

CONNOR M. SHEEHAN

Arizona State University

T. Denny Sanford School of Social and Family Dynamics

951 Cady Mall #144, Tempe, AZ, 85287.

URL: <https://thesanfordschool.asu.edu/content/connor-sheehan>Google Scholar: <https://scholar.google.com/citations?user=b5ACyKMAAAAJ&hl=en>

Phone: (480)-965-0354

Email: Connor.M.Sheehan@asu.edu**EDUCATION**

- 2017 Ph.D. Sociology, **University of Texas at Austin**
Specialization: Demography
Graduate Certificates: Applied Statistical Modeling, Aging and Health.
- 2011 M.A. Geography, **University of Colorado at Boulder**
Graduate Certificate: Demography
- 2009 B.A. Geography, *Summa Cum Laude*, **University of Colorado at Boulder**

PROFESSIONAL POSITIONS

- 2025- Associate Professor, School of Social and Family Dynamics. Arizona State University.
Affiliate Faculty, Institute for Social Science Research. Arizona State University.
Affiliate Faculty, Global Sport Institute. Arizona State University
Affiliate Faculty, Southwestern Interdisciplinary Research Center. Arizona State University.
- 2018-2024 Assistant Professor, School of Social and Family Dynamics. Arizona State University.
- 2017-2018 Post-Doctoral Fellow, Leonard Davis School of Gerontology, University of Southern California.

RESEARCH AND TEACHING INTERESTS

Social Epidemiology; Social Demography; Gerontology; Sleep; Inequality; Family; Aging and the Life Course;
Quantitative Methods; Measurement

RESEARCH

REFEREED PUBLICATIONS**Forthcoming**

68. Lopez, A.², **Sheehan, C.**, Saenz, J., Quashie, N., Farina, M. (Forthcoming). "Does the Association Between Educational Attainment and Cognition Differ Between Indigenous Language Speakers and non-Indigenous Language Speakers in Mexico?" *Journal of Aging and Health*.
67. Burns, S.¹, Baker, E., **Sheehan, C.**, Markedes, K. (Forthcoming) "Disability Among Middle Aged and Older Immigrants: Differences by Citizenship, English Proficiency, and Years in United States." *Journal of Aging and Health*.
66. **Sheehan, C.**, Lowe, S., Price, C.², Molina, M.³, Graves, K. (Forthcoming) "How Did the Relationship Between Technology Use and Sleep Change During the Pandemic for High Schoolers? Evidence From a County-Wide Sample." *Social Development*.

65. Bisgrove, D.², Wu, S., **Sheehan, C.** (Forthcoming). “Social Determinants of Pet Needs Among Young Adults Experiencing Homelessness in the Southwest United States.” *Journal of Social Distress and Homelessness*.
64. Louie, P., Brown, H.,² Cobb, R., **Sheehan, C.** (Forthcoming). “Are Interracial Couples at Higher Risk of Multiple Chronic Conditions? Evidence from a Nationally Representative Survey.” *Journal of Racial and Ethnic Health Disparities*.

2025

63. Biyani, N.¹, Adhikari, S., Driver, E. M., Sheehan, C., & Halden, R. U. (2025). Mass and fate estimates of plastic waste dispersed globally to marine and terrestrial environments by three major corporations. *Scientific Reports*, 15(1), 22074.
62. Quashie, N., Saenz, J., **Sheehan, C.**, Lopez, A.². (2025). Gendered Marital Power, Depression, and Cognition Among Older Adults in Mexico. *Journal of Gerontology Social Sciences*. 80(5), gbae193.
61. Diaz McConnell, E., **Sheehan, C.** (2025). Deportation Entanglement and U.S. Latino Sleep Health: A Nationally Representative Multi-Wave Study. *Sleep Health*. 11(2), 133-139.

2024

60. Davis, O.² et al. (**Sheehan, C.** 11th out of 12 authors). (2024). “The ESA’s Glass Slipper?: Using a New Five-Year Review Metric to Evaluate Recovery before the Clock Strikes Twelve.” *Conservation Science and Practice*. 6(8), e13158.
59. **Sheehan, C.** Martin, M. (2024). “Does Sleep Quality Differ Across Political Parties? Results from a Survey of Arizona Adults.” *Sleep Health*. 10(5), 590-593.

Featured: [PsyPost](#).

58. **Sheehan, C.** & Infurna, F. (2024) An Emerging 21st-Century Midlife Sleep Crisis? Cohort Differences in Sleeping Patterns Among Americans in Midlife and Older Adulthood. *Journal of Gerontology Social Sciences*. 79(5).
Featured: [ASU News](#), [Psychology Today](#), [Arizona Horizon PBS](#), [The Story Pros](#); FOX 4 (Kansas City), KTLA (LA), Fox 40 (Sacramento), KRON 4 (San Francisco), WTNH (New Haven).
57. **Sheehan, C.**, Hamermesh, D. (2024). “Looks and Longevity: Do Prettier People Live Longer?”. *Social Science & Medicine*. 354, 117076.
Featured: [NY Post](#), [Times of London](#), [Psypost](#), [Marginal Revolution](#), [ASU News](#), [Daily Mail](#), [Scientias](#), Times London Radio, [r/science](#), The Australian (print).
56. Lopez, A.,² Simburger, D.,² Zajacova, A., **Sheehan, C.** (2024) “Unraveling the Link Between Chronic Pain and Sleep Quality: Insights from a National Study. *Sleep Epidemiology*. 100079.
Featured: [Fortune Recommends](#)
55. **Sheehan, C.** (2024). Rural/Non-Rural Sleep Duration Patterns among Adults in Middle and Older Adulthood. *Sleep Health*. 10(2), 237-239.
54. Burns, S.¹, Baker, E., **Sheehan, C.**, Markedes, K. (2024). Disability among Older U.S. Immigrants: Exploring Differences by Region of Origin and Gender. *The International Journal of Aging and Human Development*. 98(3), 329-351.

2023

53. **Sheehan, C.**, Rogers, R., Crichlow, T.² (2023). Documenting the Optimal Model Fit Among Eleven Different Categorizations of Self-Reported Sleep Duration and Mortality in a Large Population-Based Sample. *Sleep Epidemiology*. 3, 100070.

52. Jain, U., & **Sheehan, C.** (2023). Comparative Analysis of Gender and Age Patterns in Informal Care Received among Disabled Older Adults: A Cross-National Study across the United States, Mexico, China, and Indonesia. *Journal of Cross-Cultural Gerontology*, 38(4), 389-415.
 51. Momin, K.², **Sheehan, C.**, Samper-Ternent, R., Lopez, D., Wong, R., Milani, S., (2023). Impact of Insomnia Symptoms on Obesity among Mexicans aged 50 and Older. *Salud Pública de México*. 65, 530-541.
 50. Erving, C., Cobb, C., **Sheehan, C.** (2023). Attributions for Everyday Discrimination and All-Cause Mortality Risk Among Older Black Women: A Latent Class Approach. *The Gerontologist*. 63(5), 887-899.
 49. **Sheehan, C.**, Cantu, P., Powell, D.¹, Tran, S.³ (2023). Childhood Health Conditions and Insomnia among Adults in Mid-Life. *Aging and Health Research*. 3(1), 100124.
 48. **Sheehan, C.**, Louie, P., Li, L.¹, Kulis, S. (2023). Exposure to Neighborhood Poverty from Adolescence through Emerging Adulthood and Sleep Duration in the US Adults. *Health & Place*. 81, 103004.
 47. Diaz McConnell, E., **Sheehan, C.**, Lopez, A.². (2023). An Intersectional and Social Determinants of Health Framework for Understanding Latinx Psychological Distress in 2020: Disentangling the Effects of Immigration Policy and Practices, The Trump Administration, and COVID-19 Specific Factors. *Journal of Latinx Psychology*. 11(1), 1-20.
 46. **Sheehan, C.**, Garcia, M., Chiu, CT., Cantu, P. (2023). Racial and Ethnic Differences in Sleep Duration Life Expectancies among Men and Women in Mid-to-Late Life. *Research on Aging*. 45 (9), 620-629.
 45. O'Rourke, H., Hilley, C., Lowell, E.³, **Sheehan, C.** (2023). Sexual and Gender Identity and Note- Leaving among U.S. Adult Suicide Decedents. *BJ Psych Open*, 9(1), 1-9.
 44. **Sheehan, C.**, Li, L.¹, & Petrov, M. E. (2023). How did trends in sleep duration in 2020 compare to previous years and how did they vary by sex, race/ethnicity, and educational attainment?. *Sleep Medicine*, 101, 570-577.
 43. Cobb, R., Rodriguez, V., Brown, T., Louie, P., Farmer, H., **Sheehan, C.**, ... & Thorpe Jr, R. (2023). Attribution for everyday discrimination typologies and mortality risk among older black adults: Evidence from the health and retirement study?. *Social Science & Medicine*, 316, 115166.
- 2022**
42. Lopez, A.², **Sheehan, C.**, & Yahirun, J. (2022). Interracial unions and sleep duration among heterosexual American adults. *SSM-Population Health*, 19, 101188.
 41. White., R., Seaton, E., Pasco, M.¹, **Sheehan, C.** (2022). Contextual Qualification of the Associations among Racial Discrimination, Pubertal Timing and Mental Health among U.S. Mexican Boys. *American Psychologist*, 77(5), 678-690.
 40. **Sheehan, C.**, Gotlieb, E., Ayers, S., Tong, D., Oesterle, S., Vega-López, S., Wolfersteig, W., María Ruelas, D. & Shaibi, G. (2022). Neighborhood Conditions and Type 2 Diabetes Risk among Latino Adolescents with Obesity in Phoenix. *International Journal of Environmental Research and Public Health*, 19(13), 7920.
 39. Burns, S.¹, Baker, E., **Sheehan, C.** (2022). Disability and Self-Rated Health: Exploring foreign and U.S.-Born Differences across Adulthood. *Journal of Migration and Health*, 6, 100112.
 38. Tran, S.³, Wormley, A.², Louie, P., **Sheehan, C.** (2022). Increasing Psychological Distress Among Californians from 2013-2020: Race/Ethnic Differences. *Social Science and Medicine-Mental Health*, 2, 100101.
 37. Cobb, C., **Sheehan, C.**, Nguyen, A., Johnson D. (2022). COVID-19 Hardship and Sleep Problems a Prospective Nationally Representative Analysis. *Sleep Health*, 8(3), 288-293.
 36. **Sheehan, C.**, Zajacova, A., Karas-Montez, J., Connor, D. (2022). State-Level Differences in the Association between Educational attainment and Sleep. *Population Research and Policy Review*, 41(3), 1137-1160.

35. Yahirun, J., **Sheehan, C.**, Mossakowski, K. (2022). Black-White Differences in the Link between Offspring College Attainment and Parents' Depressive Symptom Trajectories. *Research on Aging*, 44(2), 123-135.
34. Frochen, S.¹, Ailshire, J., Rodynansky, S., **Sheehan, C.** (2022). Residential Care in California: Spatial and Temporal Trends in Facility Development and Care Capacity. *The Canadian Geographer/Le Géographe canadien*, 66(1), 184-197.
33. Cobb, R. J., **Sheehan, C.**, Louie, P., & Erving, C. L. (2022). Multiple reasons for perceived everyday discrimination and all-cause mortality risk among older black adults. *The Journals of Gerontology: Series A*, 77(2), 310-314.

2021

32. Li, L.², **Sheehan, C.**, Petrov, M. E., & Mattingly, J. L. (2021). Prospective associations between sedentary behavior and physical activity in adolescence and sleep duration in adulthood. *Preventive Medicine*, 153, 106812.
31. Torres, J. M., Yahirun, J. J., **Sheehan, C.**, Ma, M., & Sáenz, J. (2021). Adult child socio-economic status disadvantage and cognitive decline among older parents in Mexico. *Social Science & Medicine*, 279, 113910.
30. Huyser, K. R., Locklear, S.², **Sheehan, C.**, Moore, B. L., & Butler, J. S. (2021). Consistent Honor, Persistent Disadvantage: American Indian and Alaska Native Veteran Health in the National Survey of Veterans. *Journal of Aging and Health*, 33(7-8_suppl), 68S-81S.
29. Li, L.², **Sheehan, C. M.**, Valiente, C., Eisenberg, N., Doane, L. D., Spinrad, T. L., ... & Southworth, J. (2021). Similarities and differences between actigraphy and parent-reported sleep in a hispanic and non-hispanic white sample. *Sleep Medicine*, 83, 160-167.
28. **Sheehan, C.**, & Iida, M. (2021). Spousal educational attainment and sleep duration among American older adults. *The Journals of Gerontology: Series B*, 76(5), 1015-1026.
27. Ma, M., Yahirun, J., Saenz, J., & **Sheehan, C.** (2021). Offspring Educational Attainment and Older Parents' Cognition in Mexico. *Demography*, 58(1), 75-109.
26. Cantu, P.², **Sheehan, C.**, Sasson, I., & Hayward, M. (2021). Increasing Education-Based Disparities in Healthy Life Expectancy Among US Non-Hispanic Whites, 2000–2010. *The Journals of Gerontology: Series B*, 76(2), 319-329.
25. Kocavska, D., Lysen, T. S., Dotinga, A., Koopman-Verhoeff, M. E., Luijk, M. P., Antypa, N.,... (**Sheehan, C.**, author number 58)... & Tiemeier, H. (2021). Sleep characteristics across the lifespan in 1.1 million people from the Netherlands, United Kingdom and United States: a systematic review and meta-analysis. *Nature human behavior*, 5(1), 113-122. Featured: CNN, MSN, AZFamily. Full list: <https://www.nature.com/articles/s41562-020-00965-x/metrics>

2020

24. **Sheehan, C.**, Walsemann, K. M., & Ailshire, J. A. (2020). Race/ethnic differences in educational gradients in sleep duration and quality among US adults. *SSM-population health*, 12, 100685.
23. **Sheehan, C.**, & Li, L.². (2020). Associations of Exercise Types with All-Cause Mortality among U.S. Adults. *Medicine & Science in Sports & Exercise*, 52(12): 2554-2562.
Featured: ASU Now, CBS News, Healio, Utah Public Radio.
22. **Sheehan, C.** Li, L.², & Friedman, E. (2020). Quantity, Timing, and Type of Childhood Adversity and Sleep Quality in Adulthood. *Sleep Health*, 6(2), 246-252.
21. Swed, O., **Sheehan, C.**, & Butler, J. (2020). The Digital Divide among Veterans: Differences in Self-Reported Health by Internet Usage. *Armed Forces and Society*, 46(2), 238-258.

20. Garcia, C.², **Sheehan, C.**, Florez-Gonzalez, N., & Ailshire, J. (2020). Sleep Patterns among US Latinos by Nativity and Country of Origin: Results from the National Health Interview Survey. *Ethnicity & Disease*, 30(1), 119-128.
19. Yahirun, J., **Sheehan, C.**, & Mossakowski, K. (2020). Depression in Later Life: The Role of Adult Children's College Education for Older Parents' Mental Health in the United States. *The Journals of Gerontology: Series B*, 75(2), 389-402.

2019

18. Li, L.², **Sheehan, C.**, & Thompson, M.. (2019). Measurement Invariance and Sleep Quality Differences between Men and Women in the Pittsburgh Sleep Quality Index. *Journal of Clinical Sleep Medicine*, 15(12), 1769-1776.
17. Cantu, P.², Kim, Y.¹, **Sheehan, C.**, Powers, D. Margerison, C, and Cubbin, C. (2019). Downward Neighborhood Poverty Mobility during Childhood Is Associated with Child Asthma: Evidence from the Geographic Research on Wellbeing (GROW) Survey. *Journal of Urban Health*, 96(4), 558-596.
16. **Sheehan, C.**, Domingue, B., & Crimmins, E. (2019). Cohort Trends in the Gender Distribution of Household Tasks in the United States and the Implications for Understanding Disability. *Journal of Aging and Health*, 31(10), 1748-1769.
15. **Sheehan, C.**, & Tucker-Drob, E. (2019). Gendered Expectations Distort Male-Female Differences in Instrumental Activities of Daily Living in Later Adulthood. *Journal of Gerontology, Series B: Social Sciences*. 74(4), 715-723.
14. Keating, X., Shangguan, R., Xiao, K., Gao, X.², **Sheehan, C.**, Wang, L., Colburn, J.², Fan, Y., & Fei W. (2019). Tracking Changes of Chinese Preservice Teachers' Aerobic Fitness, Body Mass Index, and Grade Point Average Over 4-years of College. *International Journal of Environmental Research and Public Health*. 16(6), 966-981)
13. **Sheehan, C.**, Hayward, M. (2019). Black/White Differences in Mortality among Veteran and Non-Veteran Males. *Social Science Research*. 79(1), 101-114.
12. **Sheehan, C.**, Frochen, S.², Walsemann, K., & Ailshire, J. (2019). Are U.S. Adults Reporting Less Sleep?: Findings from Sleep Duration Trends in the National Health Interview Survey, 2004-2017. *Sleep*. 42(1), 1-8. Featured: More than 60 new stories, including *The New York Times*, *Science News*, *Forbes*, *U.S. News*, *The Smithsonian*, *Yahoo News*. Full list: <https://oxfordjournals.altmetric.com/details/51399253/news>
11. **Sheehan, C.** (2019). Education and Health Conditions among the Incarcerated and Non-Incarcerated Populations. *Population Research and Policy Review*. 38(1), 73-93.

Appointment at ASU Begins. Any publication above this point was published during my appointment at ASU.

2018

10. **Sheehan, C.**, Montez, J., & Sasson, I. (2018). Does the Functional Form of the Association Between Education and Mortality Differ by US Region? *Biodemography and Social Biology*, 64(1), 63-81.
9. **Sheehan, C.**, Powers, D., Margerison-Zilko, C., McDevitt, T., & Cubbin, C. (2018). Historical neighborhood poverty trajectories and child sleep. *Sleep Health*, 4(2), 127-134.

2017

8. **Sheehan, C.**, Cantu, P., Powers, D., Margerison-Zilko, C., & Cubbin, C. (2017). Long Term Neighborhood Trajectories and Obesity. *Health and Place*. 46(1), 49-57.

7. Yahirun, J., **Sheehan, C.**, & Hayward, M. (2017). Children's Education, Migration and Parents Mortality in Mexico. *Social Science and Medicine*. 181(1), 93-101.
- 2016**
6. Yahirun, J., **Sheehan, C.**, & Hayward, M. (2016). Adult Children's Education and Parents' Functional Limitations in Mexico. *Research on Aging*, 38(3), 322-345.
- 2015**
5. **Sheehan, C.**, Rogers, R., & Boardman, J. (2015). Postmortem presence of drugs and method of violent suicide. *Journal of Drug Issues*, 45(3), 249-262.
Featured: <http://artsandsciences.colorado.edu/magazine/2015/09/firearm-suicide-linked-with-opiates-hangings-with-antidepressants/>
4. **Sheehan, C.**, Hummer, R., Moore, B., Huyser, K., & Butler, J. (2015). Duty, honor, country, disparity: race/ethnic differences in health and disability among male veterans. *Population Research and Policy Review*, 34(6), 785-804. Lead article.
3. Friedman, E., Montez, J., **Sheehan, C.** (co-first authors), Guenewald, T. L., & Seeman, T. E. (2015). Childhood Adversities and Adult Cardiometabolic Health Does the Quantity, Timing, and Type of Adversity Matter?. *Journal of Aging and Health*, 27(8), 1311-1338. Lead article.
- 2013**
2. **Sheehan, C.**, Rogers, R., Williams, G., & Boardman, J. (2013). Gender differences in the presence of drugs in violent deaths. *Addiction*, 108(3), 547-555.
1. **Sheehan, C.**, & Riosmena, F. (co-first authors). (2013). Migration, business formation, and the informal economy in urban Mexico. *Social Science Research*, 42(4), 1092-1108.

Students with whom I co-authored are denoted using superscript numbers in the following ways. These note their status at the time of article acceptance:

¹Postdoctoral scholar

²Graduate student

³Undergraduate Student

BOOK CHAPTERS

- Hayward, M., & **Sheehan, C.** (2016). Does the Body Forget? Adult Health, Life Course Dynamics, and Social Change. In *Handbook of the Life Course Volume II*, edited by M. Mortimer, J. Kirpatrick, and M. Johnson, (pp. 355-368). Springer International Publishing.
- Hummer, R., Melvin, J., **Sheehan, C.**, and Wang, Y. (2014). "Race/Ethnicity, Mortality and Longevity." Chapter 9 (pp. 131-151) in the *Handbook of Minority Aging*, edited by K.E. Whitfield and T.A. Baker. NY: Springer Publishers.

Other PUBLICATIONS/TECHNICAL REPORTS/DASHBOARDS

5. Seong, T.², Flores, A., Vogel, A.², Ngo, C., **Sheehan, C.** (2025). "Mapping Food Insecurity: Spatial Dynamics and Social Determinants In Arizona During and After the Pandemic." St. Mary's Food Bank and Arizona State University.

4. Vogel, A.², Flores, A., Seong, T.², **Sheehan, C.** (2024). "An Interactive Geo-Spatial Dashboard to View Food Insecurity in Arizona" [ArcGIS Dashboard]. St. Mary's Food Bank and Arizona State University. https://services9.arcgis.com/bYacmsCB92KBsEE3/arcgis/rest/services/SMFBA_Dashboard_Final_Draft_V5_WFL1/FeatureServer
3. **Sheehan, C.**, White, M. Data Collection Optimization Suggestions for Arizona Friends of Foster Children Foundation. 2024.
2. **Sheehan, C.** "It's time for Americans to stop Sleeping on Sleep." 2019. Op-ed. <https://www.publichealthpost.org/research/less-sleep-in-america/?platform=hootsuite>
1. **Sheehan, C.** "Duty, Honor, Country, Disparity: Race/Ethnic Differences in Health Among Veterans." University of Texas at Austin Sociology blog. 2016. <https://sites.la.utexas.edu/utaustinsoc/2016/04/11/duty-honor-country-disparity-raceethnic-differences-in-health-among-veterans/>

SPONSORED RESEARCH

Ongoing Research Support

Jang, J (PI)., Connor, D (Co-PI)., **Sheehan, C (Co-PI)**., Saenz, J (Co-PI). Institute of Social Science Research Pilot Grant. \$8,000. 2025.

"The Data Devils: Community Analytics Empowerment Network." Sheehan, C. (Co-PI), Flores, A (Co-PI). J.M.Kaplan. Innovation Award. \$175,000. Under Review.

"Assessing feasibility and efficacy of FitBits for a study on the role of digital and in-person social connectedness on sleep and mental well-being among adolescents and their parents" Mickelson, K (PI)., Nelson-Coffey, K (Co-PI)., Coffey, J (Co-PI)., Ha, T (Co-PI)., Lindstrom Johnson, S (Co-PI)., Petrov, M (Co-PI)., **Sheehan, C. (Co-PI)**. Institute of Social Science Research Pilot Grant. \$8,000. 2023.

"Context and Cognitive Difficulty: A GeoAI Analysis of Social Disparities in Cognitive Ageing across Rural and Urban Places, 2000-2021." Connor, C. (PI), **Sheehan, C (Co-I)**, Saenz, J. (Co-I). University of Minnesota Life Course Center. \$25,000. 2024.

Completed Research

"Long-Term Associations between Exposure to Neighborhood Conditions in Adolescence and Sleep in Adulthood in a Nationally Representative Sample." National Institutes of Health/National Institute on Minority Health and Health Disparities U54MD002316, **Sheehan, C. (PI)**. within U54 Specialized Center of Excellence, Marsiglia, F. (PI). Title: "Leveraging biocultural mechanisms to increase the impact of multi-level preventable disease interventions in partnership with populations of the Southwest" \$50,000. 2021-2023.

"Sports, Exercise, and Sleep in Adolescence and Early-Adulthood?" **Sheehan, C. (PI)**. Li, L. (Co-PI). Arizona State Global Sports Institute, \$10,000. 2019-2020.

“A Systematic Investigation of the Relationship between Sports and Mortality: How does the Relationship vary by Race/Ethnicity?” **Sheehan, C. (PI)**. Global Sports Institute \$20,000. 2018-2019.

AWARDS

- 2025 Serving University Needs (SUN) Award x2.
- Centennial Professorship Award, ASASU (2025) – [Prestigious](#) student-selected award for teaching excellence and leadership in and beyond the classroom.
- Population Association of America Poster Award
- Nominated for the College Teaching Award at Arizona State University.
- 2024 ASU Professor of Impact Award.
- Nominated for the College Teaching Award at Arizona State University.
- 2023 ASU Professor of Impact Award.
- 2022 Named Faculty Affiliate, Southwestern Interdisciplinary Research Center, Arizona State University.
- Nominated for the College Teaching Award at Arizona State University.
- 2020 Named Global Sports Scholar, from the Global Sports Institute, Arizona State University.
- 2019 Rand Summer Mini-Medical School Workshop Attendee.
- Population Reference Bureau Travel Award. \$800.
- 2018 Selected as a Butler-Williams Trainee, National Institute of Aging.
- 2017 Dell Medical School: Pursing Excellence in Research and Quality Improvement Symposium, Excellence Award.
- Pop-Up Fellowship, Vice Presidential Office of Research, University of Texas at Austin. ~\$3,000.
- 2016 University of Texas at Austin, College of Liberal Arts, Professional Development Award. \$500.
- University of Texas at Austin, Department of Statistics and Data Sciences, Fall Graduate Fellowship. \$4,500.
- University of Texas at Austin, College of Liberal Arts, Fall Continuing Fellowship. ~\$10,000 (& tuition).
- University of Texas at Austin, College of Liberal Arts, Summer Continuing Fellowship. ~\$6,000 (& tuition).

- 2015 University of Texas at Austin, College of Liberal Arts Professional Development Award. \$500.
Population Research Bureau 2015-2016 U.S. Policy Communication Fellow.
- 2013 Quantitative Training Fellowship, University of Texas at Austin, Population Research Center.
\$5,000.
Pre-doctoral Award, University of Texas at Austin, Department of Sociology. \$2,500.
National Institute of Child Health and Human Development Traineeship in Population Studies.
~\$21,000 (& tuition).
- 2012 Stanford Formal Demography Workshop Participant.
- 2011 Assistant Grant Writer for Cancer Prevention Research Institute of Texas (PI: Robert Hummer).
\$1,000.
- 2010 Seed grant, University of Colorado Institute of Behavioral Sciences to complete Master's thesis, (PI: Fernando Riosmena). \$8,000.
- 2009 Recruitment Fellowship, University of Colorado at Boulder Geography Department. \$3,000.

PRESENTATIONS (AVAILABLE UPON REQUEST)

TEACHING EXPERIENCE

Arizona State University

Instructor

CDE 498/GIS 494: Multivariate Statistics for the Social Sciences. *Spring 2019, Fall 2019, Spring 2020, Fall 2020, Spring 2021, Fall 2021, Spring 2022, Fall 2022, Spring 2024.*

Course co-developed with Dylan Connor (GIS).

Sociology 390: Social Statistics I. *Fall 2019, Fall 2020, Fall 2022.*

Epidemics and Society: *Spring 2022, Fall 2023, Spring 2024.*

Guest Lectures and Panels during time at ASU

"Guide to Publishing" Sociology Integrative Research Seminar. ASU. Spring 2024.

"Guide to Publishing" Behavioral Neuroscience and Comparative Psychology Seminar Series. ASU. Fall 2023.

"Early Career Faculty Panel," University of Colorado. Spring 2023.

"Publishing in Sociology," PhD Pro-Seminar, ASU. Fall 2021.

"Sociology Career Panel," Getting into Grad School, ASU. Fall 2021.

"Trajectories to Research," SUPER, ASU. Summer 2021.

"Sociology of Health," Sociology 390 iCourse, ASU. Spring 2021.

"Social Media Usage in the Academy," Sociology PhD Pro-Seminar, ASU. Spring 2021.

"Sociology at ASU," SUPER, ASU. Summer 2020.

“Academic Job Interviews,” Dr. Updegraff’s Academic Professional Development seminar, ASU. Fall 2019.
“Academic Job Interviews Panel,” Dr. Wilkens’ ECLiPSE Research Lab Meeting, SSFD, ASU. Fall 2018.

University of Texas at Austin

Instructor
REU 202: Introduction to Statistics and Statistical Computing: *Summer 2015, Summer 2016*

Teaching Assistant
SOC 317M*: Introduction to Social Research (3x)*
SOC 317L*: Introduction to Social Statistics (3x)*
UGS 303*: Life and Death Decisions *Fall 2014*
SOC 302*: Introduction to Sociology *Fall 2011*

*Indicates responsibility for discussion section or lab.

University of Colorado at Boulder

Teaching Assistant
GEOG 1962*: Geography of Global Change *Spring 2011*
GEOG 5732: Population Geography *Fall 2010*
GEOG 1992*: Introduction to Human Geography* *Spring 2010*
GEOG 1982*: World Regional Geography* *Fall 2009*

*Indicates responsibility for discussion section or lab.

Mentoring available upon request.

SERVICE

INTERNAL SERVICE	
2025	Special Research Project, Dean’s Office
	School of Social and Family Dynamics Budget Committee.
	School of Social and Family Dynamics, Personnel Committee.
2024-	Data Devils. Organization that works with students to provide statistical support for community organizations.
2024	Sociology Graduate Committee, Quantitative Methodology Group.

- 2023 Southwestern Interdisciplinary Research Center, U54 Pilot grant reviewer, Online Programs Committee, Quantitative Methodology Group, Senior Hire Search Committee, Sociology Graduate Committee.
- 2022 Arizona State University, School of Social and Family Dynamics, Personnel Committee, Methods and Statistics Clinic, Southwestern Interdisciplinary Research Center, College of Liberal Arts Faculty Senate, Online Programs Committee, Quantitative Methodology Group, Institute for Social Science Research Seed Grant Reviewer, Senior faculty hiring committee.
- 2021 Arizona State University, Global Sports Institute, Seed Grant Reviewer, Arizona State University, School of Social and Family Dynamics, Student Affairs and Success Committee, Arizona State University, School of Social and Family Dynamics, Personnel Committee, Post-Doctoral Hiring Committee, School of Social and Family Dynamics, Methods and Statistics Clinic, Southwestern Interdisciplinary Research Center.
- 2020 Arizona State University, School of Social and Family Dynamics, Director Search Committee.
- 2019 Arizona State University, School of Social and Family Dynamics, Director Search Committee. Reviewer: Arizona State University, Institute for Social Science Research, Seed Grant Reviewer. Arizona State University, School of Social and Family Dynamics, Southwest and Border Search Committee.
Arizona State University, School of Social and Family Dynamics, Ad Hoc Search Committee x2. School of Social and Family Dynamics, Undergraduate Committee.
- 2018-2019 School of Social and Family Dynamics, Undergraduate Committee.

EXTERNAL SERVICE

- 2025 **Editorial Board Member, Population Research and Policy Review.** Review 8-10 manuscripts per year.
- 2024 Section Chair, Population Association of America, NIH Early career reviewer (SSPB).
- 2023 Poster Discussant, Population Association of America.
- 2022 Section Discussant, Population Association of America, The Reasons for Geographic and Racial Differences in Stroke (REGARDS) Sleep Working group member.
- 2021 Section Discussant, Population Association of America, The Reasons for Geographic and Racial Differences in Stroke (REGARDS) Sleep Working group member.
- 2019 Section Chair of two sections, Population Association of America

AD HOC REVIEWER

Addiction Research and Theory, Aging and Health Research, Alcoholism: Clinical and Experimental Research, American Behavioral Scientist, American Journal of Preventative Medicine, Archives of Gerontology and Geriatrics Plus, Armed Forces and Society, BMC Geriatrics, BMJ Open, Child Development, Community, Work, and Family, Demographic Research, Geography and Sustainability, Health and Place, Injury Prevention, Innovation in Ageing, JAMA Network Open, Journal of Aging and Health, Journal of American College Health, Journal of Epidemiology & Community Health, Journal of Gerontology, Series B, Social Sciences, Journal of Health and Social Behavior, Journal of Occupational Health, Journal of Rural Mental Health, Journal of Sleep Research, Journal of Women's Health, Management Research Review, Nature and Science of Sleep, Pediatrics, PLOS ONE, PNAS, Population Research and Policy Review, Preventing Chronic Disease, Preventative Medicine Reports, Race and Social Problems, Research on Aging, Sexual Health, Sleep Health, Social Forces, Social Science & Medicine, Social Science & Medicine – Mental Health, Social Science & Medicine – Population Health, Social Science Research, Society and Mental Health, The International Journal of Mental Health and Addiction, The Journal of Child Psychology and Psychiatry, The Journal of Pediatrics, The Journal of Psychoactive Drugs, The Lancet Regional Health – Americas.

PROFESSIONAL MEMBERSHIP

Population Association of America
Gerontological Society of America (Occasional)
American Sociological Association (Occasional)

PUBLIC SOCIOLOGY**SELECTED MEDIA APPEARANCES:****Television****Television**

Arizona Horizon PBS: “ASU sleep study reveals lack of good sleep can worsen social inequality.” 12/4/2018.
<https://azpbs.org/horizon/2018/12/asu-sleep-study-reveals-lack-of-good-sleep-can-worsen-social-inequality/>

Arizona Horizon PBS: “Why middle-aged adults struggle with sleep deprivation.” 6/3/2024
<https://azpbs.org/horizon/2024/06/middle-aged-sleep-crisis-research-findings/>

Radio

Utah Public Radio: “UnDisciplined.” 6/26/2020
<https://www.upr.org/post/undisciplined-stretching-our-lives>

Utah Public Radio: “UnDisciplined.” 1/20/2019.
<https://www.upr.org/post/undisciplined-demographic-sociologist-and-social-psychologist>

CBS News Radio This Morning: “Exercise type and Longevity,” Interview Conducted 7/17/2020, aired nationally, ~7/20/2020. Link unavailable.

Arizona NPR: “Sleepless in the States: Americans are getting less shuteye, especially Blacks and Hispanics” 12/17/2018.
<https://kjzz.org/content/738110/sleepless-states-americans-are-getting-less-shuteye-especially-blacks-and-hispanics>

Print/Online

ASU Now: “ASU study finds Americans Reporting Less Sleep.” 11/19/18.

<https://news.asu.edu/20181119-discoveries-asu-study-finds-americans-report-getting-less-sleep>

Science News: “Americans are sleeping less than they were 13 years ago.” 12/21/2018.

<https://www.sciencenews.org/article/americans-are-sleeping-less-they-were-13-years-ago>

Newsday: “Not getting enough sleep? Experts say turn off the smartphone late at night.” 3/9/2019

https://www.newsday.com/news/health/sleep-smartphones-electronic-devices-1.28255650?utm_source=tw_nd

ASU Now: “When it comes to longevity, any exercise is good exercise.” 7/14/2020.

<https://news.asu.edu/20200714-discoveries-when-it-comes-longevity-any-exercise-good-exercise>

Healio: “Any Exercise benefits longevity, but some types are better than others.” 8/4/2020.

Sleep Foundation: “An Education Gap is the Sleep Gap: An Interview with Connor Sheehan.” 6/10/2021.

<https://www.sleepfoundation.org/interviews/education-gap-and-sleep-connor-sheehan>

ASU Now: “The A to ZZZ on Sleep.” 9/15/2021

<https://research.asu.edu/zzz-sleep>

Global Sport Institute: “Could Fitness Exercises Be the Key to Longer Life” 2/9/2022

<https://globalsportmatters.com/research/2022/02/09/fitness-exercises-key-longer-life/>

ASU News: ASU Study: Living in Impoverished Neighborhoods in Adolescence to Early Adulthood Can Affect Sleep. 6/23/2023

https://news.asu.edu/20230623-discoveries-asu-study-living-impoverished-neighborhoods-adolescence-early-adulthood-can?{_src}=news-story

USA Today: Americans don’t sleep enough. The long-term effects are dire, especially for Black people.

<https://www.usatoday.com/story/news/nation/2024/01/29/poor-sleep-black-people-health-issues-racism/71480690007/>

ASU News: Older Adults Dream About Getting More Sleep.

https://news.asu.edu/20240311-health-and-medicine-older-adults-dream-about-getting-more-sleep?%20Strategic%20Communications_SFMCE&ecd42=518002422&ecd73=173774474&ecd37=All%20ASU%20Employees&ecd43=3/11/2024&utm_campaign=ASU_News_News+3-11-24_6840543&utm_medium=email&utm_source=Media%20Relations%20&utm_term=ASU&utm_content=Sleep+hed

Social Media

Tweet from ASU Global Sport Institute on my research (article above):

<https://twitter.com/GlobalSportASU/status/1492273908501917697>

Tweet on main ASU account regarding my (and others) research on sleep:

<https://twitter.com/ASU/status/1440828490396225542>

Tweet on main College account regarding my (and others) research on sleep:

<https://twitter.com/ASUTheCollege/status/1443622235110055942?s=20>

Tweet on main ASU account about my research regarding exercise and mortality:

<https://twitter.com/ASU/status/1288897907714859009>

Instagram post from ASU Now Instagram highlighting my work on sleep.

https://www.instagram.com/p/CEpUe8LnD_D/?igshid=11v669tftizoc

REFERENCES AVAILABLE UPON REQUEST