Postdoctoral Position in Intermittent Fasting, Circadian Rhythms, & Sleep

**Description:** The Peterson lab is a leader in clinical research on time-restricted feeding, a meal timing intervention that involves intermittent fasting and impinges on the circadian system. The postdoc will lead an ambitious interdisciplinary trial funded by the Department of Defense to test the effects of time-restricted feeding and bright light therapy on 24-hour glycemic control, circadian rhythms, sleep as measured by polysomnography, 24-hour blood pressure, cardiovascular health, fat loss, and psychosocial outcomes in 344 adults with type 2 diabetes. She or he will also assist with up to three other ongoing clinical trials (depending on the applicant’s interests)—a free-living weight loss study on time-restricted feeding, a controlled study feeding study on time-restricted feeding, and a controlled feeding study on the effects of a fruit-rich diet on diabetes remission, liver fat, and the gut microbiome—gaining well-rounded experience in conducting clinical trials related to clinical interventions and cardiometabolic disease.

**Mentor:** Dr. Courtney Peterson, Assistant Professor, Department of Nutrition Sciences, University of Alabama at Birmingham (cpeterso@uab.edu)

**Institution:** The University of Alabama at Birmingham (UAB) is ranked 22nd in NIH funding; is one of only five institutions to have both an NIH-funded Nutrition Obesity Research Center and Diabetes Research Center; and has among the top NIH-funded nutrition departments in the U.S. Dr. Peterson is also co-Director of UAB’s new Sleep & Circadian Research Core.

**Qualifications:** We are looking for a highly motivated individual with a Ph.D. or M.D. and experience in human subjects research in circadian rhythms, nutrition, sleep, metabolism, light therapy, or intermittent fasting. A strong applicant will be highly proactive, well-trained in at least one or more research areas listed above, independent, and an effective communicator.

To apply, send your CV by email to Prof. Peterson at cpeterso@uab.edu.

**Application Deadline:** For best consideration, apply by Friday, September 6, 2019. Thereafter, applications will be considered on a rolling basis.

**Start Date:** Fall 2019

**Postdoc Awards and Benefits:** Candidates from all backgrounds are encouraged to apply. UAB is an equal-opportunity employer. UAB postdocs qualify for health, life, and other insurance and have access to competitive awards, including internships, grant incentives, funds to enhance education and collaboration outside UAB, and teaching opportunities at local universities. UAB postdocs can also participate in the university’s 403(b) program and enjoy vacation, sick leave, maternity/paternity leave, and other benefits.