

Michael A. Grandner

Curriculum Vitae

Updated: June, 2015

University of Pennsylvania
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Current Position

Instructor, Division of Mood and Anxiety Disorders, Department of Psychiatry, Perelman School of Medicine, University of Pennsylvania

Psychologist, Behavioral Healthcare Service, Philadelphia Veterans Affairs Medical Center

Research and Clinical Interests

Broad application of 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.

Education

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

Fellowships and Internships

2007-2012	University of Pennsylvania Postdoctoral Fellowship, Center for Sleep and Circadian Neurobiology
2007-2010	University of Pennsylvania Behavioral Sleep Medicine Fellowship (AASM-Accredited)
2006-2007	University of California, San Diego & San Diego VA Healthcare System Clinical Psychology Internship, Behavioral Medicine/Outpatient Psychiatry

Professional License and Certification

Psychologist License (Pennsylvania): PS016956

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

Academic Positions

- 2014-present **Psychologist**
Behavioral Healthcare Service, Philadelphia VA Medical Center
- 2012-present **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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Research and Clinical Affiliations

- 2012-present **Member**
Occupational Sleep Medicine, Division of Sleep Medicine, University of Pennsylvania
- 2012-present **Member**
Behavioral Sleep Medicine Program, Department of Psychiatry, University of Pennsylvania
- 2012-present **Member**
Center for Sleep and Circadian Neurobiology, University of Pennsylvania
- 2011-present **Clinical Privileges**
Hospital of the University of Pennsylvania
- 2011-present **Affiliate Member**
Cardiovascular Institute, University of Pennsylvania
- 2009-present **Affiliate Member**
Institute for Translational Medicine and Therapeutics, University of Pennsylvania
- 2008-present **Affiliate Member**
Institute for Diabetes, Obesity and Metabolism, University of Pennsylvania
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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**
Depression Research Laboratory, University of Rochester. Supervisor: Donna E. Giles, PhD.
- 1999-2001 **Research Assistant**
Sleep and Neurophysiology Research Laboratory, University of Rochester. Supervisor: Michael L. Perlis PhD.

Teaching Experience

- 2011-2015 **Regular Guest Lecturer**
FRO 522 Frontiers in Sleep Medicine, Penn Medical School (most recent rating 4.6/5.0)
- 2008-present **Mentor/Supervisor**
Various students and research assistants (see below)
- 2008-present **Guest Lecturer**
Various courses at various institutions (see below)
- 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
- 2000-2001 **Psychology Tutor**
Center for Academic Support, University of Rochester
- 2000 **Teaching Assistant**
CSP 260: Sleep Research and Sleep Medicine, University of Rochester

Grants / Funding

- 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; UL1RR024134, 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).*

Honors and Awards

- 2015 Travel Award for Attendance at NIDDK Sleep and Diabetes Workshop, Sleep Research Society
- 2015 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
- 2011 1st place award for essay, "The Future of the Academic Sleep Center"
- 2010 Invited to AASM Young Investigator Forum at NIH (1 of 21)
- 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, Research in Psychology from the University of Rochester
- 2000 Travel Award, Sleep Research Society
- 2000-2001 Rochester Psychology Honors Program (one of nine students)
- 1997-2001 Dean's List, University of Rochester College of Arts and Sciences (all semesters)
- 1997-2001 Meliora Grant
- 1997-2001 Rush Rhees Scholarship

Membership in Academic/Professional Organizations

- National:***
- 1999-present American Academy of Sleep Medicine
Member, Sleep Deprivation Section
Member, Insomnia Section
Member, Circadian Rhythm Section
Fellow, 2015-present
- 2011-present American Heart Association

		<i>Member, Council on Lifestyle and Cardiometabolic Health</i> <i>Member, Council on Cardiovascular Epidemiology and Prevention</i>
1999-present	Associated Professional Sleep Societies <i>Via Sleep Research Society and American Academy of Sleep Medicine</i>	
2014-present	American Thoracic Society <i>Member</i>	
1999-present	Sleep Research Society <i>Member, Sleep and Behavior Section</i> <i>Member, Sleep Disorders Research Section</i> <i>Member, Circadian Rhythm Section</i>	
2010-present	Society of Behavioral Sleep Medicine <i>Founding Member</i>	
<u>Local:</u>	2008-present	Pennsylvania Sleep Society <i>Founding Member</i>

Service to Academic and Professional Organizations

Societal Committees and Service:

2015-2016	<i>American Thoracic Society</i>	Program Committee, ATS Assembly on Sleep and Respiratory Neurobiology, Member
2014	<i>Sleep Research Society</i>	Strategic Planning Conference Invited Member
2014-2015	<i>American Academy of Sleep Medicine and Sleep Research Society (Joint)</i>	Sleep Duration Consensus Conference Invited Member
2014-present	<i>American Heart Association</i>	Healthful Behavioral Change Committee
2014-present	<i>American Heart Association</i>	Lifestyle and Cardiometabolic Health Early Career Committee
2013-2014	<i>Pennsylvania Sleep Society</i>	Immediate Past President
2013-2014	<i>American Academy of Sleep Medicine</i>	Exam Question Writing Subcommittee, Member
2013-present	<i>Society of Behavioral Sleep Medicine</i>	Website and Communications Committee, Chair
2013-present	<i>Sleep Research Society</i>	Membership and Communications Committee, Chair
2012-2013	<i>Pennsylvania Sleep Society</i>	President
2012-2013	<i>Society of Behavioral Sleep Medicine</i>	Website and Communications Committee, Member
2011-2013	<i>Sleep Research Society</i>	Facebook Page, Administrator
2011-2012	<i>Pennsylvania Sleep Society</i>	President-Elect
2010-2013	<i>Sleep Research Society</i>	Membership and Communications Committee, Member
2009-2011	<i>Pennsylvania Sleep Society</i>	Communications Committee, Member
2008-2011	<i>Pennsylvania Sleep Society</i>	Board of Directors, Founding Member
2008	<i>Pennsylvania Sleep Society</i>	Organizing Committee, Member
2008-2010	<i>Sleep Research Society</i>	Communications Committee, Member
2006-present	<i>Associated Professional Sleep Societies</i>	Abstract Reviewer
2006-2007	<i>Sleep Research Society</i>	Trainee Subcommittee, Member

Intramural Committees and Service (Penn):

2014-2015	<i>Behavioral Sleep Medicine Program</i>	Behavioral Sleep Medicine Mini-Fellowship, Faculty
2014-2015	<i>Penn Center for Sleep</i>	Website Planning Committee, Member
2014	<i>Penn Center for Sleep</i>	Annual Research Retreat Committee, Chair
2013-2015	<i>Penn School of Medicine</i>	Institutional Review Board (IRB#3), Member
2011-2015	<i>Penn Center for Sleep</i>	Seminar Series Selection Committee, Member
2010-2011	<i>Penn Center for Sleep</i>	Annual Research Retreat Committee, Chair
2009-2010	<i>Penn Center for Sleep</i>	Annual Research Retreat Committee, Member
2007-2008	<i>Penn Center for Sleep</i>	Annual Research Retreat Committee, Member

Academic/Professional Committees and Service (Other):

2014-present	<i>Harvard University</i>	Health Disparities Working Group, Sleep Apnea Patient Centered Outcomes Network (SAPCON)
2013-2014	<i>National Sleep Foundation</i>	Meaningful Use Advisory Committee, Member
2013-2014	<i>National Sleep Foundation</i>	Sleep Time Recommendations Consensus Panel, Member
2013-present	<i>National Collegiate Athletics Association (NCAA)</i>	Mental Health Task Force, Member
2013-present	<i>New York University</i>	Tailored Approach to Sleep Health Education (TASHE Study), Faculty Advisory Board Member
2012-present	<i>New York University</i>	Program to Increase Diversity in Behavioral and Sleep Research (NHLBI PRIDE Summer Training Institute), Program Faculty Member
2011-2012	<i>SUNY Downstate Medical Center</i>	Program to Increase Diversity in Behavioral and Sleep Research (NHLBI PRIDE Summer Training Institute), Program Faculty Member
2009-present	<i>BSM Online Group</i>	Managing Editor
2009-2011	<i>Sleep Trainees Network</i>	Founding Moderator
2009-present	<i>University of Rochester</i>	Admissions Interviews
2007	<i>VA/UCSD Internship</i>	Psychology Internship Interviews
2003	<i>SDSU/UCSD Joint Doctoral Program</i>	Research Design and Statistics Exam Prep Organizer
2002-2004	<i>SDSU/UCSD Joint Doctoral Program</i>	Applicant Interviewer
2002	<i>SDSU/UCSD Joint Doctoral Program</i>	Applicant Housing Committee Chair

Advisory and Consultative Roles

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

Editorial Contributions

Journal (Editorial Board):

2015-present	Associate Editor	Sleep Health
2014-2015	Editorial Board	Sleep Health (Inaugural Editorial Board)

Journals (Reviewer):

2015-present	Advances in Nutrition
2010-present	American Journal of Human Biology
2012-present	American Journal of Industrial Medicine
2013-present	Annals of Epidemiology
2014-present	Annals of Internal Medicine
2012-present	Appetite
2011-present	Atherosclerosis
2014-present	Behavioral Research in Nursing
2009-present	Behavioral Sleep Medicine

2014-present	BMC Psychiatry
2013-present	BMC Public Health
2013-present	BMJ Open
2012-present	British Journal of Nutrition
2010-present	Chronobiology International
2014-present	Circulation
2013-present	Clinical Cardiology
2010-present	Depression and Anxiety
2010-present	Diabetes, Metabolism and Obesity: Targets and Therapy
2012-present	Emerging Health Threats
2012-present	Epidemiology Reviews
2013-present	European Journal of Endocrinology
2012-present	European Journal of Public Health
2010-present	Faculty of 1000 Medicine Reports
2014-present	Frontiers in Systems Neuroscience
2011-present	Health Education Research
2013-present	Health Reports
2013-present	Healthy Aging and Clinical Care in the Elderly
2013-present	Hypertension Research
2010-present	Industrial Health
2012-present	International Journal of Geriatric Psychiatry
2007-present	JAMA (Journal of the American Medical Association)
2009-present	Journal of Affective Disorders
2013-present	Journal of the American Geriatric Society
2011-present	Journal of Clinical Sleep Medicine
2013-present	Journal of Development and Agricultural Economics
2013-present	Journal of Epidemiology and Community Health
2012-present	Journal of General Internal Medicine
2012-present	Journal of Nutrition, Health, and Aging
2011-present	Journal of Pain
2012-present	Journal of Psychopharmacologyzzzz
2014-present	Journal of Psychosomatic Research
2010-present	Journal of Public Health
2008-present	Journal of Sleep Research
2013-present	Journal of Sports Science and Medicine
2013-present	Journal of the American College of Nutrition
2014-present	Journal of Thoracic Disease
2012-present	Journal of Translational Medicine
2012-present	Journal of Women's Health
2012-present	Nature and Science of Sleep
2013-present	Nutrition Research
2014-present	Nutrition Reviews
2010-present	Physiology and Behavior
2012-present	PLoS ONE
2013-present	Preventing Chronic Disease
2013-present	Preventive Medicine
2010-present	Progress in Neuro-Psychopharmacology and Biological Psychiatry
2009-present	Psychiatry Research
2010-present	Psychological Medicine
2013-present	Racial and Ethnic Health Disparities
2013-present	Rejuvenation Research
2007-present	Research on Aging
2010-present	Science of the Total Environment

2012-present	Science Translational Medicine
2013-present	Sensors
2008-present	SLEEP
2014-present	Sleep Health: Journal of the National Sleep Foundation
2010-present	Sleep Medicine
2013-present	Social Behavior and Personality
2012-present	Social Science and Medicine
2014-present	Traffic Injury Prevention
2011-present	Vascular Health and Risk Management
2014-present	Women's Health Issues

Book Publisher (Prospectus Review):

2014-present	APA Books
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Listserve/Online Groups (Moderator):

2011-2013	Sleep Trainees Network (Senior Moderator)
2009-present	Behavioral Sleep Medicine Group (Managing Editor)
2008-2011	Sleep Trainees Network (Moderator)

Journals (Mentored Reviewer):

2009	Behavioral Sleep Medicine
2009	Sleep Medicine Reviews
1999-2001	SLEEP

Grant Review Panels

2015	Italian Ministry of Health
2014	Michigan Metabolomics and Obesity Center, Ad-Hoc Grant Reviewer
2013	Marsden Fund, New Zealand, Ad-Hoc Grant Reviewer
2012-2013	National Institutes of Health, Health Disparities and Equity Promotion Study Section (HDEP), Mail-In Grant Reviewer
2012	Dutch Technology Foundation, Ad-Hoc Grant Reviewer
2012	Netherlands Organization for Health Research and Development, Ad-Hoc Grant Reviewer
2011	Philips Research Foundation, Ad-Hoc Grant Reviewer

Peer-Reviewed Publications

1. **Grandner, M. A.**, Jackson, N., Izci-Balserak, B., Gallagher, R. A., Murray-Bachmann, R., Williams, N., Patel, N. P., and Jean-Louis, G. (In Press). Social and behavioral determinants of perceived insufficient sleep. *Frontiers in Neurology*.
2. **Grandner, M. A.**, Schopfer, E. A., Sands-Lincoln, M., Jackson, N., and Malhotra, A. (In Press). The relationship between sleep duration and body mass index depends on age. *Obesity*.
3. **Grandner, M. A.**, Williams, N., Knutson, K. L., Roberts, D., and Jean-Louis, G. (In Press). Sleep disparity, race/ethnicity, and socioeconomic position. *Sleep Medicine*.
4. Chaudhary, N. S., Kampman, K. M., Kranzler, H. R., **Grandner, M. A.**, Debbama, S., and Chakravorty, S. (In Press). Insomnia in alcohol dependent subjects is associated with greater psychosocial problem severity. *Addictive Behaviors*.
5. Hui, S. A. and **Grandner, M. A.** (In Press). The role of poor sleep quality in motivating and maintaining healthy behavior among participants in Kansas state employee wellness program. *Preventive Medicine Reports*.
6. Jean-Pierre, P., **Grandner, M. A.**, Garland, S. N., Henry, E., Jean-Louis, G., and Burish, T. G. (In Press). Self-reported memory problems in adult-onset cancer survivors in the United States: Effects of cardiovascular disease and insomnia. *Sleep Medicine*.

7. Jen, R., **Grandner, M. A.**, and Malhotra, A. (In Press). Future of sleep disordered breathing therapy using a mechanistic approach. *Canadian Journal of Cardiology*.
8. Lalley-Chareczko, L. Segal, A. Perlis, M. L., and **Grandner, M. A.** (In Press). Sleep disturbance partially mediates the relationship between intimate partner violence and physical/mental health. *Journal of Interpersonal Violence*.
9. Perlis, M. L., **Grandner, M. A.**, Zee, J., Bremer, E., Whinnery, J., Barilla, H., Andalia, P., Gehrman, P., Morales, K., Thase, M., Bootzin, R., and Ader, R. (In Press). Durability of treatment response to zolpidem with three different maintenance regimens: A preliminary study. *Sleep Medicine*.
10. Watson, N. F., Badr, M. S., Belenky, G., Bliwise, D. L., Buxton, O. M., Buysse, D., Dinges, D. F., Gangwisch, J., **Grandner, M. A.**, Kushida, C., Malhotra, R. K., Martin, J. L., Patel, S. R., Quan, S., and Tasali, E. (In Press). Recommended amount of sleep for a healthy adult: A Joint statement of the American Academy of Sleep Medicine and Sleep Research Society. *Journal of Clinical Sleep Medicine*.
11. Williams, N. J., **Grandner, M. A.**, Wallace, D. M., Cuffee, Y., Airihenbuwa, C., Okuyemi, K., Ogedegbe, G., and Jean-Louis, G. (In Press). Determinants of insufficient sleep among black and white Americans: The Behavioral Risk Factor Surveillance System. *Sleep Medicine*.
12. Pak, V. M., Keenan, B. T., Jackson, N., Grandner, M. A., Maislin, G., Teff, K., Schwab, R. J., Arnardottir, E. S., Juliusson, S., Benediktsdottir, B., Gislason, T., and Pack, A. I. (2015). Adhesion molecule increases in sleep apnea: Beneficial effect of positive airway pressure and moderation by obesity. *International Journal of Obesity*, 39: 472-479.
13. Watson, N. F., Badr, M. S., Belenky, G., Bliwise, D. L., Buxton, O. M., Buysse, D., Dinges, D. F., Gangwisch, J., **Grandner, M. A.**, Kushida, C., Malhotra, R. K., Martin, J. L., Patel, S. R., Quan, S., and Tasali, E. (2015). Recommended amount of sleep for a healthy adult: A Joint statement of the American Academy of Sleep Medicine and Sleep Research Society. *SLEEP*, 38 (6): 843-844.
14. Williams, N. J., **Grandner, M. A.**, Snipes, A., Rogers, A., Williams, O., Airihenbuwa, C., and Jean-Louis, G. (2015). Racial/ethnic disparities in sleep health and healthcare: Importance of the sociocultural context. *Sleep Health*, 1 (1): 28-35.
15. **Grandner, M. A.** (2014). Addressing sleep disturbances: An opportunity to prevent cardiometabolic disease? *International Review of Psychiatry*, 26(2): 155-176.
16. **Grandner, M. A.**, Chakravorty, S., Perlis, M. L., Oliver, L., and Gurubhagavatula, I. (2014). Habitual sleep duration associated with self-reported and objectively-determined cardiometabolic risk factors. *Sleep Medicine*, 15(1):42-50. NIHMSID: 535748.
17. **Grandner, M. A.**, Jackson, N., Gerstner, J. R., and Knutson, K. L. (2014). Sleep difficulties associated with intake of specific dietary nutrients. *Journal of Sleep Research*, 23: 22-34. NIHMSID: 511301.
18. **Grandner, M. A.**, Jackson, N. J., Gooneratne, N. S., and Patel, N. P. (2014). The development of a questionnaire to assess sleep-related practices, beliefs and attitudes. *Behavioral Sleep Medicine*, 12(2):123-142. PMID: [3795978](#).
19. **Grandner, M. A.**, Knutson, K. L., Troxel, W., Hale, L., Jean-Louis, G., and Miller, K. E. (2014). Disparities in sleep and energy drink use, and implications for health disparities. *Nutrition Reviews*, 73 (S1), 14-22.
20. Chakravorty, S., **Grandner, M. A.**, Mavandadi, S., Perlis, M. L., Sturgis, E. B., and Oslin, D. W. (2014). Suicidal ideation in veterans misusing alcohol: Relationships with insomnia symptoms and sleep duration. *Addictive Behaviors*, 39(2): 39-405.
21. Chakravorty, S., Jackson, N., Chaudhary, N., Kozak, P., Perlis, M., Shue, H., and **Grandner, M. A.** (2014). Daytime sleepiness: Associations with alcohol use and sleep duration in Americans. *Sleep Disorders, 2014*: 959152.
22. Pak, V. M., **Grandner, M. A.**, and Pack, A. I. (2014). Circulating adhesion molecules in obstructive sleep apnea and cardiovascular disease. *Sleep Medicine Reviews*, 18(1):25-34. PMID:[3864978](#).

23. Petrov, M. E., Letter, A. J., Howard, V. J., Kleindorfer, D., **Grandner, M. A.**, and Molano, J. R. (2014). Over-the-counter and prescription sleep medication and incident stroke symptoms: The REGARDS study. *Journal of Stroke and Cerebrovascular Diseases*, 23 (8): 2110-2116.
24. Schechter, A., **Grandner, M. A.**, St-Onge, M-P. (2014). The role of sleep in the control of food intake. *American Journal of Lifestyle Medicine*, 8(6): 371-374.
25. Whinnery, J., Jackson, N., Rattanaumpawan, P., and **Grandner, M. A.** (2014). Short and Long Sleep Duration Associated with Race/Ethnicity, Sociodemographics, and Socioeconomic Position. *SLEEP*, (3):601-611.
26. **Grandner, M. A.**, Buxton, O. M., Jackson, N., Sands, M., Pandey, A., and Jean-Louis, G. (2013). Extreme sleep durations and increased C-reactive protein: Effects of sex and ethnorracial group. *SLEEP*, 36(5): 769-779. PMID:[3624831](#).
27. **Grandner, M. A.**, Jackson, N., Gerstner, J. R., and Knutson, K. L. (2013). Dietary nutrients associated with short and long sleep duration: data from a nationally representative sample. *Appetite*, 64(1), 71-80. PMID:[3703747](#).
28. **Grandner, M. A.**, Kripke, D. F., Elliott, J. A., and Cole, R. J. (2013). Short wavelength light administered just prior to waking: A pilot study. *Biological Rhythm Research*, 44(1):13-32. PMID:[3529958](#).
29. **Grandner, M. A.**, Patel, N. P., Jean-Louis, G., Jackson, N. J., Gehrman, P. R., Perlis, M. L., and Gooneratne, N. (2013). Sleep-related behaviors and beliefs associated with race/ethnicity in women. *Journal of the National Medical Association*, 105(1), 4-15. PMID: [3759527](#).
30. **Grandner, M. A.**, Rutter Petrov, M. E., Jackson, N., Rattanaumpawan, P., Platt, A., and Patel, N. P. (2013). Sleep symptoms, race/ethnicity, and socioeconomic position. *Journal of Clinical Sleep Medicine*, 9(9), 897-905. PMID: [3746717](#).
31. **Grandner, M. A.**, Sands-Lincoln, M., Pak, V. M., and Garland, S. N. (2013). Sleep duration, cardiovascular disease, and pro-inflammatory biomarkers. *Nature and Science of Sleep*, 5: 93-107. PMID: [3724567](#).
32. Chakravorty, S., **Grandner, M. A.**, Kranzler, H., Mavandadi, S., Kling, M. A., Perlis, M. L., and Oslin, D. W. (2013). Insomnia in alcohol dependence: Predictors of symptoms in a sample of veterans referred from primary care. *American Journal on Addictions*, 22(3), 266-270.
33. Culnan, E., Kloss, J. D., and **Grandner, M. A.** (2013). A prospective study of weight gain associated with chronotype among college freshmen. *Chronobiology International*, 30(5): 682-690. PMID: [3759532](#).
34. Maia, Q., **Grandner, M. A.**, Findley, J., and Gurubhagavatula, I. (2013). Short sleep duration associated with drowsy driving and the role of perceived sleep insufficiency. *Accident Analysis and Prevention*, 59: 618-622. PMID: [3771664](#).
35. Sands-Lincoln, M., **Grandner, M. A.**, Whinnery, J., Keenan, B. T., Jackson, N., and Gurubhagavatula, I. (2013). The association between obstructive sleep apnea and hypertension by race/ethnicity in a nationally representative sample. *Journal of Clinical Hypertension*, 15(8): 593-599. PMID: [3733493](#).
36. **Grandner, M. A.**, Hale, L., Jackson, N., Patel, N. P., Gooneratne, N. S., and Troxel, W. (2012). Perceived racial discrimination as an independent predictor of sleep disturbance and daytime fatigue. *Behavioral Sleep Medicine*, 10(4):235-249. PMID:[3434973](#).
37. **Grandner, M. A.**, Jackson, N. J., Pak, V. M., and Gehrman, P. R. (2012). Sleep disturbance is associated with cardiovascular and metabolic disorders. *Journal of Sleep Research*, 21(4):427-433. PMID:[3703752](#).
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Submitted Publications

1. **Grandner, M. A.**, Abastillas, A., Rattanaumpawan, P., Jackson, N., and Howarth, M. Sleep duration and sleep symptoms associated with exposure to environmental phenols and parabens. *Submitted for Publication*.
2. **Grandner, M. A.**, Smith, T. E., Jackson, N., Jackson, T., Burgard, S., and Branas, C. Geographic distribution of insufficient sleep across the US: A county-level hotspot analysis. *Submitted for publication*.
3. Chakravorty, S., Chaudhary, N. S., **Grandner, M. A.**, and Troxel, W. M. Caffeine and alcohol at the interface of sleep and psychiatric problems in the military. *Submitted for publication*.
4. Chakravorty, S., Kozak, P. J., Jackson, N., Chaudhary, N., Perlis, M. L., and **Grandner, M. A.** Alcohol, nicotine and other drug use: Is there an association with insomnia symptoms and sleep duration? *Submitted for Publication*.
5. Hui, S. A., and **Grandner, M. A.** Poor Sleep Quality Associated with Lower Work Performance and Greater Healthcare Costs: Longitudinal Data from Kansas State Employee Wellness Program. *Submitted for Publication*.

6. Jean-Louis, G., **Grandner, M. A.**, Youngstedt, S. D., Williams, N. J., Zizi, F., Sarpong, D., and Ogedegbe, G. Unequal burden of sleep-related obesity among black and white Americans. *Submitted for publication.*
7. Li, J., **Grandner, M. A.**, Chang, Y., Jungquist, C., and Porock, D. Person centered dementia care and sleep in assisted living residents with dementia: A pilot study. *Submitted for Publication.*
8. Orzech, K. M., Roane, B., **Grandner, M. A.**, and Carskadon, M. Digital media use in the 2 hours before bedtime is associated with sleep variables in university students. *Submitted for publication.*
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10. Siu, H. Y. K., Chakravorty, S., Oliver, L., Brown, G. K., Findley, J., Perlis, M. L., and **Grandner, M. A.** Insomnia symptoms and sleep duration as risk factors for suicidal ideation. *Submitted for Publication.*

Published Abstracts

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98. Paer, A., Kozak, P. J., Jackson, N. J., Patel, N. P., Platt, A., and **Grandner, M. A.** (2011). Snoring as an independent risk factor for cardiometabolic disorders after adjusting for other signs and symptoms of sleep apnea. *CSCN Research Retreat Program and Abstracts, 8.*
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100. **Grandner, M. A.**, Hale, L., Jackson, N. J., Patel, N. P., Gooneratne, N. S., and Troxel, W. M. (2011). Sleep disturbance and daytime fatigue associated with perceived racial discrimination. *CSCN Research Retreat Program and Abstracts, 8.*
101. **Grandner, M. A.**, Hale, L., Jackson, N. J., Patel, N. P., Gooneratne, N. S., and Troxel, W. M. (2011). Perceived racial discrimination as an independent predictor of sleep disturbance and daytime fatigue. *Population Association of America Final Program and Abstracts, 71: 41.*
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Program and Abstracts, 16.

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122. Pandey, J., Ilinczky, N., **Grandner, M. A.**, Lowell, A., Smith, M. T., Giles, D. E., and Perlis, M. L. (2001). Meteorological factors and subjective sleep continuity: a replication and extension. *Sleep, 24, (Abstract Supplement)*.
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Other Publications

1. **Grandner, M. A.** (2014). *Sleep Duration, Pro-Inflammatory Markers, and Metabolic Hormones*. (Masters Thesis, University of Pennsylvania, 2014).
2. **Grandner, M. A.** (2014). Sleep as a Vital Sign? Assessment of Sleep in Medical Practice and Potential Ramifications for Health. *National Sleep Foundation White Paper*.
3. **Grandner, M. A.** (2013). Making the most of PubMed. *Sleep Research Society Bulletin, 19 (1)*, 18-19.
4. **Grandner, M. A.** (2013). Get connected with LinkedIn. *Sleep Research Society Bulletin, 18 (3)*, 16.
5. **Grandner, M. A.** (2012). The Sleep Research Society still “likes” Facebook. *Sleep Research Society Bulletin, 18 (2)*, 24.
6. **Grandner, M. A.**, Laposky, A. D., and Knutson, K. L. (2012). Sleep and health disparities: Follow-up from the 2011 NHLBI workshop. *Sleep Research Society Bulletin, 18 (2)*, 12-13.
7. Singletary, K., Gilliland, J., and **Grandner, M.** (2012). A survey of the consumption of energy and sleep promoting functional foods. *Sleep Research Society Bulletin, 18 (2)*, 28-30.
8. **Grandner, M. A.** (2011). The Sleep Research Society “Likes” Facebook. *Sleep Research Society Bulletin, 17 (2)*, 20.
9. **Grandner, M. A.**, Anafi, R., Basner, M., & Brown, M. (2011). Center for Sleep and Circadian Neurobiology Research Retreat: Program and Abstracts (Vol, 8). University of Pennsylvania, Philadelphia, PA.
10. Karippot, A., Guido-Posey, M., Quinn-Dempsey, P., Gerson, B., **Grandner, M.**, Misero, M., Patel, N., & Shakespeare, E. (2010). Meet the 2010-2011 Board of Directors. *Pennsylvania Sleep Society Member Newsletter, 1 (1)*, 4-7.
11. **Grandner, M.** (2010). Member feedback from the 2010 meeting. *Pennsylvania Sleep Society Member Newsletter, 1 (1)*, 10-11.
12. Friedman, E., **Grandner, M.**, Crocker, A., Daley, J., & Souders, M. (Eds.). (2010). Center for Sleep and Respiratory Neurobiology Research Retreat: Program and Abstracts (Vol. 7). University of Pennsylvania, Philadelphia, PA.
13. **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).
14. **Grandner, M. A.** (2007). *Healthy Sleep: A Group-Based Intervention for Behavioral Medicine*. [Manual]. La Jolla, CA: Behavioral Medicine Program, San Diego VA Healthcare System.
15. **Grandner, M. A.** (2005). *Light Exposure is Related to Social and Emotional Functioning and Quality of Life in Postmenopausal Women*. (Masters Thesis, San Diego State University, 2005).

16. **Grandner, M. A.** (2004). *Inpatient Group Psychotherapy Manual*. [Manual]. San Diego, CA: Neurobehavioral Medicine Unit, UCSD Medical Center.
 17. **Grandner, M. A.** (2001). *REM latency as a predictor of personality factors in Major Depression*. (Honors Thesis, University of Rochester, 2001).
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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

5. **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.
6. **Grandner, M. A.** (2014, June). Sleep, Health, and Environmental Influences. Session chaired at the Center for Sleep and Circadian Neurobiology Research Retreat, Philadelphia, PA.
7. **Grandner, M. A.** (2014, June). Sleep Timing, Duration, and Napping: New Insights. Session chaired at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
8. **Grandner, M. A.** (2014, June). Sleep and Behavior. Section meeting session chaired at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
9. **Grandner, M. A.** (2013, May). The future of sleep medicine. Session chaired at the annual meeting of the Pennsylvania Sleep Society, Grantville, PA.
10. **Grandner, M. A.** (2013, May). Sleep issues across the lifespan. Session chaired at the annual meeting of the Pennsylvania Sleep Society, Grantville, PA.
11. **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.
12. **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.
13. **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.** (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.
2. **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.
3. **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.
4. **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.

presentation at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN.

5. **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.
6. **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.
7. **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.
8. **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.
9. **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.
10. **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.
11. **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.
12. **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.
13. **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.
14. **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.
15. **Grandner, M. A.** (2008, May). Who Sleeps Well: Sociodemographic and Health-related Variables Related to General Sleep Complaints from the BRFSS . Oral Presentation at the Center for Sleep and Respiratory Neurobiology Research Retreat, Philadelphia, PA.

Invited Lectures: Intramural

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| 3/30/2015 | <i>Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 1: Background and Technology.</i> Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA. |
| 3/30/2015 | <i>Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 2: Devices, Scoring Algorithms and Validation.</i> Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA. |
| 3/30/2015 | <i>Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 3: Scoring and Working with Data.</i> Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA. |
| 3/30/2015 | <i>Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 4: Special Considerations.</i> Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA. |
| 9/26/2014 | <i>Sleep, Food Intake, and Obesity: Epidemiologic and Physiologic Insights.</i> Center for Weight and Eating Disorders, University of Pennsylvania, Philadelphia, PA. |

- 8/14/2014 *Cardiometabolic and Neurobehavioral Impairments Associated with Insufficient Sleep Duration and Inadequate Sleep Quality.* Grand Rounds, Department of Neurosurgery, Perelman School of Medicine, University of Pennsylvania, Philadelphia, PA.
- 7/10/2014 **Contextual Factors Associated with Sleep.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 6/27/2014 **Objective Estimation of Sleep with Wrist Actigraphy: History, Technology, and Applications.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 2/14/2014 **Cardiometabolic and Neurobehavioral Impairments Associated with Short Sleep: Bridging Epidemiologic and Laboratory Studies.* Division of Sleep Medicine Grand Rounds, University of Pennsylvania, Philadelphia, PA
- 11/6/2013 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 1: Background and Technology.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 11/6/2013 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 2: Devices, Scoring Algorithms and Validation.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 11/6/2013 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 3: Scoring and Working with Data.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 11/6/2013 *Movement-Based Approaches for Estimating Sleep: Actigraphy and Beyond, Part 4: Special Considerations.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 10/18/2013 **Contextual Determinants of Sleep Duration: A Potential Pathway to Cardiometabolic Disease Risk?* Division of Sleep Medicine Grand Rounds, University of Pennsylvania, Philadelphia, PA
- 3/10/2013 **Objective Estimation of Sleep with Actigraphy: History, Basic Principles, and Application to Sleep Disorders.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA
- 11/30/2012 **Cardiometabolic and Behavioral Impairments Associated with Short Sleep Duration.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA
- 11/29/2012 *Objective Measurement of Sleep.* School of Nursing, University of Pennsylvania, Philadelphia, PA.
- 9/10/2012 **Contextual Determinants of Sleep Duration: A Potential Pathway to Cardiometabolic Disease Risk?* Division of Sleep Medicine Grand Rounds, University of Pennsylvania, Philadelphia, PA
- 4/26/2012 **Actigraphic Assessment of Sleep and Sleep Disorders.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 12/8/2011 *Sleep Disturbance and Sleep Deprivation.* School of Nursing, University of Pennsylvania, Philadelphia, PA.
- 3/10/2011 **Actigraphic Assessment of Sleep and Sleep Disorders.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 12/20/2010 *The Future of the Academic Sleep Center.* Division of Sleep Medicine, University of Pennsylvania, Philadelphia, PA.
- 5/3/2010 **Problems Associated with Short Sleep Duration: Bridging Laboratory and Self-Report Studies.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 5/7/2009 **Who Sleeps Better? Patterns of Sleep Disturbance in the American Population.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 1/5/2009 **Neuropsychological Functioning and Sleep: Memory and Its Assessment.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 6/23/2008 **Sleep Disturbances in Post-Traumatic Stress Disorder, Part II.* Department of Medicine, University of Pennsylvania, Philadelphia, PA.

- 6/2/2008 **Sleep Disturbances in Post-Traumatic Stress Disorder*. Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 4/25/2008 **Habitual Short Sleepers: Sleep, Behavior, Neuropsychological Functioning, Metabolism and Mental Health*. Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 4/7/2008 **Discrepancy Between Subjective Complaints and Objective Neuropsychological Functioning in Insomnia*. Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 3/3/2008 **Bright Light and Modafinil as Adjunct Treatments for Depression*. Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 2/11/2008 **Who Are the Short Sleepers? Bridging Laboratory and Epidemiological Studies*. Department of Medicine, University of Pennsylvania, Philadelphia, PA.
- 3/22/2007 *Multimodal Treatment of Treatment-Resistant Depression*. Psychology Service, San Diego VA Healthcare System, La Jolla, CA.
- 2/22/2007 *Sleep, Mood and Circadian Responses to Bright Green Light During Sleep*. Psychology Service, San Diego VA Healthcare System, La Jolla, CA.
- 5/30/2006 *Sleep, Mood and Circadian Responses to Bright Green Light During Sleep*. Department of Psychiatry, University of California, San Diego, La Jolla, CA.

(*=Continuing Education credits awarded to participants)

Invited Lectures: Extramural

- 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.

(*=CME credits awarded to participants)

Invited Lectures: Students and Patients

- 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.
- 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.

- 3/18/2010 *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.
- 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.
- 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

- 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.
- 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.
- 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.
- 7/26/2013 *Maximizing Sleep for Health and Performance*. Major League Baseball, New York, NY.
- 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.
- 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.
- 1/31/2012 *Sleep Disorders and Sleep Deprivation in Philadelphia Police Officers*. Philadelphia Police Department, 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.

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.

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.

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.

2/18/2009 *Sleep, Health and Longevity.* CentraState Hospital, Freehold, NJ.

11/6/2008 *Getting Sleep: Why It's Important and How to Make the Most of It.* Friends Life Care, Blue Bell, PA.

11/5/2008 *Getting Sleep: Why It's Important and How to Make the Most of It.* Friends Life Car, Blue Bell, PA.

10/30/2008 *Getting Sleep: Why It's Important and How to Make the Most of It.* Riddle Hospital Group, Plymouth Meeting, PA.

5/28/2008 *Getting Sleep: Why It's Important and How to Make the Most of It.* Wawa Inc., Media, PA.

Continuing Education Activities (Selected)

May 2014 *6th Annual Pennsylvania Sleep Society Meeting.* Penn State College of Medicine, 5.75 Hours. Harrisburg, PA

May 2014 *Sleep and Wellness.* University of Nevada School of Medicine, 12 Hours.

May 2013 *5th Annual Pennsylvania Sleep Society Meeting.* Penn State College of Medicine. 6.0 hours. Grantville, PA.

June 2012 *Inaugural Meeting of the Society of Behavioral Sleep Medicine.* Associated Professional Sleep Societies. 6.0 hours. Boston, MA

May 2012	<i>4th Annual Pennsylvania Sleep Society Meeting.</i> Penn State College of Medicine. 6.0 hours. Hershey, PA.
May 2011	<i>3rd Annual Pennsylvania Sleep Society Meeting.</i> Penn State College of Medicine. 6.0 hours. Hershey, PA.
May 2010	<i>2nd Annual Pennsylvania Sleep Society Meeting.</i> Penn State College of Medicine. 6.5 hours. Hershey, PA.
May, 2009	<i>Inaugural Pennsylvania Sleep Society Meeting.</i> Penn State College of Medicine. 6.5 hours. Hershey, PA.
March, 2009	<i>Behavioral Sleep Medicine: A Consensus Conference.</i> Johns Hopkins University School of Medicine. 12.75 hours. Ponte Vedra, FL.
October, 2008	<i>Cognitive Behavioral Therapy for Insomnia.</i> University of Rochester Medical Center Office of Continuing Professional Education. 17.25 hours. Arlington, VA.

Students Supervised

Undergraduate Research Assistants:

Abastillas, Aldrin	2011-2012	1 abstract , 1 paper (first author, submitted)
Juarascio, Adrienne	2009	1 abstract
Elizabeth Culnan	2011-2013	3 abstracts, 1 paper (first author)
Kingsbury, Fadwa	2010-2011	
Kozak, Philip	2010-2011	3 abstracts, 2 papers (1 submitted)
Lam, Brian	2012-2013	2 abstracts
Maia, Querino	2012-present	2 abstracts, 1 paper (first author)
Paer, Alexandra	2010-2011	3 abstracts, Honors Thesis
Schopfer, Elizabeth	2009-2013	4 abstracts, 1 paper
Sobowale, Akin	2011-2012	1 abstract
Vergara, Antonio	2011-2012	1 abstract
Witter, Virginia	2010	
Wong, Jacqueline	2009-2010	
Zhiyuan, Zhao	2010	1 abstract

Graduate Student and Post-Baccalaureate Research Assistants:

Altman, Nicole	2010-2011	2 abstracts, 1 paper (first-author)
Barilla, Holly	2011-2012	3 abstracts
Bremer, Erin	2011-2012	2 abstracts, 1 paper (submitted)
Corbitt, Charles	2012-present	2 abstracts
deVries, Sarah	2008-2009	
Lang, Rebecca	2009-present	4 abstracts , 2 papers (1 submitted)
Nesom, Genevieve	2013-present	1 paper (submitted)
Oliver, Linden	2012-2013	2 abstracts, 2 papers (1 first author, submitted)
Ricaurte, Melanie	2009	
Siu, Katy	2012-present	2 abstracts, 1 award, 1 paper (submitted)
Waldron, Elizabeth	2011-2012	2 abstracts
Whinnery, Julia	2012-2013	1 abstract, 1 paper (first-author)
Zheng, Michael	2012	

Postdoctoral Fellows:

Pinyo Rattanaumpawan	2010-2012	4 abstracts, 3 papers (1 submitted)
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Undergraduate Honors Thesis Supervised

Paer, Alexandra	2010-2011	University of Pennsylvania, Department of Biology
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Masters Thesis Committee Member

Culnan, Elizabeth	2012-2013	Drexel University, Department of Psychology
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Doctoral Dissertation Committee Member

Lit Soo Ng

2012-2014

University of Pennsylvania, School of Nursing

Websites Developed and Maintained

Active:

2013	SHADES Research Study	http://www.sleephealthresearch.com/shades
2012	CHARTS Research Study	http://www.sleephealthresearch.com
2010	Penn Behavioral Sleep Medicine Program	http://www.med.upenn.edu/bsm
2010	Cognitive Behavioral Therapy for Insomnia	http://www.med.upenn.edu/cbti
2009	Behavioral Sleep Medicine Group	http://www.behavsleepmed.com
2009	Sleep Trainees Network	http://www.behavsleepmed.com/stn
2009	Pennsylvania Sleep Society	http://www.pasleep.org

Past:

2005	Night Owl Research Study, UCSD
2004	Holistic and Integrative Medicine Group, UCSD
2003	Rudd Institute, Yale University
2003	Pain Management and TMJ, Johns Hopkins
2002	Sleepless in Niagara, Brock University
2002	Yale-NYU Intervention Network
2002	Arkansas-21c Network, Yale University
2002	School of the 21 st Century, Yale University
2001	Sleepless in Rochester, University of Rochester
2000	Sleep Research Laboratory, University of Rochester

Media Coverage of Scientific Research

Major News Outlets: ABC, BBC, Bloomberg, CBS, CNN, Forbes, Fox, 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, WHYI Public Radio, KPCC Public Radio, Sirius/XM Radio

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

Magazines: APA Monitor, Cooking Light, Dance, Diabetes Self-Management, Elle, Harper's Bazaar, Health, Maxim, Men's Health, More, Nurse Zone, Oprah, Prevention, Self, Source, TIME, US News, Women's Health

International News Outlets: Argentina, Bangladesh, Brazil, Brunei, Canada, Chile, China, Croatia, Cuba, Egypt, Estonia, Finland, France, Ghana, Hungary, Germany, India, Indonesia, Iran, Ireland, Italy, Jordan, Kenya, Lebanon, Macedonia, Malaysia, Mexico, New Zealand, Nigeria, Oman, Pakistan, Philippines, Poland, Portugal, Romania, Russia, Saudi Arabia, South Africa, South Korea, Spain, Sudan, 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, MedicalXpress, MedPage Today, Mother Nature Network, NewsMax, NewsRx, Newsworks, Pain.com, Patch.com, PennLive, PhysOrg, Science Daily, Sleep Review, UPN News, Vitals on MSNBC, and Yahoo!News