

Name and affiliation:

Irene Tobler Borbély
Retired Professor of Biology

Fields of interest and professional expertise: *E.g., sleep research, EEG, brain development. Sleep research in animals; Evolution of sleep regulation*

Did your career path involve difficult decisions? If so, which ones? *Change track completely from being a teacher to becoming a researcher*

What was the most important decision that led your current position? *To develop my own field of interest and thereby obtain recognition and own funding*

Your advice for dealing with failures? *Put them behind you, i.e. look forward and pursue your aims*

What drives you? *Fascination, curiosity, love of nature*

Is there anything in your previous career steps that you would do differently? *No*

What is your advice to junior scientists of the next generation? *Perseverance, optimism*

Do you have role models? Who?

How do you relax? *Walk in the woods, read*