

# Michael A. Grandner

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ResearchGate: [http://www.researchgate.net/profile/Michael\\_Grandner](http://www.researchgate.net/profile/Michael_Grandner)

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## Current Position

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

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

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

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

**Associate Professor of Clinical and Translational Sciences**, University of Arizona Health Sciences

**Director**, Sleep and Health Research Program, University of Arizona

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

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## Research and Clinical Interests

Broad application of translational sleep research and Behavioral Sleep Medicine, including studies of sleep as a domain of health behavior and the development and implementation of behavioral interventions for insufficient sleep and sleep disorders. Specific areas of focus include: (1) Downstream cardiovascular, metabolic, and behavioral health outcomes associated with habitual sleep duration and/or insufficient sleep, (2) Upstream social, behavioral, and biological determinants of habitual sleep duration, insufficient sleep, and poor sleep quality, and (3) Development and implementation of behavioral interventions for sleep as a domain of health behavior.

h-index 36, 11 average citations per publication, most cited paper 597 times, 5546 total citations

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## Education

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

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## Fellowships, Internships, and other Post-Graduate Training

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

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## Professional License and Certification

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

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

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

National Provider Identification (NPI) Number: 1982809422

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## Faculty Research, Clinical, and Teaching Positions

2019-present	<b>Associate Professor (Secondary Appointment)</b> Department of Clinical and Translational Science, University of Arizona
2019-present	<b>Associate Professor (Secondary Appointment)</b> Department of Nutritional Sciences, College of Agriculture and Life Sciences, University of Arizona
2019-present	<b>Associate Professor (Secondary Appointment)</b>

Department of Psychology, College of Science, University of Arizona

2019-present **Associate Professor (Secondary Appointment)**  
Department of Medicine, College of Medicine, University of Arizona

2019-present **Associate Professor (with Tenure)**  
Department of Psychiatry, College of Medicine, University of Arizona

2019 **Assistant Professor (Secondary Appointment)**  
Clinical and Translational Sciences, University of Arizona Health Sciences

2017-2019 **Assistant Professor (Secondary Appointment )**  
Department of Nutritional Sciences, College of Agriculture and Life Sciences, University of Arizona

2016-2019 **Assistant Professor (Secondary Appointment)**  
Department of Medicine, College of Medicine, University of Arizona

2015-2019 **Assistant Professor (Secondary Appointment)**  
Department of Psychology, College of Sciences, University of Arizona

2015-2019 **Assistant Professor, Tenure Eligible**  
Department of Psychiatry, College of Medicine, University of Arizona

2014-2015 **Psychologist**  
Behavioral Healthcare Service, Philadelphia VA Medical Center

2012-2015 **Instructor**  
Department of Psychiatry, University of Pennsylvania

2012 **Research Associate**  
Division of Sleep Medicine, Department of Medicine, University of Pennsylvania

2011-2015 **Psychologist, Behavioral Sleep Medicine Clinic**  
Penn Sleep Centers, University of Pennsylvania Health System

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## Other Academic Faculty Appointments and Affiliations

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

2016-present **Approval Holder, BSL-2 Laboratory**  
Department of Psychiatry, University of Arizona

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

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

- 2016-present **Director**  
Behavioral Sleep Medicine Clinic, Banner-University Medical Center, Department of Psychiatry
- 2016-present **Clinical Psychologist**  
Banner-University Medical Center, Outpatient Psychiatry Service, Department of Psychiatry
- 2015-present **Director**  
Sleep and Health Research Program, University of Arizona
- 2012-2015 **Member**  
Occupational Sleep Medicine, Division of Sleep Medicine, University of Pennsylvania
- 2012-2015 **Member**  
Behavioral Sleep Medicine Program, Department of Psychiatry, University of Pennsylvania
- 2012-2015 **Member**  
Center for Sleep and Circadian Neurobiology, University of Pennsylvania
- 2011-2015 **Clinical Privileges**  
Hospital of the University of Pennsylvania
- 2011-2015 **Affiliate Member**  
Cardiovascular Institute, University of Pennsylvania
- 2009-2015 **Affiliate Member**  
Institute for Translational Medicine and Therapeutics, University of Pennsylvania
- 2008-2015 **Affiliate Member**  
Institute for Diabetes, Obesity and Metabolism, University of Pennsylvania

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### Teaching Experience (Not Including Guest Lectures)

- 2018-present **Seminar Director**  
Behavioral Sleep Medicine Seminar Series
- 2018-present **Residency Rotation Director**  
Behavioral Sleep Medicine Training Program (PGY4)
- 2018-present **Psychology Internship Rotation Director**  
Behavioral Sleep Medicine Training Program (Predoctoral Psychology Internship Program)
- 2018-present **Faculty Mentor**  
NHLBI/UA Program to Increase Diversity in Health Disparities Research
- 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 **Externship Placement Director**

- Behavioral Sleep Medicine Training Program (Predoctoral Psychology Externs)
- 2016-present **Statistics Instructor**  
Psychiatry Residency Program, University of Arizona
- 2016-present **Faculty Mentor**  
NINDS/NYU Center for Stroke Disparities Solutions
- 2016-present **Faculty Mentor**  
Focusing Research ON the bordER Area (FRONTERA) Summer Internship, University of Arizona
- 2012-present **Faculty Mentor**  
NHLBI/NYU Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research
- 2011-2015 **Lecturer**  
FRO 522 Frontiers in Sleep Medicine, Penn Medical School (average rating 4.6/5.0)
- 2005-2006 **Course Instructor**  
PSY 270 Statistical Methods in Psychology, San Diego State University (average rating 4.6/5.0)
- 2004 **Invited Group Therapy Trainer**  
Neurobehavioral Medicine Unit, University of California, San Diego
- 2000 **Teaching Assistant**  
CSP 260: Sleep Research and Sleep Medicine, University of Rochester
- 2000-2001 **Psychology Tutor**  
Center for Academic Support, University of Rochester

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## Training Positions Held

- 2008-2010 **Sleep Medicine Fellow**  
VISN 4 Regional Sleep Center, Philadelphia Veteran's Affairs Medical Center
- 2008 **Visiting Sleep Fellow**  
Sleep Center, Division of Pulmonary Medicine, Children's Hospital of Philadelphia
- 2007-2011 **Postdoctoral Research Fellow**  
Center for Sleep and Circadian Neurobiology, University of Pennsylvania
- 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)
- 2004-2005 **Clinical Sleep Medicine Practicum Student**  
San Diego Veteran's Affairs Health System & 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.

- 2003-2004     **Inpatient Psychiatry Practicum Student**  
Neurobehavioral Medicine Unit, UCSD Medical Center
- 2002-2003     **Student Therapist**  
San Diego State University, Psychology Clinic
- 2001-2007     **Graduate Research Assistant**  
Circadian Pacemaker Laboratory, Department of Psychiatry, University of California, San Diego. Mentor: Daniel F. Kripke MD.
- 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.

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## Honors and Awards

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

2000-2001 University of Rochester Psychology Honors Program  
1997-2001 Meliora Grant  
1997-2001 Rush Rhees Scholarship

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## Membership and Service in Academic/Professional Organizations

### National:

2016-present **American Psychological Association**  
*Member*

1999-present **Sleep Research Society**  
*Member, Sleep and Behavior Section*  
*Member, Sleep Disorders Research Section*  
*Member, Circadian Rhythm Section*  
*Trainee Education and Advisory Committee (TEAC), 2019-present*  
*Scientific Review Committee, 2016-2019*  
*NCAA Mental Health Guidelines Task Force, 2015*  
*Strategic Planning Conference Invitee, 2014*  
*Sleep Duration Consensus Conference Invited Member, 2014-2015*  
*Membership and Communications Committee Chair, 2013-2016*  
*Facebook Page Administrator, 2011-2013*  
*Membership and Communications Committee, 2010-2013*  
*Communications Committee, 2008-2010*  
*Trainee Subcommittee 2006-2007*

2014-2019 **American Thoracic Society**  
*Member, Sleep and Respiratory Neurobiology*  
*Sleep Program Committee, 2015-2017*  
*Abstract Reviewer, 2015-present*

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-present*  
*Lifestyle Council Membership Committee Vice Chair, 2017-2018*  
*Committee on Scientific Session Programming, 2017-present*  
*Epi|Lifestyle Programming Committee, 2015-present*  
*Lifestyle Council Leadership Committee, 2018-present*  
*Abstract Reviewer, 2015-present*  
*Behavior Change Committee, 2014-present*  
*Lifestyle and Cardiometabolic Health Early Career Committee, 2014-2016*

2010-present **Society of Behavioral Sleep Medicine**  
*Founding Member*  
*Board of Directors, 2016-present*  
*Website and Communications Committee Chair, 2013-2016*  
*Website and Communications Committee, 2012-present*

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 Group, 2017-2018*  
*Sleep Duration Consensus Conference Invited Member, 2014-2015*  
*Exam Question Subcommittee, 2013-2014*  
*Investigator-Initiated Award Review Committee, 2018-present*

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

Local:

2017-present **Southern Arizona Psychological Association**  
*Member*

2015-present **Arizona Sleep Society**  
*Member*

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

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## Other Service to Academic and Professional Organizations

### Intramural Committees and Service (University of Arizona)

2018 College of Medicine Admissions (Secondary Reviews)  
2017-present Psychiatry Department Executive Committee  
2017-present Neuroscience Graduate Admissions Committee  
2017-present Physiology Graduate Admissions Committee  
2017 Psychiatry Department Strategic Planning Committee  
2015-present Banner Healthcare Insomnia Clinical Consensus Group

### Committees and Service to Projects/Programs at Other Institutions

2017-2018 Faculty Mentor, Center for Stroke Disparities Solutions (New York University)  
2017-present Faculty, Congruent Mentorship to Reach Academic Diversity in Neuroscience Research (NYU)  
2014-2017 Health Disparities Working Group, Sleep Apnea Patient Centered Outcomes Network



(Harvard)

2014-2015	Clinical Faculty, Behavioral Sleep Medicine Mini-Fellowship (University of Pennsylvania)
2014-2015	Sleep Center Website Planning Committee (University of Pennsylvania)
2014	Sleep Research Retreat Committee Chair (University of Pennsylvania)
2013-2018	Advisory Board, Tailored Approach to Sleep Health Education (New York University)
2013-2015	Institutional Review Board (IRB#3) Committee (University of Pennsylvania)
2012-present	Faculty, Program to Increase Diversity in Behavioral and Sleep Research (New York University)
2011-2015	Sleep Center Seminar Series Planning Committee (University of Pennsylvania)
2011-2012	Faculty, Program to Increase Diversity in Behavioral and Sleep Research (SUNY Downstate)
2010-2011	Sleep Research Retreat Committee Chair (University of Pennsylvania)
2009-2015	Admissions Interviews (University of Rochester)
2007-2010	Sleep Research Retreat Committee (University of Pennsylvania)
2007	Psychology Internship Interviews (University of California, San Diego)
2003	Research Design and Statistics Comprehensive Exam Prep Organizer (SDSU/UCSD)
2002-2004	Graduate Student Interviewer (SDSU/UCSD)
2002	Graduate Applicant Housing Committee Chair (SDSU/UCSD)

#### Other Academic/Professional Committees and Service

2018-present	Mental Health Consensus Conference (International Olympic Committee)
2018-present	Sleep Monitoring Technology Working Group (Consumer Technology Association)
2017-present	Sleep and Wellness Task Force (National Collegiate Athletics Association)
2016	Expert Panel on Establishing Priorities in Space Biomedical Analysis (Canadian Space Agency)
2013-2016	Mental Health Task Force (National Collegiate Athletics Association)
2013-2014	Meaningful Use Advisory Committee (National Sleep Foundation)
2013-2014	Sleep Time Recommendations Consensus Panel (National Sleep Foundation)
2009-present	Managing Editor (Behavioral Sleep Medicine Online Group)
2008-2013	Sleep Trainees Network (Founding Moderator)

#### Grant Review Panels

2019	NIH, Special Emphasis Panel for "Sleep and Alzheimers Risk" 2019/05 ZRG1HDM-V(57)R
2018-present	American Academy of Sleep Medicine Foundation
2018-present	Department of Veterans Affairs, Scientific Merit Review Panel 7 (HSR7)

2018-present	NIH Special Emphasis Panel for “Human-Animal Interactions” ZRG1-BBBP-J(90)S
2018-present	NIH, Biobehavioral Mechanisms of Emotion, Stress, and Health (MESH) Study Section
2018	NIH Special Emphasis Panel for “Sleep, Stress, and Psychopathology”
2017	University Medicine Zurich
2017	University Foundation A*MIDEX, Aix-Marseille University, France, Grant Reviewer
2017-2018	NIDDK, Sleep and Diabetes Special Emphasis Panel
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
2015	Italian Ministry of Health, Grant Reviewer
2015	South African Medical Research Council, Grant Reviewer
2015-2017	Department of Defense, Peer-Reviewed Medical Research Program, Grant Reviewer
2015-present	Sleep Research Society Scientific Review Committee
2014	Michigan Metabolomics and Obesity Center, Ad-Hoc Grant Reviewer
2013, 2018	Marsden Fund, New Zealand, Ad-Hoc Grant Reviewer
2012	Dutch Technology Foundation, Ad-Hoc Grant Reviewer
2012	Netherlands Organization for Health Research and Development, Ad-Hoc Grant Reviewer
2012-2013	National Institutes of Health, Health Disparities and Equity Promotion Study Section (HDEP)
2011	Philips Research Foundation, Ad-Hoc Grant Reviewer

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#### Advisory and Consultative Roles

2019-present	Casper Sleep	Scientific Advisory
2019	Merck and Co.	Scientific Advisory
2018-present	Thrive Global	Scientific Advisory
2017-present	NightFood	Scientific Advisory Board Member
2017-present	Natrol	Scientific Advisory Board Member
2016-2019	MindSail	Program development
2016-present	CurAegis Technologies	Scientific Advisory Board Member
2015-2016	Church & Dwight	Advisory
2015-present	FitBit	Advisory and consulting
2015	Bayer	Advisory and research
2015-2016	Nexalin Technologies	Advisory and research
2015-2017	Kemin	Advisory and research
2014-2015	Philadelphia Eagles	Program development and implementation
2014-2015	Etsy	Program development and implementation

2014-2015	Bentley Systems	Program development and implementation
2013-2014	National Sleep Foundation	Advisory and research
2011-2014	Friends Life Care	Program development and speaking
2011-2015	Philadelphia Police Department	Program development and implementation
2009-2010	Family Birthmark	Program development and speaking
2008-2013	The Habit Change Company	Program development and speaking

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## Editorial Contributions

### Journal (Editorial Board):

2019-present	Editorial Advisory Board	Journal of Sleep Research <i>Journal of the European Sleep Research Society</i>
2018-present	Reviews Editor	SLEEP <i>Journal of the Sleep Research Society</i>
2018-present	Editorial Board	Frontiers in Neurology: Sleep and Circadian Rhythms
2018-present	Editorial Board	Journal of Clinical Sleep Medicine <i>Journal of the American Academy of Sleep Medicine</i>
2018-present	Editorial Board	Behavioral Sleep Medicine <i>Journal of the Society of Behavioral Sleep Medicine</i>
2017-present	Editorial Board	Sleep Medicine <i>Journal of the World Association of Sleep Medicine</i>
2016-present	Editorial Board	SLEEP <i>Journal of the Sleep Research Society</i>
2015-present	Associate Editor	Sleep Health <i>Journal of the National Sleep Foundation</i>
2014-2015	Inaugural Editorial Board	Sleep Health <i>Journal of the National Sleep Foundation</i>

### Journal (Guest Editor):

2016	Guest Editor, Sleep Medicine, "NHLBI Workshop on Reducing Health Disparities: The Role of Sleep Deficiency and Sleep Disorders"
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### Journal (Peer Review)

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

### Book Publisher (Prospectus Reviews):

APA Books

### Listserves/Online Groups (Moderator):

2011-2013	Sleep Trainees Network (Senior Moderator)
2009-present	Behavioral Sleep Medicine Group (Managing Editor)

2008-2011 Sleep Trainees Network (Moderator)

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## Grants / Funding

- 2018-2022 **Sleep and Cardiometabolic Health Disparities at the US/Mexico Border: The Nogales Cardiometabolic Health and Sleep (NoCHeS) Study.** R01MD011600. National Institute of Minority Health and Health Disparities. *Principal Investigator.* Award: \$3.5M.
- 2018-2022 **Predicting Sleep, Smoking, and Lung Health Disparities in At-Risk Black/African-American Adults.** National Heart, Lung, and Blood Institute. *Co-Investigator.*
- 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
- 2018-2020 **A Randomized, Double-Blind, Placebo-Controlled Study to Assess the Effects of a Proprietary Spearmint Extract, Neumentix, on Sleep in Healthy Men and Women.** Kemin Industries. *Principal Investigator.* Award: \$320,000
- 2018-2019 **Sleep and Health in Student Athletes: Next Steps Toward Developing a Technology Platform for Dissemination and Implementation.** National Collegiate Athletics Association. *Principal Investigator.* Award: \$25,000.
- 2017-2019 **Sleep and Risk Factors for Sudden Cardiac Death.** Steven M. Gootter Foundation. *Principal Investigator.* Award: \$25,000.
- 2017-2019 **Predictive Analytics and Peer-Driven Intervention for Guideline-Based Care for Sleep Apnea.** National Heart, Lung, and Blood Institute. *Co-Investigator (PI: Parthasarathy).* Award: \$762,726.
- 2017-2019 **Emotional State and Personality: A Proof-of- Concept Model for Predicting Performance Under Stress.** W81XWH-17-0088. Unites 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: 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: 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 (P.I. Michael Perlis).*
- 2012-2013 **Attention Bias As An Etiologic Factor In Primary And Secondary Insomnia.** 5R01MH077900. National Institute of Mental Health. *Co-Investigator (P.I. 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.
- 2007-2011 **Training Program in Sleep and Respiratory Neurobiology.** T32HL007713, National Heart, Lung and Blood Institute. *NRSA Fellow (PI: Allan I. Pack).*

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## Litigation Support / Expert Witness Experience

- 2017-2018 (Criminal) State v. Joseph Edward Young; Case CR-2016-122938-001 Mesa DR-2016-1340447; Maricopa County; State of Arizona.
- 2017-2018 (Civil) James P. Brickman v. Fitbit Inc.; Case 3:15-CV-2077-JD; United States District Court, Northern District of California.

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

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## Peer-Reviewed Publications

1. Bailey, O., Combs, D. Fuentes, M. S., Havens, C., **Grandner, M A.**, Poongkunran, C., Patel, S., Berryhill, S., Provencio, N., Quan, S. F., and Parthasarathy, S. (In Press). Delayed sleep time in African-Americans and depression in a community-based population. *Journal of Clinical Sleep Medicine*.
2. Hansen, A., Athey, A. B., Ross, M., and **Grandner, M. A.** (In Press). Sleep and health among student athletes. *Chest*.
3. Ji, X., Hale, L., Ellis, J., Bastien, C., and **Grandner, M. A.** (In Press). Disassembling Insomnia Symptoms and their Associations with Depressive Symptoms in a Community Sample: The Differential Role of Sleep Symptoms, Daytime Symptoms, and Perception Symptoms of Insomnia. *Sleep Health*.
4. Klingman, K. J., Williams, N. J., Perlis, M. L., and **Grandner, M. A.** (In Press). Doctor-Patient Sleep Discussions for US Adults: Results from the SHADES Study. *Sleep Health*.
5. Kroshus, E., Wagner, J., Wyrick, D., Athey, A., Bell, L., Benjamin, H., **Grandner, M.**, Kline, C., Mohler, J., Prichard, R., Watson, N., and Hainline, B. (In Press). Sleep and collegiate athletes: Consensus recommendations. *British Journal of Sports Medicine*.
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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.
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238. Boyle, J. T., Williams, N., **Grandner, M.**, Vargas, I., D'Antonio, B., Seewald, M., Muench, A., Ellis, J., Posner, D., Rosenfield, B., DiTomasso, R. A., and Perlis, M. L. (2019). Is sleep continuity disturbance and problem endorsement uniformly worse with age? *SLEEP*, 42 (Abstract Supplement): A275-276.
239. Boyle, J. T., Williams, N., **Grandner, M.**, Vargas, I., D'Antonio, B., Seewald, M., Muench, A., Ellis, J., Posner, D., Rosenfield, B., DiTomasso, R. A., and Perlis, M. L. (2019). Sleep disorder symptom endorsement by age. *SLEEP*, 42 (Abstract Supplement): A275.
240. Bremer, E., Morales, K., Vargas, I., **Grandner, M.**, Ellis, J., Posner, D., Kloss, J., and Perlis, M. L. (2019). Do patients change TIB when starting hypnotics and does this affect outcomes? *SLEEP*, 42 (Abstract Supplement): A160.
241. Burns, A. I., Ozcan, M., Shepard, K., C., LaFollette, K., Alkozei, A., **Grandner, M. A.**, and Killgore, W. D. S. (2019). The association between PTSD severity and insomnia is mediated by nightmares. *SLEEP*, 42 (Abstract Supplement): A167.
242. Burns, A. I., Shepard, K. C., Ozcan, M., LaFollette, K., Alkozei, A., Vanuk, J. R., Raikes, A. C., **Grandner, M. A.**, and Killgore, W. D. S. (2019). Gratitude and frequency of naps predict resilience for individuals with PTSD. *SLEEP*, 42 (Abstract Supplement): A349-350.
243. Dailey, N. S., Satterfield, B. C., Raikes, A. C., Strong, M. J., Forbeck, B., **Grandner, M. A.**, and Killgore, W. D. S. (2019). Disrupted thalamocortical connectivity following mild traumatic brain injury: Associations with daytime sleepiness. *SLEEP*, 42 (Abstract Supplement): A27.
244. Djurich, S., Havens, C. M., Parthasarathy, S., and **Grandner, M. A.** (2019). Prevalence and characteristics of dreaming across nine countries, and associations with life stress. *SLEEP*, 42 (Abstract Supplement): A53.
245. Featherston, B., Perlis, M. L., Ellis, J., Williams, N., Jean-Louis, G., Killgore, W. D. S., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). The concept of "satisfaction" with sleep: Associations with sleep continuity, sleep quality, daytime sleepiness, and related concepts of overall health, stress, depression, and anxiety. *SLEEP*, 42 (Abstract Supplement): A126.

246. Fourte, D. A., Patterson, F., Malhotra, A., Seixas, A., Killgore, W. D. S., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Should habitual sleep duration be added to the American Heart Association's "Life's Simple 7?" *SLEEP*, 42 (Abstract Supplement): A336.
247. Griffin, N., Hale, L., Jean-Louis, G., Killgore, W. D. S., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Aspects of disordered neighborhoods are associated with insomnia, sleepiness, fatigue, and control over sleep. *SLEEP*, 42 (Abstract Supplement): A86.
248. Jajoo, A., Taylor-Pilliae, R., Killgore, W. D. S., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Types of habitual physical activity associated with habitual sleep duration, sleep quality, and daytime sleepiness. *SLEEP*, 42 (Abstract Supplement): A72.
249. Ji, X., Bastien, C. H., Ellis, J. G., Hale, L., and **Grandner, M. A.** (2019). Disassembling insomnia symptoms and their associations with depressive symptoms in a community sample: The differential role of sleep symptoms, daytime symptoms, and perception symptoms of insomnia. *SLEEP*, 42 (Abstract Supplement): A170.
250. Khader, W. S., Fernandez, F., Seixas, A., Knowlden, A., Ellis, J., Williams, N., Hale, L., Perlis, M., Jean-Louis, G., Killgore, W. D. S., Alfonso-Miller, P., and **Grandner, M. A.** (2019). What makes people want to make changes to their sleep? Assessment of perceived risks of insufficient sleep as a predictor of intent to improve sleep. *SLEEP*, 42 (Abstract Supplement): A77.
251. Killgore, W. D. S., Pace-Schott, E., Ozcan, M., Shepard, K. C., Burns, A. I., **Grandner, M. A.**, Vanuk, J. R., and Alkozei, A. (2019). Morning blue light exposure improves sleep and fear extinction recall in PTSD. *SLEEP*, 42 (Abstract Supplement): A355-356.
252. LaFollette, K., Satterfield, B. C., Esbit, S., Lazar, M., **Grandner, M. A.**, and Killgore, W. D. S. (2019). Negative mood and poor sleep are associated with altered moral reasoning under stress. *SLEEP*, 42 (Abstract Supplement): A66.
253. LaFollette, K., Satterfield, B. C., Esbit, S., Lazar, M., **Grandner, M. A.**, and Killgore, W. D. S. (2019). The effects of prior at-home sleep duration on reversal-learning during a "shoot/no-shoot" task. *SLEEP*, 42 (Abstract Supplement): A40.
254. Lane, E., Ellis, J., Killgore, W. D. S., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Sociodemographic, socioeconomic, and behavioral correlates of nightmare frequency in a community sample. *SLEEP*, 42 (Abstract Supplement): A52.
255. Liang, O., Seixas, A., Parthasarathy, S., Jean-Louis, G., Killgore, W. D. S., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Healthcare financial hardship and habitual sleep duration, impact on sleep disparities, and impact on the sleep-obesity relationship. *SLEEP*, 42 (Abstract Supplement): A86-87.
256. Martinez, S. M., Tschann, J. M., Butte, N. F., and **Grandner, M.** (2019). Sleep longer, be active, and eat healthily: 24-hour circadian-related behaviors are protective of children's weight status. *SLEEP*, 42 (Abstract Supplement): A321.
257. Olivier, K., Perlis, M. L., Troxel, W., Basner, M., Chakravorty, S., Tubbs, A., Owens, J., Jean-Louis, G., Killgore, W. D. S., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Influence of likely nocturnal wakefulness on 24-hour patterns of violent crime in adults and juveniles. *SLEEP*, 42 (Abstract Supplement): A105.

258. Ozcan, M., Shepard, K. C., Burns, A. I., **Grandner, M. A.**, and Killgore, W. D. S. (2019). Individuals with PTSD whose traumatic experiences occurred within the home have worse sleep outcomes. *SLEEP*, 42 (Abstract Supplement): A352.
259. Ozcan, M., Shepard, K. C., Burns, A. I., Raikes, A., Dailey, N., Alkozei, A., **Grandner, M. A.**, and Killgore, W. D. S. (2019). PTSD severity and use of negative emotion words in trauma narratives predict nightmares in individuals with PTSD. *SLEEP*, 42 (Abstract Supplement): A350.
260. Perlis, M. L., Morales, K., **Grandner, M.**, Ellis, J., Posner, D., Vargas, I., Kloss, J., Seewald, M., and D'Antonio, B. (2019). Does "TIB" differentiate between good sleepers and subjects that develop acute or chronic insomnia? *SLEEP*, 42 (Abstract Supplement): A137.
261. Perlis, M. L., Morin, C. M., Ivers, H., Muench, A., Posner, D., and **Grandner, M.** (2019). Does TST appreciably change during or after CBT-I? *SLEEP*, 42 (Abstract Supplement): A154.
262. Pham, B., Hale, L., St-Onge, M. P., Killgore, W. D. S., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Habitual dietary quality associated with habitual sleep duration, insomnia, daytime sleepiness, and fatigue in a community sample. *SLEEP*, 42 (Abstract Supplement): A84.
263. Quiroz, H., Chakravorty, S., Killgore, W. D. S., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Sleep-related determinants of habitual cannabis use, desire to use, and problematic use: Data from a community sample. *SLEEP*, 42 (Abstract Supplement): A371.
264. Raikes, A. C., Athey, A., Alfonso-Miller, P., Killgore, W. D. S., and **Grandner, M. A.** (2019). Self-reported insomnia and daytime sleepiness are better predictors of concussion risk than prior concussion history. *SLEEP*, 42 (Abstract Supplement): A373.
265. Raikes, A. C., Satterfield, B. C., Bajaj, S., **Grandner, M. A.**, and Killgore, W. D. S. (2019). Daily blue light therapy reduces daytime sleepiness and post-concussion symptoms after mild traumatic brain injury. *SLEEP*, 42 (Abstract Supplement): A376.
266. Ramsey, T., Athey, A., Ellis, J., Tubbs, A., Turner, R., Killgore, W. D. S., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Dose-response relationship between insufficient sleep and mental health symptoms in collegiate student athletes and non-athletes. *SLEEP*, 42 (Abstract Supplement): A362.
267. Satterfield, B. C., Silveri, M. M., **Grandner, M. A.**, and Killgore, W. D. S. (2019). Baseline GABA levels predict time-on-task performance during sleep deprivation. *SLEEP*, 42 (Abstract Supplement): A95.
268. Shepard, K. C., Ozcan, M., Burns, A. I., Vanuck, J. R., **Grandner, M. A.**, Alkozei, A., and Killgore, W. D. S. (2019). The relationship between psychopathology and sleep problems differ between racial majority and minority groups. *SLEEP*, 42 (Abstract Supplement): A351.
269. Shepard, K. C., Ozcan, M., Burns, A. I., **Grandner, M. A.**, Alkozei, A., and Killgore, W. D. S. (2019). Use of anger words in trauma narratives is negatively associated with sleep quality for single individuals with PTSD. *SLEEP*, 42 (Abstract Supplement): A351-352.
270. Skalamera, J., Huang, Y., Chinkers, M. A., Richards, M. M., **Grandner, M.**, and Killgore, W. D. S. (2019). The influence of habitual sleep duration on rational thinking ability. *SLEEP*, 42 (Abstract Supplement): A33.
271. Tubbs, A. S., Khader, W. S., Hale, L., Branias, C., Perlis, M., Gehrels, J., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Sleep timing and the prevalence of suicidal ideation in a community sample. *SLEEP*, 42 (Abstract Supplement): A372.

272. Vargas, I., Muench, A., Boyle, J. T., Gencarcelli, A., Khader, W., Morales, K., Kloss, J. D., **Grandner, M. A.**, Ellis, J., Posner, D., and Perlis, M. L. (2019). The temporal dynamics of the association between sleep continuity disturbance and depressive symptoms. *SLEEP*, 42 (Abstract Supplement): A360.
273. Warlick, C., Williams, N., Hale, L., Killgore, W. D. S., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Is relationship satisfaction associated with habitual sleep? *SLEEP*, 42 (Abstract Supplement): A371-372.
274. Williams, N., J., Boyle, J. T., Butler, M., Klingman, K., Jean-Louis, G., **Grandner, M. A.**, and Perlis, M. L. (2019). Does insomnia symptom severity vary by race/ethnicity? *SLEEP*, 42 (Abstract Supplement): A140.
275. Wills, C., Athey, A., Robbins, R., Patterson, F., Turner, R., Killgore, W. D. S., Tubbs, A., Warlick, C., Alfonso-Miller, P., and **Grandner, M. A.** (2019). Chronotype and social support among student athletes: Impact on depressive symptoms. *SLEEP*, 42 (Abstract Supplement): A361-362.

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## Conference Presentations

### *Meetings Chaired*

1. **Grandner, M. A.** (2015, June). Joint Research Retreat of the Center for Sleep and Circadian Neurobiology and the Penn Program in Chronobiology, Philadelphia, PA.
2. **Grandner, M. A.** (2014, June). Joint Research Retreat of the Center for Sleep and Circadian Neurobiology and the Penn Program in Chronobiology, Philadelphia, PA.
3. **Grandner, M. A.** (2013, May). Pennsylvania Sleep Society Annual Meeting, Grantville, PA.
4. **Grandner, M. A.** (2011, June). Center for Sleep and Circadian Neurobiology Research Retreat, Philadelphia, PA.

### *Sessions Led/Chaired*

1. **Grandner, M. A.** and Redeker, N. (2018, May). Sleep in Diverse Populations. Moderated poster session chaired for the annual meeting of the American Thoracic Society.
2. **Grandner, M. A.** (2018, October). The Big Sleep Debate. Moderated session at Somnex, London, UK.
3. **Grandner, M. A.** (2017, October). Sleep and Metabolism: A Translational Perspective. World Sleep Society, Prague, Czech Republic.
4. **Grandner, M. A.**, Zee, P., and Ong, J. (2017, June). Writing and submitting K awards. Sleep Research Society Trainee Symposia Series, Boston, MA.
5. **Grandner, M. A.**, and Tasali, E. (2017, May). Sleep: A Public Health Call to Action! Symposium at the Annual Meeting of the American Thoracic Society.
6. **Grandner, M. A.** (2017, March). Sleep. Moderated poster session chaired for the Joint Scientific Sessions of the American Heart Association.
7. **Grandner, M. A.** and Shah, N. (2016, November). Sleep and Cardiometabolic Disease: A Joint Session of the American Heart Association and the Sleep Research Society. Symposium at the annual meeting of the American Heart Association.
8. **Grandner, M. A.**, Thornton, L., Athey, A., Stephenson, M., and Mohler, J. (2016, October). Sleep,

Health, and Performance: Lessons Learned from Consultations with Olympic, Professional, and Collegiate Athletes and Elite Military Teams. Symposium at the annual meeting of the Association of Applied Sports Psychology, Phoenix, AZ.

9. **Grandner, M. A.** (2016, June). Actigraphy and Fitness/Sleep Trackers in Adults and Children: Fundamentals and Applications. Postgraduate Course at the annual meeting of the Associated Professional Sleep Societies, Denver CO.
10. **Grandner, M. A.** (2016, May). Sleep, Sleep Disorders, and Performance in Athletes. Scientific Symposium at the annual meeting of the American Thoracic Society, San Francisco, CA.
11. **Grandner, M. A.** (2016, May). Sleep Loss. Moderated session at the Penn Center for Sleep and Circadian Neurobiology 25<sup>th</sup> Anniversary Research Retreat, Philadelphia, PA.
12. **Grandner, M. A.** (2016, March). Sleep. Moderated poster session chaired for the Joint Scientific Sessions of the American Heart Association
13. **Grandner, M. A.** and Chakravorty, S. (2015, May). Cognitive Behavioral Therapy for Insomnia and Beyond. Session chaired for the Annual Meeting of the Pennsylvania Sleep Society, Harrisburg, PA.
14. **Grandner, M. A.** (2014, June). Sleep, Health, and Environmental Influences. Session chaired at the Center for Sleep and Circadian Neurobiology Research Retreat, Philadelphia, PA.
15. **Grandner, M. A.** (2014, June). Sleep Timing, Duration, and Napping: New Insights. Session chaired at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
16. **Grandner, M. A.** (2014, June). Sleep and Behavior. Section meeting session chaired at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
17. **Grandner, M. A.** (2013, May). The future of sleep medicine. Session chaired at the annual meeting of the Pennsylvania Sleep Society, Grantville, PA.
18. **Grandner, M. A.** (2013, May). Sleep issues across the lifespan. Session chaired at the annual meeting of the Pennsylvania Sleep Society, Grantville, PA.
19. **Grandner, M. A.** (2011, May). Neural Mechanisms of Sleep and Wake. Session chaired at the Center for Sleep and Circadian Neurobiology Research Retreat, Philadelphia, PA.
20. **Grandner, M. A.,** Knutson, K. L., and Laposky. A. (2012, June). Sleep and Health Disparities: Follow-Up from the 2011 NHLBI Workshop. Discussion group chaired at the annual meeting of the Associated Professional Sleep Societies, Boston, MA.
21. **Grandner, M. A.** (2010, May). Update on Sleep Disordered Breathing. Session chaired at the Center for Sleep and Respiratory Neurobiology Research Retreat, Philadelphia, PA.

#### *Oral Presentations*

1. **Grandner, M. A.** (2018, June). Sleep Duration and Hypertension: Analysis of >700,000 Adults by Age and Sex. Oral presentation at the annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.
2. **Grandner, M. A.** (2018, June). Domestic violence as a risk factor for insomnia and short sleep duration, and the role of depressed mood and anxiety symptoms. Oral presentation at the annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.
3. **Grandner, M. A.** (2016, June). Movement-Based Sleep Measurement: Fundamental Concepts and Underlying Technology. Postgraduate Course lecture at the annual meeting of the Associated



Professional Sleep Societies, Denver, CO.

4. **Grandner, M. A.** (2016, May). Sleep, Health, and Performance in Student Athletes. Symposium presentation at the annual meeting of the American Thoracic Society, San Francisco, CA.
5. **Grandner, M. A.** (2016, March). Should habitual sleep duration be added to “Life’s Simple 7?” Moderated poster presentation at the Joint Scientific Sessions of the American Heart Association Councils on Cardiovascular Epidemiology and Prevention and Lifestyle and Cardiometabolic Health, Phoenix, AZ.
6. **Grandner, M. A.** (2016, June). Using Big Data to Determine the Social, Behavioral, and Environmental Determinants of Sleep Duration in the US Population: Application of a Machine-Learning Approach to Data from Approximately 700,000 Americans. Oral presentation at the annual meeting of the Associated Professional Sleep Societies, Denver CO.
7. **Grandner, M. A.** (2015, June). Use of mobile electronic devices in bed associated with sleep duration, insomnia, and daytime sleepiness. Oral presentation at the meeting of the Associated Professional Sleep Societies, Seattle, WA.
8. **Grandner, M. A.** (2014, June). Sleep Duration is Associated with Access to Healthcare but Relationships Depend on Race/Ethnicity. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
9. **Grandner, M. A.** (2014, June). The Relationship Between Race/Ethnicity and Sleep Duration Depends on Geographic Location. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
10. **Grandner, M. A.** (2014, June). Predictors of Perceived Insufficient Sleep among Habitual Short Sleepers. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
11. **Grandner, M. A.** (2014, June). The Relationship between Sleep Duration and Cardiometabolic Risk Factors Depends on Race/Ethnicity and Whether Risk Factors Were Self-Reported or Objectively-Determined. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
12. **Grandner, M. A.** (2014, June). The Relationship between Sleep Duration and Cardiometabolic Risk Factors Depends on Race/Ethnicity and Whether Risk Factors Were Self-Reported or Objectively-Determined. Oral presentation at the AASM Sleep Deprivation Section meeting at the Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
13. **Grandner, M. A.** (2013, June). Cardiovascular Sleep duration items from nationally-representative surveys: Validation relative to established measures. Oral presentation at the meeting of the Associated Professional Sleep Societies, Baltimore, MD.
14. **Grandner, M. A.** (2013, June). Cardiovascular and metabolic consequences of habitual short sleep duration. Oral presentation at the meeting of the Associated Professional Sleep Societies, Baltimore, MD.
15. **Grandner, M. A.** (2012, June). Development and initial validation of a questionnaire to assess sleep-related practices, attitudes, and beliefs. Oral presentation at the meeting of the Associated Professional Sleep Societies, Boston, MA.
16. **Grandner, M. A.** (2012, June). C-reactive protein (CRP) and habitual sleep duration: A complex, non-linear relationship dependent on sex, race/ethnicity, and presence of sleep disorder and/or medical

comorbidity. Oral presentation at the meeting of the Associated Professional Sleep Societies, Boston, MA.

17. **Grandner, M. A.** (2011, June). Prevalence rates for subjective sleep disturbance and daytime fatigue across the USA. Oral presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
18. **Grandner, M. A.** (2010, June). Sleep Complaints and Fatigue Decline Across the Lifespan: Getting Older Does Not Necessarily Mean Poor Subjective Sleep and Daytime Fatigue. Oral presentation at the meeting of the Associated Professional Sleep Societies, San Antonio, TX.
19. **Grandner, M. A.** (2010, June). Effects of Sociodemographic and Socioeconomic Factors on Sleep Complaints Depend on an Individual's Race/Ethnicity. Oral presentation at the meeting of the Associated Professional Sleep Societies, San Antonio, TX.
20. **Grandner, M. A.** (2010, May). Sleep Complaints and Fatigue Decline Across the Lifespan: Getting Older Does Not Necessarily Mean Poor Subjective Sleep and Daytime Fatigue. Oral presentation at the Center for Sleep and Respiratory Neurobiology Research Retreat, Philadelphia, PA.
21. **Grandner, M. A.** (2010, April). Is aging a risk factor for sleep initiation and maintenance problems or daytime fatigue? Oral presentation at the American Academy of Sleep Medicine Young Investigator Research Forum, Bethesda, MD.
22. **Grandner, M. A.** (2008, May). Who Sleeps Well: Sociodemographic and Health-related Variables Related to General Sleep Complaints from the BRFSS . Oral Presentation at the Center for Sleep and Respiratory Neurobiology Research Retreat, Philadelphia, PA.

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### Invited Lectures: Intramural (University of Arizona)

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| 9/6/2018   | <i>Classification of Sleep Disorders.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry, University of Arizona, Tucson, AZ.                               |
| 8/23/2018  | <i>What is Sleep? Overview of Normal Sleep Physiology and Behavior.</i> Behavioral Sleep Medicine Seminar Series, Department of Psychiatry, University of Arizona, Tucson, AZ. |
| 1/21/2018  | <i>Sleep and Health Research,</i> Neuroscience Graduate Interdisciplinary Program, University of Arizona, Tucson, AZ.  |
| 10/24/2017 | <i>Social Determinants of Sleep.</i> Department of Medicine, University of Arizona, Tucson, AZ.  |
| 4/10/2017  | <i>Sleep: A New Dimension in heart Health and Peak Performance.</i> Sarver Heart Center Board of Directors, Phoenix, AZ.   |
| 1/31/2017  | Insufficient Sleep and Risk for Cardiometabolic Disease and Neurocognitive Deficits. Department of Neuroscience, University of Arizona, Tucson, AZ.                            |
| 1/27/2017  | <i>Neurocognitive and Cardiometabolic Risk Factors Associated with Insufficient Sleep.</i> Cognitive Sciences, University of Arizona, Tucson, AZ.                              |
| 1/17/2017  | <i>Sleep and Cardiometabolic Disease Risk in Women.</i> Sarver Heart Center, Tucson, AZ.   |
| 9/17/2016  | <i>Sleep, Health, and Nutrition.</i> Nutritional Sciences, University of Arizona, Tucson, AZ.  |
| 9/16/2016  | <i>Sleep, Cardiometabolic Disease Risk, and the Social-Environmental Context.</i> Sarver   |

- Heart Center, Department of Medicine, University of Arizona College of Medicine, 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.
- 2/8/2016 *Sleep and Performance.* Athletics Department, University of Arizona, 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.
- 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.
- 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.

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#### Invited Lectures: Extramural

- 10/16/2006 *Biological Rhythms, Sleep Duration, and Health.* Division of Sleep and Chronobiology, Department of Psychiatry, University of Pennsylvania, Philadelphia, PA.
- 9/4/2018 *Sleep and Health: Neurocognitive and Cardiometabolic Outcomes, and Social/Behavioral Determinants.* Oxford University, Oxford, UK.
- 8/3/2018 *Sleep and Health Disparities.* Department of Population Health, NYU Langone Medical Center, New York, NY.
- 6/21/2018 *Contextual Determinants of Sleep Disparities.* National Institute of Minority Health and Health Disparities, Rockville, MD.
- 6/21/2018 *Causes and Consequences of Sleep Disparities: Key Areas and Research Directions.* National Institute of Minority Health and Health Disparities, Rockville, MD.
- 6/14/2018 *Sleep and Health at the US-Mexico Border and Beyond.* Arizona-Mexico Border Commission, Health Services Committee, Tucson, AZ.
- 6/11/2018 *Sleep, Health, and Performance: Implications for Athletes.* Drug Free Sport, Kansas City, MO.
- 6/3/2018 *Health Disparities and Sleep.* Sleep Research Society, Baltimore, MD.
- 5/10/2018 *Sleep, Health and Society: Cardiometabolic / Neurocognitive Outcomes and Social / Behavioral Determinants.* Duke-NUS, Singapore.
- 3/8/2018 *Sleep, Health, and Nutrition.* ExpoWest Natural Products Expo, Anaheim, CA.
- 2/24/2018 *Sleep as Medicine.* Arizona State University, Tempe, AZ.
- 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.

- 11/12/2017 *Sleep Quantity and Quality*. American Heart Association, Anaheim, CA.
- 10/21/2017 *Delivering Insomnia Care: Challenges and Opportunities for Sleep Clinics, Primary Care, and Healthcare Networks*. Arizona Sleep Society, Phoenix, AZ.
- 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.
- 9/25/2017 *Patient-Centered Outcomes Research In Insomnia: Ideas and Assessment*. Sleep Research Network, Bethesda, MD.
- 9/14/2017 *Sleep Health and Cardiovascular Risk in Young Adults*. National Heart, Lung, and Blood Institute, Bethesda, MD.
- 8/3/2017 *Careers in Sleep Medicine*. Department of Population Health, New York University, New York, NY.
- 8/2/2017 *Social Determinants of Sleep*. Department of Population Health, New York University, New York, NY.
- 5/24/2017 *Sleep and Cardiometabolic Disease Risk: A Public Health Issue*. American Thoracic Society, Washington, DC.
- 5/23/2017 *Insomnia in the Context of Sleep Apnea: When and How Should You Treat?* American Thoracic Society Sunrise Workshop, Washington, DC.
- 5/5/2017 *Sleep: Basic Principles and Applications for Sport Psychologists*. PAC-12 Medical Conference, Las Vegas, NV.
- 5/1/2017 *Sleep and Health: Basic Principles and Applications to Athletics*. National Collegiate Athletics Association, Indianapolis, IN.
- 4/19/2017 *Sleep, Cardiometabolic Disease Risk, and Social-Environmental Determinants*. Human Biology Association Annual Meeting, New Orleans, LA.
- 2/6/2017 *Sleep and Health in Athletes*. Big Sky Sport Psychology Conference, Big Sky, MT.
- 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.
- 1/20/2017 *Project REST: Recovery Enhancement and Sleep Training*. National Collegiate Athletics Association, Nashville, TN.
- 11/3/2016 *Healthy Sleep in Athletes: Basic Principles and Best Practices*. Faculty Athletic Representatives Association, Indianapolis, IN.
- 10/21/2016 *Sleep, Health, and Human Performance*. Main Line Health, Bryn Mawr, PA.
- 10/1/2016 *Sleep, Health, and Performance in Student Athletes*. Association of Applied Sport Psychology, Phoenix, AZ.
- 9/13/2016 *Sleep, Health, and Nutrition: Implications for Public Health and Public Policy*. US Congress, Washington, DC.
- 8/2/2016 *Biobehavioral Sleep and Cardiovascular/Metabolic Disease Risk*. National Heart, Lung,

and Blood Institute, Bethesda, MD.

- 7/28/2016 *Disparities in Sleep Health*. Department of Population Health, New York University, New York, NY.
- 6/12/2016 *Writing Scientific Manuscripts: A Guide for Efficient Productivity*. Trainee symposia series of the Sleep Research Society, Denver, CO.
- 6/8/2016 *Sleep, Health and Performance in Student Athletes*. Big Sky Athletic Conference scientific symposium, Orem, UT.
- 6/2/2016 *Sleep, Health and Performance in Student Athletes*. HORIZON Athletic conference scientific symposium, Indianapolis, IN.
- 5/25/2016 *Sleep, Cardiometabolic Disease Risk, and the Social-Environmental Context*. Columbia University, New York, NY.
- 4/30/2016 *The Future of Sleep Medicine*. Nirav P. Patel Keynote Address to the Pennsylvania Sleep Society, Harrisburg, PA.
- 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.
- 7/29/2015 *Racial/Ethnic Disparities in Sleep Health*. Department of Population Health, New York University, New York, NY.
- 6/7/2015 *Sleep and Performance in Student Athletes: Implications for Olympic Sports*. Athletics Department, University of Washington.
- 6/7/2015 *Sleep and Performance in Student Athletes: Implications for Football Players*. Athletics Department, University of Washington.
- 4/8/2015 *Sleep and Health Disparities*. Congressional Briefing: Medical Research to Achieve Health Equity, US Congress, Washington, DC.
- 3/19/2015 *Sleep, Food Intake, and Obesity: Epidemiologic and Physiologic Insights*. Division of Nutritional Sciences, University of Illinois, Urbana-Champaign, Urbana, IL.
- 2/7/2015 *Habitual Sleep Duration and Longevity*. Sleep Duration Consensus Conference, American Academy of Sleep Medicine and Sleep Research Society, Chicago, IL.
- 2/3/2015 *Sleep and Health*. School of Medicine, University of the West Indies, Mona, Jamaica.
- 2/2/2015 *Overview of Polysomnography, Actigraphy, and Other Sleep Assessment Technologies*. School of Medicine, University of the West Indies, Mona, Jamaica.
- 1/6/2015 *Insufficient Sleep: A Novel Risk Factor for Obesity and Cardiometabolic Disease*. Department of Population Health, New York University, New York, NY.
- 11/17/2014 *Applying Behavioral and Psychological Principles to Enhance CPAP Adherence*. American Sleep and Breathing Academy, Lindon, UT.
- 10/6/2014 *Sleep and Obesity: Population Trends and Possible Mechanisms*. Department of Medicine, University of California, San Diego, La Jolla, CA.
- 9/15/2014 *Sleep, Health, and Performance*. Athletics Department, Purdue University, West Lafayette, IN.

- 5/27/2014 *Sleep as a Health Behavior: Downstream Health Outcomes and Upstream Social/Behavioral Determinants.* School of Medicine, University of Arizona, Tucson, AZ.
- 5/15/2014 *Sleep and Health in the Social Environment.* Sleep, Stress and Health Meeting. National Institutes of Health, Rockville, MD.
- 5/3/2014 \**Occupational Sleep Medicine.* Pennsylvania Sleep Society, Harrisburg, PA.
- 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.
- 4/29/2014 *Sleep as a Health Behavior: Downstream Health Outcomes and Upstream Social/Behavioral Determinants.* School of Medicine, University of California, San Diego.
- 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.
- 4/17/2014 \**Objective Estimation of Sleep with Actigraphy: History, Basic Principles, and Application to Sleep Disorders.* Advanced Course in Cognitive Behavioral Therapy for Insomnia, Philadelphia, PA.
- 11/18/2013 *Sleep and Mental Health: Implications for Student Athletes.* National Collegiate Athletics Association, Indianapolis, IN.
- 10/15/2013 *Sleep as a Domain of Health Behavior: Cardiometabolic/Behavioral Consequences and Social/Behavioral Determinants.* University of Notre Dame, South Bend, IN.
- 10/11/2013 \**Miles To Go Before We Sleep: Using Behavioral Sleep Medicine for PAP Adherence in the Lab.* Main Line Health, Paoli, PA
- 9/4/2013 *What Do We Know About the Relationship Between Diet and Sleep?* Children's Hospital of Philadelphia, Philadelphia, PA.
- 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.
- 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.
- 6/2/2013 \**Epidemiologic data analysis and data mining.* Trainee symposia series, Sleep Research Society, Baltimore, MD.
- 9/20/2012 \**Racial/Ethnic and Socioeconomic Sleep Disparities: A Key Factor in Health Disparities?* University of California, Berkeley, Berkeley, CA.
- 8/21/2012 *Sleep as a Health Behavior: Contextual Determinants and Cardiometabolic Outcomes.* Brown University, Providence, RI.
- 8/9/2012 *Contextual Determinants of Sleep Disparities.* NYU / SUNY Sleep Health Disparities Summit. New York University, Langone Medical Center, New York, NY.
- 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.

- 10/29/2011 \**Behavioral Sleep Medicine Approaches to Increasing CPAP Adherence and Working with Sleep Disorders Patients*. Main Line Health, Bryn Mawr, PA.
- 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.
- 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.
- 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.
- 6/9/2011 *Sleep and Health: Physiologic, Behavioral and Social Factors*. Northumbria University, Northumbria, England.
- 2/25/2011 *Neuropsychological Consequences of Sleep Disorders*. Semel Institute for Neuroscience and Human Behavior, University of California, Los Angeles, Los Angeles, CA.
- 9/15/2010 \**Sleep, Health and Disease*. Grand Rounds, Reading Hospital and Medical Center, Reading, PA.
- 5/1/2010 \**Behavioral Sleep Medicine: Cognitive Behavioral therapy for Insomnia and Beyond*. Pennsylvania Sleep Society, 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.
- 5/2/2009 \**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.
- 10/16/2006 *Biological Rhythms, Sleep Duration, and Health*. Division of Sleep and Chronobiology, Department of Psychiatry, University of Pennsylvania, Philadelphia, PA.

(\*=Continuing Education credits awarded to participants)

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## Invited Lectures: Guest Lectures and Student Groups

- 9/6/2018 *Sleep and Health Research*. Foundations in Health Psychology, Department of Psychology, University of Arizona, Tucson, AZ.
- 8/28/2018 *Insomnia: Treatment Approaches*. Whole Health Clinic, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 8/21/2018 *Insomnia: Diagnosis, Case Conceptualization, and Conceptual Models*. Whole Health Clinic, Department of Psychiatry, 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.

- 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<sup>3</sup> High School / Undergraduate Program, 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.
- 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.
- 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.
- 4/18/2018 *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.
- 4/4/2018 *Introduction to Statistics for Medical Residents Part 1: Descriptive Statistics and Correlation.* Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.
- 3/29/2018 *Sleep and Developmental Psychopathology.* PSY 583a: Developmental Psychopathology, Department of Psychology Graduate Program, 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.
- 9/12/2017 *Insomnia: Treatment Approaches.* Whole Health Clinic, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 9/5/2017 *Insomnia: Diagnosis, Case Conceptualization, and Conceptual Models.* Whole Health Clinic, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 8/30/2017 *Physician Numeracy.* Child and Adolescent Psychiatry, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 8/29/2017 *Sleep and Cardiometabolic Disease Risk: New Insights.* Neuroscience Data Blitz, Tucson, AZ.
- 6/4/2017 *How to get a K award (and how not to get a K award).* Sleep Research Society Trainee Symposia Series, Boston, MA.
- 4/11/2017 *Sleep and Developmental Psychopathology.* PSY 583a: Developmental Psychopathology, Department of Psychology Graduate Program, University of Arizona, Tucson, AZ.



- 3/30/2017 *Sleep and Health: Epidemiology, Physiologic Implications, and Health Disparities.* PSIO 489: Current Topics in Physiology, Department of Physiology, University of Arizona, Tucson, AZ.
- 3/2/2017 *Polysomnography and Sleep Disorders.* Psychiatry Residency Program, University of Arizona, Tucson, AZ.
- 2/20/2017 *Sleep and Cardiometabolic Disease Risk.* PSY 478: Sleep and Sleep Disorders, Department of Psychology, University of Arizona, Tucson, AZ.
- 9/9/2016 *Introduction to Statistics for Medical Residents Part 3: Linear and Logistic Regression.* Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.
- 9/8/2016 *Behavioral Sleep Health.* Department of Psychology, University of Arizona College of Science.
- 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.
- 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.
- 3/31/2016 *Sleep, Obesity, and Society.* NURS513 (Obesity and Society). University of Pennsylvania School of Nursing, Philadelphia, PA.
- 4/16/2015 *Sleep, Diet, and Obesity.* NURS513 (Obesity and Society). University of Pennsylvania School of Nursing, Philadelphia, PA.
- 2/25/2015 *Diagnosis and Treatment of Insomnia: Overview and Emerging Issues.* University of Pennsylvania School of Medicine, Philadelphia, PA.
- 11/13/2014 *Sleep and Public Health.* Department of Public Health, Arcadia University, Glenside, 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.
- 2/19/2014 *Overview of Insomnia.* University of Pennsylvania School of Medicine, Philadelphia, PA.
- 10/15/2013 *Sleep, Health, and Functioning in the Population.* PSY 34360 (Health Psychology). University of Notre Dame, South Bend, IN.
- 7/12/2013 *Psychopathology: Causal Factors and Viewpoints.* PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 2/6/2013 *Overview of Insomnia.* University of Pennsylvania School of Medicine, Philadelphia, PA.
- 2/1/2012 *Overview of Insomnia.* University of Pennsylvania School of Medicine, Philadelphia, PA.
- 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.

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.
- 3/2/2011 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA. (Student Evaluation Rating 4.6/5.0)
- 10/4/2010 *Sleep and Sleep Disorders as a Model for Ubiquitous Computing for Healthcare*. Graduate School of Engineering, Widener University, Chester, PA.
- 3/5/2008 *Careers in the Social Sciences: Clinical Psychology*. Penn Graduate/Undergraduate Mentoring Program, Philadelphia, PA.
- 2/21/2007 *Sleep Disorders and Sleep Medicine*. PSY30 (Abnormal Psychology). Department of Psychology, San Diego State University, San Diego, CA.

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### Invited Lectures: Community and Corporate

- 10/14/2018 *Why Do We Sleep?* Somnex, London, UK.
- 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.
- 9/20/2018 *Sleep, Health, and Performance*. Fitbit Captivate 2018, Chicago, IL.
- 1/5/2018 *Optimize Your Sleep for Health and Well-Being*. The Fountains, Tucson, AZ.
- 12/8/2017 *Sleep: Athletic Performance and Emerging Technologies*. Major League Baseball Winter Meetings, Orlando, FL.
- 12/2/2017 *Sleep, Health, and Nutrition*. Natrol Inc., Los Angeles, CA.
- 9/8/2017 *Sleep and Health*. Spirit of the Senses Salon Series, Phoenix, AZ.
- 9/5/2017 *Insomnia: Diagnosis, Case Conceptualization, and Conceptual Models*. Whole Health Clinic, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 8/30/2017 *Physician Numeracy*. Child and Adolescent Psychiatry, Department of Psychiatry, University of Arizona, Tucson, AZ.
- 8/29/2017 *Sleep and Cardiometabolic Disease Risk: New Insights*. Neuroscience Data Blitz, Tucson, AZ.
- 8/10/2017 *Sleep, Health, and Functioning*. Science Café, Phoenix Public Library, Phoenix, AZ.
- 7/28/2017 *Sleep, Health and Performance: Basic Principles and Applications to Baseball*. Major League Baseball, New York, NY.
- 6/28/2017 *Sleep, Health, and Performance for Football*. Department of Athletics, Texas Tech University, Lubbock, TX.
- 6/8/2017 *Sleep: Basic Principles and Applications for Athlete Development*. Professional

- Association of Athletics Development Specialists, Daytona, FL.
- 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.
- 4/12/2017 *Sleep: for Peak Performance and Your Heart*. 30<sup>th</sup> Anniversary Community Lecture Series, Sarver Heart Center, Tucson, AZ.
- 4/11/2017 *Sleep and Developmental Psychopathology*. Department of Psychology Graduate Program, University of Arizona, Tucson, AZ.
- 3/30/2017 *Sleep and Health: Epidemiology, Physiologic Implications, and Health Disparities*. Department of Physiology, University of Arizona, Tucson, AZ.
- 3/30/2017 *Sleep, Health, and Performance for Baseball*. Oakland Athletics Spring Training, Phoenix, AZ.
- 3/11/2017 *Marijuana Use: Impacts on Sleep, Anxiety, and Performance*. Milwaukee Brewers Spring Training, Phoenix, AZ.
- 3/2/2017 *Polysomnography and Sleep Disorders*. Psychiatry Residency Program, University of Arizona, Tucson, AZ.
- 2/20/2017 *Sleep and Cardiometabolic Disease Risk*. Department of Psychology, University of Arizona, Tucson, AZ.
- 12/16/2016 *Sleep and Health Risks in the Community*. Mariposa Health Clinic, Nogales, AZ.
- 9/9/2016 *Introduction to Statistics for Medical Residents Part 3: Linear and Logistic Regression*. Department of Psychiatry, University of Arizona College of Medicine, Tucson, AZ.
- 9/8/2016 *Behavioral Sleep Health*. Department of Psychology, University of Arizona College of Science.
- 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.
- 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.
- 3/31/2016 *Sleep, Obesity, and Society*. NURS513 (Obesity and Society). University of Pennsylvania School of Nursing, Philadelphia, PA.
- 10/20/2015 *The Truth about Sleep*. Online Personal Health Summit, Ultimate Human Foundation.
- 9/14/2015 *The Science of Sleep: Basics of Sleep Physiology, Consequences of Poor Sleep, and Common Sleep Problems*. Church & Dwight, Princeton, NJ.
- 9/14/2015 *Looking Ahead: Opportunities to Support Sleep with Dietary Supplements*. Church & Dwight, Princeton, NJ.
- 4/16/2015 *Sleep, Diet, and Obesity*. NURS513 (Obesity and Society). University of Pennsylvania School of Nursing, Philadelphia, PA.
- 2/25/2015 *Diagnosis and Treatment of Insomnia: Overview and Emerging Issues*. University of Pennsylvania School of Medicine, Philadelphia, PA.

- 11/13/2014 *Sleep and Public Health*. Department of Public Health, Arcadia University, Glenside, PA.
- 11/5/2014 *Sleep and Nutrition*. Day of Science, Council for Responsible Nutrition, Laguna Niguel, CA.
- 10/30/2014 *Sleep and Healthy Lifestyle*. Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.
- 10/23/2014 *Solving Sleep Problems*. Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.
- 10/17/2014 *Maximizing Sleep for Optimal Health and Performance*. Lincoln Investments, Philadelphia, PA.
- 10/16/2014 *Sleep and Healthy Aging*. Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, 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.
- 6/17/2014 *Sleep, Health and Performance: Information for Players*. Philadelphia Eagles, Philadelphia, PA.
- 6/11/2014 *Sleep, Health and Performance*. Philadelphia Eagles, Philadelphia, PA.
- 5/8/2014 *Healthy Sleep: How to Get it and Why You Need It*. Etsy, Brooklyn, NY.
- 2/19/2014 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA.
- 12/9/2013 *Sleep, Health and Performance*. Philadelphia 76ers, Philadelphia, PA.
- 11/21/2013 *Sleep and Healthy Lifestyle*. Friends Life Care VigR Enrichment Workshop, Wilmington, DE.
- 11/15/2013 *Sleep Deficiency in the Workplace*. Greater Philadelphia Business Coalition on Health, Philadelphia, PA.
- 11/14/2013 *Solving Sleep Problems*. Friends Life Care VigR Enrichment Workshop, Wilmington, DE.
- 10/31/2013 *Sleep and Healthy Aging*. Friends Life Care VigR Enrichment Workshop, Wilmington, DE.
- 10/15/2013 *Sleep, Health, and Functioning in the Population*. PSY 34360 (Health Psychology). University of Notre Dame, South Bend, IN.
- 7/26/2013 *Maximizing Sleep for Health and Performance*. Major League Baseball, New York, NY.
- 7/12/2013 *Psychopathology: Causal Factors and Viewpoints*. PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.

- 6/20/2013 *Healthy Sleep: Why It's Important and How To Get It.* Lincoln Investments, Lafayette Hill, PA.
- 4/30/2013 *Sleep and Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.
- 4/23/2013 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.
- 4/16/2013 *Sleep and Healthy Aging.* Friends Life Care VigR Enrichment Workshop, Plymouth Meeting, PA.
- 2/6/2013 *Overview of Insomnia.* University of Pennsylvania School of Medicine, Philadelphia, PA.
- 10/24/2012 *Sleep and Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, West Chester, PA.
- 10/17/2012 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, West Chester, PA.
- 10/10/2012 *Sleep and Healthy Aging.* 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.
- 6/5/2012 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, West Chester, PA.
- 5/29/2012 *Sleep and Healthy Aging.* Friends Life Care VigR Enrichment Workshop, West Chester, 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.
- 2/1/2012 *Overview of Insomnia.* University of Pennsylvania School of Medicine, Philadelphia, PA.
- 1/31/2012 *Sleep Disorders and Sleep Deprivation in Philadelphia Police Officers.* Philadelphia Police Department, Philadelphia, PA.
- 1/25/2012 *Neuroscience and Behavior, Part 1: Introduction to Neurobiology.* PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 1/25/2012 *Neuroscience and Behavior, Part 2: Introduction to Neurophysiology.* PSYC 001 (Introduction to Experimental Psychology). University of Pennsylvania College of Arts and Sciences, Philadelphia, PA.
- 11/16/2011 *Sleep and Healthy Lifestyle.* Friends Life Care VigR Enrichment Workshop, Bryn Mawr, PA.
- 11/9/2011 *Solving Sleep Problems.* Friends Life Care VigR Enrichment Workshop, Bryn Mawr, PA.
- 11/2/2011 *Sleep and Healthy Aging.* Friends Life Care VigR Enrichment Workshop, Bryn Mawr, PA.

- 5/26/2011 *Sleep and Successful Aging*. 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.
- 5/12/2011 *Ways to Improve Your Sleep*. Friends Life Care VigR Enrichment Workshop, Philadelphia, PA.
- 5/5/2011 *Basics of Sleep and Sleep Medicine*. Friends Life Care VigR Enrichment Workshop, Philadelphia, 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.
- 3/21/2011 *Insomnia: Why Can't I Sleep?* Reading Hospital and Medical Center, Reading, PA.
- 3/2/2011 *Overview of Insomnia*. University of Pennsylvania School of Medicine, Philadelphia, PA. (Student Evaluation Rating 4.6/5.0)
- 12/14/2010 *Developing Healthy Sleep Habits*. Riddle Hospital, Media, PA.
- 11/16/2010 *Healthy Sleep and Successful Aging*. Friends Life Care, Bryn Mawr, PA.
- 10/4/2010 *Sleep and Sleep Disorders as a Model for Ubiquitous Computing for Healthcare*. Graduate School of Engineering, Widener University, Chester, PA.
- 9/29/2010 *The Importance of Healthy Sleep for New Parents*. Family Birthmark, Media PA.
- 9/22/2010 *Introduction to Pediatric Sleep Disorders*. Family Birthmark, Media PA.
- 9/15/2010 *Sleep Training Basics*. Family Birthmark, Media PA.
- 9/8/2010 *Solving Common Infant and Toddler Sleep Problems*. Family Birthmark, Media PA.
- 9/1/2010 *Normal Sleep in Infants and Toddlers*. Family Birthmark, Media PA.
- 3/18/2010 *Sleep and Chronic Pain*. Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.
- 1/21/2010 *Sleep and Chronic Pain*. Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.
- 11/17/2009 *Healthy Sleep in Parents*. Family Birthmark, Media PA.
- 11/10/2009 *Pediatric Sleep Disorders*. Family Birthmark, Media PA.
- 11/3/2009 *Teaching Sleep*. Family Birthmark, Media PA.
- 10/27/2009 *Solving Sleep Problems*. Family Birthmark, Media PA.
- 10/20/2009 *Normal Sleep in Infants and Toddlers*. Family Birthmark, Media PA.
- 9/17/2009 *Sleep and Chronic Pain*. Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.
- 8/20/2009 *Sleep and Chronic Pain*. Philadelphia Veterans Affairs Medical Center, Philadelphia, PA.
- 2/18/2009 *Sleep, Health and Longevity*. CentraState Hospital, Freehold, NJ.

11/6/2008	<i>Getting Sleep: Why It's Important and How to Make the Most of It.</i> Friends Life Care, Blue Bell, PA.
11/5/2008	<i>Getting Sleep: Why It's Important and How to Make the Most of It.</i> Friends Life Car, Blue Bell, PA.
10/30/2008	<i>Getting Sleep: Why It's Important and How to Make the Most of It.</i> Riddle Hospital Group, Plymouth Meeting, PA.
5/28/2008	<i>Getting Sleep: Why It's Important and How to Make the Most of It.</i> Wawa Inc., Media, PA.
3/5/2008	<i>Careers in the Social Sciences: Clinical Psychology.</i> Penn Graduate/Undergraduate Mentoring Program, Philadelphia, PA.
2/21/2007	<i>Sleep Disorders and Sleep Medicine.</i> PSY30 (Abnormal Psychology). Department of Psychology, San Diego State University, San Diego, CA.

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## Students Supervised

### Doctoral Dissertation Committee Member

Dollish, Hannah	2018-present	University of Arizona, Neuroscience
Khader, Wailuddin*	2018-present	University of Arizona, Psychology
Perry, Christopher	2018-present	Arizona State University, Exercise Science
Tubbs, Andrew*	2017-present	University of Arizona, Neuroscience
Lit Soo Ng	2012-2014	University of Pennsylvania, School of Nursing

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

### Masters Thesis Committee Member

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

### Undergraduate Honors Thesis Supervised

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
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
Paer, Alexandra	2010-2011	University of Pennsylvania, Biology

Current Students

Featherston, Breanna	Undergraduate	2018-present	
Fourte, D. Alex	Undergraduate	2018-present	
Griffin, Nakayla	Undergraduate	2018-present	
Jajoo, Anjalee	Undergraduate	2018-present	
Khader, Waliuddin	PhD Student	2018-present	
Lane, Elizabeth	Undergraduate	2018-present	
Liang, Olivia	Undergraduate	2017-present	1 abstract
Liu, Serena	Undergraduate	2017-present	1 abstract
Olivier, Kayla	Undergraduate	2015-present	3 abstracts
Pham, Bruce	Undergraduate	2018-present	
Quiroz, Hunter	Undergraduate	2018-present	
Ramsey, Thea	Undergraduate	2018-present	
Warlick, Chloe	Undergraduate	2015-present	3 abstracts, honors thesis
Wills, Chloe	Undergraduate	2018-present	
Tang, Ronald	Undergraduate	2017-present	1 abstract
Tubbs Andrew	MD/PhD Student	2017-present	

Other Current Research Mentees

Begay, Tommy	Junior Faculty	2018-present
Dollish, Hannah	PhD Student (Committee)	2017-present
Doyle, Caroline	PhD Student (Committee)	2016-present
Knowlden, Adam	Junior Faculty	2017-present

Other Current Clinical Trainees

Stiller, Justin	PGY4 Resident	2018-present
Zold, Amanda	Psych Intern	2018

Previous Trainees and Mentees:

Abastillas, Aldrin	Undergraduate	2011-2012	1 abstract , 1 paper (submitted)
Altman, Nicole	Post-Bacc	2010-2011	2 abstracts, 1 paper



Barilla, Holly	Post-Bacc	2011-2012	3 abstracts
Bliznak, Victoria	Undergraduate	2017-2019	1 abstract
Bremer, Erin	Post-Bacc	2011-2012	2 abstracts, 1 paper
Chakravarty, Subhajit	Junior Faculty	2013-2015	VA CDA Award
Charestm Jonathan	Visiting PhD Student	2018	
Corbitt, Charles	MS Student (Research)	2012-2015	2 abstracts
Culnan, Elizabeth	Undergraduate	2011-2012	3 abstracts, 1 paper
Davis, Benjamin	Undergraduate	2015-2016	1 abstract
deVries, Sarah	MS Student (Research)	2008-2009	
Djurich, Sara	PhD Student (Physiology)	2018	1 abstract
Fisseha, Ephrat	Undergraduate	2015-2017	2 abstracts, honors thesis
Forbush, Sierra	Undergraduate	2015-2017	3 abstracts, honors thesis
Gonzalez, Brian	Postdoc	2014-2016	K Award
Graham, Patrick	Undergraduate	2015	1 abstract
Granados, Karla	Undergraduate	2015-2017	3 abstracts
Haghighi, Ariana	Undergraduate	2017-2018	1 abstract
Hall, Christine	Undergraduate	2015-2017	3 abstracts, 1 paper, thesis
Houser, Monica	MS Student (Committee)	2016-2018	
Izci-Balserak, Bilgay	Postdoc	2011-2014	K99/R00 Award
Jaszewski, Angelica	Undergraduate	2015-2017	2 abstracts, 1 paper
Ji, Xiaowen "Jane"	Visiting PhD Student	2017	
Juarascio, Adrienne	Undergraduate	2009	1 abstract
Kim, Jin-Young	Postdoc	2011-2013	K99/R00 Award
Kingsbury, Fadwa	Undergraduate	2010-2011	
Kozak, Philip	Undergraduate	2010-2011	3 abstracts, 2 papers
Lam, Brian	Undergraduate	2012-2013	2 abstracts
Lang, Rebecca	MS Student (Research)	2009-2015	4 abstracts , 2 papers
Maia, Querino	Undergraduate	2012-2015	2 abstracts, 1 paper
Nesom, Genevieve	Post-Bacc	2013-2015	1 paper (submitted)
Ng, Lit Soo	PhD Student (Committee)	2012-2014	Dissertation
Nowakowski, Sara	Junior Faculty	2012-2013	K Award
Ocaño, Demi	Undergraduate	2015-2017	2 abstracts, honors thesis
Okuagu, Ashley Chisom	Undergraduate	2015-2018	3 abstracts

Oliver, Linden	Post-Bacc	2012-2013	2 abstracts, 2 papers
Paer, Alexandra	Undergraduate	2010-2011	3 abstracts, Honors Thesis
Paine, Kristen	Undergraduate	2015-2016	1 abstract
Poling, Kristi	Undergraduate	2016-2018	2 abstracts, honors thesis
Rattanaumpawan, Pinyo	Postdoc	2010-2012	4 abstracts, 3 papers
Rhee, Joshua Unbin	Undergraduate	2015-2016	1 abstract
Ricaurte, Melanie	Post-Bacc	2009	
Saccone, Jeffrey	Undergraduate	2015-2017	2 abstracts
Sanchez, Christopher	Undergraduate	2017-present	2 abstracts
Sandino, Michael	Undergraduate	2017-2018	1 abstract
Schopfer, Elizabeth	Undergraduate	2009-2013	4 abstracts, 1 paper
Seixas, Azizi	Postdoc	2015-2016	K Award
Siu, Katy	Post-Bacc	2012-2015	2 abstracts, 1 award, 1 paper
Sobowale, Akin	Undergraduate	2011-2012	1 abstract
Sur, Bonita	Psych Extern	2017-2018	
Tabit, Lindsay	Undergraduate	2015	
Till, Kristin	Undergraduate	2016-2017	1 abstract, honors thesis
Vergara, Antonio	Undergraduate	2011-2012	1 abstract
Waldron, Elizabeth	Post-Bacc	2011-2012	2 abstracts
Whinnery, Julia	Post-Bacc	2012-2013	1 abstract, 1 paper
Williams, Natasha	Postdoc	2013-2015	K Award
Witter, Virginia	Undergraduate	2010	
Wong, Jacqueline	Undergraduate	2009-2010	
Yang, Robert	Undergraduate	2015-2018	3 abstracts
Zheng, Michael	Post-Bacc	2012	
Zhiyuan, Zhao	Undergraduate	2010	1 abstract

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## Media Coverage of Scientific Research

Over 10 million print impressions since 2012. Over 1 billion unique internet impressions since 2012. Over 170 million unique impressions in top-tier outlets since 2012.

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, WHYH 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, Nacodoches Daily Sentinel, Newsday, Palm Beach Daily News, Palm Beach Post, Philadelphia Inquirer, Rocky Mountain Telegram, San Jose Mercury News, Suncoast News, Toledo Blade, Tulsa World, Twin Falls Times-News, Waco Tribune-Herald.

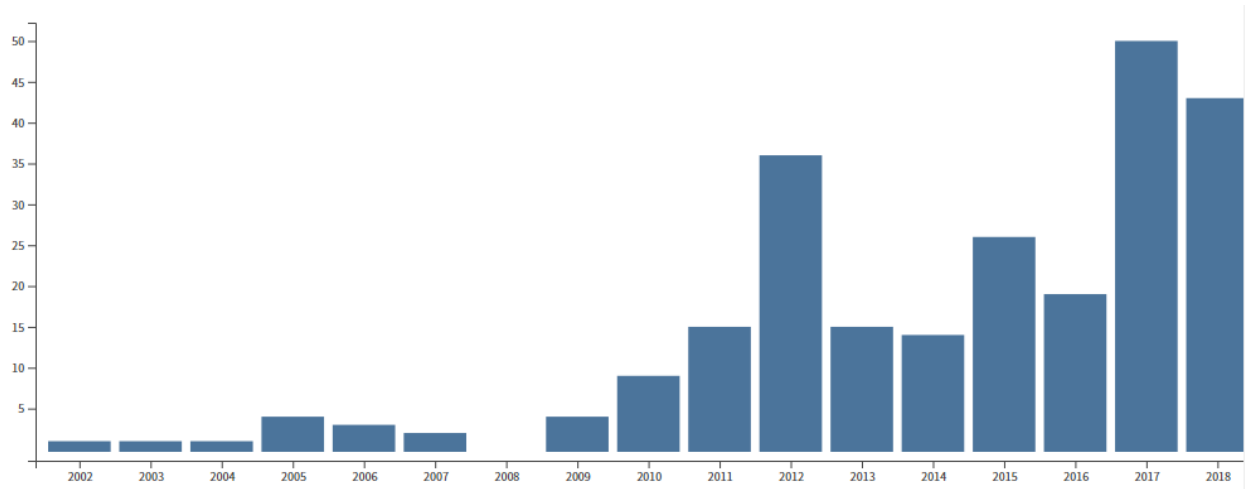
Magazines: AARP, Allure, The Atlantic, Bottom Line Health, Cooking Light, Cosmopolitan, Dance, Diabetes Self-Management, Discover, Elle, Harper's Bazaar, Health, Men's Fitness, Men's Health, Men's Journal, Monitor on Psychology, More, National Journal, New York Magazine, Nutritional Outlook, O: The Oprah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

International News Outlets: Argentina, Australia, Bangladesh, Brazil, Brunei, Canada, Chile, China, Croatia, Cuba, Egypt, Estonia, Finland, France, Ghana, Hungary, Germany, 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

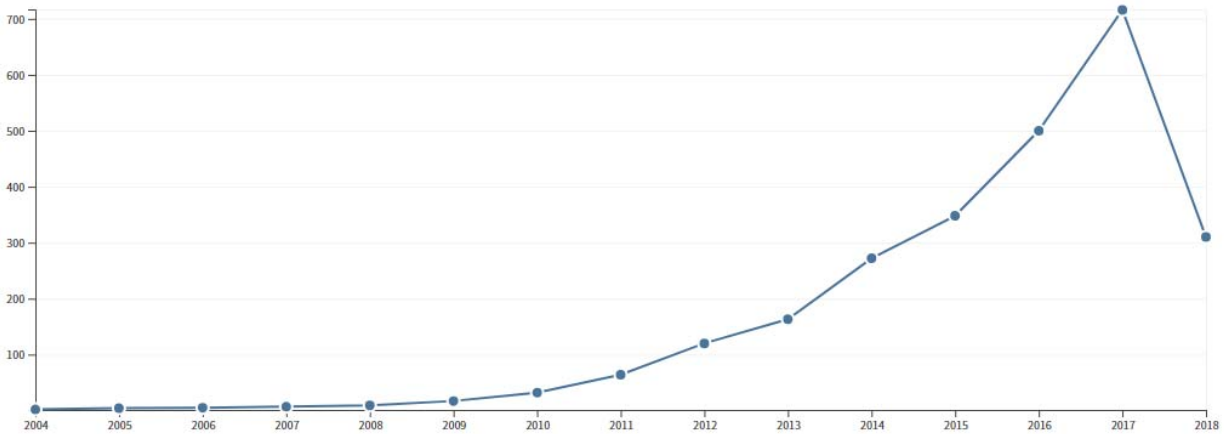
Online: AOL Health, BabyZone, Blouin News, Boston.com, CNBC, Dawn.com, Dr. Koop, Drugs.com, E! Science News, EurekAlert, Health 24, HealthCentral, HealthDay, Huffington Post, Inquisitr, Jezebel, Lifehacker, MedicalXpress, MedPage Today, Mother Nature Network, NewsMax, NewsRx, Newsworks, Ozy, Pain.com,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

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