

UNIVERSITY OF PENNSYLVANIA - SCHOOL OF MEDICINE

Curriculum Vitae

April 2019

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Education:

1983 B.A. Guilford College (Religious Studies)
1990 M.A. University of Arizona (Psychology)
1994 Ph.D. University of Arizona (Clinical Psychology)

Postgraduate Training and Fellowship Appointments:

1993-1994 Clinical Psychology Internship, Behavioral Medicine Track,
Brown University
1994-1996 Post-Doctoral Fellow, Western Psychiatric Institute & Clinics
University of Pittsburgh

Military Service:

N/A

Faculty Appointments:

1996-2002 Assistant Professor in Psychiatry
Department of Psychiatry, University of Rochester
2002-2008 Associate Professor in Psychiatry
Department of Psychiatry, University of Rochester
2006-2012 Visiting Professor in Psychological Medicine
Section of Psychological Medicine, University of Glasgow
2006-Present Visiting Professor in Psychiatry
Department of Psychiatry and Psychotherapy,
University of Freiburg
2008-Present Associate Professor in Psychiatry
Department of Psychiatry, University of Pennsylvania
2008-2012 Adjunct Associate Professor in Psychology
Northumbria University
2009-Present Associate Professor (Secondary Faculty) in School of Nursing
University of Pennsylvania

Hospital and Administrative Appointments: N/A

Other Appointments:

2002-2008 Faculty Member in Neuroscience
Neuroscience Cluster, University of Rochester

Specialty Certifications:

Human Subjects Protection Program Certification Number 13350405

Licensure: N/A

Awards, Honors and Memberships in Honorary Societies:

1986	Award for Work Excellence, National Institute of Mental Health
1989-1996	Sleep Research Society Conference Travel Awards,
1990-1993	Academic Scholarships - Tuition Waivers, University of Arizona
1991 & 1995	Sleep Research Society International Conference Travel Awards
1995	Nomination: American Sleep Disorders Association Young Investigator Award
1996	Nomination: American Sleep Disorders Association Young Investigator Award
2000	Certificate of Meritorious Service as the Assistant Director of Training: Sleep Research Society
2002-2005	NIH Clinical Research Scientist LRP Award
2010	Recognition Award for establishing the SBSM ****
2010	SBSM Leadership Award for service as the society's first president
2017	Best Mentor Sentence, Parents Day, Rose Tree Elementary School
2018	Peter Hauri Career Distinguished Achievement Award Society of Behavioral Sleep Medicine

Memberships in Professional & Scientific Societies and Other Professional Activities:

International:

2006-Present European Sleep Research Society (ESRS)

National:

1988 - Present	Sleep Research Society (SRS)
1988 - 2000	Association for the Study of Dreaming
1992 - Present	American Academy of Sleep Medicine (AASM)
1994 - 1996	SRS Internet Trainee Network-Founding Member, 1st Editor
1995 - 1996	SRS Trainee Program Chair (TCOMM)
1996 - 2000	SRS Assistant Director of Training
1996 - Present	Behavioral Sleep Medicine List serve, Founding Member
1996 - 1998	Biological Psychiatry
1998 - 1999	AASM Presidential Committee for Behavioral Sleep Medicine

2000 - 2002 American Psychopathological Association
2000 - 2004 AASM Committee on Behavioral Sleep Medicine
2002 - 2003 AASM Chair, Behavioral Sleep Medicine Division
2006 - 2007 SRS Training & Education Committee (TEAC)

2008 - Present Steering Committee for the nascent BSM Society
2009 - Present Association for Behavioral & Cognitive Therapy (ABCT)
2010 - 2011 Founding President of the Society of Behavioral Sleep Medicine

Local:

1994-1996 Pittsburgh Sleep Society

Editorial Positions:

Mentored Editorial Assignments

1989 Psychobiology
1991 Dreaming
1992 Environment and Behavior
1995 The Journal of Clinical Neurophysiology
1995 The Journal of Affective Disorders
1995 Biological Psychiatry
1996 Psychiatry Research
1996 Journal of Psychosomatic Research
1996 SLEEP
1996 The Journal of Psychosomatic Medicine

Independent Editorial Assignments

1998 The Journal SLEEP
1998 The Journal of Sleep Research
1998 Comprehensive Psychiatry
1999 International Clinical Psychopharmacology
1999 American Journal of Psychiatry
1999 The Clinical Journal of Pain
1999 Neurology
2000 Journal of the American Geriatrics Society
2000 The Journal of Behavioral Medicine
2000 APSS – 2001 Conference Abstracts
2001 Health Psychology
2001 Journal of Clinical and Consulting Psychology
2001 Applied & Preventive Psychology: Current Scientific Perspectives
2001 Sleep Medicine Reviews
2002 Behavioral Sleep Medicine
2004 Neuropsychopharmacology
2004 The Journal of Abnormal Psychology
2004 APSS – 2005 Conference Abstracts
2005 Neuropsychopharmacology & Biological Psychiatry
2005 Expert Review of Pharmacoeconomics and Outcomes Research
2005 APSS – 2006 Conference Abstracts
2005 Content Editor for E-Medicine www.emedicine.com
2006 Current Directions in Psychological Science
2006 The Archives of Internal Medicine
2006 Sleep Medicine
2006 APSS – 2007 Conference Abstracts
2006 Medscape General Medicine
2007 Behavioral Research and Therapy

2008	APSS – 2008 Conference Abstracts
2008	Journal of the American Medical Association
2008	The Journal of ECT
2009	Thorax
2009	APSS – 2009 Conference Abstracts
2010	Journal of Clinical Sleep Medicine
2010	APSS – 2010 Conference Abstracts
2011	The Journal of Pain
2011	Psychotherapy and Psychosomatics
2011	APSS – 2011 Conference Abstracts
2011	Applied Psychophysiology and Biofeedback
2012	Neurosciences
2012	International Journal of Psychophysiology
2012	APSS – 2012 Conference Abstracts
2013	Sleep Disorders
2013	APSS – 2013 Conference Abstracts
2014	Future Medicine
2014	JAMA
2016	Lancet
2001	Invited Guest Editor Journal of Psychosomatic Research Special Edition on Behavioral Sleep Medicine
2001	Invited Reviewer - Wiley & Sons: book prospectus Invited Reviewer - Lawrence Erlbaum & Assoc.: book prospectus

Editorial Boards

2001-2006	Journal of Behavioral Sleep Medicine
2010-Present	Journal of Behavioral Sleep Medicine
2005-Present	Journal SLEEP
2006-Present	Journal of Sleep Research
2011-Present	Journal Sleep Medicine Research
2012-Present	Behavioral Research and Therapy
2017-Present	Sleep Medicine Reviews
2018-Present	Sleep Medicine

Grant Review Assignments & IRG Membership & Consensus Conferences:

2000	The Wellcome Trust, London, England, Project Grant Review (July)
2000	The Wellcome Trust, London, England, Project Grant Review (Sept.)
2002	UR Psychiatry Salzman Award Committee, Ad Hoc Reviewer
2004	Ad Hoc Member of NIH NCCAM ZAT1 CP, Project Grant Review
2005	Pittsburgh Conference on the Assessment of Insomnia Committee Member, Standards of Practice for Research
2005	Ad Hoc Member CUNY Research Award Program
2006	The Israeli Science Foundation, Ad Hoc Reviewer
2006	Austrian Science Fund, Ad Hoc Reviewer
2006	Salzman Award Committee, Standing Member
2007	Ad Hoc Member of NIH ITMA, Project Grant Review
2013	Ad Hoc Member of NIH ZAT1 SM 28 P, Project Grant Review
2019	Ad Hoc Member of NIH ZMH1ERBB04 (Suicide Research RFA)

Speakers Bureaus & Business & Foundation Consultancy:

1988 - 1992	Ad Hoc Consultant for Microtronics - SAC System
1989 - 1997	Ad Hoc Consultant for Medi-Cal Instruments

1989 - 2003 Ad Hoc Consultant Stellate Corporation
1996 - 1999 Consultant for Coulbourn Instruments
1998 - 1999 Speaker - Phase Five Comm.
1998 - 2003 Speaker - Phase Five Comm. - Searle / Lorex Pharmaceuticals
1999 - 2003 Speaker – Wyeth Pharmaceuticals
2004 - 2006 Speaker – Sanofi-Synthelabo
2004 - Present Clinical Advisors Consultant www.clinicaladvisors.com/
2004 - Present Gerson Lehman Group Consultant www.thecouncils.com/
2005 - 2008 Consultant to Minimitter/Respiroics Co.
2005 - 2006 Consultant to the National Sleep Foundation
2006 - Present MedaCorp Consultant www.medacorp.com
2011 - 2012 My Zeo (sleep device manufacturer)
2012 - 2013 Novu (an internet health management company)
2012 - 2013 InSomniSolv (sleep device manufacturer)
2016 - Nexalin LLC
2017 - Anavex Pharmaceuticals

Academic and Institutional Committees:

2000-2002 UR. The Medical Faculty Council - Department of Representative
2006 UR Ad Hoc Committee for Computational Biology: Co-Chair

Major Academic and Clinical Teaching Responsibilities:

- UR
1. Psychology, Sleep Research and Sleep Medicine, Spring 1999 Semester, University of Rochester
 2. Psychology, Sleep Research and Sleep Medicine, Spring 2000 Semester, University of Rochester
 3. Psychology, Undergraduate Research Methods, Fall 2000 Semester, University of Rochester
- Penn
4. Academic Survival Skills and Professional Development Seminar 2010 to 2013 (1 hour per week seminar).
 5. Sleep Scoring Half Day Workshop 2012
 6. Power Spectral Analysis Half Day Workshop 2012
 7. Mini-Fellowship in Behavioral Sleep Medicine 2014-Present (3-day course, approx. 4 times a year)
 8. Grantsmanship seminar (CSCN) 2018-2019 (1 hour per week seminar)

Invited Chair and Keynote addresses

- 2002 Invited Chair - Treatment of Insomnia Symposia - APSS*
2004 Invited Chair - The Emerging Biology of Insomnia Symposia - APSS
- 2005 Invited Chair - New Methods and Measures of Sleepiness - APSS
2007 Invited Chair - Physiologic and Cognitive Correlates of Insomnia - APSS
2007 Invited Chair - Behavioral Sleep Medicine Symposium - WFSRS**
2007 Invited Chair - Sleep and Cancer Symposium - WFSRS**
- 2007 Invited Chair and Presenter – The Art of Sleep Workshop
“What are the effects of CBT on sleep quality and architecture” Chicago (Sanofi Aventis Annual Meeting)

- 2009 The concept of secondary insomnia Key Note Address ESRS***
Glasgow, Scotland
- 2010 Invited Chair – Biological Dimensions of insomnia – APSS
- 2010 Invited Co-Chair – NCCAM Special Session – APSS
- 2012 The Neurocognitive Model of Insomnia: 10 and 5 years later
Key Note Address SFSS*****
Tallberg Sweden
- 2012 The Neurocognitive Model of Insomnia: 10 and 5 years later
Keynote Address: London Sleep Disorders Congress
London, England
- 2014 “Overview of CBT-I” Penn Psychotherapy Professorship Lecture (4 hrs.)
- 2014 “Update on the Definition of Insomnia & Three Tx Maintenance
Strategies” Keynote Address Airwaves Congress
(Jointly sponsored with the SASSM)*****
Durban, South Africa
- 2018 Invited Chair – Current Issues in the Delivery of CBT-I – APSS

- * APSS = Association of Professional Sleep Societies
- ** WFSRS = World Federation of Sleep Research Societies
- *** ESRS = European Sleep Research Society
- **** SBSM = Society of Behavioral Sleep Medicine
- ***** SFSS = Swedish Sleep Research Society
- ***** SASSM = South African Society of Sleep Medicine

Lectures by Invitation (Since 2013)

***Note: A full list of lectures can be provided upon request.*

- 2013 “The Neurocognitive Model: 10 and 6 years later”
Grand Rounds Department of Psychiatry, University of Kentucky
- 2013 “The Nuts-and-Bolts of CBT-I” Residents Lecture,
Department of Psychiatry, University of Kentucky
- 2013 “The Neurocognitive Model: 10 and 6 years later”
Keynote Speaker, Research Day
School of Nursing, University of Buffalo (SUNY)
- 2013 “Basic Models of Insomnia”
School of Nursing, University of Buffalo (SUNY)
- 2013 “The Nuts-and-Bolts of CBT-I”
Grand Rounds, Department of Psychiatry
Beth Sinai Hospital, New York City
- 2014 “Introduction to BSM and CBT” (5 hours talk)
Idaho Psychological Association
Boise, Idaho
- 2014 “When accounting for wakefulness, completed suicides exhibit an increased
likelihood during circadian night”
APSS / SLEEP Annual Conference
Minneapolis, Minnesota

- 2014 "Durability of treatment response to zolpidem with three different maintenance regimens: Nightly; intermittent; and partial reinforcement dosing"
APSS / SLEEP Annual Conference
Minneapolis, Minnesota
- 2014 "When accounting for wakefulness, completed suicides exhibit an increased likelihood during circadian night"
Airwaves Congress (jointly sponsored with the SASSM)
Durban, South Africa
- 2014 "The Etiology of Insomnia and treatment implications"
Weill Cornell Medical College, Cornell University
New York City, NY
- 2015 "Sleep Disturbance and Depression, Insomnia & Depression: Birds of a Feather?" and "Nocturnal Wakefulness May Increase the Risk for Completed Suicide"
College of Psychiatric and Neurologic Pharmacists
Annual Meeting Tampa, Florida
- 2015 "Stimulus Control: Like the Man – More than Meets the Eye"
A Memorial Talk for Richard Bootzin
Association for Psychological Science Annual Meeting
New York City, NY
- 2015 "The Neurocognitive Model: 10 and 8 years on"
Sleep Grand Rounds
Freiburg University
Freiburg, Germany
- 2015 "The Natural History of Insomnia"
The European Insomnia Network
Freiburg University
Freiburg, Germany
- 2015 "The Evidence Base for CBT-I" Workshop Presentation
XV Congresso Brasileiro do Sono
Recife, Brazil
- 2015 "CBT-I: Session by Session" Workshop Presentation
XV Congresso Brasileiro do Sono
Recife, Brazil
- 2015 "The Neurobiology of Insomnia" Conference Presentation
XV Congresso Brasileiro do Sono
Recife, Brazil
- 2016 "Natural History of Insomnia"
APSS / SLEEP Annual Conference
Denver, CO
- 2017 "Placebo Effects and the Prospects for Partial Reinforcement"
Psychiatry Grand Rounds, Geisinger Medical Center
Danville, PA
- 2019 "We know CBT-I Works: Now What?"
(*Speakers: Sean Drummond, Michael Perlis, and Simon Kyle*)
APSS 2019, San Antonio

- 2019 BBT is just as efficacious as CBT-I. A lunch debate
(Speakers: Michael Perlis and Michael Smith)
APSS 2019, San Antonio
- 2019 Does TST appreciably change during or after CBT-I?
APSS 2019, San Antonio
- 2019 Does TIB Differentiate Between Good Sleepers and Subjects that
Develop Acute or Chronic Insomnia? APSS 2019, San Antonio

Intramural Lectures (Since 2008)

- 2008 "Principles and of CBT-I" Sleep Center Rounds
- 2009 "Sleep Disturbance in Cancer Patients" Grand Rounds
Radiation Oncology, Abramson Cancer Center
- 2010 "Insomnia in Cancer Patients" Cancer Survivorship Research Multidisciplinary
Scientific Retreat, Abramson Cancer Center
- 2010 "Principles and of CBT-I" Penn Frontiers Course – CSRN
- 2010 "Sleep Disturbance in Cancer Patients"
Nurse Practitioners Journal Club, Abramson Cancer Center
- 2011 "The Definition of Insomnia"
Sleep and Sleep Research Workshop, School of Nursing
- 2011 "The Principles of Power Spectral Analysis"
BSMP / CSCN Workshop, Department of Psychiatry
- 2012 "Treatment of Insomnia"
Psychiatry Residency Seminar, Department of Psychiatry
- 2012 "Sleep Scoring – Human EEG"
BSMP Workshop (5 Sessions), Department of Psychiatry
- 2012 "Neurocognitive Model"
Journal Club / Psychosomatic Fellowship Seminar
Department of Psychiatry
- 2012 "Sleeping Well, Doesn't Have Much to Do with Sleep Hygiene"
Psychiatry Residency Seminar, Department of Psychiatry

2012	"Principles and Practice of Power Spectral Analysis" Half Day Workshop Center for Sleep and Circadian Neurobiology (CSCN) video at https://pennsleepcenter.adobeconnect.com/a789906193/p41qcfcplf/?launcher=false&fcsContent=true&pbMode=normal
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- 2012 "Nuts and Bolts of CBT-I " School of Nursing
- 2012 "Sleep 101: Sleep Language & Concepts, Sleep Ability-Opportunity-Need,
1st Year Psychiatry Residency Program

2013	"State Discrimination, EEG, and Sleep Scoring" Half Day Workshop Center for Sleep and Circadian Neurobiology (CSCN) video at https://pennsleepcenter.adobeconnect.com/a789906193/p6icff9wnnd/?launcher=false&fcsContent=true&pbMode=normal
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- 2013 "Behavioral Sleep Medicine at Penn: A description of our clinical, educational,
and research activities" Department of Psychology.
Invited by Dianne Chambless PhD.

- 2014 "Behavioral Sleep Medicine at Penn: A description of our clinical, educational, and research activities" The Beck Institute.
Invited by Judy Beck PhD / Greg Brown PhD
- 2015 Behavioral Model of Insomnia: Implications for a fly model of insomnia
The Kayser Lab
Invited by Matt Kayser MD
- 2015 Pharmacotherapy for Insomnia for the enduring CSCN CME project
Invited by Allan Pack MD
- 2017 A round table re: Sleep and Sleep Disorders - Implications for ADHD
Invited by Anthony Rostain MD and Russell Ramsay PhD
- 2019 A round table re: Partial Reinforcement - Implications for ADHD
Invited by Anthony Rostain MD

Organizing Roles in Scientific Meetings:

March 27th – 29th 2009 Behavioral Sleep Medicine:
A Consensus Conference
Sponsor: Johns Hopkins University
Location: Ponte Vedra Beach, Florida
100 attendees
Program Committee & Speaker

International / National Meetings n/a

Cognitive Behavioral Therapy for Insomnia Basic and Advanced Courses

Annual Basic Course

Oct. 19 th - 21 st 2006 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Rochester Location: Rochester, NY 30 attendees Course Lecturer
May 5 th - 7 th 2007 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Rochester Location: Rochester, NY 55 attendees Course Lecturer
October 3 rd - 5 th 2008 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Rochester Location: Washington DC (Arlington, VA) 90 attendees Course Lecturer
November 12 th - 14 th 2009 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Pennsylvania Location: Philadelphia, PA 65 attendees Course Lecturer w/ Donn Posner, PhD

October 22-24 2010 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Pennsylvania Location: Philadelphia, PA 82 attendees Course Lecturer w/ Donn Posner, PhD
September 8 th -10 th 2011 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Pennsylvania Location: Philadelphia, PA 81 attendees Course Lecturer w/ Donn Posner, PhD
September 19 th -21 st 2012 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Pennsylvania Location: Bethesda, MD. 80 attendees Course Lecturer w/ Donn Posner, PhD
October 3 rd -5 th 2013 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Pennsylvania Location: Seattle, Washington 82 attendees / 15 Webcast Course Lecturer w/ Donn Posner, PhD
October 29 rd -Nov 1 st 2014 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Pennsylvania Location: Philadelphia 75 attendees / 15 Webcast Course Lecturer w/ Donn Posner, PhD Discussant: Jason Ellis
October 15 th -17 th 2015 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Pennsylvania Location: Philadelphia 86 attendees / 8 Webcast Course Lecturer w/ Donn Posner, PhD Discussant: Jason Ellis
October 15 th -17 th 2016 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Pennsylvania Location: Philadelphia 80 attendees Course Lecturer w/ Donn Posner, PhD Discussant: Jason Ellis
October 21 st & 22 nd 2017 3-Day Course	Annual Cognitive Behavioral Therapy for Insomnia Sponsor: University of Pennsylvania Location: Philadelphia 57 attendees Course Lecturer w/ Donn Posner, PhD

**Note: Basic Courses since 2017 are now only invited courses (on-site).

Invited Basic Course

April 18 th - 20 th 2009 3-day course	Cognitive Behavioral Therapy for Insomnia Sponsor: Korean Sleep Society Location: Seoul Korea 50 attendees Course Lecturer
April 2009 2-day course	Cognitive Behavioral Therapy for Insomnia Nagoya City University Graduate School of Medical Sciences Nagoya Japan 25 attendees Course Lecturer
July 26 th - 28 th 2009 3-day course	Cognitive Behavioral Therapy for Insomnia Sponsor: Israeli Sleep Research Society Location: Sackler Medical School, Tel Aviv, Israel 50 attendees Course Lecturer
September 10 th - 11 th 2009 2-day course	Cognitive Behavioral Therapy for Insomnia Sponsor: Baptist Health Sleep Center Location: Little Rock, Arkansas. 25 attendees Course Lecturer
March 11 th and 12 th 2011 2-day course	Cognitive Behavioral Therapy for Insomnia Sponsor: Allina Health Care Location: Minneapolis, MN 161 attendees Course Lecturer
June 7 th 2011 ½ day course	Cognitive Behavioral Therapy for Insomnia Sponsor: National Security Agency Location: Baltimore, MD 40 attendees Course Lecturer
August 5 th and 6th 2011 2-day course	Cognitive Behavioral Therapy for Insomnia Sponsor: South African Society of Sleep Medicine Location: Durban, South Africa 22 attendees Course Lecturer
May 21st and 22 nd 2011 2-day course	Cognitive Behavioral Therapy for Insomnia Sponsor: Swedish Sleep Research Society Location: Uppsala, Sweden. 35 attendees Course Lecturer
November 8 th and 9th 2012 2-day course	Cognitive Behavioral Therapy for Insomnia Sponsor: South African Society of Sleep Medicine Location: Durban, South Africa 80 attendees Course Lecturer

December 4 th and 5th 2012 2-day course	Cognitive Behavioral Therapy for Insomnia Sponsor: London Sleep Disorders Congress Location: London, England 40 attendees Course Lecturer
March 22, 2014 1-day course	Introduction to CBT-I (6 hours) Sponsor: London Sleep Medicine Training Course Location: London, England 51 Attendees Course Lecturer
June 20, 2014 1-day course	Introduction to CBT-I (6 hours) Sponsor: Airwaves Congress & SASSM Location: Durban, South Africa 53 Attendees Course Lecturer
July 24 th and 25 th 2014 2-day course	Introduction to CBT-I (16 hours) Sponsor: American Institute for Cognitive Therapy Location: New York City 50 Attendees Course Lecturer w/ Donn Posner
August 4 th -6 th 2014 3-day course	Introduction to CBT-I (24 hours) Sponsor: NSA Location: Baltimore Maryland 25 Attendees Course Lecturer w/ Donn Posner
February 22-26 th 2015 6-day course	Introduction to CBT-I (3 days) Case Reviews & Practice Implementation (3 days) Sponsor: Sleep Therapeutics / Colorado Sleep Institute Location: Boulder, Colorado 5 Attendees Course Lecturer w/ Donn Posner
November 12-14 th 2015 3-Day course	Introduction to CBT-I (24 hours) Sponsor: The Hong Kong Hospital Authority Location: Hong Kong 100 Attendees Course Lecturer
February 16, 2017 1-Day course	Introduction to CBT-I (6hours) Sponsor: Department of Psychiatry Geisinger Medical Center Location: Danville, PA 50 Attendees Course Lecturer
February 26, 2017 1-Day course	Introduction to CBT-I (6hours) Sponsor: Washington Psychiatric Society Location: George Washington University, DC 30 Attendees Course Lecturer

March 15th-17th 2017
3-Day course
Introduction to CBT-I (24 hours)
Sponsor: Mahidol University & Ramathabodi Hospital
Location: Bangkok, Thailand
50 Attendees
Course Lecturer w/ Donn Posner

June 8th & 9th 2018
2-Day course
Introduction to CBT-I (24 hours)
Sponsor: INOVA
Location: Alexandria, VA
40 Attendees
Course Lecturer w/ Donn Posner

October 21-23 2018
3-Day course
Introduction to CBT-I (24 hours)
Sponsor: Naufar Clinic
Location: Doha, Qatar
30 Attendees
Course Lecturer w/ Donn Posner

Annual Advanced Course

April 17-19 2014
3-Day Course
First Annual Advanced CBT-I course
Sponsor: University of Pennsylvania
Location: Philadelphia PA
40 attendees
Course Lecturer w/ Donn Posner
Guest Lecturers: Michael Grandner & Phil Gehrman
Discussant: Jason Ellis

April 16-18 2015
3-Day Course
Annual Advanced CBT-I course
Sponsor: University of Pennsylvania
Location: Philadelphia PA
35 attendees
Course Lecturers w/ Donn Posner & Jason Ellis

April 14-16 2016
3-Day Course
Annual Advanced CBT-I course
Sponsor: University of Pennsylvania
Location: Philadelphia PA
38 attendees
Course Lecturers w/ Donn Posner & Jason Ellis

April 20-22 2017
3-Day Course
Annual Advanced CBT-I course
Sponsor: University of Pennsylvania
Location: Philadelphia PA
37 attendees
Course Lecturers w/ Donn Posner & Jason Ellis

April 6-8 2018
3-Day Course
Annual Advanced CBT-I course
Sponsor: University of Pennsylvania
Location: Philadelphia PA
36 attendees
Course Lecturer w/ Donn Posner & Jason Ellis

Bibliography

Research Publications, peer reviewed:

1. Mendelson WB, Martin J, Perlis M, Wagner R Sleep and benzodiazepine receptor subtypes. Journal of Neural Transmission, 70:329-336, 1987.
2. Mendelson W, Martin J, Perlis M, Wagner R Arousal induced by injection of triazolam into the dorsal raphe nucleus of rats. Neuropsychopharmacology, 1:85-88, 1987.

3. Mendelson W, Martin J, Perlis M, Wagner R, Majewska M, Paul S. Sleep induction by an adrenal steroid in the rat. Psychopharmacology (Berl). 93(2): 226-9, 1987.
4. Mendelson W, Martin J, Perlis M, Giesen H, Wagner R, Rapport SI Periodic cessation of respiratory effort during sleep in adult rats. Physiology & Behavior, 43:229-234, 1988.
5. Mendelson W, Martin J, Perlis M, Wagner R Enhancement of sleep by microinjection of triazolam into the medial pre-optic area. Neuropsychopharmacology, 2:61-66, 1989.
6. Perlis M, Giles D, Fleming G, Drummond P, James S. Sustained Facial Muscle Activity During REM Sleep in Depressed Subjects and its Correlation with Self-reported depression. Journal of Affective Disorders, 35:163-171, 1995.
7. Perlis M, Artiola L, Giles D. The incidence sleep complaints in Chronic Post-concussion Syndrome. Perceptual Motor Skills, 84(2): 595-599, 1997.
8. Perlis M, Bootzin R, Fleming G, Drummond S, Rose M, Dikman Z, Giles D. Alpha sleep and information processing, perception of sleep, pain and arousability in fibromyalgia. International Journal of Neuroscience, 89:265-280, 1997.
9. Perlis M, Buysse, D, Giles, D, Tu X., Kupfer D Self-Reported Sleep Disturbance as a prodromal symptom in recurrent depression. Journal of Affective Disorders, 42(2):209-212, 1997.
10. Parsons C, Crosby L, Perlis M, Britt T, Jones P. Longitudinal sleep EEG power spectral analysis studies in adolescents with minor head injured. Journal of Neurotrauma, 14 (8) 549-559, 1997.
11. Perlis M, Buysse D, Thase M, Tu X, Giles D, Kupfer D. Which depressive symptoms relate to which sleep EEG variables. Biological Psychiatry, 42(10):904-913, 1997.
12. Giles, D, Perlis, M, Reynolds, C, Kupfer, D. EEG Sleep in African-American patients with major depression: A historical case control study. Depression and Anxiety, 8(2):58-64, 1998.
13. Perlis, M, Aloia M, Boehmler J, Millikan A, Greenblatt D, Giles D. Behavior treatment of insomnia: a clinical case series study. The Journal of Behavioral Medicine, 23(2)149-161, 2000.
14. Smith M, Perlis, M, Smith, MS, Giles, D Sleep Quality in chronic pain. Journal of Behavioral Medicine, 23(1), 1-13, 2000.
15. Perlis, M. Response to Do increases in beta EEG activity uniquely reflect insomnia? Sleep Med Rev, Oct; 5 (5): 379-383 Oct. 2001.
16. Perlis M, Smith M, Orff H, Andrews P, Giles, D. Beta/Gamma EEG Activity in Patients with Primary and Secondary Insomnia and Good Sleeper Controls. Sleep, 24(1), 110-117, 2001.
17. Smith M, Perlis, M, Smith, MS, Giles, D. Pre-sleep cognitions in patients with insomnia secondary to chronic pain. Journal of Behavioral Medicine, 24(1) 93-114, 2001.
18. Aloia M, DiDio L, Ilinczyk N, Perlis M, Greenblatt D, & Giles D. Improving compliance with nasal CPAP and vigilance in older adults with OSAHS. Sleep and Breathing, 5(1):13-21, 2001.
19. Perlis M Sharpe M, Smith M, Greenblatt D, Giles D. Behavioral treatment of insomnia: Treatment outcome and the relevance of medical and psychiatric morbidity. The Journal of Behavioral Medicine, 24(3) 281-296, 2001.
20. Perlis M, Kehr L, Smith M, Orff H, Andrews P, Giles, D. Temporal and stage-wise distribution of Beta activity in patients with insomnia and in good sleeper controls. The Journal of Sleep Research, 10, 93-104, 2001.
21. Perlis M, Smith, M, Orff H. Andrews P, Giles D. The mesograde amnesia of sleep may be attenuated in subjects with primary insomnia. Physiology & Behavior, 74, 71-76, 2001.
22. Smith M, Perlis, M, Park A, Giles D, Pennington J, Buysse, D. Behavioral treatment vs pharmacotherapy for Insomnia - A comparative meta-analyses. American Journal of Psychiatry 159: 5-11, 2002.

23. Perlis M, Smith M, Orff H, Andrews P, Giles D, Gillin, J. The effects of an orally administered cholinergic agonist on REM sleep in major depression. Biological Psychiatry, 51(6):457-62, 2002.
24. Smith, M, Perlis, M, Chengazi, V, Pennington J, Soeffing, J, Ryan J, Giles, D. Neuroimaging of NREM sleep in primary insomnia: a preliminary Tc-99-HMPAO single photon emission computed tomography study. Sleep, 25(3) 325-335, 2002.
25. Kowalski, J, Tu, X, Jia, G, Perlis, M, Frank, E, Crits-Christoph, P, Kupfer, D. Generalized covariance-adjusted canonical correlation analysis with application to psychiatry, Statistics in Medicine, 22: 595-610, 2003.
26. Youngstedt S, Perlis M, O'Brien P, Palmer M, Smith M. No association of sleep with total daily physical activity in normal sleepers. Journal of Physiology & Behavior, 78(3): 395 – 401, 2003.
27. Aloia M, DiDio L, Illiczky N, Perlis M, Greenblatt D, & Giles D. Neuropsychological changes and treatment compliance in older adults with sleep apnea. Journal of Psychosomatic Research, 54 (1): 71-77, 2003.
28. Smith M, Perlis M. Haythornthwaite J. Suicidal ideation in outpatients with chronic musculoskeletal pain: an exploratory study of the role of sleep onset insomnia and pain intensity. Clinical Journal of Pain. 20(2):111-8, 2004.
29. Perlis M. Smith M. Orff H. Enright T. Nowakowski S. Jungquist C. Plotkin K. The effects of Modafinil and CBT on sleep continuity in patients with primary insomnia. Sleep, 27(4) 715-725. 2004.
30. Perlis M, Walsh J et al. Long-term non-nightly administration of zolpidem in the treatment of patients with Primary Insomnia. Journal of Clinical Psychiatry, 65(8) 1128-1138, 2004.
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N/A

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N/A

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1. Khader W, Culnan E, Morales K, Kloss J, Baglioni C, Gencarelli A, Muench A, Vargas I, Riemann D, Perlis M. A meta-analysis of placebo effects across hypnotic RCTS: a first pass analysis.
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3. Neikrug A, Jungquist C, Donaldson G, Okifuji A, Perlis M. Activity measures post CBT-I for chronic pain.
4. Culnan E, Khader W, Morales K, Kloss J, Baglioni C, Gencarelli A, Muench A, Vargas I, Riemann D, Perlis M. Objective and subjective effects of four classes of hypnotics on sleep continuity in patients with chronic insomnia: a first pass analysis.
5. Neikrug A, Jungquist C, Donaldson G, Okifuji A, Perlis M. Measuring activity by actigraphy - are we using the right methods?
6. Vargas I, Gencarelli A, Muench A, Boland E, Goldschmied J, Gehrman P, Perlis M. Insomnia predicts multiple dimensions of suicidal ideation among army servicemembers.
7. Gencarelli A, Khader W, DiGuiseppe A, Vargas I, Goldschmied J, Boland E, Gehrman P, Perlis M. Evaluating the association between insomnia subtypes and suicidal ideation among army service members.
8. Robbins R, Jean-Louis G, Sundarajan A, Hale L, Gallagher R, Barrett M, Gooneratne N, Branäs C, Alfonso-Miller P, Perlis M, Grandner M. Social capital and social connectedness related to sleep duration, insomnia symptoms, and daytime sleepiness.
9. Yang R, Gallagher R, Hale, Perlis M, Barrett M, Branäs C, Killgore W, Parthasarathy, S, Alfonso-Miller P, Gehrels J, Grandner M. Would you call yourself a short or long sleeper? perceptions of sleep category associated with reported sleep duration, insomnia, and health.

2018 Abstracts

1. Gencarelli A, Khader W, Morales K, Vargas I, Grandner M, Ellis J, Kloss J, Perlis M. A one year study of 1,069 good sleepers: the incidence of acute and chronic insomnia.
2. Bremer E, Morales K, Vargas I, Grandner M, Ellis J, Perlis M. Does Time in Bed (TIB) vary with the use of hypnotics?
3. Muench A, Boyle J, Morales K, Vargas I, Grandner M, Ellis J, Kloss J; Perlis M. Depressive symptoms in good sleepers and subjects that develop acute insomnia, recover from acute insomnia, and/or develop chronic insomnia.
4. Boyle J, Muench A, Gencarelli A, Khader W, Perlis M. How does intensive sleep retraining (ISR) compare to CBT-I?

5. Vargas I, Gencarelli A, Khader W, Muench A, Boyle J, Ellis J and Perlis M. *The cortisol awakening response and insomnia: exploring the transition from acute insomnia to recovery, persistent poor sleep, or chronic insomnia.*
6. Muench A, Vargas I, Gencarelli A, Khader W, Boyle J, Ellis J, Perlis M. *Early morning alpha amylase activity and insomnia: exploring the transition from acute insomnia to recovery, persistent poor sleep, or chronic insomnia.*
7. Boyle J, Vargas I, Muench A, Gencarelli A, Khader W, Ellis J, and Perlis M. *24-hour ambulatory blood pressure and insomnia: exploring the transition from acute insomnia to recovery, persistent poor sleep, or chronic insomnia.*
8. Gencarelli A, Vargas I, Khader W, Muench A, Boyle J, Morales K, Grandner M, Ellis J, Kloss J, Perlis M. *Evaluating the association between life events, perceived stress, and insomnia status: data from a national cohort of good sleepers (the NITES study).*
9. Yang R, Hale L, Branas C, Gallagher R, Perlis M, Killgore W, Gehrels J, Alfonso-Miller P, and Grandner M. *Work productivity associated with sleep duration, insomnia severity, sleepiness, and snoring.*
10. Tubbs A, Perlis M, Chakravorty S, Basner M, Killgore W, Gehrels J, Alfonso-Miller P, and Grandner M. *Does increased risk of suicide at night favor one method of suicide over another?*
11. Tubbs A, Perlis M, Chakravorty S, Basner M, Killgore W. *Seasonal changes in nocturnal suicide risk.*
12. Grandner M, Perlis M, Parthasarathy S, and Pack S. *Systematic sleep time extension: a novel approach to extending sleep in habitual short sleepers.*
13. Perlis, M, Castor C, Barnes, A, Chung A, Kalinowski J, Roseus J, Para Y, Jean-Louis G. *An exploratory, descriptive study of African American's experiences of insomnia symptoms and treatment.*
14. Alshehri M, Alanazi A, Alajam R, Duan J, Alothman S, Hoover J, Rucker J, Siengsukon C, Perlis M, Kluding P. *The impact of insomnia on a1c variability and glucose level in people with type 2 diabetes: a retrospective analysis.*

2019 Abstracts

1. Perlis M, Morin C, Ivers H, Muench A, Posner D, Grandner M. *Does TST appreciably change during or after CBT-I?*
2. Perlis P, Morales K, Grandner M, Ellis J, Posner S, Vargas I, Kloss J, Seewald M, D'Antonio B. *Does TIB differentiate between good sleepers and subjects that develop acute or chronic insomnia?*
3. Bremer E, Morales K, Vargas I, Grandner M, Ellis J, Posner D, Kloss J, Perlis M. *Do patients change TIB when starting hypnotics and does this effect outcomes?*
4. Gencarelli, A, Vargas, I, Muench, A, Boyle J, Khader W, Morales W, Ellis J, Perlis M. *Chronic stress and insomnia: exploring the transition from acute to chronic insomnia.*
5. Vargas I, Muench A, Boyle J, Gencarelli, A, Khader, W, Morales, K, Grandner, M, Ellis, J, Kloss, J, Posner, D, Perlis, M. *The temporal dynamics of the association between sleep continuity disturbance and depressive symptoms.*
6. D'Antonio B, Boyle J, Vargas I, Seewald M, Gencarelli A, Perlis M. *Do low vs. normal BMI subjects differ with respect to sleep disorders symptoms?*
7. Boyle J, Williams N, Grandner M, Vargas I, D'Antonio B, Seewald M, Muench A, Ellis J, Posner D, Rosenfield B, DiTomasso R, Perlis M. *Is sleep continuity disturbance and problem endorsement uniformly worse with age?*

8. Boyle J, Williams N, Grandner M, Vargas I, D'Antonio B, Seewald M, Muench A, Ellis J, Posner D, Rosenfield B, DiTomasso R, Perlis M. *Sleep disorder symptom endorsement by age.*
9. Olivier K, Perlis M, Troxel W, Basner M, Chakravorty S, Tubbs A, Owens J, Jean-Louis G, Killgore W, Warlick C, Alfonso-Miller P, Grandner M. *The influence of likely nocturnal wakefulness on 24-hour patterns of violent crime in adults and juveniles.*
10. Featherston B, Perlis M, Ellis J, Williams N, Jean-Louis G, Killgore W, Warlick C, Alfonso-Miller P, Grandner M. *The concept of "satisfaction" with sleep: associations with sleep continuity, sleep quality, daytime sleepiness, and related concepts of overall health, stress, depression, and anxiety.*
11. Bliznak V, Perlis M, Ellis J, Hale L, Killgore W, Warlick C, Alfonso-Miller P, Grandner M. *What is the ideal bedtime? data from a community sample.*
12. Williams N, Boyle J, Butler M, Klingman K, Jean-Louis G, Grandner M, Perlis M. *Does insomnia symptom severity vary by race/ethnicity?*
13. Alshehri M, Alenazi A, Alqahtani B, Perlis M. The role of combined subjective sleep quality and objective sleep efficiency variability in frailty status.
14. Tubbs A, Khader W, Hale L, Branas C, Perlis M, Gehrels J, Alfonso-Miller P, Grandner M. *Sleep timing and the prevalence of suicidal ideation in a community sample.*
15. Khader W, Fernandez F, Seixas A, Knowlden A, Ellis J, Williams N, Hale L, Perlis M, Jean-Louis G, Killgore W, Alfonso-Miller P, & Grandner M. *What makes people want to make changes to their sleep? An assessment of perceived risks of insufficient sleep as a predictor of intent to improve sleep.*

Chapters, Manuals, Invited Commentaries, and Book Reviews

Chapters

1. Bootzin R, Manber R, Perlis M, Salvio M, Wyatt J, Sleep Disorders. In: Ed. Sutker P and Adams H. *Comprehensive Handbook of Psychopathology*, 2nd Edition. New York: Plenum Press.1992.
2. Perlis M, Orff H, Sleep Talking. In Ed. Alan Kazdin, *Encyclopedia of Psychology*. Washington DC: Oxford University Press. 2000.
3. Smith M, Perlis, M. Diagnosis of Primary Insomnia & Treatment Options: A manualized approach. In Ed. Hersen M and Krug-Portzelius L. *Diagnosis, Conceptualization, and Treatment Planning for Adults: A Text Book*. Abingdon: Routledge 2001.
4. Smith M, Perlis, M. Primary Insomnia: Assessment and Treatment. In Ed. Perlis M, and Lichstein K. *Treating Sleep Disorders: The Practice and Principles of Behavioral Sleep Medicine*. Hoboken: John Wiley & Sons. 2003.
5. Smith L, Nowakowski S, Perlis, M. The Measurement of Sleep. In Ed. Perlis M, and Lichstein K. *Treating Sleep Disorders: The Practice and Principles of Behavioral Sleep Medicine*. Hoboken: John Wiley & Sons. 2003.
6. Stepanski E, Perlis M. Behavioral Sleep Medicine: Recent History and the Current State of Affairs. In Ed. Perlis M, and Lichstein K. *Treating Sleep Disorders: The Practice and Principles of Behavioral Sleep Medicine*. Hoboken: John Wiley & Sons. 2003.
7. Orff H, Smith M, Enright T, Perlis M. Sleep Education and Restriction. In: Ed. O'Donohue W, Fisher J, Hayes S. *Cognitive Behavioral Therapy: Applying Empirically Supported Techniques in Your Practice*. Wiley & Sons. Hoboken: John Wiley & Sons. 2003.
8. Attarian A, Nishith-Davis P, Jungquist C & Perlis M. The Definition of Insomnia. In: Ed. Attarian H. *The Clinical Handbook of Insomnia*. New York: Humana Press. 2004.
9. Perlis M, Smith M, Jungquist C. Nowakowski S, Orff H, Soeffing J. Cognitive-behavioral therapy for insomnia. In: Ed. Attarian H. *The Clinical Handbook of Insomnia*. New York: Humana Press. 2004.

10. Perlis M, Pigeon W, Drummond S. The Neurobiology of Insomnia. In: Ed. Gilman S. [Section Ed. Mignot E]. The Neurobiology of Disease. Chapter 68 pp. 735-744. Burlington: Elsevier. 2006.
11. Spiegelhalder K, Perlis M, Hajak G, Riemann D. Schlafstörungen (ICD 10 F5). Eds. Voderholzer, U., Hohagen, F. In: Therapie psychischer Erkrankungen - State of the Art. Urban & Fischer, 5. Auflage, München. 2007.
12. Riemann, D., Spiegelhalder, K., Espie, C., Perlis, M.L.: Psychotherapie bei Schlafstörungen. In: S.C. Herpertz, F. Caspar, C. Mundt (Hrsg.): Störungsorientierte Psychotherapie. Urban & Fischer, München, Jena, pp. 561-575, 2008.
13. Pigeon W, Perlis M. Sleep and Psychiatric Illness. In: Ed. Avidon A & Alessi C. Geriatric Sleep Medicine. New York: Informa Healthcare. 2008.
14. Spiegelhalder, K., Perlis, M., Hajak, G., Riemann, D.: 16 Schlafstörungen (ICD-10 F5). In: U. Voderholzer, F. Hohagen (Hrsg.) Therapie psychischer Erkrankungen - State of the Art. Urban & Fischer Verlag, München, 2009.
15. Pigeon W, Perlis M. Cognitive-behavioral treatment of insomnia. In: Ed. O'Donohue W & Fisher J. Principles & Techniques of Cognitive Behavior Therapy: An Introduction. Hoboken: John Wiley & Sons. 2009.
16. Perlis M, Gehrman P, Cognitive Behavioral Therapy of Chronic Insomnia. ACCP Sleep Medicine Board Review Syllabus. 2009.
17. Perlis M, Gehrman P, Terzano M, Cote K. Riemann D. Sleep EEG Patterns in Patients with Primary Insomnia. In: Ed. Sateia M, Buysse D. Insomnia: Diagnosis and Treatment. Informa Health Care Inc. New York. 2010.
18. Attarian A, Nishith-Davis P, Jungquist C & Perlis M. The Definition of Insomnia. In: Ed. Attarian H. The Clinical Handbook of Insomnia, 2nd Edition. pp. 3-10. New York: Humana Press. 2010.
19. Perlis M, Smith M, Jungquist C, Nowakowski S, Orff H, Soeffing J. Cognitive Behavioral Therapy of Insomnia. In: Ed. Attarian H. The Clinical Handbook of Insomnia, 2nd Edition. pp. 3-10. New York: Humana Press. 2010.
20. Gehrman P, Riemann D, Posner D, & Perlis M. Cognitive Behavioral Therapy for Insomnia. In: Ed. Winkelman J, Plante D. Foundations of Psychiatric Sleep Medicine. London: Cambridge University Press. 2010.
21. Gehrman P, Thase, Riemann D, Perlis M. Depressive Disorders. In: Ed. Winkelman J, Plante D. Foundations of Psychiatric Sleep Medicine. London: Cambridge University Press. 2010.
22. Perlis M & Gehrman P. Cognitive Restructuring: Cognitive Therapy for Negative Sleep Beliefs. In: Ed. Perlis M, Aloia M, Kuhn B. Behavioral Treatments for Sleep Disorders: A Comprehensive Primer of Behavioral Sleep Medicine Interventions. Cambridge: Academic Press. 2011
23. Bootzin R. & Perlis M. Stimulus Control Therapy. Eds. Perlis M, Aloia M, Kuhn B. In: Ed. Perlis M, Aloia M, Kuhn B. Behavioral Treatments for Sleep Disorders: A Comprehensive Primer of Behavioral Sleep Medicine Interventions. Cambridge: Academic Press. 2011.
24. Gehrman P, Findley, J. & Perlis M. Insomnia: Etiology and Conceptualization. In: Ed. Espie C, Morin C. Oxford Handbook of Sleep and Sleep Disorders. London: Oxford University Press. 2012.
25. Perlis M. Gehrman P. Idiopathic Insomnia. In: Ed. Kushida C. The Encyclopedia of Sleep, Vol. 2. Waltham: Academic Press. 2013.
26. Perlis M, Gehrman P. Types of Insomnia. In: Ed. Kushida C. The Encyclopedia of Sleep, Vol. 2. Waltham: Academic Press. 2013.
27. Perlis M, Gehrman P. Psychophysiological Insomnia. In: Ed. Kushida C. The Encyclopedia of Sleep, Vol. 2. Waltham, MA: Academic Press. 2013.
28. Gehrman P, Perlis M. Health-Related Quality of Life. In: Ed. Kushida C. The Encyclopedia of Sleep, Vol. 2. Waltham: Academic Press. 2013.

29. Perlis M, Gehrman P, Thase M. Mood Disorders and Sleep. In: Ed. Kushida C. The Encyclopedia of Sleep, Vol. 2. Waltham: Academic Press. 2013.
30. Barron K, Perlis M, Nowakowski S, Smith M, Jungquist C, Orff H. Cognitive Behavioral Therapy of Insomnia. In: Ed. Attarian H. The Clinical Handbook of Insomnia, 3rd Edition. New York: Humana Press. 2017.
31. Garland, S, Vargas, I, Grandner, M, & Perlis, M. Insomnia - Behavioral Treatments. In: Ed. Chopra, Das, and Doghramji K. Management of Sleep Disorders in Psychiatric Patients. Oxford University Press. In press.

Manuals

1. Perlis M, Poe G, Ancoli-Israel, S. Survey of undergraduate, graduate and postgraduate training opportunities in sleep research. American Sleep Research Society, 1995. First Edition.
2. Perlis M, Rose M, Ancoli-Israel, S. Survey of undergraduate, graduate and postgraduate training opportunities in sleep research. American Sleep Research Society, 1996. Second Edition.
3. Perlis M, Drummond S, Hays T, Edgar D. Survey of undergraduate, graduate and postgraduate training opportunities in sleep research. American Sleep Research Society, 1997. Third Edition.
4. Perlis M, Drummond S, Hays T, Edgar D. Survey of undergraduate, graduate and postgraduate training opportunities in sleep research. American Sleep Research Society, 1998 - 2000. Fourth Edition.

****Note:** The "Trainee Manual" was put on-line and continued in this format from about for about 3 years (2007-2010). At present the resource is referred to as a SRS Lab Directory and is not current. It may be found at <http://www.sleepresearchsociety.org/TraineeManual/index.aspx>

Newsletters

Perlis M, Posner D. Should insomnia be a primary focus for treatment? The Behavior Therapist. 33(7) 128-132. 2010.

Books:

1. Perlis M, Lichstein K. Treating Sleep Disorders: The Principles and Practice of Behavioral Sleep Medicine. Philadelphia: Wiley and Sons, 2003.
2. Perlis M, Smith M, Jungquist C., Posner D. The Cognitive-Behavioral Treatment of Insomnia: A session by session guide. New York: Springer Publishing. 2005.

****Note:** This book has been translated into Spanish, Japanese, Chinese, Korean, Italian, Thai, & Arabic. The 2nd edition is in prep, and expected to be complete in 2019.

3. Perlis M, Kuhn B, Aloia M, Posner D. Behavioral Treatments for Sleep Disorders: A Comprehensive Primer of Behavioral Sleep Medicine Interventions. Publisher Elsevier / Academic Press. 2010.
4. M. Perlis, J. Kloss, D. Posner. Behavioral Sleep Medicine Pearls: Case Studies and Commentary. -- In preparation. Will be complete in 2019. --
5. J. Kloss, D. Posner, M Perlis. The Tao of Sleep. -- In preparation. Will be complete in 2019. --

Alternative Media:

1. Web based practice exams for Sleep Medicine Board Review www.smbnet.net (2001 to 2014).
Past Responsibilities: Owner and Managing Partner. Project genesis, initial site design, and the first generation content.

2. Web based practice exams for the BRPT Exam (2012 to 2014). www.BRPT-Prep.net
Past Responsibilities: Owner and Managing Partner. Project genesis, initial site design, and the first generation content.
3. SST Internet Data Portal (2006-2016) www.vistasleepassessment.com
Past Responsibilities: Project genesis, initial site design, and first generation content. Sr. content editor.
4. SST "Sleeplessinphilly" Screening and Recruitment web site (2004-2016)
<http://www.sleeplessinphilly.com/>
Past Responsibilities: Project genesis, initial site design, and first generation content. Sr. content editor
5. Hypknowledge (2016-Present) <https://tikal20.global.arizona.edu>
Responsibilities: Project genesis, initial site design, and first-generation content. Sr. content editor.

**Note: A separate document has been compiled to detail my contributions to the public media.

Patents:

Grandner, M, Perlis, M. Systems and Methods for Individualized Sleep Optimization. U.S. Patent Number 62/401, 021 (Granted 10/11/2016. This is patent for Hypknowledge (item #5 above).

PAST GRANT SUPPORT (2000-2008)NAME Michael L. Perlis, Ph.DDEPARTMENT PsychiatryDATE September, 2000-2010

<u>Name of Grant</u>	<u>Period of Award</u>	<u>Grant Category*</u>	<u>Role in Grant**</u>	<u>%Effort</u>	<u>Funding Source</u>	<u>Annual</u>	<u>Additional Direct Cost **</u> <u>Comments***</u>
1. Is EEG Sleep Abnormal in those At Risk for Depression	2000 - 2004	R01	Co-I	90%	NIMH	180,000	
2. Beta/Gamma EEG In Primary and Insomnia and it's Association with Subjective-Objective Discrepancies	2001 - 2004	R01	PI	90%	NIMH	175,000	
3. Is Insomnia a Modifiable Risk Factor in Patients With Remitted Recurrent Major Depression	2004 - 2007	R21	PI	30%	NIMH	90,000	
4. The effectiveness Of CBT in Benign Chronic Pain: Is Improved Sleep Associated with a Better Clinical Course for The Primary Disorder?	2004 - 2006	R21	PI	30%	NIH/NINR	125,000	
5. A 2 nd evaluation of The Effects of Modafinil Alone and in Combination With Behavioral Treatment	2004 - 2005	IG	PI	10%	Cephalon Co.	175,000	
6. Yoga for Persistent PhD Sleep Disturbance Among Cancer Patients	2004 - 2006	FG	Investigator	2.5%	NIH/NCI/OCCAM	***	PI: Karen Mustian

7. Validation of a Karan MD. Method to Predict Sedation-Induced Upper Airway Collapse	2004 - 2006	PG		Mentor	2.5%	Foundation for Anesthesia Education & Research	***	PI: Suzanne
8. Evaluation of the Long-Term Efficacy And Safety of Zolpidem-MR	2004- 2006	IG		Investigator	5%	Sanofi-Synthelabo Pharmaceuticals	***	
9. Treatment of Insomnia PhD Secondary to Chronic Pain	2004 - 2007	F32		Mentor	5%	NIH/NINDS	***	PI: Wilfred Pigeon
10. A North American, 4-Week, Multicenter Phase IIB Double-Blind, Placebo-Controlled, Randomized, Multiple-Dose, Parallel-Group Study Of the Efficacy and Safety of MG M100901	2004 - 2005	IG		Investigator	2.5%	Aventis Pharmaceuticals	***	
11. The Rochester Center PhD For Mind-Body Research	2004 2009	PP		Investigator	0%	NIH/NIA	***	PI: Jan Moynihan
12. An Evaluation of the Long-Term Efficacy Zolpidem (given qhs and Intermitted dosing) and the prospects for Durable Outcomes Following Long-Term Therapy	2005 2006	IG	PI		5%	Sanofi-Aventis Co.	60,000†	PI Initiated
13. Sleep Homeostasis Ph In Primary Insomnia Following Behavioral Treatment	2005 - 2007	PG		Mentor	5%	AASM	***	PI: Wilfred Pigeon,

14.	A Double-Blind, Randomized, Placebo-Controlled, Multicenter, 30-Night Polysomnographic Study of MK-0928 in Elderly Patients with Primary Insomnia	2005	IG	Investigator	2.5%	Merck Pharmaceuticals	***	
15.	A Double-Blind, Randomized, Placebo-Controlled, Multicenter, 30-Night Polysomnographic Study of MK-0928 in Adult Patients with Primary Insomnia	2005	IG	Investigator	2.5%	Merck Pharmaceuticals	***	
16.	Information Processing at sleep and During sleep in Patients with Insomnia	2007 2009	R21	PI	10%	NIH	\$137,000	R21
			Note: This grant was awarded to MLP and was left at UR and Transferred to S. Matteson					
17.	The Psychoneuroimmunology Of Insomnia Response to A Vaccine Challenge	2007 2010	K23	Co-Mentor	0%	NIH/NINR	***	PI: Wilfred Pigeon
18.	Efficacy and Safety of 2mg/Day of M100907 on Sleep Maintenance Insomnia With a Sub-Study of the Effect of M100901 on Stable Type II Diabetes Mellitus	2008 2009	IG	Investigator	2%	Sanofi-Aventis	***	

RECENT GRANT SUPPORT

Initiated within the last 5 years and ended prior to 9/1/18.

<u>Name of Grant</u>	<u>Period of Award</u>	<u>Grant Category*</u>	<u>Role in Grant**</u>	<u>% Effort</u>	<u>Funding Source</u>	<u>Annual Direct Cost</u>	<u>Additional Comments***</u>
The Role of Partial Reinforcement in the Long of Insomnia	2006 2013	R01	PI	25%	NIH	\$300,361	1 st percentile score
Sleep Architecture And Chemotherapy-Related Fatigue	2008 2013	PG	Mentor Investigator	10%	ACS	\$135,000 (estimated)	PI: Joseph Roscoe, Ph.D Gary Morrow, PhD
Cognitive Behavioral Treatment for Insomnia Alone and in Combination With Modafinil for Insomnia and Fatigue Following Chemotherapy	2008 2013	R01	Co-I	26%	NIH	\$267,792	PI: Joe Roscoe, PhD 1.2 percentile score
Attention Bias As an Etiologic Factor in Primary and Secondary Insomnia	2008 2013	R01	PI	26%	NIH	\$225,000	9 th percentile score
Novel Approaches to Preventing the Effects of Stress	2011 2013		Investigator	2.5%	DoD/DARPA	_____	PI: Bhatnagar
Understanding the Sleep Apnea/Insomnia Interaction: a CPAP/ Sham-CPAP Trial	8/15/12 5/31/15	R21	Investigator	2.5%	NHLBI	_____	PI: Gooneratne
CBT-I +/- Modafinil in Patients with SDB. Effects on Sleep Continuity and CPAP Compliance.	2013 2015	IG	PI	10%	TEVA	126,000	
Prospective Assessment of the Etiology of Insomnia in Middle Aged & Elder Adults	2013 2017	R01	PI	NA	NIA	314,000	
Prospective assessment of the etiology of insomnia In middle aged & elder adults	2015 2016	R01	PI	NA	NIA	99,000	Supplement Award
[Efficacy of Nexalin TCES For the treatment of MDD]	2016 2018	IG	PI	20%	Nexalin	170,000 (estimated)	Completed Study Data Analysis Continues

CURRENT GRANT SUPPORT

NAME Michael L. Perlis, Ph.D DEPARTMENT Psychiatry

<u>Name of Grant</u>	<u>Period of Award</u>	<u>Grant Category*</u>	<u>Role in Grant**</u>	<u>% Effort</u>	<u>Funding Source</u>	<u>Annual Direct Cost</u>	<u>Additional Comments***</u>
Natural History of Sleep Disturbance in Childbearing Women: A Feasibility Study	8/31/16 8/30/18	R21	CO-PI	15%	NICHD	156,253	Ongoing - NCE
<i>Pilot: The Relevance of Conditioning & Disclosure For Partial Reinforcement In Older Adults</i>	9/30/17 8/31/18	R56	PI	NA	NIA	500,000	Ongoing - NCE No salary support
Behavioral Sleep Medicine: Training in Sleep and Aging	6/01/17 5/31/22	K24	PI	50%	NIA	157,904	Impact score = 10
<i>Three Approaches to Maintenance Therapy for Chronic Insomnia in Older Adults</i>	9/30/18 8/31/22	R01	PI	30%	NIA	450,000	

Pending Grants.

R01 (R01HL148258-01, MLP Co-PI); R21 submitted to NHLBI (MLP PI w/ Ivan Vargas); K23 (IV PI w/ MLP);and F32 (IV PI w/ MLP)

Grants in Preparation.

R01 for AHRQ MLP Co-PI; R01 for NHLBI MLP Co-PI

For **Grant Category**, use code in bold from the following menu:

R01 NIH R01
PP NIH Program Project, Center or Core Grants
FG Federal Grants - Other (including other individual NIH grants and grants from VA, NSF, Dept. of Energy, etc.)

CT Clinical Trials
TG Training Grants
IG Industrial Grants (including pharmaceutical)
PG Private Foundation Grants (including internal Penn grants)
O Other

GRANT (CONSULTATION)

Active

2016-Present	K23 Adherence to PAP treatment: Influences of co-morbid insomnia and of race/ethnicity PI: Natasha Williams PhD (K23HL125939); MLP consultant & Secondary Mentor	NHLBI
2019-Present	K23 Circadian and Ultradian Cortisol Rhythms in Chronic Sleep Continuity Disturbance PI: Ivan Vargas PhD (K23HL141581); MLP Sponsor & Primary Mentor	NHLBI

Past

2002-2004	R01. Hangover, congeners, sleep and occupational performance PI: Jonathan Howland, PhD, MPH & Co-I: J. Todd Arnedt PhD Consultant re: PSG & PSA issues	NIH
2003-2005	Pathophysiology of hypersomnolence in Myotonic Dystrophy (PSG sleep & orexin in MD). PI: Emma Ciafaloni MD & Co-I: Lynn Liu MD Consultant re: PSG & PSA issues	MDA
2004-2006	F32. Treatment of Insomnia Secondary to Chronic Pain PI: Wil Pigeon PhD (F32NS049789); Sponsor & Primary Mentor: MLP	NIH/NINDS
2004-2009	K32. Sleep disturbance and pain sensitivity in chronic pain PI: Michael Smith PhD Consultant re: PSG & PSA issues	NIH/NINDS
2006-2007	Does late-night exercise disturb sleep in individuals with insomnia? PI: Arthur Spielman PhD Consultant re: PSG & PSA issues	CUNY Intramural Award
2006-2011	R01. Sleep, circadian hormonal dysregulation, and breast cancer survival PI: David Spiegel MD Consultant re: PSG & PSA issues	NCI
2007-2010	K23. The Psychoneuroimmunology of Insomnia: Response to a Vaccine Challenge PI: Wil Pigeon PhD (K23NR010408); Co-Sponsor: MLP (w/ Jan Moynihan PhD)	NIH/NINR
2007-2012	K23. Augmenting behavior therapy with mindfulness meditation PI: Jason Ong PhD Consultant re: CBT-I Treatment and PSG & PSA issues.	NIH/NCCAM
2008-2012	R01. Treating insomnia & nightmares after trauma: impact on symptoms & quality of life PI: Sean Drummond, Consultant re: Design of CBT-I intervention and therapist fidelity and adherence	NINR
2008-2013	K23. Nurse managed cognitive behavioral therapy for insomnia in people with COPD PI: Mary Kapella PhD Consultant re: Design of CBT-I intervention and therapist fidelity and adherence	NINR
2009-2011	R2. Extending sleep in obese adults to promote weight loss PI: Anne Rogers PhD Consultant re: Design of Sleep extension Protocol	NHLBI
2011-2016	P20. Yale center for sleep disturbance in acute and chronic conditions PI: Nancy Redeker PhD Consultant re: Design of CBT-I intervention and therapist fidelity and adherence	NINR
2012-2018	Cardiovascular and Metabolic Risk Factors Associated with Short Sleep Duration PI: Michael Grandner (K23HL110216); Co-Sponsor: MLP (w/ _____)	NHLBI
2014-2015	Consultation for grants and manuscript preparation	UB-SON Intramural Award