

Michael A. Grandner

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Current Positions

Associate Professor of Psychiatry, with Tenure, College of Medicine, University of Arizona

Associate Professor of Psychology, College of Sciences, University of Arizona

Associate Professor of Medicine, College of Medicine, University of Arizona

Associate Professor of Nutritional Sciences, College of Agriculture and Life Sciences, University of Arizona

Associate Professor of Clinical Translational Science, University of Arizona Health Sciences

Associate Director, University of Arizona Center for Sleep and Circadian Sciences

Director, Sleep and Health Research Program, University of Arizona

Director, Behavioral Sleep Medicine Clinic, Banner-University Medical Center

Director, SBSM-Accredited Behavioral Sleep Medicine Training Program, University of Arizona

Research and Clinical Interests

Broad application of translational sleep research and Behavioral Sleep Medicine, including studies of sleep as a domain of health behavior and the development and implementation of behavioral interventions for insufficient sleep and sleep disorders. Specific areas of focus include: (1) Downstream cardiovascular, metabolic, and behavioral health outcomes associated with habitual sleep duration and/or insufficient sleep, (2) Upstream social, behavioral, and biological determinants of habitual sleep duration, insufficient

sleep, and poor sleep quality, and (3) Development and implementation of behavioral interventions for sleep as a domain of health behavior.

Google Scholar indices: h-index 45, most cited paper 1140 times, 8891 total citations

Education

1997-2001	BA	University of Rochester Clinical and Social Sciences in Psychology, Cum Laude, High Honors
2001-2005	MS	San Diego State University Clinical Psychology
2001-2007	PhD	San Diego State University / University of California, San Diego Joint Doctoral Program in Clinical Psychology, Behavioral Medicine Track
2012-2014	MTR	University of Pennsylvania Translational Research

Fellowships, Internships, and Other Post-Graduate Training

2006-2007	University of California, San Diego & San Diego VA Healthcare System Clinical Psychology Internship, Behavioral Medicine/Outpatient Psychiatry
2007-2010	University of Pennsylvania Behavioral Sleep Medicine Fellowship (AASM-Accredited)
2007-2012	University of Pennsylvania Postdoctoral Fellowship, Center for Sleep and Circadian Neurobiology
2016	Eureka Institute for Translational Medicine Certificate in Translational Medicine
2017	University of Arizona / Tech Launch Arizona National Science Foundation Innovation Corps

Professional License and Certification

Psychologist License (**Arizona**): PSY-004706 (Since 1/29/2016)

Certification in Behavioral Sleep Medicine (**CBSM**; American Board of Sleep Medicine)

Diplomate in Behavioral Sleep Medicine (**DBSM**; Board of Behavioral Sleep Medicine)

National Provider Identification (**NPI**) Number: 1982809422

Faculty Research, Clinical, and Teaching Positions

2011-2015	Psychologist, Behavioral Sleep Medicine Clinic Penn Sleep Centers, University of Pennsylvania Health System
2012	Research Associate Division of Sleep Medicine, Department of Medicine, University of Pennsylvania
2012-2015	Instructor Department of Psychiatry, University of Pennsylvania
2014-2015	Psychologist Behavioral Healthcare Service, Philadelphia VA Medical Center
2015-2019	Assistant Professor, Tenure Eligible Department of Psychiatry, College of Medicine, University of Arizona
2015-2019	Assistant Professor (Secondary Appointment) Department of Psychology, College of Sciences, University of Arizona
2016-2019	Assistant Professor (Secondary Appointment) Department of Medicine, College of Medicine, University of Arizona
2017-2019	Assistant Professor (Secondary Appointment) Department of Nutritional Sciences, College of Agriculture and Life Sciences, University of Arizona
2019	Assistant Professor (Secondary Appointment) Clinical and Translational Sciences, University of Arizona Health Sciences
2019-present	Associate Professor (with Tenure) Department of Psychiatry, College of Medicine, University of Arizona
2019-present	Associate Professor (Secondary Appointment) Department of Psychology, College of Science, University of Arizona
2019-present	Associate Professor (Secondary Appointment) Department of Medicine, College of Medicine, University of Arizona
2019-present	Associate Professor (Secondary Appointment) Department of Nutritional Sciences, College of Agriculture and Life Sciences, University of Arizona
2019-present	Associate Professor (Secondary Appointment) Department of Clinical and Translational Science, University of Arizona

Other Academic Appointments and Affiliations

2008-2015	Affiliate Member Institute for Diabetes, Obesity and Metabolism, University of Pennsylvania
2009-2015	Affiliate Member

	Institute for Translational Medicine and Therapeutics, University of Pennsylvania
2011-2015	Affiliate Member Cardiovascular Institute, University of Pennsylvania
2011-2015	Clinical Privileges Hospital of the University of Pennsylvania
2012-2015	Member Center for Sleep and Circadian Neurobiology, University of Pennsylvania
2012-2015	Member Behavioral Sleep Medicine Program, Department of Psychiatry, University of Pennsylvania
2012-2015	Member Occupational Sleep Medicine, Division of Sleep Medicine, University of Pennsylvania
2015-present	Director Sleep and Health Research Program, University of Arizona
2016-present	Clinical Psychologist Banner-University Medical Center, Outpatient Psychiatry Service, Department of Psychiatry
2016-present	Director Behavioral Sleep Medicine Clinic, Banner-University Medical Center, Department of Psychiatry
2016-present	Member Center for Sleep and Circadian Sciences, University of Arizona
2016-present	Member Sarver Heart Center, University of Arizona
2016-present	Approval Holder, BSL-2 Laboratory Department of Psychiatry, University of Arizona
2017-present	Member UA Graduate Interdisciplinary Program in Physiology
2017-present	Member UA Graduate Interdisciplinary Program in Neuroscience
2017-present	Affiliate Faculty Member University of Arizona Clinical Psychology PhD Program, Health Psychology Track
2019-present	Associate Director Center for Sleep and Circadian Sciences, University of Arizona
2020-present	Member United States Olympic and Paralympic Committee (Team USA) Mental Health Provider Registry

Teaching Experience (Not Including Guest Lectures)

2000-2001	Psychology Tutor Center for Academic Support, University of Rochester
2000	Teaching Assistant CSP 260: Sleep Research and Sleep Medicine, University of Rochester
2004	Invited Group Therapy Trainer Neurobehavioral Medicine Unit, University of California, San Diego
2005-2006	Course Instructor PSY 270 Statistical Methods in Psychology, San Diego State University (average rating 4.6/5.0)
2011-2015	Lecturer FRO 522 Frontiers in Sleep Medicine, Penn Medical School (average rating 4.6/5.0)
2012-present	Faculty Mentor NHLBI/NYU Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research
2016-present	Faculty Mentor Focusing Research ON the bordER Area (FRONTERA) Summer Internship, University of Arizona
2016-2018	Faculty Mentor NINDS/NYU Center for Stroke Disparities Solutions
2016-present	Statistics Instructor Psychiatry Residency Program, University of Arizona
2017-present	Externship Placement Director Behavioral Sleep Medicine Training Program (Predoctoral Psychology Externs)
2017-present	Statistics Instructor Child and Adolescent Psychiatry Residency Program, University of Arizona
2017-present	Faculty Mentor Q-Cubed (Questions Questioning Questioners) NIH Student Research Program
2018-present	Seminar Director Behavioral Sleep Medicine Seminar Series
2018-present	Residency Rotation Director Behavioral Sleep Medicine Training Program (PGY4)
2018-2020	Psychology Internship Rotation Director Behavioral Sleep Medicine Training Program (Predoctoral Psychology Internship Program)
2018-present	Faculty Mentor NHLBI/UA Program to Increase Diversity in Health Disparities Research
2019-present	Director Society of Behavioral Sleep Medicine Accredited Behavioral Sleep Medicine Training Program
2020-present	Faculty Mentor Sleep Research Program for Advancing Research Careers (SOAR), American Academy of

Training Positions Held

1999-2001	Research Assistant Sleep and Neurophysiology Research Laboratory, University of Rochester. Supervisor: Michael L. Perlis PhD
1999-2001	Research Assistant Depression Research Laboratory, University of Rochester. Supervisor: Donna E. Giles, PhD.
2001-2007	Graduate Research Assistant Circadian Pacemaker Laboratory, Department of Psychiatry, University of California, San Diego. Mentor: Daniel F. Kripke MD.
2002-2003	Student Therapist San Diego State University, Psychology Clinic
2003-2004	Inpatient Psychiatry Practicum Student Neurobehavioral Medicine Unit, UCSD Medical Center
2003-2006	Research Assistant Department of Psychiatry, VA San Diego Healthcare System & University of California, San Diego. Supervisor: Sonia Ancoli-Israel PhD.
2004-2005	Clinical Sleep Medicine Practicum Student San Diego Veteran's Affairs Health System & UCSD Medical Center
2006-2007	Psychology Intern, Behavioral Medicine Service San Diego Veteran's Affairs Health System
2006-2007	Psychology Intern, Outpatient Psychiatry Clinic UCSD Outpatient Psychiatric Services (Gifford Clinic)
2007-2011	Postdoctoral Research Fellow Center for Sleep and Circadian Neurobiology, University of Pennsylvania
2008	Visiting Sleep Fellow Sleep Center, Division of Pulmonary Medicine, Children's Hospital of Philadelphia
2008-2010	Sleep Medicine Fellow VISN 4 Regional Sleep Center, Philadelphia Veteran's Affairs Medical Center
2016	Fellow, International Certificate Course Eureka Institute for Translational Medicine

Honors and Awards

1997-2001	Meliora Grant
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1997-2001	Rush Rhees Scholarship
2000	Travel Award, Sleep Research Society
2000-2001	University of Rochester Psychology Honors Program
2001	Cum Laude, University of Rochester
2001	High Honors in Research in Psychology from the University of Rochester
2005	Outstanding Professor Award, AXQ, SDSU chapter
2006	Outstanding Doctoral Teaching Award, SDSU Department of Psychology
2008	Selected for Organizing Committee of the PA Sleep Society (1 of 6 members)
2009	Commendation for clinical service, Philadelphia VA Medical Center
2010	Invited to AASM Young Investigator Forum at NIH
2011	Winner, Poster Presentation Award, Population Association of America
2012	Award for Research Excellence, American Heart Association
2012	Finalist, AASM Sleep Deprivation Section Abstract Award
2012	Semifinalist, Penn's Big Idea Innovation Tournament
2013	Winner, Distinguished Early Career Award, Society of Behavioral Sleep Medicine
2013	Obtained official recognition of Sleep Awareness Week by PA Senate and Governor
2014	Winner, Sleep Research Network Early Career Award
2014	Winner, Sleep Deprivation Section Award, American Academy of Sleep Medicine
2014	Lead article in annual "Research at Penn" report was focused on my work
2015	Travel Award for NIDDK Sleep and Diabetes Workshop, Sleep Research Society
2015	Elected Fellow, American Academy of Sleep Medicine
2016	Winner, Early Career Award, AHA Council on Lifestyle and Cardiometabolic Health
2016	Selected, Eureka Institute for Translational Medicine Conference
2016	Winner, Distinguished Service Award, Pennsylvania Sleep Society
2017	Included in "The 15 Most Interesting People in Sleep"
2017	Elected Fellow, American Heart Association
2017	Included among the 20 individuals on the Thrive Global "Fuel List"
2018	Mentorship Award from NYU Center for Heathful Behavior Change
2019	Award for Recognition of Service, Society of Behavioral Sleep Medicine
2020	Finalist, PROSE Award, Association of American Publishers

Membership and Service in Academic/Professional Organizations

National:

1999-present	Sleep Research Society
	<i>Member, Sleep and Behavior Section</i>
	<i>Member, Sleep Disorders Research Section</i>
	<i>Member, Circadian Rhythm Section</i>
	<i>Trainee Subcommittee 2006-2007</i>
	<i>Communications Committee, 2008-2010</i>
	<i>Membership and Communications Committee, 2010-2013</i>
	<i>Facebook Page Administrator, 2011-2013</i>
	<i>Membership and Communications Committee Chair, 2013-2016</i>
	<i>Sleep Duration Consensus Conference Invited Member, 2014-2015</i>
	<i>Strategic Planning Conference Invitee, 2014</i>

NCAA Mental Health Guidelines Task Force, 2015
Scientific Review Committee, 2016-2019
Trainee Education and Advisory Committee (TEAC), 2019-2022
Trainee Grantwriting Seminar Subcommittee, 2019-2020
Community Preventive Services Response Task Force (with AASM), 2020
Trainee Development Suite Subcommittee (2020-2021)

1999-present **American Academy of Sleep Medicine**
Member, Sleep Deprivation Section
Member, Insomnia Section
Member, Circadian Rhythm Section
Fellow, 2015-present
National Healthy Sleep Awareness Project, Epidemiology & Surveillance, 2017-2018
Sleep Duration Consensus Conference Invited Member (with SRS), 2014-2015
Exam Question Subcommittee, 2013-2014
Investigator-Initiated Award Review Committee, 2018-present
Investigator-Initiated Award Review Committee, Vice Chair, 2020-2021
COVID-19 Relief Grant Review Committee (2020)
Community Preventive Services Response Task Force (with SRS), 2020

1999-present **Associated Professional Sleep Societies**
Via Sleep Research Society and American Academy of Sleep Medicine
Abstract Reviewer, 2006-present

2010-present **Society of Behavioral Sleep Medicine**
Founding Member
Board of Directors, 2016-2019
Website and Communications Committee Chair, 2013-2016
Website and Communications Committee, 2012-2019
COVID-19 Response Task Force, 2020
President-Elect, 2020-2021
Science and Research Committee, Member, 2020-present
Outreach and Public Education Committee, Member, 2020-present
President, 2021-2022 (anticipated)

2011-present **American Heart Association**
Member, Council on Lifestyle and Cardiometabolic Health
Member, Council on Cardiovascular Epidemiology and Prevention
Fellow, 2017-present
Lifestyle Council Membership Committee Chair, 2018-2020
Lifestyle Council Membership Committee Vice Chair, 2017-2018
Lifestyle Council Membership Committee Vice Chair, 2020-present
Committee on Scientific Session Programming, 2017-2018
Epi|Lifestyle Programming Committee, 2015-present
Epi|Lifestyle Programming Committee Lifestyle Vice Chair, 2019-2020
Lifestyle Council Leadership Committee, 2018-2019
Abstract Reviewer, 2015-present
Behavior Change Committee, 2014-2019
Lifestyle and Cardiometabolic Health Early Career Committee, 2014-2016

Scientific and Clinical Education and Lifelong Learning (SCILL) Committee, 2020-present

- 2014-2019 **American Thoracic Society**
Member, Sleep and Respiratory Neurobiology
Sleep Program Committee, 2015-2017
Abstract Reviewer, 2015-2019
- 2016-present **American Psychological Association**
Member
- 2020-present **Clinical and Counseling Sport Psychology Association**
Member

Local:

- 2008-2015 **Pennsylvania Sleep Society**
Founding Member
Organizing Committee, 2008
Board of Directors, 2008-2011
Communications Committee, 2009-2011
President-Elect, 2011-2012
President, 2012-2013
Immediate Past President, 2013-2014
- 2015-present **Arizona Sleep Society**
Member
- 2017-present **Southern Arizona Psychological Association**
Member

Other Service to Academic and Professional Organizations

Intramural Committees and Service (University of Arizona)

- 2015-present Banner Healthcare Insomnia Clinical Consensus Group
- 2017 Psychiatry Department Strategic Planning Committee
- 2017-present Psychiatry Department Executive Committee
- 2017-2019 Neuroscience Graduate Admissions Committee
- 2017-2019 Physiology Graduate Admissions Committee
- 2018 College of Medicine Admissions (Secondary Reviews)
- 2019-present Center for Sleep and Circadian Science, Executive Committee
- 2019-2020 College of Medicine, Psychiatry Chair Search Committee
- 2020-present Wellness and Retention Advisory Group, Student Success and Retention Innovation
- 2020-present Psychiatry Department Search Committee

2020-present Psychiatry Diversity Advisory Committee (PsyDAC)

Committees and Service to Projects/Programs at Other Institutions

2002	Graduate Applicant Housing Committee Chair (SDSU/UCSD)
2002-2004	Graduate Student Interviewer (SDSU/UCSD)
2003	Research Design and Statistics Comprehensive Exam Prep Organizer (SDSU/UCSD)
2007	Psychology Internship Interviews (University of California, San Diego)
2007-2010	Sleep Research Retreat Committee (University of Pennsylvania)
2009-2015	Admissions Interviews (University of Rochester)
2010-2011	Sleep Research Retreat Committee Chair (University of Pennsylvania)
2011-2012	Faculty, Program to Increase Diversity in Behavioral and Sleep Research (SUNY Downstate)
2011-2015	Sleep Center Seminar Series Planning Committee (University of Pennsylvania)
2012-present	Faculty, Program to Increase Diversity in Behavioral and Sleep Research (New York University)
2013-2015	Institutional Review Board (IRB#3) Committee (University of Pennsylvania)
2013-2018	Advisory Board, Tailored Approach to Sleep Health Education (New York University)
2014	Sleep Research Retreat Committee Chair (University of Pennsylvania)
2014-2015	Sleep Center Website Planning Committee (University of Pennsylvania)
2014-2015	Clinical Faculty, Behavioral Sleep Medicine Mini-Fellowship (University of Pennsylvania)
2014-2017	Health Disparities Working Group, Sleep Apnea Patient Centered Outcomes Network (Harvard)
2016-2018	Faculty Mentor, Center for Stroke Disparities Solutions (New York University)
2017-2020	Faculty, Congruent Mentorship to Reach Academic Diversity in Neuroscience Research (NYU)

Other Academic/Professional Committees and Service

2008-2013	Sleep Trainees Network (Founding Moderator)
2009-present	Managing Editor (Behavioral Sleep Medicine Online Group)
2013-2014	Sleep Time Recommendations Consensus Panel (National Sleep Foundation)
2013-2014	Meaningful Use Advisory Committee (National Sleep Foundation)
2013-2016	Mental Health Task Force (National Collegiate Athletics Association)
2016	Expert Panel on Establishing Priorities in Space Biomedical Analysis (Canadian Space Agency)
2017-2019	Sleep and Wellness Task Force (National Collegiate Athletics Association)

2018-present	Sleep Monitoring Technology Working Group (Consumer Technology Association)
2018	Mental Health Consensus Conference (International Olympic Committee)
2019-present	Population Health and Methodology Committee (National Sleep Foundation)
2020-present	Member, Expert Reference Group for Sleep and Health Evidence Review, Public Health England, Ministry of State, UK
2020-present	Member, Interdisciplinary Advisory Council, American Sleep Apnea Association

Grant Review Panels

2011	Philips Research Foundation, Ad-Hoc Grant Reviewer
2012-2013	National Institutes of Health, Health Disparities and Equity Promotion Study Section (HDEP)
2012	Dutch Technology Foundation, Ad-Hoc Grant Reviewer
2012	Netherlands Organization for Health Research and Development, Ad-Hoc Grant Reviewer
2013, 2018	Marsden Fund, New Zealand, Ad-Hoc Grant Reviewer
2014	Michigan Metabolomics and Obesity Center, Ad-Hoc Grant Reviewer
2015	Italian Ministry of Health, Grant Reviewer
2015	South African Medical Research Council, Grant Reviewer
2015-2017	Department of Defense, Peer-Reviewed Medical Research Program, Grant Reviewer
2015-present	Sleep Research Society Scientific Review Committee
2016	National Institute of Occupational Safety and Health (NIOSH)
2016	Medical Research Fund, University of Ottawa
2016-2018	Department of Veterans Affairs, Scientific Merit Review Panel 4 (HSR4)
2016-present	Sleep Research Society Foundation
2017	University Medicine Zurich
2017	University Foundation A*MIDEX, Aix-Marseille University, France, Grant Reviewer
2017-2018	NIDDK, Sleep and Diabetes Special Emphasis Panel
2018	NIH Special Emphasis Panel for "Sleep, Stress, and Psychopathology"
2018-present	American Academy of Sleep Medicine Foundation
2018-2019	Department of Veterans Affairs, Scientific Merit Review Panel 7 (HSR7)
2018-2019	NIH Special Emphasis Panel for "Human-Animal Interactions" ZRG1-BBBP-J(90)S
2018-2019	NIH, Biobehavioral Mechanisms of Emotion, Stress, and Health (MESH) Study Section
2018-2019	Sarver Heart Center Grant Review Panel
2019	NYU PRIDE Program Small Grant Application (SGA) Review Panel
2019	NIH, Special Emphasis Panel for "Sleep and Alzheimers Risk" 2019/05 ZRG1HDM-V(57)R

2019-2020	Wellcome Trust
2019-2020	NIH, Special Emphasis Panel for “Adult Psychopathology and Disorders of Aging” ZRG1 BBBP-T (02)
2020	American Academy of Sleep Medicine Foundation COVID-19 Grant Review Panel
2020	The British Academy / Leverhulme, SRG Review
2020	NIH, Special Emphasis Panel for “R35 Outstanding Investigator Award” ZHL1 CSR-I (O2)
2020-2021	NIH, Special Emphasis Panel for “CATALYZE: ENABLING TECHNOLOGIES” 2021/01 ZHL1 CSR-O (F2) 1

Advisory and Consultative Roles

Scientific Advisory Boards

2015-present	FitBit (https://fitbit.com)
2016-2019	CurAegis Technologies (https://curaegis.com/)
2017-present	Natrol (https://www.natrol.com/)
2017-present	NightFood (https://nightfood.com/)
2019-present	Casper Sleep (https://casper.com/)

Special Panels, Committees, and Workgroups

2013-2014	National Sleep Foundation (https://www.sleepfoundation.org/)
2014-2019	National Collegiate Athletics Association (https://www.ncaa.org/)
2018-2020	International Olympic Committee (https://www.olympic.org/)
2019-present	Merck and Co. (https://www.merck.com/)

Select Other Advisory, Consultative, or Educational Roles

2008-2013	The Habit Change Company
2009-2010	Family Birthmark
2011-2015	Philadelphia Police Department (https://www.phillypolice.com/)
2011-2014	Friends Life Care (https://www.friendslifecare.org/)
2013-present	Major League Baseball (https://www.mlb.com/)
2014-2015	Bentley Systems (https://www.bentley.com/)
2014-2015	Etsy (https://www.etsy.com/)
2014-2015	Philadelphia Eagles (https://www.philadelphiaeagles.com/)

2014-present	EMBR Labs (https://embrlabs.com/)
2014-present	US Olympic Committee (https://www.teamusa.org/)
2014-2015	Philadelphia 76ers (https://www.nba.com/sixers/)
2015-2017	Kemin (https://www.kemin.com/)
2015-2016	Nexalin Technologies (https://nexalin.com/)
2015	Bayer (https://www.bayer.com/)
2015-2016	Church & Dwight (https://churchdwight.com/)
2016-2019	MindSail (http://www.themindsail.com/)
2017	Texas Tech Athletics (https://texastech.com/)
2018-2019	Happify (https://www.happify.com/)
2018-2019	Thrive Global (https://thriveworld.com/)
2018-present	Sleepopolis (https://sleepopolis.com/)
2018-present	Rhinomed (https://www.rhinomed.global/)
2019	Vassar Athletics (https://www.vassarathletics.com/)
2019-present	SmartyPants Vitamins (https://www.smartypantsvitamins.com/)
2019-2020	Pharmavite (https://www.pharmavite.com/)
2019-present	Jazz Pharmaceuticals (https://www.jazzpharma.com/)
2020	Sunovion Pharmaceuticals (https://www.sunovion.us/)
2020	DSM Supplements (https://www.dsm.com/)
2020	Greystar Worldwide (https://www.greystar.com/)
2020	Evidation Health (https://evidation.com/)
2020	Toronto Raptors (https://www.nba.com/raptors/)
2020-present	Athleta (https://athleta.gap.com/)
2020-present	ChiliTechnology (https://www.chilitechnology.com/)

Editorial Contributions

Journal (Editorial Board):

2014-present	Inaugural Editorial Board	Sleep Health <i>Journal of the National Sleep Foundation</i>
2015-present	Associate Editor	Sleep Health <i>Journal of the National Sleep Foundation</i>
2016-present	Editorial Board	SLEEP <i>Journal of the Sleep Research Society</i>
2017-present	Editorial Board	Sleep Medicine

		<i>Journal of the World Association of Sleep Medicine</i>
2018-present	Editorial Board	Behavioral Sleep Medicine <i>Journal of the Society of Behavioral Sleep Medicine</i>
2018-present	Editorial Board	Journal of Clinical Sleep Medicine <i>Journal of the American Academy of Sleep Medicine</i>
2018-present	Reviews Editor	SLEEP <i>Journal of the Sleep Research Society</i>
2018-present	Editorial Board	Frontiers in Neurology: Sleep and Circadian Rhythms
2019-present	Editorial Advisory Board	Journal of Sleep Research <i>Journal of the European Sleep Research Society</i>
2020-present	Editorial Board	Sleep Advances
2020-present	Editorial Board	Annals of Behavioral Medicine
2020-present	Editorial Board	Frontiers for Young Minds: Understanding Health

Journal (Guest Editor):

2016	Co-Guest Editor (with Jean-Louis, G.), Sleep Medicine, “NHLBI Workshop on Reducing Health Disparities: The Role of Sleep Deficiency and Sleep Disorders”
2020	Co-Guest Editor (with Leger, D.), International Journal of Environmental Research and Public Health, “Sleep, Sleep Disorders and Public Health”

Journal (Peer Review)

JAMA, JAMA Internal Medicine, JAMA Psychiatry, Science Translational Medicine, Nature Reviews, Nature Communications, Nature Human Behaviour, Lancet Psychiatry, Circulation, Hypertension, SLEEP, Sleep Medicine, Behavioral Sleep Medicine, Sleep Health, Sleep Medicine Reviews, BMC Public Health, PLoS ONE, and many more

Book Publisher (Prospectus Reviews):

APA Books

Listserves/Online Groups (Moderator):

2008-2013	Sleep Trainees Network
2009-present	Behavioral Sleep Medicine Group
2018-present	Arizona Behavioral Sleep Medicine Listserve

Grants / Funding

Pending	Mechanisms Linking Systematic Sleep Time Extension, Cardiometabolic Health, and Daytime Function. R01HL148251. National Heart, Lung, and Blood Institute. <i>Principal Investigator.</i>
Pending	Nocturnal Wakefulness and Suicidality: Neurobiological and Neuropsychological Concomitants in Young Adults. R01MH123502. National Institute on Mental Health. <i>Principal Investgator (MPI, with Fabian Fernandez).</i>
Pending	HIV-1, Sleep, and Extracellular Microvesicles. R01HL15839. National Heart, Lung, and Blood Institute. <i>Principal Investigator (MPI, with Elizabeth Connick and Christopher DeSouza).</i>
Pending	Investigation of Sleep and Circadian Rhythms in Psychotic Symptoms (I-SRIPS). R21MH123904. National Institute on Mental Health. <i>Principal Investigator.</i>
Pending	Researching Equitable Sleep Time (REST) in Appalachia. <i>Co-Investigator (PI: Mairead Moloney).</i>
2020-2025	Using Sleep Health to Optimize Smoking Cessation Treatment Response in HIV-Positive Adults. R01DA051321. National Institute on Drug Abuse. <i>Principal Investigator (MPI, with Freda Patterson and Elizabeth Connick).</i> Award: \$3.7M.
2020-2022	Intergenerational Stress and Trauma as Mechanisms of Psychiatric and Cardiometabolic Health Disparities Associated with Sleep Health at the US-Mexico Border. Diversity Supplement to R01MD011600. <i>Principal Investigatory (for Tommy Begay).</i> Award: \$250,000.
2020-2023	PAC-12 Student Athlete Health and Well-Being Mental Health Coordinating Unit (MHCU). PAC-12. <i>Co-Investigator (PI: Daniel Taylor).</i> Award: \$702,000
2020-2021	Sleep and Cognition among Latinx Midlife Adults At-Risk for Alzheimer's Disease. U54MD01239304S1. National Institute on Monority Health and Health Disparities. <i>Consultant (PI: Shanna Burke).</i>
2019-2021	Integrated Tele-Sleep Mobile Platform. Department of Defense. <i>Consultant (PI: Emerson Wickwire).</i>
2019-2024	UAHS Sleep Research Center. C06OD028307. National Institutes of Health, Office of the Director. <i>Associate Director (PI: Michael Dake).</i> Award: \$5.3M.
2019-2022	Three Approaches to Maintenance Therapy for Chronic Insomnia in Older Adults. R01AG054521. National Institute on Aging. <i>Co-Investigator (PI: Michael Perlis).</i>
2019-2020	Administrative Supplement for: Sleep and Cardiometabolic Health Disparities at the US/Mexico Border. [Establishing the Hawaiian Island Sleep Health Study]. Supplement to: R01MD011600. National Institute of Minority Health and Health Disparities. <i>Principal Investigator.</i> Award: \$111,494.
2019-2020	Promoting Sleep Health in Busines Students: Impact on Sleep, Mental Well-Being, and Productivity. University of Arizona, Eller College of Business. <i>Principal Investigator (MPI, with Amy Athey).</i> Award: \$5,000.
2019-2023	Community-Level Daytime Sleepiness: Social-Environmental Determinants, Consequences, and Impact of Sleep Apnea. Jazz Pharmaceuticals. <i>Principal Investigator.</i> Award: \$153,000.

- 2018-2022 **Sleep and Cardiometabolic Health Disparities at the US/Mexico Border: The Nogales Cardiometabolic Health and Sleep (NoChES) Study.** R01MD011600. National Institute of Minority Health and Health Disparities. *Principal Investigator.* Award: \$3.5M.
- 2018-2022 **Predicting Sleep, Smoking, and Lung Health Disparities in At-Risk Black/African-American Adults.** National Heart, Lung, and Blood Institute. *Co-Investigator (PI: Aditi Satti).*
- 2018-2020 **A Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study of the Safety and Efficacy of Nexalin Electrical Brain Stimulation as an Adjunctive Therapy for Substance Dependence.** Nexalin Technologies. *Principal Investigator.* Award: \$111,094
- 2018-2022 **A Randomized, Double-Blind, Placebo-Controlled Study to Assess the Effects of a Proprietary Spearmint Extract, Neumentix, on Sleep in Healthy Men and Women.** Kemin Industries. *Principal Investigator.* Award: \$320,000
- 2018-2019 **Sleep and Health in Student Athletes: Next Steps Toward Developing a Technology Platform for Dissemination and Implementation.** National Collegiate Athletics Association. *Principal Investigator.* Award: \$25,000.
- 2017-2019 **Sleep and Risk Factors for Sudden Cardiac Death.** Steven M. Gootter Foundation. *Principal Investigator.* Award: \$25,000.
- 2017-2019 **Predictive Analytics and Peer-Driven Intervention for Guideline-Based Care for Sleep Apnea.** National Heart, Lung, and Blood Institute. *Co-Investigator (PI: Parthasarathy).* Award: \$762,726.
- 2017-2019 **Emotional State and Personality: A Proof-of- Concept Model for Predicting Performance Under Stress.** W81XWH-17-0088. United States Army / CDMRP. *Co-Investigator (PI: Killgore).* Award: \$812,567.
- 2017-2019 **Non-Inferiority Study of Telemedicine vs. Conventional CBT-I in Recently Hospitalized Patients with Insomnia.** 570138. American Sleep Medicine Foundation. *Co-Investigator (PI: Saira, Parthasarathy).* Award: \$115,562.
- 2017-2018 **Development of a Technology Platform for Sleep Optimization.** Tech Launch Arizona. *Principal Investigator.* Award: \$12,000.
- 2016-2017 **Sleep, Health, and the Social Environment at the US/Mexico Border.** UA Clinical Trial Award. *Principal Investigator.* Award: \$20,000.
- 2016-2017 **Promoting Healthy Sleep and Circadian Rhythms in Student Athletes: Mental Health, Social Functioning, and Physical Well-Being.** National Collegiate Athletics Association. *Co Principal Investigator (with Amy B. Athey PsyD).* Award: \$10,000.
- 2016-2017 **Peer-Driven Intervention as an Alternate Model of Care Delivery and Coordination for Sleep Apnea.** IHS-1306-02505. PCORI. *Co-Investigator (PI: Sairam Parthasarathy).* Award: \$493,252.
- 2014-2015 **A Cross-Ethnic Comparison of Self-Reported Sleep Disorders in Employed Adults.** Contract with Bentley Systems, Inc. *Principal Investigator.*
- 2013-2015 **Mobile Stress and Anger Management Tool.** A2-5265. Department of Defense. *Investigator.* Award: \$131,471.
- 2012-2015 **Sleep and Health in the Social Environment.** R21ES022931. National Institute of Environmental Health Sciences. *Principal Investigator.* Award: \$440,000.

2012-2017	Cardiovascular and Metabolic Risk Factors Associated with Short Sleep Duration. K23HL110216. National Heart, Lung and Blood Institute. <i>Principal Investigator</i> . Award: \$803,790.
2012-2015	Cardiovascular and Metabolic Functioning in Habitual Short Sleepers. 12SDG9180007. Scientist Development Grant. American Heart Association. <i>Principal Investigator</i> . Award: \$308,000.
2012-2014	Institute for Translational Medicine and Therapeutics Fellowship Award. University of Pennsylvania CTSA; L1RR024134. <i>Principal Investigator</i> . Award: \$180,000.
2012	The Role Of Partial Reinforcement In The Long Term Management Of Insomnia. 5R01AT003332-05. National Center for Complementary and Alternative Medicine. <i>Co-Investigator (PI: Michael Perlis)</i> .
2012-2013	Attention Bias As An Etiologic Factor In Primary And Secondary Insomnia. 5R01MH077900. National Institute of Mental Health. <i>Co-Investigator (PI: Michael Perlis)</i> .
2010-2012	Health and Performance Outcomes Associated with Short Sleep Duration. University of Pennsylvania CTSA; UL1RR024134, National Center for Research Resources, NIH. <i>Principal Investigator</i> . Award: \$20,000.
2010-2011	Sleep Extension for Short Sleepers. University of Pennsylvania CTSA; ` , National Center for Research Resources, NIH. <i>Co-Investigator (PI: Allan I. Pack)</i> . Award: \$2,640.
2010	AASM Young Investigator Forum. American Academy of Sleep Medicine. Travel Award: \$1,200.
2008-2010	Neurobehavioral, Metabolic and Biopsychosocial Characteristics of Habitual Short Sleepers. University of Pennsylvania CTSA; UL1RR024134, National Center for Research Resources, NIH. <i>Co-Investigator (PI: Allan I. Pack)</i> . Award: \$26,600.
2008-2010	CTRC Clinical Research Award. University of Pennsylvania CTSA; UL1RR024134, National Center for Research Resources, NIH. <i>Co-Investigator (PI: Allan I. Pack)</i> . Award: \$3,200.
2008-2009	Population Burden of Sleep Disturbance – Biostatistical Support Award. Center for Sleep and Respiratory Neurobiology. <i>Principal Investigator</i> . Award: \$6,000.

Litigation Support / Expert Witness Experience

2014	(Civil) <u>Stuart Wade and Elizabeth Wade v. Nieves Bonoan</u> , American Piping & Boiler Co.; Civil Nos 12-1-3185-12 & 13-1-2066-07 KKS; First Circuit Court, State of Hawaii.
2015-2018	(Capital) State v. <u>Allen Akeem Smith</u> ; Case CR 2015-106788-001 DT; Maricopa County, State of Arizona.
2016-2017	(Criminal) United States v. <u>Jim Gallardo</u> ; Case CR-15-1290-PHX-NVW; District of Arizona.
2017-2018	(Civil) James P. Brickman v. <u>Fitbit Inc.</u> ; Case 3:15-CV-2077-JD; United States District Court, Northern District of California.

2017-2018	(Criminal) State v. <u>Joseph Edward Young</u> ; Case CR-2016-122938-001 Mesa DR-2016-1340447; Maricopa County; State of Arizona.
2018-2020	(Criminal) State v. <u>John Davis</u> ; Case CR2015-114088; Maricopa County; State of Arizona.
2019-present	(Criminal) United States of America vs. <u>Victor Johnson</u> ; Case CR-18-00769-PHX-JJT; Maricopa County; State of Arizona.

Peer-Reviewed Publications

1. **Grandner, M.A.** and Kripke, D.F. (2004). Self-reported sleep complaints with long and short sleep: A nationally representative sample. *Psychosomatic Medicine*, 66:239-41. PMID:[3687531](#)
2. Loving, R. T., Kripke, D. F., Elliott, J. A., Knickerbocker, N. C., and **Grandner, M.A.** (2005). Bright light treatment of depression for older adults. *BMC Psychiatry*, 5:41. PMID:[1298312](#).
3. Loving, R. T., Kripke, D. F., Elliott, J. A., Knickerbocker, N. C., and **Grandner, M.A.** (2005). Bright green light treatment of depression for older adults. *BMC Psychiatry*, 5:42. PMID:[1309618](#).
4. Pandey, J., **Grandner, M.**, Crittenden, C., Smith, M.T., and Perlis, M.L. (2005). Meteorologic factors and subjective sleep continuity: A preliminary evaluation. *International Journal of Biometeorology*, 49:152-155.
5. **Grandner, M. A.**, Kripke, D. F., Youngstedt, S. D., and Langer, R. D. (2006). Light exposure is related to social and emotional functioning and quality of life in older women. *Psychiatry Research*, 143:35-42. PMID:[3685148](#).
6. **Grandner, M. A.**, Kripke, D. F., Yoon, I. Y., and Youngstedt, S. D. (2006). Criterion Validity of the Pittsburgh Sleep Quality Index: Investigation in a non-clinical sample. *Sleep and Biological Rhythms*, 4:129-136. PMID:[3399671](#).
7. **Grandner, M. A.** and Drummond, S. P. A. (2007). Who are the long sleepers? Towards an understanding of the mortality relationship. *Sleep Medicine Reviews*, 11(5):341-60. PMID:[3755488](#).
8. **Grandner, M. A.**, Hale, L., Moore, M. and Patel, N. P. (2010). Mortality associated with short sleep duration: The evidence, the possible mechanisms and the future. *Sleep Medicine Reviews*, 14(3):191-203. PMID:[2856739](#).
9. **Grandner, M. A.**, Kripke, D. F., Naidoo, N., and Langer, R. D. (2010). Relationships among dietary nutrients and subjective sleep, objective sleep, and napping in women. *Sleep Medicine*, 11(2):180-4. PMID:[2819566](#).
10. **Grandner, M. A.**, Patel, N. P., Gehrman, P. R., Perlis, M. L. and Pack, A. I. (2010). Problems associated with short sleep: Bridging laboratory and epidemiological studies. *Sleep Medicine Reviews*, 14:239-47. PMID:[2888649](#).
11. **Grandner, M.A.**, Patel, N. P., Gehrman, P. R., Xie, D., Sha, D., Weaver, T. and Gooneratne, N. (2010). Who gets the best sleep? Ethnic and socioeconomic factors related to sleep disturbance. *Sleep Medicine*, 11(4):470-8. PMID:[2861987](#).
12. Patel, N. P., **Grandner, M. A.**, Xie, D., Branas, C. C., and Gooneratne, N. (2010). "Sleep Disparity" in the population: Poor sleep quality is strongly associated with poverty and ethnicity. *BMC Public*

Health, 10:475. PMID:[2927542](#).

13. **Grandner, M. A.**, Patel, N. P., Perlis, M. L., Gehrman, P. R., Xie, D., Sha, D., Pigeon, W., Teff, K., Weaver, T., and Gooneratne, N. (2011). Obesity, diabetes and exercise associated with sleep-related complaints in the American population. *Journal of Public Health*, 19:463-74. PMID:[3392306](#).
14. **Grandner, M. A.**, Hale, L., Jackson, N., Patel, N. P., Gooneratne, N. S., and Troxel, W. (2012). Perceived racial discrimination as an independent predictor of sleep disturbance and daytime fatigue. *Behavioral Sleep Medicine*, 10(4):235-249. PMID:[3434973](#).
15. **Grandner, M. A.**, Jackson, N. J., Pak, V. M., and Gehrman, P. R. (2012). Sleep disturbance is associated with cardiovascular and metabolic disorders. *Journal of Sleep Research*, 21(4):427-433. PMID:[3703752](#).
16. **Grandner, M. A.**, Jackson, N. J., Pigeon, W. R., Gooneratne, N. S., and Patel, N. P. (2012). State and regional prevalence of sleep disturbance and daytime fatigue. *Journal of Clinical Sleep Medicine*, 8(1):77-86. PMID:[3266332](#).
17. **Grandner, M. A.**, Martin, J. L., Patel, N. P., Jackson, N. J., Gehrman, P. R., Pien, G. W., Perlis, M. L., Xie, D., Sha, D., Weaver, T., and Gooneratne, N. S. (2012). Age and sleep disturbances among American men and women: Data from the U.S. Behavioral Risk Factor Surveillance System. *SLEEP*, 35(3):395-406. PMID:[3274341](#).
18. Altman, N. G., Izci-Balserak, B., Schopfer, E., Jackson, N. J., Ratamaupawan, P., Gehrman, P. R., Patel, N. P., and **Grandner, M. A.** (2012). Sleep duration versus sleep insufficiency as predictors of cardiometabolic health outcomes. *Sleep Medicine*, 13(10):1261-1270. PMID:[3527631](#).
19. Gooneratne, N. S., Edwards, Y. Z., Zhou, C., Cuellar, N., **Grandner, M. A.**, and Barrett, J. S. (2012). Melatonin pharmacokinetics following two different oral surge-sustained release doses in older adults. *Journal of Pineal Research*, 52(4):437-445. PMID:[3682489](#).
20. **Grandner, M. A.**, Buxton, O. M., Jackson, N., Sands, M., Pandey, A., and Jean-Louis, G. (2013). Extreme sleep durations and increased C-reactive protein: Effects of sex and ethnoracial group. *SLEEP*, 36(5): 769-779. PMID:[3624831](#).
21. **Grandner, M. A.**, Jackson, N., Gerstner, J. R., and Knutson, K. L. (2013). Dietary nutrients associated with short and long sleep duration: data from a nationally representative sample. *Appetite*, 64(1), 71-80. PMID:[3703747](#).
22. **Grandner, M. A.**, Kripke, D. F., Elliott, J. A., and Cole, R. J. (2013). Short wavelength light administered just prior to waking: A pilot study. *Biological Rhythm Research*, 44(1):13-32. PMID:[3529958](#).
23. **Grandner, M. A.**, Patel, N. P., Jean-Louis, G., Jackson, N. J., Gehrman, P. R., Perlis, M. L., and Gooneratne, N. (2013). Sleep-related behaviors and beliefs associated with race/ethnicity in women. *Journal of the National Medical Association*, 105(1), 4-15. PMID: [3759527](#).
24. **Grandner, M. A.**, Ruiterveldt, M. E., Jackson, N., Rattanaumpawan, P., Platt, A., and Patel, N. P. (2013). Sleep symptoms, race/ethnicity, and socioeconomic position. *Journal of Clinical Sleep Medicine*, 9(9), 897-905. PMID: [3746717](#).
25. **Grandner, M. A.**, Sands-Lincoln, M., Pak, V. M., and Garland, S. N. (2013). Sleep duration, cardiovascular disease, and pro-inflammatory biomarkers. *Nature and Science of Sleep*, 5: 93-107. PMID: [3724567](#).

26. Chakravorty, S., **Grandner, M. A.**, Kranzler, H., Mavandadi, S., Kling, M. A., Perlis, M. L., and Oslin, D. W. (2013). Insomnia in alcohol dependence: Predictors of symptoms in a sample of veterans referred from primary care. *American Journal on Addictions*, 22(3), 266-270. PMCID: 4393849.
27. Culnan, E., Kloss, J. D., and **Grandner, M. A.** (2013). A prospective study of weight gain associated with chronotype among college freshmen. *Chronobiology International*, 30(5): 682-690. PMCID: [3759532](#).
28. Maia, Q., **Grandner, M. A.**, Findley, J., and Gurubhagavatula, I. (2013). Short sleep duration associated with drowsy driving and the role of perceived sleep insufficiency. *Accident Analysis and Prevention*, 59: 618-622. PMCID: [3771664](#).
29. Sands-Lincoln, M., **Grandner, M. A.**, Whinnery, J., Keenan, B. T., Jackson, N., and Gurubhagavatula, I. (2013). The association between obstructive sleep apnea and hypertension by race/ethnicity in a nationally representative sample. *Journal of Clinical Hypertension*, 15(8): 593-599. PMCID: [3733493](#).
30. **Grandner, M. A.** (2014). Addressing sleep disturbances: An opportunity to prevent cardiometabolic disease? *International Review of Psychiatry*, 26(2): 155-176. PMCID: 4143456.
31. **Grandner, M. A.**, Chakravorty, S., Perlis, M. L., Oliver, L., and Gurubhagavatula, I. (2014). Habitual sleep duration associated with self-reported and objectively-determined cardiometabolic risk factors. *Sleep Medicine*, 15(1):42-50. PMCID: 3947242.
32. **Grandner, M. A.**, Jackson, N., Gerstner, J. R., and Knutson, K. L. (2014). Sleep difficulties associated with intake of specific dietary nutrients. *Journal of Sleep Research*, 23: 22-34. PMCID: 3866235.
33. **Grandner, M. A.**, Jackson, N. J., Gooneratne, N. S., and Patel, N. P. (2014). The development of a questionnaire to assess sleep-related practices, beliefs and attitudes. *Behavioral Sleep Medicine*, 12(2):123-142. PMCID: [3795978](#).
34. **Grandner, M. A.**, Knutson, K. L., Troxel, W., Hale, L., Jean-Louis, G., and Miller, K. E. (2014). Disparities in sleep and energy drink use, and implications for health disparities. *Nutrition Reviews*, 73 (S1), 14-22. PMCID: 4264529.
35. Chakravorty, S., **Grandner, M. A.**, Mavandadi, S., Perlis, M. L., Sturgis, E. B., and Oslin, D. W. (2014). Suicidal ideation in veterans misusing alcohol: Relationships with insomnia symptoms and sleep duration. *Addictive Behaviors*, 39(2): 39-405. PMCID: 4406056.
36. Chakravorty, S., Jackson, N., Chaudhary, N., Kozak, P., Perlis, M., Shue, H., and **Grandner, M. A.** (2014). Daytime sleepiness: Associations with alcohol use and sleep duration in Americans. *Sleep Disorders*, 2014: 959152. PMCID: 3927862.
37. Pak, V. M., **Grandner, M. A.**, and Pack, A. I. (2014). Circulating adhesion molecules in obstructive sleep apnea and cardiovascular disease. *Sleep Medicine Reviews*, 18(1):25-34. PMCID:[3864978](#).
38. Petrov, M. E., Howard, V. J., Kleindorfer, D., **Grandner, M. A.**, and Molano, J. R. (2014). Over-the-counter and prescription sleep medication and incident stroke symptoms: The REGARDS study. *Journal of Stroke and Cerebrovascular Diseases*, 23 (8): 2110-2116. PMCID: 4157947.
39. Shechter, A., **Grandner, M. A.**, St-Onge, M-P. (2014). The role of sleep in the control of food intake. *American Journal of Lifestyle Medicine*, 8(6): 371-374. PMCID:[4824633](#).
40. Whinnery, J., Jackson, N., Rattanaumpawan, P., and **Grandner, M. A.** (2014). Short and Long Sleep Duration Associated with Race/Ethnicity, Sociodemographics, and Socioeconomic Position. *SLEEP*,

(3):601-611. PMCID: 3920327.

41. **Grandner, M. A.**, Jackson, N., Izci-Balserak, B., Gallagher, R. A., Murray-Bachmann, R., Williams, N., Patel, N. P., and Jean-Louis, G. (2015). Social and behavioral determinants of perceived insufficient sleep. *Frontiers in Neurology*, 6:122. PMCID: 4456880.
42. **Grandner, M. A.**, Schopfer, E. A., Sands-Lincoln, M., Jackson, N., and Malhotra, A. (2015). The relationship between sleep duration and body mass index depends on age. *Obesity*, 23(12): 2491-2498. PMCID: 4526156.
43. **Grandner, M. A.**, Smith, T. E., Jackson, N., Jackson, T., Burgard, S., and Branas, C. (2015). Geographic distribution of insufficient sleep across the US: A county-level hotspot analysis. *Sleep Health*, 1: 158-165. PMCID: 4790125.
44. Arble, D. M., Bass, J., Diniz Behn, C. D., Butler, M. P., Challet, E., Czeisler, C., Depner, C. M., Elmquist, J., Franken, P., **Grandner, M. A.**, Hanlon, E. C., Keene, A. C., Joyner, M. J., Karatsoreos, I., Kern, P. A., Klein, S., Morris, C. J., Pack, A. I., Panda, S., Ptacek, L., Punjabi, N. M., Sassone-Corsi, P., Scheer, F. A., Saxena, R., Seaquest, E. R., Thimman, M. S., Van Cauter, E., and Wright, K. P. (2015). Impact of sleep and circadian disruption on energy balance and diabetes: A summary of workshop discussions. *SLEEP*, 38(12): 1849-1860. PMCID: 4667373.
45. Chakravorty, S., Siu, H. Y. K., Oliver, L., Brown, G. K., Findley, J., Perlis, M. L., and **Grandner, M. A.** (2015). Sleep duration and insomnia symptoms as risk factors for suicidal ideation in a nationally representative sample. *Primary Care Companion for CNS Disorders*, 17(6): e1-e9. PMCID: 4805400.
46. Chaudhary, N. S., Kampman, K. M., Kranzler, H. R., **Grandner, M. A.**, Debbama, S., and Chakravorty, S. (2015). Insomnia in alcohol dependent subjects is associated with greater psychosocial problem severity. *Addictive Behaviors*, 50: 165-172. PMCID: 4515378.
47. Hui, S. A. and **Grandner, M. A.** (2015). Associations between poor sleep quality and stages of change of multiple health behaviors among participants of an employee wellness program. *Preventive Medicine Reports*, 2: 292-299. PMCID: 4450439.
48. Hui, S. A., and **Grandner, M. A.** (2015). Trouble Sleeping Associated with Lower Work Performance and Greater Healthcare Costs: Longitudinal Data from Kansas State Employee Wellness Program. *Journal of Occupational and Environmental Medicine*, 57 (10): 1031-1038. PMCID: 4610176.
49. Jean-Louis, G., **Grandner, M. A.**, Youngstedt, S. D., Williams, N. J., Zizi, F., Sarpong, D., and Ogedegbe, G. (2015). Differential increase in prevalence estimates of inadequate sleep among Black and White Americans. *BMC Public Health*, 15: 1185. PMCID: 4661980.
50. Jean-Louis, G., Youngstedt, S. D., **Grandner, M. A.**, Williams, N. J., Sarpong, D., Zizi, F., and Ogedegbe, G. (2015). Unequal burden of sleep-related obesity among black and white Americans. *Sleep Health*. 1: 169-176. PMCID: 4770938.
51. Jean-Pierre, P., **Grandner, M. A.**, Garland, S. N., Henry, E., Jean-Louis, G., and Burish, T. G. (2015). Self-reported memory problems in adult-onset cancer survivors in the United States: Effects of cardiovascular disease and insomnia. *Sleep Medicine*, 16:845-849. PMCID: 4466056.
52. Jen, R., **Grandner, M. A.**, and Malhotra, A. (2015). Future of sleep disordered breathing therapy using a mechanistic approach. *Canadian Journal of Cardiology*, 31:880-888. PMCID: 4506311.
53. Pak, V. M., Keenan, B. T., Jackson, N., **Grandner, M. A.**, Maislin, G., Teff, K., Schwab, R. J.,

- Arnardottir, E. S., Juliusson, S., Benediktsdottir, B., Gislason, T., and Pack, A. I. (2015). Adhesion molecule increases in sleep apnea: Beneficial effect of positive airway pressure and moderation by obesity. *International Journal of Obesity*, 39: 472-479. PMCID: 4302066.
54. Perlis, M. L., **Grandner, M. A.**, Zee, J., Bremer, E., Whinnery, J., Barilla, H., Andalia, P., Gehrman, P., Morales, K., Thase, M., Bootzin, R., and Ader, R. (2015). Durability of treatment response to zolpidem with three different maintenance regimens: A preliminary study. *Sleep Medicine*, 16 (9): 1160-1168. PMCID: 4709332.
 55. Watson, N. F., Badr, M. S., Belenky, G., Bliwise, D. L., Buxton, O. M., Buysse, D., Dinges, D. F., Gangwisch, J., **Grandner, M. A.**, Kushida, C., Malhotra, R. K., Martin, J. L., Patel, S. R., Quan, S., and Tasali, E. (2015). Joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society on the recommended amount of sleep for a healthy adult: Methodology and discussion. *SLEEP*, 38 (8): 1161-1183. PMCID: 4434546.
 56. Watson, N. F., Badr, M. S., Belenky, G., Bliwise, D. L., Buxton, O. M., Buysse, D., Dinges, D. F., Gangwisch, J., **Grandner, M. A.**, Kushida, C., Malhotra, R. K., Martin, J. L., Patel, S. R., Quan, S., and Tasali, E. (2015). Joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society on the recommended amount of sleep for a healthy adult: Methodology and discussion. *Journal of Clinical Sleep Medicine*, 11 (8): 931-952. PMCID: 4442216.
 57. Watson, N. F., Badr, M. S., Belenky, G., Bliwise, D. L., Buxton, O. M., Buysse, D., Dinges, D. F., Gangwisch, J., **Grandner, M. A.**, Kushida, C., Malhotra, R. K., Martin, J. L., Patel, S. R., Quan, S., and Tasali, E. (2015). Recommended amount of sleep for a healthy adult: A Joint statement of the American Academy of Sleep Medicine and Sleep Research Society. *SLEEP*, 38 (6): 843-844. PMCID: 4507722.
 58. Watson, N. F., Badr, M. S., Belenky, G., Bliwise, D. L., Buxton, O. M., Buysse, D., Dinges, D. F., Gangwisch, J., **Grandner, M. A.**, Kushida, C., Malhotra, R. K., Martin, J. L., Patel, S. R., Quan, S., and Tasali, E. (2015). Recommended amount of sleep for a healthy adult: A Joint statement of the American Academy of Sleep Medicine and Sleep Research Society. *Journal of Clinical Sleep Medicine*, 11 (6): 591-592. PMCID: 4513271.
 59. Williams, N. J., **Grandner, M. A.**, Snipes, A., Rogers, A., Williams, O., Airhihenbuwa, C., and Jean-Louis, G. (2015). Racial/ethnic disparities in sleep health and healthcare: Importance of the sociocultural context. *Sleep Health*, 1 (1): 28-35. PMCID: 4517599.
 60. **Grandner, M. A.**, Alfonso-Miller, P., Fernandez-Mendoza, J., Shetty, S., Shenoy, S., and Combs, D. (2016). Sleep: Considerations for the prevention of cardiovascular disease. *Current Opinions in Cardiology*, 31(5): 551-565. PMCID: 5056590.
 61. **Grandner, M. A.**, Seixas, A., Shetty, S., and Shenoy, S. (2016). Sleep duration and diabetes risk: Population trends and potential mechanisms. *Current Diabetes Reports*, 16:106. PMCID: 5070477.
 62. **Grandner, M. A.**, Williams, N., Knutson, K. L., Roberts, D., and Jean-Louis, G. (2016). Sleep disparity, race/ethnicity, and socioeconomic position. *Sleep Medicine*, 18:7-18. PMCID: 4631795.
 63. Chaudhary, N., **Grandner, M. A.**, Jackson, N., and Chakravorty, S. (2016) Caffeine consumption, insomnia, and sleep duration: Results from a nationally representative sample. *Nutrition*, 32(11-12),1193-1199.
 64. Orzech, K. M., Roane, B., **Grandner, M. A.**, and Carskadon, M. (2016). Digital media use in the 2 hours before bedtime is associated with sleep variables in university students. *Computers in Human Behavior*, 55: 43-50. PMCID: 5279707.

65. Patterson, F. Malone, S. K., Lozano, A., **Grandner, M. A.**, and Hanlon, A. L. (2016). Smoking, sedentary behavior, and diet associated with habitual sleep duration and chronotype: Data from the UK Biobank. *Annals of Behavioral Medicine*, 50(5):715-726. PMCID: 5079686.
66. Perlis, M. L., **Grandner, M. A.**, Brown, G. K., Basner, M., Chakravorty, S., Morales, K. H., Gehrman, P. R., Chaudhary, N. S., Thase, M. E., and Dinges, D. F. (2016). Nocturnal wakefulness: A previously unrecognized risk factor for suicide. *Journal of Clinical Psychiatry*, 77(6):726-733.
67. Perlis, M. L., **Grandner, M. A.**, Chakravorty, S., Bernert, R. A., Brown, G. K., and Thase, M. E. (2016). Suicide and sleep: Is it a bad thing to be awake when reason sleeps? *Sleep Medicine Reviews*, 29: 101-107. PMCID: 5070474.
68. St-Onge, M-P., Coons, M., Bhatt, D. L., Brown, D., Conroy, M. B., **Grandner, M. A.**, and Jean-Louis, G. (2016). Sleep duration and quality: Impact on lifestyle behaviors and cardiometabolic health: An advisory from the American Heart Association. *Circulation*, 134(18): e367-386. PMCID: 5567876.
69. Thomas, A. **Grandner, M. A.**, Nesom, G., Corbitt, C., and Perlis, M. L. (2016). Where are the behavioral sleep medicine providers and where are they needed? A geographic assessment. *Behavioral Sleep Medicine*, 14(6): 687-698. PMCID: 5070478.
70. Truong, K. K., Lam, M. T., **Grandner, M. A.**, Sasso, C. S., and Malhotra, A. (2016). Timing matters: Circadian rhythm in sepsis, asthma, and cancer. *Annals of the American Thoracic Society*, 13(7): 1144-1154. PMCID: 5015754.
71. Williams, N. J., **Grandner, M. A.**, Wallace, D. M., Cuffee, Y., Airihenbuwa, C., Okuyemi, K., Ogedegbe, G., and Jean-Louis, G. (2016). Social and behavioral predictors of insufficient sleep among African Americans and Caucasians. *Sleep Medicine*, 18:103-107. PMCID: 5070606.
72. **Grandner, M. A.** (2017). Sleep and obesity risk in adults: Possible mechanisms, contextual factors, and implications for research, intervention, and policy. *Sleep Health*, 3(5): 393-400.
73. **Grandner, M. A.** (2017). Sleep, health, and society. *Sleep Medicine Clinics*, 12 (1): 1-22.
74. **Grandner, M. A.** and Winkelmann, J. (2017). Nocturnal leg cramps: Prevalence and associations with demographics, sleep disturbance symptoms, medical conditions, and cardiometabolic risk factors. *PLoS ONE* 12(6): e0178465. PMCID: 5460850.
75. Ji, X., **Grandner, M. A.**, and Liu, J. (2017). The relationship between micronutrient status and sleep patterns: A systematic review. *Public Health Nutrition*, 20(4):687-701. PMCID: 5675071.
76. Lalley-Chareczko, L. Segal, A. Perlis, M. L., and **Grandner, M. A.** (2017). Sleep disturbance partially mediates the relationship between intimate partner violence and physical/mental health. *Journal of Interpersonal Violence*, 32(16): 2471-2495. PMCID: 4710553.
77. Li, J., **Grandner, M. A.**, Chang, Y., Jungquist, C., and Porock, D. (2017). Person centered dementia care and sleep in assisted living residents with dementia: A pilot study. *Behavioral Sleep Medicine*, 15 (2): 97-113.
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Commentaries and Editorials

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Conference Presentations

Meetings Chaired

1. **Grandner, M. A.** (2011, June). Center for Sleep and Circadian Neurobiology Research Retreat, Philadelphia, PA.
2. **Grandner, M. A.** (2013, May). Pennsylvania Sleep Society Annual Meeting, Grantville, PA.
3. **Grandner, M. A.** (2014, June). Joint Research Retreat of the Center for Sleep and Circadian Neurobiology and the Penn Program in Chronobiology, Philadelphia, PA.
4. **Grandner, M. A.** (2015, June). Joint Research Retreat of the Center for Sleep and Circadian Neurobiology and the Penn Program in Chronobiology, Philadelphia, PA.
5. **Grandner, M. A.** and Benca, R. (2019, December). Consensus conference to develop care pathways for insomnia in older adults, Orlando, FL.
6. **Grandner, M. A.** (2020, July-September). Essential topics in Behavioral Sleep Medicine, Online.

Sessions Led/Chaired

1. **Grandner, M. A.** (2010, May). Update on Sleep Disordered Breathing. Session chaired at the Center for Sleep and Respiratory Neurobiology Research Retreat, Philadelphia, PA.
2. **Grandner, M. A.** (2011, May). Neural Mechanisms of Sleep and Wake. Session chaired at the Center for Sleep and Circadian Neurobiology Research Retreat, Philadelphia, PA.
3. **Grandner, M. A.**, Knutson, K. L., and Laposky, A. (2012, June). Sleep and Health Disparities: Follow- Up from the 2011 NHLBI Workshop. Discussion group chaired at the annual meeting of the Associated Professional Sleep Societies, Boston, MA.
4. **Grandner, M. A.** (2013, May). The future of sleep medicine. Session chaired at the annual meeting of the Pennsylvania Sleep Society, Grantville, PA.
5. **Grandner, M. A.** (2013, May). Sleep issues across the lifespan. Session chaired at the annual meeting of the Pennsylvania Sleep Society, Grantville, PA.
6. **Grandner, M. A.** (2014, June). Sleep, Health, and Environmental Influences. Session chaired at the Center for Sleep and Circadian Neurobiology Research Retreat, Philadelphia, PA.
7. **Grandner, M. A.** (2014, June). Sleep Timing, Duration, and Napping: New Insights. Session chaired at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
8. **Grandner, M. A.** (2014, June). Sleep and Behavior. Section meeting session chaired at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
9. **Grandner, M. A.** and Chakravorty, S. (2015, May). Cognitive Behavioral Therapy for Insomnia and Beyond. Session chaired for the Annual Meeting of the Pennsylvania Sleep Society, Harrisburg, PA.
10. **Grandner, M. A.** and Shah, N. (2016, November). Sleep and Cardiometabolic Disease: A Joint Session of the American Heart Association and the Sleep Research Society. Symposium at the annual meeting of the American Heart Association.

11. **Grandner, M. A.**, Thornton, L., Athey, A., Stephenson, M., and Mohler, J. (2016, October). Sleep, Health, and Performance: Lessons Learned from Consultations with Olympic, Professional, and Collegiate Athletes and Elite Military Teams. Symposium at the annual meeting of the Association of Applied Sports Psychology, Phoenix, AZ.
12. **Grandner, M. A.** (2016, June). Actigraphy and Fitness/Sleep Trackers in Adults and Children: Fundamentals and Applications. Postgraduate Course at the annual meeting of the Associated Professional Sleep Societies, Denver CO.
13. **Grandner, M. A.** (2016, May). Sleep, Sleep Disorders, and Performance in Athletes. Scientific Symposium at the annual meeting of the American Thoracic Society, San Francisco, CA.
14. **Grandner, M. A.** (2016, May). Sleep Loss. Moderated session at the Penn Center for Sleep and Circadian Neurobiology 25th Anniversary Research Retreat, Philadelphia, PA.
15. **Grandner, M. A.** (2016, March). Sleep. Moderated poster session chaired for the Joint Scientific Sessions of the American Heart Association
16. **Grandner, M. A.** (2017, October). Sleep and Metabolism: A Translational Perspective. World Sleep Society, Prague, Czech Republic.
17. **Grandner, M. A.**, Zee, P., and Ong, J. (2017, June). Writing and submitting K awards. Sleep Research Society Trainee Symposia Series, Boston, MA.
18. **Grandner, M. A.**, and Tasali, E. (2017, May). Sleep: A Public Health Call to Action! Symposium at the Annual Meeting of the American Thoracic Society.
19. **Grandner, M. A.** (2017, March). Sleep. Moderated poster session chaired for the Joint Scientific Sessions of the American Heart Association.
20. **Grandner, M. A.** and Redeker, N. (2018, May). Sleep in Diverse Populations. Moderated poster session chaired for the annual meeting of the American Thoracic Society.
21. **Grandner, M. A.** (2018, October). The Big Sleep Debate. Moderated session at Somnex, London, UK.

Oral Presentations

1. **Grandner, M. A.** (2018, June). Sleep Duration and Hypertension: Analysis of >700,000 Adults by Age and Sex. Oral presentation at the annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.
2. **Grandner, M. A.** (2018, June). Domestic violence as a risk factor for insomnia and short sleep duration, and the role of depressed mood and anxiety symptoms. Oral presentation at the annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.
3. **Grandner, M. A.** (2016, June). Movement-Based Sleep Measurement: Fundamental Concepts and Underlying Technology. Postgraduate Course lecture at the annual meeting of the Associated Professional Sleep Societies, Denver, CO.
4. **Grandner, M. A.** (2016, May). Sleep, Health, and Performance in Student Athletes. Symposium presentation at the annual meeting of the American Thoracic Society, San Francisco, CA.
5. **Grandner, M. A.** (2016, March). Should habitual sleep duration be added to “Life’s Simple 7?” Moderated poster presentation at the Joint Scientific Sessions of the American Heart Association Councils on Cardiovascular Epidemiology and Prevention and Lifestyle and Cardiometabolic Health, Phoenix, AZ.

6. **Grandner, M. A.** (2016, June). Using Big Data to Determine the Social, Behavioral, and Environmental Determinants of Sleep Duration in the US Population: Application of a Machine-Learning Approach to Data from Approximately 700,000 Americans. Oral presentation at the annual meeting of the Associated Professional Sleep Societies, Denver CO.
7. **Grandner, M. A.** (2015, June). Use of mobile electronic devices in bed associated with sleep duration, insomnia, and daytime sleepiness. Oral presentation at the meeting of the Associated Professional Sleep Societies, Seattle, WA.
8. **Grandner, M. A.** (2014, June). Sleep Duration is Associated with Access to Healthcare but Relationships Depend on Race/Ethnicity. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
9. **Grandner, M. A.** (2014, June). The Relationship Between Race/Ethnicity and Sleep Duration Depends on Geographic Location. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
10. **Grandner, M. A.** (2014, June). Predictors of Perceived Insufficient Sleep among Habitual Short Sleepers. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
11. **Grandner, M. A.** (2014, June). The Relationship between Sleep Duration and Cardiometabolic Risk Factors Depends on Race/Ethnicity and Whether Risk Factors Were Self-Reported or Objectively-Determined. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
12. **Grandner, M. A.** (2014, June). The Relationship between Sleep Duration and Cardiometabolic Risk Factors Depends on Race/Ethnicity and Whether Risk Factors Were Self-Reported or Objectively-Determined. Oral presentation at the AASM Sleep Deprivation Section meeting at the Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
13. **Grandner, M. A.** (2013, June). Cardiovascular Sleep duration items from nationally-representative surveys: Validation relative to established measures. Oral presentation at the meeting of the Associated Professional Sleep Societies, Baltimore, MD.
14. **Grandner, M. A.** (2013, June). Cardiovascular and metabolic consequences of habitual short sleep duration. Oral presentation at the meeting of the Associated Professional Sleep Societies, Baltimore, MD.
15. **Grandner, M. A.** (2012, June). Development and initial validation of a questionnaire to assess sleep-related practices, attitudes, and beliefs. Oral presentation at the meeting of the Associated Professional Sleep Societies, Boston, MA.
16. **Grandner, M. A.** (2012, June). C-reactive protein (CRP) and habitual sleep duration: A complex, non-linear relationship dependent on sex, race/ethnicity, and presence of sleep disorder and/or medical comorbidity. Oral presentation at the meeting of the Associated Professional Sleep Societies, Boston, MA.
17. **Grandner, M. A.** (2011, June). Prevalence rates for subjective sleep disturbance and daytime fatigue across the USA. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
18. **Grandner, M. A.** (2010, June). Sleep Complaints and Fatigue Decline Across the Lifespan: Getting Older Does Not Necessarily Mean Poor Subjective Sleep and Daytime Fatigue. Oral presentation at

the meeting of the Associated Professional Sleep Societies, San Antonio, TX.

19. **Grandner, M. A.** (2010, June). Effects of Sociodemographic and Socioeconomic Factors on Sleep Complaints Depend on an Individual's Race/Ethnicity. Oral presentation at the meeting of the Associated Professional Sleep Societies, San Antonio, TX.
20. **Grandner, M. A.** (2010, May). Sleep Complaints and Fatigue Decline Across the Lifespan: Getting Older Does Not Necessarily Mean Poor Subjective Sleep and Daytime Fatigue. Oral presentation at the Center for Sleep and Respiratory Neurobiology Research Retreat, Philadelphia, PA.
21. **Grandner, M. A.** (2010, April). Is aging a risk factor for sleep initiation and maintenance problems or daytime fatigue? Oral presentation at the American Academy of Sleep Medicine Young Investigator Research Forum, Bethesda, MD.
22. **Grandner, M. A.** (2008, May). Who Sleeps Well: Sociodemographic and Health-related Variables Related to General Sleep Complaints from the BRFSS . Oral Presentation at the Center for Sleep and Respiratory Neurobiology Research Retreat, Philadelphia, PA.

Invited Lectures: Extramural

(* =international)

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| 10/16/2006 | <i>Biological Rhythms, Sleep Duration, and Health.</i> Division of Sleep and Chronobiology, Department of Psychiatry, University of Pennsylvania , Philadelphia, PA. |
| 5/2/2009 | <i>Who Sleeps Better? Patterns of Sleep Disturbance in the American Population.</i> Inaugural Meeting of the Pennsylvania Sleep Society , Penn State Hershey Medical Center, Hershey, PA. |
| 10/6/2009 | <i>Problems of Short Sleep: Bridging the Gap Between Laboratory and Epidemiological Studies.</i> Department of Psychology, University of Arizona , Tucson, AZ. |
| 5/1/2010 | <i>Behavioral Sleep Medicine: Cognitive Behavioral therapy for Insomnia and Beyond.</i> Pennsylvania Sleep Society , Hershey, PA. |
| 9/15/2010 | <i>Sleep, Health and Disease.</i> Grand Rounds, Reading Hospital and Medical Center , Reading, PA. |
| 2/25/2011 | <i>Neuropsychological Consequences of Sleep Disorders.</i> Semel Institute for Neuroscience and Human Behavior, University of California, Los Angeles , Los Angeles, CA. |
| 6/9/2011 | <i>*Sleep and Health: Physiologic, Behavioral and Social Factors.</i> Northumbria University , Northumbria, England. |
| 8/8/2011 | <i>Contextual Determinants of Sleep.</i> Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE), SUNY Downstate Medical Center and New York University, Brooklyn, NY. |
| 9/19/2011 | <i>Socioeconomic Position and Sleep Health.</i> Reducing Health Disparities: The Role of Sleep Deficiency and Sleep Disorders, National Heart, Lung, and Blood Institute , Bethesda, MD. |
| 9/20/2011 | <i>Cultural Differences in Knowledge and Attitudes About Sleep Health.</i> Reducing Health Disparities: The Role of Sleep Deficiency and Sleep Disorders, National Heart, Lung, and |

Blood Institute, Bethesda, MD.

- 10/29/2011 *Behavioral Sleep Medicine Approaches to Increasing CPAP Adherence and Working with Sleep Disorders Patients.* **Main Line Health**, Bryn Mawr, PA.
- 1/31/2012 *Sleep Disorders and Sleep Deprivation in Philadelphia Police Officers.* **Philadelphia Police Department**, Philadelphia, PA.
- 5/10/2012 *Getting Sleep: Understanding the Basics of Sleep and Its Relationship to Health and Functioning.* **MeadWestVaco Corporation** (Specialty Chemicals), North Charleston, SC.
- 8/6/2012 *Contextual Determinants of Sleep.* Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE), **SUNY Downstate Medical Center** and New York University, Brooklyn, NY.
- 8/9/2012 *Contextual Determinants of Sleep Disparities.* NYU / SUNY Sleep Health Disparities Summit. **New York University**, Langone Medical Center, New York, NY.
- 8/21/2012 *Sleep as a Health Behavior: Contextual Determinants and Cardiometabolic Outcomes.* **Brown University**, Providence, RI.
- 9/20/2012 *Racial/Ethnic and Socioeconomic Sleep Disparities: A Key Factor in Health Disparities?* **University of California, Berkeley**, Berkeley, CA.
- 6/2/2013 *Epidemiologic data analysis and data mining.* Trainee symposia series, **Sleep Research Society**, Baltimore, MD.
- 7/26/2013 *Maximizing Sleep for Health and Performance.* **Major League Baseball**, New York, NY.
- 8/8/2013 *Contextual Determinants of Sleep.* Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE), **NYU Langone Medical Center** and New York University, New York, NY.
- 8/15/2013 *Disparities in Prevalence of Use of Energy Drinks, and Relationships to Disparities in Sleep Duration/Quality and Health Outcomes.* The Use and Biology of Energy Drinks, **National Institutes of Health**, Bethesda, MD.
- 9/4/2013 *What Do We Know About the Relationship Between Diet and Sleep?* **Children's Hospital of Philadelphia**, Philadelphia, PA.
- 10/11/2013 *Miles To Go Before We Sleep: Using Behavioral Sleep Medicine for PAP Adherence in the Lab.* **Main Line Health**, Paoli, PA
- 10/15/2013 *Sleep as a Domain of Health Behavior: Cardiometabolic/Behavioral Consequences and Social/Behavioral Determinants.* **University of Notre Dame**, South Bend, IN.
- 11/15/2013 *Sleep Deficiency in the Workplace.* **Greater Philadelphia Business Coalition on Health**, Philadelphia, PA.
- 11/18/2013 *Sleep and Mental Health: Implications for Student Athletes.* **National Collegiate Athletics Association**, Indianapolis, IN.
- 12/9/2013 *Sleep, Health and Performance.* **Philadelphia 76ers**, Philadelphia, PA.
- 4/17/2014 *Objective Estimation of Sleep with Actigraphy: History, Basic Principles, and Application to Sleep Disorders.* **Advanced Course in Cognitive Behavioral Therapy for Insomnia**, Philadelphia, PA.

- 4/26/2014 *Disparities in Prevalence of Use of Energy Drinks, and Relationships to Disparities in Sleep Duration/Quality and Health Outcomes.* **American Society for Nutrition** Symposium, San Diego, CA.
- 4/29/2014 *Sleep as a Health Behavior: Downstream Health Outcomes and Upstream Social/Behavioral Determinants.* School of Medicine, **University of California, San Diego.**
- 5/2/2014 *Sleep as a Health Behavior: Downstream Health Outcomes and Upstream Social/Behavioral Determinants.* Sleep and Wellness 2014, **American Sleep and Breathing Academy**, Scottsdale, AZ.
- 5/3/2014 *Occupational Sleep Medicine.* **Pennsylvania Sleep Society**, Harrisburg, PA.
- 5/8/2014 *Healthy Sleep: How to Get it and Why You Need It.* **Etsy**, Brooklyn, NY.
- 5/15/2014 *Sleep and Health in the Social Environment.* Sleep, Stress and Health Meeting. **National Institutes of Health**, Rockville, MD.
- 5/27/2014 *Sleep as a Health Behavior: Downstream Health Outcomes and Upstream Social/Behavioral Determinants.* School of Medicine, **University of Arizona**, Tucson, AZ.
- 6/11/2014 *Sleep, Health and Performance.* **Philadelphia Eagles**, Philadelphia, PA.
- 6/17/2014 *Sleep, Health and Performance: Information for Players.* **Philadelphia Eagles**, Philadelphia, PA.
- 9/15/2014 *Sleep, Health, and Performance.* Athletics Department, **Purdue University**, West Lafayette, IN.
- 10/6/2014 *Sleep and Obesity: Population Trends and Possible Mechanisms.* Department of Medicine, **University of California, San Diego**, La Jolla, CA.
- 11/5/2014 *Sleep and Nutrition.* Day of Science, **Council for Responsible Nutrition**, Laguna Niguel, CA.
- 11/17/2014 *Applying Behavioral and Psychological Principles to Enhance CPAP Adherence.* **American Sleep and Breathing Academy**, Lindon, UT.
- 1/6/2015 *Insufficient Sleep: A Novel Risk Factor for Obesity and Cardiometabolic Disease.* Department of Population Health, **New York University**, New York, NY.
- 2/2/2015 **Overview of Polysomnography, Actigraphy, and Other Sleep Assessment Technologies.* School of Medicine, **University of the West Indies**, Mona, Jamaica.
- 2/3/2015 **Sleep and Health.* School of Medicine, **University of the West Indies**, Mona, Jamaica.
- 2/7/2015 *Habitual Sleep Duration and Longevity.* Sleep Duration Consensus Conference, **American Academy of Sleep Medicine and Sleep Research Society**, Chicago, IL.
- 3/19/2015 *Sleep, Food Intake, and Obesity: Epidemiologic and Physiologic Insights.* Division of Nutritional Sciences, **University of Illinois, Urbana-Champaign**, Urbana, IL.
- 4/8/2015 *Sleep and Health Disparities.* Congressional Briefing: Medical Research to Achieve Health Equity, **US Congress**, Washington, DC.
- 6/7/2015 *Sleep and Performance in Student Athletes: Implications for Football Players.* Athletics Department, **University of Washington**.
- 6/7/2015 *Sleep and Performance in Student Athletes: Implications for Olympic Sports.* Athletics

Department, **University of Washington**.

- 7/29/2015 *Racial/Ethnic Disparities in Sleep Health*. Department of Population Health, **New York University**, New York, NY.
- 9/14/2015 *The Science of Sleep: Basics of Sleep Physiology, Consequences of Poor Sleep, and Common Sleep Problems*. **Church & Dwight**, Princeton, NJ.
- 9/14/2015 *Looking Ahead: Opportunities to Support Sleep with Dietary Supplements*. **Church & Dwight**, Princeton, NJ.
- 4/19/2016 *Recognizing and Addressing Sleep Problems: Potential for Improving Mental Health, Healthy Behavior, Neurocognitive Function, and Cardiometabolic Health*. **Southern Arizona Psychological Association**, Tucson, AZ.
- 4/30/2016 *The Future of Sleep Medicine*. Nirav P. Patel Keynote Address to the **Pennsylvania Sleep Society**, Harrisburg, PA.
- 5/25/2016 *Sleep, Cardiometabolic Disease Risk, and the Social-Environmental Context*. **Columbia University**, New York, NY.
- 6/2/2016 *Sleep, Health and Performance in Student Athletes*. **HORIZON Athletic Conference** Scientific Symposium, Indianapolis, IN.
- 6/8/2016 *Sleep, Health and Performance in Student Athletes*. **Big Sky Athletic Conference** Scientific Symposium, Orem, UT.
- 6/12/2016 *Writing Scientific Manuscripts: A Guide for Efficient Productivity*. Trainee symposia series of the **Sleep Research Society**, Denver, CO.
- 7/28/2016 *Disparities in Sleep Health*. Department of Population Health, **New York University**, New York, NY.
- 8/2/2016 *Biobehavioral Sleep and Cardiovascular/Metabolic Disease Risk*. **National Heart, Lung, and Blood Institute**, Bethesda, MD.
- 9/13/2016 *Sleep, Health, and Nutrition: Implications for Public Health and Public Policy*. **US Congress**, Washington, DC.
- 10/1/2016 *Sleep, Health, and Performance in Student Athletes*. **Association of Applied Sport Psychology**, Phoenix, AZ.
- 10/21/2016 *Sleep, Health, and Human Performance*. **Main Line Health**, Bryn Mawr, PA.
- 11/3/2016 *Healthy Sleep in Athletes: Basic Principles and Best Practices*. **Faculty Athletic Representatives Association**, Indianapolis, IN.
- 1/20/2017 *Project REST: Recovery Enhancement and Sleep Training*. **National Collegiate Athletics Association**, Nashville, TN.
- 1/26/2017 *Sleep and Health: Upstream Social/Behavioral Determinants and Downstream Cardiometabolic/Neurocognitive Consequences*. **University of Iowa** Department of Health and Human Physiology, Iowa City, IA.
- 2/6/2017 *Sleep and Health in Athletes*. **Big Sky Sport Psychology Conference**, Big Sky, MT.
- 3/11/2017 *Marijuana Use: Impacts on Sleep, Anxiety, and Performance*. **Milwaukee Brewers** Spring Training, Phoenix, AZ.

- 3/30/2017 *Sleep, Health, and Performance for Baseball.* **Oakland Athletics** Spring Training, Phoenix, AZ.
- 4/19/2017 *Sleep, Cardiometabolic Disease Risk, and Social-Environmental Determinants.* **Human Biology Association** Annual Meeting, New Orleans, LA.
- 5/1/2017 *Sleep and Health: Basic Principles and Applications to Athletics.* **National Collegiate Athletics Association**, Indianapolis, IN.
- 5/5/2017 *Sleep: Basic Principles and Applications for Sport Psychologists.* **PAC-12 Medical Conference**, Las Vegas, NV.
- 5/23/2017 *Insomnia in the Context of Sleep Apnea: When and How Should You Treat?* **American Thoracic Society** Sunrise Workshop, Washington, DC.
- 5/24/2017 *Sleep and Cardiometabolic Disease Risk: A Public Health Issue.* **American Thoracic Society**, Washington, DC.
- 6/4/2017 *How to get a K award (and how not to get a K award).* **Sleep Research Society** Trainee Symposia Series, Boston, MA.
- 6/8/2017 *Sleep: Basic Principles and Applications for Athlete Development.* **Professional Association of Athletics Development Specialists**, Daytona, FL.
- 6/28/2017 *Sleep, Health, and Performance for Football.* Department of Athletics, **Texas Tech University**, Lubbock, TX.
- 7/28/2017 *Sleep, Health and Performance: Basic Principles and Applications to Baseball.* **Major League Baseball**, New York, NY.
- 8/2/2017 *Social Determinants of Sleep.* Department of Population Health, **New York University**, New York, NY.
- 8/3/2017 *Careers in Sleep Medicine.* Department of Population Health, **New York University**, New York, NY.
- 9/14/2017 *Sleep Health and Cardiovascular Risk in Young Adults.* **National Heart, Lung, and Blood Institute**, Bethesda, MD.
- 9/25/2017 *Patient-Centered Outcomes Research In Insomnia: Ideas and Assessment.* **Sleep Research Network**, Bethesda, MD.
- 10/9/2017 **Sleep and Cardiometabolic Disease Risk in the Population.* **World Sleep Society**, Prague, Czech Republic.
- 10/9/2017 **Sleep and Energy Balance in Humans.* **World Sleep Society**, Prague, Czech Republic.
- 10/21/2017 *Delivering Insomnia Care: Challenges and Opportunities for Sleep Clinics, Primary Care, and Healthcare Networks.* **Arizona Sleep Society**, Phoenix, AZ.
- 11/12/2017 *Sleep Quantity and Quality.* **American Heart Association**, Anaheim, CA.
- 12/2/2017 *Sleep, Health, and Nutrition.* **Natrol Inc.**, Los Angeles, CA.
- 12/8/2017 *Sleep: Athletic Performance and Emerging Technologies.* **Major League Baseball** Winter Meetings, Orlando, FL.
- 1/26/2018 *Sleep and Health: Upstream Social/Behavioral Determinants and Downstream Cardiometabolic/Neurocognitive Consequences.* **University of Iowa** Department of Health

and Human Physiology, Iowa City, IA.

- 2/24/2018 *Sleep as Medicine*. **Arizona State University**, Tempe, AZ.
- 3/8/2018 *Sleep, Health, and Nutrition*. **ExpoWest** Natural Products Expo, Anaheim, CA.
- 5/10/2018 **Sleep, Health and Society: Cardiometabolic / Neurocognitive Outcomes and Social / Behavioral Determinants*. **Duke-NUS**, Singapore.
- 6/3/2018 *Health Disparities and Sleep*. **Sleep Research Society**, Baltimore, MD.
- 6/11/2018 *Sleep, Health, and Performance: Implications for Athletes*. **Drug Free Sport**, Kansas City, MO.
- 6/14/2018 *Sleep and Health at the US-Mexico Border and Beyond*. **Arizona-Mexico Border Commission**, Health Services Committee, Tucson, AZ.
- 6/21/2018 *Contextual Determinants of Sleep Disparities*. **National Institute of Minority Health and Health Disparities**, Rockville, MD.
- 6/21/2018 *Causes and Consequences of Sleep Disparities: Key Areas and Research Directions*. **National Institute of Minority Health and Health Disparities**, Rockville, MD.
- 8/3/2018 *Sleep and Health Disparities*. Department of Population Health, **NYU Langone Medical Center**, New York, NY.
- 9/4/2018 **Sleep and Health: Neurocognitive and Cardiometabolic Outcomes, and Social/Behavioral Determinants*. **Oxford University**, Oxford, UK.
- 9/12/2018 *Sleep: What It Is, Why You Need It, And How To Get It*. Department of Athletics, **University of Evansville**, Evansville, IN.
- 9/20/2018 *Sleep, Health, and Performance*. **Fitbit** Captivate 2018, Chicago, IL.
- 10/12/2018 **The Cost of Sleep Lost: Impact of Sleep on Health and Performance*. **Somnex**, London, UK.
- 10/12/2018 **Psychology of Sleep: Understanding Sleep for a Healthy Mind*. **Somnex**, London, UK.
- 10/12/2018 **Sleep and Athletic Performance*. **Somnex**, London, UK.
- 10/14/2018 **Why Do We Sleep?* **Somnex**, London, UK.
- 10/16/2018 *New Approaches to Sleep and Nutrition*. **Council for Responsible Nutrition**, Dana Point, CA.
- 11/13/2018 **The Effects of Sleep on Performance and Health in Elite Athletes*. **International Olympic Committee**, Lausanne, Switzerland.
- 1/24/2019 *Sleep and Health in Student Athletes: Next Steps Toward Developing a Technology Platform for Dissemination and Implementation*. **National Collegiate Athletics Association**, Orlando, FL.
- 1/28/2019 *Sleep: Refresher, Update, and Future Directions*. **Big Sky Sport Psychology Conference**, Big Sky, MT.
- 2/3/2019 *Sleep and Health for Women and the Community*. **Tucson Women Physicians**, Tucson, AZ.
- 2/20/2019 *Sleep, Health, Technology and Society*. **Piedmont Hospital** Medicine Grand Rounds, Atlanta, GA.

- 2/28/2019 *Sleep and Neurocognitive Functioning.* **Neurodiem.**
- 4/23/2019 **Sleep, Health, & Society: Cardiometabolic/Neurocognitive Outcomes and Social/Behavioral Determinants.* Centre du Sommeil et de la Vigilance, **Hôpital Hôtel-Dieu AP-HP**, Paris, France.
- 5/28/2019 *Sleep and Athletics: Implications for Health and Performance.* **American College of Sports Medicine**, Orlando, FL.
- 5/29/2019 *Sleep Data in the UK Biobank.* **American College of Sports Medicine**, Orlando, FL.
- 6/7/2019 *Talking to the Media About Sleep.* Professional development workshop of the **Sleep Research Society**, San Antonio, TX.
- 6/8/2019 *How to Talk About Sleep So People Will Listen.* Invited presentation at the Trainee Symposia Series of the **Sleep Research Society**, San Antonio, TX.
- 6/8/2019 *Accessible Sleep Datasets.* Invited lecture as part of a postgraduate course at the annual meeting of the **Associated Professional Sleep Societies**, San Antonio, TX.
- 6/10/2019 *Big Data from Wearables To Advance Sleep and Circadian Science.* Invited symposium presentation at the annual meeting of the **Associated Professional Sleep Societies**, San Antonio, TX.
- 6/12/2019 *Population Sleep Health: Role of Sleep Health Disparities.* Invited presentation at the annual meeting of the **Associated Professional Sleep Societies**, San Antonio, TX.
- 6/26/2019 *Sleep: What It Is, Why You Need It, and How to Get It.* Department of Athletics, **University of Southern California**, Los Angeles, CA.
- 7/29/2019 *How to Get A K Award (And How Not To Get A K Award).* Summer Training Institute, **NYU Langone Medical Center**, New York, NY.
- 7/30/2019 *Real-World Implications of Sleep Health.* **NY Sleep Fest**, New York, NY.
- 7/31/2019 *Social Determinants of Sleep.* Summer Training Institute, Department of Population Health, **NYU Langone Medical Center**, New York, NY.
- 8/28/2019 *The Cost of Lost Sleep.* **Fitbit Captivate**, Webinar Series.
- 9/12/2019 *Sleep Across the Adult Lifespan.* Board Review Course, **Society of Behavioral Sleep Medicine**, Birmingham, AL.
- 9/12/2019 *Physiology and Anatomy of Sleep.* Board Review Course, **Society of Behavioral Sleep Medicine**, Birmingham, AL.
- 9/13/2019 *The Contribution of Suboptimal Sleep to Cardiometabolic Health Disparities.* **Society of Behavioral Sleep Medicine**, Birmingham, AL.
- 9/17/2019 *Suicide and Sleep.* Keynote Address for the **American Sleep Apnea Association**, San Francisco, CA.
- 9/21/2019 **Assessment of Insomnia: Sleep Diary and Beyond.* **World Sleep Society**, Vancouver, BC, Canada.
- 9/24/2019 **Mental Health in Elite Athletes and the Role of Sleep.* **World Sleep Society**, Vancouver, BC, Canada.

- 10/3/2019 *Socioeconomic Status and Sleep*. Department of Epidemiology, Mailman School of Public Health, **Columbia University**, New York, NY.
- 10/27/2019 *Best of the Rest: Improving Health Through Better Sleep*. **Food and Nutrition Conference and Expo**, Academy of Nutrition and Dietetics, Philadelphia, PA.
- 12/8/2019 *Sleep and Mental Health in Elite Athletes - Implications for Baseball*. **Major League Baseball**, San Diego, CA.
- 12/13/2019 *Future Directions for Insomnia Care Pathways in Older Adults*. **Geriatric Insomnia Consensus Conference**, Orlando, FL.
- 12/13/2019 *Key Issues in Development, Dissemination and Implementation of Insomnia Care Pathways for Older Adults*. **Geriatric Insomnia Consensus Conference**, Orlando, FL.
- 12/13/2019 *Developing and Implementing Care Pathways for Insomnia in Older Adults*. **Geriatric Insomnia Consensus Conference**, Orlando, FL.
- 1/30/2020 *Sleep and Health*. **Casper Sleep**, San Francisco, CA.
- 2/13/2020 **Sleep, Health, and Society: Socioenvironmental Determinants and the Role of Technology*. **Université de Lyon**, Lyon, FRANCE.
- 2/16/2020 *Sleep: What it is, why you need it, and how to get it*. Athletics Department, **Vassar College**, Poughkeepsie, NY.
- 2/17/2020 *Sleep, Health, and Performance in Athletes*. Athletics Department, **Vassar College**, Poughkeepsie, NY.
- 6/1/2020 *Sleep Health Disparities: Upstream Social/Environmental Determinants And Downstream Cardiometabolic/Neurobehavioral Consequences*. Loewenberg College of Nursing, **University of Memphis**, Memphis, TN.
- 7/13/2020 *The Science Behind a Sleep-Supportive Work Environment*. **Fitbit Health Solutions**, San Francisco, CA.
- 7/15/2020 **The Gift of Sleep: The Role of Sleep in Health and Immunity*. **DSM Supplements**, Argau, Switzerland.
- 7/23/2020 *Building Your Personal Brand and Personal Statement*. **Sleep Research Society Trainee Symposia Series**, Darien, IL.
- 7/28/2020 *Social Determinants of Sleep*. **New York University** Department of Population Health, New York, NY.
- 8/6/2020 *Writing Papers: Methods for Efficient Productivity*. **Sleep Research Society Trainee Symposia Series**, Darien, IL.
- 8/11/2020 *Sleep and Mental Health: Implications for Athletes*. **Drug Free Sport**, Kansas City, MO.
- 8/17/2020 *On Being A Sleep Researcher During A Pandemic*. **Sleep Research Society**, Darien, IL.
- 9/4/2020 **Sleep: What It Is, Why You Need It, and How To Get It*. **Toronto Raptors**, Toronto, Ontario, CANADA.
- 9/11/2020 *Normal Sleep Over The Adult Lifespan*. **Society of Behavioral Sleep Medicine**, Lexington KY.

- 9/15/2020 *Sleep and Mental Health.* **American Sleep Apnea Association**, Washington, DC.
- 9/22/2020 *Sleep, Health, and Wellbeing.* **Greystar International**, Newport Beach, CA.
- 10/5/2020 *Sleep and Health Disparities: Progress and Future Perspectives.* **Sleep Advocacy Forum / Project Sleep**, Washington, DC.
- 10/28/2020 *Inequalities of Sleep.* **Casper Sleep**, New York, NY.
- 10/29/2020 **How to Market Your Research as a Translational Scientist.* **Eureka Institute / Utrecht University**, Utrecht, The Netherlands.
- 11/7/2020 *Sleep and Athletes.* **Society of Behavioral Sleep Medicine**, Lexington, KY.
- 11/12/2020 *Sleep, Aging, and Brain Health in the Population: Translational Science Perspectives.* **International Association of Sleep Research in Gerontology / University of Pennsylvania**, Philadelphia, PA.
- 11/23/2020 **Sleep in Elite Athletes.* **International Olympic Committee**, Lausanne, Switzerland.
- 12/4/2020 *Introduction to the Science of Sleep.* **Kemin International**, Des Moines, IA.
- 12/4/2020 *Sleep, Nutrition, and Supplements: State of the Science.* **Kemin International**, Des Moines, IA.

Invited Lectures: Intramural (University of Arizona)

- 9/30/2015 *Sleep Duration and Health: Downstream Cardiometabolic and Neurocognitive Consequences and Upstream Social, Behavioral, and Environmental Determinants.* Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.
- 10/13/2015 *Objective Estimation of Sleep with Actigraphy: History, Basic Principles, and Application to Sleep Disorders.* Department of Medicine, University of Arizona College of Medicine, Tucson, AZ.
- 10/14/2015 *The Cost of Sleep Lost: Implications for health, performance, and the bottom line.* Department of management and Organizations, Eller College of Management, University of Arizona, Tucson, AZ.
- 2/8/2016 *Sleep and Performance.* Athletics Department, University of Arizona, Tucson, AZ.
- 8/16/2016 *Sleep and Health Research: Implications for Primary Care.* Department of Family and Community Medicine, University of Arizona College of Medicine, Tucson, AZ.
- 9/16/2016 *Sleep, Cardiometabolic Disease Risk, and the Social-Environmental Context.* Sarver Heart Center, Department of Medicine, University of Arizona College of Medicine, Tucson, AZ.
- 9/17/2016 *Sleep, Health, and Nutrition.* Nutritional Sciences, University of Arizona, Tucson, AZ.
- 1/17/2017 *Sleep and Cardiometabolic Disease Risk in Women.* Sarver Heart Center, Tucson, AZ.
- 1/27/2017 *Neurocognitive and Cardiometabolic Risk Factors Associated with Insufficient Sleep.* Cognitive Sciences, University of Arizona, Tucson, AZ.
- 1/31/2017 *Insufficient Sleep and Risk for Cardiometabolic Disease and Neurocognitive Deficits.* Department of Neuroscience, University of Arizona, Tucson, AZ.

4/10/2017	<i>Sleep: A New Dimension in heart Health and Peak Performance.</i> Sarver Heart Center Board of Directors, Phoenix, AZ.
10/24/2017	<i>Social Determinants of Sleep.</i> Department of Medicine, University of Arizona, Tucson, AZ.
1/21/2018	<i>Sleep and Health Research,</i> Neuroscience Graduate Interdisciplinary Program, University of Arizona, Tucson, AZ.
8/23/2018	<i>What is Sleep? Overview of Normal Sleep Physiology and Behavior.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry, University of Arizona, Tucson, AZ.
9/6/2018	<i>Classification of Sleep Disorders.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry, University of Arizona, Tucson, AZ.
1/6/2020	<i>Sleep Hacking & Sleep Tracking: Getting the most out of your sleep for mental and physical performance.</i> Campus Health Seminar Series, University of Arizona, Tucson, AZ.
3/11/2020	<i>Sleep in older adults.</i> Geriatric Psychiatry Fellowship, Department of Psychiatry.
4/16/2020	<i>Actigraphy in Behavioral Sleep Medicine: History, Basics, and Applications for Behavioral Sleep Medicine.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
4/30/2020	<i>Sleep Health Disparities: Implications for Health Disparities.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
5/21/2020	<i>Sleep and Circadian Factors in Suicide Risk.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
6/4/2020	<i>Domestic Violence and Adverse Childhood Experience Related to Sleep Health.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
6/25/2020	<i>Bioethics considerations for Behavioral Sleep Medicine.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
7/6/2020	<i>Basics of sleep physiology and behavior.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
9/1/2020	<i>Introduction to Biostatistics for Physicians.</i> Department of Psychiatry.
9/30/2020	<i>Managing Fatigue, Sleep and Stress For Clinicians and Healthcare Professionals.</i> Grand Rounds, Department of Psychiatry.
10/8/2020	<i>What is Behavioral Sleep Medicine? An Overview of the Field.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
12/3/2020	<i>Sleep and Athletics.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.

Invited Lectures: Intramural (Previous Institutions)

5/30/2006	<i>Sleep, Mood and Circadian Responses to Bright Green Light During Sleep.</i> Department of Psychiatry, University of California, San Diego, La Jolla, CA.
2/22/2007	<i>Sleep, Mood and Circadian Responses to Bright Green Light During Sleep.</i> Psychology Service, San Diego VA Healthcare System, La Jolla, CA.

- 3/22/2007 *Multimodal Treatment of Treatment-Resistant Depression.* Psychology Service, San Diego VA Healthcare System, La Jolla, CA.
- 2/11/2008 *Who Are the Short Sleepers? Bridging Laboratory and Epidemiological Studies.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 3/3/2008 *Bright Light and Modafinil as Adjunct Treatments for Depression.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 4/7/2008 *Discrepancy Between Subjective Complaints and Objective Neuropsychological Functioning in Insomnia.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 4/25/2008 *Habitual Short Sleepers: Sleep, Behavior, Neuropsychological Functioning, Metabolism and Mental Health.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 6/2/2008 *Sleep Disturbances in Post-Traumatic Stress Disorder.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 6/23/2008 *Sleep Disturbances in Post-Traumatic Stress Disorder, Part II.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 1/5/2009 *Neuropsychological Functioning and Sleep: Memory and Its Assessment.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 5/7/2009 *Who Sleeps Better? Patterns of Sleep Disturbance in the American Population.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 5/3/2010 *Problems Associated with Short Sleep Duration: Bridging Laboratory and Self-Report Studies.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 12/20/2010 *The Future of the Academic Sleep Center.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA
- 3/10/2011 *Actigraphic Assessment of Sleep and Sleep Disorders.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 12/8/2011 *Sleep Disturbance and Sleep Deprivation.* School of Nursing, University of Pennsylvania, Philadelphia, PA.
- 4/26/2012 *Actigraphic Assessment of Sleep and Sleep Disorders.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 9/10/2012 *Contextual Determinants of Sleep Duration: A Potential Pathway to Cardiometabolic Disease Risk?* Division of Sleep Medicine Grand Rounds, University of Pennsylvania, Philadelphia, PA
- 11/29/2012 *Objective Measurement of Sleep.* School of Nursing, University of Pennsylvania, Philadelphia, PA.
- 11/30/2012 *Cardiometabolic and Behavioral Impairments Associated with Short Sleep Duration.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA
- 3/10/2013 *Objective Estimation of Sleep with Actigraphy: History, Basic Principles, and Application to Sleep Disorders.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA

- 10/18/2013 *Contextual Determinants of Sleep Duration: A Potential Pathway to Cardiometabolic Disease Risk?* Division of Sleep Medicine Grand Rounds, University of Pennsylvania, Philadelphia, PA
- 11/6/2013 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 1: Background and Technology.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 11/6/2013 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 2: Devices, Scoring Algorithms and Validation.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 11/6/2013 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 3: Scoring and Working with Data.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 11/6/2013 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 4: Special Considerations.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 2/14/2014 *Cardiometabolic and Neurobehavioral Impairments Associated with Short Sleep: Bridging Epidemiologic and Laboratory Studies.* Division of Sleep Medicine Grand Rounds, University of Pennsylvania, Philadelphia, PA
- 6/27/2014 *Objective Estimation of Sleep with Wrist Actigraphy: History, Technology, and Applications.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 7/10/2014 *Contextual Factors Associated with Sleep.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 8/14/2014 *Cardiometabolic and Neurobehavioral Impairments Associated with Insufficient Sleep Duration and Inadequate Sleep Quality.* Grand Rounds, Department of Neurosurgery, Perelman School of Medicine, University of Pennsylvania, Philadelphia, PA.
- 9/26/2014 *Sleep, Food Intake, and Obesity: Epidemiologic and Physiologic Insights.* Center for Weight and Eating Disorders, University of Pennsylvania, Philadelphia, PA.
- 3/30/2015 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 1: Background and Technology.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 3/30/2015 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 2: Devices, Scoring Algorithms and Validation.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 3/30/2015 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 3: Scoring and Working with Data.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 3/30/2015 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 4: Special Considerations.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.

Invited Lectures: Guest Lectures and Student Groups

- 2/21/2007 *Sleep Disorders and Sleep Medicine*. PSY30 (Abnormal Psychology). Department of Psychology, San Diego State University, San Diego, CA.
- 2/21/2007 *Sleep Disorders and Sleep Medicine*. PSY30 (Abnormal Psychology). Department of Psychology, San Diego State University, San Diego, CA.
- 3/5/2008 *Careers in the Social Sciences: Clinical Psychology*. Penn Graduate/Undergraduate Mentoring Program, Philadelphia, PA.
- 3/5/2008 *Careers in the Social Sciences: Clinical Psychology*. Penn Graduate/Undergraduate Mentoring Program, Philadelphia, PA.
- 10/4/2010 *Sleep and Sleep Disorders as a Model for Ubiquitous Computing for Healthcare*. Graduate School of Engineering, Widener University, Chester, PA.
- 10/4/2010 *Sleep and Sleep Disorders as a Model for Ubiquitous Computing for Healthcare*. Graduate School of Engineering, Widener University, Chester, PA.
- 3/2/2011 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA. (Student Evaluation Rating 4.6/5.0)
- 3/2/2011 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA. (Student Evaluation Rating 4.6/5.0)
- 1/25/2012 *Neuroscience and Behavior, Part 1: Introduction to Neurobiology*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 1/25/2012 *Neuroscience and Behavior, Part 2: Introduction to Neurophysiology*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 1/25/2012 *Neuroscience and Behavior, Part 1: Introduction to Neurobiology*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 1/25/2012 *Neuroscience and Behavior, Part 2: Introduction to Neurophysiology*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 2/1/2012 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA.
- 2/1/2012 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA.
- 2/6/2013 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA.
- 2/6/2013 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA.
- 7/12/2013 *Psychopathology: Causal Factors and Viewpoints*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 7/12/2013 *Psychopathology: Causal Factors and Viewpoints*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.

- 10/15/2013 *Sleep, Health, and Functioning in the Population*. PSY 34360 (Health Psychology). University of Notre Dame, South Bend, IN.
- 10/15/2013 *Sleep, Health, and Functioning in the Population*. PSY 34360 (Health Psychology). University of Notre Dame, South Bend, IN.
- 2/19/2014 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA.
- 2/19/2014 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA.
- 9/17/2014 *Neuroscience and Behavior, Part 1: Introduction to Neurobiology*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 9/17/2014 *Neuroscience and Behavior, Part 2: Introduction to Neurophysiology*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 9/17/2014 *Neuroscience and Behavior, Part 1: Introduction to Neurobiology*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 9/17/2014 *Neuroscience and Behavior, Part 2: Introduction to Neurophysiology*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 11/13/2014 *Sleep and Public Health*. Department of Public Health, Arcadia University, Glenside, PA.
- 11/13/2014 *Sleep and Public Health*. Department of Public Health, Arcadia University, Glenside, PA.
- 2/25/2015 *Diagnosis and Treatment of Insomnia: Overview and Emerging Issues*. University of Pennsylvania School of Medicine, Philadelphia, PA.
- 2/25/2015 *Diagnosis and Treatment of Insomnia: Overview and Emerging Issues*. University of Pennsylvania School of Medicine, Philadelphia, PA.
- 4/16/2015 *Sleep, Diet, and Obesity*. NURS513 (Obesity and Society). University of Pennsylvania School of Nursing, Philadelphia, PA.
- 4/16/2015 *Sleep, Diet, and Obesity*. NURS513 (Obesity and Society). University of Pennsylvania School of Nursing, Philadelphia, PA.
- 3/31/2016 *Sleep, Obesity, and Society*. NURS513 (Obesity and Society). University of Pennsylvania School of Nursing, Philadelphia, PA.
- 3/31/2016 *Sleep, Obesity, and Society*. NURS513 (Obesity and Society). University of Pennsylvania School of Nursing, Philadelphia, PA.
- 8/26/2016 *Introduction to Statistics for Medical Residents Part 1: Descriptive Statistics and Correlation*. Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.
- 8/26/2016 *Introduction to Statistics for Medical Residents Part 1: Descriptive Statistics and Correlation*. Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.
- 9/2/2016 *Introduction to Statistics for Medical Residents Part 2: Hypothesis Testing and Group Differences*. Department of Psychiatry, University of Arizona College of Medicine,

Tucson, AZ.

9/2/2016 *Introduction to Statistics for Medical Residents Part 2: Hypothesis Testing and Group Differences.* Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.

9/8/2016 *Behavioral Sleep Health.* Department of Psychology, University of Arizona College of Science.

9/8/2016 *Behavioral Sleep Health.* Department of Psychology, University of Arizona College of Science.

9/9/2016 *Introduction to Statistics for Medical Residents Part 3: Linear and Logistic Regression.* Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.

9/9/2016 *Introduction to Statistics for Medical Residents Part 3: Linear and Logistic Regression.* Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.

2/20/2017 *Sleep and Cardiometabolic Disease Risk.* PSY 478: Sleep and Sleep Disorders, Department of Psychology, University of Arizona, Tucson, AZ.

2/20/2017 *Sleep and Cardiometabolic Disease Risk.* Department of Psychology, University of Arizona, Tucson, AZ.

3/2/2017 *Polysomnography and Sleep Disorders.* Psychiatry Residency Program, University of Arizona, Tucson, AZ.

3/2/2017 *Polysomnography and Sleep Disorders.* Psychiatry Residency Program, University of Arizona, Tucson, AZ.

3/30/2017 *Sleep and Health: Epidemiology, Physiologic Implications, and Health Disparities.* PSIO 489: Current Topics in Physiology, Department of Physiology, University of Arizona, Tucson, AZ.

3/30/2017 *Sleep and Health: Epidemiology, Physiologic Implications, and Health Disparities.* Department of Physiology, University of Arizona, Tucson, AZ.

4/11/2017 *Sleep and Developmental Psychopathology.* PSY 583a: Developmental Psychopathology, Department of Psychology Graduate Program, University of Arizona, Tucson, AZ.

4/11/2017 *Sleep and Developmental Psychopathology.* Department of Psychology Graduate Program, University of Arizona, Tucson, AZ.

6/4/2017 *How to get a K award (and how not to get a K award).* Sleep Research Society Trainee Symposia Series, Boston, MA.

8/29/2017 *Sleep and Cardiometabolic Disease Risk: New Insights.* Neuroscience Data Blitz, Tucson, AZ.

8/29/2017 *Sleep and Cardiometabolic Disease Risk: New Insights.* Neuroscience Data Blitz, Tucson, AZ.

8/30/2017 *Physician Numeracy.* Child and Adolescent Psychiatry, Department of Psychiatry, University of Arizona, Tucson, AZ.

8/30/2017 *Physician Numeracy.* Child and Adolescent Psychiatry, Department of Psychiatry, University of Arizona, Tucson, AZ.

- 9/5/2017 *Insomnia: Diagnosis, Case Conceptualization, and Conceptual Models.* Whole Health Clinic, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 9/5/2017 *Insomnia: Diagnosis, Case Conceptualization, and Conceptual Models.* Whole Health Clinic, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 9/12/2017 *Insomnia: Treatment Approaches.* Whole Health Clinic, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 2/21/2018 *Sleep and Cardiometabolic Disease Risk.* PSY 478: Sleep and Sleep Disorders, Department of Psychology, University of Arizona, Tucson, AZ.
- 3/29/2018 *Sleep and Developmental Psychopathology.* PSY 583a: Developmental Psychopathology, Department of Psychology Graduate Program, University of Arizona, Tucson, AZ.
- 4/4/2018 *Introduction to Statistics for Medical Residents Part 1: Descriptive Statistics and Correlation.* Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.
- 4/18/2018 *Introduction to Statistics for Medical Residents Part 2: Hypothesis Testing and Group Differences.* Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.
- 4/18/2018 *Sleep and Performance: Physical and Mental Performance, and Injury and Pain Management.* Football, Department of Athletics, University of Arizona, Tucson, AZ.
- 4/25/2018 *Basics of Sleep and Relevance to Athletics.* Department of Athletics, University of Arizona, Tucson, AZ.
- 4/25/2018 *Sleep Basics: What You Need to Know To Get The Most Out Of Your Sleep.* Football, Department of Athletics, University of Arizona, Tucson, AZ.
- 4/27/2018 *Sleep and Mental Health / Performance.* Department of Athletics, University of Arizona, Tucson, AZ.
- 4/27/2018 *Sleep and Mental Health: Links with Memory, thinking, Emotions, and Stress.* Football, Department of Athletics, University of Arizona, Tucson, AZ.
- 5/1/2018 *Sleep Strategies: How to Fall Asleep, How to Wake Up, and Other Tips.* Football, Department of Athletics, University of Arizona, Tucson, AZ.
- 6/25/2018 *Building An Academic Career In Sleep Health: Shining A Light On Unanswered Questions When The Field Is In The Dark.* Summer Seminar Series for Q³ High School / Undergraduate Program, University of Arizona, Tucson, AZ.
- 8/2/2018 *How to Get A K Award (And How Not to Get A K Award).* Summer Training Institute, NYU Langone Medical Center, New York, NY.
- 8/21/2018 *Insomnia: Diagnosis, Case Conceptualization, and Conceptual Models.* Whole Health Clinic, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 8/28/2018 *Insomnia: Treatment Approaches.* Whole Health Clinic, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 9/6/2018 *Sleep and Health Research.* Foundations in Health Psychology, Department of Psychology, University of Arizona, Tucson, AZ.

11/15/2019	<i>Sleep, Health, and Society.</i> Alpha Epsilon Delta Honor Society, University of Arizona, Tucson, AZ.
11/7/2019	<i>Sleep and Health.</i> Foundations in Health Psychology, Department of Psychology, University of Arizona, Tucson, AZ.
4/3/2019	<i>Sleep, Health, and Society.</i> Nu Rho Sci Honors Society, University of Arizona, Tucson, AZ.
2/26/2020	<i>Sleep and Cardiometabolic Disease Risk.</i> PSY 478: Sleep and Sleep Disorders, Department of Psychology, University of Arizona, Tucson, AZ.
9/24/2020	<i>Sleep, Health, and Society.</i> PSY 587: Foundations in Health Psychology, Department of Psychology, University of Arizona, Tucson, AZ.
11/16/2020	<i>Sleep During the COVID Pandemic.</i> PSY 478 Sleep and Sleep Disorders. Department of Psychology, University of Arizona, Tucson, AZ.

Invited Lectures: Community and Public

5/28/2008	<i>Getting Sleep: Why It's Important and How to Make the Most of It.</i> Wawa Inc., Media, PA.
10/30/2008	<i>Getting Sleep: Why It's Important and How to Make the Most of It.</i> Riddle Hospital Group, Plymouth Meeting, PA.
11/5/2008	<i>Getting Sleep: Why It's Important and How to Make the Most of It.</i> Friends Life Car, Blue Bell, PA.
11/6/2008	<i>Getting Sleep: Why It's Important and How to Make the Most of It.</i> Friends Life Care, Blue Bell, PA.
2/18/2009	<i>Sleep, Health and Longevity.</i> CentraState Hospital, Freehold, NJ.
8/20/2009	<i>Sleep and Chronic Pain.</i> Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.
9/17/2009	<i>Sleep and Chronic Pain.</i> Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.
10/20/2009	<i>Normal Sleep in Infants and Toddlers.</i> Family Birthmark, Media PA.
10/27/2009	<i>Solving Sleep Problems.</i> Family Birthmark, Media PA.
11/3/2009	<i>Teaching Sleep.</i> Family Birthmark, Media PA.
11/10/2009	<i>Pediatric Sleep Disorders.</i> Family Birthmark, Media PA.
11/17/2009	<i>Healthy Sleep in Parents.</i> Family Birthmark, Media PA.
1/21/2010	<i>Sleep and Chronic Pain.</i> Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.
3/18/2010	<i>Sleep and Chronic Pain.</i> Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.
9/1/2010	<i>Normal Sleep in Infants and Toddlers.</i> Family Birthmark, Media PA.
9/8/2010	<i>Solving Common Infant and Toddler Sleep Problems.</i> Family Birthmark, Media PA.
9/15/2010	<i>Sleep Training Basics.</i> Family Birthmark, Media PA.

9/22/2010 *Introduction to Pediatric Sleep Disorders.* Family Birthmark, Media PA.

9/29/2010 *The Importance of Healthy Sleep for New Parents.* Family Birthmark, Media PA.

11/16/2010 *Healthy Sleep and Successful Aging.* Friends Life Care, Bryn Mawr, PA.

12/14/2010 *Developing Healthy Sleep Habits.* Riddle Hospital, Media, PA.

3/21/2011 *Insomnia: Why Can't I Sleep?* Reading Hospital and Medical Center, Reading, PA.

4/7/2011 *Improving Sleep for Better Health (1).* Friends Center, Philadelphia, PA.

4/7/2011 *Improving Sleep for Better Health (2).* Friends Center, Philadelphia, PA.

5/5/2011 *Basics of Sleep and Sleep Medicine.* Friends Life Care VigR Enrichment Workshop, Philadelphia, PA.

5/12/2011 *Ways to Improve Your Sleep.* Friends Life Care VigR Enrichment Workshop, Philadelphia, PA.

5/19/2011 *Thinking About Sleep as Part of a Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, Philadelphia, PA.

5/26/2011 *Sleep and Successful Aging.* Friends Life Care VigR Enrichment Workshop, Philadelphia, PA.

11/2/2011 *Sleep and Healthy Aging.* Friends Life Care VigR Enrichment Workshop, Bryn Mawr, PA.

11/9/2011 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, Bryn Mawr, PA.

11/16/2011 *Sleep and Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, Bryn Mawr, PA.

5/29/2012 *Sleep and Healthy Aging.* Friends Life Care VigR Enrichment Workshop, West Chester, PA.

6/5/2012 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, West Chester, PA.

6/21/2012 *Sleep and Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, West Chester, PA.

10/10/2012 *Sleep and Healthy Aging.* Friends Life Care VigR Enrichment Workshop, West Chester, PA.

10/17/2012 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, West Chester, PA.

10/24/2012 *Sleep and Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, West Chester, PA.

4/16/2013 *Sleep and Healthy Aging.* Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.

4/23/2013 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.

4/30/2013 *Sleep and Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.

Gorovoy, Suzanne 2020-present

Doctoral Dissertation Committee Member

Lit Soo Ng	2012-2014	University of Pennsylvania, School of Nursing
Tubbs, Andrew*	2017-present	University of Arizona, Neuroscience
Dollish, Hannah	2018-present	University of Arizona, Neuroscience
Khader, Waliuddin*	2018-present	University of Arizona, Psychology
Perry, Christopher	2018-2019	Arizona State University, Exercise Science
Doyle, Caroline	2019-present	University of Arizona, Psychology
Glieberman, Peter	2019-2020	Antioch University Santa Barbara, Clinical Psychology
Kennedy, Kathryn*	2020-present	University of Arizona, Physiology
Perez-Pozuelo, Ignacio	2020	University of Cambridge, Epidemiology
Valencia, Dora*	2020-present	University of Arizona, Clinical and Translational Science
Basis, Najwa	2020-2021	University of Haifa, Nursing

(*primary or co-primary mentor/advisor)

Masters Thesis Committee Member

Culnan, Elizabeth	2012-2013	Drexel University, Department of Psychology
Doyle, Caroline	2016-2018	University of Arizona, Psychology
Houser, Monica	2017-2018	University of Arizona, Physiology
Mason, Brooke*	2019-present	University of Arizona, Physiology
Lujan, Matt*	2020-present	University of Arizona, Physiology

(*primary or co-primary mentor/advisor)

Undergraduate Honors Thesis Supervised

Paer, Alexandra	2010-2011	University of Pennsylvania, Biology
Fisseha, Ephrat	2016-2017	University of Arizona, Neuroscience
Forbush, Sierra	2016-2017	University of Arizona, Physiology
Hall, Christine	2016-2017	University of Arizona, Neuroscience
Ocaño, Demi	2016-2017	University of Arizona, Neuroscience
Till, Kristin	2016-2017	University of Arizona, Neuroscience
Okuagu, Ashley	2017-2018	University of Arizona, Physiology
Poling, Kristi	2017-2018	University of Arizona, Nutrition and Dietetics
Warlick, Chloe	2017-2018	University of Arizona, Psychological Sciences

Current Research Trainees (Undergraduate and Graduate Students)

Abdi, Harun	Undergraduate	2019-present
Acosta-Gutierrez, Chris	Undergraduate	2020-present
Arce, Ruya	Undergraduate	2020-present
Barker, Madison	Undergraduate	2019-present
Bobadilla, Vanessa	Undergraduate	2020-present
Chamberlain, Stihlyn	PhD Student	2020-present
Craig, Chloe	Undergraduate	2020-present
Featherston, Breanna	MS Student	2020-present
Gozar, Alexa	Undergraduate	2019-present
Hanley, Brigid	Undergraduate	2020-present
Hendershot, Sierra	Undergraduate	2020-present
Holbert, Cameron	Undergraduate	2019-present
Isalva Valenzuela, Luz	Undergraduate	2020-present
Jajoo, Anjalee	Undergraduate	2018-present
Kapoor, Ashna	Undergraduate	2019-present
Kennedy, Kat	PhD Student	2019-present
Khader, Waliuddin	PhD Student	2018-present
Lujan, Matt	MS Student	2020-present
Mason, Brooke	MS Student	2019-present
Mignanelli, Abby	Undergraduate	2020-present
Mota Villalobos, Kareli	Undergraduate	2019-present
Nail, Lauren	Undergraduate	2020-present
Onyeonwu, Chidera	Undergraduate	2019-present
Phan, Sydney	Undergraduate	2019-present
Rupple, Destiny	Undergraduate	2020-present
Tubbs, Andrew	MD/PhD Student	2017-present
Valencia, Dora	PhD Student	2020-present

Other Current Research Mentees

Begay, Tommy	Junior Faculty	2018-present
Brownlow, Janeese	Junior Faculty	2018-present
Burke, Shanna	Junior Faculty	2019-present
Dollish, Hannah	PhD Student (Committee)	2017-present
Dong, Lu	Junior Faculty	2020-present
Doyle, Caroline	PhD Student (Committee)	2016-present
Elumn, Johanna	Junior Faculty	2020-present
Germain, Cassandra	Junior Faculty	2020-present
Ghani, Sadia	Postdoc (Primary Mentor)	2019-present
Knowlden, Adam	Junior Faculty	2017-present
Martinez, Suzanna	Junior Faculty	2018-present
Moloney, Mariead	Junior Faculty	2019-present
Rezai, Naghmeh	Staff Scientist	2020-present
Turner, Robert	Junior Faculty	2018-present

Current Clinical Trainees

Khader, Waliuddin	Psychology Extern	2020-2021
Champion, Connor	Psychiatry Resident	2020-present
Garcia, Cristina	Clinical Psychologist	2020-present
Katsanis, Joanna	Clinical Psychologist	2020-present

Previous Trainees and Mentees:

Abastillas, Aldrin	Undergraduate	2011-2012
Adedayo, Ajibola	PRIDE Junior Faculty	2014-2015
Adegbola, Maxine	PRIDE Junior Faculty	2017-2018
Altman, Nicole	Post-Bacc	2010-2011
Aning, Afua	COMRADE Postdoc	2017-2018
Archibong Ogunnaike, Edikan	COMRADE Postdoc	2018-2019
Austin-McCain, Melanie	PRIDE Junior Faculty	2018-2019
Averhart, Wanda	COMRADE Postdoc	2019-2020
Aycock, Dawn	CSDS Postdoc	2016-2017
Bailey, Omavi	COMRADE Postdoc	2017-2018

Barilla, Holly	Post-Bacc	2011-2012
Bell, Kimberly	PRIDE Junior Faculty	2018-2019
Bethea, Traci	PRIDE Junior Faculty	2017-2018
Blanc, Judite	Postdoc	2017-2019
Bliznak, Victoria	Undergraduate	2017-2019
Bombarda, AnnaLaura	Undergraduate	2019-2020
Bowles, Nicole	PRIDE Junior Faculty	2019-2020
Biyle, Julia	Graduate Student	2018-2020
Bragg, Marie	PRIDE Junior Faculty	2016-2017
Brauer, Ashley	Graduate Student (Research)	2019
Bremer, Erin	Post-Bacc	2011-2012
Brewster, Glenna	PRIDE Junior Faculty	2019-2020
Brimah, Perry	PRIDE Junior Faculty	2013-2014
Brown, Darigg	PRIDE Junior Faculty	2018-2019
Brown, Lauren	COMRADE Postdoc	2019-2020
Bubu, Michael	Postdoc	2017-2019
Burmudez-Millan, Angela	PRIDE Junior Faculty	2015-2016
Bygrave, Desiree	COMRADE Postdoc	2016-2017
Caceres, Billy	PRIDE Junior Faculty	2019-2020
Cantres-Rosario, Yisel	COMRADE Postdoc	2017-2018
Castor, Chimene	PRIDE Junior Faculty	2015-2016
Ceide, Mirnova	PRIDE Junior Faculty	2015-2016
Chakravorty, Subhajit	Junior Faculty	2013-2015
Charest, Jonathan	Visiting PhD Student	2018
Chaudhary, Ninad	Postdoc	2014-2016
Chung, Alicia	Postdoc / Junior Faculty	2017-2019
Clay, Miles	Undergraduate	2019-2020
Cobb, Ryon	COMRADE Postdoc	2018-2019
Conserve, Donaldson	PRIDE Junior Faculty	2017-2018
Corbitt, Charles	MS Student (Research)	2012-2015
Cortes, Yamnia	PRIDE Junior Faculty	2019-2020
Culnan, Elizabeth	Undergraduate	2011-2012
Davis, Benjamin	Undergraduate	2015-2016

deVries, Sarah	MS Student (Research)	2008-2009
Djurich, Sara	PhD Student (Physiology)	2018
Douglas, Susan	COMRADE Postdoc	2016-2017
Duncan, Andrea	PRIDE Junior Faculty	2015-2016
Duncan, Dustin	PRIDE Junior Faculty	2016-2017
Edmonds, Janalyn	PRIDE Junior Faculty	2017-2018
Ekwemalor, Chukwudi	PRIDE Junior Faculty	2018-2019
Ereshefsky, Sabrina	Psychology Intern	2018-2019
Estreet, Anthony	PRIDE Junior Faculty	2016-2017
Featherston, Breanna	Undergraduate	2018-2019
Fisseha, Ephrat	Undergraduate	2015-2017
Forbush, Sierra	Undergraduate	2015-2017
Fourte, D. Alex	Undergraduate	2018-2019
Freitas, Amanda	Psychiatry Resident	2020
Gallagher, Martina	PRIDE Junior Faculty	2014-2015
Gamaldo, Alyssa	PRIDE Junior Faculty	2017-2018
Gonzalez, Brian	Postdoc	2014-2016
Gousse, Yolene	CSDS Postdoc	2016-2017
Graham, Patrick	Undergraduate	2015
Granados, Karla	Undergraduate	2015-2017
Griffin, Nakayla	Undergraduate	2018-2019
Grigsby, Diana	PRIDE Junior Faculty	2015-2016
Haghighi, Ariana	Undergraduate	2017-2018
Hall, Christine	Undergraduate	2015-2017
Hall, Susan	PRIDE Junior Faculty	2017-2018
Hanks-Moehr, Erin	Psychology Intern	2019-2020
Hardy, Tabitha	PRIDE Junior Faculty	2016-2017
Harris, Sarina	High School Student	2020
Hawkins, Marquis	PRIDE Junior Faculty	2018-2019
Herbozo, Sylvia	PRIDE Junior Faculty	2015-2016
Houser, Monica	MS Student (Committee)	2016-2018
Ibe-Lamberts, Kelichi	COMRADE Postdoc	2018-2019
Ilunga Tshiswaka, Daudet	COMRADE Postdoc	2016-2017

Iwelunmor, Juliet	PRIDE Junior Faculty	2016-2017
Izci-Balserak, Bilgay	Postdoc	2011-2014
Jackson, Chandra	PRIDE Junior Faculty	2016-2017
Jaszewski, Angelica	Undergraduate	2015-2017
Jean-Pierre, Pascal	PRIDE Junior Faculty	2014-2015
Jefferson, Felicia	PRIDE Junior Faculty	2016-2017
Jenkins, Brenda	PRIDE Junior Faculty	2014-2015
Ji, Xiaowen "Jane"	Visiting PhD Student	2017
Jimenez, Lissette	PRIDE Junior Faculty	2016-2017
Johnson, Dayna	PRIDE Junior Faculty	2017-2018
Juarascio, Adrienne	Undergraduate	2009
Kelly, Kelsie	COMRADE Postdoc	2019-2020
Kim, Jin-Young	Postdoc	2011-2013
Kingsbury, Fadwa	Undergraduate	2010-2011
Kozak, Philip	Undergraduate	2010-2011
Lam, Brian	Undergraduate	2012-2013
Lane, Elizabeth	Undergraduate	2018-2019
Lang, Rebecca	MS Student (Research)	2009-2015
Lara-Cinisomo, Sandraluz	PRIDE Junior Faculty	2017-2018
Lewis, Lisa	PRIDE Junior Faculty	2014-2015
Liang, Olivia	Undergraduate	2017-2019
Liu, Serena	Undergraduate	2017-2019
Lowery, Amy	PRIDE Junior Faculty	2015-2016
Lumbaba, Bob	COMRADE Postdoc	2017-2018
Luszczek, Elizabeth	PRIDE Junior Faculty	2019-2020
Maia, Querino	Undergraduate	2012-2015
Marast, Lyndonna	PRIDE Junior Faculty	2018-2019
Mbue, Ngozi	COMRADE Postdoc	2017-2018
McKenzie, Sharon	PRIDE Junior Faculty	2013-2014
McLaurin-Jones, TyWanda	PRIDE Junior Faculty	2017-2018
Memiah, Peter	PRIDE Junior Faculty	2018-2019
Mingo, Chevron	PRIDE Junior Faculty	2019-2020
Moore, Darren	PRIDE Junior Faculty	2016-2017

Moreno-Walton, Lisa	PRIDE Junior Faculty	2014-2015
Moritz, Alison	Psychiatry Resident	2020
Murray-Bachmann, Renee	PRIDE Junior Faculty	2013-2014
Mwangi, Wairimu	COMRADE Postdoc	2018-2019
Myers, Alyson	PRIDE Junior Faculty	2017-2018
Nesom, Genevieve	Post-Bacc	2013-2015
Newsome, Valerie	CSDS Postdoc	2017-2018
Ng, Lit Soo	PhD Student (Committee)	2012-2014
Nguyen-Rodriguez, Selena	PRIDE Junior Faculty	2016-2017
Nowakowski, Sara	Junior Faculty	2012-2013
Nunez, M. Alicia	Psychology Intern	2019-2020
Ocaño, Demi	Undergraduate	2015-2017
Ojo-Fati, Olamide	COMRADE Postdoc	2017-2018
Okuagu, Ashley Chisom	Undergraduate	2015-2018
Oliveira, Tatiana	PRIDE Junior Faculty	2016-2017
Oliver, Linden	Post-Bacc	2012-2013
Olivier, Kayla	Undergraduate	2015-2019
Osakwe, Zainab	PRIDE Junior Faculty	2019-2020
Oyegbile, Temitayo	PRIDE Junior Faculty	2013-2017
Paer, Alexandra	Undergraduate	2010-2011
Paine, Kristen	Undergraduate	2015-2016
Parra, Gemma	Undergraduate	2019-2020
Peet, Allison	Psychiatry Resident	2020
Pham, Bruce	Undergraduate	2018-2019
Pickens, Sabrina	PRIDE Junior Faculty	2016-2017
Pickett, Stephanie	PRIDE Junior Faculty	2016-2017
Piro, Bryce	Undergraduate	2019-2020
Poling, Kristi	Undergraduate	2016-2018
Quiroz, Hunter	Undergraduate	2018-2019
Raghavan, Preeti	CSDS Postdoc	2015-2017
Ramos, Alberto	PRIDE Junior Faculty	2015-2016
Ramsey, Thea	Undergraduate	2018-2020
Rattanaumpawan, Pinyo	Postdoc	2010-2012

Reid Marks, Laura	PRIDE Junior Faculty	2017-2018
Rhee, Joshua Unbin	Undergraduate	2015-2016
Ricaurte, Melanie	Post-Bacc	2009
Richardson, Jenae	Psychology Intern	2018-2019
Robbins, Paul	COMRADE Postdoc	2019-2020
Robinson, Leah	PRIDE Junior Faculty	2013-2014
Rodriguez-Esquivel, Denise	Clinical Psychologist	2018-2020
Rogers, April	CSDS Postdoc	2016-2017
Rosenberg, Elliot	Physician (Clinical)	2019
Saccone, Jeffrey	Undergraduate	2015-2017
Sanchez, Christopher	Undergraduate	2017-2019
Sandino, Michael	Undergraduate	2017-2018
Schopfer, Elizabeth	Undergraduate	2009-2013
Schuetz, Sonja	CSDS Postdoc	2017-2018
Seixas, Azizi	PRIDE Junior Faculty	2015-2016
Sendon, Carlos	PRIDE Junior Faculty	2014-2015
Senteio, Charles	PRIDE Junior Faculty	2019-2020
Shaw, Raphael	PRIDE Junior Faculty	2013-2014
Sherman, Kevin	Psychiatry Resident	2020
Simmonds, Iman	COMRADE Postdoc	2018-2019
Singh, Jasmine	Psychiatry Resident	2019
Siu, Katy	Post-Bacc	2012-2015
Snipes, Shedra	PRIDE Junior Faculty	2015-2016
Sobowale, Akin	Undergraduate	2011-2012
Sterling, Kevin	PRIDE Junior Faculty	2013-2014
Stewart, Nancy	Physician (Research)	2019
Stiller, Justin	Psychiatry Resident	2018-2019
Sur, Bonita	Psych Extern	2017-2018
Tabit, Lindsay	Undergraduate	2015
Tang, Ronald	Undergraduate	2017-2019
Taylor, Samuel	PRIDE Junior Faculty	2013-2014
Taylor, Teletia	PRIDE Junior Faculty	2018-2019
Taylor, Tonya	PRIDE Junior Faculty	2019-2020

Thomas, Kamala	PRIDE Junior Faculty	2014-2015
Thurston, Idia	PRIDE Junior Faculty	2016-2017
Till, Kristin	Undergraduate	2016-2017
Turner, Arlener	COMRADE Postdoc	2016-2017
Uskup, Dilara	COMRADE Postdoc	2019-2020
Vergara, Antonio	Undergraduate	2011-2012
Waldron, Elizabeth	Post-Bacc	2011-2012
Wallace, Douglas	PRIDE Junior Faculty	2014-2015
Warlick, Chloe	Undergraduate	2015-2019
Watson, Natalie	COMRADE Postdoc	2016-2017
Whinnery, Julia	Post-Bacc	2012-2013
White, Monique	PRIDE Junior Faculty	2014-2015
Williams, Elita	COMRADE Postdoc	2018-2019
Williams, Natasha	Postdoc	2013-2015
Williams, Stephen	CSDS Postdoc	2017-2018
Wills, Chloe	Undergraduate	2018-2019
Wing, Erik	Psychology Intern	2019-2020
Witter, Virginia	Undergraduate	2010
Wong, Jacqueline	Undergraduate	2009-2010
Wooten, Nikki	PRIDE Junior Faculty	2015-2016
Yang, Robert	Undergraduate	2015-2018
Zheng, Michael	Post-Bacc	2012
Zhiyuan, Zhao	Undergraduate	2010
Zingsheim, Morgan	Psychiatry Resident	2019
Zold, Amanda	Psychology Intern	2018-2019

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Newspapers: USA Today, New York Times, Los Angeles Times, Wall Street Journal, Chicago Tribune, Boston Globe, Atlanta Journal-Constitution, Arizona Daily Star, Austin American-Statesman, Baltimore Sun, Connecticut Post, Daily Mail, Dallas Daily Sentinel, Dayton Daily News, Detroit News, Daily Pennsylvanian, Eugene Register-Guard, The Guardian, Hamilton Spectator, Hartford Courant, Kitchener Ontario Record, Le Figaro, Milwaukee Courier, Minneapolis Star Tribune, Nacodoches Daily Sentinel, Newsday, Palm Beach Daily News, Palm Beach Post, Philadelphia Inquirer, Rocky Mountain Telegram, San Jose Mercury News, Suncoast News, Toledo Blade, Tulsa World, Twin Falls Times-News, Waco Tribune-Herald.

Magazines: AARP, Allure, The Atlantic, Bottom Line Health, Cooking Light, Cosmopolitan, Dance, Diabetes Self-Management, Discover, Elle, Harper's Bazaar, Health, Men's Fitness, Men's Health, Men's Journal, Monitor on Psychology, More, National Journal, New York Magazine, Nutritional Outlook, O: The Oprah Magazine, Outside, Parents, Paste, Philadelphia Magazine, Popular Science, Prevention, Psychology Today, Real Simple, Redbook, Runner's World, Science, Scientific American, The Scientist, Self, Shape, Sleep Review, Time, Travel + Leisure, US News, Woman's Day, Women's Health, and Yoga Journal.

International News Outlets: Argentina, Australia, Bangladesh, Brazil, Brunei, Canada, Chile, China, Croatia, Cuba, Egypt, Estonia, Finland, France, Ghana, Guatemala, Germany, Hungary, Iceland, India, Indonesia, Iran, Iraq, Ireland, Italy, Japan, Jordan, Kenya, Lebanon, Macedonia, Malaysia, Mexico, New Zealand, Nigeria, Norway, Oman, Pakistan, Philippines, Poland, Portugal, Romania, Russia, Saudi Arabia, South Africa, South Korea, Spain, Sudan, Sweden, Taiwan, Thailand, Turkey, UAE, UK, Venezuela, and Vietnam

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