

# Presentation of Giulia Aquino, a PhD student from University of Pisa



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## Brief presentation:

My name is Giulia Aquino, and I am a Ph.D. candidate in Clinical Physiopathology at the University of Pisa, Italy. I hold a Bachelor's degree in Sciences and Techniques of Clinical and Health Psychology and a Master's degree in Clinical and Health Psychology, both from the University of Pisa. Currently, I am also training as a psychotherapist at the School of Cognitive Behavioural Psychotherapy in Florence.

Since my undergraduate years, I have cultivated a strong interest in psychophysiology and sleep medicine, with a particular focus on insomnia. My bachelor's thesis explored the relationship between insomnia and inflammation, while my master's thesis examined the neurobiology of insomnia through neuroimaging studies. During this time, I had the opportunity to join the Sleep Lab at the University Medical Center Freiburg under the supervision of Prof. Dieter Riemann, which further strengthened my research skills in the field.

In 2023, I began my doctoral studies under the supervision of Prof. Angelo Gemignani. My current research project investigates work-related stress in healthcare workers, combining clinical and psychophysiological approaches to better understand how occupational stress is linked to sleep disturbances. As part of my Ph.D., I spent six additional months as a visiting

researcher at the University Medical Center Freiburg, where I worked on EEG pre- and post-processing of overnight sleep recordings in patients with insomnia and healthy controls. Alongside my doctoral research, I have presented my work at national and international conferences, contributed to eight peer-reviewed publications (four as first author), and received recognition such as the Best Poster Award at the University of Pisa's Ph.D. Week 2025.

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