Michael A. Grandner

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Current Positions

Professor of Psychiatry, with Tenure, College of Medicine – Tucson, University of Arizona

Professor of Psychology, College of Science, University of Arizona

Professor of Medicine, College of Medicine, University of Arizona

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

Professor of Clinical and Translational Science, College of Health Sciences, University of Arizona

Associate Director for Behavioral and Translational Science, University of Arizona Center for Sleep, Circadian, and Neuroscience Research

Director, Sleep and Health Research Program, University of Arizona

Director, Behavioral Sleep and Circadian Medicine Clinical Service, Banner-University Medical Center

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

Selected National Leadership

Board of Directors, Sleep Research Society and Sleep Research Society Foundation (2025-present); President, Society of Behavioral Sleep Medicine (2021-2022); Chair, Sleep Committee, American Heart Association (2023-2025).

Research and Clinical Interests

Translational sleep and circadian research and behavioral sleep medicine, with three areas of focus: (1) cardiovascular, metabolic, and behavioral health outcomes associated with insufficient sleep and circadian disruption, including nocturnal wakefulness and suicide risk; (2) social, behavioral, environmental, and biological determinants of sleep and circadian health; and (3) development, adaptation, and implementation of behavioral interventions for insufficient sleep, insomnia, and other sleep concerns.

Google Scholar: h-index 84, most cited paper 3,826 times, 39,989 total citations

ScholarGPS: Sleep (#2), Sleep Medicine (#1), Psychiatry (#58)

Elsevier: Ranked >99.99 %ile among top 2% of scientists in the world, #3 at University of Arizona, #1 at University of Arizona College of Medicine.

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; 20182200021)

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

National Register Health Service Psychologist (**HSP**) Credential: 61515

E.Passport Mobility Number: 26436

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 Science, 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
2018-present	**Assistant Professor (Secondary Appointment)** Department of Physiology, Graduate Interdisciplinary Doctoral Program in Physiological Sciences, University of Arizona
2018-present	**Assistant Professor (Secondary Appointment)** Department of Neuroscience, Graduate Interdisciplinary Doctoral Program in Neurosciences, University of Arizona
2019	**Assistant Professor (Secondary Appointment)** Clinical and Translational Sciences, University of Arizona Health Sciences
2019-2026	**Associate Professor (with Tenure)** Department of Psychiatry, College of Medicine, University of Arizona
2019-2026	**Associate Professor (Secondary Appointment)** Department of Psychology, College of Science, University of Arizona
2019-2026	**Associate Professor (Secondary Appointment)** Department of Medicine, College of Medicine, University of Arizona
2019-2026	**Associate Professor (Secondary Appointment)**

Department of Nutritional Sciences, College of Agriculture and Life Sciences, University of Arizona

2019-2026 **Associate Professor (Secondary Appointment)**
Department of Clinical and Translational Science, University of Arizona

2026-present **Professor (with Tenure)**
Department of Psychiatry, College of Medicine, University of Arizona

2026-present **Professor (Secondary Appointment)**
Department of Psychology, College of Science, University of Arizona

2026-present **Professor (Secondary Appointment)**
Department of Medicine, College of Medicine, University of Arizona

2026-present **Professor (Secondary Appointment)**
Department of Nutritional Sciences, College of Agriculture, Life, and Environmental Sciences, University of Arizona

2026-present **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

2016-2021 **Director**
Behavioral Sleep Medicine Clinic, Banner-University Medical Center, Department of

Psychiatry

2016-present **Member**
Center for Sleep, Circadian, and Neuroscience Research, University of Arizona

2016-present **Member**
Sarver Heart Center, University of Arizona

2016-2024 **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 for Behavioral and Translational Science**
Center for Sleep, Circadian, and Neuroscience Research, University of Arizona

2020-present **Member**
United States Olympic and Paralympic Committee (Team USA) Mental Health Provider Registry

2021-present **Member**
University of Arizona BIO5 Institute

2021-present **Clinical Director**
Behavioral Sleep and Circadian Medicine Service, Banner-University Medical Center, Department of Psychiatry

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 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

2017-present **Faculty Mentor**
Medical Student Research Program, University of Arizona

2018-present **Faculty Member**
MD/PhD Program, University of Arizona

2018-present **Scholars Circle**
Hispanic Center of Excellence, University of Arizona

2018-present **Seminar Director**
Behavioral Sleep Medicine Seminar Series, University of Arizona

2018-present **Residency Rotation Director**
Behavioral Sleep Medicine Training Program (PGY4), University of Arizona

2018-2020 **Psychology Internship Rotation Director**
Behavioral Sleep Medicine Training Program (Predoctoral Psychology Internship Program)

2026-present Director, Society of Behavioral Sleep Medicine Accredited CBT-I Training Program, University of Arizona (accredited January 2026–January 2031)

2019-present **Director**
Society of Behavioral Sleep Medicine Accredited Behavioral Sleep Medicine Training Program

2020-2022 **Faculty Mentor**
Sleep Research Program for Advancing Research Careers (SOAR), American Academy of Sleep Medicine

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, *University of Rochester*
1997-2001 Rush Rhees Scholarship, *University of* Rochester
2000 Travel Award, *Sleep Research Society*
2000-2001 Psychology Honors Program, *University of Rochester*
2001 Cum Laude, *University of Rochester*
2001 High Honors in Research in Psychology, *University of Rochester*
2005 Outstanding Professor Award, *ΑΧΩ San Diego State University*
2006 Outstanding Doctoral Teaching Award, *San Diego State University Department of Psychology*
2009 Commendation for clinical service, *Philadelphia VA Medical Center*
2010 Invited to Young Investigator Forum at NIH, *American Academy of Sleep Medicine*
2011 Poster Presentation Award, *Population Association of America*
2012 Award for Research Excellence, *American Heart Association*

2013	Arthur Spielman Early Career Distinguished Scientific Achievement Award, *Society of Behavioral Sleep Medicine*
2014	Early Career Award, *Sleep Research Network*
2014	Sleep Deprivation Section Award, *American Academy of Sleep Medicine*
2015	Travel Award for NIDDK Sleep and Diabetes Workshop, *Sleep Research Society*
2015	Elected Fellow, *American Academy of Sleep Medicine*
2016	Early Career Award, *American Heart Association Council on Lifestyle and Cardiometabolic Health*
2016	Distinguished Service Award, *Pennsylvania Sleep Society*
2017	Elected Fellow, *American Heart Association*
2018	Mentorship Award, *New York University Center for Healthful Behavior Change*
2019	Award for Recognition of Service, *Society of Behavioral Sleep Medicine*
2020	Finalist, PROSE Award, *Association of American Publishers*
2021	Top 0.06% of all scientists (doi:10.17632/btchxktzyw.3), *Elsevier Bibliometrics*
2021	Excellence in Clinical Research Award, *University of Arizona College of Medicine*
2022	Elected Fellow, *Society of Behavioral Sleep Medicine*
2022	Richard Bootzin Mid-Career Distinguished Scientific Achievement Award, *Society of Behavioral Sleep Medicine*
2024	Diversity, Equity, and Inclusion Leadership Award, Associated Professional Sleep Societies (American Academy of Sleep Medicine and Sleep Research Society)
2024-2025	Highly Ranked Scholar, ScholarGPS (ranking-based recognition; 2024: #1 in Sleep and #1 in Sleep Medicine; 2025: #2 in Sleep and #3 in Sleep Medicine, prior-five-year rankings)
2025	Special Recognition for Service, American Academy of Sleep Medicine 50th Anniversary Task Force
2026	Award for Recognition of Service, American Academy of Sleep Medicine Foundation
2026	Behavioral Sleep Medicine Champion Award, *Society of Behavioral Sleep Medicine*

Membership and Service in Academic/Professional Organizations

National:

1999-present **Sleep Research Society**

Member, Sleep and Behavior Section
Member, Sleep Disorders Research Section
Member, Circadian Rhythm Section
Trainee Subcommittee 2006-2007
Communications Committee, 2008-2010
Membership and Communications Committee, 2010-2013
Facebook Page Administrator, 2011-2013
Membership and Communications Committee Chair, 2013-2016
Sleep Duration Consensus Conference Invited Member, 2014-2015
Strategic Planning Conference Invitee, 2014
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, 2020-2022
Pipeline Development Committee, 2022-2024
Board of Directors, 2025-present
Foundation Board of Directors, 2025-present
Communications Committee, Board Liaison, 2025-2026
Advocacy Task Force, Board Liaison, 2026; Diversity, Equity, Inclusion, and Accessibility (DEIA) Committee, Board Liaison, 2026-present
Nominating Committee governance review and recommendations to the Board, 2025

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
Foundation Investigator-Initiated Grants Review Committee, 2018-2026
Foundation Investigator-Initiated Grants Review Committee, Vice Chair, 2020-2024
Foundation Investigator-Initiated Grants Review Committee, Chair 2024-2026
Community Preventive Services Response Task Force (with SRS), 2020
COVID-19 Relief Grant Review Committee, 2020-2021
COVID-19 Relief Grant Review Committee, Chair, 2021
Diversity Supplement Awards Review Committee, Chair, 2021-2024
Emerging Technology Committee, 2022-2024
50th Anniversary Task Force, 2022-2025
Reimbursement for Behavioral and Psychological Treatments for Chronic Insomnia Disorder Presidential Committee, 2022-2024 (joint with SBSM)

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, 2020-2021
Outreach and Public Education Committee, Member, 2020-2021
Scientific and Clinical Position Statement Task Force 2020-2023
Executive Committee, 2020-2023
President, 2021-2022
Presidential Task Force on Digital Therapeutics Prescriptions, 2021-2022

Presidential Task Force on International Outreach and Collaboration, 2021-2022
Presidential Task Force on Insomnia Care Pathways, 2021-2022
Presidential Task Force on Sleep Coaching, 2021-2022
Presidential Task Force on Bylaws Revisions, 2021-2022
Presidential Task Force on ICSD Revisions, 2022
Presidential Task Force on CMS Remote Monitoring Codes, 2022
Immediate Past President, 2022-2023

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, 2020-2021
Committee on Scientific Session Programming, 2017-2018
Epi|Lifestyle Programming Committee, 2015-2020
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, 2020-2024
Presidential Advisory Committee on Cardiovascular Health, 2021-2022
Sleep Committee, Chair, 2023-2025
Sleep Committee, Past Chair, 2025-2026
Sleep Committee, Member, 2026-present

2014-present American Thoracic Society
Member, Sleep and Respiratory Neurobiology
Sleep Program Committee, 2015-2017
Sleep Research Network Programming Committee, 2021-2024
Abstract Reviewer, 2015-2019

2016-2020 American Psychological Association
Member

2018-present World Sleep Society
Member
Awards Committee, Member, 2026-present
International Scientific Committee, World Sleep 2025, 2027

2020-present Clinical and Counseling Sport Psychology Association
Member

2024-present European Sleep Research Society

Member

2024-present **European Insomnia Network**
Member

2025-present **Sleep Research Society Foundation**
Member, Board of Directors

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, Circadian, and Neuroscience Research, Executive Committee
2019-2020	College of Medicine, Psychiatry Chair Search Committee
2020-2021	Wellness and Retention Advisory Group, Student Success and Retention Innovation
2019-2025	Member, Graduate Research Degrees Committee, Nutritional Sciences Graduate Program, University of Arizona
2020-present	Psychiatry Department Search Committee
2020-2023	Psychiatry Diversity Advisory Committee (PsyDAC)

2021-2023	Committee on Conciliation (Vice Chair), University of Arizona
2024	Faculty, Arizona Approaches to Equity: Pandemics, Lungs, and Sleep, Programs for Inclusion and Diversity Among Individuals Engaged in Health-Related Research (PRIDE)
2024	Member, Academic Program Review Self-Study Committee, Clinical Translational Sciences Graduate Program, University of Arizona
2026-present	Appointment, Promotions, and Tenure Committee (College of Medicine – Tucson)
2026-present	Dean's Research Council (College of Medicine – Tucson)

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)
2012-2022	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 (New York University)
2022	Member, External Faculty Promotion Evaluation Committee, Reykjavík University, Iceland
2022-present	Faculty, Program to Increase Diversity in Behavioral and Sleep Research (University of Miami)
2025-2026	Faculty, International Olympic Committee (IOC) Diploma in Sports Pharmacy
2025-present	Faculty Advisory Board, Center for Translational Sleep and Circadian Science (University

of Miami)

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)
2018-2020	Sleep Monitoring Technology Working Group (Consumer Technology Association)
2018-present	Mental Health Consensus Conference (International Olympic Committee)
2019-present	Population Health and Methodology Committee (National Sleep Foundation)
2020-2022	Member, Expert Reference Group for Sleep and Health Evidence Review, Public Health England, (UK Ministry of State)
2020-2025	Member, Interdisciplinary Advisory Council (American Sleep Apnea Association)
2020-present	Member, Board of Advisors (Alliance of Sleep Apnea Partners)
2021-2024	Member, Sleep Health Disparities Task Force (National Sleep Foundation)
2022-2023	Member, Behavioral Subcommittee, NIH RECOVER Project PASC Intervention Prioritization Panel
2022-present	Member, Scientific Advisory Board (Project Sleep)
2022-2024	Member, Sleep Medicine Advisory Committee (American Board of Internal Medicine)
2023-present	Member, Sleep Task Force, US Olympic and Paralympic Committee
2024-present	Member, Napping Consensus Panel (National Sleep Foundation)
2025-present	Member, Napping in Athletes Consensus Panel (National Sleep Foundation)

Grant Reviews

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
2015-2021	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; Strategic Research Grant reviews, Chair, 2025-2026
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)
2020-2021	American Academy of Sleep Medicine Foundation COVID-19 Grant Review Panel
2020-present	American Academy of Sleep Medicine Foundation Diversity Supplement 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
2021	NIH, Mentored Career Development Award to Promote Faculty Diversity in Biomedical Research 2021/10 ZHL1 CSR-Z (O1) 1
2021	NIH, Archiving and Documenting Child Health and Human Development Data Sets CHHD-W / ZHD1 DSR-R

2022	NIH, Exploratory Clinical Trials of Mind and Body Interventions 2022/05 ZAT1SUP (03) 1
2022	University of Arizona College of Medicine Tucson Review Committee for "Spark" and FUTURRE grants
2022-present	NIH, Loan Repayment Program (LRP) Grants; NHLBI review, 2024-2025; CSR LRP-B review, 2026
2022	University of Miami PRIDE Program, Small Research Project (SRP) Grant Reviewer
2023-2024	NIH, NHLBI Special Emphasis Panel "Type-1 Diabetes and Sleep"; 2024 panel: Diabetes-Sleep and Cardiovascular Risk (R01/R34), ZHL1 CSR-Z (M2) 2
2023-2024	NIH, NIDA Diversity Scholars Network Grants
2024	UK Research and Innovation
2024	NIH, NIMH T32 Special Emphasis Panel
2025	NIH, ZRG1 F18-E (20) L - Fellowships: Epidemiology and Population Sciences
2025	NIH, ZHL1 CSR-K (A1) 1 – Loan Repayment Program Review
2025	NIH, ZHL1 CSR-D (M1) 2 – NHLBI SBIR/STTR Panel 3
2025	American Pistachio Growers
2025	Department of Veterans Affairs, Scientific Merit Review Panel 4 (HSR4)
2026	NIH, MESH Ad-Hoc Reviewer
2027	NIH, T16A Training and Career Development: Clinical Care, Treatment and Disease Management Panel, Ad-Hoc Reviewer

Advisory and Consultative Roles

Partner

2022-present	Hypknowledge LLC

Scientific Advisory Boards

2015-2024	FitBit (https://fitbit.com)
2016-2019	CurAegis Technologies (https://curaegis.com/)
2017-present	Natrol (https://www.natrol.com/)
2017-2022	NightFood (https://nightfood.com/)
2019-2020	Casper Sleep (https://casper.com/)
2020-2022	ChiliTechnology (https://www.chilitechnology.com/)
2023-present	Smartypants Vitamins (https://smartypantsvitamins.com)
2023-present	WNDR HLTH
2024	Celesta (https://www.celestaco.com/)

2025-present Google (https://google.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/)

2019-2021 Merck and Co. (https://www.merck.com/)

2020-2021 Athleta (https://athleta.gap.com/)

2025-present Google Health Advisory Panel (https://google.com)

2025 Participant, Growth and Development Scientific Advisory Board, Zarbee's

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/)

2014-2024 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://thriveglobal.com/)

2018-2024 Sleepopolis (https://sleepopolis.com/)

2018-present Rhinomed (https://www.rhinomed.global/)

2019	Vassar Athletics (https://www.vassarathletics.com/)
2019-2024	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/)
2021-2023	Idorsia (https://www.idorsia.com/)
2021-2023	LYMA (https://lyma.life/)
2021-present	Somni (https://www.puresomni.com/)
2021-2023	Simple Habit (https://www.simplehabit.com/)
2021-2025	happy.ai (https://happy.ai/)
2021	BioLoop (https://bioloopsleep.com/)
2022-2025	Canyon Ranch (https://canyonranch.com)
2022-2026	Eisai (https://eisai.com)
2024-present	Haleon (https://www.haleon.com/)
2024-present	Kenvue (https://www.kenvue.com/)
2025-present	Ozlo (https://ozlosleep.com)
2026-present	ResMed (https://resmed.com)
2026-present	ApniMed (https://apnimed.com/)

Editorial Contributions

Journal (Editorial Board):

2014-present	Inaugural Editorial Board	Sleep Health *Journal of the National Sleep Foundation*
2015-2023	Associate Editor	Sleep Health *Journal of the National Sleep Foundation*
2016-present	Editorial Board	SLEEP *Journal of the Sleep Research Society*
2017-present	Editorial Board	Sleep Medicine *Journal of the World Association of Sleep Medicine*
2018-present	Editorial Board	Behavioral Sleep Medicine *Journal of the Society of Behavioral Sleep Medicine*

2018-present	Editorial Board	Journal of Clinical Sleep Medicine *Journal of the American Academy of Sleep Medicine*
2018-present	Reviews Editor	SLEEP *Journal of the Sleep Research Society*
2018-present	Editorial Board	Frontiers in Neurology: Sleep and Circadian Rhythms
2019-present	Editorial Advisory Board	Journal of Sleep Research *Journal of the European Sleep Research Society*
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"
2022	Guest Editor, Current Sleep Medicine Reports, "Sleep and Athletic Performance"
2025	Guest Editor, Sleep Advances "Consumer Sleep Technology"

Journal (Peer Review)

PNAS, 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, Elsevier, Cambridge University Press, American Psychiatric Association Press

Listserves/Online Groups (Moderator):

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

Grants / Funding

Active Grants as PI

2026-2031 **Duerme Mejor: Promoting Sleep Health at the US-Mexico Border.** R01HL183250. National Heart, Lung, and Blood Institute. *Principal Investigator.* Award: $3,574,390.

2024-2029 **The Mind After Midnight: Mechanistic Examination of Nocturnal Wakefulness as a Suicide Risk Factor.** R01MH135978. National Institute of Mental Health. *Principal Investigator.* Award: $3,885,562.

Active Grants as Co-I

2026-2029 **Effects of Nocturnal Light Exposure on Melatonin in Breastmilk and Infant Sleep.** RFGA2026-003-006. Arizona Biomedical Research Centre. *Co-Investigator (PI: Lauren E. Hartstein, University of Arizona)*.

2025-2030 **Translational Light-Based Intervention Strategies for Improving Sleep and Circadian Health in Early Childhood.** K01HL181331. National Heart, Lung, and Blood Institute. *Role: Primary Mentor (PI: Lauren E. Hartstein, University of Arizona)*.

2025-2028 **Participant-Directed, Multimodal Intervention for Symptom Efficacy – SLEEP**. Coors Foundation. *Co-Investigator (PI: Stephen Dahmer, University of Arizona).*

2023-2028 **Food Security and Cardiovascular and Metabolic Health.** R01HL164727. National Heart, Lung, and Blood Institute. *Co-Investigator (PI: Suzanna Martinez,* UCSF).

2023-2028 **Nuestro Sueno: Cultural Adaptation of a Couples Intervention to Improve PAP Adherence and Sleep Health Among Latino Couples with Implications for Alzheimers Disease Risk.** R61AG084477-01. National Institute on Aging. *Co-Investigator (MPIs: Kelly Baron, University of Utah and Wendy Troxel, RAND).*

2023-2028 **Assessing Clinical Effectiveness and Implementation of Worksite Sleep Health Coaching in Firefighters.** R01HL162799. National Heart, Lung, and Blood Institute. *Co-Investigator (PI: Patricia Haynes, University of Arizona).*

2021-2026 **Restoring Equitable Sleep Time in Kentucky Communities (REST-KY).** R01MD016236. National Institute on Minority Health and Health Disparities. *Co-Investigator (PI: Mairead Moloney, University of Kentucky).*

2021-2026 **The Role of Sleep in Cardiovascular Health Among Men Living with HIV.** R01HL156788. National Heart, Lung, and Blood Institute. *Co-Investigator (PI: Brett Millar, Rutgers University).*

Submitted Grants as PI/MPI

Submitted **Physical Health, Environment, Neuropsychology and Sleep in Alzheimer's Risk at the US-Mexico Border (PENSAR).** R01AG105844. National Institute on Aging. Principal Investigator. Requested total: $7,048,814

Submitted **Mechanistic Examination of Latinx Disparities in Nocturnal Wakefulness as a Suicide Risk Factor.** R01MH146891. National Institute of Mental Health. Principal Investigator.

Requested total: $5,699,053.

Submitted **Developing Independent Investigators in Patient-Oriented Behavioral Sleep and Circadian Health Research.** K24HL195726. National Heart, Lung, and Blood Institute. Principal Investigator. Requested total: $608,580.

Submitted **Implementing CBT-I with Sleep Extension to Improve Cardiovascular Health in Primary Care Patients with Insomnia and Short Sleep Duration.** National Institute of Diabetes, Digestive and Kidney Diseases. Requested total: $6,111,882.

Submitted **Multidimensional Understanding of Sleep Enhancement.** EST-5173. Advanced Research Projects Administration for Health. Total requested: $36,146,867.

Completed Grants

2023-2025 **Sleep Disorders Education in Families at the US-Mexico Border. Harmony Biosciences, Co-Investigator** (PI: Suzanne Gorovoy, University of Arizona).

2022-2025 **Regulating Mood and Suicidal Ideation with Morning Light Exposure Treatment.** W81XWH2210990. Department of Defense. Co-Investigator (PI: William D. S. Killgore, University of Arizona).

2024-2025 **Population Sleep Health Research for Hypersomnia Disorders.** Wake Up Narcolepsy. *Principal Investigator.* Award: $5,000.

2023-2025 **Platicamos Sueño: Sleep Health Among Promotoras at the US-Mexico Border.** Harmony Biosciences. *Principal Investigator.* Award: $49,999.

2020-2025 **Using Sleep Health to Optimize Smoking Cessation Treatment Response in HIV-Positive Adults.** R01DA051321. National Institute on Drug Abuse. *Principal Investigator (MPI, with Freda Patterson, University of Delaware and Elizabeth Connick, University of Arizona).* Award: $3.8M.

2020-2025 **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. *Principal Investigator (for Tommy Begay).* Award: $250,000.

2019-2025 **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 on Minority Health and Health Disparities. *Principal Investigator.* Award: $111,494.

2018-2025 **Sleep and Cardiometabolic Health Disparities at the US/Mexico Border: The Nogales Cardiometabolic Health and Sleep (NoCHeS) Study.** R01MD011600. National Institute on Minority Health and Health Disparities. *Principal Investigator.* Award: $3.5M.

2024-2025 **Arizona Sleep and Circadian Research**. University of Arizona Bio5 Institute. *Principal Investigator.* Award: $15,000.

2023-2024 **Mechanisms Driving Unhealthy Food Choices During Nocturnal Wakefulness.** University of Arizona SensorLab. *Principal Investigator.* Award: $50,000.

2023-2024 **The Mind and Appetite After Midnight.** Institute for Mental Health Research. *Principal Investigator.* Award: $50,000.

2023-2024 **Family Sleep and Nutritional Health at the US-Mexico Border.** University of Arizona Bio5. *Principal Investigator (MPI, with Ann Skulas-Ray, University of Arizona).* Award: $49,800.

2021-2023 **Insomnia as a Marker for Suicide Risk in Military Service Members.** Military Service Research Consortium. *Principal Investigator (MPI, with Fabian-Xose Fernandez, University of Arizona).* Award: $124,042.

2020-2023 **PAC-12 Student Athlete Health and Well-Being Mental Health Coordinating Unit (MHCU).** PAC-12. *Co-Investigator (PI: Daniel Taylor, University of Arizona).* Award: $702,000

2020-2023 **Sleep and Cognition among Latinx Midlife Adults At-Risk for Alzheimer's Disease.** U54MD01239304S1. National Institute on Minority Health and Health Disparities. *Consultant (PI: Shanna Burke, Florida International University).*

2019-2021 **Integrated Tele-Sleep Mobile Platform**. Department of Defense. *Consultant (PI: Emerson Wickwire).*

2019-2022 **Three Approaches to Maintenance Therapy for Chronic Insomnia in Older Adults.** R01AG054521. National Institute on Aging. *Co-Investigator (PI: Michael Perlis).*

2019-2021 **Promoting Sleep Health in Business Students: Impact on Sleep, Mental Well-Being, and Productivity.** University of Arizona, Eller College of Business. *Principal Investigator (MPI, with Amy Athey).* Award: $5,000.

2019-2023 **Community-Level Daytime Sleepiness: Social-Environmental Determinants, Consequences, and Impact of Sleep Apnea.** Jazz Pharmaceuticals. *Principal Investigator.* Award: $153,000.

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).*

2018-2022 **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

2018-2020 **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

2018-2019 **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: Sairam 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. *Principal Investigator*. Award: $803,790.

2012-2015 **Cardiovascular and Metabolic Functioning in Habitual Short Sleepers.** 12SDG9180007. Scientist Development Grant. American Heart Association. *Principal Investigator*. Award: $308,000.

2012-2014 **Institute for Translational Medicine and Therapeutics Fellowship Award.** University of Pennsylvania CTSA; L1RR024134. *Principal Investigator*. 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. *Co-Investigator (PI: Michael Perlis)*.

2012-2013 **Attention Bias As An Etiologic Factor In Primary And Secondary Insomnia.** 5R01MH077900. National Institute of Mental Health. *Co-Investigator (PI: Michael Perlis).*

2010-2012 **Health and Performance Outcomes Associated with Short Sleep Duration.** University of Pennsylvania CTSA; UL1RR024134, National Center for Research Resources, NIH. *Principal Investigator*. Award: $20,000.

2010-2011 **Sleep Extension for Short Sleepers.** University of Pennsylvania CTSA; `, National Center for Research Resources, NIH. *Co-Investigator (PI: Allan I. Pack)*. 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. *Co-Investigator (PI: Allan I. Pack)*. Award: $26,600.

2008-2010 **CTRC Clinical Research Award.** University of Pennsylvania CTSA; UL1RR024134, National Center for Research Resources, NIH. *Co-Investigator (PI: Allan I. Pack)*. Award: $3,200.

2008-2009 **Population Burden of Sleep Disturbance – Biostatistical Support Award.** Center for Sleep and Respiratory Neurobiology. *Principal Investigator*. Award: $6,000.

Litigation Support / Expert Witness Experience

2014	First Circuit Court, State of Hawaii Issues: Sleep loss, shift work, fatigue management
2015-2018	Maricopa County, State of Arizona Issues: Sleep deprivation, shift work, sleepiness, decision-making
2016-2017	District of Arizona Issues: Parasomnias, sleep deprivation, memory
2017-2018	United States District Court, Northern District of California Issues: Technology, wearables, validation/accuracy
2017-2018	Maricopa County, State of Arizona Issues: Parasomnias, sleepwalking, behavior, memory
2018-2020	Maricopa County, State of Arizona Issues: Sleep deprivation, behavior, decision-making
2019-2021	Maricopa County, State of Arizona Issues: Sleep disorders, sleep deprivation, substances
2021-2026	Maricopa County, State of Arizona Issues: Sleep deprivation, psychiatric comorbidities, sleep disorders, insomnia
2021-2023	Maricopa County, State of Arizona Issues: Insomnia, parasomnias, sleep deprivation, psychiatric comorbidity
2022	Pima County, State of Arizona Issues: Parasomnias, substance use, sleep disorders
2022-2023	Clark County, State of Nevada Issues: Fatigue, sleep deprivation
2022-2023	United States District Court for the District of South Carolina, Charleston Division Issues: Sleep disorders, sleep deprivation, motor vehicle safety
2023-2025	Clark County, State of Nevada Issues: Fatigue, sleep deprivation, motor vehicle safety
2026-present	Maricopa County, State of Arizona Issues: Sleep deprivation, sleep disorders, decision making

Patents

Awarded

Grandner, M., & Perlis, M. (2022). Systems and methods for sleep optimization (U.S. Patent No. 11,382,560). U.S. Patent and Trademark Office. https://image-ppubs.uspto.gov/dirsearch-public/print/downloadPdf/11382560

Grandner, M., & Perlis, M. (2024). Systems and methods for sleep optimization (U.S. Patent No. 11,957,480). U.S. Patent and Trademark Office. https://image-ppubs.uspto.gov/dirsearch-public/print/downloadPdf/11957480

Grandner, M., Fernandez, F., Alexander, B., & Pau, S. K. H. (2026). Blue enhancer glasses (U.S. Patent No. 12,761,504). U.S. Patent and Trademark Office. https://image-ppubs.uspto.gov/dirsearch-public/print/downloadPdf/12761504

Alexander, B., Fernandez, F., **Grandner, M.**, & Pau, S. K. H. (2026). Colored blue blockers (U.S. Patent No. 12,736,837). U.S. Patent and Trademark Office. https://image-ppubs.uspto.gov/dirsearch-public/print/downloadPdf/12736837

Alexander, B., Fernandez, F., **Grandner, M.**, & Pau, S. K. H. (2026). Melanopsin blocker (U.S. Patent No. 12,693,553). U.S. Patent and Trademark Office. https://image-ppubs.uspto.gov/dirsearch-public/print/downloadPdf/12693553

Fernandez, F., **Grandner, M.**, Alexander, B., & Pau, S. K. H. (2026). Circadian rhythm restoring blue blockers (U.S. Patent No. 12,742,980). U.S. Patent and Trademark Office. https://image-ppubs.uspto.gov/dirsearch-public/print/downloadPdf/12742980

Published Patent Applications

Fernandez, F., **Grandner, M.**, Mason, B. J., & Pau, S. K. H. (2024). Green enhancer glasses (U.S. Patent Application Publication No. 2024/0377656 A1). U.S. Patent and Trademark Office. https://image-ppubs.uspto.gov/dirsearch-public/print/downloadPdf/20240377656

Kennedy, K. E. R., **Grandner, M.**, Fernandez, F., & Skulas-Ray, A. (2026). Systems and methods utilizing physiological signals to alter behavior (U.S. Patent Application Publication No. 2026/0076620 A1). U.S. Patent and Trademark Office. https://image-ppubs.uspto.gov/dirsearch-public/print/downloadPdf/20260076620

Peer-Reviewed Publications

2004

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*(2): 239-241. DOI: 10.1097/01.psy.0000107881.53228.4d. PMCID: PMC3687531.

2005

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 [ISRCTN55452501]. *BMC Psychiatry*, 5: 41. DOI: 10.1186/1471-244X-5-41. PMCID: PMC1298312.

3. Loving, R. T., Kripke, D. F., Knickerbocker, N. C., and **Grandner, M. A.** (2005). Bright green light treatment of depression for older adults [ISRCTN69400161]. *BMC Psychiatry*, 5: 42. DOI: 10.1186/1471-244X-5-42. PMCID: PMC1309618.

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*(3): 152-155. DOI: 10.1007/s00484-004-0227-1.

2006

5. **Grandner, M. A.,** Kripke, D. F., and Langer, R. D. (2006). Light exposure is related to social and emotional functioning and to quality of life in older women. *Psychiatry Research*, 143(1): 35-42. DOI: 10.1016/j.psychres.2005.08.018. PMCID: PMC3685148.

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(2): 129-139. DOI: 10.1111/j.1479-8425.2006.00207.x. PMCID: PMC3399671.

2007

7. **Grandner, M. A.**, and Drummond, S. P. (2007). Who are the long sleepers? Towards an understanding of the mortality relationship. *Sleep Medicine Reviews*, 11(5): 341-360. DOI: 10.1016/j.smrv.2007.03.010. PMCID: PMC3755488.

2010

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. DOI: 10.1016/j.smrv.2009.07.006. PMCID: PMC2856739.

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): 180-184. DOI: 10.1016/j.sleep.2009.07.014. PMCID: PMC2819566.

10. **Grandner, M. A.**, Patel, N. P., Gehrman, P. R., Perlis, M. L., and Pack, A. I. (2010). Problems associated with short sleep: bridging the gap between laboratory and epidemiological studies. *Sleep Medicine Reviews,* 14(4): 239-247. DOI: 10.1016/j.smrv.2009.08.001. PMCID: PMC2888649.

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 complaints. *Sleep Medicine*, 11(5): 470-478. DOI: 10.1016/j.sleep.2009.10.006. PMCID: PMC2861987.

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. DOI: 10.1186/1471-2458-10-475. PMCID: PMC2927542.

2011

13. **Grandner, M. A.**, Patel, N. P., Perlis, M. L., Gehrman, P. R., Xie, D., Sha, D., Pigeon, W. R., Teff, K., Weaver, T., and Gooneratne, N. S. (2011). Obesity, diabetes, and exercise associated with sleep-

related complaints in the American population. *Zeitschrift Fur Gesundheitswissenschaften,* 19(5): 463-474. DOI: 10.1007/s10389-011-0398-2. PMCID: PMC3392306.

2012

14. **Grandner, M. A.**, Hale, L., Jackson, N., Patel, N. P., Gooneratne, N. S., and Troxel, W. M. (2012). Perceived racial discrimination as an independent predictor of sleep disturbance and daytime fatigue. *Behavioral Sleep Medicine, 10(4): 235-249.* DOI: 10.1080/15402002.2012.654548. PMCID: PMC3434973.

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.* DOI: 10.1111/j.1365-2869.2011.00990.x. PMCID: PMC3703752.

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. DOI: 10.5664/jcsm.1668. PMCID: PMC3266332.

17. **Grandner, M. A.**, Martin, J. L., Patel, N. P., Jackson, N. J., Gehrman, P. R., Pien, G., 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. DOI: 10.5665/sleep.1704. PMCID: PMC3274341.

18. Altman, N. G., Izci-Balserak, B., Schopfer, E., Jackson, N., Rattanaumpawan, 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.* DOI: 10.1016/j.sleep.2012.08.005. PMCID: PMC3527631.

19. Gooneratne, N. S., Edwards, A. Y., 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*. DOI: 10.1111/j.1600-079X.2011.00958.x. PMCID: PMC3682489.

2013

20. **Grandner, M. A.**, Buxton, O. M., Jackson, N., Sands-Lincoln, 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): 769-779E. DOI: 10.5665/sleep.2646. PMCID: PMC3624831.

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: 71-80. DOI: 10.1016/j.appet.2013.01.004. PMCID: PMC3703747.

22. **Grandner, M. A.**, Kripke, D. F., Elliott, J., and Cole, R. (2013). Short wavelength light administered just prior to waking: a pilot study. *Biological Rhythm Research*, 44(1): 13-32. DOI: 10.1080/09291016.2011.632578. PMCID: PMC3529958.

23. **Grandner, M. A.**, Patel, N. P., Jean-Louis, G., Jackson, N., Gehrman, P. R., Perlis, M. L., and Gooneratne, N. S. (2013). Sleep-related behaviors and beliefs associated with race/ethnicity in women. *Journal of the National Medical Association,* 105(1): 4-15. DOI: 10.1016/s0027-9684(15)30080-8. PMCID: PMC3759527.

24. **Grandner, M. A.**, Petrov, M. E., Rattanaumpawan, P., Jackson, N., Platt, A., and Patel, N. P. (2013). Sleep symptoms, race/ethnicity, and socioeconomic position. *Journal of Clinical Sleep Medicine,* 9(9): 897-905; 905A-905D. DOI: 10.5664/jcsm.2990. PMCID: PMC3746717.

25. **Grandner, M. A.**, Sands-Lincoln, M. R., Pak, V. M., and Garland, S. N. (2013). Sleep duration, cardiovascular disease, and proinflammatory biomarkers. *Nature and Science of Sleep,* 5: 93-107. DOI: 10.2147/NSS.S31063. PMCID: PMC3724567.

26. Chakravorty, S., **Grandner, M. A.**, Kranzler, H. R., 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. *The American Journal on Addictions*, 22(3): 266-270. DOI: 10.1111/j.1521-0391.2012.12009.x. PMCID: PMC4393849.

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8. **Grandner, M. A.** (2018) How to beat stress and conquer sleep this holiday season (It's the gift that keeps on giving). *Fitbit Health Solutions Blog,* December 13, 2018. https://healthsolutions.fitbit.com/blog/how-to-beat-stress-and-conquer-sleep-this-holiday-season-its-the-gift-that-keeps-on-giving/
9. **Grandner, M.** (2018). Sleep to your heart's content. *Sarver Heart Center Newsletter,* Summer 2018. https://heart.arizona.edu/heart-health/prevention/sleep-your-hearts-content
10. **Grandner, M. A.** (2019). Helping students navigate campus life. *The Healthy Dose*, August, 2019. https://uahs.arizona.edu/blog/2019-08-29/helping-students-navigate-campus-life
11. Sharkey, K., Baron, K., Duffy, B., **Grandner, M.**, Saletin, J., Spencer, R., and Hogenesch, J. (2020). Pandemic sleep advice straight from experts. *Elemental,* March 25, 2020. https://elemental.medium.com/pandemic-sleep-advice-straight-from-sleep-researchers-63cc2095f577
12. **Grandner, M. A.** (2020). Get some rest: A Brief guide for those on the COVID-19 front lines. *Medium,* April 1, 2020. https://medium.com/@grandner/get-some-rest-a-brief-guide-for-those-on-the-covid-19-front-lines-ff2a5820cae0
13. **Grandner, M. A.** (2020). The Night Before Christmas: Getting Your Kids (And Yourself) Sleep on Christmas Eve. *Medium,* December 22, 2020. https://grandner.medium.com/the-night-before-christmas-5d4c5e13a80d
14. Rosenberg, E., and **Grandner, M. A.** (2021). World sleep day: How does Israel fare when it comes to sleep behaviors? *The Jerusalem Post,* March 17, 2021. https://www.jpost.com/opinion/world-sleep-day-how-does-israel-fare-when-it-comes-to-sleep-behaviors-662344
15. Kwon, Y., Surkin, L., **Grandner, M. A.**, and Healy, W. J. (2026). Incorporating cardiovascular care into sleep practice. *Montage*, 2026: 1, 8-9.

Instruments, Assessment Tools, and Translations

1. **Grandner, M. A.** Brief Index of Sleep Control (BRISC). Validation publication: Grandner et al. (2020); DOI: 10.1016/j.sleh.2020.01.013.
2. **Grandner, M. A.** Brief Index of Sleep Control (BRISC), Spanish Version
3. **Grandner, M. A.** Assessment of Sleep Environment (ASE). Validation publication: Grandner et al. (2022); DOI: 10.3390/ijerph192013599.
4. **Grandner, M. A.** Assessment of Sleep Environment (ASE), Spanish Version
5. **Grandner, M. A.**, Jackson, N. J., Gooneratne, N., and Patel N. P. The Sleep Practices and Attitudes Questionnaire (SPAQ). Validation publication: Grandner et al. (2014); DOI: 10.1080/15402002.2013.764530.
6. **Grandner, M. A.** Sleep Practices and Attitudes Questionnaire (SPAQ), Spanish Version
7. **Grandner, M. A.** Banner Sleep Diary
8. **Grandner, M. A.** Banner Primary Care Sleep Diary
9. **Grandner, M. A.** Banner Sleep Diary, Spanish Version
10. Kay, M., **Grandner, M. A.**, Watson, N. F., and Kientz, J. A. The Touchscreen Psychomotor Vigilance Task for Android (PVT-Touch)
11. **Grandner, M. A.** Work Habits and Timing (WHAT) Questionnaire
12. **Grandner, M. A.** Comprehensive Assessment of Sleep Experiences and Symptoms (CASES)
13. **Grandner, M. A.** Sleep Timing Questionnaire (STQ), Spanish Version
14. **Grandner, M. A.** Multivariable Apnea Prediction Index (MAPI), Spanish Version
15. **Grandner, M. A.** Three-Factor Eating Questionnaire, Spanish Version
16. **Grandner, M. A.** and Fernandez-Mendoza, J. Insomnia Severity Index (ISI), Mexican Spanish Version

Other Publications

1. **Grandner, M. A.** (2001). *REM latency as a predictor of personality factors in Major Depression.* (Honors Thesis, University of Rochester, 2001). Thesis Advisor: Donna Giles PhD.
2. **Grandner, M. A.** (2004). *Inpatient Group Psychotherapy Manual.* [Manual]. San Diego, CA: Neurobehavioral Medicine Unit, UCSD Medical Center.
3. **Grandner, M. A.** (2005). *Light Exposure is Related to Social and Emotional Functioning and Quality of Life in Postmenopausal Women.* (Masters Thesis, San Diego State University, 2005). Thesis Advisor: Daniel Kripke MD.
4. **Grandner, M. A.** (2007). *Sleep, Mood and Circadian Responses to Bright Green Light During Sleep.* (Doctoral Dissertation, University of California, San Diego and San Diego State University, 2007). Thesis Advisor: Daniel Kripke MD.
5. **Grandner, M. A.** (2007). *Healthy Sleep: A Group-Based Intervention for Behavioral Medicine.* [Manual].

La Jolla, CA: Behavioral Medicine Program, San Diego VA Healthcare System.

6. **Grandner, M. A.** (2014). *Sleep Duration, Pro-Inflammatory Markers, and Metabolic Hormones.* (Masters Thesis, University of Pennsylvania, 2014). Thesis Advisor: Allan Pack MBChB PhD.

Invited Lectures: Extramural

(* =international)

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

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, Indiannapolis, 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 *Marijana 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 Foodball.* Department of Athletics, Texas Tech University, Lubbock, TX.

7/28/2017 *Sleep, Health and Performance: Masic 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 Cardiovasculer 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 on Minority Health and Health Disparities, Rockville, MD.

6/21/2018 *Causes and Consequences of Sleep Disparities: Key Areas and Research Directions.* National Institute on 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 Heath 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 Antono, 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 Disparties.* 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, Philadlephia, 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, an 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.

1/27/2021 *Sleep and Athletes.* Association of Applied Sport Psychology, Online.

1/28/2021 *Sleep Health Disparities.* Henry Ford Health System, Detroit, MI.

2/22/2021 ***Sleep, Health, and Society.* University College, London. London, England.

3/9/2021 ***Translating Research into Policy.* University of Toronto. Toronto, Canada.

3/9/2021 ***Sleep, Health, Society, and Technology.* University of Cambridge, Cambridge, England.

3/11/2021 *Updates on Insomnia: A Focus on Orexin Receptor Antagonism.* Clinical Care Solutions, Reston, VA.

3/17/2021 *Sleep Your Way to Living Well.* TIAA, Charlotte, NC.

3/26/2021 *Sleep and Sports.* Society for Neurosports, Deerfield Beach, FL.

4/13/2021 *Sleep, Health, and Mental Well-Being.* University of California, San Diego, La Jolla, CA.

4/21/2021 *Sleep and Immune Health: Implications for Wellbeing and Supplements.* NutraIngredients-USA, online.

4/29/2021 *Changes in Sleep Duration, Timing, and Variability During the COVID-19 Pandemic.* National Sleep Foundation, Washington, DC.

5/21/2021 *Developing and Implementing Sleep Programs in Athletics.* PAC-12 Conference, Online.

5/26/2021 *Sleep Apnea, Insomnia, and Mental Health.* American Sleep Apnea Association, Online.

6/15/2021 *Sleep and Cardiometabolic Health.* Johns Hopkins Medicine, Baltimore, MD.

7/6/2021 ***How Technology Keeps Us Awake at Night.* University of Cambridge, Cambridge, UK.

7/7/2021 ***Sleep, Health,a nd Society: Focus on the UK.* University College London, London, UK.

7/10/2021 *Sleep and Athletes.* American Orthopedic Society for Sports Medicine, Nashville, TN.

7/20/2021	*Social Determinants of Sleep.* New York University, New York, NY.
8/11/2021	*Sleep and Circadian Issues for Warfighters.* Collegiate and Professional Sports Dietitians Association, Online.
8/17/2021	*COVID and Insomnia.* VuMedi, Online.
8/19/2021	*Making Use of Social Media as a Research Scientist.* University of Colorado, Boulder, Boulder, CO.
9/7/2021	***Sleep Health Technology: Past, Present and Future.* University of Oxford, Oxford, UK.
9/14/2021	*Writing Specific Aims.* American Academy of Sleep Medicine, Darien, IL.
9/14/2021	*Sleep Science and the Role of Nutrition in Sleep Health.* Smartypants Vitamins, Los Angeles, CA.
9/23/2021	*Getting Back to In-Person Work: Optimizing Sleep for Health and Performance.* Comcast, Philadelphia, PA.
10/8/2021	*Sleep, Health, and Well-Being.* Stavis & Cohen, Houston, TX.
10/18/2021	*Impact of Non-Breathing Sleep Disorders On Pulmonary Disease.* American College of Chest Physicians, Online.
11/9/2021	*Insomnia as a Marker for Suicide.* Military Suicide Research Consortium, Online.
11/12/2021	*Sleep and Dreams During the COVID-19 Pandemic.* New Jersey Sleep Society, Princeton, NJ.
11/12/2021	*Sleep Health technology: Wearable Devices – What Is Their Value?* New Jersey Sleep Society, Princeton, NJ.
11/20/2021	***Sleep & Dreams: La salud del sueño durante la pandemia de COVID-19.* Mexican Sleep Society, Guadalajara, Jalisco, Mexico.
11/30/2021	*Introduction to the Science of Sleep.* NuSkin, Provo, UT.
1/22/2022	*Integrating Feedback Into Your Grant.* American Academy of Sleep Medicine SOAR Program, Miami, FL.
2/17/2022	*Sleep Science and the Role of Nutrition in Sleep Health.* Supply Side Education Series, Online.
2/18/2022	*Sleep and Health Disparities: Implications for Cancer Care.* Moffitt Cancer Center, Tampa, FL.
3/12/2022	***Social Environment and Sleep HealtH Disparities Across the Globe.* World Sleep Society, Rome, Italy.
3/14/2022	***The Future of Sleep Health Technology for Population Sleep Health.* World Sleep Society, Rome, Italy.
3/15/2022	***Nocturnal Wakefulness as a Suicide Risk Factor.* World Sleep Society, Rome, Italy.
3/15/2022	*Sleep and Performance: Basic Concepts and Applications for Baseball.* Milwaukee Brewers, Phoenix AZ.

4/8/2022	*Sleep During the Early Months of the COVID-19 Pandemic.* Society of Behavioral Medicine, Baltomire, MD.
5/16/2022	*COMISA: How to Diagnose and Treat Insomnia Comorbid with Obstructive Sleep Apnea.* American Thoracic Society, San Francisco, CA.
5/17/2022	*From Sleep Disparities to Sleep Health Equity.* American Thoracic Society, San Francisco, CA.
5/23/2022	***Sleep and Workplace Health.* Israeli Ministry of Health, Jerusalem, Israel.
5/23/2022	***Sleep and Emotional Resilience.* Israeli Ministry of Health, Jerusalem, Israel.
5/31/2022	*Sleep, Health, and Well-Being.* Hollow Brook Wealth Management, Westchester, NY.
6/2/2022	*Sleep and Cardiometabolic Health.* Johns Hopkins University, Baltimore, MD.
6/6/2022	*Sleep, The Internet, and Social Media.* Associated Professional Sleep Societies, Charlotte, NC.
6/7/2022	*Optimizing Sleep for Elite Performers: Translating the Science into Real-World Outcomes for Athletes, Special Forces, First Responders, Business Executives, and Others.* Associated Professional Sleep Societies, Charlotte, NC.
6/8/2022	*Moving past validation: Best practices for rapid but rigorous evaluation of technology to assess sleep and circadian health.* Associated Professional Sleep Societies, Charlotte, NC.
6/20/2022	*Developing and Submitting Successful Scientific Papers.* University of Miami, Miami, FL.
6/22/2022	*Use of Wearables in Sleep and Wellness.* University of Miami, Miami, FL.
6/30/2022	*Social Determinants fo Sleep.* University of Miami, Miami, FL.
7/20/2022	*Being an Expert Witness.* Society of Behavioral Sleep Medicine, Online.
8/21/2022	*The Quest for Sleep Panel Discussion,* Ruder-Finn Inc., Tucson, AZ.
8/23/2022	*Sleep and Heart Health,* University of Tennessee Health Science Center, Memphis, TN.
9/9/2022	*Science Communication and Sleep,* Society of Behavioral Sleep Medicine, Online.
9/12/2022	*Sleep and Cardiometabolic Health,* American Health Insurance Plans Annual Meeting, Nashville, TN.
9/14/2022	*Sleep and Heart Health,* Mended Hearts Foundation, Leesburg, GA.
9/21/2022	*Melatonin Supplementation: Key Concepts and Emerging Ideas*, Consumer Health Products Association, Bethesda, MD.
9/22/2022	*Harmonizing Sleep Data Across Large-Scale Population Studies,* National Institutes of Health, Bethesda, MD.
9/22/2022	*The Quest for Sleep Panel Discussion,* FMX Family Medicine Conference, Washington, DC.
9/28/2022	*Behavioral Approaches to Optimize Sleep for Performance,* Yale University, New Haven, CT.

9/30/2022	*Sleep Health and Life's Essental 8*, American Thoracic Society, Joint AHA-SRN Webinar, Online.
10/14/2022	***Behavioral Considerations to Optimize Sleep and Performance*, University College London, London, UK
10/17/2022	*Sleep and Heart Health,* WomenHeart Foundation, Washington, DC
10/19/2022	*Busting Sleep Myths*, Casper Sleep, Online
10/23/2022	*The Importance of Sleep*, Canyon Ranch, Tucson, AZ
10/25/2022	*Sleep, Diet, and Health*, Canyon Ranch, Tucson, AZ
10/26/2022	*Wearable Sleep Technology,* Canyon Ranch, Tucson, AZ
10/27/2022	*Getting Better Sleep,* Canyon Ranch, Tucson, AZ
11/4/2022	*Cognitive Behavioral Therapy for Complex Patients*, Society of Behavioral Sleep Medicine, Washington, DC
11/5/2022	*The Future of Behavioral Sleep Medicine,* Society of Behavioral Sleep Medicine, Washington, DC
11/5/2022	*The Future of Sleep Health Technology*, Society of Behavioral Sleep Medicine, Washington, DC
11/7/2022	*Sleep and Performance: Basic Concepts and Applications for Athletes*, University of Southern California, Los Angeles, CA
11/7/2022	*Sleep Optimization for Athletes,* University of Southern California, Los Angeles, CA
11/13/2022	*The Quest For Sleep Discussion Panel*, Ruder Finn Inc., Detroit, MI
11/15/2022	*Innovations in Sleep Supplements,* Smartypants Vitamins, Marina Del Rey, CA
11/15/2022	*Exploring White Spaces for Better Sleep Outcomes therough Maternal Life Stages,* Smartypants Vitamins, Marina Del Rey, CA
11/20/2022	*Sleep Health Technology: Past, Present, and Future,* Johns Hopkins University, Baltimore, MD
12/5/2022	*Nocturnal Wakefulness as a Suicide Risk Factor,* Technical University of Munich, Munich, GERMANY.
12/20/2022	***Wearable Sensor Technology in Athletics for Sleep and Performance*, FC Barcelona, Barcelona, Spain
1/20/2023	*Sleep: What Neuropsychologists Should Know,* AZ Neuropsychology, Tucson, AZ
1/22/2023	**An Overview of Evidence-Based Cognitive Behavioral Treatments for Insomnia, World Sleep Society*, Annual Meeting, Rio de Janeiro, BRAZIL.
1/22/2023	**Sleep Disturbances and Suicide Risk: What we Need to Do in Clinical Practice, World Sleep Society*, Annual Meeting, Rio de Janeiro, BRAZIL.
1/24/2023	**Potential Role of Sleep Instability in Mental Disorders and Suicide Risk, World Sleep Society, Annual Meeting, Rio de Janeiro, BRAZIL.*

1/30/2023	*Social and Behavioral Determinants of Sleep and Circadian Health.* Harvard University. Cambridge, MA.
2/8/2023	*Community-Engaged Research in Sleep Health. Black Men's Brain Health Conference., Phoenix, AZ.*
2/9/2023	*Narcolepsy and* Heart Health. Wake Up Narcolepsy. Online.
2/24/2023	*Sleep and Resilience.* NASA Ames Research Center, Mountain View, CA.
3/1/2023	***Adding*** *Sleep to Life's Essential 8. American Heart Association. Joint Scientific Sessions on Epidemiology and Prevention* and Lifestyle and Cardiometabolic Health, Boston, MA.
3/2/2023	***Life's*** *Essential 8. American Heart Association. Joint Scientific Sessions on Epidemiology and Prevention and Lifestyle and* Cardiometabolic Health, Boston, MA.
3/12/2023	****Sleep. Health, and Safety: Implications for Public Health.* Israel Ministry of Health, Jerusalem, ISRAEL.
3/14/2023	**Sleep-Enhancing Behaviors and Technologies.* Israeili Air Force, IAF Aeromedical Center, Ramat Gan, ISRAEL.
3/14/2023	**Strategic Implementation of Sleep and Circadian Insights: R&D Discussion.* Israeili Air Force, IAF Aeromedical Center, Ramat Gan, ISRAEL.
3/14/2023	****Sleep Health Technology: Past, Present,* and Future. Ichilov Hospital. Tel Aviv, ISRAEL.
3/14/2023	*Sleep and Performance: Basic Concepts and Applications for Baseball.* Milwaukee Brewers. Spring Training, Phoenix, AZ.
3/14/2023	***El*** *Sueño y Rendimiento: Los Conceptos Básicos y sus Aplicaciones para el Béisbol. Milwaukee Brewers. Spring Training,* Phoenix, AZ.
3/15/2023	****Sleep and Health Disparities in* Israel. Hebrew University and Hadassah Hospital. Jerusalem, ISRAEL.
3/16/2023	**Population Sleep Health Disparities: From Downstream Effects to Upstream Solutions. University of Haifa, School of Public Health*, Haifa, ISRAEL.
3/16/2023	**The Future* of Sleep Health Technology, Israel Society of Sleep Research, Annual Conference, Sde Boker, ISRAEL.
3/17/2023	**Sleep, Health, and Society, Israel Society of Sleep Research*, Annual Conference, Sde Boker, ISRAEL.
3/27/2023	*Sleep and Circadian Health*, Hypersomnia Foundation, UNIGHT Event, Online.
4/13/2023	*Sleep and Circadian Health*: Implications for population-level cardiometabolic and neurocognitive outcomes, University of California, San Diego, Chronobiology Conference, La Jolla, CA.
4/21/2023	*Sleep Science and the Role of Nutrition in Sleep Health – Trends and Opportnities,* Arizona Dairy Council, Annual Meeting, Phoenix, AZ.
4/24/2023	*The Importance of Sleep,* Canyon Ranch, Lenox, MA
4/25/2023	*Sleep, Diet, and Health,* Canyon Ranch, Lenox, MA

4/26/2023	*Wearable Sleep Technology,* Canyon Ranch, Lenox, MA
4/27/2023	*Getting Better Sleep,* Canyon Ranch, Lenox, MA
4/28/2023	*Sleep and Circadian Health: Implications for Cardiometabolic and Neurocognitive Outcomes,* Yale University, Center for Sleep, New Haven, CT.
5/2/2023	*Sleep and Health: Implications for Cardiometabolic Health and Neurocognitive Function,* Eastern Virginia Medical School, Waldholtz Family Wellness Series, Norfolk, VA.
5/16/2023	*Intersection of Insomnia and Cardiovascular Disease,* American Academy of Cardiovascular Sleep Medicine, Online.
6/2/2023	*Wearable Sleep Technology: Uses for Wearables in Research,* Sleep Research Society, Trainee Day, Indianapolis, IN.
7/19/2023	*Sleep and Performance: Basic Concepts and Applications for Baseball,* Major League Baseball, New York, NY.
8/8/2023	*The Mind and Mouth After Midnight: Investigating Neurocognitive Behaviors After Dark, Institute for Mental* Health Research, Phoenix, AZ.
8/16/2023	**Adaptación y Modificación de la Terapia Conductual Cognitiva para el Insomnio, Academia Mexicana de Medicine* del Dormir, Mexico City, MEXICO.
8/18/2023	*Wearable Technology* for Sleep, University of Chicago, Sleep Grand Rounds, Chicago, IL.
9/16/2023	*Sleep and Performance: Basic Concepts and Applications for NHL,* Arizona Coyotes, Phoenix, AZ.
9/29/2023	*Sleep as Part of Life's Essential 8: What Does this Mean for Sleep Medicine? Arizona Sleep Society,* Phoenix, AZ.
10/6/2023	*Developing Care Pathways for Insomnia, Alliance for Sleep,* Insomnia Care Pathways Consensus Meeting, Chicago, IL.
10/10/2023	*Sleep and Circadian Health,* American Diabetes Association, Ask the Experts, Online.
10/17/2023	*Sleep and Health at the US-Mexico Border,* National Institute on Minority Health and Health Disparities (NIMHD), Bethesda, MD.
10/17/2023	*The Importance of Sleep,* Casper Sleep, San Francisco, CA, Online.
10/18/2023	*Conducting Clinical Trials in Behavioral Sleep Medicine, University of Nevada,* Las Vegas, Clinical Trials Forum, Las Vegasde Janeiro, NV.
10/28/2023	*Sleep and Circadian Health: Social-Ecological Context, Behavioral Principles, and Tech-Enhanced Strategies,* American College of Lifestyle Medicine, Annual Meeting, Denver, CO.
11/2/2023	*Beyond Melatonin: Alternative Strategies and Ingredients for the Next Wave of Sleep Supplementation,* Smartypants Vitamins.
11/5/2023	*Advancing Actigraphy: Exploring Innovative Applications for Assessment of Functioning, **Society of Behavioral Sleep Medicine**, Annual Meeting, San Diego, CA.*

11/6/2023	*The Importance of Sleep*, Canyon Ranch, Tucson, AZ
11/7/2023	*Sleep, Diet, and Health*, Canyon Ranch, Tucson, AZ
11/8/2023	*Wearable Sleep Technology,* Canyon Ranch, Tucson, AZ
11/9/2023	*Getting Better Sleep,* Canyon Ranch, Tucson, AZ
11/12/2023	*Sleep and the Cardio-Neuro Axis: Prevention / Behavior / Lifestyle Perspectives and Novel Health Tech Interventions,* American Heart Association, Scientific Sessions, Philadelphia, PA.
11/12/2023	*If You Don't Snooze, You Lose,* American Heart Association, Scientific Sessions, Philadelphia, PA.
11/13/2023	*Sleep & Health Disparities: Progress and Future Perspectives,* Project Sleep, Sleep Advocacy Forum, Washington, DC.
11/14/2023	*Sleep and Circadian Health,* The White House, Sleep Health Convening, Washington, DC.
1/12/2024	*Better Sleep: Identifying Problems and Insomnia,* Chief Executives Organization, Tucson, AZ.
1/22/2024	**Sleep, Health and Society,* Canadian Sleep Consortium, Calgary, CANADA.
1/29/2024	*Wearables in Sleep Medicine,* Johns Hopkins University, Baltimore, MD.
2/13/2024	**Mental Health Consequences of Disrupted Sleep and Circadian Rhythms,* Institute of Neuroscience and Medicine, Brain and Behaviour, Jülich Research Centre, GERMANY.
3/12/2024	*Sleep, Health and Performance,* Anaheim Angels (Spring Training), Phoenix, AZ.
3/16/2024	*Wearable Sleep Technology,* Canyon Ranch, Woodside, CA
3/16/2024	*Sleep, Diet, and Supplements*, Canyon Ranch, Woodside, CA
3/17/2024	*Sleep and Health,* Canyon Ranch, Woodside, CA.
3/19/2024	*Developing a Career in Sleep and Health Research,* American Heart Association, Chicago, IL.
4/22/2024	*Innovations in Sleep and Circadian Science*, University of California, San Diego, La Jolla, CA.
4/24/2024	*Sleep and Circadian Interventions for Cardiovascular Resilience,* National Heart, Lung, and Blood Institute, Bethesda, MD.
4/27/2024	*Managing Your Mental Health in the Context of Hypersomnia Disorders*, Wake Up Narcolepsy, Seattle, WA.
5/8/2024	*Overview of Sleep and Sleep Health*, University of California, Los Angeles, Los Angeles, CA.
5/8/2024	*Sleep, Mental Health, and Diversity.* Major League Baseball, New York, NY.
5/15/2024	*Sleep and Health: Implications for Cardiometabolic Health and Neurocognitive Function,* Louisiana State University, New Orleans, LA.

5/18/2024	*Circadian-Based Cognitive Behavioral Therapy for Sleep Disorders,* Society for Biological Rhythms, San Juan, PR.
5/24/2024	*The Mind (And Appetite) After Midnight,* Institute for Mental Health Research, Phoenix, AZ.
5/31/2024	*Wearable Technology For Assessing and Improving Sleep in Athletes*, American College of Sports Medicine, Boston, MA.
6/2/2024	*Sleep Wearables: The Science Behind the Devices,* Hypersomnia Foundation, Houston, TX.
6/18/2024	*Writing and Publishing Papers Efficiently,* University of Miami, Miami, FL.
6/20/2024	*Wearable Technology for Sleep and Circadian Assessment,* University of Miami, Miami, FL.
6/20/2024	*Getting Your First NIH Grants and Career Development Awards*, University of Miami, Miami, FL.
6/27/2024	*Social Determinants of Sleep Health*, University of Miami, Miami, FL.
7/8/2024	*Sleep for Health and Wel-Being*, Canyon Ranch, Lenox, MA
7/9/2024	*Sleep Supplements*, Canyon Ranch, Lenox, MA
7/10/2024	*Identifying Insomnia and Sleep Disorders*, Canyon Ranch, Lenox, MA
7/11/2024	*Sleep Wearables*, Canyon Ranch, Lenox, MA
7/12/2024	*Take-Home Sleep Strategies*, Canyon Ranch, Lenox, MA
7/15/2024	*Sleep Health in the US Population,* US House of Representatives, Washington, DC.
8/1/2024	*Sleep and Circadian Health: Translational Science and Future Directions,* University of California, San Diego, La Jolla, CA.
8/26/2024	*Sleep Health Disparities*, Hypersomnia Foundation, Online.
9/10/2024	*Sleep and Circadian Health: Downstream Outcomes & Upstream Determinants*, University of California, Davis, Davis, CA.
9/13/2024	*Sleep, Dreams, and Consciousness*, Canyon Ranch, Woodside, CA.
10/4/2024	*Social and Societal Determinants fo Sleep Health*, American Academy of Sleep Medicine, Darien, IL.
10/15/2024	*Sleep and Circadian Health Technology,* LinkedIn, San Francisco, CA.
10/22/2024	*Optimizing Sleep Health*, DTE Energy, Online.
10/26/2024	**Insomnia and Mental Health,* SleepFest, Vilnius, LITHUANIA.
10/29/2024	*Sleep and Emotional Health,* DTE Energy, Online.
11/4/2024	*The Importance of Good Sleep: And How to Get More of It,* Michigan Tech University, Houghton, MI.
11/18/2024	*Sleep and Circadian Health: Potential for Innovations, **Haleon**,* La Jolla, CA.

12/6/2024	**Insomnia Impacts Across the Lifespan,* European Insomnia Network, Freiburg, GERMANY
1/6/2025	*Sleep and Circadian Health: New Frontiers in Well-Being and Technology*,CEO Organization, Tucson, AZ.
2/25/2025	*Sleep Health Tech: Wearables and Beyond,* American Thoracic Society ASPIRE Webinar.
3/12/2025	*Mentoring Diverse Trainees: Lessons and Insights,* American Academy of Sleep Medicine, Darien, IL.
3/12/2025	*Nocturnal Wakefulness as a Suicide Risk Factor,* Maryland Department of Public Health, Baltimore, MD.
3/15/2025	**Exploring the Relationship of Insomnia & COMISA with Stroke*, Canadian Sleep Society, Montreal, Quebec, CANADA.
3/16/2025	**Sleep and Circadian Health: Implications for Cardiometabolic & Mental Health*, Canadian Sleep Society, Montreal, Quebec, CANADA.
4/17/2025	*Introduction to Using Actigraphy and Other Wearables in Sleep Research,* American Academy of Dental Sleep Medicine, Las Vegas, NV.
5/30/2025	*Sleep and Cardiometabolic Health,* Johns Hopkins University, Baltimore, MD.
6/11/2025	**Sleep Disorders and Sleep Concerns*, International Olympic Committee, Lausanne, SWITZERLAND.
7/16/2025	*Getting Your First NIH Grants: K Awards and Beyond,* Translational Sleep and Circadian Sciences Center, Department of Psychiatry and Behavioral Sciences, University of Miami, Miami, FL.
7/18/2025	*Introduction to Using Actigraphy and Other Wearables in Sleep Research,* Translational Sleep and Circadian Sciences Center, Department of Psychiatry and Behavioral Sciences, University of Miami, Miami, FL.
7/22/2025	*Social Determinants of Sleep Health,* Translational Sleep and Circadian Sciences Center, Department of Psychiatry and Behavioral Sciences, University of Miami, Miami, FL.
9/5/2025	**Year in Review: Sleep and Health Disparities,* World Sleep Society, Singapore, SINGAPORE.
9/6/2025	**Sleep Health: Implications for Mental Health,* World Sleep Society, Singapore, SINGAPORE.
9/8/2025	**Insomnia and Advances in Artificial Intelligence,* World Sleep Society, Singapore, SINGAPORE.
9/9/2025	**How Patients Perceive and Use Consumer Sleep Technology,* World Sleep Society, Singapore, SINGAPORE.
9/10/2025	**Mental Health and Sleep in Athletes: Translation and Application to Industrial Settings and Shiftwork,* World Sleep Society, Singapore, SINGAPORE.
9/15/2025	*Sleep Interventions,* "Sleep in a Bottle Workshop," NIH Office of Dietary Supplements, Bethesda, MD.

9/15/2025	*Nutritional Sleep Interventions,* "Sleep in a Bottle Workshop," NIH Office of Dietary Supplements, Bethesda, MD.
11/2/2025	*Advancing Sleep Health,* Advocacy Forum, Project Sleep, Washington, DC.
11/10/2025	*Biosketches and Training Plans: Important Sections of Career Development Grants,* University of Miami, Miami, FL.
12/16/2025	*Healthy Sleep Habits,* Vytalogy Wellness, Los Angeles, CA.
5/13/2026	**Insomnia with Short Sleep Duration: Benefits of Systematic Sleep Time Extension (SSTE). European Insomnia Network Meeting, Rome, Italy.*
5/14/2026	**Let's WIN!: What About a World Insomnia Network? European Insomnia Network Meeting, Rome, Italy.*
6/16/2026	*Life's Essential 8 Meets Sleep: What Heart and Brain Health Means for OSA, Narcolepsy, RLS, and Insomnia. Invited symposium speaker, SLEEP 2026, Associated Professional Sleep Societies, Baltimore, MD.*
6/17/2026	*Media Training Workshop: Communicating Sleep and Circadian Science to the Public, the Media, and Journalists. Workshop Chair, SLEEP 2026, Associated Professional Sleep Societies, Baltimore, MD.*
8/18/2026	*Circadian Impact on Cardiometabolic Health. American Academy of Cardiovascular Sleep Medicine, online.*

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	*Sleep: A New Dimension in heart Health and Peak Performance.* Sarver Heart Center Board of Directors, Phoenix, AZ.
10/24/2017	*Social Determinants of Sleep.* Department of Medicine, University of Arizona, Tucson, AZ.
1/21/2018	*Sleep and Health Research,* Neuroscience Graduate Interdisciplinary Program, University of Arizona, Tucson, AZ.
8/23/2018	*What is Sleep? Overview of Normal Sleep Physiology and Behavior.* Behavioral Sleep Medicine Seminar Series, Department of Psychiatry, University of Arizona, Tucson, AZ.
9/6/2018	*Classification of Sleep Disorders.* Behavioral Sleep Medicine Seminar Series, Department of Psychiatry, University of Arizona, Tucson, AZ.
1/6/2020	*Sleep Hacking & Sleep Tracking: Getting the most out of your sleep for mental and physical performance.* Campus Health Seminar Series, University of Arizona, Tucson, AZ.
3/11/2020	*Sleep in older adults.* Geriatric Psychiatry Fellowship, Department of Psychiatry.
4/16/2020	*Actigraphy in Behavioral Sleep Medicine: History, Basics, and Applications for Behavioral Sleep Medicine.* Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
4/30/2020	*Sleep Health Disparities: Implications for Health Disparities.* Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
5/21/2020	*Sleep and Circadian Factors in Suicide Risk.* Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
6/4/2020	*Domestic Violence and Adverse Childhood Experience Related to Sleep Health.* Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
6/25/2020	*Bioethics considerations for Behavioral Sleep Medicine.* Behavioral Sleep Medicine Seminar Series, Department od Psychiatry.
7/6/2020	*Basics of sleep physiology and behavior.* Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
9/1/2020	*Introduction to Biostatistics for Physicians.* Department of Psychiatry.
9/30/2020	*Managing Fatigue, Sleep and Stress For Clinicians and Healthcare Professionals.* Grand Roiunds, Department of Psychiatry.
10/8/2020	*What is Behavioral Sleep Medicine? An Overview of the Field.* Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
12/3/2020	*Sleep and Athletics.* Behavioral Sleep Medicine Seminar Series, Department of Psychiatry.
1/18/2021	*Sleep Health Technology: Apps, Wearables, Nearables, Big Data, and the Future of Sleep Tech.* University of Arizona Health Sciences Tech Talk Tuesday.

1/19/2021	*Sleep and Mental Health: Implications for Disparities and Women's Health.* Sarver Heart Center.
1/28/2021	*Sleep and Health: Downstream Cardiometabolic and Neurocognitive Effects and Upstream Social and Behavioral Determinants.* University of Arizona College of Medicine Phoenix, Basic Biomedical Sciences Grand Rounds.
6/29/2021	*Conceptual Issues in Insomnia: Implications for* Behavioral Sleep Medicine. Grand Rounds, Department of Psychiatry.
7/1/2021	*Foundations of Translational Science for Sleep and Circadian Researchers and Clinicians. Behavioral Sleep Medicine* Seminar Series, Department of Psychiatry.
8/11/2021	*Iintroduction to Research Methods and Study Design.* Geriatric Fellowship, Department of Psychiatry.
8/18/2021	*Psychological Assessment.* Clinical Psychology Elective, Department of Psychiatry, College of Medicine.
10/18/2021	*Sleep, Health, and Well-Being.* Department of Psychology, University of Arizona.
1/14/2022	*Sleep Health, Technology, and Society.* University of Arizona Health Sciences.
2/17/2022	*CBTI for Patients who Failed CBTI.* Department of Psychiatry, University of Arizona.
3/7/2022	*Speaking Other Peopls's Languages: Communication in Team Science.* Eureka Institute, University of Arizona.
4/16/2022	*Sleep Wearables Workshop: Context and Rationale.* Department of Psychiatry, University of Arizona.
4/16/2022	*Sleep Wearables Workshop: Technology.* Department of Psychiatry, University of Arizona.
4/16/2022	*Sleep Wearables Workshop: Performance.* Department of Psychiatry, University of Arizona.
4/16/2022	*Sleep Wearables Workshop: Implementation.* Department of Psychiatry, University of Arizona.
4/16/2022	*Sleep Wearables Workshop: Best Practices.* Department of Psychiatry, University of Arizona.
4/16/2022	*Sleep Wearables Workshop: Special Considerations.* Department of Psychiatry, University of Arizona.
4/16/2022	*Sleep Wearables Workshop: Complex Cases and Situations.* Department of Psychiatry, University of Arizona.
5/12/2022	*Sleep and Supplements.* Department of Psychiatry, University of Arizona.
5/25/2022	*Sleep and Healthy Aging.* Inonvations in Health Aging, University of Arizona Health Sciences.
6/23/2022	*Bioethics Issues in Behavioral Sleep Medicine.* Department of Psychiatry, University of Arizona.
7/13/2022	*Conceptual Issues in Insomnia: Implications for Behavioral Therapy.* Department of Psychiatry, University of Arizona.

10/5/2022	*Developing a Research Project,* Department of Psychiatry, University of Arizona, Tucson, AZ.
10/18/2022	*Sleep Health: Implications for Cardiovascular Health Disparities,* Sarver Heart Center, University of Arizona, Tucson, AZ
1/5/2023	*Deconstructing and Moving Beyond Cognitive Behavioral Therapy for Insomnia,* Department of Psychiatry, University of Arizona, Tucson, AZ
1/26/2023	*Health Disparities: Integrating a Disparities Perspective into Research.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: Introduction and Overview.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: The Art and Science of the Specific Aims Page.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: Selling and Packaging a Grant.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: Research Strategy.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: Mentorship Teams and Mentorship Plan.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: Career Development Awards.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: Budgeting and Personnel.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: Supporting Sections.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: Strategy for Career Development Awards.* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/7/2023	*Grant Writing: Strategy for Research Project Grants.* Department of Psychiatry, University of Arizona, Tucson, AZ.
6/20/2023	*Bioethics Issues in Behavioral Sleep Medicine,* Department of Psychiatry, University of Arizona, Tucson, AZ.
7/19/2023	*Behavioral Sleep Medicine: A Field Facing Forward,* Department of Psychiatry, University of Arizona, Tucson, AZ.
9/11/2023	*Insomnia Disorder: Etiology, Pathophysiology, and Treatment,* Department of Psychiatry, University of Arizona, Tucson, AZ.
9/13/2023	*Writing Papers: Methods for Efficient Productivity,* Department of Psychiatry, University of Arizona, Tucson, AZ.
1/11/2024	*Sleep and Health Across the Lifespan,* Department of Psychiatry, University of Arizona, Tucson, AZ.
3/9/2024	*Insomnia and Sleep Health*, College of Medicine "Mini Med School," Tucson, AZ.

4/12/2024	*Behavioral Treatments for Insomnia,* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/4/2024	*Basics of Sleep,* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/4/2024	*Medications for Insomnia,* Department of Psychiatry, University of Arizona, Tucson, AZ.
6/20/2024	*Bioethics Implications in Behavioral Sleep Medicine*, Department of Psychiatry, Tucson, AZ.
7/24/2024	*Sleep and Health: Implications for Cardiometabolic Health and Neurocognitive Function in Surgeons*, Department of Surgery, University of Arizona.
7/24/2024	*Writing Academic Papers,* Department of Medicine, University of Arizona, Tucson, AZ.
7/24/2024	*Behavioral Therapies for Insomnia,* Department of Psychiatry, University of Arizona, Tucson, AZ.
10/5/2024	*Sleep and Health Research,* Center for Sleep, Circadian, and Neuroscience Research, University of Arizona, Tucson, AZ.
1/9/2025	*How to Get Better Sleep When You Don't Think You Have Time*, University of Arizona Campus Health, Tucson, AZ.
1/17/2025	*Perinatal Insomnia.* Department of Psychiatry, University of Arizona, Tucson, AZ.
1/30/2025	*Understanding Insomnia: Basic Concepts and Clinical Implications,* Department of Psychiatry, University of Arizona, Tucson, AZ.
4/16/2025	*Understanding Insomnia: Basic Concepts and Clinical Implications,* Department of Psychiatry, University of Arizona, Tucson, AZ.
5/19/2025	*The Assessment of Insomnia: Sleep Diaries, Questionnaires, Wearables,* Department of Psychiatry, University of Arizona, Tucson, AZ.
6/26/2025	*Bioethics implications in Behavioral Sleep Medicine,* Department of Psychiatry, University of Arizona, Tucson, AZ.
7/16/2025	*Insomnia and Behavioral Therapy,* Psychiatry Residency Program, Department of Psychiatry, University of Arizona, Tucson, AZ.
8/7/2025	*Behavioral Sleep Medicine,* BSMinar, Department of Psychiatry, University of Arizona, Tucson, AZ.
8/13/2025	*Sleep and Health for Surgeons: Sleep Deprivation in Context*, Grand Rounds, Department of Surgery, University of Arizona, Tucson, AZ.
9/17/2025	*Overview of Cognitive Behavioral Therapy for Insomnia,* Psychiatry Residency Program, Department of Psychiatry, University of Arizona, Tucson, AZ.
9/18/2025	*Pathways Linking Sleep Health and Mental Health,* BSMinar, Department of Psychiatry, University of Arizona, Tucson, AZ.
9/26/2025	*Sleep and Health Research,* Center for Sleep, Circadian, and Neuroscience Research, University of Arizona, Tucson, AZ.
8/6/2026	*When and How to Adapt or Modify CBT-I (And When Not To). Behavioral Sleep Medicine Seminar Series, University of Arizona, Tucson, AZ.*

10/10/2025 *Insomnia,* Sleep Medicine Grand Rounds, Department of Medicine, University of Arizona, Tucson, AZ.

12/18/2025 *Conducting an Initial Assessment / Intake in a BSM Clinic,* BSMinar, Department of Psychiatry, University of Arizona, Tucson, AZ.

Previous Institutions

5/30/2006 *Sleep, Mood and Circadian Responses to Bright Green Light During Sleep.* Department of Psychiatry, University of California, San Diego, La Jolla, CA.

2/22/2007 *Sleep, Mood and Circadian Responses to Bright Green Light During Sleep.* 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. D*epartment 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.

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.

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.

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.

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.

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.

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.

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.

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.

9/8/2016 *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.

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

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

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 Q^3 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.

4/3/2019 *Sleep, Health, and Society.* Nu Rho Sci Honors Society, University of Arizona, Tucson, AZ.

11/7/2019	*Sleep and Health.* Foundations in Health Psychology, Department of Psychology, University of Arizona, Tucson, AZ.
11/15/2019	*Sleep, Health, and Society.* Alpha Epsilon Delta Honor Society, University of Arizona, Tucson, AZ.
2/26/2020	*Sleep and Cardiometabolic Disease Risk.* PSY 478: Sleep and Sleep Disorders, Department of Psychology, University of Arizona, Tucson, AZ.
9/24/2020	*Sleep, Health, and Society.* PSY 587: Foundations in Health Psychology, Department of Psychology, University of Arizona, Tucson, AZ.
11/16/2020	*Sleep During the COVID Pandemic.* PSY 478 Sleep and Sleep Disorders. Department of Psychology, University of Arizona, Tucson, AZ.
9/22/2021	*Sleep, Health, and Society.* PSY 587: Foundations in Health Psychology, Department of Psychology, University of Arizona, Tucson, AZ.
4/18/2022	*Barriers to Implementation.* CTS 500: Fundamentals of Clinical Translational Science, University of Arizona, Tucson, AZ.
4/23/2022	*Health Disparities.* CTS 500: Fundamentals of Clinical Translational Science, University of Arizona, Tucson, AZ.
10/3/2022	*Insufficient Sleep and Cardiometabolic Risk,* PSY 478: Sleep and Sleep Disorders, Department of Psychology, University of Arizona.
4/15/2024	*Health Disparities. CTS 500: Translational Science,* Clinical and Translational Science Program, University of Arizona.
10/1/2024	*Sleep Health. PCOL 396: Special Topics in Pharmacy,* College of Pharmacy, University of Arizona, Tucson, AZ.
11/12/2025	*Sleep and Health: Cardiometabolic and Performance Implications. PSY596F*, College of Science, University of Arizona, Tucson, AZ.
11/25/2025	*Sleep, Health, and Society.* R25 Aging Program, College of Medicine, University of Arizona, Tucson, AZ.

Invited Lectures: Community and Public

5/28/2008	*Getting Sleep: Why It's Important and How to Make the Most of It.* Wawa Inc., Media, PA.
10/30/2008	*Getting Sleep: Why It's Important and How to Make the Most of It.* Riddle Hospital Group, Plymouth Meeting, PA.
11/5/2008	*Getting Sleep: Why It's Important and How to Make the Most of It.* Friends Life Car, Blue Bell, PA.
11/6/2008	*Getting Sleep: Why It's Important and How to Make the Most of It.* Friends Life Care, Blue Bell, PA.
2/18/2009	*Sleep, Health and Longevity.* CentraState Hospital, Freehold, NJ.

8/20/2009 *Sleep and Chronic Pain.* Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.

9/17/2009 *Sleep and Chronic Pain.* Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.

10/20/2009 *Normal Sleep in Infants and Toddlers.* Family Birthmark, Media PA.

10/27/2009 *Solving Sleep Problems*. Family Birthmark, Media PA.

11/3/2009 *Teaching Sleep*. Family Birthmark, Media PA.

11/10/2009 *Pediatric Sleep Disorders*. Family Birthmark, Media PA.

11/17/2009 *Healthy Sleep in Parents*. Family Birthmark, Media PA.

1/21/2010 *Sleep and Chronic Pain.* Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.

3/18/2010 *Sleep and Chronic Pain.* Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.

9/1/2010 *Normal Sleep in Infants and Toddlers.* Family Birthmark, Media PA.

9/8/2010 *Solving Common Infant and Toddler Sleep Problems*. Family Birthmark, Media PA.

9/15/2010 *Sleep Training Basics*. 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.

6/20/2013 *Healthy Sleep: Why It's Important and How To Get It.* Lincoln Investments, Lafayette Hill, PA.

10/31/2013 *Sleep and Healthy Aging.* Friends Life Care VigR Enrichment Workshop, Wilmington, DE.

11/14/2013 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, Wilmington, DE.

11/21/2013 *Sleep and Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, Wilmington, DE.

10/16/2014 *Sleep and Healthy Aging.* Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.

10/17/2014 Maximizing Sleep for Optimal Health and Performance. Lincoln Investments, Philadelphia, PA.

10/23/2014 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.

10/30/2014 *Sleep and Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.

10/20/2015 *The Truth about Sleep.* Online Personal Health Summit, Ultimate Human Foundation.

12/16/2016 *Sleep and Health Risks in the Community.* Mariposa Health Clinic, Nogales, AZ.

4/12/2017	*Sleep: for Peak Performance and Your Heart.* 30th Anniversary Community Lecture Series, Sarver Heart Center, Tucson, AZ.
8/10/2017	*Sleep, Health, and Functioning.* Science Café, Phoenix Public Library, Phoenix, AZ.
9/8/2017	*Sleep and Health*. Spirit of the Senses Salon Series, Phoenix, AZ.
1/5/2018	*Optimize Your Sleep for Health and Well-Being.* The Fountains, Tucson, AZ.
2/4/2019	*Sleep to your Heart's Content.* Tucson Women's Club, Tucson, AZ
2/13/2019	*Sleep to your Heart's Content.* Osher Lifelong Learning Institute, Tucson, AZ
3/9/2019	*How to Optimize Your Sleep with Sleep Tracking Devices.* National Sleep Foundation Sleep Show, Houston, TX.
5/7/2019	*Sleep Health And Non-Medication Treatments for Insomnia.* Arizona Senior Academy, Vail, AZ.
10/7/2019	*Are You Sleeping? The Importance of Sleep Health, and Relationships to Aging.* La Posada, Green Valley, AZ.
6/23/2020	*How to Get a Better Night's Sleep and Have More Energy in the Day.* Wellness Wednesdays, University of Arizona, Tucson, AZ.
3/2/2021	*Sleep and Dreams During the COVID-19 Pandemic.* Osher Lifelong Learning Institute, Tucson, AZ
4/16/2021	*Navigating Narcolepsy and Mental Health.* Wake Up Narcolepsy, Online.
4/28/2021	*What is Sleep Quality and Why is it Important for Health?* Kemin International, Online.
5/12/2021	*Sleep, Aging, and the Immune System.* Wellness Wednesdays, University of Arizona, Tucson, AZ.
5/19/2021	*The Brain and Sleep.* Kemin International, Online.
2/22/2022	*Mastering Sleep Health.* Somni, Online.
3/16/2022	*The Quest for Sleep: Discussion Panel.* Osmosis Films, Online.
5/3/2022	*Sleep and Health.* Rosette Law, Grand Rapids, MI.
3/10/2024	*Mastering Sleep*, Tucson Jewish Community Center, Tucson, AZ.
3/13/2025	*Communicating About Sleep and Sleep Disorders,* Writers Guild of America West, Hollywood, CA.
11/18/2025	*How Better Sleep Promotes Mental, Metabolic, and Cardiovascular Health*, WebMD, Virtual.
9/30/2026	*Sleep, Mental Health, and Self-Advocacy. NAMI Ask the Expert, National Alliance on Mental Illness, online.*

Students, Trainees, and Mentees

Postdoc (as Primary Supervisor / Mentor)

Rattanaumpawan, Pinyo	2010-2012	University of Pennsylvania
Ghani, Sadia	2019-2022	University of Arizona
Gorovoy, Suzanne	2020-present	University of Arizona
McDermott, Kelsey	2026-present	University of Arizona
Reichenberger, David	2026-present	University of Arizona

Doctoral Dissertation Committee Member

Lit Soo Ng	2012-2014	University of Pennsylvania, School of Nursing
Tubbs, Andrew*	2017-2021	University of Arizona, Neuroscience
Dollish, Hannah	2018-2022	University of Arizona, Neuroscience
Khader, Waliuddin*	2018-2022	University of Arizona, Psychology
Perry, Christopher	2018-2019	Arizona State University, Exercise Science
Doyle, Caroline	2019-2021	University of Arizona, Psychology
Glieberman, Peter	2019-2020	Antioch University Santa Barbara, Clinical Psychology
Chamberlain, Stihlyn*	2019-2021	University of Arizona, School Psychology
Kennedy, Kathryn*	2020-2024	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
Czeisler, Mark	2020-2021	Monash University
Rasmussen, Elizabeth*	2021-2025	University of Arizona, Clinical and Translational Science
Zambelli, Zoe	2022-2023	University College, London
Kölbel, Melanie	2022-2025	University College, London
Mendoza, Reina	2023-present	University of Arizona, Psychology
Leota, Joshua Joseph	2024-2025	Monash University
Warlick, Chloe	2024-2026	Northwestern University
Diaz-Pacheco, Andrea*	2025-present	University of Arizona, Neuroscience

*(*primary or co-primary mentor/advisor)*

Masters Thesis Committee Member

Culnan, Elizabeth	2012-2013	Drexel University, Psychology
Doyle, Caroline	2016-2018	University of Arizona, Psychology
Houser, Monica	2017-2018	University of Arizona, Physiology

Mason, Brooke*	2019-2021	University of Arizona, Physiology
Lujan, Matt*	2020-2021	University of Arizona, Physiology
Featherston, Breanna*	2020-2023	University of Arizona, Clinical and Translational Science
Thesz, Isadora*	2021-2023	University of Arizona, Physiology
Hutchison, Stephen*	2021-2023	University of Arizona, Physiology
Leete, Jaqueline	2022-2024	University of Arizona, Psychology
Sangpo, Sherap*	2026-present	University of Arizona, Clinical and Translational Science

*(*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
Jajoo, Anjalee	2020-2021	University of Arizona, Psychological Sciences
Arevalo, Sabrina	2022-2023	University of Arizona, Physiology and Medical Sciences
Shah, Sayani	2022-2023	University of Arizona, Neuroscience
Kuhler, Cassandra	2022-2023	University of Arizona, Physiology and Medical Sciences
Watkins, Ellen	2022-2023	University of Arizona, Physiology and Medical Sciences
Holt, Catie	2022-2023	University of Arizona, Physiology and Medical Sciences
Amadei, Michael	2023-2024	University of Arizona, Physiology and Medical Sciences
Anthony, Gabriela	2023-2024	University of Arizona, Physiology and Medical Sciences
Garber, Sofia	2023-2024	University of Arizona, Physiology and Medical Sciences
Aguilar, Alexis	2024-2025	University of Arizona, Psychology
Sangpo, Sherap	2024-2025	University of Arizona, Psychology
Saravanan, Pranav	2025-2026	University of Arizona, Psychology
Chen, Annie	2025-2026	University of Arizona, Psychology
Paige Jones	2025-2026	University of Arizona, Physiology and Medical Sciences

Trainees and Mentees:

Abastillas, Aldrin	Undergraduate	2011-2012
Abdi, Harun	Undergraduate	2019-2021
Acosta-Gutierrez, Chris	Undergraduate	2020-2021
Adaralegba, Jola	Undergraduate	2023-2024
Adedayo, Ajibola	PRIDE Junior Faculty	2014-2015
Adegbola, Maxine	PRIDE Junior Faculty	2017-2018
Aguilar, Alexis	Undergraduate	2024-present
Alotaibi, Fahad	Undergraduate	2025-2026
Altman, Nicole	Post-Bacc	2010-2011
Alsky, Travis	Psychiatry Resident	2024-2025
Amadei, Michael	Undergraduate, Med Student	2023-2024, 2024-present
Aning, Afua	COMRADE Postdoc	2017-2018
Anthony, Gabriela	Undergraduate	2022-2024
Arce, Ruya	Undergraduate, Med Student	2020-2021, 2024-present
Archibong Ogunnaike, Edikan	COMRADE Postdoc	2018-2019
Arevalo, Sabrina	Undergraduate	2022-2023
Austin-McCain, Melanie	PRIDE Junior Faculty	2018-2019
Averhart, Wanda	COMRADE Postdoc	2019-2020
Awasthi, Masani	Undergraduate	2022-2024
Aycock, Dawn	CSDS Postdoc	2016-2017
Babb, Crystal	Psychiatry Resident	2025
Bailey, Omavi	COMRADE Postdoc	2017-2018
Bairagoni, Alyona	Undergraduate	2024-present
Bandlamuri, Meghana	Med Student	2023-present
Bao, Jennifer	Psychiatry Resident	2022
Barilla, Holly	Post-Bacc	2011-2012
Barker, Madison	Undergraduate	2019-2021
Basis, Najwa	PhD Student (Committee)	2020-2021
Bell, Kimberly	PRIDE Junior Faculty	2018-2019
Bethea, Traci	PRIDE Junior Faculty	2017-2018
Blackham, Allison	Undergraduate	2024

Blanc, Judite	Postdoc	2017-2019
Blethen, Caroline	Undergraduate	2020-2021
Bliznak, Victoria	Undergraduate	2017-2019
Bobadilla, Vanessa	Undergraduate	2020-2021
Bombarda, AnnaLaura	Undergraduate	2019-2020
Bortz, Rockwell	Undergraduate	2022-2024
Bowles, Nicole	PRIDE Junior Faculty	2019-2020
Boyle, 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
Brownlow, Janeese	Junior Faculty	2018-2023
Bubu, Michael	Postdoc	2017-2019
Burke, Shanna	Junior Faculty	2019-2022
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
Carrillo, Ivan	Undergraduate	2023-2024
Castor, Chimene	PRIDE Junior Faculty	2015-2016
Ceide, Mirnova	PRIDE Junior Faculty	2015-2016
Chakravorty, Subhajit	Junior Faculty	2013-2015
Chamberlain, Stihlyn	PhD Student	2020-2021
Champion, Connor	Psychiatry Resident	2020-2021
Charest, Jonathan	Visiting PhD Student	2018
Chaudhary, Ninad	Postdoc	2014-2016
Chen, Annie	Undergraduate, Med Student	2023-present
Chen, Anna	Undergraduate	2024-present
Chernivec, Riley	Undergraduate	2025-2026

Chiquete, Victor	Undergraduate	2022-2024
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
Craig, Chloe	Undergraduate	2020-2021
Crosse, Cameron	Psychiatry Resident	2026
Culnan, Elizabeth	Undergraduate, MS Student	2011-2013
Czeisler, Mark	PhD Student (Committee)	2020-2021
Davis, Benjamin	Undergraduate	2015-2016
Davis, Carson	Undergraduate	2025-2026
deVries, Sarah	MS Student (Research)	2008-2009
Diaz, Ellissa	Post-Bacc	2024-present
Diaz-Pacheco, Andrea	PhD Student (Neuroscience)	2025-present
DiFalco, Mark	Undergraduate	2025-present
Djurich, Sara	PhD Student (Physiology)	2018
Dollish, Hannah	PhD Student (Committee)	2017-2021
Dong, Lu	Junior Faculty	2020-2021
Douglas, Susan	COMRADE Postdoc	2016-2017
Doyle, Caroline	PhD Student (Committee)	2016-2021
Duncan, Andrea	PRIDE Junior Faculty	2015-2016
Duncan, Dustin	PRIDE Junior Faculty	2016-2017
Edmonds, Janalyn	PRIDE Junior Faculty	2017-2018
Eksambe, Arya	Undergraduate	2025-present
Ekwemalor, Chukwudi	PRIDE Junior Faculty	2018-2019
Elnady, Nancy	Undergraduate	2024-present
Elumn, Johanna	Junior Faculty	2020-present
Ereshefsky, Sabrina	Psychology Intern	2018-2019
Esprit, Asha	Psychiatry Resident	2025
Estreet, Anthony	PRIDE Junior Faculty	2016-2017
Featherston, Breanna	Undergraduate/MS Student	2018-2023

Fisseha, Ephrat	Undergraduate	2015-2017
Fitzsimmons, Emma	Undergraduate	2023-2024
Forbush, Sierra	Undergraduate	2015-2017
Fourte, D. Alex	Undergraduate	2018-2019
Fox, Rina	Junior Faculty	2021-2025
Freitas, Amanda	Psychiatry Resident	2020
Fuentes, Marissa	Undergraduate	2023-2024
Gallagher, Martina	PRIDE Junior Faculty	2014-2015
Gamaldo, Alyssa	PRIDE Junior Faculty	2017-2018
Gannon, Hannah	Post-Bacc	2022-present
Garber, Sofia	Undergraduate	2023-2024
Garcia, Cristina	Clinical Psychologist	2020-2022
Ghani, Sadia	Postdoc/Junior Faculty	2019-2023
Glieberman, Peter	PhD Student (Committee)	2019-2020
Gomez, D'Andre	Medical Student	2021-2024
Gonzalez, Brian	Postdoc	2014-2016
Gorovoy, Suzanne	Postdoc	2020-present
Gousse, Yolene	CSDS Postdoc	2016-2017
Gozar, Alexa	Undergraduate	2019-2021
Graham, Patrick	Undergraduate	2015
Granados, Karla	Undergraduate	2015-2017
Griffin, Nakayla	Undergraduate	2018-2019
Grigsby, Diana	PRIDE Junior Faculty	2015-2016
Grisham, Tatum	Undergraduate	2025-2026
Habib, Kelly	Psychiatry Resident	2025
Haghighi, Ariana	Undergraduate	2017-2018
Hall, Christine	Undergraduate	2015-2017
Hall, Susan	PRIDE Junior Faculty	2017-2018
Hanks-Moehr, Erin	Psychology Intern	2019-2020
Hanley, Brigid	Undergraduate	2020-2021
Hardy, Tabitha	PRIDE Junior Faculty	2016-2017
Hariri, Neema	Psychiatry Resident	2023
Harris, Bailey	Undergraduate	2025-2026

Harris, Sarina	High School Student	2020
Hartstein, Lauren	Junior Faculty	2024-present
Hassan, Syed	Psychiatry Resident	2025
Hawkins, Emma	Undergraduate	2023-2026
Hawkins, Marquis	PRIDE Junior Faculty	2018-2019
Henderschot, Sierra	Undergraduate	2020-2021
Herbozo, Sylvia	PRIDE Junior Faculty	2015-2016
Himeno, Megumi	Undergraduate	2023-2024
Hocker, Nick	Psychiatry Resident	2023
Holbert, Cameron	Undergraduate	2019-2021
Holt, Catie	Undergraduate	2020-2024
Houser, Monica	MS Student (Committee)	2016-2018
Hutchison, Stephen	MS Student	2020-2023
Hyndych, Anna	Med Student	2024-present
Ibe-Lamberts, Kelichi	COMRADE Postdoc	2018-2019
Ilunga Tshiswaka, Daudet	COMRADE Postdoc	2016-2017
Isalva Valenzuela, Luz	Undergraduate	2020-2021
Iwelunmor, Juliet	PRIDE Junior Faculty	2016-2017
Izci-Balserak, Bilgay	Postdoc	2011-2014
Jackson, Chandra	PRIDE Junior Faculty	2016-2017
Jajoo, Anjalee	Undergraduate	2018-2021
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
Johnson, Riley	Undergraduate	2025-present
Jones, Paige	Undergraduate	2025-present
Juarascio, Adrienne	Undergraduate	2009
Kapoor, Ashna	Undergraduate	2019-2021
Katsanis, Joanna	Clinical Psychologist	2020-2022

Kelly, Kelsie	COMRADE Postdoc	2019-2020
Kennedy, Kathryn	PhD Student (Physiology)	2020-2024
Kezia, Adejola	Undergraduate	2024-2026
Khader, Suhaib	Graduate Student	2017-2021
Kim, Jin-Young	Postdoc	2011-2013
Kingsbury, Fadwa	Undergraduate	2010-2011
Klijian, Serre	Undergraduate	2025-present
Knowlden, Adam	Junior Faculty	2017-present
Kölbel, Melanie	PhD Student (Committee)	2022-2025
Kothapeta, Abhilasha	Undergraduate	2025-2026
Kozak, Philip	Undergraduate	2010-2011
Kuhler, Cassandra	Undergraduate	2022-2023
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
Leete, Jacqueline	Psychology Extern	2024-2025
Leota, Joshua Joseph	PhD Student (Committee)	2024-2025
Lewis, Lisa	PRIDE Junior Faculty	2014-2015
Li, Julia	Undergraduate	2023-2024
Liang, Olivia	Undergraduate	2017-2019
Liu, Serena	Undergraduate	2017-2019
Lowery, Amy	PRIDE Junior Faculty	2015-2016
Lujan, Matt	MS Student	2020-2021
Lumbaba, Bob	COMRADE Postdoc	2017-2018
Lusczek, Elizabeth	PRIDE Junior Faculty	2019-2020
Maia, Querino	Undergraduate	2012-2015
Manning, Cori	Psychology Intern	2024-2025
Marast, Lyndonna	PRIDE Junior Faculty	2018-2019
Marin, Kailee	Psychiatry Resident	2023
Martinez, Suzanna	Junior Faculty	2018-present
Marwah, Mira Kaur	Med Student	2024-present
Mason, Brooke	MS Student	2019-2021

Mbue, Ngozi	COMRADE Postdoc	2017-2018
McKenzie, Sharon	PRIDE Junior Faculty	2013-2014
McLaurin-Jones, TyWanda	PRIDE Junior Faculty	2017-2018
McNeil, Kiley	Undergraduate	2023-2024
Meek, Malia	Undergraduate	2025-2026
Mehramiz, Neema	Psychiatry Resident	2022
Memiah, Peter	PRIDE Junior Faculty	2018-2019
Mendoza, Reina	PhD Student (Committee)	2023-present
Mignanelli, Abby	Undergraduate	2020-2021
Miller, Kate	Undergraduate	2025-2026
Mingo, Chevron	PRIDE Junior Faculty	2019-2020
Minicucci, Olivia	Undergraduate	2025-present
Moloney, Mariead	Junior Faculty	2019-present
Montenegro, Gabriela	Post-Bacc	2022-present
Moore, Darren	PRIDE Junior Faculty	2016-2017
Moreno-Walton, Lisa	PRIDE Junior Faculty	2014-2015
Morgan, Kylie	Undergraduate	2025-2026
Moritz, Alison	Psychiatry Resident	2020
Moskowitz, Carly	Psychiatry Resident	2023
Mota Villalobos, Kareli	Undergraduate	2019-2021
Murray-Bachmann, Renee	PRIDE Junior Faculty	2013-2014
Mwangi, Wairimu	COMRADE Postdoc	2018-2019
Myers, Alyson	PRIDE Junior Faculty	2017-2018
Nagy, Samantha	Practicum Student	2021
Nail, Lauren	Undergraduate	2020-2021
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
Nicholas, Taylor	Psychology Extern	2024-2025
Nowakowski, Sara	Junior Faculty	2012-2013
Nunez, M. Alicia	Psychology Intern	2019-2020
O'Brien, Nathalia	Undergraduate	2023-2024

Ocaño, Demi	Undergraduate	2015-2017
Ochoa, Andy	Undergraduate	2025-2026
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
Olsen, Sofia	Undergraduate	2025-2026
Onyeonwu, Chidera	Undergraduate	2019-2021
Ortiz, Leah	Undergraduate	2023-2024
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
Perez-Pozuelo, Ignacio	PhD Student (Committee)	2020
Perry, Christopher	PhD Student (Committee)	2018-2019
Pham, Bruce	Undergraduate	2018-2019
Phan, Sydney	Undergraduate, Med Student	2019-2024
Pickens, Sabrina	PRIDE Junior Faculty	2016-2017
Pickett, Stephanie	PRIDE Junior Faculty	2016-2017
Piro, Bryce	Undergraduate	2019-2020
Poling, Kristi	Undergraduate	2016-2018
Pratt, McKenna	Undergraduate	2025-2026
Quiroz, Hunter	Undergraduate	2018-2019
Raghavan, Preeti	CSDS Postdoc	2015-2017
Rahimi, Romina	MPH Student Intern	2024-2025
Ramos, Alberto	PRIDE Junior Faculty	2015-2016
Ramsey, Thea	Undergraduate	2018-2020
Rana, Dane	Psychiatry Resident	2025
Rasmussen, Elizabeth	PhD Student (CTS)	2021-2025
Rattanaumpawan, Pinyo	Postdoc	2010-2012

Reid Marks, Laura	PRIDE Junior Faculty	2017-2018
Rezai, Naghmeh	Staff Scientist	2020-2023
Rhee, Joshua Unbin	Undergraduate	2015-2016
Rhodes, Morgan	Undergraduate	2025-present
Ricaurte, Melanie	Post-Bacc	2009
Richardson, Jenae	Psychology Intern	2018-2019
Rios, Christina	Psychiatry Resident	2025
Robbins, Paul	COMRADE Postdoc	2019-2020
Robinson, Leah	PRIDE Junior Faculty	2013-2014
Rodriguez, Alondra	Undergraduate	2025-present
Rodriguez-Esquivel, Denise	Clinical Psychologist	2018-2020
Rogers, April	CSDS Postdoc	2016-2017
Rosenberg, Elliot	Physician (Clinical)	2019
Rupple, Destiny	Undergraduate	2020-2021
Saccone, Jeffrey	Undergraduate	2015-2017
Sahrapour, Taha	Psychiatry Resident	2025
Sanchez, Christopher	Undergraduate	2017-2019
Sanchez, Natalie	Undergraduate	2023-2024
Sandino, Michael	Undergraduate	2017-2018
Sangpo, Sherap	Undergraduate	2023-present
Sardjev, Nadia	Undergraduate	2025-2026
Saravanan, Pranav	Undergraduate, Med Student	2023-present
Saxena, Jahnvi	Undergraduate	2025-2026
Scaini, Giulano	Psychiatry Resident	2025
Schmitz, Kyle	Psychiatry Resident	2024-2025
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
Shah, Sayani	Undergraduate	2021-2023
Sharma, Rohit	Undergraduate	2025-2026
Shaw, Raphael	PRIDE Junior Faculty	2013-2014

Sherman, Kevin	Psychiatry Resident	2020
Shiflett, Tyler	Psychiatry Resident	2021
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
Sponseller, Mia	Undergraduate	2025-2026
Sterling, El	Undergraduate	2023-present
Sterling, Kevin	PRIDE Junior Faculty	2013-2014
Stewart, Nancy	Physician (Research)	2019
Stiller, Justin	Psychiatry Resident	2018-2019
Su, Chang	Psychiatry Resident	2023
Sur, Bonita	Psych Extern	2017-2018
Suresh, Rishi	Undergraduate	2025-2026
Swanson, Magnolia	Psychiatry Resident	2024
Tabit, Lindsay	Undergraduate	2015
Takishima-Lacasa, Julie	Junior Faculty	2024-present
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
Thesz, Isadora	MS Student	2021-2023
Thomas, Kamala	PRIDE Junior Faculty	2014-2015
Thurston, Idia	PRIDE Junior Faculty	2016-2017
Till, Kristin	Undergraduate	2016-2017
Tomkins, Julie	Psychiatry Resident	2022-2023
Torres, Tara	Extern	2021-2022
Tubbs, Andrew	MD/PhD Student	2017-2024
Tung, Dorothy	Med Student	2022-present
Turner, Arlener	COMRADE Postdoc	2016-2017
Turner, Robert	Junior Faculty	2018-2024
Uskup, Dilara	COMRADE Postdoc	2019-2020

Valencia, Dora Yesenia	PhD Student (CTS)	2020-2025
Van Heise, Kelsi	Psychiatry Resident	2024
Vergara, Antonio	Undergraduate	2011-2012
Waldron, Elizabeth	Post-Bacc	2011-2012
Wallace, Douglas	PRIDE Junior Faculty	2014-2015
Warlick, Chloe	Undergraduate, PhD Student	2015-2019, 2024-present
Weiss, Skylar	Undergraduate	2025-2026
Watkins, Ellen	Undergraduate	2021-2023
Watson, Natalie	COMRADE Postdoc	2016-2017
Wellman, Camryn	MPH Student	2024-present
Whinnery, Julia	Post-Bacc	2012-2013
White, Monique	PRIDE Junior Faculty	2014-2015
Wilkerson, Sydney	Psychiatry Resident	2025
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
Zambelli, Zoe	PhD Student (Committee)	2022-2023
Zheng, Michael	Post-Bacc	2012
Zhiyuan, Zhao	Undergraduate	2010
Zingsheim, Morgan	Psychiatry Resident	2019
Zold, Amanda	Psychology Intern	2018-2019

Selected Historical Media Coverage of Scientific Research

Major News Outlets: ABC, BBC, Bloomberg, CBS, CNN, Forbes, Fox, Huffington Post, LA Times, MSNBC, NBC, New York Times, The Onion, Reuters, TIME, UPI, US News, USA Today, WebMD

Television: ABC Good Morning America, ABC World News Tonight, Al Jazeera America, BBC World News, CBS Philly, Dr. Oz Show, NBC Philadelphia, TODAY Show

Radio: Canadian Broadcasting, CBS Radio News, WHYY Public Radio, KPCC Public Radio, Sirius/XM Radio

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, Nacogdoches 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

Online: AOL Health, BabyZone, Blouin News, Boston.com, CNBC, Dawn.com, Dr. Koop, Drugs.com, E! Science News, EurekAlert, Health 24, HealthCentral, HealthDay, Huffington Post, Inquisitr, Jezebel, Lifehacker, MedicalXpress, MedPage Today, Mother Nature Network, NewsMax, NewsRx, Newsworks, Ozy, Pain.com, Patch.com, PennLive, PhysOrg, Science Daily, Sleep Review, UPN News, Vitals on MSNBC, WebMD, Van Winkles, and Yahoo!News