' (AVM)  
03/2005 – 07/2006 Curriculum 'Clinical- and health psychology' (BOEP)  
10/1999 – 11/2004 Psychology, Sports Science & Kinesiology at the University of Salzburg (Austria)  
09/1998 – 06/1999 International language school (Cairns, Australia)  
06/1998 Graduation from high school (Bad Ischl, Austria)

### Awards

01/2017 Fulbright Research Program – Grant (University of California, Berkeley)  
09/2014 'Young Investigator Award' (European Sleep Research Society 2014)  
05/2014 'Teaching Award' (University of Salzburg)  
05/2013 'Best 35 scientists under 35 years' (Austrian Science Fund - FWF)  
10/2012 Jacobs Foundation 'Research Grant for Young Scholars'  
10/2011 'Young Investigator Award' (6<sup>th</sup> Conference on Pediatric Sleep Medicine, 2011)  
03/2009 'Land Salzburg research fellowship 2009' (Land Salzburg)  
06/2008 'Advancement Award' (Dr. Maria Schaumayer Stiftung)  
04/2008 'Young Scientist Award' (OEGP)  
04/2008 'Psychology Award 2008' (BOEP, OEGP)  
09/2007 'Trainee Merit Award' & 'Best Trainee Presentation Award' (Worldsleep2007)  
11/2004 'Excellence scholarship' (University of Salzburg)

### Professional Experience

10/2013 – present **Assistant Professorship at the University of Salzburg (Salzburg, Austria)**  
10/2012 – 02/2018 **Principal Investigator FWF standalone project (P25000-B24)** '*Sleep and real-life gross-motor learning in school aged children and adults*'; collaborators: Mag. Birklbauer (Austria), Prof. Müller (Austria), Prof. Peigneux (Belgium), Prof. Sadeh (Israel)  
01/2015 and 03/2017 **Organization of the Wintersymposium 'Sleep, Cognition and Consciousness'** (Jan. 22<sup>nd</sup> - 25<sup>th</sup> 2015; March 2<sup>nd</sup> – 5<sup>th</sup> 2017) in Kaprun, Austria  
09/2013 **Organization of the Symposium for 'Brain Oscillation & Cognition – A Symposium in the Honor of Prof. Wolfgang Klimesch'** (Sept. 19<sup>th</sup> & 20<sup>th</sup> 2013) at the Univ. of Salzburg  
12/2012 **Organization of the Symposium for 'Sleep, Cognition and Consciousness' Research** (Dec. 13<sup>th</sup> -14<sup>th</sup> 2012) at the Univ. of Salzburg  
04/2012 **Young Scholar within the Jacobs Foundation Conference 2012** on Sleep, Learning, and Brain Development  
01/2012 – 05/2012 **PostDoc** engaged in the FWF research project '*Sensorimotor conditioning as a primary insomnia treatment*' (P21154-B18)  
01/2009 – 12/2011 **FWF-Hertha-Firnberg-Position** for young female scientists (T397-B02; duration: 36 months, 186.540 €); '*Sleep and cognitive performance in children*'; collaborators: Prof. Peigneux (Belgium), Dr. Wiater (Germany), Prof. Sadeh (Israel), Prof. Sterman (USA)  
11/2011 – 10/2012 **Research Fellowship** University of Salzburg: '*Sleep and declarative real-life learning*'  
12/2010 – 05/2011 **Research Fellowship** University of Salzburg: '*Sleep and gross-motor learning*'  
06/2008 – 12/2008 **Research Fellowship** University of Salzburg: '*The effects of instrumental conditioning of SMR (12-15Hz) on sleep and declarative memory consolidation*'  
03/2007 – 05/2008 **Research assistant** engaged in the FWF research project '*Theta and working memory*' (P16849-B02)  
07/2007 – 07/2010 **Fellow of the ESRS-EU Marie Curie Project 'Training in Sleep Research and Sleep Medicine'**  
09/2007 **Fellow within the Worldsleep2007 Trainee Program** in Cairns, Australia  
04/2007 – 06/2007 Collaborator within the project '*Fit for school: Effects of a 6-week sleep improvement program on learning and memory performance*' at the Cyclotron Research Centre (Liège, Belgium) in cooperation with the University of Göttingen (PD Dr. Rodenbeck) and the Hospital Cologne Porz/Rhine (Dr. Wiater, Prof. Lehmkuhl)

- 07/2006 – 02/2007 **Research Fellowship** University of Salzburg: *'Effects of neurofeedback on sleep and declarative memory consolidation'*
- 02/2001 – 05/2006 **Research assistant**, Department of Psychology, University of Salzburg (Austria); engaged in different FWF research projects: i) *'Functional correlates of brain oscillations in the EEG'* (P-13047); ii) *'Sleep and memory consolidation'* (P-15370); and iii) *'The effect of napping on memory consolidation'* (P-15370-B02) under the supervision of Prof. Klimesch in cooperation with the Department of Neurology (Prof. Zeitlhofer) and the Department of Psychiatry (Prof. Saletu) at the Medical University of Vienna

#### Granted research projects

- 9/2012 – 2/2018 **FWF-project (University of Salzburg, Austria): Sleep 'n' cycle - Sleep and gross-motor learning in school aged children and adults** (€23.657; Principal investigators: Dr. Hödlmoser and Dr. Birklbauer)
- 12/2012 – 5/2016 **Jacobs Foundation-project (University of Salzburg, Austria): Sleep'n'cycle in children** funded by the Jacobs Foundation (€33.231, Principal investigator: Dr. Hödlmoser).
- 10/2009 – 1/2013 **FWF-project (University of Salzburg, Austria): Sensorimotor conditioning as a primary insomnia treatment** funded by the FWF (€308.949; Co-applicant with Dr. Schabus)
- 1/2009 – 1/2012 **FWF-Hertha-Firnberg -project (University of Salzburg, Austria): Sleep and cognitive performance in children** funded by the FWF (€186.540; Principal investigator: Dr. Hödlmoser).
- 1/2009 – 12/2011 **FGÖ -project (University of Salzburg, Austria): Fit4School - Sleep and cognitive performance in children** funded by the Fonds Gesundes Österreich (€9.807; Principal investigator: Dr. Hödlmoser).

#### Peer Review Activities

SLEEP; Journal of sleep research; Neuroscience; Memory; 'Zeitschrift für Sportpsychologie' (German journal of sport psychology); Behavioral Sleep Medicine

#### Memberships

Sleep research society - **SRS**, European sleep research society - **ESRS**, Austrian sleep research association - **ASRA**, Organization for human brain mapping – **OHBM - SGP**, Salzburger Gesellschaft für Psychologie

#### Clinical Experience

- 10/2013 – 10/2016 Psychotherapeutical (cognitive behavioral therapy) practice (4h/week) at the 'Christian-Doppler Klinik' in Salzburg, **Department of Child and Youth Psychiatry**
- 10/2009 – 02/2011 Psychotherapeutical (cognitive behavioral therapy) practice at the '**Beratungsstelle für Klinische Psychologie, Psychotherapie & Gesundheitspsychologie**', Department of Psychology, University of Salzburg
- 07/2006 – 10/2006 Clinical- and healthpsychological internship (half time position) at the '**Christian Doppler-Klinik**' in Salzburg under the supervision of Dr. Hermann Widauer, Prof. Dr. Gunther Ladurner, Dr. Leonhard Thun-Hohenstein
- 05/2006 – 07/2006 Clinical- and healthpsychological internship (half time position) at the '**Institut für Heilpädagogik**' in Salzburg under the supervision of Dr. Georg Weiss and Mag. Winfried Kain
- 10/2003 – 11/2005 Clinical- and healthpsychological internship (half time position) at '**Die Brücke**' in Bad Ischl under the supervision of Mag. Elisabeth Pammesberger

#### Sport Psychological Experience

- 10/2013 – present Coordinator and Lecturer of the Curriculum 'Sport Psychology' within the Master program at the Department of Psychology, University of Salzburg, Austria
- 10/2014 – present Sport psychological coaching of climbers and tennis athletes
- 02/2016 Advanced training for trainers (February 19<sup>th</sup> & 20<sup>th</sup> 2016) in Schielleiten
- 07/2015 Advanced training for trainers (July 10<sup>th</sup> & 11<sup>th</sup> 2015) in Faak am See
- 06/2015 Advanced training for trainers (June 1<sup>st</sup> & 2<sup>nd</sup> 2015) in Lindabrunn
- 04/2015 Advanced training for trainers 'Sleep & Regeneration' (24<sup>th</sup> & 25<sup>th</sup> April 2015) in Schielleiten

**Additional  
Academic  
Activities**

10/2014 – present since 1/2015	<b>Deputy for the Centre of Cognitive Neuroscience</b> , University of Salzburg <b>DK+ Faculty Member</b> for the FWF-sponsored doctoral program (DK+) ‘Imaging the mind: Consciousness, Higher Mental and Social Processes’
3/2015 – present	President of the Salzburg Society of Psychology
03/2018 – present	Member of the board of the Austrian Sleep Society (ASRA)
03/2018 – present	Secretary of the Austrian Society of Psychology (ÖGP)
Once every year	Workshops on the topic of ‘Insomnia’ at the AVM
10/2006 – present	Lecturer at the University of Salzburg & University of Klagenfurt, Austria <b>Teaching experience:</b> Current Literature in Cognitive EEG (seminar); Advanced Topics in Cognitive Neuroscience (lecture); Sports and Exercise Psychology (lecture and seminar); Psychological Diagnostics (lecture and seminar); Cognitive Neurosciences (lecture); Sleep, Cognition and Consciousness (lecture and seminar); Bachelor/Master’s Thesis seminars (seminar)