**CURRICULUM VITAE**

Shawn D. Youngstedt, Ph.D.

Professor and Honor’s Faculty

College of Nursing and Health Innovation and College of Health Solutions

Arizona State University

Phoenix VA Health Care System

Phoenix, AZ 85004

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**EDUCATIONAL BACKGROUND**

**Institution Emphasis Degree Year**

University of Texas- Psychology B.A. 1987

Austin

University of Georgia Exercise Psychology M.A. 1991

University of Georgia Exercise Psychology Ph.D. 1995

University of Arizona Applied Epidemiology MPH Expect 8/17

**ACADEMIC POSITIONS**

1989-1994 Research Assistant, The University of

Georgia, Athens, Georgia.

1994-1995 Research Associate, Department of

Psychiatry, University of California, San Diego

1995-1997 NIH Post-Doctoral Fellow, Department of

Psychiatry, University of California, San Diego

1997-1999 Post-Graduate Researcher, Department of

Psychiatry, University of California, San Diego

1998-2003 Adjunct Faculty, Department of Psychology,

National University, San Diego, California

1999-2003 Assistant Project Scientist, Department of

Psychiatry, University of California, San Diego

2001-2003 Faculty, Stein Institute for Research on Aging

University of California, San Diego

Fall, 2003 Visiting Assistant Professor, Department of

Psychiatry University of California, San Diego

2003-2009 Assistant Professor, Department of Exercise

Science, Norman J. Arnold School of Public Health,

University of South Carolina-Columbia

2007-2013 Research Scientist, Research and Development,

WJB Dorn VA Medical Center, Columbia, SC

2009-2014 Faculty Member, Institute for Partnerships to Eliminate

Health Disparities (IPEHD), University of South Carolina

2009-2013 Associate Professor with Tenure, Department of Exercise

Science, Norman J. Arnold School of Public Health,

University of South Carolina, Columbia

2009-2013 Acting Chief of Staff for Research and Development

(Periodic, About 2 months total) WJB Dorn VA Medical Center

2011-Present Adjunct Associate Professor of Experimental Psychology, Department of Psychology, University of South Carolina

2014-Present Professor, College of Nursing and Health Innovation and College of Health Solutions, Arizona State University

2014-Present Research Scientist, Phoenix VA Health Care System

2014-Present Adjunct Professor, Department of Exercise Science

University of South Carolina

2016-Present Honor’s Faculty, Arizona State University

**PROFESSIONAL MEMBERSHIPS**

American College of Sports Medicine

American Psychological Association

Sleep Research Society

Society for Research on Biological Rhythms

Society for Light Treatment and Biological Rhythms

**SERVICE ACTIVITIES**

Lobbied U.S. Congress Members for Passage of Health Research Act, 1994

Ad-Hoc Reviewer: Over 200 journal manuscripts including for: Sleep, Journal of Sleep Research, Sleep Medicine, American Journal of Physiology, Journal of Applied Physiology, Medicine and Science in Sports and Exercise, Journal of Biological Rhythms, Chronobiology International, Neuroscience Letters, Physiology & Behavior, Journal of Pineal Research, Psychophysiology, Biological Psychology, Archives of Internal Medicine, Journal of Psychosomatic Research, Journal of Gerontology, Anxiety, Stress, & Coping, American Journal of Epidemiology, Preventive Medicine, PLoS One

Grant Reviewer, Alzheimer’s Dementia Care and Research, 2000

Abstract Reviewer, American College of Sports Medicine, National

Convention, 1996

Judge, Sleep Research Society High School Student Essay Contest, 1996-2001

Beta Tester, Sleep Research Online, 1997

Abstract Reviewer, Association of Professional Sleep Societies, National

Convention, 1998-2005

Editorial Board, The American Journal of Medicine & Sports, 1999-2004

Science Expert Consultant, Runner’s World magazine, 1999-2004

Reviewer, The Cochrane Library Review on Physical Activity for Sleep

Problems in Adults Aged 60+

Consultant, Institute for Sport Chronobiology, Washington D.C., 2003-2009

Reviewer, Associate Professor/Tenure Promotion, Department of Psychology,

University of South Florida, 2003

Committee Member, Information Technology, Norman J. Arnold School of

Public Health, University of South Carolina, 2003-2006

Editorial Board, Journal of Circadian Rhythms, 2004-Present

Member, Undergraduate Committee, Department of Exercise Science,

University of South Carolina, 2005-2014

Chair, Oral Communications, Exercise, Mental Health, and Sleep

American College of Sports Medicine, Annual Meeting, Denver CO 2006

Committee Member, Institutional Animal Care and Use Committee, University

of South Carolina, 2006-2009

Internal Reviewer of NIH Predoctoral Training (T32) grants for Interface of the

Behavioral and Biomedical Science, University of South Carolina, 2006

Committee Member, Curriculum Committee, Arnold School of Public Health,

University of South Carolina, 2006-2007

Chair, Division: Health Aspects of Physical Activity, Department of Exercise

Science, University of South Carolina, 2007-2009, 2011-2013

Committee Member, Research and Development, Dorn VA Medical Center,

Columbia, SC 2008-2014

Workshop Leader: Better Sleep, Faculty and Staff Wellness Promotion, University

of South Carolina, Russell House Student Union, April 16, 2008

Executive Board Member, Society for Light Treatment and Biological Rhythms, 2008-1010

Speaker/Discussion Leader. Can People Get Too Much Sleep? EngeunitySC,

Columbia, SC, September 9, 2008

Grant Reviewer for Lumie, A Bright Light Treatment Manufacturer November 4, 2008

Grant Reviewer: VA Career Development Awards, Washington, DC, March 2, 2009.

Committee Member, Study Safety Committee, Dorn VA Medical Center, March 2009-2014;

Alternative Chairman, April 2012-2014

Grant Reviewer: VA Career Development Awards, Washington, DC, August 31, 2009.

Committee Member, Student Admissions Committee, USC, 2009-2012

Grant Panel: Canadian Institutes of Health Research, Sleep and Circadian Rhythms,

February 23, 2010

Section Editor, Circadian Rhythms Sleep Disorders, Encyclopedia of Sleep Medicine,

(Editor: Clete Kushida), 2010-2013

External Reviewer, Research Grants Counsel, Hong Kong, China, March, 2011, May, 2011

Grant Review Panel, VA HSR&D, Boston, MA August, 29-30, 2012

Member, Membership & Communications Committee of the Sleep Research Society, 2013-2015

Editorial Board, Journal of Sleep Medicine and Disorders, 2014-2015

Grant Reviewer, NIH R-15 Proposals, July 2-3, 2014

Member, Tenure and Promotion Committee, College of Health Solutions, Arizona State

University, 2014

Member, Grievance Committee, Arizona State University, 2014-Present

Member, Personnel Advisory T&P Committee, College of Nursing, ASU, 2015-Present

Associate Editor, Medicine and Science in Sports and Exercise, 2014-present

Editorial Board, Sleep Science, 2015-present

Vice Chair, Membership Committee of the Sleep Research Society, 2015-2016t

Grant Study Section NIH-MESH R01 Proposals, McClean, VA, October 13-14, 2015

Speaker, Night of the Open House, College of Nursing and Health Innovation,

Arizona State University, February 12, 2016

Sun Award (Serving University Needs) for Advising Barrett Honors Students, February 15, 2016,

Center for Health Promotion and Disease Prevention, Youth Advisory Board. Participated in Education of Low Income High School and Junior High School Students (mostly Hispanic), Taught Them About Sleep, March 3, 2016

Judge for Discovery Day Posters for ASU Honor’s College. April 21, 2016 (Sun Award)

Community: Coach of 10 Recreation Soccer Teams in South Carolina and Arizona; Winner of

Positive Coaching (Good Sportsmanship) Award, City of Mesa, May 21, 2016

Grant Reviewer, NIH-NIA ZRG1 BBBP-Z (04) M. Sleep, Depression, Addictions, and Child/Adolescent. July 13, 2016

Chair for DSMB for Study (PI: Gabe Shaibi): Preventing Diabetes in Latino Youth

(1R01DK107579-01). 2016-2021.

External Reviewer for Review of Promotion to Professor, Naval Postgraduate School (November, 2016)

Standing Member, NIH (NHLBI) Grant Study Section: Biobehavioral Mechanisms of Emotion, Stress, and Health (MESH) (2017-2021)

External Reviewer for Tenure and Promotion Decision, George Mason University, August, 2017

Chair, Faculty Assembly, College of Nursing and Health Innovation, 2017-2018

**GRANTS/AWARDS - Principal Investigator**

Life Fitness Institute The Influence of Moderate Intensity Cycling on Caffeine-Induced Insomnia (1994:$5,000)

Sigma XI, The Scientific The Influence of Moderate Intensity Cycling on Caffeine-Induced

Research Institute Insomnia (1994:$400)

National Institutes Shifting Human Circadian Rhythms With Exercise (Post-doctoral

of Health Fellowship (1995-1996: $45,000).

Conference Travel Sleep Research Society, World Federation of Sleep Research

Awards (total: $10,000) Societies, Israel Sleep Research,, Brazilian Sleep Research Society,

American College of Sports Medicine, Light Symposium Foundation

Marqui’s Who’s Who in America 2001-2003

American College of Sports Medicine New Investigator Award, 2001

National Institutes Preventing Risks of Long Sleep(R01) (2003:$450,000)

of Health

University of Research and Productive Scholarship Award: Using Bright Light

South Carolina Combined with Exercise to Shift the Human Circadian System

(2004:$14,000)

National Institutes Sleep and Mood of Older Self-Reported Long Sleepers Minority

of Health Post-Baccalaureate Supplement (MPBS) (2004:$43,650)

Litebook Company Bright Light: A Novel Anxiety Treatment (2006- March 2008, $25,000)

Veteran's Affairs Network 7 Career Development Award (2007-2009: $111,750)

Administration (Ranked 2nd Among Over 50 Applications)

Dorn Research Is Combat PTSD Associated with Circadian Malsynchronization?

Institute (2008, $2,400)

Veteran's Affairs Bright Light: An Adjunct Treatment for Combat PTSD (Merit)

Administration (2008-2011, $592,000)

Department of Assessment of Mental Health Disorders: Part of Consortium:

Defense Soldier Health Promotion to Examine and Reduce Health

Disparities (SHPERHD, 2008-2012, $990,000)

National Institutes Chronic Moderate Sleep Restriction in Older Long Sleepers and

of Health (NHLBI) Older Average Sleepers (2011-2016, $3,700,000 DC).

Department of Pilot Project: Posttraumatic Stress Disorder and Traumatic

Defense Brain Injury Clinical Consortium (INTRuST). Exercise: A

Novel Treatment for Combat PTSD (2011-2013 $225,000)

USC-Office of the ASPIRE Award: Validating rodent models of PTSD for developing Provost Biomarkers of Resilience, Risk, & Treatment (Co-PI, 2012-2013,

($100,000)

National Sleep Testing the Sleep Hygiene Recommendation Against Nighttime

Foundation Exercise (2012-2013, $10,000 DC).

NIH-NHLBI Diversity Supplement: Influence of Chronic Moderate Sleep

Restriction on Body Weight and Correlates in Older Adults

(2013-2015, $148,000)

VA-Merit Influence of Exercise, Weight Loss, and Exercise + Weight Loss on Sleep Apnea (2016-2020, $1,088,752 DC, 1st percentile)

ASU Institute for Social Influence of Napping in Adults at Risk for Alzheimer’s Disease

Science Research 2016-2017; $6,700)

**Grants - Co-Investigator**

(I wrote the majority of the grants marked with “\*”, but was unable to be PI for administrative reasons).

Ambulatory Monitoring, Association Between Activity and Depression in the Elderly

Inc. (1996:$2,000)\*

National Institutes Verification of Circadian Abnormalities in Aging

of Health (1998, $1,500,000)

National Institutes Phase-Response Curves for Exercise and Bright Light

of Health (1999, $1,600,000)\*

National Institutes Illumination in Human Aging: Sleep and Mood Effects

of Health (2000, $1,260,000)

Gatorade Sport Moderate Exercise Effects on Tumor Metastasis in Chronically

Sciences Institute Sleep-Deprived Mice. PI: Mark Zielinski (my student)

(2005, $3,500)

Gatorade Sport Examination of Circadian Rhythms in 200 Meter Swim

Sciences Institute Performance. PI: Chris Kline (my student) (2005, $2,700)

American College Effects of Tryptophan Depletion on Exercise Fatigue and Mood

of Sports Medicine (2006, $5,000), PI: Suzanne Hebda (my student)

American College Circadian Phase-Shifting Effects of Three Exercise Durationa

of Sports Medicine PI: Chris Kline (my student) (2007, $5,000)

Gatorade Sport Shifting Human Circadian Rhythms with Different Exercise

Sciences Foundation Durations. PI: Chris Kline (my student) (2007, $1,500)

Centers for Disease Exercise: A Novel Treatment for Obstructive Sleep

Control Apnea. PI: Chris Kline (my student) (2008-2009: $38,000).

NIH Neuroscience Effects of Rapid Reciprocal Exercise versus Bright Light

and Regenerative Therapy in Adults with Traumatic Brain Injury and

Medicine Posttraumatic Stress Disorder. I was recruited to direct the

bright light component. (PI: Diane Damiano; 2010-2012)

University of Magellan Scholar Program. The Effects of Eszopiclone on

South Carolina Adenomatous Polyposis Development in APCMin+/- Mice

(2008: $2,600) PI: David Elliott (my undergraduate student)

McCausland Center Effect of Bright Light Therapy on Neural response to

University of newborn crying in women with postpartum depression

South Carolina (2010: $6,000) PI: Shannon Cornelius (my student)

Veteran's Affairs Sleep Disturbance and Cancer (HSR&D Pilot

Administration (PI: Jim Burch) (2010-2011, $100,000)

Zeo Sleep Research Effects of Short-Term Resistance Training on Sleep and Anxiety

PI: Matt Herring, my post-doc

Greenville Hospital A Randomized Phase II Trial Evaluating the Impact of Quercetin on System Cancer Fatigue (PI: Mark Davis)

NIH-NHLBI Physical Activity During the Transition From Elementary School to High School (Co-I, PI: Russ Pate, 2013-2016, $2,120,000 DC, 1st Percentile)

American Heart Effects of Sleep Restriction on Body Composition and Energy Association Expenditure During Dietary Weight Loss (Consultatnt, PI Xeuwen Wang, 2014-2016, $154,000 DC).

American Sleep Sleep Related Determinants of Stroke: A Case Sibling Study. (Co-I, Medicine Foundation PI: Megan Petrov; 2015-2016, $20,000)

Arizona State ASU Doctoral Enrichment Fellowship Award for Minority University Grad School PhD Student (Chris Perry) ($17,000)

ASU Graduate and The Effects of Sleep Deprivation on Muscle Recovery After

Professional Student Eccentric Resistance Training Chris Perry (my student) (2016-2017,

Association (GPSA) $1,500)

ASU GSPA The Effects of Sleep Deprivation on Muscle Recovery After

Jump Start Research Eccentric Resistance Training Chris Perry (my student) (2016-2017,

Grant $500)

American Sleep Medicine Early Markers of Atherosclerotic Progression in Insomnia

Foundation (Co-I; PI: Megan Petrov) (2017-2018, $20,000)

**TEACHING AND ADVISING EXPERIENCE**

Exercise Psychology Laboratory, University of Georgia, 1993-1994.

Guest Lecturer, UCSD Medical School Course: Sleep and Circadian Rhythms, 1996-2001 (6 Lectures).

UCSD Center for Teaching Development Course (Student in Course), 1997-1998.

UCSD Extension Course: The Safe Way to Achieve Better Sleep, October 17, 1998.

National University, Department of Psychology. Three Courses: Biological Psychology, February, 1999; August, 1999; April, 2000.

UCSD Faculty Mentor for Undergraduate Projects:

Sleep and Depression, Carl Joyce, 1996

Howard Hughes Scholarship, Sleep, Christiane Villascaz, 1999

Morning Illumination, Mood and Sleep in Post-Menopausal Women, Amy Leung, 2002

MD Thesis Committee Member, UCSD School of Medicine:

The Effects of Potassium on Sleep Consolidation, Curtis Siu, 1998-1999.

Light Suppression of Melatonin in Elderly Volunteers, Julian S. Smith, 2001

Light Exposure, Sleep, Mood, in a Critical Care Unit, Ara Chrissian, 2002.

Green Light Suppression of Melatonin, Tyson Riesenberg, 2002.

UCSD Undergraduate Seminar, Circadian Rhythms, Fall, 2002**.**

Chair of Journal Club for Graduate Students, Fall, 2002.

USC Supervision of 15 Graduate Students, Fall, 2003 to Present

USC, Department of Exercise Science, Course: Acquisition of Motor Skills (EXSC 351) (8 times), Spring and Summer 2004-2009

USC, Department of Exercise Science, Course: Mechanisms of Motor Skill Performance (EXSC 731 Graduate Course) (8 times), Fall, 2004-2010

USC, Department of Exercise Science, Mentor for Independent Study:

Exercise and Sleep, Julie Charton, Fall, 2004

Exercise and Circadian Rhythms, Amy Girgi, Spring, 2005

Sleep in Endurance Athletes, Bich Ngoc Nguyen, Spring, 2006

Sleep Restriction, Diana Montagu (Honors College), Spring, 2006

Tryptophan Depletion, Suzanne Hebda, Spring, 2006

Exercise and Sleep, Spring, 2007

USC, Department of Exercise Science, Chair, Theses/Dissertation/Projects:

Sleep Restriction and Glucose Tolerance, Annie Lee, MS (2005)

Circadian Rhythm in Swim Performance, Christopher Kline, (2005).

Moderate Sleep Restriction, Exercise, and Cancer in Mice, Mark Zielinski, PhD (2009)

Influence of Exercise Training on Sleep Apnea and Morbidity, Chris Kline, PhD (2011). Won Graduate School Outstanding Dissertation Award.

Anger and PTSD, Laurel Shaler, PhD (2011)

Association of Fitness with Depression During Basic Combat Training, Shannon Crowley, PhD (2013)

Influence of Exercise on Combat Related PTSD, Caiti Vining, MS (2014)

Sleep in Collegiate Athletes, Kaela Jackson, MS (2014)

Influence of Sleep Extension on Inflammation and Cognitive Function, Alex Reynolds, PhD 92015). Won Graduate School Outstanding Dissertation Award.

USC, Committee Member, Dissertations/Theses:

Jill Blackmon, 2004-2005,Dianna Lattimore, 2004-2005, Suzanne Newall, 2006-2007

Aaron Mullin (2008-2009), Michael Wirth (2012), Melanie Alexander (2012-Present)

Ryan Falco (2014); Alex Reynolds (2012)

ASU, Committee Member, PhD Dissertations: Jonathon Kurka (2014-2016),

ASU Chair of Honor’s Theses: Morgan Schneck (2015-present)

ASU, Committee Member, BS Honor’s Theses: Shana McGownd (2015), Kelli Wallace (2015)

ASU, Research Methods (EXSC 500). Fall 2017 (12 students)

USC, Department of Exercise Science, Mentor: NIH Post-Baccaulerate Scholar: Tina Devlin, 2004-2005

USC, Department of Exercise Science, Course: Tryptophan Depletion (EXSC783), Fall, 2005

USC, Mentor for USC School of Medicine Biomedical Research Internship Program ($3,000). David Elliott: Effects of Moderate Chronic Sleep Restriction and Exercise on Plasma Corticosterone Levels, Summer 2007.

USC, Mentor for USC Honors College Fellowship. David Elliott (Fall, 2007)

USC, Mentor for USC School of Medicine Biomedical Research Internship Program ($3,000). Rebecca Krygiel: Effects of eszopiclone on adenomatous polyposis development in APCMin+/- mice, Summer 2008.

USC, Mentor for South Carolina Honor’s College Science Undergraduate Research Fellowship ($1,500) and thesis. David Elliott: Effects of eszopiclone on adenomatous polyposis development in APCMin+/- mice, 2008-2009.

USC, Department of Exercise Science, Course: Behavioral Aspects of Physical Activity (EXSC Graduate Course) , Spring 2012 (30 Students).

Mentor for Visiting Scholar from Brazil: Giselle Passos Soares, 2012

Mentor for Visiting Scholar from Japan; Wakako Ito MD, 2012-2013

Mentor for Imran Iftikhar, MD (2011-2013), Assistant Professor, USC School of Medicine: Effects of Exercise on Sleep

Faculty Mentor for Matthew Buman, PhD (2014-Present), Assistant Professor of Exercise Science, Arizona State University.

Faculty Mentor for Megan Petrov, PhD (2014-Present), Assistant Professor of Nursing and Health Innovation, Arizona State University

Faculty Mentor for Daniel Peterson, PhD (2016-Present), Assistant Professor of Exercise Science, Arizona State University

ASU, College of Nursing and Health Innovation, Course: State of Research Science in Nursing and Healthcare Innovation (NUR 604), Spring 2014

Principal Advisor, PhD Student, Chris Perry, 2015-Present

ASU, College of Health Solutions, Course: Exercise and Sleep, Spring 2016

ASU, MS Thesis Committee Member, College of Liberal Arts, Agnes Bucko, 2016-present

ASU, MS Thesis Committee, College of Health Solutions, Jonathon Kurka, 2014-2016

ASU, Honor’s Thesis Chair, Morgan Schneck, 2016-Present

Principal Advisor, PhD Student, Weston Titus, 2016-Present

Seminar Course, Research Ethics, Fall 2016 (35 students)

**PEER-REVIEWED PUBLICATIONS**

1. **Youngstedt SD**, Dishman RK, Cureton KJ, Peacock LJ (1993). Does body temperature mediate

anxiolytic effects of acute exercise? Journal of Applied Physiology, 74(2), 825-831.

1. Dishman RK, Warren JM, **Youngstedt SD**, Yoo H, Bunnell BN, Mougey EH, Meyerhoff JL, Jaso-Friedman L, Evans DL (1995). Activity wheel running attenuates suppression of natural killer cell activity after footshock. Journal of Applied Physiology, 78(4), 1547-1554.
2. Eastman CI, Hoese EK, **Youngstedt SD**, Liu L (1995). Phase-shifting human circadian rhythms with exercise during the night shift. Physiology and Behavior, 58, 1287-1291.

4. O'Connor PJ, **Youngstedt SD** (1995). Influence of exercise on human sleep. Exercise and Sport Sciences Reviews, 23, 105-134.

5. Dishman RK, Dunn AL, **Youngstedt SD**, Davis JM, Burgess M, Wilson SP, Wilson M (1996). Increased open field locomotion and decreased striatal GABA(A) binding after activity wheel running. Physiology & Behavior, 60, 699-705.

6. Dunn AL, Reigle TG, **Youngstedt SD**, Armstrong RB, Dishman RK (1996). Brain norepinephrine and metabolites after treadmill training and wheel running in rats. Medicine and Science in Sports and Exercise, 28(2), 204-209.

7. Dishman RK, Renner KJ, **Youngstedt SD**, Reigle TG, Bunnell BN, Burke KA, Yoo HS, Mougey EK, Meyerhoff JL (1997). Activity wheel running reduces escape latency and alters brain monoamine levels after footshock. Brain Research Bulletin, 42, 399-406.

8. **Youngstedt SD** (1997) Does exercise truly enhance sleep? The Physician and Sportsmedicine, 25, 72-82.

9 **Youngstedt SD**, O'Connor PJ, Dishman RK (1997). The effects of acute exercise on sleep:

a quantitative synthesis. Sleep, 20, 203-214.

10. Dishman RK, Bunnell BN, **Youngstedt SD**, Yoo HS, Mougey EH, Meyerhoff JL (1998). Activity wheel running blunts increased plasma ACTH after footshock and cage-switch stress. Physiology & Behavior, 63, 911-917.

11. Kripke DF, Elliott JA, **Youngstedt SD**, Smith JS (1998). Melatonin: marvel or marker. Annals of Medicine, 30, 81-87.

12. O'Connor PJ, Breus MJ, **Youngstedt** **SD** (1998). Exercise-induced increase in core temperature does not disrupt a behavioral measure of sleep. Physiology & Behavior, 64, 213-217.

13. **Youngstedt SD**, Kripke DF, Elliott JA (1998). Melatonin excretion is not related to sleep in the elderly. Journal of Pineal Research, 24, 142-145.

14. **Youngstedt SD**, Kripke DF, Klauber MR, Sepulveda RS, Mason WJ. Periodic limb movements during sleep and sleep disturbances in the elderly (1998). Journal of Gerontology: Medical Sciences, 53A, M391-M394.

15. **Youngstedt SD**, O'Connor PJ, Crabbe JB, Dishman RK (1998). Acute exercise reduces caffeine-induced anxiogenesis. Medicine and Science in Sports and Exercise, 30, 740-745.

16. **Youngstedt SD,** O'Connor PJ (1999). The influence of air travel on athletic performance. Sports Medicine, 28, 197-207.

17. **Youngstedt SD**, Kripke DF, Elliott JA (1999). Is sleep disturbed by vigorous late-night exercise? Medicine and Science in Sports and Exercise, 31, 864-869.

18. Perlis ML., **Youngstedt** **SD** (2000). The diagnosis of primary insomnia and treatment alternatives. Comprehensive Therapy, 26, 298-306.

19. **Youngstedt SD** (2000). The exercise-sleep mystery. International Journal of Sport Psychology, 31, 241-255.

20. **Youngstedt SD**, O'Connor PJ, Crabbe JB, Dishman RK (2000). The influence of acute exercise on sleep following high caffeine intake. Physiology & Behavior, 68, 563-570.

21. Jean-Louis G, Kripke DF, Mason WJ, Elliott JA, **Youngstedt SD** (2001). Sleep estimation from wrist movement quantified by different actigraphic modalities. Journal of Neuroscience Methods, 105, 185-191.

22. Tuunainen A, Kripke DF, Cress AC, **Youngstedt SD** (2001). Retinal circadian rhythms in humans. Chronobiology International, 6, 957-971.

23. **Youngstedt SD**, Kripke DF, Elliott JA, Klauber MR (2001). Circadian abnormalities in older adults. Journal of Pineal Research, 31, 264-272.

24. Smith JS, Kripke DF, Elliott JA, **Youngstedt SD** (2002). Illumination of upper and middle visual fields produces equivalent suppression of melatonin in older volunteers. Chronobiology International, 19, 883-891.

25. **Youngstedt SD**, Kripke DF, and J.A. Elliott (2002). Circadian phase-delaying effects of bright light alone and combined with exercise in humans. American Journal of Physiology, 282, R259-R266.

26. **Youngstedt SD**, Kripke DF, Elliott JA, Assmus JD (2002). No association of 6-sulphatoxymelatonin with nocturnal in-bed 60 Hz magnetic field exposure or illumination level among older adults. Environmental Research, 89, 201-209.

27. Kripke DF, Clopton P, Marler MR, **Youngstedt SD**, Elliott JA (2003). PRC bisection tests. Chronobiology International 20, 1117-1123.

28. Kripke DF, **Youngstedt SD**, Rex KM, Klauber MR, Elliott JA (2003). Melatonin excretion with affect disorders over age 60. Psychiatry Research, 118, 47-54

29. Yoon I-Y., Kripke DF, Elliott JA, **Youngstedt** **SD** (2003). Lutenizing hormone following light exposure in healthy young men. Neuroscience Letters, 341, 25-28.

30. Yoon I-Y, Kripke DF, Elliott JA, **Youngstedt SD** (2003). Age-related changes of circadian rhythms and sleep-wake. Journal of the American Geriatrics Society, 51, 1085-1091.

31. Yoon I-Y, Kripke DF, **Youngstedt SD**, Elliott JA (2003). Actigraphy suggests age-related differences in napping and nocturnal sleep. Journal of Sleep Research, 12, 87-93.

32. **Youngstedt SD** (2003). Ceiling and floor effects in sleep research. Sleep Medicine Reviews, 4, 351-365.

33. **Youngstedt SD**, Perlis ML, O’Brien PM, Palmer CR, Smith MT, Orff HJ, Kripke DF (2003). No association of sleep with total daily physical activity in normal sleepers. Physiology & Behavior, 78, 395-401.

34. **Youngstedt SD**, Kripke DF (2004). Sleep duration and mortality: rationale for sleep restriction. Sleep Medicine Reviews, 8, 159-174.

35. **Youngstedt SD**, Leung A, Kripke DF, Langer RD (2004). Association of morning illumination and window covering with mood and sleep in post-menopausal women. Sleep and Biological Rhythms, 2, 174-183.

36. **Youngstedt** **SD** (2005) Effects of exercise on sleep. Clinics in Sports Medicine, 24, 355-365.

37. Kripke DF, **Youngstedt SD**, Elliott JA, Tuunainen A, Rex KM, Hauger RL, Marler MR (2005). Circadian phase in adults of contrasting ages. Chronobiology International, 22, 695-709.

38. **Youngstedt** **SD**, Kripke DF, Elliott JA, Rex KM (2005). Circadian phase-shifting effects of a laboratory environment: a clinical trial with bright and dim light. Journal of Circadian Rhythms, 3, www.jcircadianrhythms.com.

39. Grandner MA, Kripke DF, Yoon I-Y, **Youngstedt SD** (2006). Criterion validity of the Pittsburgh Sleep Quality Index: investigation in a non-clinical sample. Sleep and Biological Rhythms, 4, 129-138.

40. **Youngstedt SD,** Kline CE (2006). Epidemiology of exercise and sleep. Sleep and Biological

Rhythms, 4. 215-221.

41. Kline CE, Durstine JL, Davis JM, Moore TA, Devlin TM, Zielinski MR, **Youngstedt SD**

(2007). Circadian variation in swim performance. Journal of Applied Physiology, 102,

641-649.

42. Kripke DF, Elliott JA, **Youngstedt SD**, Rex KM (2007). Circadian phase response curves to light in older and young women and men. Journal of Circadian Rhythms, 4, 4.

43. **Youngstedt SD**, Kripke DF (2007). Does bright light have an anxiolytic effect? An open trial. BMC Psychiatry 7:62.

44. Zielinski MR, Kline CE, Bogan RK, Kripke DF, **Youngstedt SD** (2008). No effect of 8-week time-in-bed restriction on glucose tolerance in older long sleepers. Journal of Sleep Research, 17, 412-419.

45. Guess J, Burch JB, Ogoussan K, Armstead C, Zhang HM, Wagner S, Hebert J, Wood P,

**Youngstedt SD**, Hofseth L, Singh U, Xie D, Hrushesky H (2009). Relationship between circadian disruption, *Per3* and human cytokine secretion. Integrative Cancer Therapies, 8, 329-336.

46. **Youngstedt SD**, Kline CE, Zielinski MR, Kripke DF, Devlin TM, Bogan RK, Wilcox S, Hardin JW (2009). Tolerance of chronic 90-minute time-in-bed restriction in older long sleepers. Sleep, 32, 1467-1479.

47. Kline CE, Devlin TM, Durstine JL, Davis JM, **Youngstedt SD** (2010)**.**  Circadian rhythms of psychomotor vigilance, mood, and sleepiness in the ultra-short sleep/wake protocol. Chronobiology International, 27, 161-180.

48. Kline CE, Zielinski MR, Devlin TM, Kripke DF, Bogan RK, **Youngstedt SD** (2010)**.** Self-reported long sleep in older adults is closely related to objective time in bed. Sleep and Biological Rhythms, 8, 42-51.

49. **Youngstedt SD** (2010). Comparison of anxiolytic effects of acute exercise in older vs. younger adults. Journal of Applied Gerontology, 29, 251-260.

50. Kripke DF, Elliott JA, **Youngstedt SD,** Parry BL, Hauger RL, Rex KM (2010). Weak evidence of bright light effects on human LH and FSH. Journal of Circadian Rhythms, May 11;8:5.

51. Kline CE, Crowley EP, Ewing GB, Burch JB, Blair SN, Durstine JL, Davis JM, **Youngstedt SD** (2011).The effect of exercise training on obstructive sleep apnea and sleep quality: a randomized controlled trial. Sleep, 12, 1631-1640.

52. Passos GS, Poyares D, Gonçalves Santana M, Vicaria Rodrigues D’Aurea C, **Youngstedt SD**, Tufik S, de Mello MT (2011). The effects of moderate aerobic exercise training on chronic primary insomnia. Sleep Medicine, 12, 1018-1027.

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treatment of combat PTSD.

1. **Youngstedt SD**, Perry C, Pineda L, Petrov M, Kline CE. Does exercise and weight loss have additive benefits for obstructive sleep apnea?
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3. **Youngstedt S.D.** and O.M. Buxton (2003). Jet-lag and athletic performance. American Journal of Medicine and Sports, 5, 219-226.

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**LETTERS-TO-THE-EDITOR**

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**STATISTICAL PROGRAM**

1. Kripke D.F., P. Clopton, J.A. Elliott, M.R. Marler, and **S.D. Youngstedt** (2003). PRC Bisection Tests. University of California eScholarship Repository, http://repositories.cdlib.org/ucsdpsych/1.

**SYMPOSIA**

1. **Youngstedt S.D.** (Chair), M.V. Vitiello, J. Trinder, S.R. Taylor, and M.M. Mitler. Does Exercise Promote Sleep? 13th Annual Meeting Association of Professional Sleep Societies, Orlando, FL, June 23, 1999.

2. Arendt J., O. Buxton, K-I. Honma, M. Jewett, R. Hut, A. Lewy, B. Middleton, R. Sack, M. Terman, K. Wright, A. Wirz-Justice (Organizer), **S. Youngstedt**. Entrainment in Humans. Society for Research on Biological Rhythms, Amelia Island, FL, May 23, 2002.

3. Bell, D.G. (Chair), H. Lieberman, N.J. Wesensten, **S.D. Youngstedt**. Jet Lag: How Does it Effect our Physical and Mental Performance and What is Being Done About It? 51st Annual Meeting American College of Sports Medicine, Indianapolis, IN, June 2, 2004.

4. Uchida S. (Co-chair), **S. Youngstedt** (Co-Chair), K. Honma, J. Mukai. Exercise and Sleep. World Federation of Sleep Research and Sleep Medicine Societies. New Delhi, India, September 23, 2005.

5. Atkinson G (Chair), **S. Youngstedt**, T. Reilly, K. Birch. Biological Rhythms, Exercise and Health. American College of Sports Medicine, New Orleans, LA, June 3, 2007.

1. **Youngstedt SD** (**Chair**), J. Gangwisch, JA Horne, K Knutson, E. Kronholm, K. Morgan,

F Turek). Is Long Sleep Truly Hazardous? 24th Annual Meeting Association of Professional Sleep Societies, San Antonio, TX, June 2010

1. Atkinson G (Chair), S. Youngstedt, R. Foster, M. Hastings. Circadian Rhythms and

Health. Physiological Society, Manchester, UK, July 3, 2010.

1. Samuels C (Chair), **Youngstedt SD**, Kline CE. (2011). Sleep, Recovery, and Exercise. 4th

International Congress on Sleep Medicine, Quebec City, Canada, September 12, 2011.

Presented on Sleep Loss and Athletic Performance.

1. S Uchida and **Youngstedt SD** (Chairs). Daytime activity and sleep. WorldSleep 2011,

Kyoto, Japan, October 16, 2011. Presented on Exercise and Sleep in the Symposium.

1. MM Ohayon MM, E an Cauter., **SD** **Youngstedt**, et al. Sleep, Stress and Obesity: A Weighty Issue. Fifth Annual Obesity Symposium. The UC Office of the President . UC-Berkeley. September, 2012.
2. C Samuels, **SD Youngstedt**, S Aritaki, A. Bender. Sleep, Recovery, and Performance in

Elite Athletes.. Association of Professional Sleep Societies, Minneapolis, MN, June 3,

2014.

1. J Kurka, **S Youngstedt**. Exercise and Sleep: Biobehavioral Synergies, Wearable

Technologies, and Behavior Change. Southwest Chapter of the American College of

Sports Medicine, Orange County, CA, October 16, 2015

1. J. Siegel (Chair), **S. Youngstedt,** J. Horne, N Glozier. Human Sleep Duration and

Timing: Evolution, Trends and Clinical Significance. Association of Professional Sleep

Societies, Denver, CO, June 2, 2016 (In Review)

**INVITED LECTURES**

1. The Influence of Exercise on Sleep. Neurobehavioral Unit, New Jersey Medical and Dental School, East Orange, NJ, September 22, 1994.

2. The Influence of Exercise on Human Sleep. Cardiovascular Division, University of Iowa School of Medicine, Iowa City, IA, October 5, 1994.

3. Influence of Exercise on Human Sleep. Department of Psychiatry, School of Medicine, University of California, San Diego, CA, February 22, 1995.

1. Influence of Acute Exercise on Caffeine-Induced Insomnia and Anxiogenesis. Life Fitness Institute, Minneapolis, MN, June 1, 1995.

5. Nonphotic Phase Adjustment of Circadian Rhythms: Is exercise the answer? Department of Psychiatry, School of Medicine, University of California, San Diego, CA, January 31, 1996.

6. The Influence of Exercise on Sleep and Circadian Rhythms in Humans. Department of Kinesiology, University of Wisconsin, Madison, WI, May 5, 1997.

7. Shifting Circadian Rhythms with Exercise. Course: Shifting the Circadian Timing System (Chair: Margaret Moline). 11th Annual Meeting Association of Professional Sleep Societies, San Francisco, CA, June 10, 1997.

8. The Influence of Exercise on Human Sleep. Medical and Surgical Sleep

Conference, Scripps Memorial Hospital, September 1, 1998.

9. Sleep Hygiene. Graduate School of Public Health, San Diego State University, October 8, 1998.

10. The Influence of Exercise on Sleep and Circadian Rhythms in Humans. Department of Kinesiology, University of Illinois, Urbana-Champaign, IL, March 1, 1999.

11. Exercise, Sleep and Circadian Rhythms. Rehabilitation Research & Development Center, Atlanta VA Medical Center, Atlanta, GA, June 24, 1999.

12. Sleep and Exercise. Third International Congress of World Federation of Sleep Research Societies, Dresden, Germany, October 5, 1999.

13. Jet-lag and Exercise. Howard Hughes Research Center, La Jolla, CA, March 7, 2000.

14. Jet-lag and Athletic Performance: A Scientific Perspective. Tutorial Lecture. 47th Annual Meeting American College of Sports Medicine, Indianapolis, IN, June 3, 2000.

15. Exercise and Sleep. The Importance of Sleep in Patient Care. The College of West Virginia, Beckley, West Virginia, October 21, 2000

16. Prevalence and Consequences of Circadian Abnormalities in Older Adults. The Importance of Sleep in Patient Care. The College of West Virginia, Beckley, West Virginia, October 21, 2000

17. Sleep and Physical Activity. Tutorial Lecture. Latin American Sleep Congress, Sao Paulo, Brazil, November 16, 2000.

18. Influence of Physical Activity on Circadian Rhythms. Department of Psychiatry, School of Medicine, University of California, San Diego, CA, August 22, 2001.

19. Influence of Exercise on the Circadian System. Division of Physiology, School of

Medicine, University of California, San Diego, CA, October 18, 2002.

20. Sleep and Aging. Norman Park Senior Center, Chula Vista, CA, November 27, 2002.

21. Influence of Physical Activity on Circadian Rhythms. Stanford University, School of Medicine, Stanford, CA, December 20, 2002.

22. Influence of Exercise on Sleep and Circadian Rhythms. Department of Psychology, Trent University, Peterborough, Ontario, Canada, January 27, 2003.

23. Influence of Exercise on Circadian Rhythms. Department of Exercise Science, The Norman J. Arnold School of Public Health, Columbia, SC, March 21, 2003.

24. Influence of Exercise on Circadian Rhythms: Promoting Adjustment to Transmeridian Travel. United States Army Research Institute of Environmental Medicine, Natick, MA, March 27, 2003.

25. The Influence of Exercise on Sleep. Tutorial Lecture. 50th Annual Meeting American College of Sports Medicine, San Francisco, CA, June 1, 2003.

26. Influence of Exercise on Sleep. University of South Carolina, Department of Exercise Science, Class: Psychological Aspects of Physical Activity, Columbia, SC, September 3, 2003.

27. Does Sleep Restriction Help or Harm People? Clemson University, Department of Psychology, Clemson, SC, March 5, 2004

28. Sleep Duration and Mortality: Rationale for Sleep Restriction? University of South Carolina, School of Medicine, Geriatrics Division, March 17, 2004.

29. Can people get too much sleep? EXSC 563 Physical Activity and the Dimensions of Aging, Department of Exercise Science, University of South Carolina, April 1, 2004.

30. Influence of Exercise on Sleep. University of South Carolina, Department of Exercise

Science, Class: Psychological Aspects of Physical Activity, Columbia, SC, September 8, 2004.

31. Influence of Exercise on Sleep. University of South Carolina, Department of Exercise

Science, Class: EXSC 710, Behavioral Aspects of Physical Activity, Columbia, SC, February 2, 2005.

32. Influence of Exercise on Sleep. University of South Carolina, Department of Psychology, Seminar, January 21, 2005.

33. Long Sleep and Mortality: Rational for Sleep Restriction. University of South Carolina, Department of Exercise Science, Seminar, February 11, 2005.

34. Long Sleep and Mortality: Rational for Sleep Restriction. University of South Carolina, Department of Epidemiology, Seminar, March 16, 2005.

35. Tolerance of Sleep Restriction in Older Long Sleepers. University of South Carolina, Department of Medicine, Seminar, February 23, 2006.

36. Circadian Rhythms and Exercise: Health and Performance Implications. Tutorial Lecture, Southeastern Chapter of the American College of Sports Medicine, Charlotte, NC, February 5, 2007.

37. Bright Light Treatment of Anxiety. Seminar, Department of Psychology, University of South Carolina, March 18, 2008.

38. Tolerance of moderate sleep restriction in older long sleepers. Scripps Clinic Sleep Center, La Jolla, CA, July 18, 2008.

39. Treatment of anxiety with bright light. Naval Health Research Center, San Diego, CA, July 28, 2008.

40. Bright Light: A Novel Treatment for Anxiety. Seminar, Department of Epidemiology and Biostatistics, University of South Carolina, October 10, 2008.

41. Tolerance of Moderate Sleep Restriction in Mid- to Older-Age Long Sleepers. Stanford University, Sleep Grand Rounds, Palo Alto, CA, December 17, 2008.

42. Exercise and Circadian Rhythms. Tutorial Lecture, Exercise and Brain, Tokyo, Japan, March 14, 2009.

43. Novel Methods to Treat Combat PTSD. Science Seminar. Naval Health Research Center,

San Diego, CA, May 18, 2009.

44. Tolerance of Sleep Restriction in Older Long Sleepers. University of California, San Diego

July 28, 2009.

45. Is Long Sleep Truly Hazardous? Psychobiology and Exercise Research Center, Federal University of Sao Paulo, Sao Paulo, Brazil, March 23, 2010

46. Exercise, Sleep, and Circadian Rhythms. Psychobiology and Exercise Research Center, Federal University of Sao Paulo, Sao Paulo, Brazil, March 24, 2010.

47. Bright Light Treatment of Anxiety. Hard Data Café, Department of Psychology, USC, September 10, 2011.

48. Sleep. Guest Lecture in EXSC 731, Mechanisms of Motor Skill Performance, November 8, 2011, 2012.

49. Risks of Long Sleep. USC Cancer and Diversity

50. Is Long Sleep Truly Hazardous. Oregon Health & Sciences University, Portland, OR December 10, 2012.

51. Is Long Sleep Truly Hazardous, Arizona State University, Phoenix, AZ, February 28, 2013

52. Hazards of Long Sleep, Arizona State University, Phoenix, AZ, April 10, 2013

53. Meet the Professor: Exercise and Sleep. Association of Professional Sleep Societies, June 4, 2014.

54. Interventions with Veterans. ASU Community Partnerships Phoenix, AZ, June 11, 2014.

55. Exercise and Weight Loss for Sleep Apnea. Endocrinology Division, Phoenix VA, July 22, 2015.

56**.** Tutorial Lecture: Physical Activity as a Treatment and Prevention of Sleep Problems (with CE Kline). American College of Sports Medicine, Boston, MA, June 3, 2016

57. Is Long Sleep Hazardous? University of Arizona, Tucson, AZ, February 3, 2016.

**REFEREED ABSTRACTS** **AND CORRESPONDING PRESENTATIONS**

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on a visual attention and inhibition task (the Stroop task) than average sleepers. Sleep, 38 (Suppl), Presentation at 29th Annual meeting of Association of Professional Sleep Societies, Seattle, WA, June 3 2015.

98. Iftikhar IH, Bittencourt LR, **Youngstedt SD**, Ayas N, Cistulli P, Schwab R, Durkin MW,

Magalang UJ. Comparative efficacy of continuous positive airway pressure, mandibular advancement devices, dietary weight loss and exercise training in the treatment of obstructive sleep apnea: a network meta-analysis. ATSJournals doi:[10.1164/ajrccm-conference.2016.193.1\_MeetingAbstracts.A2633](http://www.atsjournals.org/doi/pdf/10.1164/10.1164/ajrccm-conference.2016.193.1_MeetingAbstracts.A2633). Oral Presentation American Thoracic Society, San Franciso, CA, May 15, 2016.

99. Hall C, Forbush S, Youngstedt S, Grandner MA. Habitual sleep duration and health: A

possible role for exercise. American Heart Association Epidemiology/Lifestyle, 2016.

100. Reynolds AM, **Youngstedt SD.** Assumptions About Benefits of More Sleep Are Correlated

with Longer Sleep Duration in Older Adults. Presentation at 30th Annual meeting of

Association of Professional Sleep Societies, Denver, CO, June 4, 2016.

101. Seixas A, Shochat T, **Youngstedt SD**, Jean-Louis G. Comparing sleep durations among US retirees and non-retirees: Analysis of the National Health Interview Survey. Presentation at 30th Annual meeting of Association of Professional Sleep Societies, Denver, CO, June 4, 2016.

102. Jaimez I, Havens CM, Martinez A, Rojo-Wissar D, Irwin MR, Jean-Louis G, Parthasarathy S,

**Youngstedt S.** Sleep satisfaction anddysfunctional beliefs and attitudes about sleep in older adults. Presentation at 31st Annual meeting of Association of Professional Sleep Societies, Boston, MA, June 3, 2017.

103. Williams A, Havens CM, Ojeda E, Irwin MR, Jean-Louis G, Parthasarathy S, **Youngstedt SD.** The relationship between mental health and dysfunctional beliefs and attitudes about sleep in a sample of older adults. Presentation at 31st Annual meeting of Association of Professional Sleep Societies, Boston, MA, June 2, 2017.

104.Sparks JR, Bowyer KP, **Youngstedt SD**, Wang X. Addition of moderate sleep restriction results

in different changes in glucose regulatory hormones following 8-Week calorie restriction.

ObesityWeek The Obesity Society Annual Meeting, Oxon Hill, MD, October 30, 2017.

105. Wang, X, Sparks JR, Bowyer KP, **Youngstedt SD**. Effects of Moderate Sleep Restriction on Body Composition and Resting Metabolic Rate during 8-Week Caloric Restriction. ObesittyWeek: The Obesity Society Annual Meeting. Oxon Hill, MD, October 31, 2017.

**NON-PUBLISHED CONFERENCE PRESENTATIONS**

1. Kripke D.F., and **S.D. Youngstedt**. Illuminating the Aging Years. Poster presentation at The Sam and Rose Stein Institute for Research on Aging, University of California, San Diego, La Jolla, CA, April 11, 1995.

2. Kripke D.F., and **S.D. Youngstedt.** Illumination in Aging. Poster presentation at The Sam and Rose Stein Institute for Research on Aging, University of California, San Diego, La Jolla, CA, April 9, 1996.

3. Elliott J.A., D.F. Kripke, **S.D. Youngstedt**, and J.S. Smith. 6-sulphatoxymelatonin Excretion in Elderly and Young. Gordon Research Conference on Chronobiology, New Hampshire, August 10, 1997.

4. Kripke D. F., **S.D. Youngstedt**, and J.A. Elliott. Melatonin and sleep in the elderly. Poster presentation at The Sam and Rose Stein Institute for Research on Aging, University of California, San Diego, La Jolla, CA, April 9, 1997.

5. Kripke D.F., **S.D. Youngstedt**, and J.A. Elliott. Melatonin excretion: phase and amplitude in elderly insomniacs. Oral presentation at the 2nd Annual Meeting of the Israel Sleep Research Society, Zichron Yaacov, Israel, March 8, 1997.

6. **Youngstedt S.D.**, D.F. Kripke, and J.A. Elliott. Large distribution of melatonin acrophases in the elderly is associated with light acrophases. 2nd Annual Meeting of the Israel Sleep Research Society, Zicharon Yaacov, Israel, March 9, 1997.

7. **Youngstedt S.D.**, D.F. Kripke, and J.A. Elliott. Abnormal circadian timing is associated with poor sleep in elderly insomniacs. NIMH Summer Workshop: Molecular Biology in Basic Sleep Research, Lake Arrowhead, CA, September 14, 1997.

8. Elliott J.A., **S.D. Youngstedt**, and D.F. Kripke. Age-related change in the circadian clock system of female hamsters. Poster presentation at The Sam and Rose Stein Institute for Research on Aging, University of California, San Diego, La Jolla, CA, May 1, 1998.

9. Kripke D.F., J.A. Elliott, and **S.D. Youngstedt**. Circadian light resistance in aging samples. Gordon Research Conference on the Pineal Cell Biology, Ventura, CA, February 2, 1998.

10. Kripke D.F., **S.D. Youngstedt**, and J.A. Elliott. Melatonin phase abnormalities in aging. Gordon Research Conference on Chronobiology, Cambridge, England, 2000.

11. Leung A., S.D. Youngstedt, and DF Kripke. Association of Morning Environmental Illumination with Mood and Sleep Among Post-Menopausal Women UCSD Undergraduate Research Conference, 2002.

12. Devlin T.M., **S.D. Youngstedt**, C.E. Kline, M.R. Zielinski, A.Y. Lee, J.B. Blankenship. Sleep and mood of older self-reported long sleepers: preliminary findings.. Southern Sleep Society, New Orleans, LA, April 1, 2005.

1. Kline C.E., **S.D. Youngstedt**, J.B. Blankenship, A.Y. Lee, M.R. Zielinski. Influence of moderate sleep restriction in older adult long sleepers: preliminary findings. 2nd Annual Aging Research Day, Columbia, SC, April 8, 2005.

14. Elliott J.A., M.R. Gorman, J.A. Evans, K.M. Rex, D.F. Kripke, **S.D. Youngstedt**. LDLD split rhythms in hamsters and humans? Gordon Research Conference on Pineal Cell Biology, 2006.

15. Kripke D.F., **S.D. Youngstedt**, J.A. Elliott, K.M. Rex. Melatonin phase shift in aging. Gordon Research Conference on Pineal Cell Biology, 2006.

16. **Youngstedt, S.D.,** Ginsberg, J.P., Kline C.E., Zielinski, M.R. (2008). Bright light treatment for high-anxious young adults. Poster presentation at Society for Light Treatment and Biological Rhythms, Vancouver, BC, June 26, 2006.

17. **Youngstedt, S.D.,** Ginsberg, J.P., Powell, D.A., Kline C.E., Zielinski, M.R. (2008). Bright light: a novel treatment for posttraumatic stress disorder. Oral presentation at Society for Light Treatment and Biological Rhythms, Vancouver, BC, June 27, 2008.

18. Crowley SK, Youngstedt SD, Burroughs E, Wilkinson L, Muraca S, Wigfall L, Louis-Nance T, Williams EM, Glover S (2011). Self-reported eveningness chronotype and early sleep/wake

cycle during basic combat training. Poster presentation at Society for Light Treatment and

Biological Rhythms, Montreal, July 10, 2011.

19. **Youngstedt SD**, Crowley SK, Ginsberg JP, Reynolds AC (2011). Bright light treatment of anxiety. Oral presentation at Society for Light Treatment and Biological Rhythms, Montreal, July 10, 2011.

20. Youngstedt SD. Exercise: A Novel Treatment for PTSD. Posttraumatic Stress Disorder and Traumatic Brain Injury Clinical Consortium (INTRuST) meeting. November 15, 2011.

21. Wilkinson L, Crowley S, **Youngstedt S**, Wigfall LT, Louis-Nance T, Reynolds A, Bowles E, Cooper J, Williams E, Glover S. Partnering to support soldier mental health: Lessons learned from the Soldier Health Promotion to Examine and Reduce Health Disparities (SHPERD) project. Summit on the Science of Eliminating Health Disparities. Gaylord National Resort and Convention Center, National Harbor, MD, December 18, 2012.

22. **Youngstedt SD**, Ginsberg JP, Crowley SK, Reynolds AC, Kline CE (2013). Influence of bright light treatment on combat-related PTSD. Poster presentation at Society for Light Treatment and Biological Rhythms, Geneva, June 22, 2013.

23. Burch JB, Alexander M, Steck SE, Chen C-F, Hurley TG, Cavacchia P, Ray M, Shivappa N, Guess J, Zhang H, Youngstedt S, Creek KE, Lloyd S, Hebert JR. Case control study of

*Period3* clock gene length polymorphism and colorectal adenoma risk. Poster presentation

at the 21st International Symposium on Shiftwork and Working Time, Sao Paulo, Brazil,

November 5, 2013.

24. Wooten NR, Negreiros KL, Wilkinson L, Williams E, Glover S, Herring M, **Youngstedt SD**, Gender differences in psychological health during Army Basic Combat Training 9th World Congress on the Promotion of Mental Health and Prevention of Mental Health and Behavioral Disorders to be held in September 2015 in Columbia SC.

25. Hall C, Forbush S, **Youngstedt** SD, Killgore WDS, Barilla H, Gehrels JA, Miller PA, Palmer W, Carrazco M, Grandner MA. Habitual sleep duration and health: a possible role for exercise. Epi and Prevention, Phoenix, AZ, March 5, 2016