



Alison Hartman, MS

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Sleep as a Catalyst for Mental Health Conversations in Pregnancy

Alison is a fourth-year doctoral candidate in the Clinical Psychology PhD program at Drexel University, with a concentration in health psychology.

She received her BA from Washington University in St. Louis in 2015, and worked as a Clinical Research Coordinator at the University of California, San Francisco from 2015-2018.

Ali's clinical and research interests are centered on sleep and women's health. Her current line of research examines sleep among women who are pregnant or are trying to become pregnant, including those with infertility.

In her free time, Ali enjoys traveling, cooking, snowboarding, and exploring Philadelphia.

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