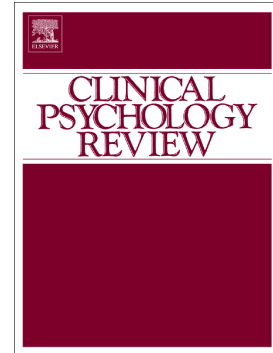


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**Mechanisms Underlying the Association between Insomnia, Anxiety, and Depression in Adolescence:****Implications for Behavioral Sleep Interventions**

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Nicholas Allen is the Ann Swindells Professor of Clinical Psychology at the University of Oregon, and the Director of the Center for Digital Mental Health. His work focuses on adolescent mental health, particularly risk factors for adolescent emergent mental disorders such as depression and substance misuse. The ultimate aim of this work is to inform innovative approaches to early intervention and prevention that utilize novel, developmentally-informed interventions to target modifiable early risk factors for mental and substance use disorders, such as sleep, parenting, and teen sexual and romantic relationships.

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