

Reem Al Sayed

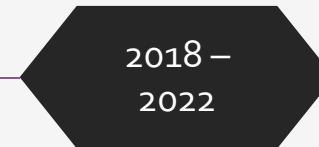
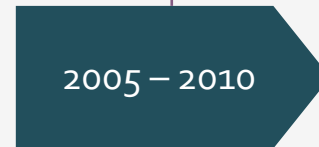
I am a PhD candidate at the University Hospital RWTH Aachen. My current research explores how the indoor bedroom environment affects sleep quality through learnt behavioural adaptation.

Please see my [CV](#).

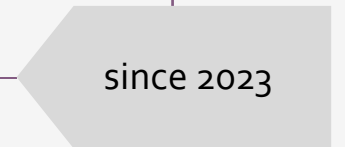


Education

B.Sc. Business
Administration and
Economics



Dr. rer. medic. (PhD in
Medical Sciences)



M.Sc. Business and
Organisational
Psychology

Academic Supervisors

In chronological order...



**Dr. André Escórcio
Soares**



**Univ.- Prof. Dr.
Marcel Schweiker**



**Dr. Jan-Frieder
Harmsen**



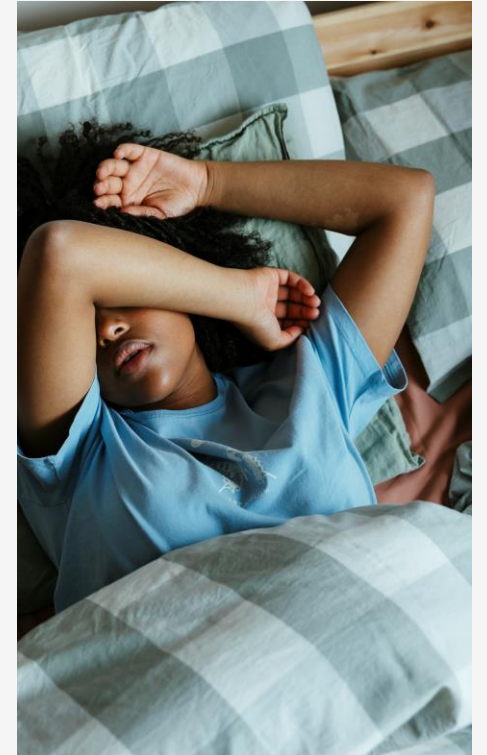
Research Interests



Occupant comfort



Employee well-being



Sleep quality



MuSIC project and Funding

1/3

Overview

- I am one of ten doctoral candidates in the [MuSIC](#) project. **MuSIC** stands for Multi-sensory Solutions for Increasing human-building resilience in face of Climate change.
- The ultimate objective of **MuSIC** is to train new professionals able to provide future generations with more liveable and sustainable indoor and outdoor spaces in cities by applying solutions developed through cutting-edge, multisensory and multi-dimensional research and industrial development.
- This project has received funding from the European Union's Horizon Europe research and innovation program under the Marie Skłodowska-Curie Grant Agreement no 101073357.



MuSIC *project and* *Funding* 2/3

My MuSIC profile

- DC5
- Research title: Long-term well-being and health through improved sleep quality
- Host Institution: University Hospital RWTH Aachen
- Main supervisor: Univ.- Prof. Dr. Marcel Schweiker
- Secondments:
 - Jun – Nov 2024: The Cyprus Institute, Nicosia, Cyprus
 - Apr – Jun 2026: VELUX A/S, Hørsholm, Denmark.

MuSIC *project and* *Funding* 3/3

Individual research project abstract

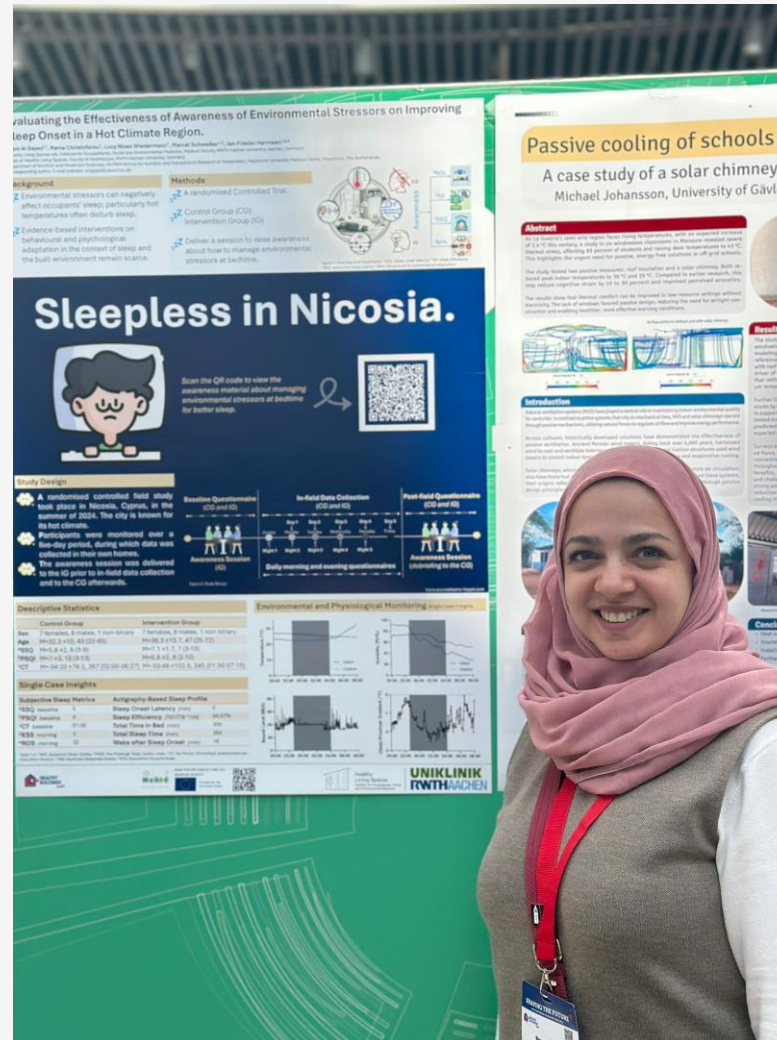
Rational: Environmental factors such as light and air quality can negatively impact sleep, with elevated bedroom temperatures being a key contributor to sleep disturbances. However, evidence-based behavioural interventions relating to sleep and the indoor environment are scarce. This research therefore aimed to test the effectiveness of an educational workshop designed to help manage environmental disturbances at bedtime to improve sleep quality (SQ).

Purpose: This research focused on investigating occupants' SQ by observing the bedroom environment in residential buildings. The research question is what are the outcomes of an awareness workshop on actigraphy-derived sleep outcomes, subjective SQ and behavioural and psychological adaptation of residents. The research question was answered using a compatible theoretical framework to develop awareness material, which was completed with a clinical psychologist.

Methods: A randomised controlled field study with an intervention element was conducted in Cyprus in 2024. The intervention consisted of an awareness workshop designed to educate participants on the importance of sleep and coping strategies for environmental disturbances such as high temperatures and long daylight hours. Participants were given sensors to measure objective SQ and skin temperature, and to record environmental conditions (e.g., temperature and illuminance).

Anticipated Impact: This study and similar ones focusing on SQ from a perspective different from the clinical and pharmacological one – rather relating to the indoor environment and the significant impact of climate change on SQ – would increase human-building resilience and adaptive behaviours that enable occupants to create their own sleep-promoting environment.

Conferences



Jun 2025

Healthy Buildings Europe
Iceland
Poster session

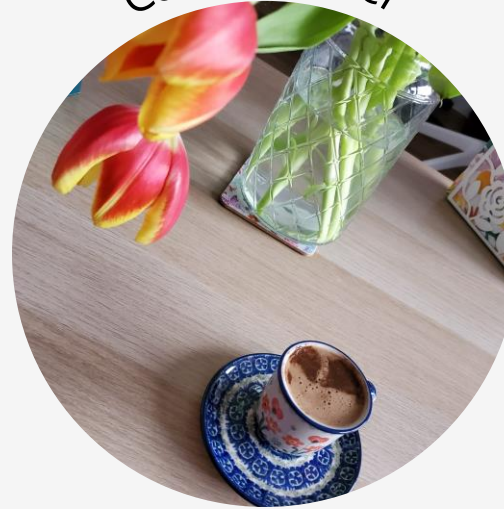
Sep 2025

World Sleep Congress
Singapore
Poster session

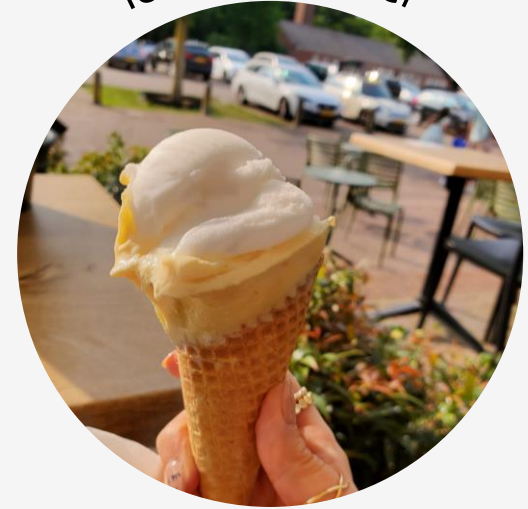
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Beyond research

Coffee drinker



Ice cream lover



Finding my gears



Always "en route"



Affiliation and Contact



Healthy Living Spaces
lab, Uniklinik RWTH
Aachen



ralsayed[at]ukaachen
[dot]de



+49 (0)241 568299 37