

Dr. Inga Antonsdottir earned her PhD and DNP at the Johns Hopkins School of Nursing. She has research interests in the study and treatment of sleep and circadian rhythm disturbances, as well as the prevention and treatment of Alzheimer's disease and related dementias through behavioral and pharmacological interventions. During her doctoral studies, Inga worked on community-based clinical trials aiming to mitigate symptomatology and caregiver burden related to memory disease progression.