

**Orfeu M. Buxton, Ph.D.**  
**Curriculum Vitae**

**Date Prepared:** 2021-04-07  
**Name:** Orfeu Marcello Buxton  
**Office Address:** 221 BBH Bldg, Pennsylvania State University, University Park, PA 16802  
**Work Phone:** 814-867-5707  
**Work Emails:** Orfeu@PSU.edu Orfeu\_Buxton@HMS.Harvard.edu  
**Work FAX:** 617-507-9177  
**Place of Birth:** Madison, Wisconsin

**Education**

1991	<b>B.S.</b>	Behavioral Neuroscience	University of Pittsburgh Pittsburgh, PA
2000	<b>Ph.D.</b>	Neuroscience, Mentors: Eve Van Cauter, Fred Turek	Northwestern University Evanston, IL

**Postdoctoral Training**

2000-2003	Post-Doctoral Fellow, mentor Eve Van Cauter	Section of Endocrinology, Department of Medicine	University of Chicago Chicago, IL
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**Faculty Academic Appointments**

2003-2011	Instructor	Medicine	Harvard Medical School Boston, MA
2011-2014	Assistant Professor	Medicine	Harvard Medical School Boston, MA
2013-2014	Assistant Professor	Social and Behavioral Sciences	Harvard School of Public Health, Boston, MA
2013-2018	Associate Professor	Biobehavioral Health	Pennsylvania State University, University Park, PA
2014-2020	Lecturer	Medicine	Harvard Medical School Boston, MA
2014-2018	Adjunct Associate Professor	Social and Behavioral Sciences	Harvard Chan School of Public Health, Boston, MA

2018-	Professor	Biobehavioral Health	Pennsylvania State University, University Park, PA
2018-2019	Adjunct Professor	Social and Behavioral Sciences	Harvard Chan School of Public Health, Boston, MA

**Appointments at Hospitals/Affiliated Institutions**



2003-2020	Associate Neuroscientist	Division of Sleep and Circadian Disorders, Departments of Medicine and Neurology	Brigham and Women’s Hospital, Boston, MA
2011-present	Affiliated faculty and member	Harvard Center for Population and Development Studies	Harvard Chan School of Public Health, Cambridge MA
2013-present	Affiliated faculty	Graduate Program in Neuroscience	Pennsylvania State University, University Park, PA
2014-present	Affiliated faculty	Population Research Institute	Pennsylvania State University, University Park, PA
2014-present	Affiliated faculty	Integrated Graduate Degree Program (IGDP) in Physiology	Pennsylvania State University, University Park, PA
2016-present	Affiliated faculty; Chair, Admissions Committee	Faculty mentor Big Data (BD2K) Training Grant	Pennsylvania State University, University Park, PA

**Committee Service**

**Local**



2004-2013	Education Committee	Harvard Medical School / Division of Sleep Medicine
	2004-2013	Chair
2010-2020	Advisory Board	Center for Work, Health, and Well-being, Harvard School of Public Health Member
2011-2016	Steering Committee of the Training Program in Sleep, Circadian and Respiratory Neurobiology	Brigham & Women’s Hospital and Harvard Medical School
	2011-2016	Associate Preceptor

2012-2013	Administrative Core Advisory Committee	Division of Sleep Medicine, Department of Medicine, Brigham & Women's Hospital Member
2014-2016 2020-present	Department Head Advisory Committee	Department of Biobehavioral Health, Pennsylvania State University
2014-2016	Steering Committee	Social Science Research Institute, Pennsylvania State University
2014-present	Integrated Graduate Degree Program in Neuroscience (Penn State T-32)	Faculty mentor
2014-present	Integrated Graduate Degree Program in Physiology (Penn State T-32)	Faculty mentor
2016-present	"Biomedical Big Data to Knowledge (B2D2K)" (Penn State Predoctoral T-32)	Faculty mentor; Chair, Admissions Committee
2016-present	Steering Committee, Clinical Research Center, Clinical and Translational Science Institute, Pennsylvania State University	Chair
2018-2020	Diversity, Equity, and Inclusion Committee, Department of Biobehavioral Health	Member
2018-present	Computer Information Security Office (CISO) Advisory Committee	Member
2018-2020	Research Computing and Cyber-Infrastructure (RCCI) Advisory Council	Member
2018-2020	Faculty Scholar Medal Committee, Pennsylvania State University	Member
2019-2020	Coordinating Committee, Institute for Computational and Data Sciences (ICDS), Pennsylvania State University	Member
2019-2020	Faculty Search Committee, Department of Biobehavioral Health, Consortium to Combat Substance Abuse, Pennsylvania State University	Chair

2019-2020	Promotions and Tenure Committee, Department of Biobehavioral Health, Pennsylvania State University	
2019-present	HUB Research Capacity Core, Clinical and Translational Science Institute, Pennsylvania State University	Co-Director
2019-present	Data Acquisition Working Group, HHD (DAWG)	Member
2020-present	Promotions and Tenure Committee, Department of Biobehavioral Health, Pennsylvania State University	Chair
2020-present	Faculty Search Committee, Precision Population Health	Member

**National and International**

2000-2001	Post-doctoral Association Survey Committee	University of Chicago
	2000-2001	Member
2001-2003	Post-doctoral Association Executive Board	University of Chicago
	2001-2003	Chair
2002-2003	Post-doctoral Advisory Committee	Univ. of Chicago, Biological Sciences Div
	2002-2003	Co-chair
2004-2014		Fayerweather Street School, Cambridge MA
2004-2011	Finance Committee	Member
2009-2014	Board of Directors	Member
2010-2013	Board of Directors	Vice-President
2009-2012	Nominations Committee	member
2011-2012	Nominations Committee	Chair
2006- 2010	Society for Neuroscience Datablitz Program & Organizing Committee	National Center for Sleep Disorders Research (NHLBI) & Society for Neuroscience
		Member
2009-present	Steering Committee	Work, Family, and Health Network
	2009-present	Member
	2013-present	Co-Chair
2019-present	Advisory Board, Interdisciplinary Network on Rural Population Health and Aging (INRPHA)	Member
2019-present	Population Health and Methodology Council (PHMC)	Member

**Peer review  
(grants)**

2015	NIH/NIA Special Emphasis Panel, <i>Harmonizing the Health and Retirement Study (HRS)</i>	Invited peer reviewer
2016	NIH Special Emphasis Panel, 2016/05 ZRG1 BCMB-A (51), R - RFA-RM15- 005: Transformative Research	Invited peer reviewer
2016	P01 review [ZAG1 ZIJ-4 (O1)] and representative at "second stage review" [ZAG ZIJ-7 (O2)]	Invited peer reviewer
2016	NSF Phase II SBIR/STTR: Advanced Instrumentation Panel (PANEL ID: P161543)	Invited peer reviewer
2017	NIH/NHLBI Mentored Patient Oriented Research (K23/K24/K25) Special Emphasis Panel/Scientific Review Group 2017/05 MPOR (MA) 1	Invited peer reviewer
2018	Nursing and Related Clinical Sciences (NRCS) Special Emphasis Panel (SEP) ZRG-1 NRCS V 08	Invited peer reviewer
2018	NIH/NIA ZAG1 ZIJ-7 (O1) Second Stage Review	Invited peer reviewer

**Professional Societies**

1993-2004	Society for Research of Biological Rhythms	
	2001-2004	Chair, Ad hoc Trainee Committee
1998-	Sleep Research Society	
	2005-2008	Member, Educational Programs Committee
	2006-2008	Vice-Chair, Educ. Programs Committee
	2011-2016	Member, Research Committee
	2014-2015	Vice-Chair, Research Committee
	2015-2016	Chair, Scientific Review Committee (formerly, "Research Committee")
2000-2004	American Physiological Society	Member
2001-2016	Endocrine Society	Member
2002-	National Postdoctoral Association	Member
	2002-2003	Co-founder, Steering Committee
	2002-2003	Member, Steering Committee
	2003-2004	Member, Executive Committee
	2003-2004	Chair, Publications Committee
	2003-2004	Editor, nationalpostdoc.org
2013-2016	Work & Family Research Network	Member
	2013-2016 Program Committee	Member
2016-	The Gerontological Society of America (GSA)	Member

2018-2019 Special Purpose Working Groups/Task Member  
Force, Joint Commission on School Start  
Times, State of Pennsylvania

## Editorial Activities

*Editorial Board member*, SLEEP, May 2014-present

*Editorial Board member*, SLEEP HEALTH, October 2014-present

*Associate Editor*, SLEEP HEALTH, July 2015-2019

*Editor-in-Chief*, SLEEP HEALTH, October 2019-present [sleephealthjournal.org](http://sleephealthjournal.org)

### *Ad Hoc Reviewer:*

Journal of Biological Rhythms

American Journal of Physiology

Sleep

Journal of Applied Physiology

Child Development

Archives of Internal Medicine

Chronobiology International

American Journal of Epidemiology

Journal of Clinical Sleep Medicine

Sleep Medicine

PLoS One

The Primary Care Companion

Social Science & Medicine

American Journal of Clinical Nutrition

Women's Health Issues

Annals of Internal Medicine

Diabetic Medicine

Behavioral Sleep Medicine

Journal of Occupational Health Psychology

Group Dynamics

Bipolar Disorders

Journal of Environmental and Public Health

Work & Stress

Mind, Brain and Education

Hypertension Research

Preventive Medicine

Journal of Sleep Research

BMJ Open

American Journal of Industrial Medicine

JAMA

Science and Nature of Sleep

Journal of Physiology

CHEST

Critical Care

Clinica Chimica Acta

The Lancet Diabetes & Endocrinology  
Journal of Clinical Endocrinology and Metabolism  
Nutritional Neuroscience  
Sleep Health  
Economics and Human Biology  
Demography  
Journal of Hospital Medicine  
Proceedings of the National Academy of Sciences (PNAS)  
Circulation  
Nature Communications

## Honors and Prizes

1986-1990	Chancellor's Scholarship	University of Pittsburgh	4-year merit award
1990	National Honor Award	Golden Key	Academic merit
1993	Graduate Fellowship	Northwestern University Institute for Neuroscience	
1999	First Prize, Poster Presentation	University of Chicago Neuroscience Day	
2001	National Research Service Award	National Heart, Lung, and Blood Institute of the National Institutes of Health	<i>Postdoctoral F32 fellowship declined for overlap</i>
2001	Pickwick Post-Doctoral Fellowship	National Sleep Foundation	2-yr competitive award
2010	Harvard University Certificate of Distinction in Teaching	Harvard University	
2011	Harvard University Certificate of Distinction in Teaching	Harvard University	
2020-2023	Elizabeth Fenton Susman Professorship	Biobehavioral Health, Pennsylvania State University	

## Report of Funded and Unfunded Projects

### Funding Information

#### Past

- 2003-2004 Effects of extended work hours on ICU patient safety.  
Investigator-initiated grant (NIH)  
Co-Investigator
- 2004-2005 A 12 Week, Randomized, Double Blind, Placebo Controlled, Parallel Group Study to  
Evaluate the Efficacy and Safety of CEP 10953 (150 mg) as Treatment for Adults With  
Excessive Sleepiness Associated With Chronic Shift Work Sleep Disorder.  
Sponsor-initiated Phase IIIB clinical trial (Cephalon Inc)  
Project Leader  
Goal: The purpose of this trial was to evaluate efficacy and safety of modafinil for a new  
indication.
- 2004-2006 Effects of Tiagabine on Growth Hormone and Sleep in Older Persons  
Investigator initiated research project (Cephalon Inc)  
PI (\$350,000)  
The purpose of this study was to test the hypothesis that increasing the depth of sleep in  
older persons increases the amount of growth hormone secretion
- 2004-2007 Sleep Restriction, Impaired Glucose Metabolism, and Performance: The effects of  
modafinil to counteract the adverse metabolic consequences of sleep restriction  
Investigator-initiated clinical trial (Cephalon Inc)  
PI (\$604,000)



- The purpose of this study was to determine the effects of sleep restriction, with and without modafinil treatment, on insulin sensitivity in healthy men 20-35 years of age.
- 2005-2007 Sleep and Stress as Mediators of the Socioeconomic Status and Body Mass Index (SES-BMI) Gradient among Adults  
Investigator-initiated pilot research project (HSPH/RWJ Foundation)  
Co-PI (\$30,000)  
This pilot study tests the hypothesis that short sleep and chronic stress in part mediate the documented association of lower socioeconomic status and higher weight.
- 2005-2008 The effects of eszopiclone treatment (3mg for two months) to counteract the adverse metabolic consequences of primary insomnia  
Investigator initiated individual research project (ESRC-0004, Sepracor, Inc.)  
Project Leader; co-PI (\$506,610)  
This investigator-initiated project examines the reversibility of the effects of chronic primary insomnia on metabolic function.
- 2006-2007 Development of a Behavioral Measure of Supervisor Support for Work and Families  
Investigator-initiated pilot grant (NIH/NIOSH)  
subcontract Principal Investigator (\$17,446)  
The purpose of this Work-Family-Health Network pilot project was to determine specific measures and collection feasibility for workplace measures of Supervisor Support.
- 2006-2007 Comparison of different methods for measuring HbA1c in epidemiologic studies  
Investigator-initiated pilot grant (NIH/NIA via the USC/UCLA Center on Biodemography and Population Health, 5P30AG017265-099002)  
Principal Investigator (\$15,769)  
The goal of this pilot project was to determine adequate post-collection handling and storage conditions for glycosylated hemoglobin determinations in large-scale studies.
- 2006-2008 Interaction of Chronic Sleep restriction and Circadian Misalignment on Sleep and neuro-cognitive performance: developing a new model of sleep homeostasis  
Investigator-initiated grant (AFOSR)  
Investigator  
The goals of the project are (1) to determine the interaction of chronic sleep restriction and circadian misalignment on sleep and neurocognitive performance; (2) incorporate results into a mathematical model of human circadian rhythms and neurobehavioral performance.
- 2007-2008 Family-Responsive Workplace Policies & Practice in Small Businesses with Low-Wage and Racially/Ethnically Diverse Workers  
Consortium (NIH: NIA/NICHHD; NIOSH, CDC)  
Subcontract Principal Investigator (\$37,769)  
The goal of our interdisciplinary research network is to identify workplace practices and policies that impact the health of low-wage employees and their families and dependents so as to design effective work-based interventions to improve health outcomes.
- 2007-2008 Evidence Based Design Meets Evidence Based Medicine: Human Studies for Validating New Acoustic Guidelines for Healthcare Facilities Using a Collaborative and Trans-Disciplinary Approach for Improving Patient Outcomes  
Investigator-initiated grant from  
Health Design/C.H.E.R.  
subcontract PI (\$50,155)  
The purpose of this project is to test the hypothesis that exposure to an acoustic environment adhering to evidence-based acoustical guidelines will evoke fewer physiologic arousal responses and be more conducive to improved sleep.

- 2007-2008 Evidence Based Design Meets Evidence Based Medicine: Human Studies for Validating New Acoustic Guidelines for Healthcare Facilities Using a Collaborative and Trans-Disciplinary Approach for Improving Patient Outcomes  
Investigator-initiated grant from the Facilities Guidelines Institute (FGI) subcontract PI (\$25,055)  
The desired outcome of our second research phase of this investigator-initiated research program is the implementation of a virtual soundscape environment for experiments on human subjects to demonstrate effects of the standard hospital room environment.
- 2008-2011 Effects of daytime eszopiclone administration in shift workers on overnight wakefulness during a subsequent simulated nightshift  
Investigator initiated individual research project (ESRC-0997, Sepracor, Inc.) PI (\$599,000)
- 2009-2010 The goal of this project is to determine whether improving daytime sleep quality in shiftworkers improves subsequent nighttime wakefulness and neurobehavioral performance.  
NIH/NCRR UL1 RR025758 from the Harvard Catalyst (Harvard College and Harvard Medical School Foundation)  
Co-Investigator  
The goal of this pilot project was to determine the impact of genetic variants of *MTNR1B* on circadian, metabolic and sleep variables and to help explain the increased risk for the development of diabetes in carriers of a diabetes risk SNP.
- 2010 Project VIVA substudy: Children's Sleep sub-study  
Investigator-initiated grant (RWJ Foundation)  
Co-Investigator  
The goal of this pilot project was to validate a parental report of child sleep versus actigraphy and diary measures of sleep
- 2009-2011 Overall Project Title: "HSPH Center for Excellence to Promote a Healthier Workforce"  
Sub-project Title: "Integrated approaches to improving the health and safety of health care workers: Competitive Revision to incorporate objective physiologic markers of health"  
  
CDC/NIOSH 5U19OH008861-02  
Co-Investigator; subcontract PI (BWH); member, Internal Advisory Board (\$94,965)
- 2010-2012 Impact of *MTNR1B* and *CRY2* Variants on Sleep, Circadian Physiology and Metabolism  
NIH/NIDDK R21 DK089378  
Co-Investigator  
The goal of this project is to determine the impact of genetic variants of *MTNR1B* and *CRY2* on circadian, metabolic and sleep variables and to help explain the increased risk for the development of diabetes in carriers of the risk SNP.
- 2011-2013 "*Quantifying Change in Cardiometabolic Disease Risk*"  
Robert Wood Johnson Foundation / Harvard School of Public Health  
The goal of this study is to integrate novel biostatistical and epidemiological methods with cardiometabolic expertise to develop and evaluate a cumulative cardiometabolic risk score optimized on modifiable risk factors so as to detect intervention or experimental effects.  
Role: Co-Investigator (M. Marino, PI) \$10,000
- 2006-2013 "Sleep, Aging, and Circadian Rhythm Disorders"  
Project 3: Metabolic aging: endocrine and cardiovascular consequences of sleep restriction  
NIH/NIA P01 AG009975 Program Project

- Project 2 Leader (sub-project PI); (\$729,541)
- 2009-2013 Mechanisms underlying adverse health consequences of shift work  
NIH/NHLBI R01 HL094806  
Co-Investigator
- 2012-2014 “Quantifying Change in Cardiometabolic Disease Risk”  
Harvard School of Public Health / Robert Wood Johnson Foundation pilot grant (\$10,000)  
Co-investigator
- 2008-2015 Evaluating the Health Benefits of Workplace Policies and Practices - Phase II  
NIH/NIA Phase II (5186989-01 NIH)  
subcontract PI; member, Steering Committee (\$857,374)  
Although the prevalence of “family-friendly” policies in US workplaces has increased dramatically, few have been studied using scientifically sound designs. To address this, NIH and CDC formed the Work, Family, and Health Network (WFHN). During Phase 1, the WFHN designed and conducted multiple pilot and feasibility studies. For Phase 2, the WFHN has been called upon to implement an innovative intervention based on Phase 1 pilot studies that is designed to increase family-supportive supervisor behaviors and employee control over work, and to evaluate the intervention using a group randomized experimental design.
- 2013-2015 “Archiving the occupational cohorts in the Work, Family, and Health Network”  
NIH/NIA R03 AG046393-01 (\$102,079)  
Role: Co-Investigator (Berkman, PI)  
The Work, Family and Health Study is an ongoing, randomized, controlled trial of an innovative workplace intervention to improve employee health in two key industries, information technology and long-term care facilities. The key objectives of this project are to make WFH study data and intervention materials accessible and provide core research resources to support interdisciplinary research on the intersections between work, family and health.
- 2013-2015 "Social Determinants of Black-White Disparities in Sleep by Occupational Class"  
Harvard School of Public Health, Robert Wood Johnson Foundation seed grant  
Co-investigator; PI: Chandra L. Jackson, PhD, MS (Alonzo Smythe Yerby Postdoctoral Research Fellow Harvard University School of Public Health, Nutrition Department)  
This project – focused on racial/ethnic and socioeconomic sleep disparities – uses a sequential, mixed methods design (deductive/quantitative research-phase I and inductive/qualitative research-phase II) to expand and deepen our understanding of potential social determinants of racial and socioeconomic sleep disparities within levels of occupational class.
- 2011-2016 Evaluating cardiometabolic and sleep health benefits of a workplace intervention  
R01HL107240 (\$1,285,021)  
PI; co-chair, Steering Committee  
Few longitudinal experiments have evaluated the effects of work-family interventions on employee health outcomes. The Work, Family and Health Study is a randomized, controlled trial of an innovative workplace intervention to improve employee health. This Ancillary Study added objective health outcomes in mid-level managers, a focus of the intervention, to evaluate the effects of this workplace intervention on managers' cardiometabolic and sleep health, and represents a unique opportunity to study the multi-level factors influencing health in the workplace.

- 2015-2016 “Complex interactions of behavior, genes, and environment in the multi-system characterization of the effects of sleep loss on health, cardio-metabolic disease risk, cognition, and the epigenome” (\$78,000)  
Penn State University, Clinical and Translational Science Institute (CTSI)  
Role: Co-Investigator (Chang, PI)
- 2014-2017 “Female growth and development study 30-year follow up”  
Social Science Research Institute, Penn State, Pilot (\$13,492)  
Role: Co-Investigator (Noll, PI)  
The lack of prospective longitudinal study has severely limited knowledge about specific mechanisms by which sexual abuse impinges on development over the life course. Studies of victims rarely span multiple developmental stages making it difficult to discern optimal intervention windows and developmental discordances that can impact adulthood competencies. This study will focus on timepoints 7-8 which extend into the participants 30s and 40s and test the relative impact of early maldevelopment on adult functioning.
- 2015-2017 “Establishing the Feasibility of a Parent-Based Intervention for 2-Year College Students” (\$5,000)  
Penn State University, Social Sciences Research Institute (SSRI); M. Cleveland, PI  
The primary objective of this project is to collect pilot data that will guide the implementation of an established parent-based intervention (PBI) to reduce high-risk drinking among 2-year college students. These data will examine novel mediating processes, such as sleep deprivation due to heightened work and family obligations that may influence two-year college students’ high-risk alcohol and other substance use. In addition, we will examine how neurocognitive factors, such as executive cognitive functioning and reward sensitivity, may account for links between sleep deprivation and substance use in this vulnerable and understudied population.  
Role: co-Investigator
- 2016-2017 “The use of wrist-worn devices and auditory stimulation for evaluating sleep”  
National Science Foundation (#1622766) to Mobile Sleep Technologies, Gartenberg, PI)  
\$135,000 subcontract to Penn State, site of data collection  
The goal of this study is to validate a new algorithm for detecting sleep stages using actigraphy, heart rate, and acoustic stimulation compared against polysomnography.  
Role: Subcontract Principal Investigator
- 2016-2018 "Effects of Sleep and Stress on Energy Balance and Parent Feeding Practices in Postpartum Mothers" (\$4,712)  
Childhood Obesity Prevention Training Program (COPT) Pennsylvania State University, Seed grant (Jennifer Savage-Williams, PI)  
Role: Co-Investigator
- 2013-2019 “Biopsychosocial determinants of sleep and wellbeing for teens in Fragile Families”  
NIH/NICHD R01 HD073352, Lauren Hale, PI (\$747,214 total subcontract to Penn State)  
This study investigates the biopsychosocial and genetic determinants of adolescent sleep, and the extent to which differential sleep patterns and behaviors during childhood contribute to differences in obesity and cardiometabolic risk using the Fragile Families Study (FFS). The FFS is a national birth cohort study of health and development of children, with data collected at birth and ages 1, 3, 5, and 9, and, with recent NIH funding to locate and interview youths and mothers when the adolescents are age 15 (n~3,600). As

an ancillary study to the parent FFS age 15 survey, this study collected adolescent physical activity and sleep and social/contextual predictors of these behaviors.

Role: Subcontract Principal Investigator / co-investigator

2013-2019 “Sleep, Aging, and Circadian Sleep Disorders”

NIH/NIA P01 AG009975-16 (~\$12 M)

Role: initial Project leader (Project 2); with institution change, Co-Investigator (Projects 1 and 2)

Project 1: “Recurrent circadian disruption & pancreatic  $\beta$ -cell responsiveness in older people”

This Project will contribute to understanding the distinct metabolic risks from circadian disruption, laying the groundwork for research designed to develop therapies targeted to reduce the risk of obesity, metabolic syndrome and diabetes, and enhance the health and quality of life of older Americans whose circadian rhythms are disrupted by age-related changes, irregular schedules, and/or night shift work.

Project 2: “Adverse metabolic impact of sleep loss in older adults: insulin resistance”

This Project will contribute to understanding the mechanisms by which sleep loss impairs metabolism in older adults, contributing to future research to reduce the risk of diabetes, improve existing therapies, and enhance the health and quality of life of older Americans whose sleep is insufficient.

2017-2019 “Non-pharmacological improvement of sleep structure in midlife and older adults”

1R43AG056250 - 01 (Gartenberg)

NIH/NIA SBIR (\$230,000 subcontract to Penn State, site of data collection)

Goal: The overall objective of this research is to develop a non-pharmacological means to address sleep deficiencies and wellbeing in older midlife adults.

Role: Subcontract Principal Investigator

2015-2020 “Everyday Stress Response Targets in the Science of Behavior Change” (\$4,925,527)

NIH/NIA (Almeida, Smyth, mPIs)

The overarching goal of this project is to use an experimental medicine approach to develop an efficient, ecologically valid, within-person approach to measuring and intervening on the deleterious effects of everyday stress on meeting recommended levels of two health behaviors: physical activity and sleep patterns.

Role: Co-Investigator

## Current Funding

2015-2021 “Lifestyle & medication management to lower diabetes risk in severe mental illness”

(\$3,019,1555 subcontract to Penn State)

NIH/NIDDK 1R01DK103663 - 01A1 (Wagner, PI)

Serious mental illness (SMI), including chronic depression and post-traumatic stress disorder, are known risk factors for type 2 diabetes. The overarching goal of this study is to test the relative effects of lifestyle, medication management, and collaborative care interventions on diabetes risk in persons with SMI and significant health disparities.

Role: Subcontract Principal Investigator

- 2016-2021 “Parenting, Child Sleep, and the Transition to Kindergarten”  
NIH/NICHD R01HD087266 (Teti, PI) (\$2,955,753 current cycle)  
This study will use an innovative measurement-burst design to assess child sleep (quality, duration, and lability), parenting, and co-parenting and personal distress as predictors of child sleep characteristics, with assessments obtained before kindergarten begins and three times across the school year. Children’s learning engagement, academic progress, socio-emotional functioning, executive functioning, and literacy skills will be assessed at all time points.  
Role: Co-Investigator
- 2016-2021 “Psychosocial Determinants and Biological Pathway to Healthy Aging (Pathways)” T32  
NIH/NIA AG049676-02 (Almeida, PI)  
The goal of the Pathways T32 Training Program is to train the next generation of scientists to identify psychosocial determinants and biological pathways that underlie healthy and unhealthy aging.  
Role: Mentor
- 2016-2021 1 T32 LM012415-01 (Ritchie, Honavar, Li)  
(\$1,187,568)  
Social Science Research Institute (SSRI), Pennsylvania State University  
“Biomedical Big Data to Knowledge (B2D2K) Predoctoral Training Grant”  
The Biomedical Big Data to Knowledge (B2D2K) Training Program at The Pennsylvania State University will bring together Data Science researchers and educators to create a truly transformative multi-disciplinary predoctoral training environment.  
Role: Senior/Key Personnel; Faculty mentor; Chair, Admissions Committee
- 2016-2021 Pennsylvania State University Hershey Medical Center  
“Penn State Clinical and Translational Science Institute” (\$15,097,144 current cycle)  
1UL1TR002014-01 (Sinoway)  
Advancing clinical and translational science to improve health and defeat disease requires a unique set of expertise and supports—ranging from capacity for effective multidisciplinary team science, to a cohesive infrastructure of research IT and data sharing, novel approaches to training a new and diverse workforce, and strengths in building partnerships with the varied communities we serve. We propose to build on the foundation we have established at Penn State, to further expand our capacity to motivate and support multidisciplinary translational research that reaches across our University and to other institutions, and educates a new generation of the workforce to achieve rigorous, high impact, clinical and translational science.  
I co-lead the writing of the Training (T) component.  
Role: Chair, Steering Committee, Clinical Research Committee
- 2018-2023 “Sleep and Cardiometabolic Health Disparities at the US/Mexico Border: The Nogales Cardiometabolic Health and Sleep (NoCHeS) Study” (\$2,220,746)  
R01MD011600 (Grandner, M)  
The major goals of this project are to determine the role of acculturation in sleep disturbances among Mexican-Americans at the US-Mexico border, and examining the role of sleep in cardiometabolic health disparities.

- Role: Co-Investigator (subcontract PI)
- 2018-2023 “Preventing Obesity through Intervention during Infancy” (\$5,303,805)  
2R01DK88244 -07 (Paul, I)  
This renewal application seeks to follow participants in the Intervention Nurses Start Infants Growing on Healthy Trajectories (INSIGHT) study from age 3 years into middle childhood. INSIGHT is a randomized, controlled trial evaluating a responsive parenting (RP) intervention designed to prevent rapid infant weight gain and childhood obesity among first-born infants.  
Role: Co-investigator
- 2018-2023 “Multilevel Antecedents of Sleep in Latino Youth” (\$328,694)  
NIH/NHLBI 1 K01 HL140283-01A1 (Nguyen-Rodriguez, S)  
Role: Co-investigator, Mentor
- 2019-2023 “Application of ambulatory methods for assessing short- and long-term associations of sleep health with cognitive decline in older adults” (~\$3M total costs; ~\$1.5M Subcontract To Pennsylvania State University)  
NIH/NIA R01AG056538 (Derby & Buxton, mPI)  
This project builds upon the strengths of a well-established Program Project, the Einstein Aging Study (EAS: NIA P01 AG003949). The EAS will provide longitudinal measures of both traditional clinic-based cognitive assessments and novel, ecologically meaningful ambulatory cognitive assessments on 500 individuals age 70+. Annual assessments also include medical history and cardiovascular risk factors. By adding objective measures of sleep (actigraphy, oximetry) to this cohort, we will examine the associations of sleep with cognitive decline and MCI and the role of inflammatory and vascular mechanisms that may underlie these associations.  
Role: mPI
- 2019-2024 “Sleep as a Mechanism through Which Marital Quality Influences Older Adults’ Mental Health” (\$70,158)  
NIH/NIA R03AG064360 (Marini)  
This study examines objective and subjective measures of sleep, relative to loneliness, as mechanisms through which marital quality influences mental health later in life using three waves of longitudinal data spanning ten years from the National Social Life, Health, and Aging Project.  
Role: Co-Investigator
- 2019-2024 “Longitudinal behavioral, sociodemographic, and contextual predictors of young adult sleep health and well-being” (\$1,482,806)  
R01HD073352 (Hale)  
The goal of this competing renewal is to investigate the sociodemographic, contextual, and behavioral predictors of young adult sleep health and how sleep health predicts young adult health and wellbeing.  
Role: co-I (subcontract PI)

- 2020-2022 “A non-pharmacological multi-modal therapy to improve sleep and cognition to reduce mild cognitive impairment risk” (\$1,939,529)  
R44 AG056250 (Gartenberg, PI; Proactive Life, formerly Mobile Sleep Technologies, dba SleepScape)  
NIH/NIA SBIR  
The overall objective is to evaluate non-pharmacological interventions to improve sleep efficiency as well as next day cognitive performance in community-dwelling older adults (65+ years old).  
Role: Subcontract Principal Investigator
- 2020-2021 “Sleep Health Profiles in Middle-aged Workers in Relation to Cardiovascular and Cognitive Health” (\$412,264)  
R56-AG065251 (Lee, PI, University of South Florida)  
NIH/NIA  
The goal of this project is to leverage WFHS and MIDUS dataset to evaluation facets of sleep health associated with cardio metabolic risk and cognition.  
Role: subcontract Subcontract Principal Investigator (\$167,600 to Penn State)

## **Report of Local Teaching and Training**

### **Teaching of Students in Courses**

#### **2003-2013 MCB-186 Course**

- 2003 Sleep and endocrine physiology, Harvard undergraduates (MCB-186), 8 hours preparation  
Harvard University
- 2006 The health impact of sleep loss and sleep disorders, Harvard undergraduates (MCB-186), 4 hours preparation  
Harvard University
- 2007 Adequate Sleep Duration and Quality, A Positive Health Behavior Impacting Chronic Disease Risk, Harvard undergraduates (MCB-186), 3 hours preparation  
Harvard University
- 2008 Circadian Entrainment in Humans, Harvard undergraduates (MCB-186), 3 hours preparation  
Harvard University
- 2011 Impact of chronic circadian disruption and sleep restriction on metabolism (MCB-186), 4 hours preparation  
Harvard University
- 2012 "Impact of chronic circadian disruption and sleep restriction on metabolism" (MCB-186), 4 hours preparation  
Harvard University
- 2013 "Impact of chronic circadian disruption and sleep restriction on metabolism" (MCB-186), 3 hours preparation  
Harvard University

#### **2009-2010 Science B-23, The Human Organism**

- 2009 Section entitled “Sleep, Health and Success” Harvard University, Cambridge MA  
Harvard University undergraduates 10 hours preparation each of 9 sessions



2010	Section entitled "Sleep, Health and Success" Harvard University undergraduates	Harvard University, Cambridge MA ~6 hours preparation each of 9 sessions
<b><u>2011-2013</u></b>	<b><u>SCI-LIVSYS 17, Science of Living Systems</u></b>	<b><i>Formerly designated "Science B-23, The Human Organism"</i></b>
2011	Section entitled "Sleep, Health and Success" Harvard University undergraduates	Harvard University, Cambridge MA ~ 8 hrs preparation each of 9 sessions
2012	Section entitled "Sleep, Health and Success" Harvard University undergraduates	Harvard University, Cambridge MA ~ 8 hrs preparation each of 9 sessions
2013	Section entitled "Sleep, Health and Success" Harvard University undergraduates	Harvard University, Cambridge MA ~ 5 hrs preparation each of 9 sessions
<b><u>2012-2014</u></b>	<b><u>SHDH 221: Psychosocial Theories for Health Behavior</u></b>	
2012	Lecture entitled "Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks" HSPH graduate students	Harvard School of Public Health,  ~ 6 hrs preparation, 1 hour contact time
2013	Lecture entitled "Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks" HSPH graduate students	Harvard School of Public Health  ~ 5 hrs preparation, 1.5 hour contact time
Apr 18 <sup>th</sup> , 2014	Lecture entitled "Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks" HSPH graduate students	Harvard School of Public Health  ~ 5 hrs preparation, 1.5 hour contact time
	<b><u>BBH 502 (Sheila West, Director)</u></b>	
2014-09-03	Lecture entitled "Causes and consequences of sleep deficiency"	Biobehavioral Health Department Pennsylvania State University, 8 hours preparation
	<b><u>Neuroscience 501 (Ping Li, Director)</u></b>	Neuroscience Program
2014-09-09	Lecture entitled "Causes and consequences of sleep deficiency"	Pennsylvania State University, 6 hours preparation
	<b><u>BBH 501 (Laura Klein &amp; Liz Susman, Directors)</u></b>	Biobehavioral Health Department
2014-09-30	Lecture entitled "Causes and consequences of sleep deficiency"	Pennsylvania State University, 6 hours preparation
	<b><u>Biobehavioral Health (BBH) 101 (Orfeu Buxton)</u></b>	Biobehavioral Health Department, Pennsylvania State University
2015	Winter/Spring term, sole instructor	209 undergraduates
2016	Winter/Spring term, sole instructor	260 undergraduates
2020	Winter/Spring term, sole instructor	181 undergraduates
	<b><u>Biobehavioral Health (BBH) 101 (Orfeu Buxton)</u></b>	Biobehavioral Health Department, Pennsylvania State University
2017	Fall term, sole instructor	34 undergraduates
2020	Fall term, sole instructor	26 undergraduates

	<b><u>Physiology of Adaptation to Stress</u></b> <b><u>(PHYSIO 510, Donna Korzick, Director)</u></b>	Physiology Program
2015-02-03	Lecture entitled "Sleep and Cardiometabolic Risk: Biomarkers in the Lab and the Field"	Pennsylvania State University, 8 hours preparation
2017-04-11	Lecture entitled: "Circadian Rhythms & Sleep)	Pennsylvania State University, 4 hours preparation
	<b><u>Biobehavioral Aspects of Stress (BBH 432)</u></b> <b><u>Sheila West &amp; Idan Shalev, Directors)</u></b>	Biobehavioral Health Department
2015-03-16	Lecture entitled "Sleep"	Pennsylvania State University, 8 hours preparation
	<b><u>Systems Neuroscience</u></b> <b><u>(NEURO 521, Kevin Alloway, Director)</u></b>	Neuroscience Program
2015-03-17	Lecture entitled "Disrupted circadian clocks and sleep loss"	Pennsylvania State University, 6 hours preparation
2015-03-19	Lecture entitled "Sleep deprivation and food desire (fMRI)"	Pennsylvania State University, 6 hours preparation
2015-03-24	Lecture entitled "Sleep and the glymphatic system"	Pennsylvania State University, 6 hours preparation
2015-03-26	Lecture entitled "Deep, slow-wave sleep centers in the brain"	Pennsylvania State University, 6 hours preparation
2016-02-09	Lecture entitled "Disrupted circadian clocks and sleep loss"	Pennsylvania State University, 3 hours preparation
2016-02-11	Lecture entitled "Sleep deprivation and food desire (fMRI)"	Pennsylvania State University, 3 hours preparation
2016-02-16	Lecture entitled "Sleep and the glymphatic system"	Pennsylvania State University, 3 hours preparation
2016-02-18	Lecture entitled "Deep, slow-wave sleep centers in the brain"	Pennsylvania State University, 3 hours preparation
2017-03-16	Lecture entitled "Disrupted circadian clocks and sleep loss"	Pennsylvania State University, 2 hours preparation
2017-03-21	Lecture entitled "Sleep deprivation and food desire (fMRI)"	Pennsylvania State University, 2 hours preparation
2017-03-23	Lecture entitled "Sleep and the glymphatic system"	Pennsylvania State University, 2 hours preparation
2017-03-28	Lecture entitled "Deep, slow-wave sleep centers in the brain"	Pennsylvania State University, 2 hours preparation
	<b><u>Functional and Integrative Neuroscience</u></b> <b><u>(BBH 470, Helen Kamens, Director)</u></b>	
2015-03-31	Lecture entitled "Neuroscience of Sleep"	Pennsylvania State University, 6 hours preparation
	<b><u>Health Education</u></b> (Heather Shakley, Teacher)	

2015-04-10	4 lectures/discussions for high school students entitled “Sleep & Health” co-presented with Dr. Anne-Marie Chang	State College Area High School, 5 hours preparation
2015-04-21	<b><u>Immigrant Health Issues</u></b> (BBH 497, Professor Amy Snipes) “Reducing Health Disparities: The Role of Sleep Deficiency and Sleep Disorders”	Pennsylvania State University, 6 hours preparation
2015-10-06	<b><u>Issues in translational medicine</u></b> (NUTR 597, Professor Greg Shearer) “The arc of a translational research program: Causes and Consequences of Sleep Deficiency”	Pennsylvania State University, 6 hours preparation
2016-11-02	<b>Biobehavioral Health (Honors)</b> (BBH 101H, Professor Sonia Cavagelli) “Sleep”	Pennsylvania State University, 3 hours preparation
2017-03-21	<b>Biobehavioral Health 504</b> (Professor Patricia Kock) “Usefulness of conceptual frameworks in interdisciplinary research: Causes and consequences of sleep deficiency”	Pennsylvania State University, 4 hours preparation
2017-04-27	<b><u>Functional and Integrative Neuroscience</u></b> (BBH 470, David Vanderbergh, Director) Lecture entitled “Neuroscience of Sleep”)	Pennsylvania State University, 6 hours preparation
2017	<b><u>Biobehavioral Aspects of Sleep</u></b> (BBH 497.002) Co-taught and co-designed with Dr. Anne-Marie Chang	Pennsylvania State University, twice weekly, Spring term
2019	<b><u>Sleep and Biobehavioral Health</u></b> (BBH 497.006) Undergraduate ‘capstone’ course, sole instructor	Pennsylvania State University, twice weekly, Spring term

**Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)**

2006-2007	With or without normal sleep Fellows and physicians	Brigham and Women’s Hospital 10 hours preparation
2007	Individual Development Plans and Peer Mentorship Postdoc and clinical fellows	Brigham and Women’s Hospital 6 hours preparation

2008	A BWH/Harvard Individual Development Plan for postdoc mentoring / presented to postdoctoral scholars, faculty, and administrators	The Children's Hospital, Boston
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**Laboratory and Other Research Supervisory and Training Responsibilities**

1997	Supervision of undergraduate student	5 hours supervision per week
1999	Supervision of summer medical student research	5 hours supervision per week
2000	Supervision of summer medical student research	5 hours supervision per week
2001	Supervision of summer medical student research	5 hours supervision per week
2003-2004	Supervision of Master's Student	5 hours supervision per week
2005-2007	Supervision of undergraduate student	3 hours supervision per week
2006-2007	Supervision of undergraduate student	3 hours supervision per week
2008-2009	Supervision of undergraduate student	3 hours supervision per week
2009-2010	Supervision of undergraduate student	3 hours supervision per week
2010-2011	Supervision of undergraduate student	3 hours supervision per week
2011-2012	Supervision of undergraduate student	3 hours supervision per week

**Formally Supervised Trainees**

2003-2004	Megan Kunz, MS. MD/ Surgeon, Lahey Clinic, Lexington, MA Supervised master's thesis research to successful completion; student matriculated to Medical School.
2009	Julian Thomas / medical student HMS Co-mentored with Steven Shea; Julian Thomas completed a literature review and participated in some data collection under my supervision, ultimately presenting the results of his summer in the lab and submitting a paper to his HMS program.
2010-2011	Katrine Byrne / undergraduate student with the SBMS program, University of Surrey, UK. Accepted 2012 to Bioentrepreneurship masters program, Karolinska Institute, Sweden. Supervision of this student towards her undergraduate thesis involves regular meetings and direct supervision of a data analysis project and writing that may lead to co-authorship on an original report.
2011-2014	Cassandra Okechukwu, MSN, ScD / Assistant Professor of Society, Human Development and Health, Harvard School of Public Health Co-mentor as postdoctoral scholar on funded diversity supplement to NIA U01 AG5186989, specifically regarding career development and scientifically on role of sleep for population and individual health; co-authored multiple publications
2011-2015	Tori Crain, Graduate degree candidate in Applied Psychology, Portland State University, <i>"The crossover effects of supervisor work-family positive spillover on employee sleep: moderating effects of family supportive supervisor behavior"</i> Thesis committee member; co-authored multiple original reports as lead/senior author; accepted faculty position Colorado State University (2015)
2012	Shakir McLean / medical student at Brown University Medical School Summer minority medical student (NHLBI T-32 training grant-support) supervised on a project examining the validity of cardiometabolic risk biomarkers from dried blood spots

- 2011-2012 Miguel Marino, PhD. Assistant Professor, Department of Family Medicine. Department of Public Health and Preventive Medicine, Division of Biostatistics, Oregon Health and Science University  
Mentored while Yerby postdoctoral fellow, Harvard School of Public Health; co-authored multiple original reports as lead/senior author; assisted with first successful grant (RWJF)
- 2012 Alexa Zahl /Harvard undergraduate student thesis (Global Health and Health Policy 91r)  
Thesis completed 12/2012 entitled “*Insufficient Sleep, Obesity and Diabetes: A Synthesis of Epidemiological and Laboratory Research*”
- 2013-2015 David Hurtado, PhD. / postdoctoral scholar, Dept of Social and Behavioral Sciences, Harvard School of Public Health  
Co-mentored successful application for a prestigious Yerby Fellowship (2013-2015), Harvard School of Public Health; accepted faculty position 2015 Oregon Health Sciences University, Portland OR
- 2013-2015 Angela Bermúdez-Millán, Ph.D., M.P.H. / Research Instructor, Division of Behavioral, Sciences and Community Health, School of Dental Medicine, University of Connecticut Health Center  
Co-mentored; helped develop and submit a NIH/NHLBI Mentored Career Development Award to Promote Faculty Diversity K01 application (*not awarded*) entitled: “*Latina Research Career Development: Food Insecurity and Cardio-Metabolic Risk*”.  
Current position: Research Associate, University of Connecticut Health Center.
- 2013-2015 Nina Vujovic, PhD pending but completed; /appointed as postdoc on T-32  
Co-mentored successful application to T-32 as postdoctoral scholar; working on NIA P01 study; assisted with submission of NIA F-32 Project (*funded/completed*) entitled: “*Effects of sleep restriction and circadian disruption in aging*”.
- 2014-2016 Brooke Borlie, undergraduate independent study student, Biobehavioral Health, Pennsylvania State University
- 2014-2019 Mike Strayer, Huck Neuroscience graduate student, Pennsylvania State University  
Dissertation committee chair and Co-mentor (with Charles Geier, HDFs, Penn State); awarded prestigious University Graduate Fellowship, Pennsylvania State University. (*defense slate June 2019*)
- 2014-2015 Nancy Sin, PhD, postdoctoral scholar, Department of Biobehavioral Health and Center for Healthy Aging, Pennsylvania State University  
Co-mentored (with David Almeida, HDFs); received F-32 (NIH/NIA) entitled “*The Role of Daily Well-Being in Inflammatory Processes and Diurnal Cortisol Rhythms*”; accepted tenure-track faculty position in summer 2017, University of British Columbia, Vancouver BC.
- 2014-2019 Kelly Ness, Integrated Graduate Degree Program in Physiology, Pennsylvania State University
- 2015-2019 Elizabeth Adams, Candidate for Ph.D. in Nutritional Sciences, The Pennsylvania State University
- 2015-2017 Nicole DePasquale, graduate student, Human Development and family Studies (HDFS), Pennsylvania State University  
Co-mentored (with David Almeida, HDFs, primary mentor); received F-31 (NIH/NIA) entitled “*Family Caregiving Transitions and Sleep Among Double- and Triple-Duty Caregivers*”. Accepted junior faculty position August 2017, Duke University.
- 2015 Sebastian Tapia, undergraduate independent study student, Biobehavioral Health, Pennsylvania State University

- 2015-2018 Soomi Lee, PhD, Research Associate, Biobehavioral Health, Pennsylvania State University  
Primary Mentor as postdoctoral scholar (2015-2017) and Research Associate from 2017-2018. Tenure-track assistant professor (8/2018), University of South Florida.
- 2015- Chandra Jackson, Research Associate, Harvard Catalyst | Clinical and Translational Science Center, Harvard School of Public Health  
Primary mentor, Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE) at SUNY Downstate Medical Center and New York University, School of Medicine.  
Tenure-track role at NIH: Earl Stadtman Investigator at National Institute of Environmental Health Sciences, NIEHS.
- 2015- Selena Nguyen-Rodriguez, PhD, Assistant Professor, University of California Long Beach  
Primary mentor, Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE) at SUNY Downstate Medical Center and New York University, School of Medicine. K01-HL140283: awarded 2018 entitled: *“Multilevel antecedents of sleep duration in Latino youth”*.
- 2015-2017 Margeaux Gray, graduate student, Department of Psychology, West Virginia University  
Dissertation Committee member. *“Effects of Systematic Sleep Fragmentation on Tolerance and Threshold in a Pressure Pain Task: Associations with Sustained Attention.”*  
Recruited to postdoctoral scholar position, now Research Assistant Professor, see below.
- 2015-2017 Danica Slavish, graduate student, Biobehavioral Health, Pennsylvania State University  
Dissertation Committee member. Successfully defended dissertation spring 2017 entitled: *“The role of neuroticism in daily experiences, affect, and nightly sleep quality.”*  
Accepted postdoctoral scholar position in sleep research with Dr. Daniel Taylor, University of North Texas (July 2017).
- 2015-2017 Xiaoyu Li, graduate student, Department of Social and Behavioral Sciences, Harvard Chan School of Public Health  
Dissertation Committee member and co-mentor; dissertation entitled: *“Social and Behavioral Determinants of Sleep”* successfully defended dissertation in Spring 2016.  
Accepted postdoctoral scholar position (July 2017) with Dr. Ichiro Kawachi (Harvard Chan School of Public Health) and Dr. Susan Redline (Brigham and Women’s Hospital and Harvard Medical School).
- 2016- Alyssa Gamaldo, PhD, Associate Professor (2019), Department of Human Development and Family Studies, Pennsylvania State University, University Park PA  
Primary mentor, Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE) at New York University, School of Medicine.  
R01 pending Council (NIA 2021).
- 2017-2020 Margeaux Gray, Postdoctoral Scholar, Biobehavioral Health, Pennsylvania State University  
Primary mentor (from 2/1/17); Project leader on Sound Sleeping (NSF), Deep Sleep (NIA) inpatient studies and EcoSleep (field) study ongoing. Now Assistant research Professor (7/2020), see below
- 2017-2019 Jacinda Li, M.S., Candidate for Ph.D. in Human Development and Family Studies; USDA Childhood Obesity Prevention Training Fellow, The Pennsylvania State University  
Mentoring team member: (F31DK109578) *“Prospective longitudinal study of competing mechanisms and modifiers for obesity trajectories and comorbid metabolic outcomes in normative and high-risk females”*
- 2017-2019 Russell Nye, Ph.D. in Biobehavioral Health, The Pennsylvania State University,

- Dissertation Committee member (*defense slate June 2019*), currently a Clinical Research Program Manager at Children's Hospital of Philadelphia
- 2017-2019 Rebecca Robbins, Ph.D., Postdoctoral Fellow, Department of Public Health and Center for health Behavior Change, New York University (NYU) School of Medicine Mentoring team member on Mentored Research Scientist Development Award (K01) application submitted (February 2017) to the National Heart, Lung, and Blood Institute (NHLBI) entitled: “*Design and usability testing of an intervention to address sleep, health, and safety in transportation workers*”
- 2017-2019 Aria Khademi, Candidate for Ph.D. in Information Sciences and Technology with a minor in Statistics, The Pennsylvania State University.
- 2018-2020 Rodney Jones, B.S., Candidate for Ph.D. in Biobehavioral Health, The Pennsylvania State University.  
Mentor.
- 2018- Emily Hohman, PhD, assistant research professor, in the Center for Childhood Obesity Research and Department of Nutritional Sciences, The Pennsylvania State University. K01 application under review (role: co-mentor)
- 2019- Austin Robinson, PhD, Assistant Professor, School of Kinesiology, Auburn University. K01-HL147998 awarded: “Racial Differences in Serum Sodium and Blood Pressure Regulation”. (role: faculty advisor)
- 2020- Margeaux Gray, Assistant Research Professor, Biobehavioral Health, Pennsylvania State University  
Primary mentor (from 2/1/17); Project leader on Sound Sleeping (NSF), Deep Sleep (NIA) inpatient studies and EcoSleep (field) study; Data4Action team member, ongoing.

### Local Invited Presentations

*No presentations below were sponsored by outside entities*

- May 31, 2003 Impact of chronic sleep loss on health, Undergraduate faculty, 6 hours preparation  
Harvard University
- Oct 27, 2005 Sleep loss and fatigue: risks to doctors, patients, and our waistlines/ Grand Rounds  
Harvard South Shore Psychiatry Residency Training Program, Brockton VA Medical Center
- Mar 22, 2006 Sleep loss and fatigue: risks to doctors, patients, and our waistlines/ Annual Grand Rounds  
Cambridge Hospital, Cambridge Health Alliance and the Joint Committee on the Status of Women at Harvard Medical School and Harvard Dental School
- Dec 4, 2006 The contributions of the National Postdoctoral Association to the careers of postdocs,  
Harvard University  
Harvard undergraduates, graduate students, and faculty, 16 hours preparation
- Jun 2, 2006 Health impact of insufficient sleep and sleep disorders: elevating risk for weight gain, obesity, cardiovascular disease, and mortality. Undergraduate faculty, 15 hours preparation  
Brigham and Women’s Hospital
- Mar 29, 2007 The health impact of sleep loss and insomnia/ Grand Rounds  
Department of Psychiatry, McLean Hospital

May 25, 2007 Maximizing Career Development through Individual Development Plans (IDPs) and Peer Mentorship / seminar  
Brigham and Women's Hospital, Center for Faculty Development and Diversity

Feb 8, 2007 Maximizing Career Development through Individual Development Plans (IDPs) and Peer Mentorship / seminar  
The Children's Hospital Boston, Office of Fellowship Training

Aug 22, 2008 Health impact of insufficient sleep and sleep disorders: elevating risk for weight gain, obesity, diabetes, cardiovascular disease, and mortality. Harvard masters and undergraduate students, 3 hours preparation  
Harvard Extension School; Boston MA

Mar 8, 2010 How and why we sleep, When and If it's up to us  
Harvard Medical School Office for Work and Family, Boston MA

Apr 9, 2010 Maximizing Career Development through Individual Development Plans (IDPs) and Peer Mentorship / seminar  
Brigham and Women's Hospital, Center for Faculty Development and Diversity; Boston MA

Jan 3, 2011 Causes and cardiometabolic consequences of sleep deficiency  
Brigham and Women's Hospital, Annual Workshop of the Center for Clinical Investigation; Boston MA

Mar 9, 2011 Why Sleep Matters: Sleep, Work, Family, and Health  
Talks@12 series seminar, Harvard Medical School, Boston MA

Aug 30, 2011 Effects of sleep restriction and circadian disruption on glucose metabolism /seminar  
Biomedical Research Institute at Brigham and Women's Hospital: "Obesity and Impact of systems regulating energy balance"

Nov 10, 2011 Causes and cardiometabolic consequences of sleep deficiency / seminar  
Harvard School of Public Health, Department of Society, Health and Human Development / RWJ scholars program

Jan 9, 2012 Causes and cardiometabolic consequences of sleep deficiency / Sleep Grand Rounds  
Harvard Medical School, Division of Sleep Medicine

Feb 29, 2012 Adverse metabolic consequences of sleep restriction and circadian disruption in humans / invited presentation  
Cardiovascular, Diabetes and Metabolic Disorders (CVDM) Research Center, Biomedical Research Institute (BRI), Brigham and Women's Hospital, Boston MA

May 11, 2012 "On Being a Postdoc: A Co-founder's Perspective on the First Decade of the National Postdoctoral Association"  
Harvard School of Public Health, HSPH Postdoctoral Council, Boston MA / invited lecture

May 14 2012 "Environmental and Biological Mechanisms Impacting Sleep and Health" / invited lecture as a part of the program entitled "Sleep Health Disparities: Opportunities to Improve the Health of the Community"  
Harvard Catalyst Health Disparities Research Program, Harvard School of Public Health, Boston MA

May 17, 2012 "Causes and Consequences of Sleep Deficiency and Circadian Disruption: Clinical and Workforce Impacts"  
Children's Hospital Boston, Pediatric Emergency Medicine Department, Boston, MA

May 24, 2012 "On Being a Postdoc: A Co-founder's Perspective on the First Decade of the National Postdoctoral Association"



- Massachusetts General Hospital, MGH Office for Research Career Development, Boston MA / invited lecture
- Nov 14, 2012 “Causes and Consequences of Sleep Deficiency”  
Epidemiology Seminar Series, Department of Epidemiology, Harvard School of Public Health, Boston MA
- Jan 14, 2013 “Causes and Adverse Consequences of Sleep Deficiency and Circadian Disruption: Clinical and Workforce Impacts”  
Preceptors Introductory Sleep Course, T-32 Program, Brigham and Women’s Hospital, Boston MA
- Jun 20, 2013 “Causes and Consequences of Sleep Deficiency”  
Massachusetts General Hospital Social Services Department, Boston MA / invited Grand Rounds lecture
- Sep 20, 2013 “Causes and Consequences of Sleep Deficiency”  
Social Work in-service, Brigham and Women's and Dana-Farber Cancer Institute, Boston MA
- Oct 18, 2013 “Causes and Consequences of Sleep Deficiency”  
MGH Department of Radiation Oncology at Emerson Hospital, Concord MA/ invited Grand Rounds lecture
- Jan 2, 2014 “Causes and consequences of sleep deficiency” / invited lecture  
Brigham and Women’s Hospital, Annual Workshop of the Center for Clinical Investigation; Boston MA
- May 9<sup>th</sup>, 2014 Brigham and Women’s Hospital, Center for Faculty Development & Diversity; Boston MA.  
Panel Discussion: “Dual Career Couples: How Do They Do It?”/ invited panelist
- Sept 29, 2014 Department of Nutrition, Pennsylvania State University, University Park, PA  
“Causes and consequences of sleep deficiency” / Invited Colloquium lecture
- Nov 8, 2014 Integrated Graduate Degree Program in Physiology, The Pennsylvania State University, University Park, PA  
“Causes and physiologic consequences of sleep deficiency” / Invited lecture
- Dec 5, 2014 Noll Physiology Seminar, Pennsylvania State University, University Park, PA  
“Causes and physiologic consequences of sleep deficiency” / Invited lecture
- Dec 8, 2014 College of Nursing Center for Nursing Research Seminar, Pennsylvania State University, University Park, PA  
“Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks” /invited lecture
- Oct. 19, 2016 Invited presentation before the undergraduates in the U.R.I.S.E program, Dr. Vivek Kumar director; Pennsylvania State University, University Park, PA  
“Sleep Health” / invited lecture
- Feb 22, 2019 Invited presentation before member of the independent living community Foxdale Village, State College PA  
“Sleep Health” / invited lecture
- Aug 29, 2019 Invited presentation before member of the independent living community Foxdale Village, State College PA  
“Sleep Health and the EcoSleep study” / invited lecture
- Sep 17, 2019 Invited seminar before the faculty and student of the Penn State Institute for CyberScience; Pennsylvania State University, University Park, PA  
Cyberscience Seminars ICS.PSU.EDU/seminar entitled “Interdisciplinary & Multimethod Approaches to Investigating Sleep Health & Digital Biomarkers” / invited lecture

Jan 23,  
2020      Invited presentation before member of the independent living community Villages at  
Penn State, State College PA  
“Sleep Health” / invited lecture

Aug 4, 2020      Invited (virtual) presentation before members of the. Osher Lifelong Learning Institute  
(OLLI-York), State College PA  
“Sleep Health” / invited lecture

## **Report of Regional, National and International Invited Teaching and Presentations**

### **Invited Presentations and Courses**

*No presentations below were sponsored by outside entities*

#### **Regional**

- Nov 14, 1997      Circadian Rhythms/ Invited Speaker  
Chicago Chapter of the Neuroscience Society annual meeting, Chicago, Illinois
- Apr 29, 1999      The interactions of circadian rhythms and sleep, and the implications for teenagers/  
Lecture  
Lake Forest High School, Lake Forest, Illinois
- Sept 28, 2000      Consequences of a sleep debt for human health/ Seminar  
Department of Biology, Andrews University, Berrien Springs, Michigan
- Aug 22, 2001      The effects of sleep loss on metabolism and endocrine function/ Invited Speaker  
University of Rhode Island, East Greenwich, Rhode Island
- Sept 13, 2001      Sleepless in Chicago: Consequences of sleep loss for health/ Invited seminar speaker  
Post-Doctoral Association of the Biological Sciences Division, University of Chicago
- Oct 21, 2001      Neuroendocrine and metabolic effects of exercise at different times of day/ Seminar  
Department of Medicine, University of Chicago, Chicago, Illinois
- Feb 9, 2004      Sleep Loss and Mechanisms of Impaired Glucose Metabolism/ Invited seminar speaker  
Beth-Israel Deaconess Medical Center, Boston, MA
- May 18, 2004      Sleep Loss and Mechanisms of Impaired Glucose Metabolism/ Invited seminar speaker  
Brigham and Women's Hospital, Boston, MA
- Mar 31, 2005      Sleep and sleep disorders: Implications for obesity and diabetes/ Grand Rounds  
Norwalk Hospital, Norwalk, CT
- Apr 12, 2006      Sleep loss and fatigue: sufficient sleep as marker of good health, sleep loss as symptom of  
work-family imbalance/ Seminar  
University of Massachusetts, Boston, Massachusetts
- Mar 13, 2007      The health impact of sleep loss and sleep disorders/ Invited lecture  
University of Massachusetts, Boston, Massachusetts
- Sept 25, 2007      The health impact of sleep loss and insomnia/ Invited lecture  
Cape Cod Physicians Association Annual Meeting, Mashpee, Massachusetts
- Aug 20, 2008      The Role Sleep and Acoustics Play in Creating Safe and Healing Environments of Care/  
Invited Joint Lecture  
The Seventh Annual Quality Colloquium, An Executive Education Course on Patient  
Safety, Healthcare Quality Enhancement and Medical Errors Reduction for Healthcare  
Executives, Clinicians and Patient Care Staff, Harvard University

- Mar 21, 2009 Sleep, Diet, and Metabolism. Invited oral presentation, North East Sleep Society  
Newton, MA
- Oct 20, 2011 Neurobiology and Physiology of Circadian Rhythms and Sleep / lecture  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Oct 20, 2011 Causes and consequences of sleep deficiency and circadian disruption / lecture  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Dec 8, 2011 Sleep and diabetes / lecture  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Dec 8, 2011 Insomnia, sleep, and pain / lecture  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Oct 18, 2012 The Causes of Sleep Deficiency: Physiologic and Social Mechanisms  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]  
The Health Consequences of Sleep Deficiency for Cardiometabolic Risk and Other Outcomes / lecture
- March 8, 2013 Family demography and gender working group, Sociology Department, Harvard University, Cambridge MA  
The Work, Family, and Health Study
- Oct 17, 2013 Neurobiology and Physiology of Circadian Rhythms and Sleep / lecture  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Oct 17, 2013 Causes of Sleep Deficiency: Physiologic and Social Mechanisms  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Oct 24, 2014 Causes and Consequences of Sleep Deficiency I: Controlled Laboratory Studies and physiologic mechanisms  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Oct 24, 2014 Causes and Consequences of Sleep Deficiency II: Controlled Laboratory Studies and physiologic mechanisms  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- May 1, 2015 Causes and Consequences of Sleep Deficiency III: Workplace, home and social factors in free-range humans  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- May 1, 2015 Reducing Health Disparities:  
Modifiable Factors predicting Sleep Deficiency

Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]

**National**

- Sept 24, 2001 The effects of sleep loss on endocrine function: Implications for diabetes, obesity, and aging/ Invited speaker and discussant  
National Sleep Foundation workshop, Washington D.C.
- May 16, 2002 Entrainment in Humans/ Invited speaker and discussant  
Society for Research on Biological Rhythms, Amelia Island, FL
- May 16, 2002 Interplay between, exercise, sleep, and the clock/ Invited speaker and discussant  
Society for Research on Biological Rhythms 8th biannual meeting, Amelia Island Plantation, Florida
- Mar 30, 2003 Sleep Loss and the Aging of Endocrine Systems/ Invited speaker  
National Academy of Sciences, Washington D.C. (National Sleep Foundation; National Institute on Aging)
- Apr 25, 2003 Chronic sleep loss leading to obesity, diabetes/ Invited speaker  
Wayne State, Detroit, Michigan (NIOSH, OOIDA)
- Feb 7, 2003 Consequences of a sleep debt for performance and health/ Invited speaker  
American Academy of Sleep Medicine's Advanced Sleep Medicine Course, San Antonio, Texas
- Aug 11, 2003 Sleep and Endocrine Physiology/ Invited Speaker  
American Academy of Sleep Medicine's National Sleep Medicine Course, Oak Brook, Illinois
- May 26, 2004 Sleep, Endocrinology, and Metabolism/ Featured speaker
- Nov 3, 2005 Mini-Symposium of the American Thoracic Society, Orlando, FL  
Sleep loss and fatigue: risks to doctors, patients, and our waistlines, OR, sufficient sleep as a marker of good health, sleep loss as a symptom of work-family imbalance/ Invited speaker  
Hollywood, Maryland (NIH)
- Dec 18, 2006 Insomnia/ Invited speaker, Joint Family Medicine and Ambulatory Care Grand Rounds, Coney Island Hospital, Brooklyn, New York
- Nov 11, 2006 The health impact of sleep loss and sleep disorders/ Invited speaker, University of California and Berkeley, San Francisco, CA
- Nov 5, 2007 The Health Impact of Sleep: Sufficient Restorative Sleep as a Positive Health Behavior/ Lecture, Department of Sociology, University of San Diego
- June 9, 2008 Sleep Adequacy Associated With More Healthful Food Choices and Positive Workplace Experience In Motor Freight Workers/ Poster presentation  
Baltimore, MD
- June 9, 2008 Intervening to Improve Sleep, Health & Society/ Symposium Speaker  
Baltimore, MD
- June 12, 2008 Sleep Restriction for One Week Reduces Insulin Sensitivity Measured Using The Euglycemic Hyperinsulinemic Clamp Technique/ oral presentation of selected abstract

- Baltimore, MD
- Apr 13, 2009 Work-Family Conflict, Sleep, and Health: Results from the Work, Family, and Health Network/ Invited oral presentation  
Scientific Conference on Sleepiness and Health-Related Quality of Life, Natcher Conference Center, NIH campus, Bethesda, MD
- May 5, 2009 Meet the Professor Seminar: Health effects of sleep restriction and insufficient sleep/ Invited oral presentation  
SLEEP 2009, Seattle, WA
- June 5, 2009 Managers' Practices Related to Work-Family Balance Predict Employee Cardiovascular Risk and Sleep Duration in Extended Care Settings / poster presentation  
SLEEP 2009, Seattle, WA
- June 8, 2010 Primary insomnia and glucose metabolism: Changes in actigraphically-derived Wake After Sleep Onset (WASO) related to changes in glucose metabolism / oral presentation of selected abstract  
SLEEP 2010, San Antonio TX
- June 6, 2010 Metabolic Consequences of Chronic Sleep Restriction Combined with Circadian Misalignment / oral presentation of selected abstract  
SLEEP 2010, San Antonio TX
- Oct 20, 2010 Causes and Cardiometabolic Consequences of Sleep Deficiency / Seminar  
University of Pennsylvania Center for Sleep and Respiratory Neurobiology, Philadelphia PA
- Mar 30, 2011 Causes and Cardiometabolic Consequences of Sleep Deficiency / Sleep Grand Rounds and Visiting Professorships for Departments of Psychiatry and Neuroscience  
University of Pittsburgh; Pittsburgh PA
- May 23, 2011 Causes and Consequences of Sleep Deficiency / Seminar  
Department of Psychology, Portland State University; Portland OR
- June 13, 2011 "Chronic Sleep Restriction Combined with Circadian Misalignment Leads to Inadequate Insulin Secretion Response to Meals in Young and Older Healthy Adults" / oral presentation in the session entitled "Circadian Rhythms and Circadian Misalignment."  
SLEEP 2011, Minneapolis MN
- June 15, 2011 "Challenges in Identifying Biomarkers for Sleepiness" / discussant  
SLEEP 2011, Minneapolis MN
- June 14, 2011 "Relationship of Sleep Deficiency to Perceived Pain and Physical Disability in Hospital Patient Care Workers." oral presentation  
SLEEP 2011, Minneapolis MN
- June 14, 2011 "Actigraphy as a Tool for Measuring Sleep: Pros, Cons, and Secrets of the Trade" / co-chair and speaker.  
SLEEP 2011, Minneapolis MN
- June 16, 2011 "Causes and Consequences of Sleep Deficiency" / Seminar  
jointly sponsored by the Minnesota Population Center and the Social Epidemiology Workgroup, University of Minnesota, Minneapolis, MN
- Sept 18, 2011 "Worklife and effects on sleep health" / invited workshop presentation

- National Heart Lung and Blood Institute Workshop entitled “Reducing Health Disparities: The Role of Sleep Deficiency and Sleep Disorders”, National Institutes of Health, Bethesda MD
- Mar 15, 2012 “The NPA Founders Present Their Perspectives After the First Decade” / invited plenary session
- Apr 17, 2012 National Postdoctoral Association 10<sup>th</sup> Annual Meeting, San Francisco, CA  
“Causes and Consequences of Sleep Deficiency: Clinical and Workforce Impacts”
- June 6, 2012 Oregon Healthy WorkForce Center, Oregon Health & Science University, Portland, OR  
Causes and Consequences of Sleep Deficiency: Workforce Impacts / invited lecture  
The National Work & Family Roundtable, Boston College Center for Work & Family, Boston College, Boston, MA
- June 10, 2012 “Disrupted Circadian rhythms, sleep loss and metabolic disease: How will research findings influence clinical practice?” / invited presentation  
2012 Sleep Research Society William C. Dement Trainee Symposia Series, Boston, MA, Sunday June 10, 2012, 11:10 a.m. – 12:00 p.m.
- June 10, 2012 "Adverse metabolic consequences of sleep restriction and circadian disruption in humans" / invited symposium presentation
- June 11, 2012 SLEEP 2012. Session O01: “Sleep Loss and Weight Gain”  
“Home and Workplaces Factors as Sources of Sleep Disruption that Affect Health Disparities” / invited symposium presentation  
Sleep 2012, Boston, MA session D02: “Sleep and Health Disparities: Follow-Up from the 2011 NHLBI Workshop”.
- June 11, 2012 Energy Balance Considerations During Chronic Sleep Restriction and Circadian Misalignment. / oral presentation  
Sleep 2012, Boston, MA session S04 entitled “Adverse metabolic consequences of sleep and circadian disturbances”, Monday, June 11, 2012, from 3:00pm to 5:00pm.
- Aug 6, 2012 “Social and Environmental Determinants of Sleep Deficiency”  
Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE) at SUNY Downstate Medical Center and New York University, School of Medicine
- Oct 25, 2012 Center for Family Resilience, Department of Human Development & Family Science, Oklahoma State University, Tulsa OK  
“Causes and Consequences of Sleep Deficiency”
- Dec 6 2012 Center for Research on Occupational & Environmental Toxicology, Oregon Health Sciences University, Portland OR  
“Causes and Consequences of Sleep Deficiency”
- Feb 28 2013 Department of Biobehavioral Health, Pennsylvania State University, State College PA  
“Causes and Consequences of Sleep Deficiency”
- March 13 2013 Workshop on Positive Psychobiology, sponsored by the Princeton Center for Research on Experience and Well-Being (funded by the National Institute on Aging), Miami, FL  
"Sleep as a source of resilience and restoration"
- June 2, 2013 SLEEP 2013. Session O02: “Developmental and Aging Effects and Interactions with Sleep”  
“Does Sleep Restriction and Circadian Disruption Cause Sympathetic Activation?”
- June 14, 2013 Center for Research on Occupational and Environmental Toxicology, Oregon Healthy WorkForce Center, Oregon Health and Science University; symposium “Sleep and Shiftwork: Impact on Health, Safety, and Productivity”

- Aug 5<sup>th</sup>, 2013 “Sleep and the workplace”  
Social and Environmental determinants of Insufficient sleep  
Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE) at SUNY Downstate Medical Center and New York University, School of Medicine
- May 8, 2014 Harvard Medical School CME course entitled “Sleep! – A CME Course for Physicians”. Boston MA. [http://www.hms-cme.net/3424633/3424633\\_4emlandingindex.html](http://www.hms-cme.net/3424633/3424633_4emlandingindex.html)
- May 21, 2014 “Consequences of Sleep Loss – Endocrine and Metabolic Function” / invited lecture  
Presentation before the Board of Directors of the National Business Group on Health ([www.businessgrouphealth.org](http://www.businessgrouphealth.org)), Washington DC
- May 19, 2014 “Integrated Workplace Interventions to Improve Sleep and Health” / invited lecture  
The American Society for Microbiology, 114<sup>th</sup> general meeting, session entitled “Achieving Your Scientific and Career Goals: How an Individual Development Plan Can Help YOU!” Boston, MA  
“Faculty and institutional perspectives on Individual Development Plans and their implementation” / invited lecture
- Sept 22, 2014 Department of Biostatistics, Bloomberg School of Public Health, Johns Hopkins University, Baltimore MD  
“Causes and Consequences of Sleep Deficiency” / invited lecture
- May 1, 2015 Harvard Medical School CME course entitled “Sleep! – A CME Course for Physicians”. Boston MA. <http://www.hms-cme.net/3524633/>  
“Consequences of Sleep Loss – Endocrine and Metabolic Function” / invited lecture
- July 29<sup>th</sup>, 2015 PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, New York University Langone School of Medicine  
“Social and Environmental Determinants of Sleep Health”
- Dec 7, 2015 NIOSH Education and Research Center; Environmental and Occupational Medicine and Epidemiology Program, Harvard Chan School of Public Health, Boston MA  
“The Impact of Work and Workplace Interventions on Sleep Health”/ Invited lecture
- 2016 PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, New York University Langone School of Medicine  
“Social and Environmental Determinants of Sleep Health”
- Oct 25, 2016 24<sup>th</sup> Annual National Symposium on Family Issues - Sleep across the Life Course: Family Influences & Impacts. Pennsylvania State University (Oct 24-25<sup>th</sup>)  
Also served on Program Committee (with Susan McHale and Valerie Kind)  
Workshop: “Sleep Study Methodologies”, “Incorporating sleep into interdisciplinary research on families” / invited workshop
- Aug 02, 2017 PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, New York University Langone School of Medicine  
“Social and Environmental Determinants of Sleep Health”
- Jul 31, 2019 PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, New York University Langone School of Medicine  
“Social and Environmental Determinants of Sleep Health”
- Jul 31, 2019 Congruent Mentorship to Reach Academic Diversity (COMRADE) program in Behavioral Medicine and Sleep Disorders Research, New York University Langone School of Medicine  
“How to Create a Winning Grant Title” (workshop via Zoom)



## International

- Oct 9, 1999 “The impact of non-photic stimuli on human circadian rhythms: exercise and dark/sleep” at the symposium "New insights into the entrainment of the human circadian pacemaker/Invited speaker  
World Federation of Sleep Research Societies meeting, Dresden, Germany
- June 15, 2012 2012 Work and Family Researchers Network (WFRN) Conference, New York City  
The Work, Family, and Health Study: Baseline Findings on the Relationship between Work, Family and Biomarkers of Sleep and Health / invited presentation
- June 15, 2012 “Equipment/Devices in Work and Family Research” / invited presentation  
2012 Work and Family Researchers Network (WFRN) Conference, New York City
- Oct 9, 2012 International Conference on Diabetes and Depression, sponsored by NIDDK, Hearndon VA  
“Sleep Deficiency, Circadian Rhythm Disruptions, and Metabolism—Basic Science Mechanisms”  
American Heart Association /invited lecture  
Los Angeles, CA  
"Disrupted sleep, circadian rhythms, and metabolic risk"
- June 16, 2013 Endocrine Society annual meeting, San Francisco CA /invited symposium speaker in session entitled “Obesity and Dysregulated Sleep”  
“Energy balance and dysregulated sleep”
- June 23, 2013 American Diabetes Association annual meeting, Chicago IL //invited symposium speaker in session entitled “Sleep—A Novel Behavioral Target in Diabetes?”  
“Metabolic Effects of Sleep Interventions”
- Jan 28, 2014 Executive and Continuing Professional Education course entitled “Work, Health, and Well-Being: Integrating Wellness and Occupational Health and Safety in the Workplace”, Harvard School of Public Health, Boston MA  
“Integrated Workplace Interventions to Improve Sleep and Health” / invited lecture
- June 19, 2014 Work and Family Researchers Network (WFRN), 2<sup>nd</sup> bi-annual meeting, “Changing Work and Family Relationships in a Global Economy”  
<https://workfamily.sas.upenn.edu/sites/workfamily.sas.upenn.edu/files/Conference%20Program%202014.pdf>  
Symposium entitled “Work, Family, and Health” (organizer: Orfeu Buxton)  
“Effects of a Randomized Workplace Intervention on Actigraphically –Measured Sleep and Cardiometabolic Risk: Results from the Work, Family, and Health Study” / invited lecture
- June 20, 2014 Work and Family Researchers Network (WFRN), 2<sup>nd</sup> bi-annual meeting, “Changing Work and Family Relationships in a Global Economy”  
<https://workfamily.sas.upenn.edu/sites/workfamily.sas.upenn.edu/files/Conference%20Program%202014.pdf>  
“Professional Development/Mentoring Workshop.” / organizer/presenter
- June 21, 2014 Work and Family Researchers Network (WFRN), 2<sup>nd</sup> bi-annual meeting, “Changing Work and Family Relationships in a Global Economy”

<https://workfamily.sas.upenn.edu/sites/workfamily.sas.upenn.edu/files/Conference%20Program%202014.pdf>

- “Sleep: What Work and Family Researchers Should Know” / invited workshop presentation
- Oct 20, 2014 International Food & Nutrition Conference & Expo (FNCE) 2014, Atlanta GA
- Jan 28, 2015 “Causes and Consequences of Sleep Deficiency” / invited symposium lecture  
Executive and Continuing Professional Education course entitled “Work, Health, and Well-Being: Integrating Wellness and Occupational Health and Safety in the Workplace”, Harvard School of Public Health, Boston MA
- May 19, 2015 “Integrated Workplace Interventions to Improve Sleep and Health” / invited lecture  
The Environmental Determinants of Diabetes in the Young (TEDDY) Study Investigators’ Meeting, Bethesda, MD
- June 10<sup>th</sup>, 2015 “The Potential Role of Stress and Sleep in Type 1 Diabetes” / invited lecture  
Association of Professional Sleep Societies annual meeting, Seattle WA
- Oct 15, 2015 Causes and Consequences of Sleep Deficiency I: Controlled Laboratory Studies and physiologic mechanisms  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Oct 15, 2015 Causes and Consequences of Sleep Deficiency II: Controlled Laboratory Studies and physiologic mechanisms / invited presentation  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Feb 3, 2016 Executive and Continuing Professional Education course entitled “Work, Health, and Well-Being: Integrating Wellness and Occupational Health and Safety in the Workplace”, Harvard Chan School of Public Health, Boston MA
- April 29, 2016 “Integrated Workplace Interventions to Improve Sleep and Health” / invited lecture  
Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency / invited presentation  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- April 29, 2016 Sleep and the Workplace / invited presentation  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Jun 12, 2016 Translational sleep science: integrated workplace interventions / invited presentation  
Sleep Research Society Trainee Day, SLEEP 2016, Denver, Colorado
- Jun 25, 2016 Work-Family Conflict and Employee Sleep: Evidence from IT workers in the Work, Family & Health Study  
Work-Family Research Network, 3<sup>rd</sup> biennial meeting, Washington DC
- Oct 13, 2016 Causes and Consequences of Sleep Deficiency I: Sleep homeostasis and circadian physiology / invited teaching presentation  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Oct 13, 2016 Causes and Consequences of Sleep Deficiency II: Cardiometabolic outcomes / invited teaching presentation

- Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Nov 14, 2016 Importance and Extent of the Relationship Between Sleep and Heart Disease / invited lecture within session “JS.1203 - Sleep and Cardiometabolic Disease”  
American Heart Association, New Orleans LA
- Dec 1, 2016 “Environmental, Social and Workplace determinants of sleep” / invited lecture  
“Awakening to the significance of sleep and health disparities: A Global Evolutionary Perspective” co-sponsored by the Triangle Center for Evolutionary Medicine, Center on Biobehavioral Health Disparities Research, Duke Institute for Brain Sciences, and Duke Global Health Institute. Duke University, Durham NC
- Feb 8, 2017 “The Impact of Work and Workplace Interventions on Sleep Health” /invited lecture  
Executive and Continuing Professional Education course entitled “Work, Health, and Well-Being: Integrating Wellness and Occupational Health and Safety in the Workplace”, Harvard Chan School of Public Health, Boston MA
- Apr 05, 2017 Causes and Consequences of Sleep Deficiency III  
Reducing Health Disparities: Modifiable Factors Predicting Sleep Deficiency / invited teaching presentation  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Apr 24, 2017 “Cardiometabolic Impact of Sleep Restriction and Circadian Disruption” / invited symposium lecture  
Symposium entitled “Sleep, Circadian Clocks And Metabolism” (Sponsored by: Endocrinology and Metabolism Section), Experimental Biology (EB) International meeting, Chicago, IL
- Apr 28, 2017 “The Impact of Work and Workplace Interventions on Sleep Health” /invited lecture  
Executive and Continuing Professional Education course entitled “Work, Health, and Well-Being: Integrating Wellness and Occupational Health and Safety in the Workplace”, Harvard Chan School of Public Health, Boston MA; webinar with the SESI group, Brazil.
- Oct 23, 2017 Causes and Consequences of Sleep Deficiency I: Sleep homeostasis and circadian physiology, Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Oct 23, 2017 Causes and Consequences of Sleep Deficiency II: Cardiometabolic outcomes  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Mar 09, 2018 The Importance of Sleep Health for Children and Adolescents / invited symposium lecture for the Sleep Symposium 2018, Boston University  
<http://www.sleepsymposium2018.com>
- Apr 04, 2018 Reducing Health Disparities:  
Modifiable Factors predicting Sleep Deficiency  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Apr 18, 2018 The Impact of Work and Workplace Interventions on Sleep Health /invited lecture  
Executive and Continuing Professional Education course entitled “Work, Health, and Well-Being: Integrating Wellness and Occupational Health and Safety in the Workplace”, Harvard Chan School of Public Health, Boston MA

- Jun 21, 2018 Integrating Sleep in a Biopsychosocial Framework and Life Course Context in Health Disparities Research /invited lecture  
NIH (NHLBI/NIMHD) workshop entitled “The Role of Sleep in Health Disparities: Causes and Health Consequences”, Bethesda MD
- Oct 19, 2018 I. Physiology of Sleep Homeostasis and Circadian Rhythms, Sleep Deficiency and Optimal Sleep Health  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Oct 24, 2018 The Impact of Sleep on Health, Well-being, and Productivity  
Center for Work and Family, Boston College, Boston MA
- Jan 11, 2019 II. Health Consequences of Sleep Deficiency  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Mar 23, 2019 The Importance of Sleep Health for Children and Adolescents / invited symposium lecture for the Sleep Symposium 2019, Boston University  
<http://www.sleepsymposium2019.com>
- Apr 12, 2019 III. Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency  
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Jun 20, 2019 The Importance of Sleep Health for Children and Adolescents / invited symposium lecture Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Sep 19, 2019 The Impact of Work and Workplace Interventions on Sleep Health /invited webinar lecture, Executive and Continuing Professional Education (CPE) course entitled “Ergonomics and Human Factors: Strategic Solutions for Workplace Safety and Health”, Harvard Chan School of Public Health, Boston MA
- Jun 10, 2019 “Facets of Sleep Health at Different Life Course Stages Predicting Cardiometabolic Risk”, invited lecture for Symposium entitled “Multi-dimensional Sleep Health”, SLEEP annual meeting, San Antonio TX.
- Jun 12, 2019 “Sleep Duration and Efficiency Predict Individual Teens’ Next-Day Reports of Mood”, invited talk for Symposium entitled “Psychological and Social Factors Associated with Sleep Health across Adulthood”, SLEEP annual meeting, San Antonio TX.
- Sep 11, 2019 “Facets of Sleep Health at Different Life Course Stages Predicting Cardiometabolic Risk”, invited lecture for Symposium entitled “A New Paradigm for Sleep-Health Relationships and Behavioral Interventions”, inaugural meeting of the Society for Behavioral Sleep Medicine (SBSM 2019), Birmingham AL.
- Oct 11, 2019 I. Physiology of Sleep Homeostasis and Circadian Rhythms, Sleep Deficiency and Optimal Sleep Health, Dental Sleep Medicine Mini-Residency Program (Group 1, Module 1), Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Nov 22, 2019 I. Physiology of Sleep Homeostasis and Circadian Rhythms, Sleep Deficiency and Optimal Sleep Health, Dental Sleep Medicine Mini-Residency Program (Group 2, Module 1), Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Jan 18, 2020 II. Health Consequences of Sleep Deficiency  
Dental Sleep Medicine Mini-Residency Program (Group 1, Module 2), Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]

- Feb 8, 2020 II. Health Consequences of Sleep Deficiency  
Dental Sleep Medicine Mini-Residency Program (Group 2, Module 2), Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Apr 4, 2020 III. Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency  
Dental Sleep Medicine Mini-Residency Program (Group 1, Module 3), Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Apr 17, 2020 III. Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency  
Dental Sleep Medicine Mini-Residency Program (Group 2, Module 3), Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Aug 7, 2020 “How to Write an Article with Less Pain – Don’t Get Stuck in Your Writing”, invited (virtual) panel presentation in Sleep 2020 “Trainee Day” Symposium.
- Aug 27, 2020 “Social Determinants of Sleep Disparities”, invited lecture in symposium entitled “Sleep Disparities”, Sleep 2020 Virtual Meeting August 27-30.
- Oct 10, 2020 I.1 “Physiology of Sleep Homeostasis and Circadian Rhythms”, invited (virtual) lecture, Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Nov 4, 2020 “Actigraphic Measures of Sleep Quality Associated with Ambulatory Cognitive Performance in Older Adults”, invited (virtual) presentation for Symposium “Session: (5530) Contributors to and Consequences of Poor Sleep in Older Adults: Biopsychosocial Perspectives”, at the 2020 Gerontological Society of America.
- Nov 14, 2020 I.2 “Sleep Deficiency and Optimal Sleep Health”, invited (virtual) lecture, Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)]
- Nov 18, 2020 “Sleep Health”, invited (virtual) lecture for alumni, College of Health and Human Development “Faculty Research Spotlight” program, Pennsylvania State University.
- Jan 9, 2021 “The Importance of Sleep Health for Children and Adolescents” invited (virtual) lecture, Pediatric Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA [Continuing Dental Education (CDE)].

## Report of Education of Patients and Service to the Community

### Educational Material for Patients and the Lay Community

*No presentations below were sponsored by outside entities*

Apr 7, 2006	“Sufficient sleep as a marker of good health, sleep loss as symptom of work-family imbalance”	Seminar for Harvard Union of Clerical and Technical Workers
Jan 12, 2009	“Sleep & Health: With or without normal sleep”	Seminar for Lesley University Student Health Center professional staff
2010	Orfeu M. Buxton and Anne-Marie Chang, “Sleep, Health and Success: How and why we sleep, When and If it’s up to us”	Middle School Unit of the Fayerweather Street School, Cambridge MA
Mar 15, 2010	“Work-Family and Work-Life Matters”	Senior Management Quarterly meeting, Genesis Health Care, Andover MA
Jan. 18, 2012	Sleep and Health / lecture	Carleton-Willard Village retirement community, Bedford, MA
Mar 1, 2012	Orfeu M. Buxton and Anne-Marie Chang, “Sleep, Health and Success: How and why we sleep, When and If it’s up to us”	Middle School Unit of the Fayerweather Street School, Cambridge MA
August 9th, 2012	<b>Orfeu M. Buxton</b> , Glorian Sorensen. NIOSH Science Blog Safer Healthier Workers: <i>Sleep, Pain, and Hospital Workers</i> .	<a href="http://blogs.cdc.gov/niosh-science-blog/2012/08/sleep-pain/">http://blogs.cdc.gov/niosh-science-blog/2012/08/sleep-pain/</a> a Top 12 NIOSH Science Blogs of 2012 <a href="http://blogs.cdc.gov/niosh-science-blog/2013/01/top12">http://blogs.cdc.gov/niosh-science-blog/2013/01/top12</a>
	“Advice for Boomers Concerned About Sleep Deficiency” <a href="http://www.nytimes.com/2013/09/19/booming/taking-questions-on-causes-and-effects-of-sleep-deficiency.html">http://www.nytimes.com/2013/09/19/booming/taking-questions-on-causes-and-effects-of-sleep-deficiency.html</a>	<i>New York Times</i> , Booming blog “Ask an Expert”.
Sep 19, 2013		
Sep 25, 2013	Part 1: <a href="http://www.nytimes.com/2013/09/25/booming/advice-about-sleep-deficiency-in-midlife-part-1.html">http://www.nytimes.com/2013/09/25/booming/advice-about-sleep-deficiency-in-midlife-part-1.html</a>	
Oct 02, 2013	Part 2: <a href="http://www.nytimes.com/2013/10/02/booming/advice-about-sleep-deficiency-in-midlife-part-2">http://www.nytimes.com/2013/10/02/booming/advice-about-sleep-deficiency-in-midlife-part-2</a> .	
Oct 09, 2013	Part 3: <a href="http://www.nytimes.com/2013/10/09/booming/advice-about-sleep-deficiency-in-midlife-part-3.html">http://www.nytimes.com/2013/10/09/booming/advice-about-sleep-deficiency-in-midlife-part-3.html</a>	
Dec, 2013	Orfeu M. Buxton and Anne-Marie Chang, “Sleep, Health and Success: How and why we sleep, When and If it’s up to us”	Middle School Unit of the Fayerweather Street School, Cambridge MA
Mar 22, 2014	Orfeu M. Buxton and Anne-Marie Chang, “Strategies for good sleep”	Parent and student community of the Fayerweather Street School, Cambridge MA
Nov 19, 2014	Orfeu M. Buxton, Henrik Jacobsen, NIOSH Science Blog Safer Healthier Workers: <i>Work-family Conflict, Sleep, and the Heart</i>	<a href="http://blogs.cdc.gov/niosh-science-blog/2014/11/19/work_sleep_heart/">http://blogs.cdc.gov/niosh-science-blog/2014/11/19/work_sleep_heart/</a>

2019      Joint Commission on School Start Times  
(per PA SR-417) recommendations to PA  
legislators, report entitled: “Sleep  
Deprivation in Adolescents: The Case for  
Delaying Secondary School Start Times.”      [http://jsg.legis.state.pa.us/resources/docu-  
ments/ftp/publications/2019-10-17  
SSSTweb.PDF](http://jsg.legis.state.pa.us/resources/documents/ftp/publications/2019-10-17SSSTweb.PDF)

**Educational material or curricula developed for non-professional students**

2004      FIMS position statement on air    report  
travel and performance in sports      O'Connor PJ, SD Youngstedt,  
OM Buxton, and MD Breus.  
FIMS position statement on  
air travel and performance in  
sports. Fédération  
Internationale de Médecine du  
Sport (FIMS) Position  
Statement #16, 2004, pp-1-12.

# Report of Scholarship

## Publications

### Peer reviewed publications in print or other media

#### Research Investigations

1. **Orfeu M. Buxton**, Samuel A. Frank, Mireille L'Hermite-Balériaux, Rachel Leproult, Fred W. Turek, and Eve Van Cauter. Roles of intensity and duration of nocturnal exercise in causing phase delays of human circadian rhythms. *Amer J Physiol* 1997; 273(36): E536-42. PMID: 9316443; PMCID: In progress.
2. Rachel Leproult, Georges Copinschi, **Orfeu Buxton**, and Eve Van Cauter. Sleep loss results in an elevation of cortisol levels the next evening. *Sleep* 1997; 20(10): 865-70. PMID: 9415946; PMCID: In progress.
3. André J. Scheen, **Orfeu M. Buxton**, Maria Jison, Olivier Van Reeth, Rachel Leproult, Mireille L'Hermite-Balériaux, Eve Van Cauter. Effects of exercise on neuroendocrine secretion and glucose regulation at different times of day. *Amer J Physiol* 1998; 274(37): E1040-9. PMID: 9611154. PMCID: In progress.
4. Erik Naylor, **Orfeu M. Buxton**, Bernard M. Bergmann, Amy Easton, Phyllis C. Zee, Fred W. Turek. Effects of aging on sleep in the golden hamster. *Sleep* 1998; 21(7): 687-93. PMID: 11286344. PMCID: In progress.
5. **Orfeu M. Buxton**, Mireille L'Hermite-Balériaux, Fred W. Turek, and Eve Van Cauter. Daytime naps in darkness phase shift the human circadian rhythms of melatonin and thyrotropin secretion. *Amer J Physiol* 2000; 278(2): R373-82. PMID: 10666138. PMCID: In progress.
6. Veronica S. Valentinuzzi, **Orfeu M. Buxton**, Anne-Marie Chang, Kathryn Scarbrough, Elenice A. M. Ferrari, Joseph S. Takahashi, Fred W. Turek. Locomotor response to an openfield during C57BL/6J active and inactive phases: differences dependent on conditions of illumination. *Physiol Behav* 2000; 69(3): 269-75. PMID: 10869592. PMCID: In progress.
7. Teresa H. Horton, **Orfeu M. Buxton**, Susan Losee-Olson, Fred W. Turek. Twenty-four-hour profiles of serum leptin in Siberian and golden hamsters: Photoperiodic and diurnal variations. *Horm Behav* 2000; 37(4): 388-98. PMID: 10860682. PMCID: In progress.
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33. Buxton, O. M., Adams, E., Bai, L., & Teti, D. M. (*in press*). The Family's Role in Sleep Health. In *National Sleep Foundation (Ed.), Foundations of Sleep Health* (pp. X-X). San Diego: Academic Press.

34. Buxton OM, Shea SA. Bidirectional relationships between sleep and work. *Sleep Health*. 2020 Jun;6(3):259-261. doi: 10.1016/j.sleh.2020.04.012. Epub 2020 May 12. PMID: 32482575; PMCID: PMC7214285.

### **Professional educational materials or reports, in print or other media**

1. Orfeu M. Buxton and Stephen Gasior. Surveying Postdocs: A tale from the trenches. *Science NextWave*. January 2002.
2. Orfeu M. Buxton and Stephen Gasior. You've got the data! Now advocate for change! *Science NextWave*. April 2002.
3. "Slide Sets to Accompany the SRS Basics of Sleep Guide." Charles J. Amlaner, Orfeu M. Buxton, editors. Sleep Research Society Educational Programs Committee. 2007.



4. “Single Slide Sets to Accompany the SRS Basics of Sleep Guide (version 1.1).” Charles J. Amlaner, Orfeu M. Buxton, editors. Sleep Research Society Educational Programs Committee. 2008.
5. 2002. Chair, ad hoc SRBR Trainee Committee. Developed an educational program for trainees at a joint Society for Research on Biological on Biological Rhythms and Society for Sleep Research Meeting.
6. 2002. Co-wrote a trainee workshop proposal that was funded by the Sleep Research Society (\$24,700). 73 trainees, 12 faculty participants, and 2 speakers attended an event including a presentation on “Early career development” (speaker: Izja Lederhendler, National Institute of Mental Health) a guided mock grant-writing and review session (moderator: Dale Edgar), and informal networking and socializing opportunities.
7. 2002- Educational outreach and career development program for postdoctoral scientists. I and 6 other postdoctoral association leaders from across the US, beginning in May of 2002, formed an Exploratory Committee that submitted a successful proposal to the A.P. Sloan Foundation to seek planning funds to found the National Postdoctoral Association, a professional society for postdoctoral scientists. By October of 2002, we became a Steering Committee, formed alliances with federal, institutional, and professional societies, and submitted a successful proposal to the A.P. Sloan Foundation for start-up funds (\$450,000 for the first 18 months) that enabled us to found the National Postdoctoral Association <http://www.nationalpostdoc.org>. Educational outreach and postdoctoral scientist advocacy activities are ongoing. I chaired the Publications committee and served as a member of the Executive Board. I was honored to present a co-founder’s plenary lecture at the 10<sup>th</sup> annual meeting.
8. 2005-2008 Educational materials development for sleep education and teaching materials for graduate and undergraduate faculty. I served as a Member and am the current Vice Chair of the Educational Programs Committee of the Sleep Research Society (SRS). Our primary mission for 2006-2007 was a completed project to develop a semester’s course worth of slides and accompanying notes to facilitate the teaching of a Basics of Sleep course by non-expert faculty. I am one of two senior co-x’s on the project. Formal launch of the product occurred at the Sleep 2007 meeting, and total sales have been revenue-generating for the SRS Foundation supporting sleep medicine research and other worthy SRS goals. These slide sets have also been re-packaged for sale as single slides sets for individual sale so as to broaden the audience for these educational products. Finally, we launched a new ‘webinar’ series of web-based, live lectures that is revenue-generating for the SRS and allows top experts in Sleep Medicine to reach a new and wider audience of physicians and research professionals.

## Thesis

Buxton, O.M. The Impact of Non-photoc Stimuli on Human Circadian Rhythms: Exercise, Darkness, Sleep, and Triazolam [dissertation]. Evanston (IL): Northwestern University; 2000.

## Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings

1. **Orfeu M. Buxton**, Milena Pavlova, Wei Wang, Frank L. Scheer, Elizabeth B. Klerman, Shawn P. O’Connor, James H. Porter, Deirdre T. McLaren, Daniel G. Cooper, Jeffrey M. Ellenbogen. Examining the Effects of Daytime Eszopiclone Administration on Daytime Sleep and Nighttime Wakefulness: A



- Randomized, Double-Blind, Placebo-Controlled, Crossover Trial in Shift Workers. SLEEP 2013; 36:Suppl. A184.
2. **Orfeu M. Buxton**, Kun Hu, Mohammad V. Hussain, Wei Wang, Sean W. Cain, Deirdre T McLaren, Dan Guo, James Porter, Shawn P. O'Connor, Jeanne F. Duffy, Charles A. Czeisler, Steven A. Shea. Sleep restriction with circadian disruption increases sympathovagal balance in healthy elderly humans. SLEEP 2013; 36:Suppl. A19.
  3. Crain, T. L., Hammer, L. B., Lee, S., Johnson, R. C., Bodner, T., Almeida, D., Stawski, R. S., & Buxton, O. M. (2015, April). Assessing directionality among resource loss and sleep. Paper presented at the 30th annual meeting of the Society for Industrial and Organizational Psychology, Philadelphia, PA.
  4. Zitting K, Vujovic N, Medina JE, Rader AG, Harris MP, Wong A, Williams JS, **Buxton OM**, Czeisler CA, Duffy JF. Resting Energy Expenditure Varies with Circadian Phase in Non-obese Older Adults. SLEEP 2017; 40:Suppl. A25.
  5. Ness KM, Ramos AJ, Chang A, Shearer GC, **Buxton OM**. Role of Sleep Restriction in Adipocyte Insulin Sensitivity During an Intravenous Glucose Tolerance Test in Healthy Adult Men. SLEEP 2017; 40:Suppl. A27.
  6. Stock AA, Lee S, Nahmod NG, **Buxton OM**, Chang A. Sleep and Cardiometabolic Health: Should College Students Be Concerned? SLEEP 2017; 40:Suppl. A295.
  7. Okuagu A, Granados K, Alfonso-Miller P, **Buxton O**, Patel S, Ruiz J, Parthasarathy S, Haynes P, Molina P, Seixas A, Williams N, Jean-Louis G, Gehrels J, Grandner MA. Born in the USA or Born in Mexico? Implications for Sleep Duration, Sleep Quality, Sleep Disorders Symptoms at the US-Mexico Border. SLEEP 2017; 40:Suppl. A309.
  8. Granados K, Okuagu A, **Buxton O**, Patel S, Ruiz J, Parthasarathy S, Haynes P, Alfonso-Miller P, Molina P, Seixas A, Williams N, Jean-Louis G, Gehrels J, Grandner MA. Acculturation Associated with Sleep Duration, Insomnia, and Sleep Quality at the US-Mexico Border. SLEEP 2017; 40:Suppl. A310.
  9. Nahmod NG, Lee S, **Buxton OM**, Hale L. School Start Times After 8:30 AM Predict Thirty Minutes Longer Sleep Duration in Teens From a National Urban Cohort. SLEEP 2017; 40:Suppl. A338.
  10. Strayer SM, Lee S, Hale L, Berger LM, **Buxton OM**. Shorter Sleep Duration, Inconsistent Bedtimes, Snoring, and Trouble Falling Asleep Predict Increased High-Risk Behaviors Among a National Sample of At-Risk Adolescents. SLEEP 2017; 40:Suppl. A358.
  11. Lee S, Hale L, Berger LM, **Buxton OM**. Longitudinal Indirect Effects of Mothers' Work Schedule Flexibility on Children's Sleep: The Mediating Roles of Bedtime Adherence. SLEEP 2017; 40:Suppl. A368.
  12. Brossoit, R. M., Crain, T. L., Hammer, L. B., Lee, S., Perry, M. L., Bodner, T. E., & Buxton, O. M. (2018, February). Linking work and home life: How work demands and resources relate to employees' sleep and romantic relationships. Poster presented at the meeting of the annual SERC Research Day, Tampa, FL.
  13. Swanson CM, Shea SA, Markwardt S, Buxton OM, Stone KL, Dam TTL, Lane N, Redline S, Cauley JA, Bauer DC, Orwoll ES. 2018. Bone Biomarkers Do Not Differ in Older Men With and Without Severe Nocturnal Hypoxemia. J Bone Miner Res 33 (Suppl 1). (Poster Presented at ASBMR 2018 National Meeting in Montreal, Quebec).
  14. Lee S, Hale L, Chang A, Nahmod NG, Master L, Berger LM, Buxton OM (2018). Longitudinal Associations of Childhood Bedtime Routines with Adolescent Sleep Duration. SLEEP Abstract Supplement 2018, Volume 41(A96). Paper and Poster presented at the Sleep 2018 – The 32nd Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS). Baltimore, MD, USA.
  15. Li, XS, Buxton OM, Lee S, Chang AM, Berger LM, Hale L. (2018). Insomnia Symptoms and Sleep Duration Mediate the Association Between Adolescent Screen Time and Depressive Symptoms. SLEEP Abstract Supplement 2018, Volume 41(A298). Poster presented at the Sleep 2018 – The 32nd Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS). Baltimore, MD, USA.
  16. Master L, Lee S, Nahmod NG, Hale L, Buxton OM (2018). Greater Actigraphic Sedentary Time Predicts Shorter Actigraphic Nightly Sleep Duration Among Adolescents. SLEEP Abstract Supplement 2018, Volume 41(A315). Poster presented at the Sleep 2018 – The 32nd Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS). Baltimore, MD, USA.

17. Lee, S., Martire, L. M., Damaske, S. A., Mogle, J. A., Zhaoyang, R., Almeida, D. M., & Buxton, O. M. (2018). Covariation in couples' nightly sleep and gender differences. Symposium presentation at the Sleep 2018 – The 32nd Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS). Baltimore, MD, USA.
18. Robbins R, Underwood PE, Jackson C, Chen M, Kuriakose S, Jean-Louis G, Buxton O. A systematic review of worksite interventions and their impact on employee sleep. SLEEP Abstract Supplement 2018, Volume 4(A219). Poster presented at the Sleep 2018 – The 32nd Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS). Baltimore, MD, USA.
19. Lee, S., Mogle, J. A., Jackson, C., & Buxton, O. M. (2018, June). Perceived inequality at work impairs older workers sleep over time: Through negative spillover. Paper presented at the 4th Work and Family Researchers Network (WFRN) Conference. Washington D.C., USA.
20. Lee, S., Buxton, O. M., Andel, R., & Almeida, D. M. (2018, November). Poor sleep health mediates the association between older men's arthritis and systemic inflammation. Paper presented at the 2018 Annual Scientific Meeting of The Gerontological Society of America (GSA). Boston, MA, USA.
21. Lee, S., Buxton, O. M., Andel, R., & Almeida, D. M. (2018, November). Bidirectional associations of sleep with cognitive interference in employees' work days. Poster presented at the 2018 Annual Scientific Meeting of The Gerontological Society of America (GSA). Boston, MA, USA.
22. Kaitlin Fronberg, Corey Whitesell, Brian Crosby, Orfeu Buxton, Douglas Teti. Household Chaos as a Mechanism Linking Socioeconomic Risk and Poor Child Sleep. Poster presentation for 2019 SRCD Biennial Meeting, March 21-23, 2019 in Baltimore, Maryland, USA.
23. Elizabeth Adams, Lindsay Master, Orfeu M. Buxton, Jennifer Savage. "Time for bed! Earlier sleep onset is associated with longer night sleep duration during infancy" accepted as a Paper Presentation in "Paper Session 49: Sleep and Child & Adolescent Health" at the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, April 1- April 4, 2020, San Francisco, CA.
24. Nguyen-Rodriguez ST, Buxton OM. Psychological correlates of morningness/eveningness in Latinx pre-adolescents. Submitted for Poster presentation, 34th annual SLEEP meeting of the Associated Professional Sleep Societies. June 13-17, 2020, Philadelphia, PA.
25. Nahmod, N.G., Master, L.M, McClintock, H.F., Hale, L., & Buxton, O.M. (2020 May). "Neighborhood Disadvantage Is Associated with Lower Quality Sleep And More Variability In Weeknight Sleep Duration Among Urban Adolescents," SLEEP 2020, Associated Professional Sleep Societies, Philadelphia, PA, peer-reviewed/refereed. International.
26. Reichenberger, D. A., Strayer, S. M., Mathew, G. M., Buxton, O. M., & Chang, A. (2020, May). "Heart Rate and Systolic Blood Pressure Increase During Experimental Sleep Restriction," SLEEP 2020, Associated Professional Sleep Societies, Philadelphia, PA.
27. Woods, A.D., Morgan, P.L., Jiao, J.L., Buxton, O.M. (Submitted December 2019). "Educational Disparities in U.S. Elementary School Children are Related to Sleep Duration and Bedtimes," SLEEP 2020, Associated Professional Sleep Societies, Philadelphia, PA.
28. Zitting, K., Yuan, R. K., Vujovic, N., Klerman, E. B., Quan, S. F., Scheer, F. A., Wang, W., Buxton, O. M., Williams, J. S., Duffy, J. F., Czeisler, C. A. (Submitted December 2019). "Recurrent Circadian Disruption While Minimizing Sleep Loss in Humans Impairs Glucose Tolerance Only In The Presence Of High-fat Diet," SLEEP 2020, Associated Professional Sleep Societies, Philadelphia, PA.
29. Yuan, R. K., Zitting, K., Vujovic, N., Wang, W., Buxton, O., Williams, J. S., Czeisler, C. A., Duffy, J. F. (Submitted December 2019). "One Week of Recovery Sleep Is Insufficient To Restore Sustained Attention Performance Following Three Weeks of Chronic Sleep Restriction," SLEEP 2020, Associated Professional Sleep Societies, Philadelphia, PA.
30. Buxton, O. M., Zhaoyang, R., Jiao, J. L., Sliwinski, M. J., Derby, C. A. (Submitted December 2019). "Impact Of Actigraphic Sleep Measures On Ambulatory Cognitive Performance In A Community-Based Sample Of Older Adults," SLEEP 2020, Associated Professional Sleep Societies, Philadelphia, PA.
31. Mathew G. M., Strayer S. M., Ness K., Buxton O. M., Chang A-M. (2020, June). "Vulnerability to Sleep Restriction is Associated with Decreased Working Memory Performance." Oral presentation (virtual) to SLEEP 2020 (the meeting of the Associated Professional Sleep Sciences), Philadelphia, PA.

32. Mathew G. M., Strayer S. M., Ness K., Scott D. S., Buxton, O. M., Chang A-M. (2020, June). "Less Self-Reported Alertness and Motivation During Sleep Restriction are Associated with Decreased Attentional Performance," SLEEP 2020, Associated Professional Sleep Societies, Philadelphia, PA.
33. Chen, T. Y., Lee, S., Gray, M., Saito, Y., Chan A., & Buxton, O. M. (2020, February). Longitudinal Relationship between Sleep Health and Pain Symptoms among Community-dwelling Older Adults. Presentation at the international conference of Aging Issues in Asia hosted by the Institute of Aging at Hallym University.
34. Derby, C.A., Wang, C., Katz, M.J., Lipton, R.B. and Buxton, O.M. (2020), Cumulative effects of sleep quality on risk for incident mild cognitive impairment (MCI): Results from the Einstein Aging Study (EAS) cohort. *Alzheimer's Dement.*, 16: e044861. <https://doi.org/10.1002/alz.044861>

(recent abstracts)

## Narrative Report (limit to 500 words)

My current research primarily focuses on 1) the causes of chronic sleep deficiency in the workplace, home, and society, and 2) the health consequences of chronic sleep deficiency, especially cardiometabolic outcomes, and the physiologic and social mechanisms by which these outcomes arise. My primary research involves sleep laboratory studies as well as field-based studies including interventions. I taught a sleep section in a HU undergraduate course for 5 years, and was twice awarded a Harvard Certificate of Distinction in Teaching

My research has spanned rodent and human studies. Graduate work with Dr. Fred W. Turek at Northwestern University on studies of circadian physiology, endocrine function, and the effects of age on mammalian sleep. My training included a human sleep research rotation with Dr. Phyllis Zee. Through a collaboration with Dr. Eve Van Cauter at the University of Chicago, my primary graduate work involved experiments to characterize the effects of exercise, sleep, light-dark cycles, and a hypnotic on the human circadian system using neuroendocrine markers.

To study the health consequences of sleep loss while at the Brigham and Women's Hospital and Harvard Medical School, I completed and ongoing interdisciplinary human studies involve sleep deficiency by a variety of means, including investigator-initiated trials of behavioral sleep restriction, normal aging, and insomnia, and exogenous factors such as acoustic sleep disruption and work-related sleep disruption. For example, I completed a study (as PI) demonstrating that a modest degree of sleep restriction (5 hrs/night for 1 week) impairs neurobehavioral performance, increases cortisol levels, and reduces insulin sensitivity, increasing diabetes risk (*Diabetes* 2010). I completed studies of the sleep-disruptive effects of typical hospital noise on cortical arousals and heart rate during nighttime sleep, informing new construction guidelines recently implemented for US healthcare facilities (*Annals of Internal Medicine* 2012). With Dr. Charles Czeisler (overall Program Project PI), I led a NIA-funded project examining 'metabolic aging'. We observed that exposure to sleep restriction and circadian disruption, in young and older subjects, increases post-prandial blood glucose levels due to insufficient pancreatic insulin release, thereby increasing diabetes risk (*Science Translational Medicine* 2012).

I co-chair of the Steering Committee on the NIH-funded "Work, Family, and Health Network". We study the relationship between work stress and the health of workers, their children, and other dependents. Our major NIH-funded, longitudinal intervention study tested workplace-based methods to reduce work stress and improve the health of workers and their families, including sleep and cardiometabolic outcomes.

Now at Penn State full-time since 2014, and promoted to Professor of Biobehavioral Health in 2018, I currently have multiple extramurally-funded projects as part of my Sleep, Health, and Society Collaboratory. I also lead a Biomarker and Actigraphy Data Coordinating Center spanning multiple projects. In a long-term study of the Fragile Families cohort, we examine biopsychosocial and genetic determinants of adolescent sleep, and the extent to which differential sleep patterns, physical activity, and other behaviors and contextual factors during childhood contribute to differences in obesity and cardiometabolic risk in teens. A renewal has recently been funded to continue to follow this cohort as they enter the transition to adulthood. Building upon strengths of the Einstein Aging Study (NIA P01), I also serve as mPI on a sleep substudy (R01) collecting longitudinal measures of both traditional clinic-based cognitive assessments and novel, ecologically meaningful ambulatory cognitive assessments on 500 individuals age 70+ to examine associations of sleep using objective, ambulatory measures of sleep with cognitive decline and mild cognitive impairment. To intervene upon modifiable aspects of sleep, we have recently been funded by NIA to conduct a clinical trial of cognitive behavioral therapy for insomnia in older adults. I also actively mentor and support the research of numerous junior faculty on their pathway to independence. Lastly, I was recently selected to be Editor in Chief for *Sleep Health*, and named the Elizabeth Fenton Susman Professor of Biobehavioral Health.

