**Date of Draft:** 12/06/2024

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**CURRICULUM VITAE**

**MEGAN E. PETROV, PHD**

(formerly Megan E. Ruiter or Megan E. Ruiter Petrov)

**PERSONAL INFORMATION**

Titles: Associate Professor (Tenured)

Edson College of Nursing and Health Innovation

Arizona State University

 Barrett Honors College Faculty, Arizona State University

Resilience in Social Environments (RISE) Initiative Faculty Member, Arizona State University

Institute of Social Science Research Affiliated Faculty, Arizona State University

 Mayo Clinic Research Affiliate

 Valleywise Health Research Associate

Contact Information Edson College of Nursing and Health Innovation

 Arizona State University

 550 N. 3rd Street,

 Health North, Suite 301

 Phoenix, AZ 85004-0698

 Tel.: 1(602) 496-2297

 E-mail: Megan.Petrov@asu.edu

 Twitter: @MeganPetrov

**EDUCATION**

03/2008 – 08/2011  **Doctor of Philosophy**

Department of Psychology

 Concentration: Clinical Psychology, Health Specialty

 University of Alabama, Tuscaloosa, AL, USA

 Mentor: Kenneth L. Lichstein, PhD

07/2010−06/2011 Psychology Intern

Clinical Psychology Internship

University of California San Diego/VA San Diego Health System

Accredited by the American Psychological Association

 Mentors: Sean P. A. Drummond, PhD & Thomas Rutledge, PhD

08/2006 – 03/2008 **Master of Arts**

Department of Psychology

 Concentration: Clinical Psychology, Health Specialty

 University of Alabama, Tuscaloosa, AL, USA

 Mentor: Kenneth L. Lichstein, PhD

08/2002 – 12/2005 **Bachelor of Science**

Psychology

 University of Arizona, Tucson, AZ, USA

Mentor: Richard R. Bootzin, PhD

**POSTDOCTORAL RESEARCH TRAINING**

08/2013 – 08/2014 **Postdoctoral Fellow**

Arthritis Foundation Postdoctoral Research Fellowship

 Arizona State University, Phoenix, AZ, USA

 Mentors: Laurence A. Bradley PhD; Mary C. Davis, PhD;

 Alex J. Zautra, PhD

01/2013 – 05/2013 **Postdoctoral Scholar**

NIH CTSA: UL1 TR000165

 Clinical and Translational Science Training Program

 Center for Clinical and Translational Science (CCTS)

 University of Alabama at Birmingham, Birmingham, AL, USA

 Mentor: Laurence A. Bradley, PhD

01/2012 – 07/2013 **Postdoctoral Scholar**

NIH/NIMHD 3 P60 MD000502-08S1

 Health Disparities Research Training Program

 Minority Health and Health Disparities Research Center

 Center of Excellence in Comparative Effectiveness Research for Eliminating Disparities

 University of Alabama at Birmingham, Birmingham, AL, USA

 Mentor: Laurence A. Bradley, PhD

07/2011 – 07/2013 **Postdoctoral Fellow**

AHRQ: 5 T32 HS013852-09

 Fellowship: Health Services and Outcomes Research

 Center for Outcomes and Effectiveness Research & Education

 School of Medicine, Division of Preventive Medicine

 University of Alabama at Birmingham, Birmingham, AL, USA

 Mentor: Laurence A. Bradley, PhD

**LICENSURE INFORMATION**

08/2014 – Current Licensee: State of Arizona Board of Psychologist Examiners

 Arizona License in Psychology: #4551.

**ACADEMIC AND RESEARCH APPOINTMENTS**

08/2023 – 08/2024 **Visiting Scholar**

Center of Sleep Excellence for sleep & circadian research

 Department of medicine

 Columbia University, new york city, NY

05/2021 – Current **Tenured associate professor**

Center for health promotion and disease prevention

Edson College of Nursing and Health Innovation

 Arizona State University, Phoenix, AZ

08/2014 – 05/2021 **Tenure Track Assistant Professor**

 Edson College of Nursing and Health Innovation

 Arizona State University, Phoenix, AZ

09/2021 – Current **Affiliated Faculty**

Institute for Social Science Research

 Arizona State University, Phoenix, AZ

08/2021 – Current **RISE Initiative Faculty Member**

Resilience in Social Environments Initiative

 Arizona State University, Phoenix, AZ

09/2017 – Current **Adjunct Research Associate**

Valleywise Health, Phoenix, AZ

03/2016 – 2022 **Research Affiliate, WOC**

Phoenix VA Healthcare System, Department of Veteran Affairs

08/2014 – Current **Research Affiliate**

Mayo Clinic, Scottsdale, AZ

08/2014 – Current **Honors Faculty**

 Barrett Honors College

 Arizona State University

08/2009−05/2010 **Graduate Teaching Instructor**

Department of Psychology

 University of Alabama

08/2009−05/2010 **Graduate Teaching Assistant**

 Department of Psychology

 University of Alabama

05/2008−08/2009 **Behavioral Sleep Medicine Intern**

Alabama Neurology and Sleep Medicine Black Warrior Medical Center, Tuscaloosa, AL

 Accredited American Academy of Sleep Medicine (AASM) Behavioral Sleep Medicine Training Program

08/2006−05/2008 **Graduate Research Assistant**

The University of Alabama Sleep Research Project

 Department of Psychology

 University of Alabama

08/2005−08/2006 **Psychometrician/Research Assistant**

University of Arizona Sleep Respiratory Laboratory

 School of Medicine

 University of Arizona

01/2004−01/2006 **Senior Technician Research Assistant**

University of Arizona Sleep Research Laboratory

 Department of Psychology

 University of Arizona

**HONORS AND AWARDS**

2023 Arizona State University Faculty Women’s Association Outstanding Faculty Mentor Nominee

2023 Arizona State University Graduate College Outstanding Doctoral Faculty Mentor Nominee

2021 Arizona State University Graduate College Outstanding Faculty Mentor Nominee

2020 Arizona State University Centennial Professorship Award Nominee

2018 Arizona State University Graduate College Outstanding Faculty Mentor Nominee

2014 Southwestern Interdisciplinary Research Center Early Faculty Fellowship

2014 American Academy of Sleep Medicine Young Investigator Research Forum

2014 Sleep Research Society Honorable Mention Merit-based Abstract Award

2013 Sleep Research Society Honorable Mention Merit-based Abstract Award

2012 The University of Alabama at Birmingham Minority Health and Health Disparities

 Research Center: Charles Barkley Health Disparities Investigator Poster Presentation Awardee at 2012 Health Disparities Research Symposium

2012 Abstract highlighted at SLEEP 2012 meeting by American Academy of Sleep Medicine Public Relations office

2012 Sleep Research Society Honorable Mention Merit-based Abstract Award

2011 Sleep Research Society Honorable Mention Merit-based Abstract Award

2011 Society of Behavioral Sleep Medicine Student Member Research Award

2009 The University of Alabama Graduate Research Support Award

2008 The University of Alabama Graduate Travel Award

2006 Sleep Research Society First-Time Travel Award

2005 Graduation from the University of Arizona Summa Cum Laude

2002 University of Arizona Spirit of Discovery Scholarship

2002 University of Arizona Provost’s Scholarship

**RESEARCH IMPACT, MEASURED BY BIBLIOMETRICS**

Note. To date: 12/6/2024

National Institutes of Health iCite

 Total Pubs: 50

 Weighted Relative Citation Ratio: 75.93

Scopus

 Total Documents: 64

 h-index: 24

 Citations: 1,752

Google Scholar

 h-index: 29

 i10-index: 41

 Citations: 2,697

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**EXTRAMURAL FUNDING**

Note. As of 12/6/2024, I have been awarded $4,622,468 in funding (in total costs) for projects I led as PI, MPI, or Site PI.

***CURRENT***

**NIH/NHLBI R01 HL166171** 8/1/2023 – 7/31/2028

Kolko (PI)

Identifying mechanisms of maternal-infant obesity risk transmission: The role of appetite, sleep, and circadian rhythm

Total Costs (Subcontract): $151,307

**Role: Co-Investigator**

**Role: PI on ASU Subcontract**

**NIH/NINDS R01 NS129887** 6/1/2023 – 5/31/2028

Mun (PI)

Sleep and circadian rhythm disturbances as risk and progression factors for multiple chronic pain conditions

Direct Costs: $2,550,579

Total Costs: $3,891,598

**Role: Co-Investigator**

**American Academy of Sleep Medicine Foundation – Strategic Research Grant**

8/15/2022 – 8/14/2026

 **Petrov, Buman (MPIs)**

An App-Based, Precision Medicine Approach to Optimize Long-Term CPAP Adherence and Quality of Life

Direct Costs: $229,213

Total Costs: $249,983

**Role: Multiple Principal Investigator**

**NIH/NCI R01 CA262041** 4/1/2022 – 3/31/2027

Huberty (PI)

Consumer-based meditation app, Calm, for treatment of sleep disturbance in hematologic cancers

ASU Subcontract Direct Costs: $264,138

Direct Costs: $1,083,775

Total Costs: $3,454,819

**Role: *Co-Investigator on ASU Subcontract***

**NIH/NHLBI R01HL147931** 2/1/2020 – 1/31/2025

 **Petrov, Whisner (MPIs)**

Investigating the Influence of Sleep-Wake Patterns and the Gut Microbiome Development in Infancy on Rapid Weight Gain, an Early Risk Factor for Obesity

Direct Costs:

Total Costs: $3,571,554

***Role:* Multiple Principal Investigator**

***COMPLETED***

**NIH/NCI R01 CA239612 (Administrative Diversity Supplement)**  4/1/2021 – 8/31/2023

 Buman, Matthew (PI)

 StandUpTV: Reducing sedentary screen time in adults

 Candidate: Kristina Hasanaj

 **Role: Co-Mentor**

 Total Cost: $149,133

**American Academy of Sleep Medicine Foundation - Focused Projects Award 179-FP-18** 09/14/2018 – 03/12/2021

**Petrov (PI)**

Markers of Early Atherosclerotic Progression in Insomnia.

The aim of this study is to contrast markers of cardiovascular structure and function indicative of subclinical CVD between young adults with insomnia and good-sleeping controls.

Direct Costs: $18,518.52

Total Costs: $20,000.00

***Role:*  Principal Investigator**

**5R01CA182901-05 NIH/NCI** 5/1/2015 – 3/31/2020 (NCE 2021)

 **Larkey (PI)**

Effects of Meditative Movement (Qigong/Tai Chi Easy) on Fatigued Breast Cancer Survivors.

Testing effects of Qigong/TCE breast cancer survivors’ fatigue and other symptoms with a 3-group randomized controlled trial, QG, sham QG, and educational control (no exercise).

Direct Costs: $402,897

***Role:* Co-Investigator**

**NIH/NINR R21 NR016046** 08/15/2016 – 07/31/2019

 **Petrov, Buman (PIs)**

SleepWell24: An Innovative Smartphone Application to Improve PAP Adherence.

 The aim of the study is to develop and test *SleepWell24,* a smartphone application, designed to provide real-time feedback to patients with obstructive sleep apnea on their adherence to positive airway pressure interventions.

 Direct Costs: $302,051

 ***Role: Multiple Principal Investigator***

**Department of Veterans Affairs‒Merit Award** 06/01/2016 – 05/31/2018

 Youngstedt, SD (PI)

 Influence of Exercise, Weight Loss, and Exercise + Weight Loss on Sleep Apnea.

 The aims of this study are to examine the effects of exercise, weight loss, and exercise combined with weight loss on obstructive sleep apnea and associated morbidity in veterans.

 Direct Costs: $1,088,752

 ***Role: Co-Investigator***

**American Academy of Sleep Medicine Foundation – Focused Projects Award** 01/07/2016 – 01/06/2018

 **Petrov** **(PI)**

 Sleep-Related Determinants of Stroke: A Case-Sibling Study

 The aim of the study is to compare sleep-inhibiting behaviors, sleep duration and disruption in adult inpatients with minor stroke/transient ischemic attack vs. adults without minor stroke/transient ischemic attack

 Direct Costs: $18,519

 Total Costs: $20,726

 ***Role: Principal Investigator***

**NIH/NIA R37 AG033906-12S2** 09/24/2015 – 04/30/2017

Fillingim, R (PI)

 Ethnic Differences in Responses to Painful Stimuli

The project proposes to elucidate the mechanisms underlying ethnic group differences in knee OA-related pain by directly and prospectively assessing the progression and predictors of clinical pain and disability as well as pain-related central nervous system (CNS) structure and function among middle-aged and older AAs and NHWs with and without knee OA.

***Role: Consultant***

**NIH/NHLBI R01 HL095799** 07/01/2011 – 06/30/2016

 Youngstedt, Bootzin, Irwin, Jean-Louis (PI’s)

 **Influence of Chronic Moderate Sleep Restriction in Older Long and Average Duration Sleepers.**

**The goals of this study are to examine the effects of 12 weeks of moderate (1 hour) time in bed restriction on multiple outcomes (e.g, inflammation, mood, glucose tolerance, sleepiness, cognitive function) in older long sleepers and older average duration sleepers.**

**Direct Costs: $3,700,000**

***Role: Co-Investigator***

**Arthritis Foundation Postdoctoral Fellowship** 07/01/2013 – 06/30/2014

 **Petrov (PI)**

 Ethnic Differences in Osteoarthritis Pain and Sleep

 The aim of this study was to investigate the association between sleep and endogenous pain modulation among African American and non-Hispanic White middle-aged to older adults with knee osteoarthritis.

 Direct Costs: $100,000

 Total Costs: $108,000

 ***Role: Principal Investigator***

**INTRAMURAL FUNDING**

***CURRENT***

**Institute of Social Science Research Seed Grant** 12/8/22 – 12/7/25

 Arizona State University

 Mickelson (PI)

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

**Role:** **Co-Investigator**

Stage: New submission

Total Costs: $8,000

**Institute of Social Science Research Seed Grant** 12/15/21 – 12/14/23

Arizona State University

 Mun (PI)

An evaluation of the feasibility, acceptability, and preliminary efficacy of novel adjunctive wearable bright light therapy for opioid use disorder

**Role: Co-Investigator**

Direct Costs: $8,000

***COMPLETED***

**Institute of Social Science Research Seed Grant**   07/01/16 – 07/31/21

Arizona State University

**Petrov (PI)**

Cognitive-Behavioral Therapy for Insomnia: A Primary Prevention Approach to Cardiovascular Disease?

Direct Costs: $6,000

**Mayo Clinic & ASU Alliance for Health Care Collaborative Research Seed Grant**

Mayo Clinic & Arizona State University

**Petrov, Rhudy (PIs)** 01/01/20 – 6/30/21

Adapting a Smartphone-Delivered Self-Management Program and Behavioral Intervention for Positive Airway Pressure Therapy Initiation and Maintenance to Enhance Patient-Reported Outcomes and Patient-Provider Communication among Stroke Survivors with Obstructive Sleep Apnea

Direct Costs: $45,500

**Institute of Social Science Research Seed Grant** 09/14/18 – 06/15/21

 Arizona State University

 **Petrov (PI)**

 Markers of Early Atherosclerotic Progression in Insomnia.

 Direct Costs: $8,000

**RESEARCH PROPOSALS SUBMITTED / PENDING REVIEW**

# **NIH NCI UG3/UH3 FOA: PAR-22-256** 07/01/2025 – 06/30/2031

#  Sears, Dorothy (PI)

# Remotely-Delivered Randomized Controlled Trial of Prolonged Nightly Fasting on Insomnia, Cognition, and Health-Related Quality of Life Among U.S. Military Veteran Breast Cancer Surivors of Any Gender

#  Stage: New

#  Direct Costs: $2,889,761

#  Total: $4,347,027

#  Role: Co-Investigator

# **NIH/R01 FOA: PA-20-185, NOT-ES-22-006** 07/01/2025 – 06/30/2030

#  **Petrov, Megan E.;** Whisner, Corrie M. (**MPIs**)

#  Investigating Air Pollution ,Heat, and Early Biobehavioral Development in Infants

#  Stage: New

#  Direct Costs: $2,581,663

#  Total: $3,925,286

# **NIH R01 FOA: PA-20-183** 04/01/2025 – 03/31/2030

#  Lee, Rebecca; Larkey, Linda (MPIs)

#  Improving cardiometabolic health with meditative movement in mobility impaired women.

#  Stage: Resubmission

#  Scored: 20, 5th percentile

#  Direct Costs: $2,499,924

#  Total: $3,924,880

#  Role: Co-Investigator

# **NIH T32 Predoctoral Training in Advanced Data Analytics for Behavioral and Social Sciences Research (BSSR) – Institutional Research Training Program**

# 04/01/2025 – 03/31/2030

#  Buman, Matthew P.; **Petrov, Megan E**.; Stetcher, Chad; Zadeh, Hassan (**MPIs**)

# Chat BCT: Interdisciplinary Personalized Digital Health Analytics Training for Behavior Change

# Stage: Single submission

# Scored: 30

# Direct Costs: $1,407,440

# Total Costs: $1,421,440

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**PEER-REVIEWED PUBLICATIONS – PUBLISHED / IN PRESS**

**NOTES**:

**1** Publications, book chapters, and abstracts listed sequentially in reverse chronological order.

**2 Petrov ME, Petrov M, Ruiter Petrov ME, and Ruiter ME,** represent my authorship.

**3 \*** Denotes Student/Trainee at the time of submission or on data/project collected or conducted during the traineeship.

4 **§** Denotes Petrov as corresponding author, co-corresponding author, senior author, or co-senior author.

1. JIF = Journal Impact Factor of the most recent year reported at the time of publication.
2. **Petrov ME**, Zuraikat FM, Cheng B, Aggarwal B, Jelic S, Lafferère B, St-Onge MP. Impact of sleep restriction on biomarkers of thyroid function: Two pooled randomized trials. *Sleep Medicine* 2024;124:606-612*.* PMCID: In Process. <https://doi.org/10.1016/j.sleep.2024.10.035> JIF: 3.5
3. Mun CJ, Youngstedt SD, **Petrov ME,** Pituch K, Elliott J, George SZ, LoVecchio F, Mardian AS, Elam KK, Winsick N, Eckert R, Sajith S, Alperin K, Lakhotia A, Kohler K, Reid MJ, Davis MC, Fillingim RB. Sleep and circadian rhythm disturbances as risk and progression factors for multiple chronic overlapping pain conditions: A protocol for a longitudinal study *Pain Reports* 2024;9(6):e1194. PMCID: PMC11512637 <https://doi.org/10.1097/PR9.0000000000001194> JIF: 4.8
4. \*Jiao N, Pituch K, **Petrov ME**. COVID-19 family distress, parent insomnia, infant temperament, and infant sleep: A path analysis. *Sleep Advances* 2024;zpae061.<https://doi.org/10.1093/sleepadvances/zpae061>
5. James D, Maxfield M, Han S, Hawley NA, **Petrov ME**, Sears DD, Vance DE, Larkey LK. Cognitive function, mood and sleep changes in response to a Tai Chi/Qigong intervention among older breast cancer survivors: An exploratory analysis. *Frontiers of Cognition* 2024;3:1402873. NCT02690116 <https://doi.org/10.3389/fcogn.2024.1402873>
6. \*Olson M, Toffoli S, \*Vander Wyst KB, Zhou F, Reifsnider E, **Petrov ME,** Whisner C. Associations of infant feeding, sleep and rapid weight gain with the toddler gut microbiome. *Microorganisms* 2024;12(3):549. PMCID: PMC10972346 <https://doi.org/10.3390/microorganisms12030549> JIF: 4.1
7. **§Petrov ME**, Liu L, Mudappathi R, **§**Whisner CM. Actigraphic sleep patterns are associated with bone turnover and bone mineral density among university students. *Journal of Sleep Research* 2024;e14192. PMID:38494335<https://doi.org/10.1111/jsr.14192> JIF: 4.4
8. Mardian AS, Kent M, Ciciolla L, Gress-Smith JL, Regalado-Hustead ML, Scott BA, **Petrov ME.** Biobehavioral Life Regulation (BLR) scale for living well in chronic pain: preliminary scale development and validation. *PLOS One* 2024;19(4):e029912. PMCID: PMC11057751 <https://doi.org/10.1371/journal.pone.0299126> JIF: 3.7
9. Robbins R, Yuan Y, Johnson DA, Long DL, Molano JR, Kleindorfer DO, **§Petrov ME §**Howard VJ. Sleep apnea and incident stroke in a national cohort of Black and White adults. *Neurology* 2024;102(6):e209171. PMCID: PMC11383872 <https://doi.org/10.1212/WNL.0000000000209171> JIF: 10.1
10. \*Khasawneh W, **Petrov ME,** Ahmed A, Reifsnider E, Komnenich P. Barriers and facilitators to breastfeeding practices among immigrant Muslim Arab women living in a metropolitan area of the southwestern United States. *Clinical Lactation* 2024;15(1):17-26. <https://doi.org/10.1891/CL-2023-0019> Citescore: 0.5
11. **§****Petrov ME,** Epstein DR, Krahn L, Todd M, Park JG, St. Louis EK, Morgenthaler TI, \*Hasanaj K, Hoffmann CM, Hollingshead K, Yu T, **§**Buman MP. SleepWell24, a smartphone application to promote adherence to positive airway pressure therapy: Feasibility and acceptability in a randomized controlled trial. *Behavioral Sleep Medicine* 2024;222(4):420-432. PMCID: PMC11136882 <https://doi.org/10.1080/15402002.2023.2289442> JIF: 3.1
12. Sawyer RP, Bennett A, Blair J, Molano J, Timmerman E, Foster F, Karkoska K, Hyacinth HI, Manly J, Howard VJ, **Petrov ME**, Hoffmann CM, Yu F, Demel SL, Aziz Y, Hooper D, Hill EJ, Johnson J, Pounders J, Shatz R. History of obstructive sleep apnea associated with incident cognitive impairment in white but not black individuals in a USA national cohort study. *Sleep Medicine* 2023;112:1-8 PMCID: PMC11071160 <https://doi.org/10.1016/j.sleep.2023.09.021> JIF: 4.8
13. \*Khasawneh W, Ahmed AH, **Petrov ME,** Reifsnider E, Komnenich P. Breastfeeding practices and associated factors among immigrant Muslim Arab women living in a metropolitan area of the Southwest of the United States. *Clinical Medicine Insights: Pediatrics* 2023;17:11795565231200798. PMCID:10515608 <https://doi.org/10.1177/11795565231200798> JIF: 1.5
14. **§Petrov ME**, \*Calvin S, \*Vander Wyst KB, Whisner CM, Meltzer L, Chen ACC, \*Felix KN, Roe-Sepowitz D. Sleep habits, disturbances, and hygiene of adolescent female survivors of domestic minor sex trafficking. *Journal of Pediatric Healthcare* 2023;38(1):52-60. <https://doi.org/10.1016/j.pedhc.2023.07.006> JIF: 2.8
15. \*Jiao N, Pituch K, **§Petrov ME.**  Impact of COVID-19 pandemic on insomnia and sleep efficiency in parents and caregivers of young children. *Frontiers in Sleep* 2023;2:1212784. <https://doi.org/10.3389/frsle.2023.1212784>
16. Sheehan CM, \*Li L, **Petrov ME.**  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* 2023;101:570-577. PMCID: PMC9753452 doi: [10.1016/j.sleep.2022.12.008](https://www.sciencedirect.com/science/article/pii/S1389945722012576?via%3Dihub) JIF: 4.842
17. Huberty J, Bhuiyan N, Eckert R, Larkey L, **Petrov M**, Todd M, Mesa R. Insomnia as an unmet need in patients with chronic hematological cancer: Protocol for a randomized controlled trial evaluating a consumer-based meditation app for treatment of sleep disturbance. *JMIR Research Protocols* 2022;11(7):e39007.PMCID: PMC9288097 doi: [10.2196/39007](https://doi.org/10.2196/39007) JIF: 1.9
18. \*Li L, Sheehan C, **Petrov ME,** \*Mattingly JL. Prospective associations between sedentary behavior and physical activity in adolescence and sleep duration in adulthood. *Preventive Medicine*  2021;153:106812PMCID: PMC8638459 <https://doi.org/10.1016/j.ypmed.2021.106812> JIF: 4.018
19. **§****Petrov ME, \***Jiao N, Panchanathan SS, Reifsnider E, Coonrod DV, Liu L, Krajmalnik-Brown R, **§**Whisner CM.Protocol of the Snuggle Bug/Acurrucadito study: A longitudinal study investigating the influences of sleep-wake patterns and gut microbiome development in infancy on rapid weight gain, an early risk factor for obesity. *BMC Pediatrics* 2021;21:374. PMCID: PMC8405858 <https://doi.org/10.1186/s12887-021-02832-8>. JIF: 2.083
20. \*Hoffmann CM, **Petrov ME,** Lee RE. Aerobic physical activity to improve memory and executive function in sedentary adults without cognitive impairment: A systematic review and meta-analysis. *Preventive Medicine Reports* 2021;23:101496. PMCID: PMC8327129. <https://doi.org/10.1016/j.pmedr.2021.101496> JIF: 2.8.
21. **§****Petrov ME**, Pituch KA, \*Kasraeian K, \*Jiao N, \*Mattingly J, \*Hasanaj K, Youngstedt SD, Buman MP, Epstein DR. Impact of the COVID-19 pandemic on change in sleep patterns in an exploratory, cross-sectional online sample of 79 countries. Sleep Health. 2021 Aug 1;7(4):451-8. PMID: 34193394. <https://doi.org/10.1016/j.sleh.2021.05.007>. JIF: 4.45
22. Langer SL, Castro FG, Chen ACC, Davis KC, Joseph RP, Kim W, Larkey L, Lee RE, **Petrov ME,** Reifsnider E, Youngstedt SD, Shaibi GQ. Recruitment, engagement, and retention of underrepresented and vulnerable populations to research. *Public Health Nursing* 2021; 38(6):1102-15*.* PMCID: [PMC8697710](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC8697710/?tool=mybib) <https://doi.org/10.1111/phn.12943>JIF: 1.462
23. **§Petrov ME,** Whisner CM, McCormick D, Todd M, Reyna L, Reifsnider E. Sleep-wake patterns during infancy are associated with rapid weight gain and incident adiposity in toddlerhood. *Pediatric Obesity* 2020;16(3),e12726. PMCID: PMC8344177 <https://doi.org/10.1111/ijpo.12726> JIF: 3.429
24. **§Petrov ME,** Long DL, Grandner MA, MacDonald L, Cribbet MR, Robbins R, Cundiff JM, Molano JR, \*Hoffmann CM, Wang X, Howard G, Howard VJ. Racial differences in sleep duration are modified by sex, socioeconomic status, and U.S. geographic region: The REGARDS study. *Sleep Health* 2020;6(4):442-450. PMCID: PMC8186947. <https://doi.org/10.1016/j.sleh/2020.05.004> JIF: 4.45
25. \*Vander Wyst K, Whisner CM, Buman MP, Shaibi G, Reifsnider E, **Petrov ME**. Resting energy expenditure relationship with macronutrients and gestational weight gain: A pilot study. *Nutrients* 2020;12(2):450. PMCID: PMC7071224. <https://doi.org/10.3390/nu12020450> JIF: 4.171
26. **§Petrov ME,** \*Hasanaj K, \*Hoffmann CM, Epstein DR, Krahn L, Park JG, Hollingshead K, Yu T, Todd M, St. Louis EK, Morgenthaler TI, §Buman MP. Rationale, design, and development of SleepWell24: A smartphone application to promote adherence to positive airway pressure therapy among patients with obstructive sleep apnea.  *Contemporary Clinical Trials* 2020;89:105908. PMCID: PMC8415005 https://doi.org/[10.1016/j.cct.2019.105908](https://doi.org/10.1016/j.cct.2019.105908) JIF: 2.280
27. Alcantara C, Gallo L, Weng J, Dudley KA, Wallace D, Mossavar-Rahmani Y, Sotres-Alvarez D, Zee PC, Ramos AR, **Petrov ME,** Casement MD, Hall M, Redline S, Patel SR. Employment Status and the Association of Sociocultural Stress Severity and Stress Burden with Sleep in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). *Sleep* 2019;42(4):zsz002*.* PMCID: PMC6448284. <https://doi.org/10.1093/sleep/zsz002> JIF: 5.135
28. **\***Vander Wyst KB, Whisner CM, Reifsnider E, **§Petrov ME.** The combined impact of sleep and diet on adiposity in infants, toddlers, and young children: A systematic review. *Journal of Developmental and Behavioral Pediatrics* 2019;40(3):224-236*.* PMID: 30741778. <https://doi.org/10.1097/DBP.0000000000000636> JIF: 2.199
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**MANUSCRIPTS UNDER REVIEW**

1. Mamun A, Leonard KS, **Petrov ME**, Buman MP, Ghasemzadeh H. Time-series wearable activity forecasting. *Journal of Biomedical and Health Informatics* [Under Review].
2. Larkey LK, James DL, Han S, Weihs K, Jahnke R, Oh B, Kim SW, Huberty J, **Petrov ME**, Martin D, Hook J, Rao S, Northfelt D. Randomized controlled trial testing Tai Chi Easy/Qigong and Sham Qigong on breast cancer survivors’ fatigue and associated symptoms. *BMC Complementary Medicine and Therapies* [Under review]
3. Huang Y\*, Fleury J, Baker ZB, **Petrov ME.** A qualitative inquiry of socially-supported sleep among bereaved dementia caregivers. *Innovation in Aging* [Under review].

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**INVITED PUBLICATIONS**

1. McCrae C, Taylor DJ, Grandner MA, **Petrov ME**, Curtis A. Insomnia: Epidemiology, risk factors, & health disparities. In MH Kryger, T Roth, WC Dement (Eds.), Principles and Practice of Sleep Medicine 8th Edition. St. Louis: Elsevier; Expected: 2025.
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**INVITED EDITORIALS**

**NOTES:**

1 Abstracts listed sequentially in reverse chronological order.

2 \*Denotes Student/Trainee; §Denotes Petrov as corresponding author

1. **§Petrov ME,** Rojo-Wissar DM. When shall we intervene to prevent insomnia development among minoritized youth?: The earlier, the better. *SLEEP* 2024;zsae054. <https://doi.org/10.1093/sleep/zsae054>

**PUBLISHED ABSTRACTS**

**NOTES**:

1 Abstracts listed sequentially in reverse chronological order.

2 **Petrov ME, Ruiter Petrov ME, and Ruiter ME,** represents my authorship.

1. \*Denotes Student/Trainee; §Denotes Petrov as corresponding author
2. **§Petrov ME**, **\***Jiao N, Liedike B, Whisner CM. Later sleep onset timing predicts greater postpartum weight retention at one year postpartum. Sleep 2024;47(Suppl 1): A87. <https://doi.org/10.1093/sleep/zsae067.0202>
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48. Grandner MA, Patterson F, Malone SK, Hanlon A, Haynes P, **Petrov ME,** Parthasarathy S. Should habitual sleep duration be added to “Life’s Simple 7?” Circulation 2016;133:AMP95.
49. **§Petrov ME,** Howard G, Grandner M, Kleindorfer D, Molano JR, Howard VJ. Black-white differences in the association between sleep duration and incident stroke: The REGARDS Study. Circulation 2016;133:AMP09.
50. Cardoso J, Bush R, Pop R, Weber E, Cruz-Almeida Y, Riley JL, Glover R, Bartley E, **Petrov ME**, Goodin BR, King CD, Bulls HW, Herbert MS, Sibille K, Addison A, Staud R, Bradley LA, Fillingim R. Experimental pain phenotyping in older adults with knee osteoarthritis. Journal of Pain 2015;16(4):S26.
51. Herbert MS, Goodin BR, Bulls HW, Sotolongo A, **Petrov ME,** Edberg JC, Bradley LA, Fillingim RB. Pre-task cortisol predicts cold pressor pain sensitivity in non-Hispanic Whites but not African Americans with symptomatic knee osteoarthritis. Journal of Pain 2015;16(4):S51.
52. **§Petrov ME,** Goodin BR, Bartley EJ, Cruz-Almeida Y, Herbert MS, Bulls HW, Fillingim RB, Bradley LA. Negative affect as a mediator in the sleep-pain relationship among adults with knee osteoarthritis. Journal of Pain 2015;16(4):S27.
53. Grandner MA, **Petrov ME,** Chakravorty S, Bhatt S, Gurubhagavatula I. Association between habitual sleep duration and cardiometabolic disease, and the mediating role of foregoing care: data from the 2013 Behavioral Risk Factor Surveillance System. Circulation 2015;131:AP069.
54. **§Petrov ME,** Grandner MA, Baldwin CM, Buman MP, Youngstedt SD. Short sleep duration is associated with greater homocysteine levels. Circulation 2015;131:AP072.
55. **§Petrov ME,** Buman MP. Sleep duration associated with markers of kidney function in persons without kidney disease: NHANES 2007-2010. Sleep 2014;37:A259.
56. **§Petrov ME,** Howard VJ, Kleindorfer DO, Grandner M, Molano JR, Howard G. Sleep medication and incident stroke: The REGARDS Study. Circulation 2014;129:AP215.
57. **§Petrov ME,** Glover T, Goodin BR, Bradley LA, Fillingim RB. The role of clinical pain in the association between vitamin D status and sleep quality among adults with knee osteoarthritis. Journal of Pain 2014; 15(4):S27.
58. Baldwin CM, Choi M, Reynaga-Ornelas L, **Ruiter ME**, Quan SF. Comorbidity risk for Spanish-speaking Mexican Americans with sleep problems. Sleep 2013;36:A280.
59. **§Ruiter Petrov ME**, Kim Y, Lauderdale DS, Lewis CE, Reis JP, Carnethon MR, Knutson KL, Glasser SP. Sleep, an early risk factor for altered kidney function: the CARDIA study. Sleep 2013;36:A277-78.
60. **§Ruiter Petrov ME**, Addison AS, Herbert MS, Schmidt JK, King CD, Sibille KT, Bulls HW, Goodin BR, Bradley LA, Fillingim RB. Elevated pain sensitivity and disability are associated with poor sleep behaviors and quality in knee osteoarthritis. Sleep 2013;36:A290.
61. **§Ruiter ME,** Letter AJ, Howard VJ, Kleindorfer D. Short Sleep Predicts Stroke Symptoms in Persons of Normal Weight. Sleep 2012;35:A279.
62. **§Ruiter ME,** Lichstein KL. Ethnic differences in sleep disorders and daytime functioning amongst college students. Sleep 2012;35:A237.
63. **§Ruiter ME,** Lichstein KL. Ethnic effects on working memory capacity in sleep disorders. Sleep 2011;34:Abstract supplement:A189.
64. **§Ruiter ME,** Lichstein KL, Nau S, Geyer J, Doekel R, Hardin M. Personality disorder features predict the insomnia experience among hypnotic-dependent patients. Sleep 2010;33:Abstract supplement:A193.
65. **§Ruiter ME,** DeCoster J, Lichstein KL, Jacobs L. Normal Sleep in African Americans and Caucasian Americans: A Meta-Analysis. Sleep 2009;32:Abstract supplement:A415.
66. **§Ruiter ME**, DeCoster J, Lichstein KL, Jacobs L. Normal sleep and insomnia in African Americans and Caucasian Americans: A meta-analytic summary. Sleep 2008;31:Abstract supplement:A243.
67. **§Ruiter ME,** Britton W, Bootzin R, Lichstein KL. The interaction between depression and sleep complaints affects emotional reactions to stressful events and objective sleep. Sleep 2008;31:Abstract supplement:A320.
68. **§Ruiter ME,** Lichstein KL, Durrence HH, Riedel BW, Taylor DJ, Bush AJ. Ethnic differences in sleep between middle-aged African-American and Caucasian-American insomniacs. Sleep 2007;30:Abstract supplement:A228.
69. **§Ruiter ME,** Lichstein KL, Durrence HH, Riedel BW, Taylor DJ, Bush AJ. The distribution and impact of narcolepsy symptoms in non-sleep-disordered individuals. Sleep 2007;30:Abstract supplement:A214.
70. **§Ruiter ME**, Britton W, Haynes P, Fridel K, Bootzin RR. Sleep disturbance following stress induction in chronically depressed individuals. Sleep 2006;29:Abstract supplement:A327.

**NON-PEER REVIEWED ONLINE PUBLICATIONS**

1. Brown D, Joseph R, Monroe C, **Petrov ME**, Salerno E, Szeszulski J, Lee RE. Matching behavior and biology: How chronotypes influence your physical activity and sleep. Society of Behavioral Medicine website. March 23, 2023. Accessed March 23, 2023. <https://www.sbm.org/healthy-living/matching-behavior-and-biology-how-chronotypes-influence-your-physical-activity-and-sleep>

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**INTERNATIONAL / NATIONAL CONFERENCE PRESENTATIONS**

**\*** Denotes Student/Trainee;

**§** Denotes Petrov as corresponding author

***Oral Presentations***

1. **§Petrov ME, \***Jiao N, \*Shu J, Liu, L, \*Gross T, Reifsnider E, Coonrod D, Whisner, CM. (2023, June 5) Circadian rest-activity rhythm development is associated with weight gain in early infancy. *SLEEP 2023* 37th Anniversary Meeting of the Associated Professional Sleep Societies, Indianapolis, IN, USA
2. **§Petrov ME.** (2023, June 7) Markers of Subclinical, Cardiac Pathology and Atherosclerotic Progression in Insomnia Disorder. In N. Shah (chair), *Sleep and Cardiometabolic Health: Results from Funded AASM Foundation Grants.* [Symposium]. *SLEEP* 2023 37th Anniversary Meeting of the Associated Professional Sleep Societies, Indianapolis, IN, USA.
3. **\***Jiao N, Pituch K, Whisner CM, **§Petrov ME.** The relationships between early maternal sleep and mother-infant bonding, and infant bedtime difficulty later: A path analysis. (2023, June 7). *SLEEP 2023* 37th Anniversary Meeting of the Associated Professional Sleep Societies, Charlotte, NC, USA. Speaker: \*Jiao N.
4. **§Petrov ME**, Whisner CM, \*Jiao N, \*Olson M, \*Gross T, Reifsnider E. (February, 2023) Parent, home environment, and feeding predictors of circadian rest-activity rhythm entrainment among young infants. Datablitz at the *2023 Sleep Research Society’s Advances in Sleep and Circadian Sciences* conference, Clearwater Beach, FL USA.
5. **\***Jiao N, Pituch K, **Petrov ME.** The relationships between the impact of COVID-19 pandemic, parent insomnia, infant temperament, and infant sleep: A path analysis. (2022, June 4-8). *SLEEP 2022* 36th Anniversary Meeting of the Associated Professional Sleep Societies, Charlotte, NC, USA. Speaker: \*Jiao N.
6. **§Petrov ME,** Buman MP, Epstein DR, Youngstedt SD, Hoffmann NM, \*Mattingly J, \*Hasanaj K, \*Jiao N, \*Kasraeian K, \*Sominsky A, \*Stievater E. (June 2021). Chronotype associations with insomnia, depressive symptoms, and changes in sleep and health behaviors during the COVID-19 pandemic. *Sleep Research Society Club Hypnos Datablitz at SLEEP* 2021 35th Anniversary Meeting of the Associated Professional Sleep Societies. **[AWARDED CLUB HYPNOS CUP WITH CLINICAL RESEARCH TEAM].**
7. \*Kasraeian K, **§Petrov ME.**  (June 2021). The association of prior mental health conditions with COVID-19-related sleep changes. *SLEEP* 2021 35th Anniversary Meeting of the Associated Professional Sleep Societies. Speaker: \*Kasraeian K. [Virtual Conference].
8. \*Jiao N, **Petrov ME,** Reifsnider E. (June 2021). Early positive parent-child interactions and enriched home environment are associated with better infant sleep. *SLEEP* 2021 35th Anniversary Meeting of the Associated Professional Sleep Societies. Speaker: \*Jiao N. [Virtual Conference].
9. Morgenthaler TI, Buman MP, **Petrov ME,** St. Louis E, Krahn L. (December 2020). Treating obstructive sleep apnea: A 24-hour lifestyle approach. Presentation at World Sleep 2020 Conference of the World Sleep Society. Speaker: Morgenthaler TI. [Virtual Conference].
10. **§Petrov ME,** Youngstedt SD, Mookadam F, Angadi SS, \*Jiao N, \*Lim LM, \*Wong B. (August 2020) Insomnia Is associated with greater arterial stiffness and cardiac dysfunction. Oral, recorded presentation at the *SLEEP* 2020 34th Anniversary Meeting of the Associated Professional Sleep Societies. [Virtual Conference].
11. **§Petrov ME,** Youngstedt SD, Mookadam F, Angadi SS, \*Jiao N, \*Lim LM, \*Wong B. (August 2020) Insomnia Is associated with greater arterial stiffness and cardiac dysfunction. Sleep Research Society Club Hypnos Datablitz at the *SLEEP* 2020 34th Anniversary Meeting of the Associated Professional Sleep Societies. **[AWARDED CLUB HYPNOS CUP WITH CLINICAL RESEARCH TEAM].**
12. Ansari S, Ricardo AC, Zee PC, Chen J, Sotres-Alvarez, Ramos AR, Wohlgemuth WK, Rosas SE, Talavera GA, Cespedes EM, **Petrov ME**, Cai J, Franceschini N, Daviglus M, Patel SR, Lash J. (November, 2019). Impaired sleep quality is associated with incident albuminuria in Hispanics/Latinos: Findings from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). Oral presentation at the American Society of Nephrology Kidney Week 2019. Washington, DC. Speaker: Ansari S.
13. **§Petrov ME**, Whisner CM, McCormick, Todd M, Reifsnider E. (June, 2019). Sleep-wake patterns during infancy are associated with gut microbial community structure in toddlerhood. Oral presentation at the *SLEEP* 2019 33rd Anniversary Meeting of the Associated Professional Sleep Societies.
14. \*Vander Wyst KB, Whisner CM, Reifsnider E, Buman MP, Shaibi GQ, **§Petrov ME [Speaker].** (June 2019). Relationships between Changes in Sleep and Gestational Weight Gain Among Pregnant Women. Oral presentation at the *SLEEP* 2019 33rd Anniversary Meeting of the Associated Professional Sleep Societies.
15. \*Hoffmann C, **§Petrov ME,** Davis MC, Zautra AJ. Sleep duration and sedentary behavior as predictors of cardiovascular disease in mid-life. Moderated oral poster presentation at the 2017 American Heart Association Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions. Speaker: Coles Hoffmann.
16. **§Petrov ME,** Li X, Knutson K, Carnethon MR, Lauderdale DS, Angadi S, Lewis CE, Glasser SP, Rana J, Reis JP. (June, 2016). Insomnia: An early risk factor for cardio-cerebrovascular events? Oral presentation at the *SLEEP* 2016 30th Anniversary Meeting of the Associated Professional Sleep Societies.
17. **§Petrov ME,** Howard G, Grandner M, Kleindorfer D, Molano JR, Howard VJ. (March, 2016). Black-white differences in the association between sleep duration and incident stroke: The REGARDS Study. Moderated oral poster presentation at the American Heart Association 2016 Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
18. **§Petrov ME, \***Emert S [Speaker], Lichstein KL. (June, 2015). Personality factors and the response to cognitive behavioral therapy for insomnia. Oral presentation at the *SLEEP* 2015 29th Anniversary Meeting of the Associated Professional Sleep Societies.
19. Gamble KL, Johnson RL, Thomson SB, Griffie TJ, **Ruiter M,**  Molzov H, Bray MS, Young ME. (November, 2013). Impact of off-shift, sleep strategies on adaptation to shift work and circadian misalignment. Oral Presentation at the *Working Time Society Conference.* Speaker: Karen L. Gamble.
20. **§Ruiter Petrov ME,** Addison AS, Herbert MS, Schmidt JD, King CD, Sibille KT, Bulls HW, Goodin BR, Cruz-Almeida Y, Bradley LA, Fillingim RB. (June 2013). Elevated Clinical and Experimental Pain Sensitivity is Associated with Poor Sleep Quality and Behaviors in Patients with Knee Osteoarthritis. Oral presentation selected for a symposium at the19th Annual National Research Service Award (NRSA) Research Trainees Conference.
21. **§Ruiter Petrov ME,** Addison AS, Herbert MS, Schmidt JD, King CD, Sibille KT, Bulls HW, Goodin BR, Cruz-Almeida Y, Bradley LA, Fillingim RB. (May 2013). Elevated Experimental Pain Sensitivity is Associated with Poor Sleep Quality and Behaviors in Patients with Knee Osteoarthritis. Oral presentation selected for a symposium at the 2013 Rhythms in the Southeast Region (RISER) conference.
22. **§Ruiter ME,** Letter AJ, Howard VJ, Kleindorfer D. (June 2012). Short Sleep Predicts Stroke Symptoms in Persons of Normal Weight. Oral presentation selected for a symposium at the *SLEEP* 2012 26th Anniversary Meeting of the Associated Professional Sleep Societies.
23. **§Ruiter ME,** Lichstein KL, Nau S, Geyer J, Doekel R, Hardin M. (June 2010). Personality disorder features predict the insomnia experience among hypnotic-dependent patients. Oral presentation selected for a symposium at the *SLEEP* 2010 24th Anniversary Meeting of the Associated Professional Sleep Societies.
24. **§Ruiter ME,** DeCoster J, Lichstein KL, Jacobs L. (June 2009). Insomnia in African Americans and Caucasian Americans: A Meta-analysis. Oral presentation selected for a symposium at the *SLEEP* 2009 23rd Anniversary Meeting of the Associated Professional Sleep Societies.

***Poster Presentations***

1. \*Hasanaj K, Leonard-Corzo KS, Sears DD, Yu F, **Petrov ME**, Keadle SK, Buman MP. Reallocating recreational sedentary screen time and 24-hour behaviors: Adiposity association in adults with high levels of reported screen time. Poster presentation at the 2024 ICAMPAM conference from the International Society of Measurement of Physical Behaviour. Rennes, France.
2. \*Hasanaj K, Leonard-Corzo KS, Sears DD, Yu F, **Petrov ME**, Keadle SK, Buman MP. Bidirectional associations of recreational sedentary screen time and sedentary time, physical activity, and sleep. Poster presentation at the 2024 American College of Sports Medicine conference. Boston, MA, USA.
3. Maurer M, Rivera DE, Anand H, Awan H, Leonard-Corzo K, Hasanaj K, Epstein D, **§**Buman M, **§Petrov M**. Building an adaptive behavioral intervention for obstructive sleep apnea using control system engineering. Poster Presentation at the 2023 IEEE Control Systems Society conference. San Diego, CA, USA.
4. Toffoli SN, Vander Wyst KB, Hinde K, **Petrov ME**, Reifsnider E, Whisner CM. Associations between rapid weight gain, feeding practices, and the gut microbiome during infancy. (2022, June 14-16). *NUTRITION 2022 LIVE ONLINE, the annual meeting of the American Society of Nutrition.*
5. Youngstedt S, Angadi S, **Petrov ME,** Patel S. A model for a chronic napping in older adults at risk for Alzheimer’s Disease. (2022, June 4-8) *SLEEP 2022* 36th Anniversary Meeting of the Associated Professional Sleep Societies, Charlotte, NC, USA.
6. **§Petrov ME,** \*Jiao N, Whisner CM. Post-birth feeding experiences are associated with actigraphy-assessed sleep patterns among newborns. (2022, June 4-8). *SLEEP 2022* 36th Anniversary Meeting of the Associated Professional Sleep Societies, Charlotte, NC, USA.
7. **\***Jiao N, Pituch K, **Petrov ME.** The relationships between the impact of COVID-19 pandemic, parent insomnia, infant temperament, and infant sleep: A path analysis. (2022, June 4-8). *SLEEP 2022* 36th Anniversary Meeting of the Associated Professional Sleep Societies, Charlotte, NC, USA.
8. **§Petrov ME**, Reifsnider E, Panchanathan SS, Coonrod D, \*Komarnisky J, \*Gunther B, \*Jiao N, \*Koelbel M, **§**Whisner CM. Associations of Sleep Patterns and Feeding Practices Among Newborns in a Diverse Sample. *International Society of Behavioral Nutrition and Physical Activity* 2022 Annual Meeting, Phoenix, AZ, USA
9. **§Petrov ME,** Youngstedt SD, Epstein DR, Buman MP. (April 2022).COVID-19 pandemic impact on sleep disturbances is dependent on race. *43rd Annual Meeting of the Society of Behavioral Medicine*, Baltimore, Maryland, United States*.*
10. \*Mattingly, J.L., **Petrov, M.E.,** Joseph, R. (2022, April 6-9). *Feasibility of Measuring Daily Physical Activity and Gender Roles Among Adult Couples with Children*[Conference Abstract]. 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, Maryland, United States*.*
11. \*Kasraeian K, **§Petrov ME.**  (June 2021). The association of prior mental health conditions with COVID-19-related sleep changes. *SLEEP* 2021 35th Anniversary Meeting of the Associated Professional Sleep Societies.
12. \*Jiao N, **Petrov ME,** Reifsnider E. (June 2021). Early positive parent-child interactions and enriched home environment are associated with better infant sleep. *SLEEP* 2021 35th Anniversary Meeting of the Associated Professional Sleep Societies.
13. **§Petrov ME,** Buman MP, Epstein DR, Youngstedt SD, Hoffmann NM, \*Mattingly J, \*Hasanaj K, \*Jiao N, \*Kasraeian K, \*Sominsky A, \*Stievater E. (June 2021). Chronotype associations with insomnia, depressive symptoms, and changes in sleep and health behaviors during the COVID-19 pandemic. *SLEEP* 2021 35th Anniversary Meeting of the Associated Professional Sleep Societies.
14. \*Mattingly J, **§Petrov ME.** (May 2021). Change in employment status as a result of COVID-19 and change in sedentary screen time among adults. Presentation at the 2021 American Heart Association Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
15. \*Li L, Sheehan C, **Petrov ME,** \*Mattingly J. (May 2021). The long-arm of sedentary behavior and exercise in adolescence for sleep in early-adulthood. *Population Association of American* 2021 Annual Meeting.
16. **§Petrov ME,** \*Kasraeian K, \*Jiao N, Youngstedt SD, Mookadam F, Angadi SS. (May 2021) Short sleep duration, greater cognitive arousal, and eveningness are associated with reduced left ventricular function in insomnia disorder. Presentation at the 2021 American Heart Association Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
17. \*Hasanaj K, Leonard KS, Kozey Keadle S, **Petrov ME**, Buman MP. Activity bout accumulation patterns in two clinical samples using the Fitbit Charge 2 activity monitor. Poster Presentation. ICAMPAM. June 2021, Virtual due to COVID-19.
18. **§Petrov ME**, Todd M, Epstein DR, Krahn L, \*Hasanaj K, \*Hoffmann C, Park JG, Hollingshead K, Yu T, St. Louis EK, Morgenthaler TI, **§**Buman MP. (August 2020). SleepWell24: a Smartphone Application to Promote PAP Therapy Adherence: Feasibility and Acceptability. Virtual Presentation at the *SLEEP* 2020 34th Anniversary Meeting of the Associated Professional Sleep Societies.
19. \*Hasanaj K, Davis KL, Krahn LE, Epstein DR, Toledo MJL, Gossard TR, Teigen LN, Timm PC, Park JG, St. Louis EK, Morgenthaler TI, Larouche ML, **§**Buman MP, **§Petrov ME.** (May 2020). Physical activity trajectories among newly-diagnosed obstructive sleep apnea patients. Virtual Poster at “Building and Evidence Base for Commercial Technology” Conference from 4th Annual UConn Center for mHealth and Social Media.
20. \*Hoffmann CM, **Petrov ME.** Associations between moderate to vigorous physical activity and sedentary time on cognitive function in older adults with cardiovascular disease: NHANES 2011-2014. Poster presentation at the 2020 American Heart Association Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
21. \*Mattingly JL, **Petrov ME.** Racial/ethnic differences in self-reported sedentary time are related to differential risk for prevalent hypertension: NHANES 2011-2016. Poster presentation at the 2020 American Heart Association Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
22. **§Petrov ME,** Youngstedt SD, Mookadam F, Angadi SS, \*Jiao N, \*Lim LM. Poorer objective sleep is associated with greater arterial stiffness and worsening cardiac diastolic function. Poster presentation at the 2020 American Heart Association Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
23. **\***Vander Wyst KB, Buman MP, Shaibi GQ, **Petrov ME**, Reifsnider E, Whisner CM. (June 2019). Evaluation of variability in resting energy expenditure and its relationship with macronutrients and gestational weight gain during the second trimester of pregnancy. Poster presentation at the American Society for Nutrition 2019 Conference.
24. **\***Vander Wyst KB, Buman MP, Shaibi GQ, **Petrov ME,** Reifsnider E, Whisner CM. (June 2019). Dietary Macronutrient Composition and Gestational Weight Gain Among Pregnant Women during the Second Trimester. Poster presentation at the American Society for Nutrition 2019 Conference.
25. **§Petrov ME**, Whisner CM, McCormick D, Todd M, Reyna L, Reifsnider E. (February, 2019). Sleep-wake patterns during infancy are associated with rapid weight gain and incident adiposity in toddlerhood. Poster Presentation at the Advances in Sleep and Circadian Science 2019 Inaugural Meeting of the Sleep Research Society.
26. \*Hasanaj K, \*Hoffman N, Toledo ML, Mullane SL, Larouche ML, Hollingshead K, Stepnowsky C, Epstein DR, Krahn L, **Petrov ME**, Buman MP*. Building smartphone “apps” for lifestyle behavior change in clinical populations.* Poster Presentation at the 2018 International Society of Physical Activity and Health Annual Meeting.
27. Ogilvie RP G Simonelli G, Sotres-Alvarez D, St-Onge M, Mossavar-Rahmani Y, Perreira K; **Petrov ME,** Kim Y, Balkin T, Wallace D, Reid KJ, Daviglus M, Zee PC, Patel SR. Caffeine use and sleep in U.S. Hispanic/Latinos: Findings from HCHS/SOL Sueño ancillary study. Poster Presentation at the *SLEEP* 2018 32nd Anniversary Meeting of the Associated Professional Sleep Societies.
28. **§Petrov ME,** Whisner CM, \*Mahmood TM, \*Castillo LF, \*Richardson J, \*Gupta R. Actigraphic sleep is associated with bone mineral density and bone turnover in young adults. Poster Presentation at the *SLEEP* 2018 32nd Anniversary Meeting of the Associated Professional Sleep Societies.
29. Knowlden A, **Petrov ME,** Nowakowski S, Grandner MA. Gender differences in the relationship between short sleep and obesity depend on age. Poster Presentation at the *SLEEP* 2018 32nd Anniversary Meeting of the Associated Professional Sleep Societies.
30. Ji XW, Grandner MA, **Petrov ME.** The role of age, sex, race/ethnicity, and marital status in the relationship of chronic health conditions and habitual sleep duration. Poster Presentation at the *SLEEP* 2018 32nd Anniversary Meeting of the Associated Professional Sleep Societies.
31. **\***Castillo LF, Whisner CM, **\***Esch P, **Petrov ME**. Association between bone mass, sleep duration and sleep quality in college students. November 2017; 10th International Symposium on Nutritional Aspects of Osteoporosis, Hong Kong.
32. **§Petrov ME,** Long L, Grandner MA, MacDonald L, Cribbet MR, Robbins R, Cundiff J, Molano JR, \*Hoffmann N, Howard G, Howard VJ. Sleep duration by sociodemographic socioeconomic, and geographical status: The REGARDS study. Poster Presentation at the *SLEEP* 2017 31th Anniversary Meeting of the Associated Professional Sleep Societies.
33. **§Petrov ME, \***Calvin S, **\***Vander Wyst K, Whisner CM, Felix KN, Richardson J. Sleep patterns, disturbances, and hygiene of adolescent female victims of sex trafficking and sexual abuse. Poster Presentation at the *SLEEP* 2017 31th Anniversary Meeting of the Associated Professional Sleep Societies.
34. **\***Hoffmann NM, **§Petrov ME.** Sleep duration and physical activity as predictors of measures of adiposity: NHANES 2009-2012. Poster Presentation at the *SLEEP* 2017 31th Anniversary Meeting of the Associated Professional Sleep Societies.
35. Thompson K, **Petrov ME,** Bulls HW, Bradley LA, Goodin BR, Fillingim RB. Insomnia severity predicts clinical and experimental measures of pain and physical function in adults with symptomatic knee osteoarthritis. Poster Presentation at the 2017 American Pain Society Annual Meeting.
36. **\***Vander Wyst K, Whisner CM, **Petrov ME,** Gallagher MR, Reifsnider E. Relationship of feeding practices with sleep duration on infant weight at 12 months. Poster Presentation at the 2017 Experimental Biology Conference.
37. **§Petrov ME,** Zautra AJ, \*Hoffmann N, Davis MC. Difficulty falling asleep is predictive of metabolic syndrome. Poster presentation at the 2017 American Heart Association Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
38. **\***Hoffmann C, **Petrov ME,** Davis MC, Zautra AJ. Sleep duration and sedentary behavior as predictors of cardiovascular disease in mid-life. Poster presentation at the 2017 American Heart Association Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
39. **§Petrov ME,** Goodin BR, Bulls HW, Herbert MS, Sotolongo A, Fillingim, RB, Bradley LA.Sleep disturbance mediates the association between social discrimination and pain severity in knee osteoarthritis. Poster Presentation at the 2016 American Pain Society Annual Meeting.
40. Herbert MS, Goodin BR, Bulls HW, Sotolong A, **Petrov ME,** Edberg JC, Bradley LA, Fillingim RB. Pre-task cortisol predicts cold pressor pain sensitivity in non-Hispanic Whites but not African Americans with symptomatic knee osteoarthritis. Poster Presentation at the 2015 American Pain Society Annual Meeting.
41. **§Petrov ME,** Goodin BR, Bartley EJ, Cruz-Almeida Y, Herbert MS, Bulls HW, Fillingim RB, Bradley LA. Negative affect as a mediator in the sleep-pain relationship among adults with knee osteoarthritis. Poster Presentation at the 2015 American Pain Society Annual Meeting.
42. Cardoso J, Bush R, Pop R, Weber E, Cruz-Almeida Y, Riley JL, Glover R, Bartley E, **Petrov ME**, Goodin BR, King CD, Bulls HW, Herbert MS, Sibille K, Addison A, Staud R, Bradley LA, Fillingim R. Experimental pain phenotyping in older adults with knee osteoarthritis. Poster Presentation at the 2015 American Pain Society Annual Meeting.
43. Herbert MS, Goodin BR, Bulls HW, Sotolongo A, **Petrov ME,** Edberg JC, Bradley LA, Fillingim RB. Pre-task cortisol predicts cold pressor pain sensitivity in non-Hispanic Whites but not African Americans with symptomatic knee osteoarthritis. Poster Presentation at the 2015 American Pain Society Annual Meeting.
44. Grandner MA, **Petrov ME,** Chakravorty S, Bhatt S, Gurubhagavatula I. Association between habitual sleep duration and cardiometabolic disease, and the mediating role of foregoing care: data from the 2013 Behavioral Risk Factor Surveillance System. Poster Presentation at American Heart Association 2015 Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
45. **§Petrov ME,** Grandner MA, Baldwin CM, Buman MP, Youngstedt SD. Short sleep duration is associated with greater homocysteine levels. Poster Presentation at American Heart Association 2015 Epidemiology and Prevention|Lifestyle and Cardiometabolic Health Scientific Sessions.
46. **§Petrov ME,** Buman MP. Sleep duration associated with markers of kidney function: NHANES 2009-2010. Poster Presentation at the *SLEEP* 2014 28th Anniversary Meeting of the Associated Professional Sleep Societies.
47. **§Petrov ME,** Glover TL, Goodin BR, Bradley LA, Fillingim RF. The role of clinical pain in the association between vitamin D status and sleep quality among adults with knee osteoarthritis. 33rd Annual Scientific Meeting of the American Pain Society (2014).
48. **§Ruiter Petrov ME,** Howard VJ, Kleindorfer DO, Grandner M, Molano JR, Howard G. Sleep medication and incident stroke: the REGARDS study. Poster Presentation at the American Heart Association 2014 Epidemiology and Prevention|Nutrition, Physical Activity and Metabolism Scientific Sessions.
49. **§Ruiter Petrov ME,** Addison AS, Herbert MS, Schmidt JD, King CD, Sibille KT, Bulls HW, Goodin BR, Cruz-Almeida Y, Bradley LA, Fillingim RB. Elevated pain sensitivity and disability are associated with poor sleep behaviors and quality in knee osteoarthritis. Poster Presentation at the *SLEEP* 2013 27th Anniversary Meeting of the Associated Professional Sleep Societies.
50. **§Ruiter Petrov ME,** Kim Y, Lauderdale DS, Lewis CE, Reis JP, Carnethon MR, Knutson KL, Glasser SP. Sleep, an early risk factor for altered kidney function: The CARDIA Study. Poster Presentation at the *SLEEP* 2013 27th Anniversary Meeting of the Associated Professional Sleep Societies.
51. **§Ruiter ME,** Lichstein KL.Barriers and facilitators to adherence to one-session of behavioral therapy for insomnia. Poster Presentation at the 2012 *Association for Behavioral and Cognitive Therapies* 46th Annual Convention.
52. **§Ruiter ME,** Kim Y, Glasser SP, Lauderdale D, Lewis CE, Reis J, Carthenon M, Knutson K. The relationship of objectively measured sleep on cardiovascular risk factors across race and sex: Coronary Artery Risk Development in Young Adults (CARDIA) Study. Poster Presentation at the 2012 *Academy Health Annual Research Meeting*.
53. **§Ruiter ME,** Lichstein KL. Ethnic effects on working memory capacity in sleep disorders. Poster presentation selected for presentation at the *SLEEP* 2011 25th Anniversary Meeting of the Associated Professional Sleep Societies.
54. **§Ruiter ME,** DeCoster J, Lichstein KL, Jacobs L. Normal Sleep in African Americans and Caucasian Americans: A Meta-Analysis. Poster selected for presentation at the *SLEEP* 2009 23rd Anniversary Meeting of the Associated Professional Sleep Societies.
55. **§Ruiter ME**, DeCoster J, Lichstein KL, Jacobs L. Normal sleep and insomnia in African Americans and Caucasian Americans: A meta-analytic summary. Poster selected for presentation at the *SLEEP* 2008 22nd Anniversary Meeting of the Associated Professional Sleep Societies.
56. **§Ruiter ME,** Britton W, Bootzin R, Lichstein KL. The interaction between depression and sleep complaints affects emotional reactions to stressful events and objective sleep. Poster selected for presentation at the *SLEEP* 2008 22nd Anniversary Meeting of the Associated Professional Sleep Societies.
57. **§Ruiter ME,** Lichstein KL, Durrence HH, Riedel BW, Taylor DJ, Bush AJ. Ethnic differences in sleep between middle-aged African-American and Caucasian-American insomniacs. Poster selected for presentation at the *SLEEP* 2007 21st Anniversary Meeting of the Associated Professional Sleep Societies.
58. **§Ruiter ME,** Lichstein KL, Durrence HH, Riedel BW, Taylor DJ, Bush AJ. The distribution and impact of narcolepsy symptoms in non-sleep-disordered individuals. Poster selected for presentation at the *SLEEP* 2007 21st Anniversary Meeting of the Associated Professional Sleep Societies.
59. **§Ruiter ME**, Britton W, Haynes P, Fridel K, Bootzin RR. Sleep disturbance following stress induction in chronically depressed individuals. Poster selected for presentation at the *SLEEP* 2006 20th Anniversary Meeting of the Associated Professional Sleep Societies.

**REGIONAL OR LOCAL CONFERENCES**

**Oral Presentation**

1. \*Jiao N, **Petrov ME,** Reifsnider E. COVID-19 pandemic affects sleep behaviors and insomnia in parents of young children. 2021 Western Institute of Nursing 54th Annual Communicating Nursing Research Conference. Virtual conference. [Speaker: \*Jiao, N].
2. \*Hasanaj K, Davis KL, Krahn LE, Epstein DR, Toledo MJL, Gossard TR, Teigen LN, Timm PC, Park JG, Louis EK, Morgenthaler TI, Larouche ML, Buman MP, **Petrov ME**. *Physical activity trajectories among newly-diagnosed obstructive sleep apnea patients.* Video Presentation. Building an Evidence Base for Commercially Available Technology. Virtual conference. UConn Center for mHealth and Social Media. May 2020, Virtual due to COVID-19. [Speaker: \*Hasanaj K].
3. \*Spoehr N, **Petrov ME.** Differences in Traditional and Non-Traditional Cardiovascular Disease Risk Factors Between Asian and non-Hispanic Young Adults. Oral Presentation at *2018 Western Institute of Nursing’s 51st Annual Communicating Nursing Research Conference.* Spokane, WA [Speaker: \*Spoehr N].

**Poster Presentation**

1. \*Jiao N, **Petrov ME.** Feasibility and acceptability of aPlay2Sleep intervention on sleep among young infants. Poster presentation at the *Fall 2022 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.* **[Awarded: 3rd Place in Proposed Research category - $800].**
2. \*Mattingly JL, **Petrov ME,** Joseph RP. Association of activity levels, relationship satisfaction, and gender trait identification among married couples. *Fall 2022 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.*
3. \*Jiao N, Pituch K, **Petrov ME.** The relationships between the impact of COVID-19 pandemic, parent insomnia, infant temperament, and infant sleep: a path analysis. Poster presentation at the *Spring 2022* *Arizona State University Institute of Social Science Research Graduate Student Poster Contest*
4. \*Mattingly JL, **Petrov ME.**  Do couples who sit together stay together? Identification of adult dyad sedentary behavior profiles. Poster presentation at the *Spring 2022* *Arizona State University Institute of Social Science Research Graduate Student Poster Contest*
5. \*Mattingly, JL, **Petrov ME.** Feasibility of measuring daily sedentary time and gender roles among adults couples. Poster Presentation at the *Fall 2021 Arizona State University Institute of Social Science Research Graduate Student Poster Contest*
6. \*Jiao N, **Petrov ME.** Factors Associated with Infant Sleep during the COVID 19 Pandemic. Poster Presentation at the *Fall 2021 Arizona State University Institute of Social Science Research Graduate Student Poster Contest*
7. \*Mattingly, JL, **Petrov ME.** COVID-19 pandemic related unemployment and change in sedentary screen time among previously employed adults. Poster Presentation at the *Spring 2021 Arizona State University Institute of Social Science Research Graduate Student Poster Contest*
8. \*Jiao N, **Petrov ME,** Reifsnider E.Parent-Child Interactions and Enriched Home Environment are Associated with Better Infant Sleep. Poster Presentation at the *Spring 2021 Arizona State University Institute of Social Science Research Graduate Student Poster Contest*
9. \*Jiao N, **Petrov ME.** COVID-19 pandemic affects sleep behaviors and insomnia in parents of young children. Poster Presentation at the *Fall 2020 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.* **[HONORABLE MENTION AWARD - $400]**
10. \*Kasraeian K, **Petrov ME.**  The association of prior mental health conditions with COVID-19-related sleep changes. Poster Presentation at the *Fall 2020 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.*
11. \*Hoffmann CM, **Petrov ME,** Howard VJ, Diaz K, Hooker S**.** Objectively measured sedentary behavior increases risk for cognitive impairment in older adults. Poster Presentation at the Spring *2020 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.*
12. \*Hasanaj K, Davis KL, Krahn LE, Epstein DR, Toledo MJL, Gossard TR, Teigen LN, Timm PC, Park JG, St. Louis EK, Morgenthaler TI, Larouche ML, Buman MP, **Petrov ME.** Physical activity trajectories among newly-diagnosed obstructive sleep apnea patients. Poster Presentation at the Spring *2020 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.*
13. \*Mattingly, JL, **Petrov ME,** Han S. Racial/Ethnic Differences in Self-Reported Sedentary Time Are Related to Differential Risk for Prevalent Hypertension: NHANES 2011-2016. Poster Presentation at the Spring *2020 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.*
14. \*Jiao N, **Petrov ME.** Effects of mHealth and internet-based interventions on infant sleep, parent-child interactive behaviors, and bonding: A systematic review. Poster Presentation at the Spring *2020 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.*
15. \*Hoffmann C, §**Petrov ME,** Davis MC, Zautra AJ. Sleep duration and sedentary behavior as predictors of cardiovascular disease in mid-life. Poster Presentation at the *2017 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.*
16. \*Vander Wyst KB, \*Calvin S, Whisner CM, §**Petrov, ME**. Sleep and diet habits among sex trafficked or sexually abused adolescents. Poster Presentation at the *2016 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.*
17. \*Jeong M, **Petrov ME,** Belyea M, Kelly L, Reifsnider E. Depression, sleep, and glycemic control in Korean Americans with type 2 diabetes. Poster Presentation at the *2016 Arizona State University Institute of Social Science Research Graduate Student Poster Contest.*
18. §**Ruiter Petrov ME,** Addison AD, Herbert MS, Schmidt JD, King CK, Sibille KT, Bulls HW, Goodin BR, Cruz-Almeida Y, Bradley LA, Fillingim RB. Do differences in sleep mediate ethnic disparities in knee osteoarthritis? Poster Presentation at the *2013 8th Annual University of Alabama at Birmingham Health Disparities Research Symposium*.
19. §**Ruiter ME,** Letter AJ, Howard VJ, Kleindorfer D. Sleep duration as a mechanism between ethnicity and incident stroke symptoms. Poster Presentation at the 2012 7*th Annual University of Alabama at Birmingham Health Disparities Research Symposium*.

**­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**IMPACT OF SCIENTIFIC RESEARCH**

**August 18, 2021 - August 12, 2022 RE: Petrov ME**, Pituch KA, \*Kasraeian K, \*Jiao N, \*Mattingly J, \*Hasanaj K, Youngstedt SD, Buman MP, Epstein DR. Impact of the COVID-19 pandemic on change in sleep patterns in an exploratory, cross-sectional online sample of 79 countries. Sleep Health. 2021 Aug 1;7(4):451-8. PMID: 34193394. <https://doi.org/10.1016/j.sleh.2021.05.007>

 **KJZZ Fronteras Desk:**

[**https://fronterasdesk.org/content/1801307/how-summers-and-covid-19-rob-arizonans-vital sleep/?fbclid=IwAR0yJwqzTmqP9MuNcSWypZHhj6GVZtRukrEpBnJz2DaHFIlcMoLXvhlt7Ac**](https://fronterasdesk.org/content/1801307/how-summers-and-covid-19-rob-arizonans-vital%20sleep/?fbclid=IwAR0yJwqzTmqP9MuNcSWypZHhj6GVZtRukrEpBnJz2DaHFIlcMoLXvhlt7Ac)

**EurekAlert!:** [**https://www.eurekalert.org/news-releases/925714**](https://www.eurekalert.org/news-releases/925714)

**October 3, 2018 RE: Petrov ME,** Howard G, Grandner M, Kleindorfer D, Molano JR, Howard VJ. Sleep duration and risk of incident stroke by age, sex, and race: The REGARDS Study. *Neurology. [In Press].* PMC In Progress.

***American Academy of Neurology Press Release:*** [***https://www.aan.com/PressRoom/Home/PressRelease/1673***](https://www.aan.com/PressRoom/Home/PressRelease/1673)

***International News Organizations:*** DailyMail <https://www.dailymail.co.uk/health/article-6236487/White-men-sleep-9-hours-night-71-greater-risk-stroke.html>

***Newsletters/Websites:*** MedpageToday <https://www.medpagetoday.com/neurology/strokes/75479>

HealthDay <https://consumer.healthday.com/cardiovascular-health-information-20/misc-stroke-related-heart-news-360/how-much-he-sleeps-may-affect-his-stroke-risk-738253.html>

**June, 2012 RE: Ruiter ME,** Letter AJ, Howard VJ, Kleindorfer D. (June 2012). Short Sleep Predicts Stroke Symptoms in Persons of Normal Weight. Oral presentation selected for a symposium at the *SLEEP* 2012 26th Anniversary Meeting of the Associated Professional Sleep Societies.

 ***Major USA News Organizations:***

 CBS, Christian Broadcasting Network, Forbes.com, FOXNews, HealthDay, The Huffington Post, Medscape Medical News, MSNBC, TIME, US News & World Report, Yahoo! News,

 ***Television:***

* NBC Nightly News with Brian Williams (<http://vitals.msnbc.msn.com/_news/2012/06/08/12127560-too-little-sleep-stroke-risk-spikes-in-healthy-adults?lite>),
* CBS Morning News with Arianna Huffington (<http://www.cbsnews.com/video/watch/?id=7411366n>)
* 171 LOCAL TV NEWS BROADCASTS of (<http://www.khou.com/news/health/Study-Too-little-sleep-can-put-older-people-at-risk-for-stroke-158490285.html>), INCLUDING:
	+ Fox News (Fox and Friends)
	+ KTRK-TV (ABC, Houston)
	+ WBZ-TV (CBS, Boston)
	+ WUSA-TV (CBS, Washington DC)
	+ WYW-TV (CBS, Philadelphia)
	+ KPHO-TV (CBS, Phoenix)
	+ KRAL-TV(CBS, Raleigh-Durham)
	+ KCPQ-TV(Fox, Seattle)
	+ WTSP-TV (CBS, Tampa-St. Petersburg)
	+ WBBM-TV (CBS, Chicago)
	+ WJBK-TV (Fox, Detroit)
	+ KMSP-TV (Fox, Minneapolis)
	+ WOIO-TV (CBS Cleveland)
	+ KTVT-TV (CBS, Dallas)
	+ KCAL-TV (Ind., Los Angeles)
	+ KDKA-TV (CBS, Pittsburgh)
	+ KOIN (CBS, Portland, OR)
	+ KOVR-TV (CBS, Scaramento)
	+ WABC-TV (ABC, New York)
	+ HLN

 ***Newspapers:*** August Chronicle, Detroit Free Press, Minneapolis Star Tribune blog,New York Daily News, Toronto Sun, USA Today (**front page** 6-11-2012, <http://www.usatoday.com/news/health/story/2012-06-11/sleep-stroke-risk/55506530/1>)

 ***Radio:***CBS Radio News Desk KCBSSan Francisco (live), WTOP (Washington)

 ***Magazines:*** Prevention

 ***International News Organizations:*** Courier Mail (Australia),Daily Mail (UK), HeraldSun.com (Australia), IANS (India news service), Press Association (UK news service), United Press International

 ***Newsletters/Websites:***About.com, American Scientist, Bottom Line/Health, Calgary Sun.com, Cincinnati Enquirer.com, Clinical Neurology News, Daily Rx, Edmonton Sun.com, Examiner.com, Healthcare Professionals Network: [http://www.hcplive.com/conferences/2014-aps/Vitamin-D-Supplementation-May-Reduce- Pain-Improve-Sleep-in-Knee-Osteoarthritis-Patients](http://www.hcplive.com/conferences/2014-aps/Vitamin-D-Supplementation-May-Reduce-%09%09Pain-Improve-Sleep-in-Knee-Osteoarthritis-Patients),

 Ivanhoe News Service, KBOI.com, KCEN.com, KGO-AM.com, KSDK.com, KSL.com, Neurology Reviews, Post Chronicle.com, Psychology Today online, Rheumatology Morning Wire for the American College of Rheumatology, WBIR.com, Winnipeg Sun.com

**TEACHING/CURRICULUM DEVELOPMENT EXPERIENCE**

***Arizona State University Teaching & Instruction***

|  |  |  |  |
| --- | --- | --- | --- |
| **Semester** | **Course** | **Role a** | **Credit Hrs** |
| 2024, Fall | NUR 799: DissertationNUR/HCR 492: Honors Directed StudyNUR/HCR 493: Honors ThesisHCR 499: Barrett Honors Research / Independent Study | Chair (n=1)Edson College FHA / Thesis Director (n=1)Edson College FHA/ Thesis Director (n=1)Instructor (n=1) | 3333 |
| 2024,Spring | \*\*On Sabbatical\*\* |  |  |
| 2023, Fall | \*\*On Sabbatical\*\* |  |  |
| 2023,Spring | HCR 493: Honors ThesisHCR 499: Barrett Honors Research / Independent StudyNUR 799: Dissertation | Thesis Director (n=2)Instructor (n=8)Chair/Co-Chair (n=3) | 31-36-9 |
| 2022, Fall | HCR 294/494: Team Based Research Practicum (Sleep & Health Lab)NUR 799: DissertationHCR 492: Honors ThesisHCR 499: Barrett Honors Research / Independent Study | Instructor (n=8)Chair/Co-Chair (n=3)Thesis Director (n=2)Instructor (n=2) | 1-36-932 |
| 2022,Spring | HCR 294/494: Team Based Research Practicum (Sleep & Health Lab)NUR 799: DissertationHCR 493: Honors Thesis | Instructor (n=9)Co-Chair (n=1)Thesis Director | 1-393 |
| 2021, Fall | HCR 494: Team Based Research Practicum (Sleep & Health Lab)NUR 799: Dissertation | Instructor (n=9)Co-Chair | 1-37 |
| 2021,Spring | HCR 245: Sleep, Sleep Disorders, and BehaviorHCR 294/494: Team Based Research Practicum (Sleep & Health Lab)NUR 692: Research | InstructorInstructor (n=4)Instructor | 31-23 |
| 2020, Fall | NUR/HCR 492: Honors Directed StudyNUR/HCR 493: Honors ThesisNUR/HCR 499: Individualized Instruction | Edson College Barrett FHAEdson College Barrett FHAInstructor | 332 |
| 2020,Spring | HCR 245: Sleep, Sleep Disorders, and BehaviorNUR 492: Honors Directed StudyNUR 493: Honors ThesisNUR 499: Supervised Research / Independent StudyNUR 799: Dissertation | InstructorEdson College Barrett FHAEdson College Barrett FHAInstructorCo-Chair | 33333 |
| 2019, Fall | HCR 245: Sleep, Sleep Disorders, and BehaviorNUR 492: Honors Directed StudyNUR 493: Honors Thesis | InstructorEdson College Barrett FHAEdson College Barrett FHA | 333 |
| 2019,Spring | HCR 245: Sleep, Sleep Disorders, and BehaviorNUR 799: Dissertation | InstructorCo-Chair | 36 |
| 2018,Fall | HCR 245: Sleep, Sleep Disorders, and BehaviorNUR 799: Dissertation | InstructorCo-Chair | 36 |
| 2018,Spring | NUR 499: Supervised Research/Independent Study | Instructor | 3 |
| 2017,Fall  | DNP 679: BiostatisticsNUR 499: Supervised Research/Independent Study | Co-InstructorInstructor | 33 |
| 2017,Spring  | HCR 294: Sleep, Sleep Disorders, and BehaviorNUR 499: Supervised Research/Independent Study  | InstructorInstructor | 32 |
| 2016,Fall | DNP 679: Biostatistics | Co-Instructor | 3 |
| 2016,Spring | HCR 294: The Science of Sleep BehaviorNUR 492: Honors Directed StudyNUR 493: Honors Thesis | InstructorCONHI Barrett FHACONHI Barrett FHA | 333 |
| 2015,Fall | NUR 492: Honors Directed StudyNUR 493: Honors Thesis | CONHI Barrett FHA CONHI Barrett FHA | 33 |
| 2015,Spring | NUR 498: Supervised Research/Independent StudyNUR 492: Honors Directed Study NUR 493: Honors Thesis  | InstructorCONHI Barrett FHA CONHI Barrett FHA | 233 |
| 2014, Fall | NUR 492: Honors Directed StudyNUR 493: Honors Thesis | CONHI Barrett FHACONHI Barrett FHA | 33 |

a Please note that FHA indicates Arizona State University Barrett, The Honors College Faculty Honors Advisor within the Edson College of Nursing and Health Innovation

***Arizona State University Curriculum Development***

*I**n Development*

2023 HCR 245 Sleep, Sleep Disorders, and Behavior

 Updated with new required textbook

 Reapplied for General Studies Social-Behavioral (SB) Designation

2019-21 HCR 2XX Entering Health and Healthcare Research *[Temporarily suspended]*

 For: Undergraduate Standing

Purpose: To support the research knowledge and experience gap for Edson College undergraduate students between Term 1 and Term 6 of their plan of study. This course is designed to promote research self-efficacy, skills, and data management.

*Proposed & Developed Courses*

2021-2023 HCR 280/480 Team Based Research Practicum

For: Undergraduate Students

Purpose: To provide team, laboratory, clinic, or center-based interprofesisonal research experiences, led by Edson College faculty members.

Permanent Course Number Proposal of HCR 294/494 Team Based Research Practicum

2020 HCR 294/494 Team Based Research Practicum

 For: Undergraduate Students

Purpose: To provide team, laboratory, clinic, or center-based interprofesisonal research experiences, led by Edson College faculty members.

2015 HCR 294 The Science of Sleep Behavior (**Later retitled: HCR 245 Sleep, Sleep Disorders, and Behavior**)

 For: Undergraduate Standing

 Approved by: College of Nursing & Health Innovation Academic Assembly

 Approved by: Arizona State University General Studies Committee

 Granted General Studies Social-Behavioral (SB) Designation

2014 HCR 598 Sleep and Sleep Assessment in Research

 For: Graduate Standing

 Approved by: College of Nursing & Health Innovation Academic Assembly

*Team Developed*

2014 Master’s of Science in Nursing Patient Safety & Healthcare Quality Program

 NUR 520 Patient Safety and Health Care Quality Principles, Assessment & Methods

 NUR 521 Healthcare Evidence, Informatics and Analysis

 NUR 522 Designing Systems for Patient Safety and Health Care Quality

 NUR 523 Interprofessional Collaboration for Improving Patient Safety and Health Care Quality Outcomes **\*\*Note. Primary Developer \*\***

 NUR 529 Role Focused Practicum: Patient Safety and Health Care Quality

 Approved by: College of Nursing & Health Innovation Academic Assembly

***Arizona State University, Edson College First Year PhD Student Initial Advisor***

**Student Field/Degree Seeking Topic Area**

Nana Jiao Nursing & Healthcare Innovation Interventions to Promote

(2019 – 2020) Maternal/Child Health Interactions

 and Infant Sleep

Jennifer Mattingly Nursing & Healthcare Innovation Workplace Health and Sedentary

(2019 – 2020) Behavior

Coles Hoffmann Nursing & Healthcare Innovation Lifestyle Interventions to Prevent

(2016 – 2017) Cognitive Impairment and Cardiovascular Disease in Older Adults

Kiley Vander Wyst Nursing & Healthcare Innovation Sleep, Nutrition, & Maternal/Child

(2015 – 2016)

Mihyun Jeong Nursing & Healthcare Innovation Risk Factors for Diabetes (2014-2015) Among Korean Americans

***Arizona State University Dissertation Committees***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **Student** | **College / Program** | **Role** | **Title** | **Date Defended** | **Current Position** |
| **Yingyan Huang** | Edson College of Nursing & Health Innovation / Nursing & Health Innovation | Committee Member | TBD | TBD | N/A |
| **Nana Jiao** | Edson College of Nursing & Health Innovation / Nursing & Health Innovation | Chair | Feasibility and Acceptability of *aPlay2Sleep* Intervention on Sleep among Young Infants | 05/2024 | Postdoctoral Fellow Baylor College of Medicine |
| **Jennifer Mattingly** | Edson College of Nursing & Health Innovation / Nursing & Health Innovation | Chair | Relationship Adjustment Dynamic Related to Sedentary Behavior Among Cohabitating Romantic, Mid-Life Couples | Pending Spring 2025 | N/A |
| **Christopher Perry** | College of Health Solutions / Exercise and Nutritional Sciences | Committee Member | The effects of moderate chronic sleep restriction on physical activity levels in older long and habitual duration sleepers: A secondary analysis | 10/2023 | Assistant Professor, Eastern Kentucky University |
| **Kristina Hasanaj** | Edson College of Nursing & Health Innovation / Nursing & Health Innovation | Co-Chair | Sedentary screen time, 24-hour behaviors, and adiposity in adults with overweight or obesity | 06/2023 | NIH/NCI T32 Cancer Prevention & Control, Postdoctoral Fellow, Northwestern University |
| **Coles Hoffmann** | Edson College of Nursing & Health Innovation / Nursing & Health Innovation | Co-Chair | The associations of physical activity, sedentary behavior, and sleep with cognitive function in adults without cognitive impairment | 04/2020 | Lead UX Researcher | Behavioral Scientist, Castlight Health |
| **Kiley Vander Wyst** | College of Health Solutions / Exercise & Nutritional Sciences | Committee Member | Relationship between resting energy expenditure and sleep parameters on gestational weight gain and the medication effect of macronutrient composition | 04/2019 | Program Director of Clinical Trials Operations, University of Colorado Anschutz |
| **Kristen Decker** | College of Nursing & Health Innovation | Committee Member | N/A | Discontinued |  |
| **Mihyun Jeong** | College of Nursing & Health Innovation / Nursing & Health Innovation | Committee Member | Depression, sleep, and glycemic control in Korean Americans with Type 2 diabetes. | 03/2017 | Assistant Professor, Gwangju University |
| **Wafa Khasawneh** | College of Nursing & Health Innovation / Nursing & Health Innovation | Committee Member | Breastfeeding practices, facilitators, and barriers among immigrant Muslim Arab women living in a metropolitan area of the Southwest United States. | 12/2016 | Assistant Professor, California State University, Dominguez Hills |

***Arizona State University Master’s Thesis Committees***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Student** | **College / Program** | **Role** | **Title** | **Date Defended** |
| **Tav Gross** | College of Health Solutions / MS Nutritional Science | Committee Member | How does the proportion of daytime to nighttime sleep in infants related to gut microbial community structure? | 12/2023 |
| **Elise Bailey** | School of Social and Behavioral Sciences / MS Psychology | Committee Member | Examining the Trajectory from Adverse Childhood Experiences to Sleep Disorder Development | 11/2022 |
| **Megan Koelbel** | College of Health Solutions / MS Nutritional Science | Committee Member | Food Insecurity in Relation to Feed-to-Sleep Methods among Infants | 08/2022 |
| **Victoria Alanis** | College of Health Solutions / MS Nutritional Science | Committee Member | Secondary Analysis on the Impact of Sleep-Wake Patterns and Feeding Practices in the Gut Microbiome in the First Years of Life Trailed into Toddlerhood | 06/2022 |
| **Alex Crawley** | School of Biological and Health Systems Engineering | Committee Member | Investigating the Effect of Sleep Deprivation on the Startle Response | 04/2021 |
| **Tara Mahmood** | College of Health Solutions / Nutrition | Committee Member | Impact of sleep pattern and physical activity on bone turnover markers in college students | 04/2019 |

***Arizona State University Honors Thesis Committees***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Student | Major | Role | Title | Date Defended |
| Isabella Ramirez | Nursing | Committee Member | TBD | TBD |
| Hafsa Awan | Biological Sciences | Thesis Director | Early feeding practices’ role on newborn sleep. | 11/2024 |
| Emiko Pham | Biochemistry | Thesis Director | Associations between maternal sleep and depression with infant social-emotional and cognitive development | TBD |
| Jasmyn DeGraff | Nutrition | Committee Member | The Impact of Feeding Mode and Sterilization Practices on an Infant’s Gut Microbiome | TBD |
| Gayle Deneb Bobadilla | Biochemistry | Committee Member | Associations between Parental Bedtime Interventions and Infant Gut Microbiota in Three-month-old Infants | 3/2024 |
| Janet Macias | Biomedical Sciences | Thesis Director | The Association between Postpartum Maternal Sleep and Infant Gut Microbiome Diversity | 3/2024 |
| Chloe Gallello | Biochemistry | Committee Member | Baby Bug: Exploring the Effects of Ethnicity and Socioeconomic Status on Infant Gut Microbiome Diversity and Childhood Obesity | 4/2023 |
| Kira Scheiner | Neurobiology, Physiology, and Behavior | Thesis Director | Associations between Early Postpartum Maternal Sleep and Distress on Infant Temperament | 3/2023 |
| Olivia Busselle | Chemical Engineering | Committee Member | Anthropological Approach to the Science of Sleep Paralysis | 4/2022 |
| Anthony Sominsky | Medicinal Chemistry | Thesis Director | Does Exercise Moderate the Relationship between Caffeine Consumptions and Insomnia Severity? | 4/2022 |
| Melanie Anderson | Nursing | Thesis Director | The Association between Dietary Choices and Sleep Quality | 08/2021 |
| Smita Gopalakrishnan | Biomedical Engineering | Committee Member | Investigating the Effect of Sleep Deprivation on the Startle Response | 04/2020 |
| Jasmine Bosnino | Exercise and Wellness | Committee Member | Stress, depression, and sleep among college students | 04/2019 |
| Kiley Davis | Kinesiology | Committee Member | Physical activity trajectories among newly-diagnosed obstructive sleep apnea patients | 04/2019 |
| JamieLee Richardson | Kinesiology | Thesis Director | Improving the self-efficacy of adolescent sex trafficking survivors through physical activity | 04/2019 |
| Natalie Spoehr | Nursing | Thesis Director | Differences in traditional and non-traditional cardiovascular disease risk factors between Asian and non-Hispanic White young adults | 11/2017 |
| Morgan Schneck | Nursing | Committee Member | Effects of decreased opportunity to sleep on cognitive performance and mood by sex in older adults. | 04/2017 |
| Patricia Esch | Biology | Committee Member | The effects of sleep on bone mineral density in college aged males and females. | 04/2017 |
| Michelle Iliescu | Nursing | Thesis Director | Methods of Relaxation for Promoting Sleep in Patients Diagnosed with Cancer | 12/2016 |
| Aarthi Rameshkumar | Kinesiology | Committee Member | Comparison of Objective Sleep and Subjective Sleep with an Actiwatch 2 and Sleep Logs | 11/2016 |

***Arizona State University Research Supervision***

*Doctoral Students*

2022 Eucharia Nwabichie (Nursing and Healthcare Innovation)

 Role: NUR 680 Research Practicum student

2022 – 2023 Jingmin Shu (BioInformatics)

 Role: Graduate Research Assistant

2021 – 2023 Yingyan Huang (Nursing and Healthcare Innovation)

 Role: Key Collaborator for systematic review

2021 – Present Malena Amezquita Ernult (Exercise and Nutritional Sciences)

 Role: Graduate Research Assistant

2021 Jennifer Mattingly (Nursing and Health Innovation)

 Role: NUR 680 Research Practicum student

2019 – 2024 Nana Jiao (Nursing and Healthcare Innovation)

 Roles: Graduate Research Assistant; NUR 680 Research Practicum student

2018 Coles Hoffmann (Nursing and Healthcare Innovation)

 Role: Graduate Research Assistant

2016 Dhwani Kothari (Clinical Psychology)

 Role: Graduate Student Assistant

2016 Samantha Calvin (Nursing and Healthcare Innovation)

 Role: NUR 680 Research Practicum student

2016 Erin Peavey (Nursing and Healthcare Innovation)

 Role: NUR 680 Research Practicum student

*Masters Students*

2024 – Present Anh Pham ((Nutritional Sciences)

Role: TRANSCEND Maternal Child Health Scholar & Research Assistant

2023 – Present Carissa Weiberg (Nutritional Sciences)

Role: TRANSCEND Maternal Child Health Scholar & Research Assistant

2023 – Present Grace Southworth (Nutritional Sciences)

 Role: TRANSCEND Maternal Child Health Scholar & Research Assistant

2023 Chante Coulombe (Nutritional Sciences)

 Role: TRANSCEND Maternal Child Health Scholar & Research Assistant

2022 – 2024 Tav Gross (Nutritional Sciences)

Role: TRANSCEND Maternal Child Health Scholar & Research Assistant

2022 – 2024 Bethany Liedike (Nutritional Sciences)

Role: TRANSCEND Maternal Child Health Scholar & Research Assistant

2021 – 2022 Megan Koelbel (Nutritional Sciences)

Role: TRANSCEND Maternal Child Health Scholar & Research Assistant

2019 – 2021 Kimiya Kasraeian (Auditory & Language Neuroscience)

 Role: Graduate Research Assistant

2018 – 2019 Grethel Ochoa Bobadilla (Counseling)

 Role: Graduate Research Assistant

*Undergraduate Students*

2024 – Present Yeabesera Guma (Nutritional Sciences)

2024 – Present Karina Sophia Ligasan (Barrett Honors, Nursing)

2024 – Present Kori Chyr-Edwards (Barrett Honors, Microbiology)

2023 – Present Elizabeth Navarro

2023 Summer Bretz (Nutritional Sciences)

2023 – Present Sara El Imrani

2023 – Present Anh Phan (Nutritional Sciences)

2023 Hannah Wheeling (Psychology)

2023 Arjun Nair

2023 GaEun Avery Kim

2023 Sidney Ortiz (Nutritional Sciences)

2023 Alexandra Depinto (Biomedical Sciences)

2023 Julia Dispenziere (Biological Sciences)

2023 Annamarie Pici (Nutritional Sciences)

2023 Rama Georgis (Nutritional Sciences)

2022 – Present Hafsa Awan (Barrett Honors, Biological Sciences)

2022 – Present Emiko Pham (Barrett Honors, Biochemistry)

2022 – Present Jasmyn DeGraff (Nutritional Sciences)

2022 – 2023 Mena Abdullah (Barrett Honors, Biomedical Sciences)

2022 – 2023 Michelle Sheikh (Barrett Honors, Biomedical Sciences)

2022 Kathleen Pawley (Barrett Honors, Applied Biological Sciences)

2022 Luzy Kruse (Barrett Honors, Medical Studies)

2022 Ruchira Mirji (Barrett Honors, Genetics, Cellular & Developmental Biology)

2022 Riya Garg (Barrett Honors, Biomedical Sciences)

2022 Kira Binstock (Barrett Honors, Nursing)

2021 – 2023 Kira Scheiner (Barrett Honors, Neurobiology, Physiology, & Behavior)

2021 – 2023 Hiren Premkumar (Barrett Honors, Biomedical Sciences)

2021 – 2023 Bryn Gunther (Barrett Honors, Kinesiology)

2021 – 2023 Chloe Gallello (Barrett Honors, Biochemistry)

2021 – 2022 Shriya Kakde (Barrett Honors, Biological Sciences [Neurobiology, Physiology, & Behavior])

2021 – 2022 Jameson-Lee Komarnisky (Barrett Honors, Nursing)

2021 – 2022 Gabrielle Quezada (Barrett Honors, Nursing)

2021 Lillian Lloyd (Barrett Honors, Neuroscience and Medical Microbiology)

2021 David Montero (Integrative Health)

2021 Marie-Eve McHugh (Human Nutrition)

2021 Megan Koelbel (Dietetics)

2021 Leighton Pennington (Kinesiology)

2021 Jessica Blau (Barrett Honors, Nursing)

2021 Madison Ford (Nutrition)

2020 – 2023 Elena Stievater (Barrett Honors, Community Health)

2020 – 2021 Anthony Sominsky (Barrett Honors, Medicinal Biochemistry)

2020 Janyka Ortiz (Nursing)

2019 – 2020 Brendan Wong (Barrett Honors, Nursing)

2019 – 2020 Lance M. Lim (Barrett Honors, Nursing)

2019 Weiqi Chen (Barrett Honors, Nursing)

2017 – 2018 Ritika Gupta (Barrett Honors, Nursing)

2016 – 2018 JamieLee Richardson (Barrett Honors, Kinesiology)

2016 – 2017 Kaitlyn Felix (Barrett Honors, Health Sciences)

2015 Michaela Denniston (Barrett Honors, Nursing)

***Research Supervision External to Arizona State University***

*Graduate Students*

2021 – 2023 Dana Withrow (Integrative Physiology), University of Colorado Boulder

2014 – 2015 Sarah Emert (Clinical Psychology), University of Alabama

*Undergraduate Students*

2021 Jessica Wong (Neuroscience), University of Southern California

***Pedagogical Training***

2020-2021 **Association of College and University Educators (ACUE)**

 **Effective Teaching Practices Course**

 **Credential/Certificate in Effective College Instruction (Completed)**

 This certificate distinguishes educators who satisfy course requirements (completion of 25 modules) and put research-based teaching techniques into practice.

 Microcredentials Earned:

 *- Creating an Inclusive and Supportive Learning Environment*

 *- Designing Student-Centered Courses*

 *-* *Inspiring Inquiry and Preparing Lifelong Learners*

 *- Promoting Active Learning*

***Prior Teaching & Instruction***

2010−2011 **VA Psycho-education Instructor**

Behavioral Medicine Applied to Weight Management

Managing Overweight/Obese Veterans Everywhere (MOVE) program

 VA San Diego Healthcare System

2010−2011 **VA Psycho-education Instructor**

Basics in Sleep, Substance Abuse, and Behavioral Treatment for Sleep

 Alcohol/Drug Abuse Treatment Program (ADTP)

 VA San Diego Healthcare System

2009−2010 **Graduate Teaching Instructor**

 Introduction to Psychology

 University of Alabama

2009−2010 **Graduate Teaching Assistant**

 Undergraduate Basic Statistics

 Graduate Advanced Statistics: ANOVA

 Graduate Advanced Statistics: Multiple Regression

 University of Alabama

***Invited Lectures/Speaking Opportunities***

09/28/2024 Invited Speaker. *Building an Adaptive Behavioral Intervention to Promote Positive Airway Pressure Therapy Adherence.* Arizona Sleep Society 2024 Annual Conference, Scottsdale, AZ

02/13/2024 Invited Virtual Speaker. *In Pursuit of Childhood Obesity Prevention through Infant sleep, feeding, the gut microbiome, and maternal mental health.*

Thomas Anders Seminar Series, Brown University

01/31/2024 Invited Speaker. *Infant Sleep Health Assessment, Lessons Learned*

University of Pittsburgh

05/22/2023 Invited Virtual Speaker. *Infant Sleep Health, Feeding, and Growth Trajectories.* Columbia University Center of Excellence for Sleep & Circadian Research Sleep Seminar Series.

02/23/2023 Invited Speaker. *SleepWell24. Building an Adaptive Behavioral Intervention using Control Systems Engineering.* Arizona State University College of Health Solutions Precision Health Seminar.

12/09/2022 Invited Speaker. *The Cyclical Relationships between Feeding Practices, Feeding Mode, and Multimodally-Assessed Infant Sleep.* Fall Colloquium series of the Department of Human Development and Family Studies at Purdue University

10/04/2022 Guest Lecture. *National Sleep Health Gaps in Knowledge and Practice.* ASU 101 Health Innovation Project, Edson College of Nursing and Health Innovation, Arizona State University.

09/22/2022 Guest Lecture. *Introduction to Sleep and the Sleep & Health Lab.* Translational Research Club, Arizona State University

03/24/2022 Guest Lecture. *Launching and Managing a Lab.* Lunch & Learn Series for PhD Program. Edson College of Nursing and Health Innovation, Arizona State University

10/6/2021 Guest Lecture. *National Sleep Health Gaps in Knowledge and Practice.* ASU 101 Health Innovation Project, Arizona State University.

09/09/2021 Guest Lecture. *Career Trajectories and Pearls of Wisdom.* NUR 606 Scientific Role Development II. Edson College of Nursing and Health Innovation, Arizona State University

04/07/2021 Guest Lecture. *Career Trajectories and Pearls of Wisdom.* NUR 607 Scientific Role Development III: Bridging. Edson College of Nursing and Health Innovation, Arizona State University

02/25/2021 *Lessons Learned from Early Career Failures (and some Successes)*

Lunch & Learn Series for PhD Program. Edson College of Nursing and Health Innovation, Arizona State University.

08/14/2020 *Transitioning to and Establishing a Career in Research, Clinic, and Industry with Past TM@L.* Panel Presentation and Discussion at 25th Annual Sleep Research Society Trainee Symposia Series (Virtual Edition)

04/18/2020 *Personality Predictors of Insomnia and Treatment Response.* Arizona Psychology Undergraduate Research Conference (AZPURC).Department of Psychology, Arizona State University.

09/19/2019 Guest Lecture. *National Sleep Health Gaps in Knowledge and Practice.* ASU 101 Health Innovation Project, Arizona State University.

08/27/2019 *Faculty Panel: Teaching, Research, and Service.* PhD Program Immersion. Edson College of Nursing and Health Innovation, Arizona State University.

09/12/2018 Guest Lecture: *National Sleep Health Gaps in Knowledge and Practice.* ASU 101 Health Innovation Project, Arizona State University.

04/21/2018 Invited Speaker. *Enhancing Population Health, Reducing Health Inequities, and Preventing Chronic Disease: Sleep One of the Most Ignored Lifestyle Behaviors.* New Frontiers in Lifestyle Intervention: Opportunities to Transform Societal Health through Inter-Professional Collaboration. Northern Arizona University College of Health and Human Services

01/08/2018 Faculty Panel: *Professional Development: Grants Overview.* PhD Program Immersion. Edson College of Nursing and Health Innovation, Arizona State University.

08/22/2017 Faculty Panel: *How do I have it all?* PhD Program Immersion. Edson College of Nursing and Health Innovation, Arizona State University.

10/19/2016 *Do Differences in Sleep between Black and White Adults Exacerbate Cardiovascular Health Disparities?* Southwestern Interdisciplinary Research Center (SIRC), Arizona State University.

08/23/2016 *Faculty Panel: “Fit” between Non-Nursing Trained Faculty and a Nursing College.* PhD Program Immersion. Edson College of Nursing and Health Innovation, Arizona State University.

01/28/2016 *Poor Sleep and Health Outcomes.* ASU Retirees Association (ASURA) Seminar Series. Arizona State University.

12/09/2014 *The Role of Race/Ethnicity on Sleep and Pain.* Minority Health and Health Disparities Research Center, Health Disparities Research Training Program, University of Alabama at Birmingham.

08/26/2014 *Faculty Panel: Work-Life Balance.* PhD Program Immersion. Edson College of Nursing and Health Innovation, Arizona State University.

11/19/2013 *The Role of Race/Ethnicity on Sleep.* Minority Health and Health Disparities Research Center, Health Disparities Research Training Program, University of Alabama at Birmingham.

12/05/2012 *Cognitive-Behavioral Therapy for Insomnia.* 3rd-yearResidency program in Psychiatry, Department of Psychiatry and Behavioral Neurobiology, University of Alabama at Birmingham.

11/20/2012 *The Role of Race/Ethnicity in the Pain and Sleep Experience.* Minority Health and Health Disparities Research Center, Health Disparities Research Training Program, University of Alabama at Birmingham.

09/19/2012 *The Scientific Study of Dreaming.* Psychology 491: Sleep Science, Department of Psychology, University of Alabama.

01/06/2012 *Psychophysiological Insomnia and Cognitive-Behavioral Therapy for Insomnia in Adults.* Fellowship program in Sleep Medicine, School of Medicine, University of Alabama at Birmingham.

08/30/2011 *The Role of Race/Ethnicity in the Pain and Sleep Experience.* Minority Health and Health Disparities Research Center, Health Disparities Research Training Program, University of Alabama at Birmingham.

**SERVICE TO PROFESSION**

***International Grant Review***

2024 Natural Sciences and Engineering Research Council of Canada (NSERC)

 Discovery Grant Program

 Ad hoc Reviewer

2023 Swiss National Science Foundation (SNSF)

Investigator-Initiated Clinical Trials

 Winter Cycle

 Ad hoc Reviewer

***National and Nationally-Based Foundation Grant Review***

2022 **National Institutes of Health (NIH) – Ad Hoc Reviewer**

Cancer, Heart, and Sleep Epidemiology Panel A (CHSA) Study Section

 June 27-28, 2022

2021 American Academy of Sleep Medicine Foundation (Strategic Research Awards)

* Spring Cycle

2020 American Academy of Sleep Medicine Foundation (Strategic Research Awards)

* Spring Cycle

2019 **National Institutes of Health (NIH) Early Career Reviewer Program**

 Adult Psychopathology and Disorders of Aging (APDA) Study Section

 October 21-22, 2019

2019 American Academy of Sleep Medicine Foundation (Strategic Research Awards)

* Fall Cycle

2018 American Academy of Sleep Medicine Foundation (Focused Projects Humanitarian/Educational Award)

* Fall Cycle

2018 American Academy of Sleep Medicine Foundation (Strategic Research Awards)

* Fall Cycle

2017 American Sleep Medicine Foundation (Focused Projects Humanitarian/Educational Award)

* Fall Cycle

2017 American Sleep Medicine Foundation (Strategic Research Award)

* Spring and Fall Cycles

2016 American Sleep Medicine Foundation (Focused Projects Award)

* Fall Cycle

***Conference Development & Support***

**International Conference Development Co-Chair**

2019-2020 16th International Congress of Behavioral Medicine

 Lifestyle Behaviors, Scientific Track Co-Chair

 Roles: 1) Develop program by soliciting symposia and abstracts

 2) Review symposia and abstract submission

**Conference Symposium Chair / Co-Chair**

2023 SLEEP, Associated Professional Sleep Societies, Indianapolis,IN, USA

Symposium: Health behaviors, performance, and fatigue across the lifespan

2023 Advances in Sleep and Circadian Science, Clearwater, FL, USA

Symposium: The Interplay of Sleep, Circadian Rhythms, and TRF with the Gut Microbiome

Symposium: Quantitating Sleep and Circadian Rhythms in the 21st Century

2019 SLEEP, Associated Professional Sleep Societies, San Antonio, TX, USA

Symposium: Insomnia in Pregnancy: Phenotypes & Treatment Outcomes

Symposium: Pain, the Brain, and Right Heart Strain: Cardiovascular Consequence of Sleep Disorders

2016 SLEEP, Associated Professional Sleep Societies, Boston, MA, USA

 Symposium: Insomnia: Epidemiology and Diagnosis

**Conference Poster Session Moderator**

2020 American Heart Association

 EPI | Lifestyle Councils Scientific Sessions

 Poster Session: Sleep Behaviors and Sleep Disorders

**Conference Symposium/Abstract Review**

2022 Society of Behavioral Medicine 2023 Conference Abstract Reviewer

2015 Associated Professional Sleep Societies Session Proposal Reviewer

***Editorial Service***

**Associate Editor**

2020 – Present Sleep Health

* >40 manuscripts dispositioned

**Editorial Board**

2022 – Present Frontiers of Sleep

2016 – Present Sleep Health

**Official Ad Hoc Reviewer**

2014 – Present Journal of Clinical Sleep Medicine

**Ad-Hoc Reviewer**

 Advances in Life Course Research

American Journal of Epidemiology

 Annals of Medicine

 Behavioral Sleep Medicine

 Behaviour Research & Therapy

 Biological Psychology

 Bipolar Disorders

 BMC Public Health

 Brain Sciences

 Brain, Behavior, & Immunity - Health

 British Journal of Nutrition

 Clinical Journal of Pain

 Family & Community Health

 Frontiers of Sleep

 Health Psychology

 Hypertension

 International Journal of Behavioral Medicine

 International Journal of Environmental Research and Public Health

 International Journal of Psychiatry in Clinical Practice

 International Journal of Sports Medicine

 Journal of the American Geriatrics Society

 Journal of the American Heart Association

 Journal of the American Society of Nephrology

 Journal of Child Health Care

 Journal of Clinical Sleep Medicine

 Journal of Immigrant and Minority Health

 Journal of International Medical Research

 Journal of Pediatrics

 Journal of Psychosomatic Research

 Journal of Rheumatology

 Journal of Sleep Research

 Nature and Science of Sleep

 Neurology

 Obesity

 Pain Reports

 Pediatrics

 PLOS One

 Scientific Reports

 Sleep

 Sleep Advances

 Sleep Disorders

 Sleep Health

 Sleep Medicine

 Sleep Medicine Reviews

 Translational Behavioral Medicine

***Societal Strategic Planning***

2018 Invited Contributor to Sleep Research Society 2018-2022 Strategic Planning Workshop at Sleep Research Society Headquarters [Darien, IL]

***Scientific Research Group Leadership***

2021 – Present Leader of the Sleep Working Group for the “REasons for Geographic And Racial Differences in Stroke (REGARDS) study [U01 NS041588 co-funded by the National Institute of Neurological Disorders and Stroke (NINDS) and the National Institute on Aging (NIA)]

***Listserves/Online Groups (Moderator)***

2011-2013 Sleep Trainees Network

***Memberships in Professional Organizations***

2022 – Present World Sleep Society

2022−2023 International Society of Behavioral Nutrition and Physical Activity

2022−2023 Society of Behavioral Medicine

2013−2021 American Heart Association

2009–Present American Academy of Sleep Medicine

2005−Present Sleep Research Society

2014−2017 American Pain Society

2010−2014, 2017 Society of Behavioral Sleep Medicine

2007– 2016 American Psychology Association

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***Positions and/or Offices Held in Professional Organizations* (\* denotes elected)**

2023 – Present **\*Sleep Research Society Foundation Board Director-at-Large**

2023 – Present **\*Sleep Research Society Board Director-at-Large**

 Board Liaison:

 - World Sleep Society Governing Council

 - Sleep Research Society Scientific Review Committee

 - Sleep Research Society Membership Committee

2019 – 2023 Sleep Research Society Scientific Offerings Committee - Member

2019 Sleep Research Society Foundation Annual Appeal Committee - Member

2016 – 2019 Sleep Research Society Communications Committee – **Chair**

2016 Sleep Research Society Nominations Committee – Member

2015 – 2016 Sleep Research Society: Communications Committee – **Vice Chair**

2015 – 2017 \* Sleep Research Society: Sleep and Behavior **Section Head**

2015 Associated Professional Sleep Societies Conference Revitalization Task Force

2013 – 2015 Sleep Research Society: Membership and Communications Committee – **Vice Chair**

2011 – 2013 \* Sleep Research Society: Board of Directors − Trainee Member at Large

2008 – 2010 Sleep Research Society: Associate Professional Sleep Societies Conference Trainee Symposia Series Committee

***Service to External Community***

2016 – 2019 StreetLightUSA - Residential Home for Adolescent Girls At-Risk or Who Have Experienced Sex Trafficking and/or Sexual Abuse – Needs Assessment [Research] and Facilitation of Physical Activity Programming for Residents [Barrett Honors Thesis: JamieLee Richardson]

2014 – 2019 A Day of Social Outreach – Arizona State University Edson College of Nursing and Health Innovation & College of Health Solutions Annual Volunteer Programming

2014 – 2018 Arizona Cancer Center – Mayo Clinic/ASU Cancer Wellness Committee Group Member

**SERVICE TO UNIVERSITY, CAMPUS, & UNIT**

***Arizona State University (ASU) University Committees***

2021 – 2022 Lab Safety Committee

***ASU Graduate College***

2019 Reviewer, 2020 Outstanding Faculty Mentor Awards

***ASU Edson College of Nursing and Health Innovation***

2022 – 2023, 24-25 Tenured/Tenure Track Faculty Search Committee **[CHAIR]**

2021 – 2022 PhD Admissions Committee, Member

2021 EDSON 2026 Information Technology Goal Crew, Member

2021 – 2022 PhD Program Identity Committee, Member

2020 – 2021 PhD Program Recruitment Committee, Member

2020 EDSON 2026 Research & Scholarship Goal Crew, Member

2020 PhD Admissions Committee, Member

2019 – 2021 **Champion**, Undergraduate Research Initiatives

2019 – 2023 Interprofessional Education, Collaborative Practice and Research Guiding Coalition, Member

2019 PhD Admissions Committee, Member

2018 – 2019 Research & Undergraduate Research Progress Groups, Member

2017 – 2018 Dean Search Committee, Member

2016 – 2019 Tenured/Tenure Track Faculty Search Committee, Member

2016 – 2018 Substance Abuse Committee, Member

2016 – 2017 Scholarship Committee, Member

2015 PhD Program Manuscript Option Dissertation Committee, Member

2015 PhD Admissions Committee, Member

2013 – Present PhD Curriculum Committee, Member

**University of Alabama**

2007 – 2010 The University of Alabama Department of Psychology

 Affirmative Action and Minority Recruitment Committee

**OTHER CLINICAL/RESEARCH TRAINING EXPERIENCE**

2012−2013 **Behavioral Sleep Medicine Therapist**

 University of Alabama at Birmingham Center for Psychiatric Medicine, Birmingham, AL

 *Supervisor: Adrian Hal Thurstin, PhD*

2009−2010 **Behavioral Medicine Intern**

University Medical Center Internal Medicine Unit, Tuscaloosa, AL

 *Mentors: Jim Hamilton, PhD; Vijaya Sundar, MD*

2009−2010 **Psychometrician for Employment Services**

The University of Alabama Police Department, Tuscaloosa, AL

 *Mentor: Forrest Scogin, PhD*

2009 **Neurology Psychometrician**

Neuropsychological Clinic, P.C., Tuscaloosa, AL

 *Mentor: Mark Prohaska, PhD*

2008−2009 **Alabama Disability Assessments**

Disability Determination Services, Tuscaloosa, AL

 *Mentor: Michael Griffin, PhD*

2008−2009 **Behavioral Sleep Medicine Intern**

Alabama Neurology and Sleep Medicine Black Warrior Medical Center, Tuscaloosa, AL

 Accredited American Academy of Sleep Medicine (AASM) Behavioral Sleep Medicine Training Program

 *Mentors: Kenneth L. Lichstein, PhD; James Geyer, MD*

2008 **Behavioral Medicine Intern**

Tuskaloosa Internal Medicine Clinic, Tuscaloosa, AL

 *Mentor: Jim Hamilton, PhD*

2007−2008 **Anxiety Disorders Practicum**

The University of Alabama Anxiety Disorders Clinic, Tuscaloosa, AL

 *Mentor: Melissa Jackson, PhD*

2007−2008 **Basic Clinical Psychology Practicum**

The University of Alabama Psychology Clinic, Tuscaloosa, AL

 *Mentors: Forrest Scogin, PhD; Laura Klinger, PhD; Beth Dinoff, PhD; Lee Keyes, PhD*

2006−2008 **Graduate Research Assistant and Clinical Research Therapist**

The University of Alabama Sleep Research Project, Tuscaloosa, AL

 Assisted Study: Treating Addiction to Sleep Medication; NIDA: 5 R01 DA013574

 *Mentor: Kenneth L. Lichstein, PhD*

2005−2006 **Psychometrician/Research Assistant**

University of Arizona Sleep Respiratory Laboratory

 Assisted Study: Apnea Positive Pressure Long-term Efficacy Study (APPLES);

NHLBI: 5 U01 HL068060

 *Supervisor: Stuart F. Quan, MD*

2004−2006 **Senior Technician Research Assistant/Honors Thesis Student**

University of Arizona Sleep Research Laboratory

 Assisted Studies: Insomnia Methods Research Study; Mindfulness-based Meditation Depression Relapse Prevention Study

 *Mentors: Richard R. Bootzin, PhD; Willoughby Britton, PhD*

**EXTRACURRICULAR PROFESSIONAL EDUCATION**

Spring, 2014 *PSY 534 Psychometric Methods.* Department of Psychology, Arizona State University

Fall, 2013 *PSY 598 Multi-Level Modeling.*  Department of Psychology, Arizona State University

Fall, 2013 *Event-Related Potentials Boot Camp.* Presenter: Steve Luck, PhD. Department of Psychology, Arizona State University

Fall, 2012 *Vocabulary of Clinical and Translational Science Course.*  Center for Clinical and Translational Science, University of Alabama at Birmingham.

Spring, 2012 *HCO 677* Patient-Based Outcomes Measurement*.* School of Public Health, University of Alabama at Birmingham.

Spring, 2012 *100C:12-3 Research Commercialization Introductory Course.* National Council for Entrepreneurial Tech Transfer: Research Commercialization & SBIR Center.

Fall, 2011 *GRD-706: Grants and Fellowships 101.*Graduate School, University of Alabama at Birmingham.

Fall, 2011 *GRD-707: Presenting Effectively.* Graduate School, University of Alabama at Birmingham.

Fall, 2011 *UAB Office of Postdoctoral Education.*  Lab Management Course for Postdoctoral Scholars, University of Alabama at Birmingham.