

## **Batzikosta Areti**

Areti Batzikosta Psychologist, BSc, MSc, PhD candidate, senior researcher on issues of Mild Cognitive Impairment and Sleep Disorders. I received my Diploma degree from the School of Psychology of the Aristotle University of Thessaloniki and I graduated in 2011. Wishing to continue my studies, I received my MSc degree in "Sleep Medicine" from the School of Medicine, of the Democritus University of Thrace. Then I wanted to continue in the research field, starting my doctoral thesis and since then, I am working systematically on issues of Mild Cognitive Impairment and Sleep Physiology. I also participate as a senior researcher in groups in the field of neurocognitive disorders. Furthermore, I attended a number of seminars and conferences in the field of mental health. I participate as a speaker in many seminars and conferences in the field of neurocognitive disorders for health professionals, students and also for general public presenting various research findings related to my research work. I work as a psychologist privately in Thessaloniki with the main focus on anxiety disorders and sleep disorders.

