Gravity currents moving along the continental slope, such as cold river inflows into lakes or brine effluent from desalination plants, can be influenced by internal waves shoaling on the slope resulting in mixing between the gravity current and the ambient fluid. Whilst some observations of the potential influence of internal waves on gravity currents have been made, the process has not been studied systematically. I will present the results of laboratory experiments, and some initial numerical simulations, in which a gravity current descends down a sloped boundary through a pycnocline at the same time as an internal wave at the pycnocline shoals on the slope. The waves are generated in a two-layer thin-interface ambient water column under a variety of conditions characterizing both the waves and the gravity currents. I will present results over a full range of Froude number (characterizing the waves) and Richardson number (characterizing the gravity current) conditions, and will discuss the mechanisms by which the gravity current is mixed into the ambient environment including the role of turbulence in the process. Measurements of the downslope mass flux of the gravity current fluid in cases with different amplitudes of the incident internal wave will also be discussed. For the parameter regime considered, the mass flux in the head of the gravity current was found to reduce with increasingly larger incident amplitude waves. This reduction was effectively caused by a “decapitation” process whereby the breaking internal wave captures and moves fluid from the head of the gravity current back up the slope. The significance of the impact of the internal waves on gravity current transport, strongly suggests that the local internal wave climate may need to be considered when calculating gravity current transport. Aimed at a general audience, this lecture will include introductory material and many illustrative examples and it will underline the link between knowledge and applications.