

ORFEU MARCELLO BUXTON

Elizabeth Fenton Susman Professor of Biobehavioral Health, Penn State

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Education & Training

1991	B.S. , Behavioral Neuroscience	U. Pittsburgh, Pittsburgh, PA
2000	Ph.D. , Neuroscience (with Eve Van Cauter, Fred Turek)	Northwestern, Evanston, IL
2000-2003	Postdoc , Section of Endocrinology, Department of Medicine	U. Chicago, Chicago, IL

Faculty Academic Appointments

2018-present	Professor	Biobehavioral Health (BBH)	Penn State
2018-2019	Adjunct Professor	Social & Behavioral Sciences	Harvard School Public Health
2014-2020	Lecturer	Medicine	Harvard Medical School
2014-2018	Adjunct Associate Professor	Social & Behavioral Sciences	Harvard School Public Health
2013-2018	Associate Professor	Biobehavioral Health (BBH)	Penn State
2013-2014	Assistant Professor	Social & Behavioral Sciences	Harvard School Public Health
2011-2014	Assistant Professor	Medicine	Harvard Medical School
2003-2011	Instructor	Medicine	Harvard Medical School

Affiliations & Appointments

2022-present	Associate Director	Clinical and Translational Science Institute (CTSI)	Penn State
2022-present	Faculty Council	Institute for Computational & Data Sciences	Penn State
2019-present	Associate	Institute for Computational & Data Sciences	Penn State
2018-present	Member, Advisory Committee	Chief Information Security Office	Penn State
2016-2021	Affiliated Fac.; Admiss. Chair	Faculty mentor Big Data (BD2K) TG	Penn State
2016-present	Affiliated Faculty	Center for Healthy Aging	Penn State
2015-present	Member, "Kitchen Cabinet"	Huck Institutes for Life Sciences	Penn State
2014-present	Associate	Population Research Institute	Penn State
2014-present	Affiliated Faculty	Integrated and Biomedical Physiology TG	Penn State
2014-present	Affiliated Faculty	Child Study Center	Penn State
2013-present	Affiliated Faculty	Graduate Program, Neuroscience	Penn State
2013-present	Co-funded Affiliated Faculty	Social Science Research Institute	Penn State
2011-present	Affiliated faculty; member	Harvard Ctr. for Population & Devel. Studies	Harvard Chan School Public Health
2003-2020	Associate Neuroscientist	Div. of Sleep & Circadian Disorders, Depts. of Medicine & Neurology	Brigham and Women's Hospital, Boston, MA

Honors and Prizes

2020-present	Elizabeth Fenton Susman Professorship	Biobehavioral Health, Penn State
2010, 2011	Certificate of Distinction in Teaching	Harvard University
2001	Pickwick Postdoc (2-yr competitive award)	National Sleep Foundation
2001	NRSA (F32)	NHLBI/NIH (declined for overlap)
1999	First Prize, Poster	U. Chicago Neuroscience Day
1993	Graduate Fellowship	Northwestern University Institute for Neuroscience
1990	National Honor Award (academic merit)	Golden Key
1986-1990	Chancellor's Scholar (4-year merit award)	University of Pittsburgh

Funded Projects

Current Funding

2024-2026	Interoception and Obesogenic Eating Behaviors in Children NIH/NCI R21CA294578 (PI: Hohman) Goal: To better understand how individual differences in multiple features of interoception contribute to objectively-measured non-homeostatic eating in children. Role: Co-investigator
2022-2027	Einstein Aging Study NIH/NIA P01-AG003949-38 (mPI: Derby, Lipton, Buxton) (5y total costs: ~ \$32M) Goal: To elucidate pathways linking behavioral, social/emotional and metabolic health, as well as environmental factors to cognitive decline prior to onset of ADRD, across four thematically connected projects, to measure exposures in relation to the primary cognitive outcomes: cognitive performance, cognitive decline, mild cognitive impairment, and blood-based AD biomarkers. Role: mPI; co-lead Proj 1; co-lead Administrative Core; co-lead, Tech and Data Management Core
2022-2025	Dynamic relationships between sleep and obesogenic eating behaviors in children KL2 TR002015 (PI: Emily Hohman)

The goal of this mentored career development award is to determine whether within-individual variability in sleep duration and quality relates to dysregulated eating behaviors among rural preadolescent children, as well as to support Dr. Hohman's training in collection and analysis of objective assessments of sleep, physical activity, and eating behavior.
Role: Mentor

- 2021-2026 **Psychosocial and Neighborhood Mechanisms and Consequences of Black-White Sleep Disparities on Cognition**
NIH/NIA UF1-AG072619 (PI: Gamaldo; \$2,338,822)
Role: Co-Investigator (Penn State site PI)
- 2021-2024 **Investigating Sleep-Related Disparities in U.S. Children's Learning Difficulties**
NIH/NICHD R03-HD104796A (mPI: Morgan, Buxton, Woods; \$158,050)
Role: reporting MPI
- 2019-2025 **Longitudinal behavioral, sociodemographic, and contextual predictors of young adult sleep health and well-being**
NIH/NICHD R01-HD073352 (PI: Hale) (\$1,482,806)
Goal: 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 (formerly, subcontract PI)
- 2018-2024 **Sleep and Cardiometabolic Health Disparities at the US/Mexico Border: The Nogales Cardiometabolic Health and Sleep (NoChES) Study**
NIH/NIMHD R01-MD011600 (PI: Grandner; \$2,220,746)
Goals: 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)
- 2016-2026 **Penn State Clinical and Translational Science Institute (CTSI)**
Penn State Hershey Medical Center
NIH/NCATS UL1-TR002014 (PI: Kraschnewski)
CTSI works to expand our capacity to motivate and support multidisciplinary translational research and educate a new generation of researchers to achieve rigorous, high impact, clinical and translational science. I co-authored the Training component in a prior iteration and co-lead Hub Research Capacity core in recent and current iteration
Role: Associate Director
- 2016-2026 **Psychosocial Determinants and Biological Pathway to Healthy Aging (Pathways)**
NIH/NIA T32-AG049676 (PI: Martire)
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; Executive Cmte. member

Completed Funding

- 2019-2024 **Application of ambulatory methods for assessing short- and long-term associations of sleep health with cognitive decline in older adults**
NIH/NIA R01-AG056538 (mPI: Derby/Buxton; ~\$3M total costs)
This project builds upon the strengths of the Einstein Aging Study (EAS: NIA P01 AG003949), which provides longitudinal measures of clinic-based cognitive assessments and ambulatory cognitive assessments on 500 individuals age 70+. Annual assessments include medical history and cardiovascular risk factors. By adding objective measures of sleep (actigraphy, oximetry), we examine the associations of sleep with cognitive decline and mild cognitive impairment (MCI) and the role of inflammatory and vascular mechanisms that may underlie these associations.
Role: mPI (\$1.5M Subcontract To Penn State)
- 2019-2024 **Sleep as a Mechanism through Which Marital Quality Influences Older Adults' Mental Health**
NIH/NIA R03-AG064360 (PI: Marini; \$70,158)
Goal: Examine 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
- 2020-2023 **A non-pharmacological multi-modal therapy to improve sleep and cognition to reduce mild cognitive impairment risk**
NIH/NIA R44-AG056250 (PI: Gartenberg; Proactive Life, formerly Mobile Sleep Tech., dba SleepScape) (\$1,939,529)
Goal: Evaluate non-pharmacological interventions to improve sleep efficiency and next day cognitive performance in community-dwelling older adults (65+ years old).
Role: Subcontract PI
- 2018-2023 **Multilevel Antecedents of Sleep in Latino Youth**
NIH/NHLBI K01-HL140283 (PI: Nguyen-Rodriguez; \$328,694)
Role: Co-Investigator, Mentor
- 2021-2023 **Cohort Difference in Cognitive Impairment and Alzheimer Disease and Related Dementias: Education Effect and Sex Differences**
NIH/NIA R03-AG070812 (PI: Luo) (\$321,100)
Role: Co-Investigator
- 2018-2023 **Preventing Obesity through Intervention during Infancy**
NIH/NIDDK R01-DK88244 (PI: Paul; \$5,303,805)
Follows participants in the Intervention Nurses Start Infants Growing on Healthy Trajectories (INSIGHT) from age 3 to middle childhood. RCT of a responsive parenting intervention to prevent rapid infant weight gain and childhood obesity among first-born infants.
Role: Co-Investigator
- 2020-2021 **Sleep Health Profiles in Middle-aged Workers in Relation to Cardiovascular and Cognitive Health**

- NIH/NIA R56-AG065251 (PI: Lee; \$412,264)
Role: Subcontract PI (\$167,600 to Penn State)
- 2016-2021 **Parenting, Child Sleep, and the Transition to Kindergarten**
NIH/NICHD R01-HD087266 (PI: Teti; \$2,955,753 current cycle)
Role: Co-Investigator
- 2016-2021 **Biomedical Big Data to Knowledge (B2D2K) Predoctoral Training Grant**
NIH/NLM T32-LM012415 (PI: Ritchie, Honavar, Li; \$1,187,568)
Role: Senior/Key Personnel; Faculty mentor; Chair, Admissions Cmte.
- 2015-2021 **Lifestyle & medication management to lower diabetes risk in severe mental illness**
NIH/NIDDK R01-DK103663 (PI: Wagner; \$3,019,1555)
Role: Subcontract PI
- 2015-2021 **Everyday Stress Response Targets in the Science of Behavior Change**
NIH/NIA UH2/UH3-AG052167 (mPIs: Almeida, Smyth; \$4,925,527)
Role: Co-Investigator
- 2017-2019 **Non-pharmacological improvement of sleep structure in midlife and older adults**
NIH/NIA R43-AG056250 (PI: Gartenberg; \$230,000 subcontract to Penn State, data collection site)
Role: Subcontract PI
- 2013-2019 **Sleep, Aging, and Circadian Sleep Disorders**
NIH/NIA P01-AG009975 (PI: Czeisler; ~\$12 M)
Proj 1: Recurrent circadian disruption & pancreatic β -cell responsiveness in older people
Proj 2: Adverse metabolic impact of sleep loss in older adults: insulin resistance
Role: initial Proj. leader (Proj. 2), Co-Investigator (Proj 1); with institution change, Co-Investigator (Proj. 1 & 2)
- 2013-2019 **Biopsychosocial determinants of sleep and wellbeing for teens in Fragile Families**
NIH/NICHD R01-HD073352, (PI: Hale; \$747,214 total subcontract to Penn State)
Role: Subcontract PI/Co-Investigator
- 2016-2018 **Effects of Sleep and Stress on Energy Balance and Parent Feeding Practices in Postpartum Mothers**
Childhood Obesity Prevention Training (COPT) Prog grant, Penn State, (PI: Savage-Williams; \$4,712)
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 (PI: Gartenberg; \$135,000 subcontract to Penn State, site of data collection)
Role: Subcontract PI
- 2015-2017 **Establishing the Feasibility of a Parent-Based Intervention for 2-Year College Students**
Penn State, Social Sciences Research Inst. (PI: Cleveland; \$5,000)
Role: Co-Investigator
- 2014-2017 **Female growth and development study 30-year follow up**
Social Science Research Inst., Penn State, Pilot (PI: Noll; \$13,492)
Role: Co-Investigator
- 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**
Penn State Clinical and Translational Science Inst., (PI: Chang; \$78,000)
Role: Co-Investigator
- 2011-2016 **Evaluating cardiometabolic and sleep health benefits of a workplace intervention**
NIH/NHLBI. R01-HL107240 (\$1,285,021)
Role: PI; co-chair, Steering Cmte.
- 2013-2015 **Social Determinants of Black-White Disparities in Sleep by Occupational Class**
Harvard School of Public Health, Robert Wood Johnson Foundation seed grant
Role: Co-Investigator; PI: Chandra L. Jackson, PhD, MS (Alonzo Smythe Yerby Postdoctoral Research Fellow Harvard Univ. School of Public Health, Nutrition Dept.)
- 2013-2015 **Archiving the occupational cohorts in the Work, Family, and Health Network**
NIH/NIA R03-AG046393-01 (PI: Berkman; \$102,079)
Role: Co-Investigator
- 2008-2015 **Evaluating the Health Benefits of Workplace Policies and Practices - Phase II**
NIH/NIA Phase II (5186989-01 NIH)
Role: subcontract PI; member/co-chair (2013- present), Steering Cmte. (\$857,374)
- 2012-2014 **Quantifying Change in Cardiometabolic Disease Risk**
Harvard School of Public Health / Robert Wood John Foundation pilot grant (PI: Marino; \$10,000)
Role: Co-Investigator
- 2009-2013 **Mechanisms underlying adverse health consequences of shift work**
NIH/NHLBI R01-HL094806 (PI: Scheer)
Role: Co-Investigator
- 2006-2013 **Sleep, Aging, and Circadian Rhythm Disorders**
NIH/NIA P01 AG009975 Program Project (PI; Czeisler; \$729,541)
Proj 3: Metabolic aging: endocrine and cardiovascular consequences of sleep restriction
Role: Proj 3 Leader (sub-proj PI)
- 2011-2013 **Quantifying Change in Cardiometabolic Disease Risk**
Robert Wood Johnson Foundation / Harvard School of Public Health, (PI: Marino)(\$10,000)
Role: Co-Investigator
- 2010-2012 **Impact of MTNR1B and CRY2 Variants on Sleep, Circadian Physiology and Metabolism**

- NIH/NIDDK R21 DK089378 (PI: Scheer, Saxena)
Role: Co-Investigator
- 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 5U19-OH008861
Role: Co-Investigator; subcontract PI (BWH); member, Internal Advisory Board (\$94,965)
- 2010 **Project VIVA substudy: Children's Sleep sub-study**
Investigator-initiated grant (RWJ Foundation) (PI: Taveras)
Co-Investigator
- 2009-2010 **Mechanistic Impact of the Novel MTNR1B Type 2 Diabetes Gene on Changes in Circadian, Metabolic and Sleep Physiology**
Pilot from NIH/NCRR UL1-RR025758, Harvard Catalyst (Harvard College, Harvard Med. Found.) (PIs: Saxena, Scheer)
Role: Co-Investigator
- 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. (\$599,000)
Role: PI
- 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 Inst. (FGI) (PI: Solet)
Role: subcontract PI (\$25,055)
- 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. (PI: Solet)
Role: subcontract PI (\$50,155)
- 2007-2008 **Family-Responsive Workplace Policies & Practice in Small Businesses with Low-Wage and Racially/Ethnically Diverse Workers**
Consortium (NIH: NIA/NICHD; NIOSH, CDC) (PI: Berkman)
Role: Subcontract PI (\$37,769)
- 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) (PI: Klerman)
Role: Investigator
- 2006-2007 **Comparison of different methods for measuring HbA1c in epidemiologic studies**
Investigator-initiated pilot grant (NIH/NIA via USC/UCLA Center on Biodemography and Population Health, 5P30-AG0172652)
Role: PI (\$15,769)
- 2006-2007 **Development of a Behavioral Measure of Supervisor Support for Work and Families**
NIH/NIOSH Investigator-initiated pilot grant (PI: Hammer, Kossek)
Role: subcontract PI (\$17,446)
- 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.)
Role: Project Leader; co-PI (\$506,610)
- 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; \$30,000)
Role: Co-PI
- 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; \$604,000)
Role: PI
- 2004-2006 **Effects of Tiagabine on Growth Hormone and Sleep in Older Persons**
Investigator initiated research project (Cephalon Inc, \$350,000)
Role: PI
- 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) (PI: Czeisler)
Role: Project Leader
- 2003-2004 **Effects of extended work hours on ICU patient safety**
NIH Investigator-initiated grant (PI: Czeisler)
Role: Co-Investigator

Publications

Complete list of publications at NLM:

<http://www.ncbi.nlm.nih.gov/sites/myncbi/orfeu.buxton.1/bibliography/40428458/public/?sort=date&direction=ascending>

Publications at google scholar: https://scholar.google.com/citations?user=DP_YDXoAAAAJ

Peer reviewed publications in print or other media

1. Mathew, G. M., Reichenberger, D. A., Master, L., **Buxton, O. M.**, Chang, A.-M. & Hale, L. Actigraphic sleep dimensions and associations with academic functioning among adolescents. Jul 1 2024, In: *Sleep*. 47, 7, zsae062.
2. Chen, T. Y., Lee, S., Hsu, K. W., & **Buxton, O. M.** (2024). Poor sleep health predicts the onset of a fear of falling among community-dwelling older adults. *Sleep Health*, 10(1), 137-143. doi:10.1016/j.sleh.2023.10.007
3. Derbes, R., Hakun, J., Elbich, D., Master, L., Berenbaum, S., Huang, X., , **Buxton, O.M.**, Chang, A.M., Truica, C.I., Sturgeon, K. M. (2024). Design and methods of the mobile assessment of cognition, environment, and sleep (MACES) feasibility study in newly diagnosed breast cancer patients. *Scientific Reports*, 14(1), 8338. doi:10.1038/s41598-024-58724-1
4. Reichenberger, D. A., Master, L., Mathew, G. M., Snyder, C. K., **Buxton, O. M.**, Hale, L., & Chang, A. M. (2024). Interactive Screen-Based Activities Predict Worse Actigraphic Sleep Health That Night Among Adolescents. *Journal of Adolescent Health*. doi:10.1016/j.jadohealth.2023.10.027
5. Lee, S., Nelson, M. E., Hamada, F., Wallace, M. L., Andel, R., **Buxton, O. M.**, Almeida, D. M., Lyketsos, C., & Small, B. J. (2024). Sleep Disorders and Cognitive Aging Among Cognitively Impaired Versus Unimpaired Older Adults. *The Gerontologist*, 64(5), gnad152. doi: 10.1093/geront/gnad152
6. Roberts, D. M., Schade, M. M., Master, L., Honavar, V. G., Nahmod, N. G., Chang, A. M., Gartenberg, D., **Buxton, O. M.** (2024). Corrigendum to Performance of an open machine learning model to classify sleep/wake from actigraphy across approximately 24-hour intervals without knowledge of rest timing. *Sleep Health*, 10(2), 255-260. doi:10.1016/j.sleh.2023.11.008
7. Lee, S., Mu, C. X., Wallace, M. L., Andel, R., Almeida, D. M., **Buxton, O. M.**, & Patel, S. R. (2024). Multidimensional Sleep Health Problems Across Middle and Older Adulthood Predict Early Mortality. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, 79(3). doi:10.1093/gerona/glad258
8. Xu, J., Luo, L., Gamaldo, A., Verdery, A., Hardy, M., **Buxton, O. M.**, & Xiao, Q. (2024). Trends in sleep duration in the U.S. from 2004 to 2018: A decomposition analysis. *SSM - population health*, 25, 101562. doi:10.1016/j.ssmph.2023.101562
9. Wang, Y., Li, B., Zhang, C., **Buxton, O. M.**, Redline, S., & Li, X. (2024). Group-based sleep trajectories in children and adolescents: A systematic review. *Sleep Medicine Reviews*, 75, 101916. doi:10.1016/j.smr.2024.101916
10. Zitting, K. M., Isherwood, C. M., Yuan, R. K., Wang, W., Vujovic, N., Munch, M., Cain, S. W. Williams, J. S., **Buxton, O. M.**, Czeisler, C. A., & Duffy, J. F. (2024). Eating during the biological night is associated with nausea. *Sleep Health*, 10(1S), S144-S148. doi:10.1016/j.sleh.2023.08.004
11. Lee, S., Smith, C. E., Wallace, M. L., **Buxton, O. M.**, Almeida, D. M., Patel, S. R., & Andel, R. (2024). 10-year Stability of an Insomnia Sleeper Phenotype and Its Association with Chronic Conditions. *Psychosomatic Medicine*. doi:10.1097/PSY.0000000000001288
12. Mathew, G. M., Reichenberger, D. A., Master, L., **Buxton, O. M.**, Chang, A. M., & Hale, L. (2024). Actigraphic sleep dimensions and associations with academic functioning among adolescents. *Sleep*. doi:10.1093/sleep/zsae062
13. Nguyen-Rodriguez, S. T., Urizar, G., Magaña, J., Spruijt-Metz, D., **Buxton, O. M.**, Baezconde-Garbanati, L., Redline, S., & Huh, J. (2023). Individual, Social and Environmental Influences on Sleep in Latino Pre-Adolescents: A Qualitative Analysis. *Journal of Adolescent Research*. doi:10.1177/07435584231184857
14. Ghani, S. B., Granados, K., Wills, C. C. A., Alfonso-Miller, P., **Buxton, O. M.**, Ruiz, J. M., . Parthasarathy, S., Patel, S. R., Molina, P., Seixas, A., Jean-Louis, G., & Grandner, M. A. (2023). Association of Birthplace for Sleep Duration, Sleep Quality, and Sleep Disorder Symptoms, at the US–Mexico Border. *Behavioral Sleep Medicine*. doi:10.1080/15402002.2023.2279308
15. Berkman, L. F., Kelly, E. L., Hammer, L. B., Mierzwa, F., Bodner, T., McNamara, T., Koga, H. K., Lee, S., Marino, M., Klein, L. C., McDade, T. W., Hanson, G., Moen, P., **Buxton, O. M.** (2023). Employee Cardiometabolic Risk Following a Cluster-Randomized Workplace Intervention From the Work, Family and Health Network, 2009-2013. *American Journal of Public Health*, 113(12), 1322-1331. doi:10.2105/AJPH.2023.307413
16. Roberts, D. M., Schade, M. M., Master, L., Honavar, V. G., Nahmod, N. G., Chang, A. M., Gartenberg, D., **Buxton, O. M.** (2023). Performance of an open machine learning model to classify sleep/wake from actigraphy across approximately 24-hour intervals without knowledge of rest timing. *Sleep Health*, 9(5), 596-610. doi:10.1016/j.sleh.2023.07.001
17. Reichenberger, D. A., Ness, K. M., Strayer, S. M., Mathew, G. M., Schade, M. M., **Buxton, O. M.**, & Chang, A. M. (2023). Recovery Sleep After Sleep Restriction Is Insufficient to Return Elevated Daytime Heart Rate and Systolic Blood Pressure to Baseline Levels. *Psychosomatic Medicine*, 85(8), 744-751. doi:10.1097/PSY.0000000000001229
18. Gaston, S. A., Alhasan, D. M., Jones, R. D., Jr., Braxton Jackson, W., 2nd, Kesner, A. J., **Buxton, O. M.**, & Jackson, C. L. (2023). Cannabis use and sleep disturbances among White, Black, and Latino adults in the United States: A cross-sectional study of National Comorbidity Survey-Replication (2001-2003) data. *Sleep Health*, 9(5), 587-595. doi:10.1016/j.sleh.2023.06.003
19. Woods, A. D., Jiao, J. L., Morgan, P. L., & **Buxton, O. M.** (2023). Is sleep longitudinally related to children's achievement, executive function and classroom behaviour? *Infant and Child Development*. doi:10.1002/icd.2426
20. Emert, S. E., Taylor, D. J., Gartenberg, D., Schade, M. M., Roberts, D. M., Nagy, S. M., Russel, M., Huskey, A., Mueller, M., Gamaldo, A., & **Buxton, O. M.** (2023). A non-pharmacological multi-modal therapy to improve sleep and cognition and reduce mild cognitive impairment risk: Design and methodology of a randomized clinical trial. *Contemporary Clinical Trials*, 132, 107275. doi:10.1016/j.cct.2023.107275
21. Wagner, J., Barth, C., Bermudez-Millan, A., **Buxton, O. M.**, Kong, S., Kuoch, T., Lampert, R., Perez-Escamilla, R., Scully, M., & Segura-Perez, S. (2023). Lay health worker research personnel for home-based data collection in clinical and translational research: Qualitative and quantitative findings from two trials in hard-to-reach populations. *Journal of Clinical and Translational Science*, 7(1), e228. doi:10.1017/cts.2023.647
22. Wagner, J. A., Bermudez-Millán, A., Buckley, T. E., **Buxton, O. M.**, Feinn, R. S., Kong, S. Y., Kuoch, T., Master, L. & Scully, M. F. (2023). Secondary analysis of a randomized trial testing community health educator interventions for diabetes prevention among refugees with depression: effects on nutrition, physical activity and sleep. *International Journal of Behavioral Nutrition and Physical Activity*, 20(1). doi:ARTN 10710.1186/s12966-023-01509-y

23. Wagner, J. A., Bermudez-Millan, A., Buckley, T. E., **Buxton, O. M.**, Feinn, R. S., Kong, S., Kuoch T., & Scully, M. F. (2023). Community-based diabetes prevention randomized controlled trial in refugees with depression: effects on metabolic outcomes and depression. *Scientific Reports*, 13(1), 8718. doi:10.1038/s41598-023-35738-9
24. Mathew, G. M., Reichenberger, D. A., Master, L., **Buxton, O. M.**, Chang, A. M., & Hale, L. (2023). Actigraphic Sleep Variability is Associated With Lower Positive Mood in Adolescents. *Journal of Adolescent Health*, 73(3), 478-485. doi:10.1016/j.jadohealth.2023.04.019
25. Master, L., Nahmod, N. G., Mathew, G. M., Hale, L., Chang, A. M., & **Buxton, O. M.** (2023). Why so slangry (sleepy and angry)? Shorter sleep duration and lower sleep efficiency predict worse next-day mood in adolescents. *Journal of Adolescence*, 95(6), 1140-1151. doi:10.1002/jad.12182
26. Marini, C. M., Zhaoyang, R., Martire, L. M., & **Buxton, O. M.** (2023). The Social Context of Partnered Older Adults' Insomnia Symptoms. *The International Journal of Aging and Human Development*, 97(1), 18-34. doi:10.1177/00914150221128973
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181. Omisade, A., **Buxton, O. M.**, & Rusak, B. (2010). Impact of acute sleep restriction on cortisol and leptin levels in young women. *Physiology Behavior*, 99(5), 651-656. doi:10.1016/j.physbeh.2010.01.028

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Non-Peer Reviewed Scientific or Medical Publications/Materials in Print or Other Media

Reviews, Chapters, Monographs, & Editorials

1. Wang, Y., Li, B., Zhang, C., **Buxton, O. M.**, Redline, S. & Li, X. Group-based sleep trajectories in children and adolescents: A systematic review. Jun 2024, In: *Sleep Medicine Reviews*. 75, 101916.
2. Schade, M. M., Roberts, D. M., Honavar, V. G. & **Buxton, O. M.** Machine learning approaches in sleep and circadian research, Jan 1 2023, *Encyclopedia of Sleep and Circadian Rhythms: Volume 1-6, Second Edition*. Elsevier, p. 53-62.
3. **Buxton OM**, Adams E, Bai L., & Teti DM. (2022). The Family's Role in Sleep Health. In: Javier Nieto, Donna J. Petersen (Eds.), *Foundations of Sleep Health* (pp. 149-172). San Diego: Academic Press. ISBN: 9780128155011
4. Czeisler CA, **Buxton OM**, Chapter 35 - Human Circadian Timing System and Sleep-Wake Regulation, Editor(s): Meir Kryger, Thomas Roth, Cathy A. Goldstein, William C. Dement, *Principles and Practice of Sleep Medicine (7th Edition)*, Elsevier, 2021). Hardcover ISBN: 9780323661898
5. **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. PMID: 32482575; PMCID: PMC7214285.
6. Advisory Committee on Later School Start Times at Secondary Schools. *Sleep Deprivation in Adolescents: The Case for Delaying Secondary School Start Times*. October 2019 http://jsg.legis.state.pa.us/publications.cfm?JSPU_PUBLN_ID=489
7. Jackson CL, Lee, S, Crain, TL, **Buxton OM**. Chapter 13 - Bidirectional relationships between Work and Sleep. In: Dustin T. Duncan, Ichiro Kawachi, and Susan Redline (eds), *The Social Epidemiology of Sleep*. Oxford Univ. Press, 2019, Pages 351-371, ISBN 978-0-19-093044-8.
8. Lee S, Chandra L. Jackson, Rebecca Robbins, **Buxton OM**, Chapter 34 - Sleep health and the workplace. In: Michael A. Grandner (ed), *Sleep and Health*. Academic Press, 2019, Pages 457-471, ISBN 9780128153734, <https://doi.org/10.1016/B978-0-12-815373-4.00034-4>. <http://www.sciencedirect.com/science/article/pii/B9780128153734000344>
9. **Buxton OM**, Shea SA. Sleep & work, work & sleep. *Sleep Health*. 2018 Dec;4(6):497-498. doi: 10.1016/j.sleh.2018.10.007. Epub 2018 Oct 21. PMID: 30477697
10. **Buxton OM**, Nahmod N. G., & Strayer, S. M. (2017). Studying sleep in family contexts via actigraphy and wearable devices. In S. M. McHale, V. King, & O. M. Buxton (Eds.), *Family contexts of sleep and health across the life course*. New York: Springer.
11. Czeisler, CA. **OM Buxton**. The human circadian timing system and sleep-wake regulation. In, M Kryger, T Roth, W Dement eds., *Principles and Practices of Sleep Medicine*. 2017.
12. Jack Lam, Phyllis Moen, Shi-Rong Lee, **Buxton OM**. (2016). Chapter 9: Boomer and Gen X Managers and Employees at Risk: Evidence from the Work, Family and Health Network Study. In: Allison Pugh (ed) *Beyond the Cubicle: Insecurity Culture and the Flexible Self*. Oxford Press.
13. **Buxton, OM** and Ness, KM. (2016) Sleep as a Pillar of Cardiometabolic Health. *Professional Heart Daily*, The American Heart Assn. http://professional.heart.org/professional/ScienceNews/UCM_488194_Sleep-as-a-Pillar-of-Cardiometabolic-Health.jsp

14. **Buxton OM**, Okechukwu CA. Long working hours can be toxic. *Lancet Diabetes Endocrinol.* 2015 Jan;3(1):3-4. doi: 10.1016/S2213-8587(14)70201-3. Epub 2014 Sep 25. PubMed PMID: 25262543.
15. **Buxton OM**, Broussard JL, Zahl AK, Hall M. (2013) Effects of sleep deficiency on hormones, cytokines, and metabolism. In: Redline S, Berger NA (eds) *Energy Balance and Cancer Volume 8: Impact of Sleep and Sleep Disturbances on Obesity and Cancer*. Springer, New York, 2013.
16. Fuller PM, Zee PC, **Buxton OM**. Chapter 3.1 Sleep Mechanisms. In Kryger MH (ed). *Atlas of Clinical Sleep Medicine*. Elsevier. Philadelphia, 2013.
17. Reid KJ, Zee PC, **Buxton OM**. Chapter 3.2 Circadian Rhythms regulation. In Kryger MH (ed). *Atlas of Clinical Sleep Medicine*. Elsevier. Philadelphia, 2013.
18. **Buxton OM**, Klein LC, Whinnery J, Williams S, McDade T (2013). Biomarkers in Work and Family Research. In JG Grzywacz, E Demerouti (Eds.), *New Frontiers in Work and Family Research (170-190)*. Psychology Press LTD (Taylor & Francis) East Sussex, UK.
19. **Buxton OM**, Cassandra Okechukwu. "Sleep Problems and Poverty: How Socioeconomics Impact Our Sleep and Health". *Huffington Post*, 2012. http://www.huffingtonpost.com/orfeu-m-buxton-phd/sleep-problems-poverty_b_1855786.html
20. **Buxton OM**, Okechukwu CA. Authors' response. *J Occup Environ Med.* 2012 Nov;54(11):1322-3.
21. **Buxton OM**. Sleep and Cardiometabolic Risk. In: D. Barrett and P. McNamara (Eds.), *Encyclopedia of sleep and dreams*. Santa Barbara, CA: Greenwood Publishers, 2012.
22. **Buxton OM**. Sleep and Shift Work. In: D. Barrett and P. McNamara (Eds.), *Encyclopedia of sleep and dreams*. Santa Barbara, CA: Greenwood Publishers, 2012.
23. **Buxton OM**. The Effects of Work on Sleep. In: D. Barrett and P. McNamara (Eds.), *Encyclopedia of sleep and dreams*. Santa Barbara, CA: Greenwood Publishers, 2012.
24. Knutson KL, **Buxton OM**. Actigraphy as a Tool for Measuring Sleep: Pros, Cons and Secrets of the Trade. *SRS Bulletin* 2011 17(2):14-15.
25. **Buxton OM**, M.K. Pavlova, G.K Adler. "Commentary," In Tiofilo Lee-Chiong, Ed., *Best of Sleep Medicine 2011: An Annual Collection of Scientific Literature, Volume 2*. CreateSpace On-Demand Publishing LLC. 2011: 40-42.
26. **Buxton OM** and E.A. Marcelli. "Commentary," In Tiofilo Lee-Chiong, Ed., *Best of Sleep Medicine 2011: An Annual Collection of Scientific Literature, Volume 2*. CreateSpace On-Demand Publishing LLC. 2011: 237-238.
27. Czeisler, CA. **OM Buxton**. The human circadian timing system and sleep-wake regulation. In, M Kryger, T Roth, W Dement eds., *Principles and Practices of Sleep Medicine*. 2010, 402-19.
28. Reid KJ, Zee PC, **Buxton O**. Chapter 3.2 Circadian Rhythms regulation. In Kryger MH (ed). *Atlas of Clinical Sleep Medicine*. Elsevier. Philadelphia 2010, 25-27.
29. Fuller PM, Zee PC, **Buxton O**. Chapter 3.1 Sleep Mechanisms. In Kryger MH (ed). *Atlas of Clinical Sleep Medicine*. Elsevier. Philadelphia 2010, 20-25.
30. <http://www.sdsuach.org/Publications/permanently-temporary20091005.pdf>
31. Marcelli, Enrico, Louisa Holmes, Magalis Troncoso, Phillip Granberry and **Orfeu Buxton**. *Permanently Temporary? The Health and Socioeconomic Status of Dominicans in Metropolitan Boston*. San Diego, CA: San Diego State Univ., 2009.
32. Marcelli, Enrico, Louisa Holmes, Magalis Troncoso, Phillip Granberry and **Orfeu Buxton**. (In)Visible (Im)Migrants: The Health and Socioeconomic Integration of Brazilians in Metropolitan Boston. San Diego, CA: San Diego State Univ., 2009. http://cache.boston.com/bonzai-fba/Third_Party_PDF/2009/10/17/Marcelli_et_al_BACH_2009_Brazilian__1255753970_2565.pdf
33. Czeisler, CA. **OM Buxton**, and SB Khalsa. The human circadian timing system and sleep-wake regulation. In, M Kryger, T Roth, W Dement eds., *Principles and Practices of Sleep Medicine*. 2005. Philadelphia, PA: W.B. Saunders Company, 375-394.
34. Shawn D. Youngstedt, **Buxton OM**. Jet Lag and Athletic Performance. *Amer J Sports Med* 2003; 5: 219-226.
35. **Buxton OM**, Karine Spiegel, and Van Cauter E. Modulation of endocrine function and metabolism by sleep and sleep loss. In: T. Lee-Chiong, M. Carskadon, M. Sateia, vol. eds., *Sleep Medicine 2002*; 59-69.
36. Van Cauter E and **Buxton OM**. Circadian Modulation of Endocrine Secretion. In: J. Takahashi, F.W. Turek, R.Y. Moore, vol. eds., *Handbook of Neurophysiology*, 2001; 685-714.
37. Joaquin Recio, J.M. Miguez, **Buxton OM**, Etienne Challet. Synchronizing circadian rhythms in early infancy. *Medical Hypotheses* 1997; 49: 229-34.
38. **Buxton OM**, Mireille L'Hermite-Balériaux, Ulrich Hirschfeld, and Van Cauter E. Acute and delayed effects of exercise on human melatonin secretion. *J Biol Rhythms* 1997;12(6): 568-74.

Professional educational materials or reports, in print or other media

- 2002-2013 Educational outreach and career development program for postdoctoral scientists. With 6 other postdoctoral association leaders from across the US, I 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. In October 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 NPA <http://www.nationalpostdoc.org>. I chaired the Publications Cmte., was a member of the Executive Board, and presented a plenary lecture at the 10th annual meeting.
- 2008 "Single Slide Sets to Accompany the SRS Basics of Sleep Guide (version 1.1)." Charles J. Amlaner, Buxton OM, editors. *Sleep Research Society Educational Programs Cmte.* 2008.
- 2007 "Slide Sets to Accompany the SRS Basics of Sleep Guide." Charles J. Amlaner, Buxton OM, editors. *Sleep Research Society Educational Programs Cmte.* 2007.
- 2002 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, NIMH) a guided mock grant-writing and review session (moderator: Dale Edgar), and informal networking and socializing opportunities.
- 2002 2002. Chair, ad hoc SRBR Trainee Cmte. Developed an educational program for trainees at a joint Society for Research on Biological on Biological Rhythms and Society for Sleep Research Meeting.
- 2002 Orfeu M. Buxton and Stephen Gasior. You've got the data! Now advocate for change! *Science NextWave*. April 2002.
- 2002 Orfeu M. Buxton and Stephen Gasior. Surveying Postdocs: A tale from the trenches. *Science NextWave*. January 2002.

Thesis

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

Committee Service

National & International

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

Local: Brigham and Women's Hospital (BWH) and/or Harvard Medical School (HMS), 2003-2014 full-time

2012-2013	Administrative Core Advisory Cmte, Member	Div. of Sleep Medicine, Dept. of Medicine, BWH
2011-2016	Steering Cmte, Training Program in Sleep, Circadian & Respiratory Neurobiology	Brigham & Women's Hosp., HMS
2010-2020	Advisory Board Member	2011-2016 Associate Preceptor Center for Work, Health, & Well-being, Harvard School of Public Health
2004-2013	Education Cmte, Chair	HMS, Div. Sleep Medicine

Local: Penn State (from 2014)

2020-2021	Member	Faculty Search Cmte., Precision Population Health, BBH
2019-2022	Co-Director	HUB Research Capacity Core, Clinical & Translational Science Inst.
2019-2021	Member	Data Acquisition Working Group, College of Health & Human Dev.
2019-2020	Chair	Faculty Search Cmte., BBH/Consortium to Combat Substance Abuse
2019-present	Member (19-present), Chair (20-21)	Promotions and Tenure Cmte. (re-elected), BBH
2018-2023	Member	Computer Info. Security Office (CISO) Advisory Cmte.
2018-2020	Member	Diversity, Equity, and Inclusion Cmte., BBH
2018-2020	Member	Research Computing and Cyber-Infrastructure Advisory Council
2018-2020	Member	Faculty Scholar Medal Cmte., Penn State
2018-2020	Member	Coordinating Cmte., Inst. for Computational Sciences
2017-2018	Member	Graduate Programs Cmte., BBH
2017-2018	Member	Dean Search Com., College of Health and Human Dev.
2016-2022	Chair	Steering Cmte., Clinical Research Center, Penn State Clinical and Translational Science Inst.
2016-2021	T32 Faculty mentor; Chair, Admissions Cmte.	Biomedical Big Data to Knowledge (B2D2K) Program
2016-2017	Chair	Faculty Search Cmte., BBH
2015-2016	Member	Dept. Head Search Cmte., BBH
2014-present	T32 Faculty mentor	Integrated Grad/Degree Program, Neuroscience
2014-present	T32 Faculty mentor	Integrated Grad/Degree Program, Physiology
2014-2016, 2020-2023	Member	Dept. Head Advisory Cmte., BBH
2014-2016	Steering Cmte.	Social Science Research Inst.
2014-2015	Member	Bioethics Faculty Search Cmte, BBH/Rock Inst.

Invited Peer Reviewer (grants)

2018	NIH/NIA ZAG1 ZIJ-7 (O1) <i>Second Stage Review</i>
2018	<i>Nursing and Related Clinical Sciences (NRCS) Special Emphasis Panel (SEP) ZRG-1 NRCS V 08</i>
2017	NIH/NHLBI <i>Mentored Patient Oriented Research (K23/K24/K25), Special Emphasis Panel/Scientific Review Group 2017/05 MPOR (MA) 1</i>
2016	NSF <i>Phase II SBIR/STTR: Advanced Instrumentation Panel</i> (PANEL ID: P161543)
2016	P01 review [ZAG1 ZIJ-4 (O1)] and representative at "second stage review" [ZAG ZIJ-7 (O2)]

2016 NIH Special Emphasis Panel, 2016/05 ZRG1 BCMB-A (51), R - RFA-RM15-005: *Transformative Research*
 2015 NIH/NIA Special Emphasis Panel, *Harmonizing the Health and Retirement Study (HRS)*

Professional Societies

2016-present	The Gerontological Society of America (GSA)	Member
2002-present	National Postdoctoral Assn.	Member
	2002-2003	Co-founder, member, Steering Cmte.
	2003-2004	Member, Executive Cmte.; Chair, Publications Cmte.; Editor, nationalpostdoc.org
1998-present	Sleep Research Society	Member
	2005-2008	Member, Educational Programs Cmte.
	2006-2008	Vice-Chair, Educ. Programs Cmte.
	2011-2016	Member, Research Cmte.
	2014-2015	Vice-Chair, Research Cmte.
	2015-2016	Chair, Scientific Review Com. (formerly, Research)
2018-2019	Special Purpose Working Groups/Task Force, Joint Commission on School Start Times, State of PA	Member
2013-2016	Work & Family Research Network	Member
	2013-2016 Program Cmte.	Member
2001-2016	Endocrine Society	Member
2000-2004	American Physiological Society	Member

Editorial Activities

Editor-in-Chief

2019-present *Sleep Health* (2020 IF: 4.550; sleephealthjournal.org)

Editorial Board Service

2015-2019	<i>Sleep Health</i>	Associate Editor
2014-2022	<i>SLEEP</i>	Editorial Board Member
2014-present	<i>Sleep Health</i>	Editorial Board Member

Ad Hoc Reviewer

J Biological Rhythms, American J Physiology, Sleep, J Applied Physiology, Child Development, Archives of Internal Medicine, Chronobiology International, American J Epidemiology, J Clinical Sleep Medicine, Sleep Medicine, PLoS One, Primary Care Companion, Social Science & Medicine, American J Clinical Nutrition, Women's Health Issues, Ann. Internal Medicine, Diabetic Medicine, Behavioral Sleep Medicine, J Occupational Health Psychology, Group Dynamics, Bipolar Disorders, J Environmental and Public Health, Work & Stress, Mind, Brain and Education, Hypertension Research, Preventive Medicine, J Sleep Research, BMJ Open, American J Industrial Medicine, JAMA, Science and Nature of Sleep, J Physiology, CHEST, Critical Care, Clinica Chimica Acta, Lancet Diabetes & Endocrinology, J Clinical Endocrinology and Metabolism, Nutritional Neuroscience, Sleep Health, Economics and Human Biology, Demography, J Hospital Medicine, Proceedings of the National Academy of Sciences (PNAS), Circulation, Nature Communications

Teaching & Training

Courses Taught

2024	Penn State: Biobehavioral Health (BBH101) Winter/Spring term, sole instructor (General Education)	BBH 72 undergraduates
2023	Winter/Spring term, sole instructor	64 undergraduates
2020	Winter/Spring term, sole instructor	181 undergraduates
2016	Winter/Spring term, sole instructor	260 undergraduates
2015	Winter/Spring term, sole instructor	209 undergraduates
	Penn State: Biobehavioral Health (BBH101H-honors)	BBH
2024 (slated)	Fall term, sole instructor	
2022	Fall term, sole instructor	18 undergraduates
2020	Fall term, sole instructor	26 undergraduates
2017	Fall term, sole instructor	34 undergraduates
	Penn State: Biobehavioral Aspects of Sleep (BBH 497.002)	
2017	Co-taught, co-designed with A-M Chang	Lecture; twice weekly, Spring term
	Penn State: Sleep and Biobehavioral Health (BBH 497.006)	
2019	Undergraduate 'capstone' course, sole instructor	Lecture; twice weekly, Spring term
2011-2013	Harvard: SCI-LIVSYS 17, Science of Living Systems (Formerly "Science B-23, The Human Organism") Section: "Sleep, Health and Success"	~ 8h prep each of 9 sessions
	Harvard: The Human Organism (Science B-23)	
2009-2010	Section: "Sleep, Health and Success"	10h prep each of 9 sessions

Guest Lectures

2017-04-11	Penn State: Physiology of Adaptation to Stress (PHYSIO 510, D Korzick, Dir.) "Circadian Rhythms & Sleep"	Physiology Program Lecture; 4h prep
2015-02-03	"Sleep and Cardiometabolic Risk: Biomarkers in the Lab and the Field"	Lecture: 8h prep
	Penn State: Biobehavioral Aspects of Stress (BBH 432, S West & I Shalev, Dirs.)	BBH

2015-03-16	"Sleep" Penn State: Systems Neuroscience (NEURO 521, K Alloway, Director)	Lecture: 8h prep Neuroscience Program
2017-03-28	"Deep, slow-wave sleep centers in the brain"	Lecture; 2h prep
2017-03-23	"Sleep and the glymphatic system"	Lecture; 2h prep
2017-03-21	"Sleep deprivation and food desire (fMRI)"	Lecture; 2h prep
2017-03-16	"Disrupted circadian clocks and sleep loss"	Lecture; 2h prep
2016-02-18	"Deep, slow-wave sleep centers in the brain"	Lecture; 3h prep
2016-02-16	"Sleep and the glymphatic system"	Lecture; 3h prep
2016-02-11	"Sleep deprivation and food desire (fMRI)"	Lecture; 3h prep
2016-02-09	"Disrupted circadian clocks and sleep loss"	Lecture; 3h prep
2015-03-26	"Deep, slow-wave sleep centers in the brain"	Lecture; 6h prep
2015-03-24	"Sleep and the glymphatic system"	Lecture; 6h prep
2015-03-19	"Sleep deprivation and food desire (fMRI)"	Lecture; 6h prep
2015-03-17	"Disrupted circadian clocks and sleep loss"	Lecture; 6h prep
2015-03-31	Penn State: Functional and Integrative Neuroscience (BBH 470, H Kamens, Director). "Neuroscience of Sleep"	Lecture; 6h prep
2015-04-10	Health Education (Teacher H Shakley, State College Area High School, State College PA). Sleep & Health" co-presented w/ A-M. Chang Penn State: Immigrant Health Issues (BBH 497, Prof. S. Snipes)	4 lectures/discussions for high school students
2015-04-21	"Reducing Health Disparities: The Role of Sleep Deficiency and Sleep Disorders" Penn State: Issues in translational medicine (NUTR 597, Prof. G. Shearer) "The Arc of a Translational Research Program: Causes and Consequences of Sleep Deficiency"	Lecture; 6h prep
2015-10-06	Penn State: Biobehavioral Health (Honors) (BBH101H, Prof. S Cavagelli) "Sleep"	Lecture; 6h prep
2016-11-02	Penn State: BBH 504 (Prof. P Koch). "Usefulness of conceptual frameworks"	Lecture; 3h prep
2017-03-21	Penn State: Functional and Integrative Neuroscience (BBH 470, D Vandenberg, Director). "Neuroscience of Sleep"	Lecture; 4h prep
2017-04-27	Penn State: BBH 502 (S West, Director)	Lecture; 6h prep BBH
2014-09-03	"Causes and consequences of sleep deficiency" Penn State: Neuroscience 501 (P Li, Director)	Lecture Neuroscience Program
2014-09-09	"Causes and consequences of sleep deficiency" Penn State: BBH 501 (L Klein, L Susman, Directors)	Lecture: 6h prep BBH
2014-09-30	"Causes and consequences of sleep deficiency" Harvard: SHDH221: Psychosocial Theories for Health Behavior	6h prep 2012-2014
2014	"Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks"	Lecture: 6h prep, 1h contact
2013	"Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks"	Lecture: 5 h prep, 1.5h contact
2012	"Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks" Harvard: MCB-186 (Undergraduate Course)	Lecture: 5h prep, 1.5h contact
2014	"Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks"	Lecture: 5h prep, 1.5h contact
2013	"Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks"	Lecture: 5h prep, 1.5h contact
2013	"Impact of chronic circadian disruption and sleep restriction on metabolism"	3h prep
2012	"Impact of chronic circadian disruption and sleep restriction on metabolism"	4h prep
2011	"Impact of chronic circadian disruption and sleep restriction on metabolism"	3h prep
2008	"Circadian Entrainment in Humans"	3h prep
2007	"Adequate Sleep Duration and Quality, A Positive Health Behavior Impacting Chronic Disease Risk"	3h prep
2006	"The health impact of sleep loss and sleep disorders"	4h prep
2003	"Sleep and endocrine physiology"	8h prep
Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)		
2008	"A BWH/Harvard individual development plan for postdoc mentoring"	Postdoctoral scholars, faculty, and administrators: The Children's Hospital, Boston
2007	"Individual development plans and peer mentorship"	Postdoc, clin fellows: Brigham and Women's Hospital
2006-2007	"With or without normal sleep"	Fellows, physicians: Brigham and Women's Hospital
Formally Supervised Trainees and Mentees (current 2024: 6 junior faculty, 4 postdocs, 2 graduate students)		
2024-present	Violeta J. Rodriguez, MEd, PhD , Assistant Professor, Department of Psychology (Clinical/Community Division), University of Illinois at Urbana-Champaign. Mentor on SRP application to PRIDE / NIH, " <i>Mechanisms of Discrimination-Related Stress on Child Sleep via Modifiable Parental Processes.</i> "	
2024-present	Cleothia Frazier, PhD , Assistant Professor of Sociology and Criminology, Penn State, co-mentor (with Alyssa Gamaldo) on MCAAAR application entitled " <i>The Long Arm of Early Life Stress: An Examination of Sleep, Cognition, and Psychosocial Resources among Older Black Americans</i> " submitted January 2024.	
2024-present	Gawon, Cho, PhD , postdoctoral scholar, Yale School of Medicine, K99/R00 in development for spring 2024 submission to NIA (role: co-mentor) entitled: " <i>Glymphatic clearance and pre-clinical Alzheimer's disease in high-risk individuals</i> ". Applicant to the National Alzheimer's Coordinating Center's "New Investigator award", and NIA K23 slated Oct 2024.	

2023-2024	Olusola “Shola” Omisakin, PhD , postdoctoral scholar on the T32 “Creating the Next Generation of Scholars in CM Science (CMT32)” (role: primary mentor; secondary mentor: Jennie Noll), project entitled: “ <i>multi-dimensional factors that characterize sleep health in adulthood (e.g., Timing, Efficiency, Duration, Alertness/Sleepiness, Regularity, and Rhythmicity) among females who were exposed to child sexual abuse</i> ”. New position: Research Demographer, State of Maryland.
2023-present	Jess Myers, PhD , Assistant Professor at the University of Kansas Medical Center (KUMC). SRSF Career development applicant 2023 “Influence of Sleep Health Facets on Epigenetic Aging in Adolescence”, and K01 applicant 2023, resubmission in preparation. (role: secondary mentor)
2023-present	Adwoa “Abi” Dadzie, BS , graduate student in Biobehavioral Health (BBH), Penn State (role: primary mentor)
2023-present	Daniel Roberts, PhD , postdoctoral scholar (2023-2024; Assistant Research Professor (2024-present) in Biobehavioral Health (BBH), Penn State University.
2023-present	David Reichenberger, PhD , postdoctoral scholar in Biobehavioral Health (BBH), Penn State University. New position: postdoctoral scholar (T32), Oregon Health Sciences University, Portland OR (Mentors N. Bowles, S. Shea).
2022-present	Monique Balthazar, PhD DNP , Assistant Professor Penn State University College of Medicine, K23 submitted to NIH/NIA in October 2023 (role: primary mentor) entitled: “ <i>Longitudinal role of sleep and social determinants on neuroinflammation and cognitive health in minoritized vs. non-minoritized participants of the Einstein Aging Study</i> ”
2022-present	Yuki Shen, MS , graduate student in Biobehavioral Health (BBH), Penn State (role: primary mentor)
2022-present	Yin Liu, PhD , Assistant Professor, Utah State University. 1 K01 AG081566-01, (role: co-mentor) entitled “ <i>Cognitive Health and Modifiable Factors of Daily Sleep and Activities Among Dementia Family Caregivers</i> ”.
2021-2024	Erika Hernandez, PhD , postdoctoral scholar, awarded NIH Research Supplement to Promote Diversity in Health-Related Research (R01DK088244-10S1; role: mentoring team member) on grant “ <i>Intervention Nurses Start Infants Growing on Healthy Trajectories (INSIGHT) Study</i> ”.
2020-present	Margeaux Schade (Gray), PhD Assistant Research Professor, BBH, Penn State. Primary mentor (from 2/1/17 as postdoc); Project leader on EcoSleep (field) study; previously Data4Action study team member, NIA R-43/44, etc. projects ongoing. KL2-CTSI proposal in preparation for January 2024 submission.
2020-2023	Linying Ji, PhD , Postdoctoral Scholar, BBH, Penn State. Accepted tenure track position, Montana State University 8/23.
2019-2020	Austin Robinson , PhD, Assistant Professor, School of Kinesiology, Auburn University. K01-HL147998 awarded: <i>Racial Differences in Serum Sodium and Blood Pressure Regulation</i> . (role: faculty advisor)
2018-2020	Rodney Jones , B.S. M.S., BBH, Penn State. (role: Primary Mentor for MS)
2018- present	Emily Hohman, PhD , Associate research professor (promoted May 2024), Center for Childhood Obesity Research and Dept. of Nutritional Sciences, Penn State. KL2-TR002015 from Penn State Clinical and Translational Science Institute awarded 2022-2025 (role: current primary mentor) entitled: “ <i>Dynamic relationships between sleep and obesogenic eating behaviors in children</i> ”. Also, PI of R21CA294578 (awarded June 2024) entitled: “ <i>Interoception and Obesogenic Eating Behaviors in Children</i> ”.
2017-2020	Margeaux Schade (Gray) , Assistant Research Professor (7/2020). Mentored as Postdoctoral Scholar, BBH, Penn State Project leader on Sound Sleeping (NSF), Deep Sleep (NIA) inpatient studies, EcoSleep (field) study
2017-2019	Jacinda Li , M.S., Ph.D. in Human Development and Family Studies, Penn State. Mentoring team member: (F31DK109578) <i>Prospective longitudinal study of competing mechanisms and modifiers for obesity trajectories and comorbid metabolic outcomes in normative and high-risk females</i>
2017-2019	Russell Nye , Ph.D. Dissertation Cmte. member BBH, Penn State, currently a Clinical Research Program Manager at Children's Hospital of Philadelphia
2017-2019	Rebecca Robbins , Ph.D., Instructor in Medicine, Harvard Medical School. Mentoring team member while Postdoctoral Fellow, Dept. Public Health and Center for Health Behavior Change, NYU School of Medicine. Funded K01 (NHLBI) entitled: <i>Design and usability testing of an intervention to address sleep, health, and safety in transportation workers</i> . (Funded, but mentor change with institution change to Harvard / BWH).
2017-2019	Aria Khademi , Ph.D. co-mentor, grad student Information Sciences and Technology, Penn State.
2016-2020	Alyssa Gamaldo , PhD, Associate Professor (2019), Dept. of Human Development and Family Studies, Penn State. Primary mentor, Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE), NYU.
2015-2019	Elizabeth Adams , Ph.D. in Nutritional Sciences, Penn State. Co-mentor and cmte. member. Now Assistant Professor, U. South Carolina.
2015-2019	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 NYU. Tenure-track role at NIH: Earl Stadtman Investigator at National Inst. of Environmental Health Sciences, NIEHS.
2015-2018	Soomi Lee , PhD, Research Associate, BBH, Penn State. Primary Mentor as postdoctoral scholar (2015-2017) and Research Associate from 2017-2018. Tenure-track assistant professor (8/2018), University of South Florida.
2015-2017	Nicole DePasquale , PhD. graduate student, Human Development and family Studies (HDFS), Penn State Co-mentored (with David Almeida, HDFS, primary mentor); received F-31 (NIH/NIA) entitled <i>Family Caregiving Transitions and Sleep Among Double- and Triple-Duty Caregivers</i> . Accepted junior faculty position (2017), Duke U.
2015-2017	Margeaux Gray , PhD, graduate student, Dept. Psychology, WVU. Dissertation Cmte. member. <i>Effects of Systematic Sleep Fragmentation on Tolerance and Threshold in a Pressure Pain Task: Associations with Sustained Attention</i> . Recruited to postdoctoral scholar position, now Research Asst. Professor, see below.
2015-2017	Danica Slavish , PhD, University of North Texas. Dissertation Cmte. member while graduate student, Dept. BBH, Penn State. <i>The Role of Neuroticism in Daily Experiences, Affect, and Nightly Sleep Quality</i> .
2015-2017	Xiaoyu Li , PhD. Dissertation Cmte. member and co-mentor as graduate student, Dept. of Social and Behavioral Sciences, Harvard Chan School of Public Health: <i>Social and Behavioral Determinants of Sleep</i> . After 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).

2015-present	Selena Nguyen-Rodriguez , PhD, Associate Professor, UC Long Beach. Primary mentor, Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE) at SUNY Downstate Medical Center and NYU. K01-HL140283 (2018-24): <i>Multilevel Antecedents of Sleep Duration in Latino Youth</i> .
2015	Sebastian Tapia , undergraduate independent study student, BH, Penn State
2014-2019	Mike Strayer , PhD, Huck Neuroscience graduate student, Penn State; Dissertation cmte. chair and Co-mentor (with Charles Geier, HDFS, Penn State); awarded prestigious Univ. Graduate Fellowship, Penn State.
2014-2019	Kelly Ness , PhD, Integrated Graduate Degree Program in Physiology, T32 award), Penn State. Cmte. Chair and co-mentor. Now postdoctoral scholar, U. Washington, Seattle WA
2014-2016	Brooke Borlie , undergraduate independent study student, BBH, Penn State.
2014-2015	Nancy Sin , PhD, postdoctoral scholar, Dept. of BBH and Center for Healthy Aging, Penn State. Co-mentored (w/ D Almeida, HDFS); received F-32 (NIH/NIA) entitled <i>The Role of Daily Well-Being in Inflammatory Processes and Diurnal Cortisol Rhythms</i> ; Tenured Assoc. Professor (2021), U. British Columbia, Vancouver BC.
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 Univ., Portland OR
2013-2015	Angela Bermúdez-Millán , Ph.D., M.P.H. / Research Instructor, Div. of Behavioral, Sciences and Community Health, School of Dental Medicine, U Conn Health Center. Co-mentor on a NIH/NHLBI Mentored Career Development Award to Promote Faculty Diversity K01 application (<i>not awarded</i>) entitled: <i>Latina Research Career Development: Food Insecurity and Cardio-Metabolic Risk</i> . Current position: Research Associate, U Conn Health Center.
2013-2015	Nina Vujovic , PhD, appointed as postdoc on T-32; Project leader on NIA P01 study; assisted with submission of NIA F-32 (<i>funded/</i>) entitled: <i>Effects of sleep restriction and circadian disruption in aging</i>
2012	Shakir McLean / medical student, 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
2012	Alexa Zahl /Harvard undergraduate student thesis (Global Health and Health Policy 91r) entitled <i>"Insufficient Sleep, Obesity and Diabetes: A Synthesis of Epidemiological and Laboratory Research"</i>
2011-2015	Tori Crain , Grad student, Applied Psychology, Portland State U., <i>The crossover effects of supervisor work-family positive spillover on employee sleep: moderating effects of family supportive supervisor behavior</i> Thesis cmte. member; co-authored multiple original reports; accepted faculty position Colorado State (2015).
2011-2014	Cassandra Okechukwu , MSN, ScD / former Assoc. Professor of Society, Human Development and Health, Harvard School of Public Health, Postdoc co-mentor on diversity supplement to NIA U01 AG5186989
2011-2012	Miguel Marino , PhD. Associate Professor, Dept. of Family Medicine. Dept. of Public Health and Preventive Medicine, Div. of Biostatistics, Oregon Health and Science Univ. 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)
2010-2011	Katrine Byrne / undergraduate student with the SBMS program, Univ. of Surrey, UK. Accepted 2012 to Bioentrepreneurship masters program, Karolinska Inst., Sweden.
2009	Julian Thomas / medical student HMS, Co-mentored w/ S. Shea.
2003-2004	Megan Kunz , MS, MD. Supervised master's thesis research. now MD/ Surgeon, Loudonville, NY

Presentations

International Invited Presentations and Courses

2024-01-19	I.2 "Health Consequences of Sleep Deficiency" / invited (virtual) lecture, Dental Sleep Medicine Mini-Residency Program (Module 2), Tufts School of Dental Medicine, Boston MA (CDE) via zoom
2024-01-18	"Sleep Health for Successful Cardiovascular and Cognitive Aging: Findings from the Sleep, Health & Society Collaboratory" (password 135765) / invited lecture, Behavioral Sleep Medicine Seminar Series, University of Arizona, via Zoom.
2023-09-30	I.1 "Physiology of Sleep Homeostasis and Circadian Rhythms; Sleep Deficiency and Optimal Sleep Health"/ invited (virtual) lecture, Dental Sleep Medicine Mini-Residency Program (Module 1), Tufts School of Dental Medicine, Boston MA (CDE) via zoom
2023-05-18	"Sleep Health: Part I Physiology of Sleep Homeostasis and Circadian Rhythms; Part 2, Cardiometabolic and Brain health" / invited lecture, Spencer Study Club, Temple University, Philadelphia PA
2023-04-08	I.3 "Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency" / Mini-Residency Program (Module 3), Tufts School of Dental Medicine, Boston MA (CDE)
2023-02-24	"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 (CDE).
2023-01-21	I.2 "Health Consequences of Sleep Deficiency" / invited (virtual) lecture, Dental Sleep Medicine Mini-Residency Program (Module 2), Tufts School of Dental Medicine, Boston MA (CDE)
2022-10-15	I.1 "Physiology of Sleep Homeostasis and Circadian Rhythms"/ invited (virtual) lecture, Dental Sleep Medicine Mini-Residency Program (Module 1), Tufts School of Dental Medicine, Boston MA (CDE)
2022-06-07	"Rigorous performance evaluation (previously, "validation") for informed use of new technologies for sleep health measurement" / symposium panel presentation, Sleep 2022, Charlotte, NC.
2022-06-03	"How to Peer Review a Scientific Manuscript"/invited pres., "Trainee Day" Symposium, Sleep 2022, Charlotte, NC.
2022-04-08	I.3 "Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency" / Mini-Residency Program (Module 3), Tufts School of Dental Medicine, Boston MA (CDE)
2022-03-11	"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 (CDE).

- 2022-01-22 I.2 “Health Consequences of Sleep Deficiency” / invited (virtual) lecture, Dental Sleep Medicine Mini-Residency Program (Module 2), Tufts School of Dental Medicine, Boston MA (CDE)
- 2021-10-28 “Academic Publication Workshop- Question and Answer with Panel of Editors” / Invited panelist (via zoom), Canadian Sleep Society meeting.
- 2021-10-16 I.1 “Physiology of Sleep Homeostasis and Circadian Rhythms”/ invited (virtual) lecture, Dental Sleep Medicine Mini-Residency Program (Module 1), Tufts School of Dental Medicine, Boston MA (CDE)
- 2021-09-22 “The Importance of Sleep Health for Children and Adolescents” / invited plenary lecture, Centennial meeting of the Eric H. Angle Society of Orthodontists (EHASO) Biennial Meeting, New Castle NH
- 2021-04-09 I.3 “Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency” / Mini-Residency Program (Module 3), Tufts School of Dental Medicine, Boston MA (CDE)
- 2021-03-27 “The Importance of Sleep Health for Children and Adolescents” / invited (virtual) lecture, Sleep Symposium 2021, Boston Univ., Boston MA (CDE)
- 2021-01-22 “Outcomes Research: Impact of School Start Time Change” / invited plenary, (Live via zoom) "Summit on Adolescent Sleep and School Start Times: Setting the Research Agenda for California and Beyond" <http://med.stanford.edu/psychiatry/education/training/sleep.html#agenda>
- 2021-01-15 I.2 “Sleep Deficiency and Optimal Sleep Health” / invited (virtual) lecture, Dental Sleep Medicine Mini-Residency Program (Module 2), Tufts School of Dental Medicine, Boston MA (CDE)
- 2021-01-09 “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 (CDE).
- 2020-11-18 “Sleep Health” / invited (virtual) lecture for alumni, College of Health and Human Development “Faculty Research Spotlight” program, Penn State.
- 2020-11-04 “Actigraphic Measures of Sleep Quality Associated with Ambulatory Cognitive Performance in Older Adults” / invited (virtual) symposium presentation for Symposium, 2020 Gerontological Society of America.
- 2020-10-10 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 (CDE)
- 2020-08-27 "Social Determinants of Sleep Disparities" / invited lecture, symposium: “Sleep Disparities”, Sleep 2020 (Virtual).
- 2020-08-07 “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.
- 2020-04-17 “III. Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency” / Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2020-04-04 “III. Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency” / Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2020-02-08 “II. Health Consequences of Sleep Deficiency” / Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2020-01-18 “II. Health Consequences of Sleep Deficiency”, Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2019-11-22 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 (CDE)
- 2019-10-11 “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 (CDE)
- 2019-09-11 “Facets of Sleep Health at Different Life Course Stages Predicting Cardiometabolic Risk” / invited lecture for Symposium “A New Paradigm for Sleep-Health Relationships and Behavioral Interventions”, inaugural meeting of the Society for Behavioral Sleep Medicine (SBSM 2019), Birmingham AL.
- 2019-06-12 “Sleep Duration and Efficiency Predict Individual Teens’ Next-Day Reports of Mood”/ invited talk Symposium: “Psychological and Social Factors Associated with Sleep Health across Adulthood”, SLEEP meeting, San Antonio TX.
- 2019-06-12 “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.
- 2019-06-10 “The Impact of Work and Workplace Interventions on Sleep Health” / invited webinar lecture, Executive and Continuing Professional Education (CPE) course, “Ergonomics and Human Factors: Strategic Solutions for Workplace Safety and Health”, Harvard Chan School of Public Health, Boston MA
- 2019-09-19 “The Importance of Sleep Health for Children and Adolescents” / invited symposium lecture Tufts School of Dental Medicine, Boston MA (CDE)
- 2019-06-20 “III. Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency”/ Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2019-04-12 “The Importance of Sleep Health for Children and Adolescents” / invited symposium lecture for the Sleep Symposium 2019, Boston Univ., Boston MA. <http://www.sleepsymposium2019.com>
- 2019-03-23 “II. Health Consequences of Sleep Deficiency” / invited, Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2019-01-11 “The Impact of Sleep on Health, Well-being, and Productivity” Center for Work and Family, Boston College
- 2018-10-24 “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 (CDE)
- 2018-10-19 “Integrating Sleep in a Biopsychosocial Framework and Life Course Context in Health Disparities Research” /invited, NHLBI/NIMHD workshop: “The Role of Sleep in Health Disparities: Causes and Health Consequences”, BethesdaMD
- 2018-06-21 “The Impact of Work and Workplace Interventions on Sleep Health” /invited lecture, Exec. and Contin. Professional Ed. Course, “Work, Health, and Well-Being: Integrating Wellness and Occupational Health and Safety in the Workplace”, Harvard Chan School of Public Health, Boston MA
- 2018-04-18 “Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency” / Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2018-04-04 “The Importance of Sleep Health for Children and Adolescents” / invited symposium lecture for the Sleep Symposium 2018, Boston Univ., Boston MA. <http://www.sleepsymposium2018.com>

- 2018-03-09 "Causes and Consequences of Sleep Deficiency II: Cardiometabolic outcomes" / Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2017-10-23 "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 (CDE)
- 2017-10-23 "The Impact of Work and Workplace Interventions on Sleep Health" / invited lecture, Executive and Continuing Professional Education course "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.
- 2017-04-28 "Cardiometabolic Impact of Sleep Restriction and Circadian Disruption" / invited lecture in symposium entitled "Sleep, Circadian Clocks and Metabolism" (Sponsored by: Endocrinology and Metabolism Section), Experimental Biology (EB) International meeting, Chicago, IL
- 2017-04-24 "Causes and Consequences of Sleep Deficiency III: Reducing Health Disparities; Modifiable Factors Predicting Sleep Deficiency" / Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2017-04-05 "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
- 2017-02-08 "Environmental, Social and Workplace determinants of sleep" / invited lecture at "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 Inst. for Brain Sciences, and Duke Global Health Inst. Duke Univ., Durham NC
- 2016-12-01 "Importance and Extent of the Relationship Between Sleep and Heart Disease" / invited lecture within session "JS.1203 - Sleep and Cardiometabolic Disease", American Heart Assn., New Orleans LA
- 2016-11-14 "Causes and Consequences of Sleep Deficiency II: Cardiometabolic outcomes" / invited Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2016-10-13 "Causes and Consequences of Sleep Deficiency I: Sleep homeostasis, circadian physiology" / invited, Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2016-10-13 "Work-Family Conflict and Employee Sleep: Evidence from IT workers in the Work, Family & Health Study" / Work-Family Research Network, 3rd biennial meeting, Washington DC
- 2016-06-25 "Translational sleep science: integrated workplace interventions" / invited presentation, Sleep Research Society Trainee Day, SLEEP 2016, Denver, Colorado
- 2016-06-12 "Sleep and the Workplace" / invited presentation, Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2016-04-29 "Reducing Health Disparities: Modifiable Factors predicting Sleep Deficiency" / invited presentation, Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2016-04-29 "Integrated Workplace Interventions to Improve Sleep and 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
- 2016-02-03 "Causes and Consequences of Sleep Deficiency II: Controlled Laboratory Studies, physiologic mechanisms" Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Med, Boston MA (CDE)
- 2015-10-15 "Causes and Consequences of Sleep Deficiency I: Controlled Laboratory Studies, physiologic mechanisms" Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2015-10-15 Assn. of Professional Sleep Societies annual meeting, Seattle WA
- 2015-06-10 "The Potential Role of Stress and Sleep in Type 1 Diabetes" / invited lecture, The Environmental Determinants of Diabetes in the Young (TEDDY) Study Investigators' Meeting, Bethesda, MD.
- 2015-05-19 "Integrated Workplace Interventions to Improve Sleep and 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 School of Public Health, Boston MA
- 2015-05-01 "Causes and Consequences of Sleep Deficiency III: Workplace, home and social factors in free-range humans" "Reducing Health Disparities: Modifiable Factors Predicting Sleep Deficiency" Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2014-10-24 "Causes and Consequences of Sleep Deficiency I: Controlled Laboratory Studies, physiologic mechanisms"; "Causes and Consequences of Sleep Deficiency II: Workplace, home and social factors in free-range humans" Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2015-01-28 "Causes and Consequences of Sleep Deficiency" / invited symposium lecture International Food & Nutrition Conference & Expo (FNCE) 2014, Atlanta GA
- 2014-10-20 "Sleep: What Work and Family Researchers Should Know" / invited workshop presentation, Work and Family Researchers Network (WFRN) meeting, "Changing Work and Family Relationships in a Global Economy", NY, NY.
- 2014-10-15 "Causes and Consequences of Sleep Deficiency I: Controlled Laboratory Studies, physiologic mechanisms" Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2014-06-21 "Professional Development/Mentoring Workshop" / organizer/presenter, Work and Family Researchers Network, 2nd bi-annual meeting, "Changing Work and Family Relationships in a Global Economy", NY, NY.
- 2014-06-20 "Effects of a Randomized Workplace Intervention on Actigraphically-Measured Sleep and Cardiometabolic Risk: Results from the Work, Family, and Health Study" / invited lecture, Symposium entitled "Work, Family, and Health" (organizer: Orfeu Buxton), Work and Family Researchers Network (WFRN), 2nd bi-annual meeting, "Changing Work and Family Relationships in a Global Economy", New York, NY.
- 2014-06-19 "Integrated Workplace Interventions to Improve Sleep and 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 School of Public Health, Boston MA
- 2014-01-28 "Metabolic Effects of Sleep Interventions", /invited symposium speaker in session entitled "Sleep—A Novel Behavioral Target in Diabetes?", American Diabetes Assn. annual meeting, Chicago IL

- 2013-10-17 "Neurobiology and Physiology of Circadian Rhythms and Sleep"; "Causes of Sleep Deficiency: Physiologic and Social Mechanisms", Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2013-06-23 "Energy balance and dysregulated sleep" /invited symposium speaker in session entitled "Obesity and Dysregulated Sleep", Endocrine Society annual meeting, San Francisco CA
- 2013-06-16 "Disrupted sleep, circadian rhythms, and metabolic risk" / lecture, American Heart Assn, Los Angeles, CA
- 2013-04-17 "Chronobiology and sleep: effects on performance and work, pain and time of death"
Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2012-11-04 "Sleep Deficiency, Circadian Rhythm Disruptions, and Metabolism—Basic Science Mechanisms" / International Conference on Diabetes and Depression, sponsored by NIDDK, Hearndon VA
- 2012-10-18 "The Causes of Sleep Deficiency: Physiologic and Social Mechanisms; Consequences of Sleep Deficiency: Cardiometabolic and other Outcomes" Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2012-10-09 "Equipment/Devices in Work and Family Research" / invited presentation, 2012 Work and Family Researchers Network (WFRN) Conference, New York City
- 2012-06-15 "The Work, Family, and Health Study: Baseline Findings on the Relationship between Work, Family and Biomarkers of Sleep and Health" / invited, 2012 Work and Family Researchers Network (WFRN) Conference, New York City
- 2011-12-08 "Sleep, Insomnia, and Diabetes; Sleep, Insomnia and Pain" Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2011-10-20 "Sleep Deficiency and Circadian Disruption" Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2000-06-15 "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

National Invited Presentations & Courses

- 2023-03-17 "[Sleep Health, Work, and Cardiometabolic Health](#)." University of Arizona, Center for Sleep & Circadian Science, Sleep Grand Rounds (virtual)
- 2023-03-13 "[Sleep Health, Work, and Unfair Treatment](#)." Harvard Medical School, Division of Sleep Medicine, Special Sleep Grand Rounds (virtual)
- 2023-02-16 "Optimizing Sleep Health for Prevention and Interventions in Public Health," University of South Florida, Keynote Lecture, Global Health Conversation Series at USF (via zoom)
- 2023-02-09 "Sleep Health, Work, and Cardiometabolic Health." University of Utah Diabetes and Metabolism Health Behaviors Seminar Series, Salt Lake City, Utah.
- 2022-12-05 "Sleep Health for Successful Cardiovascular and Cognitive Aging: Findings from the Sleep, Health & Society Collaboratory." USF School of Aging Studies • Florida Policy Exchange Center on Aging Distinguished Lecture, Tampa, Florida
- 2022-06-29 "How to Create a Winning Grant Title", PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, Univ. of Miami, Miami FL
- 2022-06-27 "The Workplace, Sleep and Wellness", PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, Univ. of Miami, Miami FL
- 2021-07-19 "How to Create a Winning Grant Title" (workshop via Zoom), PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, Univ. of Miami, Miami FL
- 2020-07-27 "How to Create a Winning Grant Title" (workshop via Zoom), Congruent Mentorship to Reach Academic Diversity (COMRADE) program in Behavioral Medicine and Sleep Disorders Research, New York Univ., New York, NY
- 2019-07-31 "Social and Environmental Determinants of Sleep Health", PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, New York Univ. Langone School of Medicine, New York, NY
- 2018
- 2017-08-02 "Social and Environmental Determinants of Sleep Health", PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, New York Univ. Langone School of Medicine New York, NY
- 2016-10-25 "Sleep Study Methodologies"/ invited presentation, workshop "Incorporating sleep into interdisciplinary research on families", 24th Annual National Symposium on Family Issues - Sleep across the Life Course: Family Influences & Impacts. Penn State (Oct 24-25th). Program Cmte. member.
- 2016.07.26 "Social and Environmental Determinants of Sleep Health", PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, New York Univ. Langone School of Medicine
- 2015-12-07 "The Impact of Work and Workplace Interventions on Sleep Health"/ Invited lecture NIOSH Education and Research Center; Environmental and Occupational Medicine and Epidemiology Program, Harvard Chan School of Public Health.
- 2015-07-29 "Social and Environmental Determinants of Sleep Health", PRIDE: Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research, New York Univ. Langone School of Medicine, NY NY.
- 2015-05-01 "Consequences of Sleep Loss – Endocrine and Metabolic Function" / invited lecture, Harvard Medical School CME course entitled "Sleep! – A CME Course for Physicians". Boston MA.
- 2014-09-22 "Causes and Consequences of Sleep Deficiency" / invited lecture, Dept. of Biostatistics, Bloomberg School of Public Health, Johns Hopkins Univ., Baltimore MD
- 2014-05-21 "Integrated Workplace Interventions to Improve Sleep and Health" / invited lecture, Board of Directors of the National Business Group on Health (www.businessgrouphealth.org), Washington DC
- 2014-05-19 "Faculty and institutional perspectives on Individual Development Plans and their implementation" / invited lecture, American Society for Microbiology, 114th general meeting, session entitled "Achieving Your Scientific and Career Goals: How an Individual Development Plan Can Help YOU!" Boston, MA

2014-05-08 "Consequences of Sleep Loss – Endocrine and Metabolic Function" / invited lecture for Harvard Medical School CME course entitled "Sleep! – A CME Course for Physicians". Boston MA.

2013-08-05 "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 NYU

2013-06-14 "Sleep and the workplace" invited presentation for symposium "Sleep and Shiftwork: Impact on Health, Safety, and Productivity" Center for Research on Occupational and Environmental Toxicology, Oregon Healthy WorkForce Center, Oregon Health and Science Univ.

2013-06-02 "Does Sleep Restriction and Circadian Disruption Cause Sympathetic Activation?", SLEEP 2013. Session 002: "Developmental and Aging Effects and Interactions with Sleep", Baltimore MD.

2013-03-13 "Sleep as a source of resilience and restoration" Workshop on Positive Psychobiology, sponsored by the Princeton Center for Research on Experience and Well-Being (funded by the NIA), Miami, FL

2013-02-28 "Causes and Consequences of Sleep Deficiency." Dept. of BBH, Penn State, University Park, PA

2012-12-06 "Causes and Consequences of Sleep Deficiency", Center for Research on Occupational & Environmental Toxicology, Oregon Health Sciences University, Portland OR

2012-10-25 "Causes and Consequences of Sleep Deficiency", Center for Family Resilience, Dept. of Human Development & Family Science, Oklahoma State University, Tulsa OK

2012-08-06 "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 NYU

2012-06-11 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"

2012-06-11 "Home and Workplaces Factors as Sources of Sleep Disruption that Affect Health Disparities" / invited symposium presentation: "Sleep and Health Disparities: Follow-Up from the 2011 NHLBI Workshop", Sleep 2012, Boston, MA.

2012-06-10 "Adverse metabolic consequences of sleep restriction and circadian disruption in humans" / invited symposium presentation. SLEEP 2012.

2012-06-10 "Disrupted Circadian rhythms, sleep loss and metabolic disease: How will research findings influence clinical practice?" / invited presentation, 2012 Sleep Research Society Dement Trainee Symposia Series, Boston, MA

2012-06-06 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

2012-04-17 "Causes and Consequences of Sleep Deficiency: Clinical and Workforce Impacts" Oregon Healthy WorkForce Center, Oregon Health & Science University, Portland, OR

2012-03-15 "The NPA Founders Present Their Perspectives After the First Decade" / invited plenary session National Postdoctoral Assn. 10th Annual Meeting, San Francisco, CA

2011-09-18 "Worklife and effects on sleep health" / invited, National Heart Lung and Blood Inst. Workshop: "Reducing Health Disparities: The Role of Sleep Deficiency and Sleep Disorders", National Institutes of Health, Bethesda MD

2011-06-16 "Causes and Consequences of Sleep Deficiency" / Seminar jointly sponsored by the Minnesota Population Center and the Social Epidemiology Workgroup, University of Minnesota, Minneapolis, MN

2011-06-14 "Actigraphy as a Tool for Measuring Sleep: Pros, Cons, and Secrets of the Trade" / co-chair, speaker. SLEEP 2011, Minneapolis MN

2011-06-14 "Relationship of Sleep Deficiency to Perceived Pain and Physical Disability in Hospital Patient Care Workers." oral presentation, SLEEP 2011, Minneapolis MN

2011-06-15 "Challenges in Identifying Biomarkers for Sleepiness" / discussant. SLEEP 2011, Minneapolis MN

2011-06-13 "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

2011-05-23 "Causes and Consequences of Sleep Deficiency" / Seminar, Dept of Psychology, Portland State University; Portland OR

2011-05-23 "Causes and Cardiometabolic Consequences of Sleep Deficiency" / Sleep Grand Rounds and Visiting Professorships for Depts. of Psychiatry and Neuroscience, University of Pittsburgh; Pittsburgh PA

2011-03-30 "Causes and Cardiometabolic Consequences of Sleep Deficiency" / Seminar. University of Pennsylvania Center for Sleep and Respiratory Neurobiology, Philadelphia PA

2010-10-20 "Metabolic Consequences of Chronic Sleep Restriction Combined with Circadian Misalignment" / oral presentation of selected abstract, SLEEP 2010, San Antonio TX

2010-06-06 "Primary insomnia and glucose metabolism: Changes in actigraphically-derived Wake After Sleep Onset (WASO) related to changes in glucose metabolism" / invited oral presentation, SLEEP 2010, San Antonio TX

2010-06-08 "Managers' Practices Related to Work-Family Balance Predict Employee Cardiovascular Risk and Sleep Duration in Extended Care Settings" / poster presentation, SLEEP 2009, Seattle, WA

2009-06-05 Meet the Professor Seminar: "Health effects of sleep restriction and insufficient sleep" / Invited oral presentation SLEEP 2009, Seattle, WA

2009-05-05 "Work-Family Conflict, Sleep, and Health: Results from the Work, Family, and Health Network" / Invited presentation, Scientific Conference on Sleepiness and Health-Related Quality of Life, NIH campus, Bethesda, MD

2009-04-13 "Sleep Restriction for One Week Reduces Insulin Sensitivity Measured Using The Euglycemic Hyperinsulinemic Clamp Technique" / oral presentation of selected abstract, Annual SLEEP mtg, Baltimore, MD

2008-06-12 "Intervening to Improve Sleep, Health & Society" / Symposium Speaker, annual SLEEP meeting, Baltimore, MD

2008-06-09 "Sleep Adequacy Associated with More Healthful Food Choices and Positive Workplace Experience In Motor Freight Workers" / Poster presentation, Annual SLEEP meeting, Baltimore, MD

2008-06-09 "The Health Impact of Sleep: Sufficient Restorative Sleep as a Positive Health Behavior" / Lecture, Dept. Sociology, University of San Diego

2007-11-05 "The health impact of sleep loss and sleep disorders" / Invited speaker, UC Berkeley, San Francisco, CA

2006-11-11 "Insomnia" / Invited speaker, Joint Family Medicine/Ambulatory Care Grand Rounds, Coney Island Hosp., Brooklyn, NY

2006-12-18 "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)

- 2005-11-03 "Sleep, Endocrinology, and Metabolism" / Featured speaker, Mini-Symposium, American Thoracic Society, Orlando, FL
- 2004-05-26 "Sleep and Endocrine Physiology" / American Acad. of Sleep Medicine's National Sleep Medicine Course, Oak Brook, IL
- 2003-08-11 "Consequences of a sleep debt for performance and health" / Invited speaker, American Academy of Sleep Medicine's Advanced Sleep Medicine Course, San Antonio, Texas
- 2003-02-07 "Chronic sleep loss leading to obesity, diabetes" / Invited speaker, Wayne State, Detroit, Michigan (NIOSH, OOIDA)
- 2003-04-25 "Sleep Loss and the Aging of Endocrine Systems" / Invited speaker, National Academy of Sciences, Washington D.C. (National Sleep Foundation; National Inst. on Aging)
- 2003-03-30 "Interplay between, exercise, sleep, and the clock/ Invited speaker and discussant, Society for Research on Biological Rhythms 8th biannual meeting, Amelia Island Plantation, Florida
- 2002-05-16 "Entrainment in Humans" / Invited speaker and discussant, Society for Research on Biological Rhythms, Amelia Island, FL
- 2002-05-16 "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.

Regional Invited Presentations and Courses

- 2022-02-15 "Work, Sleep Health, and Wellness: Sleep Disorders." Penn State University Police and Public Safety (UPPS), part 2 of 2-part series of presentations and facilitated discussions with commonwealth-wide UPSS staff and officers. (via Zoom)
- 2022-01-25 "Work, Sleep Health, and Wellness." Penn State University Police and Public Safety (UPPS), part 1 of 2-part series of presentations and facilitated discussions with commonwealth-wide UPSS staff and officers. (via Zoom)
- 2013-03-08 "The Health Consequences of Sleep Deficiency for Cardiometabolic Risk and Other Outcomes from the Work, Family, and Health Study" / lecture, Family demography and gender working group, Sociology Dept., Harvard University, Cambridge MA
- 2012-10-18 "The Causes of Sleep Deficiency: Physiologic and Social Mechanisms" / Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2011-12-08 "Insomnia, sleep, and pain" / lecture, Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2011-12-08 "Sleep and diabetes" / lecture Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2011-10-20 "Causes and consequences of sleep deficiency and circadian disruption" / lecture Dental Sleep Medicine Mini-Residency Program, Tufts School of Dental Medicine, Boston MA (CDE)
- 2011-10-20 "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)]
- 2009-03-21 Sleep, Diet, and Metabolism. / Invited oral presentation, North East Sleep Society, Newton, MA
- 2008-08-20 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 U.
- 2007-09-25 "The health impact of sleep loss and insomnia" / Invited lecture, Cape Cod Physicians Assn. Annual Meeting, Mashpee, Massachusetts
- 2007-03-13 "The health impact of sleep loss and sleep disorders" / Invited lecture, U. Mass., Boston, Massachusetts
- 2006-04-12 "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
- 2005-03-31 "Sleep and sleep disorders: Implications for obesity and diabetes" / Grand Rounds, Norwalk Hospital, Norwalk, CT
- 2004-05-18 "Sleep Loss and Mechanisms of Impaired Glucose Metabolism" / Invited seminar speaker, Brigham and Women's Hospital, Boston, MA
- 2004-02-09 "Sleep Loss and Mechanisms of Impaired Glucose Metabolism"/ Invited seminar speaker, Beth-Israel Deaconess Medical Center, Boston, MA
- 2001-10-21 "Neuroendocrine and metabolic effects of exercise at different times of day" / Seminar, Dept. of Medicine, University of Chicago, Chicago, Illinois
- 2001-09-13 "Sleepless in Chicago: Consequences of sleep loss for health" / Invited seminar speaker, Post-Doctoral Assn. of the Biological Sciences Division, University of Chicago
- 2001-08-22 "The effects of sleep loss on metabolism and endocrine function" / Invited Speaker, University of Rhode Island, East Greenwich, RI
- 2000-09-28 "Consequences of a sleep debt for human health" / Seminar, Dept. of Biology, Andrews University, Berrien Springs, MI
- 1999-04-29 "The interactions of circadian rhythms and sleep, and the implications for teenagers" / Lecture Lake Forest High School, Lake Forest, IL
- 1997-11-14 "Circadian Rhythms" / Invited Speaker, Chicago Chapter of the Neuroscience Society annual meeting, Chicago, IL

Local Invited Presentations

- 2023-11-03 "Sleep Health, Work, and Cardiometabolic Health" invited lecture, Noll Physiological Research Seminar, Penn State. Noll Laboratory, University Park PA
- 2023-10-24 "Sleep, Health, & Society Collaboratory." Center for Healthy Aging. Penn State, UP, PA.
- 2022-02-06 "Sleep Health and Wellness" invited lecture Lifestyle and Chronic Diseases (NUTR 497/597; Penny Kris-Etherton), Penn State, University Park PA
- 2022-09-27 "Work, Sleep Health, and Wellness." Administrative Committee on Research (ACOR) Annual Retreat (zoom), Penn State
- 2022-09-12 "Sleep, Health, & Society Collaboratory." Penn State Clinical and Translational Science Institute KL2 Scholars. UP, PA.
- 2020-08-04 "Sleep Health" / Invited (virtual) presentation, Osher Lifelong Learning Inst. (OLLI-York), State College PA
- 2020-01-23 "Sleep Health" / Invited presentation, independent living community Villages at Penn State, State College PA
- 2019-09-17 "Interdisciplinary & Multimethod Approaches to Investigating Sleep Health & Digital Biomarkers" / Invited seminar for faculty and student of the Inst. for CyberScience; Penn State, University Park, PA
- 2019-08-29 "Sleep Health and the EcoSleep study" / Invited presentation, Foxdale Village, State College PA
- 2019-02-22 "Sleep Health" / Invited presentation, independent living community Foxdale Village, State College PA

2016-10-19	"Sleep Health" / Invited presentation, U.R.I.S.E program (undergrads), Dr. Vivek Kumar director; Penn State
2014-12-08	"Causes and consequences of sleep deficiency: Usefulness of conceptual frameworks" / invited lecture, College of Nursing Center for Nursing Research Seminar, Penn State, University Park, PA
2014-12-05	"Causes and physiologic consequences of sleep deficiency" / Noll Physiology Seminar, Penn State
2014-11-08	"Causes and physiologic consequences of sleep deficiency" / invited lecture, IGDP in Physiology, Penn State
2014-09-29	"Causes and consequences of sleep deficiency" / Invited Colloquium, Dept. of Nutrition, Penn State.
2014-05-09	"Dual Career Couples: How Do They Do It?" / invited panelist, Brigham and Women's Hospital, Center for Faculty Development & Diversity; Boston MA.
2014-01-02	"Causes and consequences of sleep deficiency" / invited lecture, Brigham and Women's Hospital, Annual Workshop of the Center for Clinical Investigation; Boston MA
2013-10-18	"Causes and Consequences of Sleep Deficiency" / MGH Dept. of Radiation Oncology at Emerson Hospital, Concord MA/ invited Grand Rounds lecture
2013-09-20	"Causes and Consequences of Sleep Deficiency" / Social Work in-service, Brigham and Women's and Dana-Farber Cancer Inst., Boston MA
2013-06-20	"Causes and Consequences of Sleep Deficiency" / Massachusetts General Hospital Social Services Dept., Boston MA / invited Grand Rounds lecture
2013-01-14	"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
2012-11-14	"Causes and Consequences of Sleep Deficiency" / Epidemiology Seminar Series, Dept. of Epidemiology, Harvard School of Public Health, Boston MA
2012-05-24	"On Being a Postdoc: A Co-founder's Perspective on the First Decade of the National Postdoctoral Assn." / invited lecture, Mass General Hospital, Office for Research Career Development, Boston MA
2012-05-17	"Causes and Consequences of Sleep Deficiency and Circadian Disruption: Clinical and Workforce Impacts" Children's Hospital Boston, Pediatric Emergency Medicine Dept., Boston, MA
2012-05-14	"Environmental and Biological Mechanisms Impacting Sleep and Health" / invited lecture in "Sleep Health Disparities: Opportunities to Improve the Health of the Community" Harvard Catalyst Health Disparities Research Program, Harvard School of Public Health, Boston MA
2012-05-11	"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
2012-02-29	"Adverse metabolic consequences of sleep restriction and circadian disruption in humans" / invited presentation, Cardiovascular, Diabetes and Metabolic Disorders (CVDM) Research Center, Biomedical Research Inst. (BRI), Brigham and Women's Hospital, Boston MA
2012-01-09	"Causes and cardiometabolic consequences of sleep deficiency" / Sleep Grand Rounds, Harvard Medical School, Division of Sleep Medicine
2011-11-10	"Causes and cardiometabolic consequences of sleep deficiency" / seminar, Harvard School of Public Health, Dept. of Society, Health and Human Development / RWJ scholars program
2011-08-30	"Effects of sleep restriction and circadian disruption on glucose metabolism" /seminar, Biomedical Research Inst. at Brigham and Women's Hospital: "Obesity and Impact of systems regulating energy balance"
2011-03-09	"Why Sleep Matters: Sleep, Work, Family, and Health" / Talks@12 series seminar, Harvard Medical School
2011-01-03	"Causes and cardiometabolic consequences of sleep deficiency" /Brigham and Women's Hospital, Annual Workshop of the Center for Clinical Investigation; Boston MA
2010-04-09	"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
2010-03-08	"How and why we sleep, When and If it's up to us" / Harvard Med School Office for Work and Family, Boston
2008-08-22	"Health impact of insufficient sleep and sleep disorders: elevating risk for weight gain, obesity, diabetes, cardiovascular disease, and mortality" / Grad and undergrad. students, Harvard Extension School; Boston MA
2007-02-08	"Maximizing Career Development through Individual Development Plans (IDPs) and Peer Mentorship" / seminar, The Children's Hospital Boston, Office of Fellowship Training
2007-05-25	"Maximizing Career Development through Individual Development Plans (IDPs) and Peer Mentorship" / seminar, Brigham and Women's Hospital, Center for Faculty Development and Diversity
2007-03-29	"The health impact of sleep loss and insomnia" / Grand Rounds, Dept. Psychiatry, McLean Hospital
2006-06-02	"Health impact of insufficient sleep and sleep disorders: elevating risk for weight gain, obesity, cardiovascular disease, and mortality" / Brigham and Women's Hospital
2006-12-04	"The contributions of the National Postdoctoral Association to the careers of postdocs" / Harvard University Harvard undergraduates, graduate students, and faculty,
2006-03-22	"Sleep loss and fatigue: risks to doctors, patients, and our waistslines" / Annual Cambridge Hospital Grand Rounds, Cambridge Health Alliance, Joint Cmte. on the Status of Women at Harvard Med. /Dental
2005-10-27	"Sleep loss and fatigue: risks to doctors, patients, and our waistslines" / Grand Rounds, Harvard South Shore Psychiatry Residency Training Program, Brockton VA Medical Center
2003-05-31	"Impact of chronic sleep loss on health" / Undergraduate faculty, Harvard University

Patient Education & Service to the Community

Educational Material for Patients and the Lay Community

Oct. 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/documents/ftp/publications/2019-10-17_SSTweb.PDF
2014-11-19	OM Buxton, Henrik Jacobsen, NIOSH Science Blog Safer Healthier Workers: <i>Work-family Conflict, Sleep, and the Heart</i> http://blogs.cdc.gov/niosh-science-blog/2014/11/19/work_sleep_heart/

2014-03-22	OM Buxton and A-M Chang, "Strategies for good sleep" Parent and student community of the Fayerweather Street School, Cambridge MA
2013	OM Buxton and A-M 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
2012-10-09	"Advice for Boomers Concerned About Sleep Deficiency" <i>New York Times</i> , Booming blog "Ask an Expert". Part 3: http://www.nytimes.com/2013/10/09/booming/advice-about-sleep-deficiency-in-midlife-part-3.html
2013-10-02	Part 2: http://www.nytimes.com/2013/10/02/booming/advice-about-sleep-deficiency-in-midlife-part-2 .
2013-09-25	Part 1: http://www.nytimes.com/2013/09/25/booming/advice-about-sleep-deficiency-in-midlife-part-1.html
2013-09-19	http://www.nytimes.com/2013/09/19/booming/taking-questions-on-causes-and-effects-of-sleep-deficiency.html
2012-08-09	OM Buxton , Glorian Sorensen. NIOSH Science Blog Safer Healthier Workers: <i>Sleep, Pain, and Hospital Workers</i> . http://blogs.cdc.gov/niosh-science-blog/2012/08/sleep-pain/ a Top 12 NIOSH Science Blogs of 2012 http://blogs.cdc.gov/niosh-science-blog/2013/01/top12
2012-03-01	"Sleep, health and success: How and why we sleep, when and if it's up to us." OM Buxton & A-M Chang, Middle School Unit of the Fayerweather Street School, Cambridge MA
2012-01-18	"Sleep and health." Lecture, Carleton-Willard Village Retirement, Bedford, MA
2010-03-15	"Work-family and work-life matters." Senior Management Quarterly meeting, Genesis Health Care, Andover MA
2010	"Sleep, Health and Success: How and why we sleep, When and If it's up to us." OM Buxton & A-M Chang, Middle School Unit of the Fayerweather Street School, Cambridge MA
2009-01-12	"Sleep & health: With or without normal sleep." Seminar for Lesley Univ. Student Health Center staff
2006-04-07	"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

Selected press mentions

- **Penn State News (2024):** lead author, former postdoc now tenured Assoc Prof (HDFS), Soomi Lee, PhD
[Researchers identify distinct sleep types and their impact on long-term health](#)
- **Penn State News (2023):** senior author, Dr. Orfeu Buxton, with Work, Family, and Health Network
[Workplace flexibility associated with lower risk of cardiovascular disease](#)
WTIF public radio, Harrisburg PA (2023): "[Penn State study: Job flexibility = healthy hearts](#)"
Harvard Division of Sleep Medicine special Lecture: "[Sleep, Work, and Unfair Treatment](#)" (video)
U. Arizona lecture: "[Sleep Health for Successful Cardiovascular and Cognitive Aging: Findings from the Sleep, Health & Society Collaboratory](#)" (Video Password: 135765)
- **Daily Collegian (2023):** [Penn State students, professor talk improving sleep habits](#)
- **Penn State News (2023):** lead author, postdoctoral mentee David Reichenberger, PhD
[Interactive Screen-Based Activities Predict Worse Actigraphic Sleep Health That Night Among Adolescents](#)
- **Penn State News (2023):** lead author, postdoctoral mentee David Reichenberger, PhD
[Playing catch-up on weekends may not improve cardiovascular cost of sleep loss](#)
- **Penn State News (2022):** [Healthy sleep habits before kindergarten help children adjust to school](#)
- **Penn State News (2022):** [Helping babies to sleep more](#)
- **Penn State News (2021):** [Coupled brain activity, cerebrospinal fluid flow could indicate Alzheimer's risk](#)
- **Penn State News (2020):** lead author, former BBH postdoc now Asst Research Prof, Margeaux Gray, PhD
[Think pink: Getting a good night's sleep in difficult times](#)
- **Penn State News (2020):** [New WPSU podcast highlights Penn State researchers' work, community impact](#)
Reach podcast (WPSU) episode 01: "[The Family](#)"
Reach podcast (WPSU) episode 07: "[Work Family and Health Study](#)"
- **Penn State News (2019):** lead author, former graduate student Kelly Ness, PhD
[Sleep deprivation may lead to slower metabolism, weight gain](#)
- **Penn State News (2019):** lead author, Researcher in Sleep Collaboratory, Lindsay Master Nye, MAS
[Exercise may help teens sleep longer, more efficiently](#)
- **The Conversation (2019):** [Just 16 minutes of sleep loss can harm work concentration the next day](#)
- **Penn State News (2019):** [Penn State research informs Pennsylvania report on school start times](#)
- Penn State Research Matters: "[You say you want a sleep revolution](#)".
- New York Times, Booming blog, "Ask an Expert" - [taking questions on causes and effects of sleep deficiency](#)
- New York Times, Booming blog, "Advice About Sleep Deficiency in Midlife" - [Part 1](#), [Part 2](#), [Part 3](#)
- Scientific American: "[Night Noise: what a sleeping brain hears](#)"
- NIOSH Science Blog: "[sleep, pain, and hospital workers](#)"
- NIOSH Science Blog: "[Work-family conflict, sleep, and the heart](#)"
- NBC Nightly News: "[Shift workers may be prone to diabetes](#)" (Video)
- New York Times: "[The clatter of the hospital room](#)"
- Wall Street Journal: "[Cutting the cost of cacophony in hospitals](#)"
- Press Release: "[Brain rhythm predicts ability to sleep through a noisy night](#)"
- HealthDay: "[Sleep plays important role in cardiometabolic disease risk](#)"
- Reuters: "[Adequate sleep tied to healthier diets in truckers](#)"
- BWH News Brief: "[Sleep and insulin sensitivity](#)"
- Ignites.com: "[People feature: You snooze, you win?](#)"

- Science Careers: ["NPA founders find success"](#)

Narrative Report

My current research 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 research involves sleep laboratory studies, as well as field-based studies including interventions.

My research has spanned rodent and human studies; my graduate work began with Dr. Fred W. Turek (Northwestern Univ.) 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 (Northwestern Univ.). Through a collaboration with Dr. Eve Van Cauter (Univ. 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.

While at the Brigham and Women's Hospital and Harvard Medical School, to study the health consequences of sleep loss, I conducted ongoing interdisciplinary human studies involving 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 was PI of a study demonstrating that modest sleep restriction (5h/night for 1 week) impairs neurobehavioral performance, increases cortisol, 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 also taught a sleep section in a Harvard University undergraduate course for 5 years and was twice awarded a Harvard Certificate of Distinction in Teaching.

Now at Penn State full-time since 2014, and promoted to Professor of Biobehavioral Health in 2018, I have multiple extramurally-funded projects as part of my Sleep, Health, and Society Collaboratory. I was named the inaugural Elizabeth Fenton Professor of Biobehavioral Health in 2020. I lead a Biomarker and Actigraphy Data Coordinating Center spanning multiple projects. For example, I co-chair of the Steering Cmte. 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 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.

In a long-term study of a birth cohort in the Families First and Child Wellbeing Study, 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 and now young adults. Data collection in a renewal has recently been completed that follows this cohort as they transition to adulthood. Building upon strengths of the long-running Einstein Aging Study (NIA P01, mPI; I also serve as mPI on a sleep substudy R01), we collect longitudinal measures of both traditional clinic-based cognitive assessments and novel, ecologically meaningful ambulatory cognitive assessments on older individuals to examine associations of objective, ambulatory measures of sleep with cognitive decline and mild cognitive impairment, among many other areas of interest. To intervene upon modifiable aspects of sleep in aging, we recently completed a clinical trial (NIA R44) of cognitive behavioral therapy for insomnia in older adults.

Overall, as of 2023 I have 10 NIH-funded projects. I actively mentor and support the research of numerous junior faculty, postdocs, and graduate students on their pathway to independence. I also currently serve as an Associate Director of the Penn State Clinical and Translational Science Institute, and on the Directors' Council of the Institute for Computational and Data Sciences. Lastly, I serve as Editor in Chief for *Sleep Health*.