

## **SOOMI LEE, Ph.D.**

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The Pennsylvania State University  
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\* ResearchGate: [https://www.researchgate.net/profile/Soomi\\_Lee2](https://www.researchgate.net/profile/Soomi_Lee2)

### **CURRENT ACADEMIC APPOINTMENTS**

2023 August – **Associate Professor (tenured)**  
Department of Human Development and Family Studies  
The Pennsylvania State University, University Park

2018 – 2023 **Assistant Professor**  
School of Aging Studies  
The University of South Florida, Tampa, Florida

### **AFFILIATED INSTITUTIONS**

2024 – **Affiliate of the Huck Institutes of the Life Sciences**  
The Pennsylvania State University, University Park

2024 – **Affiliate of the Population Research Institute**  
The Pennsylvania State University, University Park

2024 – **Affiliate of the Social Science Research Institute**  
The Pennsylvania State University, University Park

2023 – **Affiliate of the Center for Healthy Aging**  
The Pennsylvania State University, University Park

2020 – **Affiliate of the Occupational Health Psychology Training Program**  
The University of South Florida, Tampa, Florida

### **RESEARCH INTERESTS**

Sleep; pain; stress; activity diversity; cardiovascular health; work and family; middle and late adulthood; micro-longitudinal methods (e.g., daily diary, ecological momentary assessment, actigraphy)

### **EDUCATION**

2011 – 2015 **Ph.D. in Human Development and Family Studies**

The Pennsylvania State University, University Park, Pennsylvania

Dissertation Title: “*Spending Too Little Time or Perceiving Too Little Time: Linking Time Use, Perceived Time Adequacy, and Well-Being of Employed Parents*”

Chair: David M. Almeida, Ph.D.

Committee: Susan M. McHale, Ph.D., Ann C. Crouter, Ph.D., Wayne Osgood, Ph.D.

2008 – 2011

**M.S. in Human Development and Family Studies**

Yonsei University, Seoul, South Korea

Thesis Title: “*The Quality of Multiple Roles and Psychological Health of Employed Mothers*”

Chair: Sookhyun Lee, Ph.D.

1995 – 1999

**B.S. in Child Development**

Yonsei University, Seoul, South Korea

### **PREVIOUS PROFESSIONAL EXPERIENCES**

2017 – 2018

**Assistant Research Professor**

Department of Biobehavioral Health

The Pennsylvania State University, University Park, Pennsylvania

2017 – 2018

**Lecturer**

Department of Human Development and Family Studies

The Pennsylvania State University, University Park, Pennsylvania

2015 – 2017

**Postdoctoral Scholar**

Mentor: Orfeu M. Buxton, Ph.D.

Department of Biobehavioral Health

The Pennsylvania State University, University Park, Pennsylvania

2011 – 2015

**Graduate Research Assistant**

Advisor: David M. Almeida, Ph.D.

Department of Human Development and Family Studies

The Pennsylvania State University, University Park, Pennsylvania

2008 – 2011

**Graduate Research Assistant**

Advisor: Sookhyun Lee, Ph.D.

Department of Child and Family Studies

Yonsei University, Seoul, South Korea

2006 – 2007

**Sales Manager**

Systems and Service Department

IBM, Seoul, South Korea

2001 – 2006

**Marketing Manager**

Marketing Department

IBM, Seoul, South Korea

2000 – 2001

**Web Marketing Specialist**

e-Commerce Department

miClub.com, Seoul, South Korea

1999 – 2000      **Brand Marketing Specialist**  
Cosmetic Department  
Yves Saint Laurent, Seoul, South Korea

## **HONORS & AWARDS**

- 2022      **Springer Early Career Achievement Award**  
Awarded by the American Psychological Association, Division 20  
Competitive award that honors an individual whose work has made significant early career contributions to understanding critical issues in the psychology of adult development and aging.
- 2021      **Junior Scholar Nominee for the Andrew Carnegie Fellowship**  
Nominated by the University of South Florida  
Based on limited competition that selects one junior faculty
- 2021      **Best Environmental Epidemiology Paper Honorable Mention**  
By the International Society for Environmental Epidemiology  
Based on the quality, originality, importance and expected impact of the paper published in the American Journal of Epidemiology (doi: 10.1093/aje/kwaa075)
- 2020      **The Junior Faculty Excellence Award**  
By the Women in Leadership & Philanthropy, University of South Florida, USA  
Competitive research grant (\$5,000) to one faculty member who holds a tenure-track appointment at the level of assistant professor
- 2017      **2017 Sleep Research Network Travel Award** (*declined*)  
By the Sleep Research Network (SRN), USA  
Competitive cash award (\$1,000) to support participation in the 9<sup>th</sup> Annual SRN & Sleep<sup>2</sup> conference and additional mentoring service
- 2016      **Work and Family Researchers Network Early Career Fellowship**  
By the Work and Family Researchers Network (WFRN), USA  
Competitive cash award (\$500) and additional stipend to cover membership and registration fees for the 2016 WFRN conference
- 2015      **A Prize Winner of the 8<sup>th</sup> Annual Postdoctoral Research Exhibition**  
By the Pennsylvania State University, University Park, USA  
Competitive cash award (\$300) and certificate for the 2<sup>nd</sup> highest average judge score of the postdoctoral scholars' presentations of their posters
- 2012      **Wesley Burr Graduate Student Paper Award**  
By the National Council on Family Relations, USA  
Competitive cash award (\$200) for the highest average reviewer score of the graduate student submissions
- 2011      **University Graduate Fellowship**  
By the Department of Human Development and Family Studies, The Pennsylvania State

University, University Park, Pennsylvania, USA  
 One-year fellowship that provides tuition remission, health insurance coverage, and stipend of \$17,100 for a limited number of graduate students whose application received high scores

2011 **Hintz Fellowship**  
 By the College of Health and Human Development, The Pennsylvania State University, University Park, Pennsylvania, USA  
 Competitive cash award (\$3,000) for a very promising graduate student

2009 **Brain Korea Fellowship**  
 By Yonsei University, Seoul, South Korea  
 Competitive fellowship that provides a stipend for one year for an outstanding graduate student

2007 **Sales Achievement Recognition Award**  
 By IBM, Asia Pacific  
 A cash bonus with an oversea travel for employees who achieved the year’s sales target

2004 **Marketing Program Award**  
 By IBM, Asia Pacific  
 Competitive cash award for a marketing team who successfully developed and launched a creative customer win-back strategy

1999 **Honor Student Award**  
 By Yonsei University, Seoul, South Korea  
 Based on a high GPA

**GRANTS**

R01HL163226 (Lee, PI, \$1,992,374) 08/2023-01/2027  
 NIH/NHLBI  
**“Sleep, Pain, Active Social Life, and Inflammation (SPAI)”**  
 To examine the extent to which the impact of sleep on chronic pain is mediated by social lifestyles and inflammation in three different cohorts of adults.  
Role: Principal Investigator (2.25 acad mo & 3.0 sumr mo)

F31HL165898 (Mu, PI) 07/2022-07/2024  
 NIH/NIA  
**“Protecting Healthcare Workers’ Health and Well-being: The Joint Effects of Sleep and Pain, and Moderations by Work Characteristics”**  
 To investigate the interplay between sleep and pain in healthcare workers and their joint contributions to long-term health and well-being outcomes, considering moderations by job demands and resources.  
Role: Sponsor (in-kind support)

International Project Research Grant (Chen, PI) 08/2022-07/2023  
 Ministry of Science and Technology, Taiwan  
**“The longitudinal relationships between multidimensional sleep health and frailty among community-dwelling older adults: Evidence from older adults in Taiwan and the United States”**

To investigate the longitudinal relationship between the multidimensional sleep health and frailty status among community-dwelling older adults.

Role: Co-Investigator (in-kind support)

R56AG065251 (Lee, PI, \$412,264)

09/2020-08/2022

NIH/NIA

***“Sleep Health Profiles in Middle-aged Workers in Relation to Cardiovascular and Cognitive Health”***

To uncover distinct sleep profiles in middle-aged adults and provide preliminary analysis relating the sleep profiles to cardiovascular health. We propose to use multidimensional sleep health profiles that measure “which” and “how many” sleep problems co-occur within individuals. Using data from the Midlife in the United States Study, the proposed study aims at examining the associations between sleep health profiles and cardiovascular health.

Role: Principal Investigator (2.25 acad mo & 3.0 sumr mo)

F31AG066434 (Marino, PI)

09/2020-08/2021

NIH/NIA

***“Identifying Pathways Between Daily Stress and Long-Term Well-Being in Caregivers and Non-Caregivers”***

To examine links between caregiving status and multiple dimensions of well-being in propensity-matched caregivers and non-caregivers.

Role: Co-sponsor (in-kind support)

University of South Florida (Lee, PI)

05/2019-04/2022

College of Behavioral and Community Sciences Grant Program (No. 18320)

***“Cancer center nurses’ sleep health and its association with work performance”***

To investigate sleep health of cancer center nurses and test risk/protective factors and cognitive outcomes of sleep health.

Role: Principal Investigator (0.9 sumr mo)

University of South Florida (Lee, PI)

05/2019-04/2021

Research & Innovation Internal Awards Program (No. 0134930), New Researcher Grant Award

***“Sleep health in direct-care workers and its association with work performance”***

To examine sleep health of direct-care workers in long-term care and tests risk and protective factors and cognitive outcomes of sleep health.

Role: Principal Investigator (in-kind support)

Florida Department of Health (Meng, PI)

04/2019-02/2021

Ed and Ethel Moore Alzheimer's Disease Research Award (No. 9AZ28)

***“Visually-assisted mindful music listening intervention for persons living with dementia and their caregivers: A pilot study”***

To develop and pilot test a brief mindfulness-based music listening intervention to reduce behavioral expressions among persons living with dementia and improve sleep, reduce stress among family caregivers.

Role: Co-Investigator (0.09 acad mo & 0.03 sumr mo)

**PEER-REVIEWED PUBLICATIONS**

\* Student (Graduate and undergraduate) and mentee (postdoctoral) co-authors 2015 to present

1. Koffer, R., Lee, S., & Drewelies, J. (2024). Experiential diversity of adult development and aging in daily life. *Psychology and Aging*. Accepted.
2. \*Muhammad, T., Das, M., Jana, A., & Lee, S. (2024). Sex differences in the associations between chronic diseases and insomnia symptoms among older adults in India. *Nature and Science of Sleep*, 16, 1-16.

3. **Lee, S.** (2024). Subjective sleep may mediate the associations between tomorrow anticipations and next-day affect. *Applied Psychology: Health And Well-Being*. doi: 10.1111/aphw.12587.
4. McNaughton, D. T., Roseen, E., Patel, S., Downie, A., Øverås, C. K., Nim, C., Harsted, S., Jenkins, H., Young, J. J., Hartvigsen, J., Wong, J., Stone, K. L., Ensrud, K. E., **Lee, S.**, Cawthon, P., & Fink, H. A. (2024). Long-term trajectories of low back pain in older men: A prospective cohort study with 10-year analysis of the MrOS Study. *Journal of Gerontology: Medical Sciences*, 79(9), glae175. doi: 10.1093/gerona/glae175.
5. \*Smith, C. E., **Lee, S.**, Allen, T. D., Wallace, M. L., Andel, R., Almeida, D. M., Buxton, O. M., & Patel, S. R. (2024). Designing work for healthy sleep: A multidimensional, latent transition approach to employee sleep health. *Journal of Occupational Health Psychology*. Accepted.
6. Roseen, E., McNaughton, D. T., Harrison, S., Downie, A., Øverås, C. K., Nim, C., Jenkins, H., Young, J. J., Hartvigsen, J., Stone, K. L., Ensrud, K. E., **Lee, S.**, Cawthon, P., & Fink, H. A. (2024). Association of back pain with all-cause and cause-specific mortality among older men: a cohort study. *Pain Medicine*, 25(8), 505-513. doi: 10.1093/pm/pnae040.
7. Lippold, M. A., Ehrlich, K. B., Jenkins, M. R., **Lee, S.**, & Almeida, D. M. (2024). Youth daily stressors predict their parents' wellbeing. *Communications Psychology*, 2(1). doi: 10.1038/s44271-024-00107-3.
8. Lee, S., Mukherjee, D., Rush, J., **Lee, S.**, & Almeida, D. M. (2024). Too little or too much: nonlinear relationship between sleep duration and daily affective well-being in depressed adults. *BMC Psychiatry*. doi: 10.1186/s12888-024-05747-7.
9. **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*, 86(4), 289-197. doi: 10.1097/PSY.0000000000001288.
10. \*Domenech Acevedo, M. S., \*Mu, C. X., & **Lee, S.** (2024). Identifying individual determinants for sleep intervention preferences among middle-aged nurses. *Journal of Young Investigators*, 24(3). 1-9. doi: 10.22186/jyi.27.03.1.1.
11. \*Smith, C.E., \*Mu, C., \*Venetto, A., \*Khan, A., **Lee, S.**, & Small, B. J. (2024). Be present now, sleep well later: Mindfulness promotes sleep health via emotion regulation. *Health Psychology*. doi: 10.1037/hea0001373.
12. \*Smith, C.E., **Lee, S.**, & Allen, T.D. (2024). Hard work makes it hard to sleep: Job characteristics link to multidimensional sleep phenotypes. *Journal of Business and Psychology*, 39, 393-410. doi: 0.1007/s10869-023-09882-y.
13. **Lee, S.**, Mu, C. X., Wallace, M. L., Andel, R., Almeida, D. M., Buxton, O. M., & Patel, S. R. (2023). Multidimensional sleep health problems across middle and older adulthood predict early mortality. *Journal of Gerontology: Medical Sciences*, 79(3), glad258. doi: 10.1093/gerona/glad258.
14. Ong, A., & **Lee, S.** (2023). Variety in pleasant activities is associated with improved mental health: Evidence from two national samples of U.S. adults. *Affective Science*. doi: 10.1007/s42761-023-00225-x.
15. Templeman, M. E., **Lee, S.**, & Haley, W. E. (2023). Factors associated with working caregivers' well-being: Comparisons between Black and White working caregivers in the United States. *The International Journal of Aging and Human Development*. doi: 10.1177/00914150231208680.

16. **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. *Gerontologist*, *64*, 1-12. doi: 10.1093/geront/gnad152.
17. Chen, T-Y., **Lee, S.**, Hsu, K-W., & Buxton, O. M. (2023). Poor sleep health predicts the onset of a fear of falling among community-dwelling older adults. *Sleep Health*. Accepted.
18. Berkman, L., Kelly, E. L., Hammer, L. B., Mierzwa, F., Bodner, T., McNamara, T., Koga, H. K., **Lee, S.**, ..... & Buxton, O. M. (2023). Effects of a workplace intervention on employee cardiometabolic risk: Evidence from the Work, Family and Health Network a cluster-randomized trial. *American Journal of Public Health*. Accepted.
19. **Lee, S.**, Small, B. J., Cawthon, P., Stone, K. L., & Almeida, D. M. (2023). Social activity diversity as a lifestyle factor to alleviate loneliness and chronic pain. *Journal of Psychosomatic Research*, 111434. doi: 10.1016/j.jpsychores.2023.111434.
20. Brown, C., Jeon, S., Ng., Y. T., **Lee, S.**, Fingerman, K., & Charles, S. T. (2023). Switching it up: Activity diversity and cognitive functioning in later life. *Psychology and Aging*. Accepted.
21. Lawson, K. M., **Lee, S.**, \*Smith, C.E., & Thiem, K. (2023). Retaining U.S. stem women faculty during the COVID-19 pandemic: the important role of family-supportive supervisor behaviors to lower work-to-life conflict. *Gender in Management: An International Journal*. doi: 10.1108/GM-10-2022-0326.
22. **Lee, S.** & Kaufmann, C. N. (2023). Multidimensional sleep health approach to evaluate the risk of morbidity and mortality in diverse adult populations. *Sleep*. doi: 10.1093/sleep/zsad075.
23. **Lee, S.**, Koffer, R. E., & Drewelies, J. (2023). Adults older than age 55 engage in less diverse activities than those 18 years ago. *Journal of Gerontology: Psychological Sciences*. doi: 10.1093/geronb/gbad047.
24. \*Smith, C.E., **Lee, S.**, Brooks, M.E., Barratt, C.L., & Yang, H. (2022). Working and working out: Decision-making inputs connect daily work stress to physical exercise. *Journal of Occupational Health Psychology*, *28*(3), 160–173. doi: 10.1037/ocp0000349. [Selected as an Editor’s choice article]
25. Chai, H., Jester, D. J., **Lee, S.**, Joo, S., Umberson, D. J., & Almeida, D. M. (2022). Sleep quality moderates the association between family bereavement and heart rate variability. *Journal of Behavioral Medicine*. doi: 10.1007/s10865-022-00388-1.
26. **Lee, S.**, Ng, Y. T., Charles, S. T., Almeida, D. M., & Fingerman, K. L. (2022). Who has active lifestyles? Sociodemographic and personality correlates of activity diversity in two samples of adults. *Journal of Gerontology: Psychological Sciences*. doi: 10.1093/geronb/gbac192.
27. \*Nelson, M. E., **Lee, S.**, Allen, T.D., Buxton, O.M., Almeida, D.M., & Andel, R. (2022). Goldilocks at work: Just the right amount of job demands may be needed for your sleep health. *Sleep Health*, *9*(1) 40-48. doi: 10.1016/j.sleh.2022.09.002.
28. \*Joshi, R., \*Vigoureux, T.F.D., & **Lee, S.** (2022). Daily association of stressors with perceived cognitive performance: Moderating role of age. *Stress and Health*. doi: 10.1002/smi.3195

29. **Lee, S., \*Mu, C., \*Joshi R., & \*Khan, A.** (2022). Daily and momentary variability in sleep, stress, and well-being data in two samples of healthcare workers. *Field Methods*, 35(4), 349-363. doi: 10.1177/1525822X221132425
30. Chen, T-Y., **Lee, S., & Buxton, O. M.** (2022). Multidimensional sleep health is associated with physical frailty in a national sample of Taiwanese community-dwelling older adults: Sex matters. *Sleep Health*, 8(5), 528-535. doi: 10.1016/j.sleh.2022.05.003
31. \*Mu, C., & **Lee, S.** (2022). The moderating role of trait and state mindfulness between daily sleep and physical pain symptoms: an ecological momentary assessment and actigraphy study. *Psychology and Health*, 31(1), 91-108. doi: 10.1080/08870446.2022.2069245.
32. \*Mu, C., \*Boddupalli, S., **Lee, S., & Meng, H.** (2022). Effects of music interventions on sleep in people with dementia: A systematic review. *Dementia*, 21(6), 2053-2071. doi: 10.1177/14713012221096986
33. \*Veal, B., Dobbs, D., **Lee, S.,** Bugos, M. P. P., \*Boddupalli, S., Lengacher, C. A., & Meng, H. (2022). Feasibility and acceptability of a group music intervention in memory care communities. *Journal of Applied Gerontology*, 41(6), 1528–1538. doi: 10.1177/07334648221079118
34. Kumb, P., **Lee, S.,** Siegler, S., Piskernik, B., Jensen, R., & Voelkle, M. (2022). Resource-building processes across life domains: Father-child interactions as starting points for resource caravans. *Journal of Happiness Studies*, 23(7), 3263-3283. doi: 10.1007/s10902-022-00523-4.
35. \*Jeon, S., **Lee, S., & Charles, S. T.** (2022). Not just how much, but how many: Overall and domain-specific activity variety and cognitive functioning in adulthood. *Journal of Gerontology: Psychological Sciences*, 77(7), 1229-1239. doi: doi.org/10.1093/geronb/gbac053.
36. **Lee, S., \*Smith, C.,** Wallace, M.L., Andel, R., Almeida, D.M., Patel, S.R., & Buxton, O.M. (2022). Cardiovascular risks and sociodemographic correlates of multidimensional sleep phenotypes in two samples of US adults. *SLEEP Advances*, 3(1). zpac005. doi: 10.1093/sleepadvances/zpac005.
37. **Lee, S., \*Mu, C.X.,** Wallace, M.L., Andel, R., Almeida, D.M., Buxton, O.M., & Patel, S.R. (2022). Sleep health composites are associated with the risk of heart disease across sex and race. *Scientific Reports*, 12. doi: 10.1038/s41598-022-05203-0.
38. Wallace, M. L., **Lee, S.,** Stone, K. L. Hall, M. H., Smagula, S. F., Redline, S., Ensrud, K., Ancoli-Israel, S., & Buysse, D. J. (2022). Actigraphy-derived sleep health profiles and mortality in older men and women. *Sleep*. doi: 10.1093/sleep/zsac015.
39. \*Smith, C., & **Lee, S.** (2022). Identifying diverse forms of (un)healthy sleep: Sleep profiles differentiate adults' psychological and physical well-being. *Social Science & Medicine*, 292, 114603. doi: 10.1016/j.socscimed.2021.114603.
40. **Lee, S.** (2022). Naturally-occurring consecutive sleep loss and day-to-day trajectories of affective and physical well-being. *Annals of Behavioral Medicine*, 56, 393-404. doi: 10.1093/abm/kaab055.
41. Lippold, M. A., Molenarr, P., Chandler, K. D., **Lee, S., & Almeida, D. M.** (2021). Adolescent effects on mothers' bedtime cortisol: Cognitive interference as a mediating mechanism. *Stress and Health*. doi: 10.1002/smi.3110.



42. \*Harris, T. P., \*Vigoureux, T. F. D., & Lee, S. (2021). Daily associations between sleep and stressors in nurses with and without children. *Journal of Sleep Research*. In press. doi: 10.1111/jsr.13505.
43. \*Vigoureux, T. F. D., \*Mu, C., Mason, T. M., Gonzalez, B. D., & Lee, S. (2021). Adapting nursing research to a global pandemic: A fully-remote actigraphy and ecological momentary assessment study. *Nursing Research* 71(2), 119-127. <https://doi.org/10.1097/NNR.0000000000000561>.
44. Urban-Wojcik, E. J. Lee, S., Grupe, D.W., Quinlan, L., Gresham, L., Hammond, A., Charles, S.T., Lachman, M.E., Almeida, D.M., Davidson, R.J., & Schaefer, S.M. (2022). Diversity of daily activities is associated with greater hippocampal volume. *Cognitive, Affective, and Behavioral Neuroscience*, 22, 75-87. doi: 10.3758/s13415-021-00942-5.
45. Lee, S., Urban-Wojcik, E. J., Charles, S. T., & Almeida, D. M. (2022). Rich and balanced experiences of daily emotions are associated with activity diversity across adulthood. *Journal of Gerontology: Psychological Sciences*, 77(4), 710-720. doi: 10.1093/geronb/gbab144.
46. Leger, K. A., Lee, S., Chandler, K. D., & Almeida, D. M. (2021). Effects of a workplace intervention on daily stressor reactivity. *Journal of Occupational Health Psychology*, 27(1), 152–163. doi: 10.1037/ocp0000297.
47. Lee, S., \*Deason, K., Rancourt, D., & Gray, H. L. (2021). Disentangling the relationship between food insecurity and poor sleep health. *Ecology of Food and Nutrition*, 6(5), 580-595. doi: 10.1080/03670244.2021.1926245.
48. \*Veal, B., \*Mu, C., Small, B. J., & Lee, S. (2021). Subjective cognitive abilities correlate with poor sleep among day-shift and night-shift nurses. *Journal of Sleep Research*. doi: 10.1111/jsr.13359.
49. \*Mu, C., \*Jester, D. J., Cawthon, P. M., Stone, K. L., & Lee, S. (2021). Subjective social status moderates back pain and mental health in older men. *Aging & Mental Health*. doi: 10.1080/13607863.2021.1899133.
50. Lee, S., & Lawson, K. M. (2021). Beyond single sleep measures: A composite measure of sleep health and its associations with psychological and physical well-being in adulthood. *Social Science & Medicine*, 274, 11380. doi: 10.1016/j.socscimed.2021.113800.
51. \*Vigoureux, T. F. & Lee, S. (2021). Individual and joint associations of daily sleep and stress with daily well-being in hospital nurses: an ecological momentary assessment and actigraphy study. *Journal of Behavioral Medicine*. doi: 10.1007/s10865-021-00207-z.
52. Lawson, K. M., Lee, S., & Maric, D. (2021). Not just work-to-family conflict, but how you react to it matters for physical and mental health. *Work & Stress*, 35(4), 327-343. doi: 10.1080/02678373.2021.1888821.
53. Lee, S., Gonzalez, B. D., & Small, B. J. (2021). My job impacts my sleep: Signs and symptoms of insomnia among healthcare workers. *Industrial Health*, 59(2), 86-98. doi: 10.2486/indhealth.2020-0191.
54. Gunn, H., Lee, S., Eberhardt, K. R., Buxton, O. M., & Troxel, W. M. (2021). Nightly sleep-wake concordance and daily marital interactions. *Sleep Health*, 7(2), 266-272. doi: 10.1016/j.sleh.2020.11.003.
55. Lee, S., \*Vigoureux, T. F., Hyer, K., & Small, B. J. (2022). Prevalent insomnia concerns and perceived need for sleep intervention among direct-care workers in long-term care. *Journal of Applied Gerontology*, 41(1), 274-284. doi: 10.1177/0733464820978612.

56. **Lee, S.**, \*Mu, C., Gonzalez, B. D., Vinci, C. E., & Small, B. J. (2021). Sleep health is associated with next-day mindful attention in healthcare workers. *Sleep Health*, 7(1), 105-112. doi: 10.1016/j.sleh.2020.07.005.
57. Brossoit, R. M. Crain, T. L., Hammer, L. B., **Lee, S.**, Bodner, T. E., & Buxton, O. M. (2020). Associations among patient care workers' schedule control, sleep, job satisfaction, and turnover intentions. *Stress and Health*, 36(4), 442-456. doi: 10.1002/smi.2941.
58. Lippold, M. A., **Lee, S.**, Molenarr, P., Chandler, K. D. & Almeida, D. M. (2020). Daily parent-child cortisol associations: Unpacking the direction of effects. *Psychoneuroendocrinology*, 116, 104652. doi: 10.1016/j.psyneuen.2020.104652.
59. **Lee, S.**, Chang, A-M., Buxton, O. M., & Jackson, C. L. (2020). Various types of perceived job discrimination and sleep health among working women: Findings from the Sister study. *American Journal of Epidemiology*, 189(10), 113-1153. doi: 10.1093/aje/kwaa075.
60. **Lee, S.**, Charles, S. T., & Almeida, D. M. (2021). Change is good for the brain: Activity diversity and cognitive functioning across adulthood. *Journal of Gerontology: Psychological Sciences*, 76(6), 1036-1048. doi: 10.1093/geronb/gbaa020.
61. \*Stock, A. A., **Lee, S.**, Nahmod, N. G., & Chang, A-M. (2020). Effects of sleep extension on sleep duration, sleepiness, and blood pressure in college students. *Sleep Health*, 6(1), 32-29. doi: 10.1016/j.sleh.2019.10.003.
62. \*Vigoureux, T. F. D., **Lee, S.**, Buxton, O. M., & Almeida, D. M. (2020). Stressor reactivity to insufficient sleep and its association with body mass index in middle-aged workers. *Journal of Sleep Research*, 29(6), e12955. doi: 10.1111/JSR.12955.
63. \*Jester, D. J., **Lee, S.**, Molinari, V., & Volicer, L. (2020). Cognitive deficits in Parkinson's disease with excessive daytime sleepiness: a systematic review. *Ageing & Mental Health*, 24(11), 1769-1780. doi: 10.1080/13607863.2019.1660852.
64. **Lee, S.**, Stone, L. K., Engeland, C. G., Lane, N. E., & Buxton, O. M. (2020). Arthritis, sleep health, and systemic inflammation in older men. *Arthritis Care & Research*, 72(7), 965-973. doi: 10.1002/acr.23923.
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**Complete list of peer-reviewed, NIH supported publications:**

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**BOOK CHAPTERS**

1. Jackson, C. L., Lee, S., Crain, T. L., & Buxton, O. (2019). Bidirectional relationships between work and sleep. In D. T. Duncan, I. Kawachi, & S. Redline (Eds.), *Social epidemiology of sleep*. Chapter 13. Oxford University Press. doi: 10.1093/oso/9780190930448.003.0013. Print ISBN-13: 9780190930448.
2. Lee, S., Jackson, C. L., Robbins, R., & Buxton, O. (2019). Sleep health and the workplace. In M. Grandner (Ed.), *Sleep and health* (1<sup>st</sup> edition). Chapter 34. pp. 457-471. Academic Press. ISBN: 9780128153734.
3. Lee, S., & \*Lemmon, M. (2017). Dynamic interplay between sleep and family life: Review and directions for future research. In S. M. McHale, V. King, & O. M. Buxton (Eds.), *Family contexts of sleep and health across the life course* (Chapter 10. pp. 201-209). National Symposium on Family Issues 8. Springer International Publishing AG 2017. doi: 10.1007/978-3-319-64780-7\_10
4. Barnett, R. C., Brennan, R. T., & Lee, S. (2017). The work-family interface. In C. B. Travis & J. W. White (Eds.), *Handbook of the Psychology of Women, Vol. 2: Perspectives on women's private and public lives* (Chapter. 23). American Psychological Association. ISBN: 978-1-4338-2792-1
5. Lee, S. & Almeida, D. M. (2016). Daily diary design. In S. K. Whitbourne (Ed.), *Encyclopedia of adulthood and aging* (pp. 297-300). Wiley-Blackwell, Oxford, UK. doi: 10.1002/9781118521373.wbeaa157

**PAPERS UNDER REVIEW OR IN THE PROCESS OF REVISION**

\* Student (Graduate and undergraduate) and mentee (postdoctoral) co-authors 2015 to present

1. \*Calfee, K., Lee, S., & Andel, R. (*revise & resubmit*). Multidimensional sleep health and cognitive function across adulthood. *Sleep Health*.

**CONFERENCE PRESENTATIONS**

*Co-authored presentations are not listed here*

1. Lee, S. & Kaufmann, C. N. (2024, November). 10-Year anniversary of the sleep health perspective: Insights for aging researchers. *Symposium organized at the Gerontological Society of America (GSA) 2024 Annual Scientific Meeting*. Seattle, WA, USA.
2. Lee, S. & Koffer, R. (2024, November). Diversity of daily experiences: Socioeconomic and psychological correlates and implications for healthy aging. *Symposium organized at the Gerontological Society of America (GSA) 2024 Annual Scientific Meeting*. Seattle, WA, USA.

3. Kaufmann, C. N. & **Lee, S.** (2024, November). Sleep and its treatment: Effects on physical and psychosocial well-being. *Symposium organized at the Gerontological Society of America (GSA) 2024 Annual Scientific Meeting*. Seattle, WA, USA.
4. **Lee, S.** (2024, November). Lessons from the past, visions for tomorrow: Gerontology and GSA in retrospect. *Symposium organized at the Gerontological Society of America (GSA) 2024 Annual Scientific Meeting*. Seattle, WA, USA.
5. **Lee, S.,** \*Thalil, M., ..... Almeida, D. M., Small, B. J., Cawthon, P. M., & Stone, K. L. (2024, June). Back pain preceded sleep health problems in older men.. *Paper presented at the Sleep 2024 – The 38<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Houston, TX, USA.
6. **Lee, S. & Cho, K.** (2023, November). Consecutive poor sleep and its associations with daily rumination and memory lapses. *Paper presented at the Gerontological Society of America (GSA) 2023 Annual Scientific Meeting*. Tampa, FL, USA.
7. **Lee, S.** (2023, November). Dynamic interplay between stress and poor sleep and their consequences on daily well-being. *Symposium organized at the Gerontological Society of America (GSA) 2023 Annual Scientific Meeting*. Tampa, FL, USA.
8. Koffer, R. & **Lee, S.** (2023, November). Intraindividual variability across adulthood: Diversity, variety, and adherence as key indicators of daily life. *Symposium organized at the Gerontological Society of America (GSA) 2023 Annual Scientific Meeting*. Tampa, FL, USA.
9. **Lee, S. & Kaufmann, C. N.** (2023, November). Sleep, mental health, and cognition across diverse adult populations. *Symposium organized at the Gerontological Society of America (GSA) 2023 Annual Scientific Meeting*. Tampa, FL, USA.
10. Kaufmann, C. N. & **Lee, S.** (2023, November). Mechanisms underlying sleep and development of chronic conditions in older adults. *Symposium organized at the Gerontological Society of America (GSA) 2023 Annual Scientific Meeting*. Tampa, FL, USA.
11. **Lee, S.** (2023, April). An invited speaker in the “Presidential Panel 7: The public education committee presents: Introducing the science communication toolkit: Looking back and next steps”. *44<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine (SBM)*. Phoenix, AZ, USA.
12. Smith, C. E. & **Lee, S.** (2022, November). Healthy leisure: Advancing understanding of leisure decisions, activities, and health consequences. *Symposium organized at the Gerontological Society of America (GSA) 2022 Annual Scientific Meeting*. Indianapolis, IN, USA.
13. **Lee, S.,** Smith, C. E., Allen, T. D., Wallace, M. L., Almeida, D. M., Buxton, O. M., Patel, S. R., & Andel, R. (2022, November). Sleep well by design: Structural job design factors are associated with sleep health transitions. *Paper presented at the Gerontological Society of America (GSA) 2022 Annual Scientific Meeting*. Indianapolis, IN, USA.
14. **Lee, S.,** Mu, C. X., Wallace, M. L., Andel, R., Almeida, D. M., Buxton, O. M., & Patel, S. R. (2022, November). Longitudinal association between sleep health problems in middle Adulthood and early mortality. *Paper presented at the Gerontological Society of America (GSA) 2022 Annual Scientific Meeting*. Indianapolis, IN, USA.

15. **Lee, S.,** Small, B. J., Cawthon, P. M., Stone, K. L., & Almeida, D.M. (2022, August). Variety in social activities reduces chronic pain by lowering loneliness. *Poster presented at the APA (American Psychological Association) 2022 Convention*. Minneapolis, MN, USA.
16. **Lee, S.,** \*Mu, C.X., Wallace, M.L., Andel, R., Almeida, D.M., Buxton, O.M., & Patel, S.R. (2022, June). Strengths and limitations of actigraphy sleep health composite scores: Applications to the risk of heart disease across sex and race. *Paper presented at the Sleep 2022 – The 36<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Charlotte, NC, USA.
17. **Lee, S.,** & Urban-Wojcik, E. J. (2021, November). Diversity of activities, emotions, and pleasant events and their associations with mental and cognitive Health. *Symposium organized at the Gerontological Society of America (GSA) 2021 Annual Scientific Meeting Online*.
18. **Lee, S.,** Urban-Wojcik, E. J., Charles, S. T., & Almeida, D. M. (2021, November). Rich and balanced experiences of daily emotions are associated with activity diversity across adulthood. *Paper presented at the Gerontological Society of America (GSA) 2021 Annual Scientific Meeting Online*.
19. **Lee, S.,** & Chai, H. (2021, November). The many faces of sleep: Diverse sleep characteristics and their joint associations with stress on health outcomes in adulthood. *Symposium organized at the Gerontological Society of America (GSA) 2021 Annual Scientific Meeting Online*.
20. **Lee, S.** (2021, November). Pileup of insufficient sleep and day-to-day trajectories of affective and physical well-being. *Paper presented at the Gerontological Society of America (GSA) 2021 Annual Scientific Meeting Online*.
21. **Lee, S.** (2021, November). Novel approaches examining sleep health as a marker of successful aging. *Symposium organized at the Gerontological Society of America (GSA) 2021 Annual Scientific Meeting Online*.
22. **Lee, S.,** Ng, Y. T., Charles, S. T., Almeida, D. M., & Fingerhman, K. L. (2021, November). Who has active lifestyles? Personality and activity diversity in adulthood. *Paper presented at the Gerontological Society of America (GSA) 2021 Annual Scientific Meeting Online*.
23. Klum, P. & **Lee, S.** (2021, July). Daily diaries within organizations: Challenges and new developments. *Symposium organized at the Society for Ambulatory Assessment (SAA) 2021 Conference Online*.
24. **Lee, S.,** Mu, C., Joshi, R., Khan, A., & Obiagwu, J. (2021, July). Daily and momentary variability in sleep, stress, and well-being data from healthcare workers. *Paper presented at the Society for Ambulatory Assessment (SAA) 2021 Conference Online*.
25. **Lee, S.,** & Urban-Wojcik, E. J. (2020, November). Diversity matters for health: Activity diversity, emodiversity, stressor diversity, and happyversity. *Symposium organized at the Gerontological Society of America (GSA) 2020 Annual Scientific Meeting Online*.
26. **Lee, S.,** Charles, S. T., & Almeida, D. M. (2020, November). Bidirectional associations between activity diversity and sleep. *Paper presented at the Gerontological Society of America (GSA) 2020 Annual Scientific Meeting Online*.
27. **Lee, S.,** Vigoureaux, T. F., Hyer, K., & Small, B. J. (2020, November). Prevalent insomnia concerns and perceived need for sleep intervention among direct-care workers in long-term care. *Paper presented at the Gerontological Society of America (GSA) 2020 Annual Scientific Meeting Online*.

28. **Lee, S.** (2020, November). Understanding the dynamic relationship between sleep and health in adulthood: From daily experiences to long term health outcomes. *Symposium Discussant at the Gerontological Society of America (GSA) 2020 Annual Scientific Meeting Online.*
29. **Lee, S.,** Vigoureux, T. F., Hyer, K., & Small, B. J. (2020, August). Prevalence of insomnia symptoms and need for an intervention among direct-care workers in long-term care. *Paper presented at the 2020 Florida Conference on Aging Virtual Workshops.*
30. **Lee, S.,** Mu, C., Gonzalez, B. D., Vinci, C. E., & Small, B. J. (2020, August). Nightly sleep characteristics are associated with next-day mindfulness. *Poster presented at the Virtual Sleep 2020 – The 34<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS).*
31. **Lee, S.** (2019, November). Psychological and social factors associated with sleep health across adulthood. *Symposium organized at the 2019 Annual Scientific Meeting of The Gerontological Society of America (GSA).* Austin, TX, USA.
32. **Lee, S.,** Chang, A-M., Buxton, O. M., & Jackson, C. L. (2019, November). Perceived job discrimination and sleep health among working women: Findings from the Sister study. *Paper presented at the 2019 Annual Scientific Meeting of The Gerontological Society of America (GSA).* Austin, TX, USA.
33. **Lee, S.,** Kayhan, V., & Chen, Z. (2019, September). Predicting adult sleep health using employment, sociodemographic, and health factors. Paper presented at the first annual Society of Behavioral Sleep Medicine (SBSM) scientific meeting. Birmingham, AL, USA.
34. **Lee, S.,** \*Vigoureux, T. F. D., Buxton, O. M., & Almeida, D. M. (2019, June). Stressor reactivity to insufficient sleep is associated with body mass index in middle-aged workers. *Paper and Poster presented at the Sleep 2019 – The 33<sup>rd</sup> Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS).* San Antonio, TX, USA.
35. **Lee, S.** (2018, November). Sleep health and its contribution to the mechanisms of functional limitations. *Symposium organized at the 2018 Annual Scientific Meeting of The Gerontological Society of America (GSA).* Boston, MA, USA.
36. **Lee, S.,** Stone, L. K., Engeland, C. G., & Buxton, O. M. (2018, November). Poor sleep health mediates the association between older men's arthritis and systemic inflammation. *Paper presented at the 2018 Annual Scientific Meeting of The Gerontological Society of America (GSA).* Boston, MA, USA.
37. **Lee, S.,** Buxton, O. M., Andel, R., & Almeida, D. M. (2018, November). Bidirectional associations of sleep with cognitive interference in employees' work days. *Poster presented at the 2018 Annual Scientific Meeting of The Gerontological Society of America (GSA).* Boston, MA, USA.
38. **Lee, S.,** Mogle, J. A., Jackson, C., & Buxton, O. M. (2018, June). Perceived inequality at work impairs sleep over time through negative spillover. *Paper presented at the 4<sup>th</sup> Work and Family Researchers Network (WFRN) Conference.* Washington D.C., USA.
39. **Lee, S.,** Hale, L., Chang, A-M., Nahmod, N. G., Master, L., Berger, L., & Buxton, O. M. (2018, June). Longitudinal associations of childhood bedtime and sleep routines with adolescent body mass index. *Paper and Poster presented at the Sleep 2018 – The 32<sup>nd</sup> Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS).* Baltimore, MD, USA.



40. **Lee, S.**, Martire, L. M., Damaske, S. A., Mogle, J. A., Zhaoyang, R., Almeida, D. M., & Buxton, O. M. (2018, June). Covariation in couples' nightly sleep and gender differences. *Paper presented at the Sleep 2018 – The 32<sup>nd</sup> Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Baltimore, MD, USA.
41. **Lee, S.**, & Lawson, K. M. (2017, November). When work permeates into one's family and personal life. *Symposium co-organized at the 2017 NCFR Annual Conference*. Orlando, Florida, USA.
42. **Lee, S.**, Lawson, K. M., & Damaske, S. A. (2017, November). Workplace intervention improves temporal flexibility perceived by spouses. *Paper presented at the 2017 NCFR Annual Conference*. Orlando, Florida, USA.
43. **Lee, S.**, Mogle, J. A., Jackson, C., & Buxton, O. M. (2017, July). Perceived inequality at work impairs older workers' sleep over time: Through negative spillover. *Paper presented at the 21<sup>st</sup> World Congress of IAGG (International Association of Gerontology and Geriatrics)*. San Francisco, CA, USA.
44. Buxton, O. M. & **Lee, S.** (2017, July). Sleep problems and diverse stressors in the second half of life. *Symposium co-organized at the 21<sup>st</sup> World Congress of IAGG (International Association of Gerontology and Geriatrics)*. San Francisco, CA, USA.
45. **Lee, S.**, Hale, L., Berger, L., & Buxton, O. M. (2017, June). Maternal work schedule flexibility and children's sleep: The mediating role of bedtime adherence. *Poster presented at the Sleep 2017 – The 31<sup>st</sup> Anniversary Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Boston, MA, USA.
46. **Lee, S.**, & Almeida, D. M. (2016, November). Sleep as predictors and outcomes of older adults' health and functioning. *Symposium co-organized at the 69<sup>th</sup> Annual Scientific Meeting of The Gerontological Society of America (GSA)*. New Orleans, LA, USA.
47. **Lee, S.**, Almeida, D. M., Berkman, L., Olson, R., Moen, P., & Buxton, O. M. (2016, November). Age differences in workplace intervention effects on employees' nighttime and daytime sleep. *Paper presented at the 69<sup>th</sup> Annual Scientific Meeting of The Gerontological Society of America (GSA)*. New Orleans, LA, USA.
48. **Lee, S.**, Martire, L., Damaske, S. A., Mogle, J. A., Almeida, D. M., Buxton, O. M. (2016, November). Coupled couples: Covariation in nightly sleep within partnered dyads. *Paper presented at the 69<sup>th</sup> Annual Scientific Meeting of The Gerontological Society of America (GSA)*. New Orleans, LA, USA.
49. Buxton, O. M. & **Lee, S.**, (2016, June). The work-family interface and psychophysiological and sleep outcomes in employees. *Symposium co-organized at the 3<sup>rd</sup> Work and Family Researchers Network (WFRN) Conference*. Washington D.C., USA.
50. Buxton, O. M. & **Lee, S.**, (2016, June). The impact of a workplace intervention on the health and well-being of employees and their family members. *Practitioner Day Symposium co-organized at the 3<sup>rd</sup> Work and Family Researchers Network (WFRN) Conference*. Washington D.C., USA.
51. **Lee, S.**, McHale, S. M., Crouter, A. C., Hammer, L. B., & Almeida, D. M. (2016, June). Longitudinal profiles of time use and time adequacy for work and parenting. *Paper presented at the 3<sup>rd</sup> Work and Family Researchers Network (WFRN) Conference*. Washington D.C., USA.
52. **Lee, S.**, McHale, S. M., Crouter, A. C., & Kelly, E., Almeida, D. M. (2016, June). Perceived time adequacy, time use, and daily well-being: Can a workplace intervention change how time is experienced? *Paper presented at the 3<sup>rd</sup> Work and Family Researchers Network (WFRN) Conference*. Washington D.C., USA.

53. **Lee, S.**, Crain, T. L., McHale, S. M. Berkman, L., Almeida, D. M., & Buxton, O. M. (2016, June). Daily antecedents and consequences of nightly sleep. *Paper presented at the Sleep 2016 – The 30<sup>th</sup> Anniversary Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Denver, CO, USA.
54. **Lee, S.**, Almeida, D. M., Berkman, L., Olson, R., Moen, P., & Buxton, O. M. (2016, June). Age differences in workplace intervention effects on employees' nighttime and daytime sleep. *Poster presented at the Sleep 2016 – The 30<sup>th</sup> Anniversary Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Denver, CO, USA.
55. **Lee, S.**, Almeida, D. M., Berkman, L., Olson, R., Moen, P., & Buxton, O. M. (2016, April). Age differences in workplace intervention effects on employees' nighttime and daytime sleep. *Poster presented at the 1<sup>st</sup> Annual Founder's Endowment for Excellence and Innovation Research Day*. The Pennsylvania State University, University Park, PA, USA.
56. **Lee, S.**, Koffer, R., Sprague, B., Charles, S. T., Ram, N. & Almeida, D. M. (2015, November). Activity diversity and its associations with subjective well-being across adulthood. *Poster presented at the 68<sup>th</sup> Annual Scientific Meeting of The Gerontological Society of America (GSA)*. Orlando, FL, USA.
57. **Lee, S.**, Almeida, D. M., & Mogle, J. A. (2015, September). Positive affect and changes in daily physical activities across adulthood. *Poster presented at the 8<sup>th</sup> Annual Postdoctoral Research Exhibition*. The Pennsylvania State University, University Park, PA, USA. – Won the 2<sup>nd</sup> place prize among 31 postdoctoral presenters.
58. **Lee, S.**, Koffer, R., Sprague, B., & Almeida, D. M. (2014, November). Diversity of daily activities and age-related changes in subjective well-being. *Paper presented at the 67<sup>th</sup> Annual Scientific Meeting of The Gerontological Society of America (GSA)*. Washington D.C., USA.
59. **Lee, S.**, Davis, K. D., McHale, S. M., Kelly, E., Kossek, E., & O'Donnell, E. (2014, June). Maternal evening and weekend work shifts and youth daily time use. *Paper presented at the 2<sup>nd</sup> Work and Family Researchers Network (WFRN) Conference*. New York, NY, USA.
60. **Lee, S.**, & Crain, T. L. (2014, June). Investigating daily and weekly relationships between the work/non-work interface and sleep. *Symposium co-organized at the 2<sup>nd</sup> Work and Family Researchers Network (WFRN) Conference*. New York, NY, USA.
61. **Lee, S.**, Almeida, D. M., & Mogle, J. A. (2013, November). Positive affect and changes in daily physical activities across adulthood. *Poster presented at the 66<sup>th</sup> Annual Scientific Meeting of The Gerontological Society of America (GSA)*. New Orleans, Louisiana, USA.
62. **Lee, S.**, Koffer, R., Mogle, J. A., & Almeida, D. M. (2013, June). Assessing the effect of daily stressor reactivity on financial well-being. *Paper presented at the 20<sup>th</sup> World Congress of IAGG (International Association of Gerontology and Geriatrics)*. Seoul, South Korea.
63. **Lee, S.**, Mogle, J. A., & Almeida, D. M. (2013, April). Longitudinal effects of daily time use on physical and emotional states across adulthood. *Paper presented at the Penn State workshop on Intensive Longitudinal Methods: Analysis of diary and experience sampling data*. The Pennsylvania State University, University Park, PA, USA.
64. **Lee, S.**, Almeida, D. M., Davis, K. D., Rosalind B. King, Leslie B. Hammer, & Erin L. Kelly (2012, November). Latent profiles of time adequacy for paid-work, parenting, and partner roles. *Paper presented at*

*the 74<sup>th</sup> NCFR Annual Conference*. Phoenix, Arizona, USA. *Wesley Burr Graduate Student Scholarship Award by National Council on Family Relations*.

65. **Lee, S.**, Almeida, D. M., Neuendorf, C., Lam, C. B., & Davis, K. D. (2012, June). Individual and organizational work-family spillover: Multilevel predictors of hotel managers' work exhaustion and satisfaction. *Paper presented at the 1<sup>st</sup> Work and Family Researchers Network (WFRN) Conference*. New York, NY, USA.

### **INVITED TALKS**

**Lee, S.** (2024, October). Spice Up Your Days and Spice Down Your Nights for Healthy Aging. *Department of Epidemiology and Biostatistics Seminar Series*. Drexel University Dornsife School of Public Health, PA, USA.

**Lee, S.** (2024, May). Sleep Health Profiles, Pain, and Biological and Behavioral Mechanisms. *Big Data Approaches for Novel Mechanistic Insights on Disorders of Sleep and Circadian Rhythms*. The National Center on Sleep Disorders Research (NCSDR) of the National Heart, Lung, and Blood Institute, Two-day virtual workshop.

**Lee, S.** (2023, April). STEALTH ( $\uparrow$ Sleep +  $\downarrow$ sTress = hEALTH) in the Second Half of Life. *The Sleep Didactic Conference*. Johns Hopkins School of Medicine, Baltimore, MD, USA.

**Lee, S.** (2023, January). Pain in adulthood and its associations with sleep and modifiable lifestyle factors. *The Blaustein Pain Grand Rounds*. Johns Hopkins School of Medicine, Baltimore, MD, USA.

**Lee, S.** (2022, December). Sleep health: A critical path to daily well-being and healthy aging. *The Sleep Center of Excellence (SCE) Sleep & Circadian Research Virtual Seminar*. Department of Medicine, Columbia University Irving Medical Center, NY, USA.

**Lee, S.** (2019, March). Work-family stressors, sleep, and health in middle-aged workers. *Industrial and Organizational Psychology Brown Bag Meeting*. Department of Psychology, University of South Florida, Tampa, FL, USA.

**Lee, S.** (2019, December). Sleep health: A critical path to wellness. *Science Club of Sun City Center*. Sun City Center, FL, USA.

### **PRESS COVERAGE**

In Everyday Health (April 10, 2024). [“Certain sleeping patterns linked to greater disease risk, study finds”](#)

In MedicalNewsToday (March 19, 2024). [“How 4 types of sleeping patterns may impact long-term health”](#)

In HCPLive (March 19, 2024). [“Study identifies 4 sleep patterns to see impact on long-term health”](#)

In MedicalResearch.com (March 12, 2024). [“Insomnia linked to increased risk of multiple chronic conditions”](#)

In Penn State News (March 11, 2024). [“Researchers identify distinct sleep types and their impact on long-term health”](#)

- In New York Times (November 15, 2023). [“How to salvage your day after a bad night’s sleep”](#)
- In Penn State News (November 8, 2023). [“Workplace flexibility associated with lower risk of cardiovascular disease”](#)
- In USF News (November 29, 2022). [“Too many – or too few – job demands can spoil a good night’s sleep”](#)
- In Live Science (November 2, 2022). [“Can you make up for lost sleep?”](#)
- In Washington Post (February 27, 2022). [“Midlife may begin at different times and brings opportunities, challenges”](#)
- In Conversation (February 8, 2022). [“Midlife isn’t a crisis, but sleep, stress and happiness feel a little different after 35 – or whenever middle age actually begins”](#)
- In USF News (February 7, 2022). [“Poor sleep can triple risk for heart disease.”](#)
- In USF News (August 24, 2021). [“USF study finds there’s a bright side to being a ‘Debbie Downer’”](#)
- In CNN (July 9, 2021). [“Just one night of sleep loss harms your well-being, new study finds”](#)
- In USF News (July 6, 2021). [“Drama llama or sleep deprived? New study uncovers how consistent sleep loss impacts mental and physical well-being”](#)
- In Conversation (May 17, 2021). [“Lack of sleep is harming health care workers – and their patients”](#)
- In Bay News 9 (March 12, 2021). [“Daylight saving time can impact your sleep”](#)  
[“Sen. Rubio Among Lawmakers Wanting To Make Daylight Saving Time Permanent”](#)
- In 83 degrees (December 8, 2020). [“29 minutes of extra sleep key to mindfulness”](#)
- In USF News (October 19, 2020). [“Sleep health dictates success of practicing mindfulness”](#)
- In Yahoo! News (February 21, 2020). [“Shaking up your same-old routine is good for your brain”](#)
- In USF News (February 18, 2020). [“Variety and consistency are essential to keep the mind healthy”](#)
- In The Rheumatologist (February 13, 2020). [“Study finds an indirect association between sleep & inflammation”](#)
- In The New York Times (November 4, 2019). [“Sleep can be good for your salary”](#)
- In USF News (July 29, 2019). [“Men’s health: Better sleep, less swelling and reduced risk of inflammation”](#)
- In EurekAlert! Science News (May 22, 2019). [“Exercise may help teens sleep longer, more efficiently”](#)
- In Yahoo! News (April 24, 2019). [“Losing just 16 minutes sleep can ruin your work day”](#)
- \* Similar stories were also featured on more than 200 outlets, including [USA Today](#), [Daily Mail](#), [Doctor NDTV](#), [Economic Times](#), [Cosmopolitan.com](#), and [Conversation](#)
- In Science Daily (April 23, 2019). [“Minor sleep loss can put your job at risk”](#)

- In EurekAlert! Science News (December 6, 2018). [“Regular bedtimes and sufficient sleep for children may lead to healthier teens”](#)
- In News 18 (October 16, 2018). [“Mother's tight work schedule may affect child's sleep”](#)
- In Science Daily (October 15, 2018). [“Moms' tight work schedules may affect their children's sleep”](#)
- In Penn State News (February 15, 2017). [“Good sleep may promote positive experiences, less conflict”](#)
- In Reuters Health (June 24, 2017). [“Kids whose mothers have more flexible work schedules sleep better”](#)
- In Penn State News (September 6, 2017). [“Workplace support can positively influence parents' well-being”](#)
- In EurekAlert! Science News (October 10, 2017). [“Older adults with insomnia may fall even more when on prescription sleep meds”](#)
- In EurekAlert! Science News (December 1, 2017). [“Teens get more sleep when school starts later”](#)

## **EDITORIAL ACTIVITIES**

### **Associate Editor**

*Sleep Health* (2024 –)

### **Editorial Boards**

*SLEEP* (2021 –)

*Sleep Health* (2019 – 2023)

### **Reviewer for Journal Articles**

*Aging and Mental Health*

*Journal of Managerial Psychology*

*International Journal of Behavioral Development*

*Journal of Marriage and Family*

*Sleep Medicine*

*Industrial Health*

*Social Science & Medicine*

*Journal of Epidemiology & Community Health*

*Psychology and Aging*

*Applied Psychology: Health and Well-Being*

*Nature Human Behaviour*

*Stress and Health*

*American Journal of Alzheimer's Disease and Other Dementias*

*Journal of Gerontology: Psychological Sciences*

*Journal of Gerontology: Social Sciences*

*Journal of Gerontology: Medical Sciences*

*Nature and Science of Sleep*

*Social Science Research*

*Psychology & Health*

*Developmental Psychology*

*Addictive Behaviors*

*Scientific Reports*

*Psychiatry Research*  
*Journal of Sleep Research*  
*American Journal of Preventive Medicine*  
*Psychosomatic Medicine*  
*Couple and Family Psychology: Research and Practice*  
*Sleep Medicine Reviews*  
*Advances in Life Course Research*  
*JAMA Pediatrics*  
*Epidemiology and Psychiatric Sciences*

### **Reviewer for Research Grants**

- 2023 – Temporary Reviewer at the Center for Scientific Review (CSR), National Institutes of Health
- Reviewer for the Special Emphasis Panel, Topics in Neurobehavioral Processes, Sleep, and Aging, ZRG1 BP-N (02) M
  - Reviewer for the Lifestyle and Health Behaviors (LHB) Study Section
- 2023 – Scientific Reviewer for the Social Sciences and Humanities Research Council of Canada (SSHRC)
- 2022 – Scientific Reviewer for the Sleep Disorder (SD) peer review panel of the 2021 Traumatic Brain Injury Psychological Health Research Program (TBIPHRP), Department of Defense (DOD) Congressionally Directed Medical Research Programs (CDMRP)
- 2020 – Early Career Reviewer (ECR) at the Center for Scientific Review (CSR), National Institutes of Health
- Reviewer for the Special Emphasis Panel, Topics in Alzheimer’s Disease, Mild Cognitive Impairment and Cognitive Aging, ZRG1 BBBP-J (90)

### **Reviewer for Conference Papers**

- 2017 Sleep Annual Meeting Abstracts Review
- 2017 NCFR Annual Conference Proposals Review
- 2022 GSA Annual Scientific Meeting Abstracts Review

## **TEACHING**

### University of South Florida, Tampa, Florida

- 2022 – **Instructor**  
 Professional Seminar (GEY 7936, graduate-PhD)  
 School of Aging Studies
- 2022 – **Instructor**  
 Aging and Cognition Seminar (GEY 7651, graduate-PhD)  
 School of Aging Studies
- 2019 – **Instructor**  
 Sleep Health Seminar (GEY 6934, graduate-PhD)  
 School of Aging Studies
- 2019 – **Instructor**  
 Human Development (GEY 6600, graduate-MA online)  
 School of Aging Studies
- 2018 – **Instructor**  
 Psychology of Aging (GEY 4612, undergraduate)

## General Education Curriculum

The Pennsylvania State University, University Park, Pennsylvania

- 2017                    **Instructor**  
Adult Development and Aging (HDFS 445/PSYCH 416, undergraduate)  
Department of Human Development and Family Studies
- 2015                    **Co-Instructor**  
Introduction to Human Development and Family Studies (HDFS 129, undergraduate)  
Department of Human Development and Family Studies
- 2014                    **Co-Instructor**  
Empirical Inquiry (HDFS 312W, undergraduate)  
Department of Human Development and Family Studies
- 2015                    **Teaching Assistant**  
Adolescent Development (HDFS 239, undergraduate)  
Instructor: Hobart H. Cleveland III, Ph.D.  
Department of Human Development and Family Studies
- 2015                    **Teaching Assistant**  
Empirical Inquiry (HDFS 312W, undergraduate)  
Instructor: Sherry E. Corneal, Ph.D.  
Department of Human Development and Family Studies
- 2014                    **Teaching Assistant**  
Introduction to Human Development and Family Studies (HDFS 129, undergraduate)  
Instructor: David M. Almeida, Ph.D.  
Department of Human Development and Family Studies
- 2014                    **Teaching Assistant**  
Empirical Inquiry (HDFS 312W, undergraduate)  
Instructor: Martin John Sliwinski, Ph.D.  
Department of Human Development and Family Studies

Yonsei University, Seoul, South Korea

- 2009                    **Teaching Assistant**  
Family Relationships, undergraduate course  
Instructor: Sookhyun Lee, Ph.D.  
Department of Human Development and Family Studies

**CERTIFICATES**Online Teaching Certificate

- 2022                    Online Instructor Certification (OIC)  
Obtained the online teaching certificate from the Innovative Education  
University of South Florida, Tampa, Florida

2015 Essentials of Online Teaching (OL 4500)  
 Obtained the online teaching certificate from the World Campus  
 The Pennsylvania State University, University Park, Pennsylvania

Continuing Medical Education (CME) Certificate

2017 9th Annual PA Sleep Society Meeting, E6046-17-Z  
 Obtained 7 *AMA PRA Category 1 Credit(s)*<sup>TM</sup> (7 hours of instruction)  
 The Pennsylvania State University, College of Medicine, Hershey, Pennsylvania

**ADVISING AND MENTORSHIP**

**Postdoctoral Scholar**

2023 – Muhammad Thalil  
 2021 – 2023 Claire Smith (currently assistant professor of Psychology at USF)

**Doctoral Students**

2024 – Kyoungmin Cho (University Graduate Fellowship)  
 2024 – Taylor Fein  
 2021 – Kristin Calfee  
 2022 – 2023 Fumiko Hamada  
 2019 – Christina Mu (NSF Graduate Research Fellowship Honorable Mention, NIH F31)  
 2018 – 2020 Taylor Vigoureux (Dissertation Completion Fellowship by USF)  
 2018 – 2021 Victoria Marino (NIH F31)

**Dissertation Committees**

University of South Florida, Tampa, Florida

2022 Britney Veal  
 2020 Christi Nelson  
 2019 Maureen Templeman

External Institutions

2021 Yi Yang Yap (Monash University, Chair: Dr. Joshua Wiley)  
 2020 – Sangha Jeon (University of California, Irvine, Chair: Dr. Susan Charles)

**Honors Theses Committees**

2022 – 2023 Kian Huang, Aziz Rehman  
 2021 – 2022 Joseph Obiagwu  
 2020 – 2021 Angelina Venetto  
 2019 – 2020 Jeilah Pabon  
 2018 – 2019 Nabila Rehman

**Mentored Research Assistants**

See [STEALTH \(Sleep, Stress, and Health\) Lab webpage](#) for current research assistants

**PROFESSIONAL SERVICE**

The Pennsylvania State University



2024 – HDFS Graduate Admissions Committee Chair  
2023 – HDFS Graduate Admissions Committee Co-Chair

University of South Florida

2022 – 2023 General Education Council  
2020 – 2023 Diversity and Inclusion Committee to College of Behavioral and Community Sciences

American Psychological Association, Division 20 (Adult Development and Aging)

2022 – Co-Chair of the Election Committee  
2019 – 2021 Co-Chair of the Membership Committee  
2019 Early Career Task Force Team

**Professional Memberships**

Member, Gerontological Society of America  
Member, Sleep Research Society  
Member, Society of Behavioral Sleep Medicine  
Member, American Psychological Association, Division 20: Adult Development and Aging