

CURRICULUM VITAE
KATHERINE MARGARET SHARKEY

Research

Perinatal Sleep Laboratory
146 West River Street, Suite 1K
Providence, RI 02904
Tel: 401-793-3497

Administrative

The Warren Alpert Medical
School of Brown University
233 Richmond Street
Providence, RI 02903
Tel: 401-863-2450

Clinical

Brown Medicine Sleep Center
375 Wampanoag Trail
East Providence, RI 02915
Tel: 401-649-4070

Katherine_Sharkey@brown.edu ORCID 0000-0003-1743-0704

EDUCATION

- 9/1987-5/1991 University of Pennsylvania, Philadelphia, Pennsylvania, Psychology, Bachelor of Arts
9/1994-6/2002 Rush University, Doctor of Medicine, Chicago, Illinois
9/1994-6/2002 Rush University, Chicago, Illinois, Doctor of Philosophy, Graduate Program in Neuroscience
Dissertation Title: *Melatonin Administration to Phase Shift Circadian Rhythms and Promote Sleep in Human Models of Night Shift Work*

POSTGRADUATE TRAINING

- 7/2002-6/2007 Rush University Medical Center, Chicago, Illinois, Internal Medicine and Psychiatry
4/2005-4/2006 Rush University Medical Center, Med/Psych Chief Resident
2017-2018 Brown Advocates for Social Change and Equity (BASCE), Fellowship
2019 Brown Physicians Inc., Leadership Training Course
2021 National Research Mentoring Network (NRMN)/Center for Improvement of Mentored Experiences in Research (CIMER), Training Course, Advance-CTR

- 2023 Implementation Science Bootcamp, BRIDGE Program, Brown University
2024 CIMER iCAM: Introduction to Culturally Aware Mentorship Training Course

POSTGRADUATE HONORS AND AWARDS

- 2009, 2010, 2011, 2012 Certificate of Recognition for Exemplary Teaching Efforts for *BIOL 3663 IMS III: Pulmonary Physiology and Pathophysiology*
- 7/2010-6/2014 National Institutes of Health Clinical Loan Repayment Program (LRP) funded by National Heart, Lung, and Blood Institute (NHLBI)
- 7/2011 Behavioral Sleep Medicine, recognized as an outstanding reviewer
- 7/2011 Elected as a Fellow, American Academy of Sleep Medicine (FAASM)
- 8/2011 Research Award, Christian Guilleminault World Association of Sleep Medicine
- 5/2014 Named to Interdisciplinary Studies in Sex Differences Network on Sleep, Society for Women's Health Research
- 9/2016 American Academy of Sleep Medicine Leadership Conference, Chicago, IL
- 10/2017 Selected as a Brown Advocates for Social Change and Equity (BASCE) Fellow, Brown Advocates for Social Change and Equity (BASCE)
- 2018, 2019, 2020, 2021, 2022, 2023, 2024 Voted by peers as a *Rhode Island Monthly* "Top Doc"
- 01/2019 Leadership Training Fellow, Brown Physicians Inc.
- 11/2019 Elected as a Fellow, American College of Physicians (FACP)
- 09/2020 Inspiration Award, AMA
- 10/2021 #She for She Award Nominee, Women in Medicine Summit
- 05/2022 Woman Physician of the Year, Rhode Island Medical Women's Association
- 05/2023 Master of Arts *ad eundem* degree, Brown University
- 02/2024 Elected as a Fellow of the American Medical Women's Association (FAMWA)

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

- Physician and Surgeon, Illinois License 036113456 (inactive)
Physician, Rhode Island License MD12259, expires 6/30/2024
- 8/2007 *American Board of Internal Medicine*: Certified in Internal Medicine 08/27/2007

- 9/2008 *American Board of Psychiatry and Neurology: Certified in Psychiatry 09/20/2008*
- 11/2009 *American Board of Internal Medicine: Certified in Sleep Medicine 11/19/2009*
- 2017-12/2027 *American Board of Internal Medicine: Certified in Internal Medicine, Recertified 2017, Certificate valid through 12/31/2027*
- 2018-2028 *American Board of Psychiatry and Neurology: Certified in Psychiatry, Recertified 2018, Certificate valid through 2028 (Certificate number 59093)*
- 2019-12/2029 *American Board of Internal Medicine: Certified in Sleep Medicine, Recertified 2019, Certificate valid through 12/31/2029*

ACADEMIC APPOINTMENTS

- 7/2002-6/2007 Assistant, Rush University Medical Center, Chicago, Illinois
- 8/2007-6/2016 Assistant Professor, Alpert Medical School of Brown University
Department of Medicine (primary)
Department of Psychiatry & Human Behavior (secondary)
- 7/2016- Associate Professor, Alpert Medical School of Brown University
Department of Medicine (primary)
Department of Psychiatry & Human Behavior (secondary)
- 10/2016- Assistant Dean for Women in Medicine and Science, Alpert Medical School of Brown University
- 10/2021- Associate Dean for Gender Equity, Alpert Medical School of Brown University

HOSPITAL APPOINTMENTS

- 8/2007- Sleep Medicine Physician, Brown Medicine, Providence, RI
- 8/2007- Sleep Medicine Physician, Active R with Admitting Privileges, Rhode Island Hospital, Providence, RI
- 2/2008- Consulting Physician, E.P. Bradley Hospital, East Providence, RI
- 6/2008- Consulting Physician, Women & Infants Hospital, Providence, RI
- 9/2009-6/2020 Medical Director, Brown Medicine Sleep Center
- 7/2014- Active R Non-Admitting Physician, The Miriam Hospital, Providence, RI
- 2/2023- Chief of Belonging, Equity, Diversity, Inclusion, Brown Physicians Inc.

OTHER APPOINTMENTS

- 05/14-04/18 Member, Society for Women's Health Research Scientific Sleep Network

- 04/15-12/15 Special Service Appointment, Boston University School of Medicine, Boston MA
Behavioral Neuroscience Ph.D. Program, Division of Graduate Medical Sciences
- 08/19-05/22 Rush Medical College Alumni Association, FY20-FY22 Executive Council
- 04/20- Independent Safety Monitor, R01HL146772, Adolescent circadian misalignment:
Mechanistic studies of sleep and light (PI: Stephanie Crowley-McWilliam, PhD)
- 05/20- Adjunct Associate Professor of Neurology, University of Rochester, School of Medicine
and Dentistry
- 07/20- Independent Safety Monitor, R01HL151512, Adolescent circadian phase shifts: novel
time-of-day targets for bright light (PI: Stephanie Crowley-McWilliam, PhD)
- 11/21- Data and Safety Monitoring Board Member, R01HL146059, Improving outcomes for
patients with SDB and insufficient sleep, Co-PIs: Safwan Badr, MD, Jennifer Martin, PhD
- 03/22- Data and Safety Monitoring Board Member, R01MH126040, Efficacy of digital cognitive
behavior therapy for insomnia for the prevention of perinatal depression (PI: Jennifer
Felder, PhD)
- 04/23- National Academies of Sciences, Engineering, and Medicine Action Collaborative on
Preventing Sexual Harassment in Higher Education, Working Group Representative for
Brown University

OTHER APPOINTMENTS AD-HOC JOURNAL REVIEW

- 2005- SLEEP
- 2006- Behavioral Sleep Medicine
- 2007- Psychiatry Research
- 2008- Journal of Clinical Sleep Medicine
- 2008- Journal of Biological Rhythms
- 2008- Journal of Psychosomatic Research
- 2008- Chronobiology International
- 2009- Archives of Women's Mental Health
- 2009- Addiction
- 2011- Journal of the American Academy of Child and Adolescent Psychiatry
- 2011- Lung
- 2011- Behavior Genetics
- 2011- Drug and Alcohol Dependence
- 2012- JAMA
- 2012- International Journal of Behavioral Development

- 2012- Psychopharmacology
- 2012- BioMed Central Psychiatry
- 2013- Respiration
- 2013- Neuroscience and Biobehavioral Reviews
- 2013- PLoS One
- 2014- F1000 Prime Reports
- 2014- Sleep Medicine
- 2015- BMJ Open
- 2015- The Journal of Clinical Psychiatry
- 2015- Physiology and Behavior
- 2016- Journal of Affective Disorders
- 2016- Journal of Anxiety Disorders
- 2022- BMC Cancer
- 2022- Health Equity
- 2023- Acta Psychiatrica Scandinavica
- 2023- New England Journal of Medicine
- 2024- BMC Pregnancy and Childbirth

JOURNAL EDITORIAL BOARDS

- 2010- *Behavioral Sleep Medicine*
2010-2015, Editorial Board
2015-present, Associate Editor
- 2014- *Sleep Health*, Editorial Board
- 2016- *Current Sleep Medicine Reports*, Section Editor, Sleep in Women
- 2019- *Current Sleep Medicine Reports*
- 2022- *Frontiers in Sleep*, Associate Editor

EXTERNAL GRANT REVIEW

- 06/2013 Physicians' Services Incorporated Foundation, Ontario, Canada
- 04/2014 Israel Science Foundation, Jerusalem, Israel
- 10/2015 University of Ottawa Medical Research Fund Grants Competition, Ottawa, Canada

- 10/2016 NIH Special Emphasis Panel/Scientific Review Group 2017/01 ZMH1 ERB-I (01)
- 11/2017 Hassenfeld Child Health Innovation Awards, Providence, RI
- 10/2018 NIH 2019/01 ZMH1 ERB-D (01) Early Phase Clinical Trials
- 06/2019 NHLBI Mentored Clinical and Basic Science Review Committee MCBS (OA)
- 09/2019 Special Emphasis Panel/Scientific Review Group 2020/01 ZMH1 ERB-D (01) S
- 07/2020 Special Emphasis Panel/Scientific Review Group 2020/10 ZRG1 PSE-B (02) M
- 10/2020 Special Emphasis Panel/Scientific Review Group 2021/01 ZMH1 ERB-B (02) R
- 03/2021 Special Emphasis Panel/Scientific Review Group 2021/05 ZMH1 ERB-G (05) S
- 05/2021 American Academy of Sleep Medicine, Sleep Research Program for Advancing Careers
- 07/2021 Dutch Research Council, The Netherlands, Health Research and Development (NWO/ZonMw) Veni Program
- 10/2021 Non-Pharmacological Clinical Trials SRG 2022/01 ZMH1 ERB-D (01) S
- 02/2022 Clinical Trials to Test the Effectiveness of Treatment, Preventive, and Services Interventions SRG ZMH1 ERB-B (03)
- 03/2022 2022/08 ZAT1 PS (09) 2 Loan Repayment Program Review
- 06/2022 2022/10 ZMH1 ERB-L (05) R Social disconnection and Suicide Risk in Late Life
- 09/2023 2024/01 ZMH1-ERB-P01 NIMH R25 Review Meeting
- 04/2024 PCORI Sleep Health Merit Review
- 04/2024 Israel Science Foundation, Jerusalem, Israel

HOSPITAL COMMITTEES

- 4/2005-4/2006 Psychiatry Department Education Committee, Rush University Medical Center
- 7/2005-6/2007 Internal Medicine/Psychiatry Executive Committee, Rush University Medical Center
- 2/2019- Brown Physicians Inc. Diversity, Inclusion & Equity Committee
- 7/2020- Justice, Equity, Diversity and Inclusion (JEDI) committee, Department of Medicine, Division of Pulmonary, Critical Care, and Sleep Medicine
- 5/2021-2/2023 Brown Physicians Inc. Belonging, Equity, Diversity & Inclusion Committee, Interim Co-Chair
- 8/2021- Lifespan 2025 Lactation Work Group, Co-Chair
- 9/2021- Lifespan 2025 Wellness & Resiliency Council
- 2/2023- Brown Physicians Inc. Belonging, Equity, Diversity & Inclusion Committee, Chair

UNIVERSITY COMMITTEES

- 9/1994-6/1996 Student Representative, Rush University Senior Faculty Appointments and Promotions Committee
- 9/1995-6/1996 Rush University M.D./Ph.D. Taskforce
- 9/1995-6/1996 Rush University LCME Subcommittee on Graduate Education in Basic Sciences
- 1/1998-4/1998 Rush University Research Forum Planning Committee
- 8/2008-10/2016 Brown University Office of Women in Medicine Advisory Board
- 10/2012-1/2016 Brown Internal Medicine Resident Selection (ResSec) Committee
- 7/2015-6/2018 Brown University Medical Faculty Executive Committee
- 9/2017- Alpert Medical School of Brown University, Medical Committee on Academic Standing and Professionalism
- 9/2018-12/2020 Alpert Medical School Liaison Committee on Medical Education Review Committee, Standard 4
- 1/2019- Alpert Medical School Diversity Council
- 2/2019-3/2019 Search Committee, Associate Dean for Student Affairs, Alpert Medical School
- 9/2019-6/2020 Search Committee, Division Director, General Internal Medicine, Alpert Medical School
- 9/2019- Advance-CTR Advance K curriculum committee
- 12/2019-9/2020 Search Committee, Chair, Obstetrics & Gyneocology, Women & Infants Hospital
- 10/2020-9/2021 BioMed Faculty Administration Diversity Tax Working Group
- 2/2022-1/2023 Search Committee, Director, Sleep and Circadian Methods Core, COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health
- 02/2024- Alpert Medical School Liaison Committee on Medical Education Review Committee, Standard 4
- 09/2024- Brown University Faculty Hearing Committee for Allegations of Gender Based Discrimination

MEMBERSHIP IN SOCIETIES

- 1992- Sleep Research Society

- Executive Committee Trainee Representative, 1999-2000
 - Trainee Program Organizing Committee Member, 1997-2000
- 1994-2002 American Medical Women's Association
- 2017-
- Treasurer, Rush University Chapter, 1995-1996
 - Member, National Mentoring Committee, 2018-2019
 - Physician Chair, National Mentoring Committee, 2019-2023
 - Program Committee, 2022 National Meeting
 - Representative, WEL Steering committee 2020-
 - Elected as Fellow of the American Medical Women's Association 2024
- 1995- Society for Research on Biological Rhythms
- 1995-2002 Society for Light Treatment and Biological Rhythms
- Winner of the 2000 Young Investigator Award
- 1996- Sigma Xi
- 2001- Alpha Omega Alpha
- 2002- American Academy of Sleep Medicine
- Member, Circadian Rhythms Section Steering Committee, 2009-11
 - Vice Chair, Circadian Rhythms Section Steering Committee, 2012-2013
 - Chair, Circadian Rhythms Section Steering Committee, 2013-2015
 - Vice Chair, 7th AASM Young Investigator Research Forum, 2015
 - Chair, 8th AASM Young Investigator Research Forum, 2016
 - AASM Foundation Research Committee, 2019-2022
- 2002- American College of Physicians
- 2002- American Medical Association
- 2002- American Psychiatric Association
- 2007- North East Sleep Society
- Member, 2011 Meeting Program Committee
- 2010- Marce' Society
- 2010- North American Society for Psychosocial Obstetrics and Gynecology
- 2011- World Association of Sleep Medicine
- 2021- Women's Wellness through Equity and Leadership Steering Committee
- 2022- WHAM Collaborative Member

PUBLICATIONS LIST

* indicates a mentee co-author

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

h-index: 30 (Web of Science); 36 (Google Scholar)

1. Sadeh A, **Sharkey KM**, and Carskadon MA. Activity-based sleep-wake identification: An empirical test of methodological issues. *Sleep*, **17(3)**: 201-207, 1994.
2. Carskadon MA, Bearpark HM, **Sharkey KM**, Millman RP, Rosenberg CR, Cavallo A, Carlisle C, and Acebo C. Effects of menopause and nasal occlusion on breathing during sleep. *American Journal of Respiratory and Critical Care Medicine*, **155**: 205-210, 1997.
3. **Sharkey KM**, Fogg L and Eastman CI. Effects of melatonin administration on daytime sleep after simulated night shift work. *Journal of Sleep Research*, **10(3)**: 181-192, 2001.
4. **Sharkey KM** and Eastman CI. Melatonin phase shifts human circadian rhythms in a placebo-controlled simulated night work study, *American Journal of Physiology Regulatory, Integrative, Comparative Physiology*, **282**: R454-R463, 2002.
5. **Sharkey KM**, Bearpark HM, Acebo C, Millman RP, Cavallo A, and Carskadon MA. Sleep in midlife women. *Behavioral Sleep Medicine*, 1(2): 69-80, 2003.
6. Burgess HJ, **Sharkey KM**, and Eastman CI. Improving circadian adaptation to night work with light, dark, and exogenous melatonin, *Sleep Medicine Reviews*, 6(5): 407-420, 2002.
7. **Sharkey KM**, Kurth ME, Corso RM, Brower KJ, Anderson BJ, Millman RP, and Stein MD. Home Polysomnography in Methadone Maintenance Patients with Subjective Sleep Complaints. *The American Journal of Drug and Alcohol Abuse*, 35(3): 178-182, 2009.
8. Kurth ME, **Sharkey KM**, Corso RM, Anderson BJ, Millman RP, and Stein MD. Insomnia among methadone-maintained persons: The feasibility of collecting home PSG recordings. *Journal of Addictive Diseases*, 28(3): 219-225, 2009.
9. **Sharkey KM**, Kurth ME, Anderson BJ, Corso RP, Millman RP, Stein MD. Obstructive sleep apnea is more common than central sleep apnea in methadone maintenance patients with subjective sleep complaints. *Drug and Alcohol Dependence*, 108: 77-83, 2010.
10. Joffe H, Massler A, **Sharkey KM**. Evaluation and management of sleep disturbance during the menopause transition. *Semin Reprod Endocrinol*, 28(5): 404-421, 2010.
11. **Sharkey KM**, Machan J, Tosi C, Roye G, Harrington D, Millman RP. Predicting obstructive sleep apnea among women candidates for bariatric surgery. *Journal of Women's Health*, 19(10): 1833-41, 2010.

12. **Sharkey KM**, Kurth ME, Anderson BJ, Corso RP, Millman RP, Stein MD. Assessing Sleep in Opioid Dependence: A Comparison of Subjective Ratings, Sleep Diaries, and Home Polysomnography in Methadone Maintenance Patients. *Drug and Alcohol Dependence*, 113:245-248, 2011.
13. Coles ME and **Sharkey KM**. Compulsion or Chronobiology? A case of severe obsessive-compulsive disorder treated with cognitive-behavioral therapy augmented with chronotherapy. *Journal of Clinical Sleep Medicine*, 7(3), 307-309, 2011.
14. **Sharkey KM**, Carskadon MA, Figueiro MG, Zhu Y, Rea MS. Effects of an advanced sleep schedule and morning short wavelength light exposure on circadian phase in young adults with late sleep schedules. *Sleep Medicine*, 12(7):685-92, 2011.
15. Stein MD, Kurth ME, **Sharkey KM**, Anderson BJ, Corso RP, Millman RP. Trazodone for sleep disturbance during methadone maintenance: a double-blind, placebo-controlled trial. *Drug and Alcohol Dependence*, 120(1-3): 65-73, 2012.
16. Coles ME, Schubert JR, **Sharkey KM**. Delayed Bedtimes and Obsessive Compulsive Symptoms. *Behavioral Sleep Medicine*, 10: 258-65, 2012.
17. Carskadon MA, **Sharkey KM**, Knopik VS, McGeary JE. Short Sleep as an Environmental Exposure: A Preliminary Study Associating 5-HTTLPR Genotype to Self-Reported Sleep Duration and Depressed Mood in First-Year University Students. *Sleep*, 35(6): 791-6, 2012.
18. Rea MS, Figueiro MG, **Sharkey KM**, Carskadon MA. Relationship of morning cortisol to circadian phase and rising time in young adults with delayed sleep times. *International Journal of Endocrinology*, 2012(749460):1-6, 2012.
19. Roane BM, Seifer R, **Sharkey KM**, Van Reen E, Bond TLY, Raffray T, and Carskadon MA. Reliability of a scale assessing depressed mood in the context of sleep. *Testing, Psychometrics, Methodology in Applied Psychology*, 20(1): 3-11, 2013.
20. **Sharkey KM**, Orff HJ*, Tosi C, Harrington D, Roye G, Millman RP. Subjective sleepiness and daytime functioning in bariatric patients with obstructive sleep apnea. *Sleep and Breathing*, 17: 267-274, 2013.
21. Sands M, Loucks EB, Lu B, Carskadon MA, **Sharkey KM**, Stefanick M, Ockene J, Shah N, Hairston KG, Robinson J, Limacher M, Hale L, Eaton CB. Self-reported Snoring and Risk of Cardiovascular Disease among Postmenopausal Women (From the Women's Health Initiative). *American Journal of Cardiology*, 111:540-546, 2013.
22. Zhu Y, Fu A, Hoffman AE, Figueiro M, Carskadon MA, **Sharkey KM**, Rea MS. Advanced sleep schedules affect circadian gene expression in young adults with delayed sleep schedules. *Sleep Medicine*, 14(5):449-55, 2013.
23. Sands-Lincoln M, Loucks EB, Lu B, Carskadon MA, **Sharkey KM**, Stefanick M, Ockene J, Shah N, Hairston KG, Robinson J, Limacher M, Hale L, Eaton CB. Sleep Duration, Insomnia and Coronary

Heart Disease among Postmenopausal Women in the Women's Health Initiative. *Journal of Women's Health*, 22(6):477-86, 2013.

24. **Sharkey KM**. Invited commentary: Time to treat problematic sleep disturbance in perinatal women. *Behavioral Sleep Medicine*, 11(4):308-10, 2013.
25. **Sharkey KM**, Pearlstein TB, Carskadon MA. Circadian phase shifts and mood across the perinatal period in women with a history of major depressive disorder: a preliminary communication. *Journal of Affective Disorders*, 150(3): 1103-08, 2013.
26. Van Reen E, **Sharkey KM**, Roane BM, Barker D, Seifer R, Raffray T, Bond TYL and Carskadon MA. Sex of college students moderates associations among bedtime, time in bed, and circadian phase angle. *Journal of Biological Rhythms*, 28(6): 425-31, 2013.
27. Frank E, Sidor M, Gamble K, Cirelli C, **Sharkey KM**, Hoyle N, Tikotzky L, Talbot L, McCarthy M, Hasler B. Circadian clocks, brain function, and development. *Annals of the New York Academy of Sciences*, 1306: 43-67, 2013.
28. **Sharkey KM**, Waters KA*, Millman RP, Moore R, Martin SM, Bourjeily G. Validation of the Apnea Risk Evaluation System (ARES) Device Against Laboratory Polysomnography in Pregnant Women at Risk for Obstructive Sleep Apnea Syndrome. *Journal of Clinical Sleep Medicine*, 10(5): 497-502, 2014. PMC4046363
29. Bourjeily G, Fung JY, **Sharkey KM**, Waliaa P, Koa M, Moore R, Martin S, Raker CA, Millman RP. Airflow limitations in pregnant women suspected of sleep disordered breathing. *Sleep Medicine*, 15: 550-555, 2014.
30. **Sharkey KM**, Crawford SL, Kim S, and Joffe H. Objective Sleep Interruption and Reproductive Hormone Dynamics in the Menstrual Cycle. *Sleep Medicine*, 15:688-93, 2014.
31. **Sharkey KM** and Van Reen E. The “Realities” of our Modern Light-Dark Cycle. *Journal of Clinical Sleep Medicine*, 10: 723-4, 2014.
32. Roane BM, Seifer R, **Sharkey KM**, Van Reen, E, Bond, TLY, Raffray, T, Carskadon MA. What Role Does Sleep Play in Weight Gain in the First Semester of University? *Behavioral Sleep Medicine*, 13(6): 491-505, 2015.
33. Hart CN, Carskadon MA, Demos KE, Van Reen E, **Sharkey KM**, Raynor HA, Considine RV, Jones RN, Wing RR. Acute changes in sleep duration on eating behaviors and appetite-regulating hormones in overweight/obese women. *Behavioral Sleep Medicine*, 13(5), 424-436, 2015.
34. The PACT Consortium (Collaborators: Putnam KT, Robertson-Blackmore E, **Sharkey KM**, Payne JL, Bergink V, Munk-Olsen T, Deligiannidis KM, Altemus M, Newport DJ, Apter G, Devouche E, Vikorin A, Magnusson PK, Lichtenstein P, Penninx BW, Buist A, Bilszta J, O'Hara MW, Stuart S, Brock, RL, Roza SJ, Tiemeier H, Guille C, Epperson CN, Kim DR, Schmidt PJ, Martinez P Wisner KL, Stowe ZN, Jones I, Rubinow DR, Sullivan PF, Meltzer-Brody S). Heterogeneity of Postpartum Depression: A Latent Class Analysis. *Lancet Psychiatry*, 2(1): 59-67, 2015.

35. Bourjeily G, **Sharkey KM**, Mazer J, Moore R, Martin S, and Millman R. Central sleep apnea in pregnant women with sleep disordered breathing. *Sleep and Breathing*, 19(3): 835-840, 2015.
36. Nota JA*, **Sharkey KM**, and Coles ME. Sleep, arousal, and circadian rhythms in adults with obsessive-compulsive disorder: a meta-analysis. *Neuroscience and Biobehavioral Reviews*, 51: 100-107, 2015.
37. Auger, RR, Burgess HJ, Emens JS, Deriy LV, Thomas SM, Rosen IM, and **Sharkey KM**. Clinical practice guideline for the treatment of intrinsic circadian rhythm sleep-wake disorders: advanced sleep-wake phase disorder (ASWPD), delayed sleep-wake phase disorder (DSWPD), non-24-hour sleep-wake rhythm disorder (N24SWD), and irregular sleep-wake rhythm disorder (ISWRD). An Update for 2015. *Journal of Clinical Sleep Medicine*, 10(11): 1199-1236, 2015.
38. Auger, RR, Burgess HJ, Emens JS, Deriy LV, Thomas SM, and **Sharkey KM**. Do Evidence-Based Treatments for Circadian Rhythm Sleep-Wake Disorders Make the GRADE? Updated Guidelines Point to Need for More Clinical Research. *Journal of Clinical Sleep Medicine*, 10(11): 1079-80, 2015.
39. **Sharkey KM**. AASM Young Investigators Research Forum Helps Ensure a Bright Future for Sleep and Circadian Research. *Journal of Clinical Sleep Medicine*, 11(10): 1077-78, 2015.
40. **Sharkey KM**, Iko IN*, Machan JT, Thompson-Westra J*, and Pearlstein TB. Infant sleep and feeding patterns are associated with maternal sleep, stress, and depressed mood in women with a history of major depressive disorder. *Archives of Women's Mental Health*, 19(2):209-18, 2016.
41. Balachandran JS, Thomson CC, Sumter DB, Shelgikar AV, Lachapelle P, Pamidi S, Fall M, Lal C, Baba RY, Shah N, Fields BG, Sarmiento K, Butler MP, Shea SA, Baptiste JV, **Sharkey KM**, Wang T. ATS Core Curriculum 2016: Part I. Adult Sleep Medicine. *AnnalsATS*,13(4): 549-561, 2016
42. Crowley SJ, Suh C, Molina TA, Fogg LF, **Sharkey KM**, Carskadon MA. Estimating the dim light melatonin onset of adolescents within a 6-h sampling window: the impact of sampling rate and threshold method. *Sleep Medicine*, 20:59-66, 2016.
43. **Sharkey KM**, Boni GM*, Quattrucci JA, Blatch S*, and Carr, SN. Women with Postpartum Weight Retention Have Delayed Wake Times and Decreased Sleep Efficiency During the Perinatal Period: A Brief Report, *Sleep Health*, 2(3):225-228, 2016.
44. Postpartum Depression: Action Towards Causes and Treatment (PACT) Consortium: Di Florio A, Putnam K, Altemus M, Apter G, Bergink V, Bilszta J, Brock R, Buist A, Deligiannidis KM, Devouche E, Epperson CN, Guille C, Kim D, Lichtenstein P, Magnusson PKE, Martinez P, Munk-Olsen T, Newport J, Payne J, Penninx B, O'Hara M, Robertson-Blackmore E, Roza S, **Sharkey KM**, Stuart S, Tiemeier H, Viktorin A, Schmidt P, Sullivan PF, Stowe Z, KL Wisner Jones I, Rubinow D, Meltzer-Brody S. The impact of education, country, race and ethnicity on the self-report of postpartum depression using the Edinburgh Postnatal Depression Scale in a large international sample of new mothers. *Psychological Medicine*, 21:1-13, 2016.
45. **Sharkey KM** and Wolfson A. A Quarter Century of Research Progress Leads to Answers and New

Questions for Women's Sleep Health. *Current Sleep Medicine Reports*, 2:181-182, 2016.

46. The PACT Consortium: Putnam K, Wilcox M, Robertson-Blackmore E, **Sharkey KM**, Bergink V, Munk-Olsen T, Deligiannidis K, Payne J, Altemus M, Newport J, Apter G, Devouche E, Viktorin A, Magnusson P, Lichtenstein P, Penninx B, Buist A, Bilszta J, O'Hara M, Stuart S, Brock R, Roza S, Tiemeier H, Guille C, Epperson CN, Kim D, Schmidt P, Martinez P, Wisner KL, Stowe Z, Jones I, Sullivan PF, Rubinow D, Wildenhaus K, Meltzer-Brody S). Clinical phenotypes of perinatal depression are associated with time of symptom onset: Findings from an International Consortium. *Lancet Psych*, 4(6):477-485, 2017. PMID: 28476427
47. Shochat T, Carskadon MA, Barker DH, Van Reen E, **Sharkey KM**, and Roane BM. An Approach to understanding sleep and depressed mood in adolescents: person-centered sleep classification. *Journal of Sleep Research*, 26(6):709-717, 2017. PMID: 28573658
48. Barker EC*, Puchowicz M, Letterio J, Higgins K, **Sharkey KM**. GHB Levels in Breast Milk of Women with Narcolepsy with Cataplexy Treated with Sodium Oxybate. *Sleep Medicine*, 6:172-177, 2017. PMID: 28668666
49. Garnaat SL, Weisberg RB, Uebelacker LA, Herman DS, Bailey GL, Anderson BJ, **Sharkey KM**, & Stein MD. The overlap of sleep disturbance and depression in primary care patients treated with buprenorphine. *Substance Abuse*, 38(4):450-454, 2017. PMID: 28901836
50. Mason IC, Boubekri M, Figueiro MG, Hasler BP, Hattar S, Hill SM, Nelson RJ, **Sharkey KM**, Wright KP, Boyd WA, Brown MK, Laposky AD, Twery MJ, Zee PC. Circadian Health and Light: A Report on the National Heart, Lung, and Blood Institute's Workshop. *J Biol Rhythms*, 33(5):451-457, 2018. PMID: 30033850
51. Larson A, **Sharkey KM**, Poorman J, Kan C, Moeschler S, Chandrabose R, Marquez C, Dodge D, Silver J, and Nazarian R. Representation of women among invited speakers at medical specialty conferences. *Journal of Women's Health*, J Womens Health (Larchmt). 2019 Nov 5. PubMed PMID: 31687866.
52. Obeysekare J*, Cohen Z*, Coles M, Pearlstein T, Monzon C, Flynn E, and **Sharkey KM**. Delayed sleep timing and circadian rhythms in pregnancy and transdiagnostic symptoms associated with postpartum depression. *Translational Psychiatry*, 2020 Jan 21;10(1):14.
53. Kang G*, Pearlstein T, and **Sharkey KM**. Changes in quality of life and sleep across the perinatal period in women with mood disorders. *Quality of Life Research*, 2020 Feb 3. PubMed PMID: 32016680.
54. Brown MK, Laposky AD, Buckler AG, Perrotte B, Parthasarathy S, Twery MJ, and **Sharkey KM**. Introduction to the Special Section on the 2018 Research Conference on Sleep and the Health of Women. *Journal of Women's Health*, 2020 Mar;29(3):427-429. PMID: 32105511
55. Feinstein L, McWhorter KL, Gaston SA, Troxel WM, **Sharkey KM**, Jackson CL. Racial/ethnic disparities in sleep duration and sleep disturbances among pregnant and non-pregnant

women in the United States. *J Sleep Res.* 2020;00:e13000. <https://doi.org/10.1111/jsr.13000>

56. Coles ME, Schubert J, Stewart E, **Sharkey KM**, and Deak M. Sleep duration and timing in obsessive-compulsive disorder (OCD): evidence for circadian phase delay. *Sleep Medicine.* 72: 111-117, 2020.
57. Jain S, Englander M, Gebhard, R, Moeschler S, **Sharkey KM**, and Silver J. Disparities in equity and inclusion may impact professionalism and adversely affect senior women in medicine. *Journal of Women's Health*, 21 May 2020, <https://doi.org/10.1089/jwh.2020.8346>.
58. Barker EC*, Flygare J, Paruthi S, and **Sharkey KM**. Living with narcolepsy: current management strategies, future prospects, and overlooked real-life concerns. *Nature and Science of Sleep*, 12: 453–466, 2020.
59. Marsella J* and **Sharkey KM**. Three decades of progress in sleep disorders and sleep health for women. *Gender and the Genome*, 4: 1-3, 2020.
60. Cuspineda-Bravo ER, García- Menéndez M, Castro-Batista F, Barquín-García SM, Cadelo-Casado D, Rodríguez AJ and **Sharkey KM**. Impact of mandibular advancement device in quantitative electroencephalogram and sleep quality in mild to severe obstructive sleep apnea. *J Neurosci Neurol Disord.* 2020; 4: 088-098.
61. Ellinas EH, Best JA, Kowalski AM, **Sharkey KM**, Shillcutt S, Al-Assi K, and Silver JK. Representation of Women on Journal Editorial Boards Affiliated with the Association of American Medical College's Council of Faculty and Academic Societies. *Journal of Women's Health*, 2021 Jan 26. doi: 10.1089/jwh.2020.8676.
62. Gordon LK*, Mason KA, Mephram E*, **Sharkey KM**. A mixed methods study of perinatal sleep and breastfeeding outcomes in women at risk for postpartum depression. *Sleep Health*, 2021 Jun;7(3):353-361.
63. Bublitz M, Sharp M, Freeburg T, Sanapo L, Nugent NR, **Sharkey KM**, Bourjeily G. Sleep disordered breathing measures in early pregnancy are associated with depressive symptoms in late pregnancy. *Diagnostics*, 2021 May 11;11(5):858.
64. Gao M, Roy A, Deluty A, **Sharkey KM**, Hoge EA, Liu T, Brewer JA. Targeting anxiety to improve sleep disturbance: a randomized clinical trial of app-based mindfulness training. *Psychosomatic Medicine*, 84(5):632-642, 2022.
65. **Sharkey KM** and Bourjeily G. Can Diagnostic Specificity and Phenotyping Aid in Evaluating Cardiometabolic Risk of Maternal SDB? *American Journal of Respiratory and Critical Care Medicine*, 2022 May 15;205(10):1140-1142.
66. Bello G*, Poirier J, **Sharkey KM**. Successful Lactation After Resuming Methylphenidate in a Woman with Narcolepsy, *Journal of Clinical Sleep Medicine*, 18(7): 1891–1894, 2022.

67. Cohen ZL*, Eigenberger PM, **Sharkey KM**, Conroy ML, and Wilkins KM. Insomnia and other sleep disorders in older adults. *Psychiatric Clinics*, <https://doi.org/10.1016/j.psc.2022.07.002>.
68. Ladyman C, Sweeney B, **Sharkey KM**, Bei B, Wright T, Mooney H, Huthwaite M, Cunningham C, Firestone R, Signal TL. Perinatal interventions that impact maternal sleep and maternal mental health: A scoping review. *BMC Pregnancy and Childbirth*, 22(659): 1-52, 2022.
69. Banerjee D*, Nassikas NJ*, Singh P*, Andrea SB, Zhang A*. Aswad Y, Singh N*, Walsh SR, Cox-Flaherty K*, Carter EJ, and **Sharkey KM**. Feasibility of an anti-racism curriculum in an Academic, Pulmonary, Critical Care and Sleep Medicine Division, *ATS Scholar*, 3(3):433-448, 2022.
70. Persad-Paisley EM*, Andrea SB, Carvalho OD, Zeyl VG, Leary OP, Laguna AR, **Sharkey KM**. Historically Excluded Groups Remain Underrepresented in The Neurosurgery Workforce: An Analysis of Racial Trends Throughout Each Stage of Medical Training From 2012 to 2020, *Journal of Neurosurgery*, doi: 10.3171/2022.8.JNS221143.
71. **Sharkey KM**, Stumper A*, and Peters JR. Applying advanced menstrual cycle affective science methods to study mood regulation and sleep, *Sleep*, 2023 Apr 14:zsad102. doi: 10.1093/sleep/zsad102.
72. von Ash T*, Alikhani A*, **Sharkey KM**, Solano P, Morales Aquino M, Markham Risica P. Associations between Perinatal Sleepiness and Breastfeeding Intentions and Attitudes and Infant Feeding Behaviors and Beliefs. *Nutrients*. 2023; 15(15):3435.
73. Sharma V, **Sharkey KM**, Palagini L, Mazmanian D, Thomson M. Preventing recurrence of postpartum depression by regulating sleep. *Expert Rev Neurother*. 2023 Jul 18:1-9. doi: 10.1080/14737175.2023.2237194. Epub ahead of print. PMID: 37462620.
74. Sosnowski D, Rojo-Wissar DM, Peng G, Parade SH, Sharkey KM, Hoyo C, Murphy SK, Hernandez RG, & Johnson SJ. (2024). Maternal childhood adversity and infant epigenetic aging: Moderation by restless sleep during pregnancy. *Developmental Psychobiology*, 66(2). <https://doi.org/md5v>

PEER REVIEWED SCHOLARSHIP WITHOUT NAMED AUTHORSHIP

1. Chung EY, Brindle AW, Kamath S, Lombardi KC, Watts D-J, Ryan V, and the Alpert Medical School Office of Women in Medicine and Science. Work-life balance and career experiences of part-time versus full-time faculty at the Warren Alpert Medical School of Brown University, *Rhode Island Medical Journal*, 103(5):60-64, 2020.
2. Spitschan M, Kervezee L, Lok R, McGlashan E, Najjar RP; ENLIGHT Consortium. ENLIGHT: A consensus checklist for reporting laboratory-based studies on the non-visual effects of light in humans. *EBioMedicine*. 2023 Dec;98:104889. doi: 10.1016/j.ebiom.2023.104889.

BOOKS AND BOOK CHAPTERS

1. **Sharkey KM.** Circadian Rhythms. *Fundamentals of Sleep Technology*. Butkov N and Lee-Chiong T. (eds.) Lippincott Williams & Wilkins: Philadelphia, 2007.
2. **Sharkey KM,** Pearlstein T, and Stowe Z. Depression. *Precis Obstetrics, 4th Edition*. American College of Obstetrics and Gynecology: Washington DC: 181-186, 2010.
3. Whittlef C, Smith M, and **Sharkey KM.** Circadian Rhythms and Circadian Rhythm Sleep Disorders. *Fundamentals of Sleep Technology, 2nd Edition*. Butkov N and Lee-Chiong T. (eds.) Lippincott Williams & Wilkins: Philadelphia, 2012.
4. **Sharkey KM.** Normal Sleep in Women. In: Kushida C.A. (ed.) *The Encyclopedia of Sleep*, Vol. 2, pp. 669-673. Waltham, MA: Academic Press, 2013.
5. Cohen Z* and **Sharkey KM.** Insomnia in Psychiatric Disorders. In Attarian HP (ed.) *Clinical Handbook of Insomnia*, 3rd Edition, 2016.
6. Stremler R, **Sharkey KM,** and Wolfson A. The Postpartum Period and Early Motherhood. In Kryger M, Roth T, and Dement WC. (eds.) *Principles and Practice of Sleep Medicine*, 6th Edition, 2016.
7. **Sharkey KM.** Advanced Sleep Wake Phase Disorder. In Goldstein C and Eichler A (eds.) *UpToDate*, Wolters-Kluwer, 2020.
8. Goldfarb D* and **Sharkey KM.** Non-Physiologic Methods of Assessment Relevant to Circadian Rhythm Sleep-Wake Disorders. In Auger RR (ed.) *Circadian Rhythm Sleep-Wake Disorders: An Evidence-Based Guide for Clinicians and Investigators*, Springer, 2020.
9. LaBarbara V* and **Sharkey KM.** Non-Physiologic Methods of Assessment Relevant to Circadian Rhythm Sleep-Wake Disorders. In Auger RR (ed.) *Circadian Rhythm Sleep-Wake Disorders: An Evidence-Based Guide for Clinicians and Investigators*, Springer, 2020.
10. LaBarbara V* and **Sharkey KM.** Physiologic Methods of Assessment Relevant to Circadian Rhythm Sleep-Wake Disorders. In Auger RR (ed.) *Circadian Rhythm Sleep-Wake Disorders: An Evidence-Based Guide for Clinicians and Investigators*, Springer, 2020.
11. LaBarbara V* and **Sharkey KM.** Review of Protocols and Terminology to Enhance Understanding of Circadian-Based Literature. In Auger RR (ed.) *Circadian Rhythm Sleep-Wake Disorders: An Evidence-Based Guide for Clinicians and Investigators*, Springer, 2020
12. LaBarbara V* and **Sharkey KM.** Non-Physiologic Methods of Assessment Relevant to Circadian Rhythm Sleep-Wake Disorders. In Auger RR (ed.) *Circadian Rhythm Sleep-Wake Disorders: An Evidence-Based Guide for Clinicians and Investigators*, Springer, 2020.
13. Marsella J* and **Sharkey KM.** *Sleep as a Profession*, part A: *Sleep Physician*. In Montgomery-Downs H (ed.) *Sleep Science*, Oxford University Press, 2020.
14. Marsella J* and **Sharkey KM.** Sex Differences in Sleep Disorders. In Attarian H (ed.) *Sleep Disorders in Women: A Guide to Practical Management*, Humana Press, 2020.
15. Lee J* and **Sharkey KM.** Sleep Apnea in Pregnancy. In Won C (ed.) *Complex Sleep Breathing Disorders*, Springer, 2021.

16. Palermo D* and **Sharkey KM**. Advanced Sleep-Wake Phase Disorder and Delayed Sleep-Wake Phase Disorder. In During E and Kushida K (eds.) *Clinical Sleep Medicine: A Comprehensive Guide for Mental Health and Other Medical Professionals*, APA, 2021.
17. Stremler R and **Sharkey KM**. The Postpartum Period and Early Motherhood. In Kryger M, Roth T, and Dement WC. (eds.) *Principles and Practice of Sleep Medicine*, 7th Edition, 2022.

OTHER NON-PEER REVIEWED PUBLICATIONS

1. **Sharkey KM**. *Feeling the Rhythm* blog, multiple entries on sleep and circadian rhythms. Available at: <https://www.psychologytoday.com/blog/feeling-the-rhythm>
2. **Sharkey KM**. Coffee; Nightcaps; Pajamas and sleepwear; Short sleepers in history and legend; Tea. *The Encyclopedia of Sleep and Dreaming*. Ed. Mary A. Carskadon. New York: Macmillan, 1993.
3. Carskadon MA and **Sharkey KM**. Societal impact of sleep disorders and insufficient sleep. *J. Soc. Obstet. Gynec. (Can.)* September: 5-9, 1993.
4. Eastman CI and **Sharkey KM**. Sleep Review: Effects of timed bright light exposure on shift-work adaptation in middle-aged subjects by Scott S. Campbell, Ph.D. *WFSRS Newsletter*, **5(1)**:40, 1996.
5. **Sharkey KM**. Women in science and academic medicine: What is the state of gender parity as we begin the 21st century? *SRS Newsletter*, **6(1)**:6-7, 2000.
6. **Sharkey KM**. Review of *Atlas of Sleep Medicine* by Chokroverty S, Thomas RJ, and Bhatt M. Doody's Review Service (on-line). Available: <http://www.doody.com>, 2005.
7. **Sharkey KM**. Review of *Clinician's Guide to Sleep Disorders* by Watson NF and Vaughn BV. Doody's Review Service (on-line). Available: <http://www.doody.com>, 2006.
8. **Sharkey KM**. Review of *Sleep: A Comprehensive Handbook* by Lee-Chiong T. Doody's Review Service (on-line). Available: <http://www.doody.com>, 2006.
9. McFadden JSP and **Sharkey KM**. Non-24-hour sleep-wake disorder. National Organization for Rare Disorders (NORD). April 1, 2013. Available at: <http://www.rarediseases.org/rare-disease-information/rarediseases/byID/1275/viewAbstract>
10. **Sharkey KM**. My Turn: Big wage gap between male and female R.I. doctors. <http://www.providencejournal.com/opinion/20180321/my-turn-katherine-m-sharkey-big-wage-gap-between-male-and-female-ri-doctors>

PUBLICATIONS SUBMITTED OR IN PREPARATION

1. Cantillo E, Beffa L, Luis C, Raker C, Sikov WM, **Sharkey KM** and Robison K. *A prospective study of sleep quality in women undergoing chemotherapy for breast, ovarian, and endometrial cancer*, under review.
2. Sharp C*, Molino J, Mallette M, Hesser J, Pearlstein T, and **Sharkey KM**. *Associations between somatic symptoms and depression severity across the perinatal period in women with major depressive disorder*, under revision.

3. Mistry H*, **Sharkey KM**, Andrea SB, Settipane R, Kimberly J, and Banerjee D. *Assessing for anaphylaxis: improving residents' identification of a life-threatening condition*, under review.
4. Mason GM*, Cohen ZL*, Obeysekare J*, Saletin JM and **Sharkey KM**. Preliminary Report: sleep duration during late pregnancy predicts postpartum emotional responses among parents at risk for postpartum depression, under revision.
5. Rojo-Wissar DM, Parade, SH, Barker DH, Van Reen E, **Sharkey KM**, Carskadon MA. Does Sleep Regularity Link Child Maltreatment to Depressive Symptoms among Incoming First-Year College Students?, under revision.

ABSTRACTS

1. Carskadon MA, **Sharkey KM**, Wicks J. Yawning elicited by reading: Effects of sleepiness. *Sleep Research* **21**: 101, 1992.
2. Carskadon MA, Acebo C, Cavallo A, **Sharkey KM**, Rosenberg C, Carlisle C, and Millman RP. Effects of age and sex upon susceptibility to sleep-disordered breathing (SDB) with nasal occlusion. *Abstracts of the 3rd International Symposium on Sleep and Breathing*, Australia, August 31-September 3, 1992.
3. Carskadon MA, Wicks J, **Sharkey KM**. Nightmares, sleep-onset imagery, dream emotions, and ego boundaries in college students. *Sleep Research* **21**:135, 1992.
4. Carskadon MA, **Sharkey KM**, Acebo C, Cavallo A, Rosenberg C, Carlisle C, and Millman RP. Nocturnal nasal occlusion and breathing during sleep in premenopausal and menopausal women: preliminary report, *Sleep Research* **22**: 56, 1993.
5. **Sharkey KM**, Acebo C, and Carskadon MA. Do parents' work schedules affect children's sleep? Results from two-parent families of 9- to 12-year-old children. *Sleep Research* **23**:147, 1994.
6. **Sharkey KM**, Carskadon MA, and Acebo C. Estimating sleep during the multiple sleep latency test: A comparison of actigraphy versus polysomnography. *Sleep Research* **24**: 432, 1995.
7. **Sharkey KM** and Eastman CI. Shifting the body clock with melatonin. *Rush University Research Week Abstracts*: 111E, 1996.
8. **Sharkey KM**, Benloucif S, and Dubocovich ML. Effects of melatonin receptor antagonists on the rate of reentrainment of circadian activity rhythms after a phase advance in C3H/HeN mice. *Sleep Research*, **26**: 751, 1997.
9. **Sharkey KM**, Benloucif S, and Dubocovich ML. Effects of melatonin receptor antagonists on the reentrainment rate of circadian rhythms after a phase advance in C3H/HeN mice. *Rush University Research Week Abstracts*: 37, 1997.
10. **Sharkey KM** and Eastman CI. Assessing circadian phase with core body temperature and salivary melatonin: does it matter what method you use to tell time in the biological clock? *6th Meeting of the Society for Research on Biological Rhythms Abstracts*, 160A, 1998.
11. **Sharkey KM** and Eastman CI. Telling time in the body clock: a comparison of different measures of circadian phase. *Rush University Research Week Abstracts*: 67, 1998.

12. **Sharkey KM** and Eastman CI. Melatonin improves circadian adaptation to simulated night shift work better than placebo. *Sleep* **22**: S6-7, 1999.
13. **Sharkey KM** and Eastman CI. Melatonin phase shifts human circadian rhythms in a simulated night work study. *Journal of Sleep Research* **9 (Supplement 1)**: 173, 2000.
14. **Sharkey KM** and Eastman CI. Phase advancing human circadian rhythms with melatonin. *Society for Light Treatment and Biological Rhythms Abstracts* **12**: 9, 2000.
15. **Sharkey KM** and Eastman CI. Treatment of daytime sleep after night shift work with exogenous melatonin. *Sleep* **23**: A23-24, 2000.
16. **Sharkey KM**, Fogg L and Eastman CI. Effects of sustained-release melatonin on daytime sleep and subsequent alertness during a simulated night shift. *Sleep*, **24**, 176-177, 2001.
17. **Sharkey KM**, Fogg L and Eastman CI. Exogenous Melatonin Administration: Effects on Daytime Sleep and Alertness During a Simulated Night Shift. *Rush University Forum for Research and Clinical Investigation Abstracts*: 43, 2001.
18. **Sharkey KM**, Todd M, Olson J, and Hansberry M. Purple urine bag syndrome in a septic patient with an ileal conduit. *Rush University Forum for Research and Clinical Investigation Abstracts*: 143, 2005.
19. Todd M, **Sharkey KM**, Olson J, and Hansberry M. Purple urine bag syndrome in a patient presenting with sepsis. *Abstracts of the American Geriatrics Society Annual Meeting*, D12, Orlando, FL, May 11-15, 2005.
20. **Sharkey KM**, Kurth ME, Corso RP, Millman RP, Stein MD. No first-night effect in home polysomnography of methadone maintenance patients with subjective sleep complaints. *Sleep* **31**: A320, 2008.
21. **Sharkey KM**. Association of Maternal Sleep Changes During the Perinatal Period to Depressive and Hypomanic Symptoms: Preliminary Results. *Sleep* **32**: A361-2, 2009.
22. Orff H, **Sharkey KM**, Millman RP. Evaluation of the Functional Outcomes of Sleep Questionnaire (FOSQ) in Bariatric Patients Referred for Sleep Studies. *Sleep* **32**: A327, 2009.
23. **Sharkey KM** and Pearlstein TB. Circadian Rhythm Disruption in Postpartum Depression – A Pilot Study. 2010 Marcé Society Meeting, Pittsburgh, PA, October 27-30, 2010.
24. **Sharkey KM**, Carskadon MA, Figueiro MG, Zhu Y, Gordon HW, Crowley SJ, Rea MS. The Roles of a Morning Blue-Light Intervention and an Earlier Sleep Schedule in Phase Advancing Dim Light Melatonin Onset (DLMO) of Young Adults. *Sleep* **33**: A68, 2010.
25. **Sharkey KM**. Associations among Circadian Phase Preference, Sleep Timing, and Depressed Mood in Postpartum Women – Preliminary Results. Abstract for the 36th Annual Meeting of the North American Society of Psychosocial Obstetrics and Gynecology. Richmond, VA, Feb 10-13, 2010.
26. Bond TL, Raffray T, Smith LJ, **Sharkey KM**, Carskadon MA. Interpreting Pittsburgh Sleep Quality Index scores of individuals recently admitted to college. *Sleep* **33**: A111, 2010.
27. Nowakowski S, Bond TL, Raffray T, **Sharkey KM**, Carskadon MA. Sleep, sleepiness, and mood in older adolescents: preliminary results from an online questionnaire. *Sleep* **33**: A343, 2010.

28. Smith LJ, Bond TL, Raffray T, **Sharkey KM**, Carskadon MA. Circadian Phase Preference, Sleep Patterns and Perceived Health in Adolescents. *Sleep* 33: A308, 2010.
29. **Sharkey KM**, Millman RP, Bourjeily G. Comparison of laboratory polysomnography and an ambulatory sleep apnea monitor for detecting obstructive sleep apnea in pregnant women. *Sleep* 34: A321, 2011.
30. Demos KE, Carskadon MA, **Sharkey KM**, Hart CN, Lawton JM, Ogilvie R, Cairns A, and Wing RR. Effects of acute changes in scheduled sleep duration on eating behavior. Abstract for the Obesity Society Annual Meeting, Orlando, FL, October 1-4, 2011.
31. Raffray T, McGeary J, Knopik V, Roane B, **Sharkey KM**, Carskadon MA. 5-HTTLPR polymorphisms and vulnerability to stress-related sleep disturbances. *Sleep* 34: A191, 2011.
32. Roane BM, Raffray T, Seifer R, **Sharkey KM**, Gredvig-Ardito C, Loxley M, Carskadon MA. Exploring the link between F.I.R.S.T. scores in high school students and subsequent insomnia following the transition into college. *Sleep* 34: A112, 2011.
33. Roane BM, Raffray T, Seifer R, **Sharkey KM**, Loxley M, Gredvig-Ardito C, Carskadon MA. Reliability of assessing mood in the context of sleep. *Sleep* 34: A184, 2011.
34. **Sharkey KM**, Coles ME, Van Reen E, Roane BM, Gredvig-Ardito CA, and Carskadon MA. Shorter Phase Angles between Dim Light Melatonin Onset and Bedtime in College Students who Report Obsessive-Compulsive (OC) Symptoms. *Sleep* 35 (Suppl.): A339, 2012.
35. **Sharkey KM**, Kim S, Regan S, Crawford SL, Joffe, H. Menstrual Cycle Phase, Reproductive Hormone Levels, and Sleep in Premenopausal Women. *Sleep* 35 (Suppl.): A420, 2012.
36. Hoeppe AL*, Machan J, Mephram ER*, Pearlstein T, **Sharkey KM**. Associations between Napping, Sleep, and Mood During the Third Trimester of Pregnancy: Preliminary Results. *Sleep* 35 (Suppl.): A413, 2012.
37. Mephram ER*, Hoeppe AL*, Pearlstein T, **Sharkey KM**. Women's Work Status and Sleep During the Perinatal Period: Preliminary Results. *Sleep* 35 (Suppl.): A414, 2012.
38. Sands M, Loucks E, Liu B, Carskadon M, **Sharkey K**, Stefanick M, Ockene J, Shah N, Hairston K, Robinson J, Limacher M, Hale L, Eaton CB. Sleep Duration and Insomnia as Risk Factors for Coronary Heart Disease among Postmenopausal Women: Findings from the Women's Health Initiative. American Heart Association EPI/NPAM conference, San Diego, CA, Mar. 13-16, 2012.
39. Van Reen E, Roane BM, **Sharkey KM**, and Carskadon MA. How does circadian phase angle affect self-reported sleep? *Sleep* 35 (Suppl.): A67, 2012.
40. Waters K*, **Sharkey KM**, Millman RP, Bourjeily G. Comparison of Laboratory Polysomnography and an Ambulatory Sleep Apnea Monitor for Detecting Obstructive Sleep Apnea in Pregnant Women. 2012 NASOM Meeting, Quebec, Canada, October 20-21, 2012.
41. **Sharkey KM**, Hoeppe AL*, Mephram ER*, Pearlstein T. Postpartum Jet Lag? Preliminary Evidence of Circadian Phase Shifts in Perinatal Women Measured at Third Trimester of Pregnancy and 6 Weeks Postpartum. North American Society for Psychosocial Obstetrics and Gynecology Meeting, April, 2012, Providence, RI.

42. Hoepper AL*, Mepham ER*, Pearlstein T, **Sharkey KM**. Napping, Sleep, and Mood During the Third Trimester of Pregnancy: Preliminary Results. North American Society for Psychosocial Obstetrics and Gynecology Meeting, April, 2012, Providence, RI.
43. Mepham ER*, Hoepper AL*, Pearlstein T, **Sharkey KM**. Women's Work Status and Sleep During the Third Trimester of Pregnancy: Preliminary Results. North American Society for Psychosocial Obstetrics and Gynecology Meeting, April, 2012, Providence, RI.
44. **Sharkey KM**, Hoepper AL*, Mepham ER*, Pearlstein T. Associations between Postpartum Depression and Circadian Rhythms: Preliminary Report. Arch Womens Ment Health 16(Suppl. 1): S24, 2013.
45. **Sharkey KM**, Roane, BM, Van Reen E, Bond T, Raffray T, Carskadon MA. Predicting circadian phase with bedtimes and rise times: Role of total sleep time. Sleep 36(Suppl.): A51, 2013.
46. Coles ME, **Sharkey KM**, Carskadon MA, Nota J*, and Schubert J. Obsessive compulsive symptoms during prolonged wakefulness in adolescents. Sleep 36(Suppl.): A317, 2013.
47. Iko IN* and **Sharkey KM**. Preliminary exploration of associations of infant sleep with maternal sleep disturbance, postpartum stress, and depressed mood. Sleep 36(Suppl.): A376, 2013.
48. Mack LJ, Roane BM, Van Reen, E, **Sharkey KM**, Seifer R, Carskadon MA. Influence of high school sleep patterns on anticipated college sleep schedules. Sleep 36(Suppl.): A66, 2013.
49. Mazer J, Fung J, **Sharkey KM**, Millman RP, Levinson A, Martin S, Moore R, Bourjeily G. Pregnant women are unlikely to develop central sleep apnea. Chest 144 (4 Meeting Abstracts):991A, 2013.
50. Mepham ER*, Hoepper AL*, Pearlstein T, **Sharkey KM**. Women's Work Status, Sleep Habits and Mood During Pregnancy: Preliminary Results. Arch Womens Ment Health 16(Suppl. 1): S129, 2013.
51. Roane BM, Van Reen, E, **Sharkey KM**, Carskadon, MA. Do sleep patterns predict BMI change in first semester students? Sleep 36(Suppl.): A68, 2013.
52. Roane BM, Van Reen, E, **Sharkey KM**, Carskadon, MA. First semester students' daily schedules: Timing of sleep and meals associated with BMI change. Sleep 36(Suppl.): A67-68, 2013.
53. Van Reen, E, Roane BM, **Sharkey KM**, Raffray T, Bond T, Carskadon, MA. College-aged women go to bed at a later circadian phase than men. Sleep 36(Suppl.): A49-50, 2013.
54. **Sharkey KM**. The perinatal period: A window of vulnerability for circadian rhythm disruption in women with mood disorders. 1st INSPIRE Meeting: "What makes a good clock? Circadian clocks, brain function and development" March, 2013, Viareggio, Italy.
55. **Sharkey KM**, Knopik VS, McGeary JE, Barker DH, Van Reen E, Roane BM, Gredvig-Ardito C, Raffray T, Carskadon MA. Glycogen synthase kinase 3-Beta genotype is associated with sleep duration in college students. Sleep 37(Suppl.): A53, 2014.
56. Carskadon MA, **Sharkey KM**, Barker DH, Roane BM, Van Reen E, Knopik VS, McGeary JE. PER3 VTNR: Sleep patterns and depressed mood in college students. Sleep 37(Suppl.): A48, 2014.
57. Carskadon MA, McGeary JE, Jacobs D, Fu A, **Sharkey KM**, Knopik VS, Zhu Y. DNA methylation associated with sleep duration: preliminary results. Sleep 37(Suppl.): A48, 2014.

58. **Sharkey KM**, Quattrucci JA, Pearlstein TB. Mixed hypomanic and depressive symptoms are associated with delayed sleep timing in perinatal women. Abstract and poster presentation, Women's Health 2015: The 23rd Annual Congress of the Academy of Women's Health, Washington, DC, April 18, 2015, J Womens Health 2015;24(4):42.
59. **Sharkey KM**, Quattrucci JA, Pearlstein TB. Postpartum hypomania symptoms are associated with later sleep timing in women at risk for postpartum depression. *Sleep* 38(Suppl.): A329, 2015.
60. **Sharkey KM**, Coles, M and Pearlstein TB. Can exploring trans-diagnostic symptoms help refine a "delayed sleep" phenotype of perinatal depression? 2nd Biennial Perinatal Mental Health: Laboratory to Bedside to Community Practice, Northwestern University, Chicago, IL, November 4-6, 2015. *International*.
61. Carskadon MA, Barker DH, **Sharkey KM**, Roane BM and Van Reen E. Drinking alcohol in the first semester: does sleep timing play a role? *Sleep* 38(Suppl.): A79, 2015.
62. Shochat T, Saletin JM, Barker D, Van Reen E, **Sharkey KM**, Roane BM, Gredvig-Ardito C, Carskadon MA. Does sex moderate the association of habitual sleep duration and timing with depressive mood symptoms in college-bound high school seniors? *Sleep* 38(Suppl.): A22, 2015.
63. Van Reen E, **Sharkey KM**, Roane BM, Cha C, Liu R, Spirito A, Carskadon MA. Sleep patterns and suicidal ideation in first-year college students. *Sleep* 38(Suppl.): A340, 2015.
64. Blatch S*, Quattrucci J, Boni G*, Machan JT, **Sharkey KM**. Light exposure changes and sleep disturbance in women across the perinatal period. *Sleep* 39(Suppl.): A359, 2016.
65. Boni G*, Quattrucci J, Blatch S*, Carr S, and **Sharkey KM**. Women with postpartum weight retention have delayed sleep timing and decreased sleep efficiency in the perinatal period. *Sleep* 39(Suppl.): A360, 2016.
66. Sarte JC*, Machan JT, Blatch S*, Boni G*, Pearlstein TB and **Sharkey KM**. Sleep, mood and neurobehavioral performance in the perinatal period. *Sleep* 39(Suppl.): A63, 2016.
67. **Sharkey KM**, Machan JT, Bacic J, Monzon C, Flynn EE, Quattrucci J, Carr S, Vessella S, and Pearlstein T. A pilot Study of Adjunctive Personalized Integrated Chronotherapy for Perinatal Mood Disorders. *Neuropsychobiology*, 76:31, 2017.
68. Barker EC, Letterio JJ, and **Sharkey KM**. Gamma-hydroxybutyrate Levels in Breast Milk of Women with Narcolepsy and Cataplexy (NT1) treated with Sodium Oxybate. *Sleep* 40 (Suppl.), 2017.
69. Gordon LK*, Mason K, Quattrucci JA, Boni GM*, Carr SN and **Sharkey KM**. Does sleep quality during pregnancy influence initiation and continuation of breastfeeding? *Sleep* 40 (Suppl.), 2017.
70. Van Reen E, Ernst A, Axelrod K, **Sharkey KM**, Carskadon MA. Circadian Phase Preference, Sleep Patterns, And Menstrual Cycle Length In First-year University Students: Preliminary Results. *Sleep* 40 (Suppl.), in 2017.
71. **Sharkey KM**, Millman RP, and Carskadon MA. A Prospective Study of Self-Reported Sleep After a Delay in School Start Times. *Sleep*, 41(S1): A300, 2018.
72. Georgakakos J*, Hinman K*, and **Sharkey KM**. Medical Specialty and Gender: 5 Year Trends in Residency Programs at a Tertiary Care Center. 2018 AMWA meeting, 2018.

73. Woods LA*, **Sharkey KM**, Wetle T, Dunsiger, S. A Qualitative Analysis Regarding Modern Experiences of Female Physicians: Paths to Choosing Specialties, 2018 AMWA meeting, 2018.
74. Obeysekare JL*, Cohen ZL*, Coles ME, Pearlstein TB, Monzon C, Flynn EE, and **Sharkey KM**. Sleep During Pregnancy Predicts Transdiagnostic Symptoms Associated with Postpartum Depression. Marcé of North America meeting, October, 2019, Chapel Hill, NC.
75. **Sharkey KM**, Monzon C, Flynn EE, Molino Bacic J, Machan J, Pearlstein T. A pilot trial of a personalized sleep-circadian intervention to treat perinatal depression and anxiety. Abstract accepted to the International Marcé Society for Perinatal Mental Health Biennial Scientific Meeting, October 5-8, 2020 University of Iowa, Iowa City, United States
76. Driscoll BJ*, Quattrucci JA, **Sharkey KM**. Associations Between Sleep And Activity Patterns In The Mother-child Dyad. *Sleep* 43, 2020.
77. Lee J*, Banerjee D, Green R, Palmisciano A, Baird G, **Sharkey KM**, Ely EW, Levy MM. Effect of Ramelteon on Sleep and Delirium in Patients Admitted to the ICU. American Thoracic Society 2020 International Conference, May 15-20, 2020 - Philadelphia, PA
78. Mathew A*, Lee J*, Banerjee D, Chen S, Baek D, Levy MM, **Sharkey KM**. A Method for Objective Assessment of Rest Activity Patterns and Light Levels in the ICU. Abstract for the American College of Chest Physicians conference, 2021.
79. Mistry H*, **Sharkey KM**, Settupane R, Kimberly J, Cahill K, Banerjee D. Assessing Anaphylaxis: Improving Residents' Identification of a Life-Threatening Condition. Alpert Medical School Medical Education Symposium, 2021.
80. Nassikas N*, Singh P*, Zhang AY*, Aswad Y, Singh N*, Cox-Flaherty K*, Carter EJ, **Sharkey KM**, Carino G, and Banerjee D. Implementation of an Anti-Racism Curriculum in an Academic Pulmonary, Critical Care, and Sleep Medicine Division: Baseline Assessment. Abstract for the Association of Pulmonary and Critical Care Medicine Program Directors, 2021.
81. Dhaliwal S*, Boland E, Le H-N, Keller JM, **Sharkey KM**. What's time got to do with it? Sleep duration variability and circadian misalignment during pregnancy predict postpartum depression and anxiety. Abstract for the 2022 NASPOG meeting.
82. Dhaliwal S*, Gehrman P, Le H-N, **Sharkey KM**. Testing the directionality of sleep and stress during the perinatal period: what's the impact on perinatal depression? Abstract for the Associated Professional Sleep Societies meeting, SLEEP 2022.
83. Montano Vargas N*, Kalbian I*, Levy M*, Brown A*, Park S*, **Sharkey KM**. Mentorship events at in-person vs. virtual medical conferences: comparison of platforms for effective networking. *International Journal of Academic Medicine* 8(4): 270-271, 2022.
84. Rojo-Wissar DM, Parade SH, Barker DH, Roane, BM, Van Reen E, **Sharkey KM**, and Carskadon MA. Child maltreatment and multidimensional sleep health among incoming first-year college students. *Sleep* 45: A62, 2022.
85. Sharp C*, Molino J, Hesser J, Pearlstein T, **Sharkey KM**. Associations between somatic symptoms and depression severity across the perinatal period in women with major depressive disorder. Abstract for the American Psychiatric Association conference, 2022.

86. **Sharkey KM** and St. Hilaire M. Associations between ambient light exposure and development of depressive symptoms in women at risk for postpartum depression. *Sleep* **46**: A279-80, 2023.
87. Dhaliwal S*, Gehrman P, Le H-N, Keller J, **Sharkey KM**. Sleep when the baby sleeps? The effect of daytime nap behaviors on postpartum depression severity: a stress buffering hypothesis. *Sleep* **46**: A274-75, 2023.
88. Rojo-Wissar DM, Parade SH, Barker DH, Van Reen E, **Sharkey KM**, and Carskadon MA. Does sleep regularity link child maltreatment to depressive symptoms among incoming first-year college students? *Sleep* **46**: A66, 2023.

KNOWLEDGE TRANSFER/TRANSLATION IN THE MEDIA

1. August 26, 2009, USA TODAY, “Don't wait, get help for insomnia before it's a habit.” Also online at: http://usatoday30.usatoday.com/news/health/2009-08-26-insomnia_N.htm
2. December, 2010, Allure “Slumber Party” Also online at: <http://connection.ebscohost.com/c/articles/56505523/slumber-party>
3. November 4, 2011, New York Times, “Sleep Medication: Mother’s New Little Helper” Also online at: http://www.nytimes.com/2011/11/06/fashion/mothers-and-sleep-medication.html?pagewanted=all&_r=0
4. April, 2012, Women’s Health, “Sick of being tired?” Also online at: <http://www.womenshealthmag.com/health/so-tired>
5. June, 2012, Allure, “The Dream Team.” Also online at: <http://connection.ebscohost.com/c/articles/77710983/dream-team>
6. November/December, 2012, Web MD Magazine, “Clock Wise: Early Bird or Night Owl—Which one are you?” Also online at: <http://www.webmd.com/sleep-disorders/features/early-bird-night-owl>
7. April, 2013, Pregnancy and Newborn, “Wake-up Call” Also online at: <http://www.pnmag.com/h-s/wake-up-call/>
8. May 3, 2013, Allure, “Feeling Exhausted: Try these 3 better-sleep tricks” <http://www.allure.com/beauty-trends/blogs/daily-beauty-reporter/2013/05/how-to-get-better-sleep.html>
9. August 1, 2013, National Public Radio, “Want To Be A Morning Person? Take A Few Tips From Campers.” <http://www.npr.org/blogs/health/2013/07/31/207319883/want-to-be-a-morning-person-take-a-few-tips-from-campers>
10. August 1, 2013, Science News, “Camping resets internal clock.” <https://www.sciencenews.org/article/camping-resets-internal-clock>
11. August 1, 2013, Women’s Day, “Conquer Emotional Eating” <http://www.familycircle.com/health/weight-loss/diet-tips/stop-emotional-eating/#page=9>

12. December 3, 2013, Time Magazine, “Engineer on Derailed Train Consciously Asleep’: Is That Possible?” <http://healthland.time.com/2013/12/03/engineer-on-derailed-train-consciously-asleep-is-that-possible/#ixzz2n0f6HwyG>
13. June 10, 2014, *Access Rhode Island* public access program <https://www.youtube.com/watch?v=9BC4ZQk56Ak>
14. November 1, 2014, Martha Stewart Living, “Good Night, Ladies!”
15. November 18, 2014, Huffington Post “Do Long Winter Nights Impact Women's Health?” http://www.huffingtonpost.com/society-for-womens-health-research/do-long-winter-nights-imp_b_6177350.html
16. November, 2014, East Greenwich Magazine, “EG Parents Rally to Start School Later”
17. January 29, 2015, Allure.com, “7 Ways to Fall (and Stay!) Asleep Faster.” <http://www.allure.com/beauty-trends/health/2015/how-to-fall-asleep-faster#slide=1>
18. February 23, 2015, fastcompany.com “I Am Addicted To Sleeping Pills (And My Doctor Is Fine With That): On the confusing science and social mores of sleep aids.” <http://www.fastcompany.com/3042633/sleep-week/i-am-addicted-to-sleeping-pills-and-my-doctor-is-fine-with-that>
19. March 2, 2015, Bay State Parent, “The Sleep Deprivation Epidemic” <http://www.baystateparent.com/February-2015/The-Sleep-Deprivation-Epidemic/>
20. May 8, 2015, Wicked Local Westborough “School Start Time Debate Comes to Westborough” <http://westborough.wickedlocal.com/article/20150508/NEWS/150506436>
21. August 22, 2015, "Steve Klamkin and the WPRO Saturday Morning News" radio interview on school start times. <http://tinyurl.com/steveklamkin>
22. September 1, 2015, The Rhode Show. Channel 12 Fox News Rhode Island. Television interview on school start times.
23. October 15, 2015 “Zdrowy sen– zdrowe życie” (translates: *Healthy sleep—healthy life*) Med Magazyn. Health Magazine for patients in the Medicover Health System in Krakow, Poland.
24. January 1, 2016. “Healthy Sleep for Healthy Kids. *Rhode Island Parent Magazine*
25. March 21, 2016 Newstalk 106 FM, Dublin, Ireland. Radio interview with Sean Moncrieff on the science behind night owls and morning larks.
26. March 26, 2016, "Steve Klamkin and the WPRO Saturday Morning News" radio interview on a new app to study postpartum depression. <http://tinyurl.com/steveklamkin>
27. March 28, 2016, Convergence RI, “A new app for postpartum depression research debuts,” by Richard Asinof, <http://newsletter.convergenceri.com/stories/A-new-app-for-postpartum-depression-research-debuts,2252?>
28. August 20, 2016, Providence Journal, “Could extra zzz's equal more A's at East Greenwich middle, high schools?,” by Donita Naylor, <http://www.providencejournal.com/news/20160820/could-extra-zzss-equal-more-as-at-east-greenwich-middle-high-schools>

29. August 22, 2016, Convergence RI, “A translational science success story,” by Katie Sharkey, <http://newsletter.convergenceri.com/stories/A-translational-science-success-story,2594>
30. November 5, 2016, AP Radio Network interview with Jackie Quinn on daylight saving time.
31. November 5, 2016, "Steve Klamkin and the WPRO Saturday Morning News" radio interview on daylight saving time. <http://www.630wpro.com/podcasts/#tab-tab-33111-0-0-0-33111-5>
32. January 16, 2017, Pawtucket Times, “Report Links Improved Brain Health to Sleep,” by Herb Weiss. <https://herbweiss.wordpress.com/2017/01/17/report-links-improved-brain-health-to-sleep/>
33. October 21, 2017, Providence Journal, “Research explores role of sleep in postpartum depression,” by G. Wayne Miller. <http://www.providencejournal.com/news/20171021/research-explores-role-of-sleep-in-postpartum-depression>
34. November 1, 2017, Brown Medicine. “Anatomy of a Dean,” by Phoebe Hall, <http://www.brownmedicinemagazine.org/blog/anatomy-of-a-dean/>
35. November 6, 2017, Psychology Today “To Guilt or Not to Guilt, That Is the Question, Can working parents choose not to feel guilty?” by Yael Schonbrun Ph.D. <https://www.psychologytoday.com/intl/blog/moderating/201711/guilt-or-not-guilt-is-the-question?amp=>
36. January 23, 2018, Shape. “Can a Specialty Mattress Actually Help You Sleep Better?” by Julia Malacoff. <https://www.shape.com/lifestyle/mind-and-body/can-specialty-mattress-actually-help-you-sleep-better>
37. February 6, 2018, Reader’s Digest. “Narcolepsy: Symptoms and Treatments to Know About,” by Jen Babakhan. <https://www.rd.com/health/conditions/narcolepsy-symptoms-treatments/>
38. March 8, 2018, Providence Journal. “Fresh awakening: Women, too, suffer sleep apnea,” by G. Wayne Miller, <http://www.providencejournal.com/news/20180308/fresh-awakening-women-too-suffer-sleep-apnea>
39. March 9, 2018, Providence Journal “How to minimize the effect of Daylight Saving Time Sunday morning,” by G. Wayne Miller. <http://www.providencejournal.com/news/20180309/how-to-minimize-effect-of-daylight-saving-time-sunday-morning>
40. May 1, 2018, Oprah Magazine “5 Health-Tracking Devices—and the Pros and Cons of Each,” by Alice Oglethorpe, http://www.oprah.com/health_wellness/the-pros-and-cons-of-health-tracking-devices
41. June 19, 2018, Today’s Parent “You don’t have to settle for crappy pregnancy sleep,” by Kate Rope, <https://www.todayparent.com/pregnancy/being-pregnant/you-dont-have-to-settle-for-crappy-pregnancy-sleep/>
42. August 23, 2018, Reader's Digest, Narcolepsy: Symptoms and Treatments to Know About <https://www.thehealthy.com/sleep/narcolepsy-symptoms-treatments/>
43. November 02, 2018, The Boston Globe, “MGH Surgeon Calls Treatment of Colleague on Boston-Bound Flight Shameful” <https://www.bostonglobe.com/metro/2018/11/02/mgh-surgeon-says-calls-treatment-colleague-boston-bound-flight-shameful/AyVo5GjGpmBF8aL1JbjXEL/story.html>

44. November 27, 2018, Prevention, 15 Reasons You Keep Waking up in the Middle of the Night, According to Doctors <https://www.prevention.com/health/a20511394/why-you-wake-night/>
45. Kidane D and **Sharkey KM**. Caring for Our Women in Uniform: Ensuring Good Mental Health for Women Veterans. Physician’s Weekly, <https://www.physiciansweekly.com/caring-for-our-women-in-uniform-ensuring-good-mental-health-for-women-veterans/> November 11, 2019.
46. March 28, 2019, www.quicksprout.com, How to Double Your Writing Speed Without Lowering Its Quality <https://www.quicksprout.com/how-to-double-your-writing-speed-without-lowering-your-quality/>
47. April 16, 2019, Association of American Medical Colleges, Closing the Gender Pay Gap in Medicine <https://www.aamc.org/news-insights/closing-gender-pay-gap-medicine>
48. June 27, 2019, GoLocalProv, 90% of Women with Sleep Apnea Not Diagnosed <https://www.golocalprov.com/live/dr.-katherine-sharkey-live-apnea>
49. August 17, 2019, Metro UK, “Everything to know about the gender sleep gap” <https://metro.co.uk/2019/08/17/everything-to-know-about-the-gender-sleep-gap-10583971/>
50. August 20, 2019, POPSUGAR, “If You're Having Crazy Dreams Before Your Period, Experts Say You Can Blame Hormones” <https://www.popsugar.com/fitness/Why-Do-I-Have-Weird-Dreams-Before-My-Period-46518395>
51. September 14, 2019, New Scientist, “Boosting circadian rhythms can help relieve perinatal depression” <https://www.newscientist.com/article/2216192-boosting-circadian-rhythms-can-help-relieve-perinatal-depression/>
52. March 25, 2020 Elemental, “Pandemic Sleep Advice Straight from Sleep Researchers” <https://elemental.medium.com/pandemic-sleep-advice-straight-from-sleep-researchers-63cc2095f577>
53. March, 2020 The Brave Enough Podcast, “Parenting as a Doctor: Maternal Factors” <https://www.becomebraveenough.com/podcast/parenting-as-a-doctor-maternal-factors>
54. April 1, 2020, Inc. “Your Sleep Habits Need a Spring Reset. Try These 5 Tips Tonight” <https://www.inc.com/cameron-albert-deitch/spring-clean-sleep-habits-expert-tips-productivity.html>
55. May 2, 2020, POPSUGAR, “Stress, Trauma, and Sleep Changes: Here’s What is Causing Your Weird Dreams Right Now” <https://www.popsugar.com/fitness/why-am-i-having-weird-dreams-during-quarantine-47411713>
56. May 28, 2020 #HealthSTEMencement <https://healthstemencement.org/>
57. July 2, 2020, Healthy Women, “Why are you Tossing and Turning at Night?” <https://www.healthywomen.org/content/article/why-are-you-tossing-and-turning-night>
58. October 4, 2020, Vancouver Island Free Daily, “Sleep and society: why the deck is stacked against night owls.” <https://www.vancouverislandfreedaily.com/community/sleep-and-society-why-the-deck-is-stacked-against-night-owls/>
59. June 15, 2021, Nature.com, “We need to talk’: ways to prevent collaborations breaking down,” by Virginia Gewin. <https://www.nature.com/articles/d41586-021-01573-z>

60. October 31, 2021, National Public Radio, “Life Kit: How to become a morning person,” by Kavitha George. <https://www.npr.org/transcripts/1050980424>
61. November 20, 2021, thestate.com, “Affected by seasonal depression? Study shows which states are most vulnerable” by Katie Camero. <https://www.thestate.com/news/nation-world/national/article255762376.html>
62. November 4, 2021, MedPage Today, “Black Women in Medicine Stress Importance of Building Support Networks - Leaders talk challenges, strategies to fight racism at first Black Women in Medicine Conference” by Sophie Putka. <https://www.medpagetoday.com/special-reports/exclusives/95440>
63. March 15, 2022 www.npr.org and live on Morning Edition “Tips and tricks for how to become an early riser,” by Kavitha George. <https://www.npr.org/2022/03/15/1086605677/tips-and-tricks-for-how-to-become-an-early-riser>
64. March 24, 2022, mdlinx.com “How Residents Can Combat Sexual Harassment in Medicine” by Jules Murtha. <https://www.mdlinx.com/article/how-residents-can-combat-sexual-harassment-in-medicine/7Z6Rbb7y9C2KOUnrIfraO>
65. March 3, 2024, UPI.com “Study links sleep apnea issues to memory, thinking problems” by Susan Kreimer. https://www.upi.com/Health_News/2024/03/03/sleep-apnea-memory-thinking-problems-study/4841709480614/

INVITED PRESENTATIONS

Regional

1. *Actigraphy as an ambulatory measure of sleep*, Upper Midwest Sleep Society Meeting, Chicago, IL. September 8, 1995.
2. *The Melatonin Phase Response Curve*, Sleep Laboratory Grand Rounds, Department of Psychology, Rush University. November 7, 1996.
3. *Sleep in Menopausal Women: Normative Values and the First Night Effect*, Sleep Grand Rounds, Department of Psychology, Rush University. April 24, 1997.
4. *Effects of Melatonin Receptor Antagonists on Circadian Behavior in Mice*, Department of Neurological Sciences Research Conference, Rush University. June 6, 1997.
5. *Using Melatonin to Phase Shift Human Circadian Rhythms*, Brown University, Sleep and Chronobiology Research Laboratory, Providence, RI. August 9, 1998.
6. *Phase Shifting Effects of Melatonin*. Sleep Laboratory Grand Rounds, Department of Psychology, Rush University Medical Center. January 12, 2001.
7. *Mass Psychogenic Illness*. , Internal Medicine-Psychiatry Conference, Rush University Medical Center. December 16, 2004.
8. *Melatonin, Sleep and the ICU*. Sleep Laboratory Grand Rounds, Department of Psychology, Rush University Medical Center. April 29, 2005.

9. *Group Psychotherapy for Chronic Medical Conditions*, Internal Medicine-Psychiatry Conference, Rush University Medical Center. July 28, 2005.
10. *Antidepressant Effects of Sleep Deprivation*, Department of Psychiatry Grand Rounds, Rush University Medical Center. October 26, 2005.
11. *Domestic Violence*, Internal Medicine-Psychiatry Conference, Rush University Medical Center. January 18, 2007.
12. *Sleep Changes and Mood in Pregnancy and the Postpartum Period*, Women & Infants Hospital Behavioral Medicine Journal Club. February 7, 2008.
13. *Antidepressant Effects of Sleep Deprivation*, Brown University Pulmonary Research Conference. March 10, 2008.
14. *Panel Discussion: Managing Early Career Path Decisions*, Office of Women in Medicine, Brown University. October 20, 2008.
15. *Sleep in Pregnancy & the Postpartum Period: A Pilot Study of Sleep, Genetics, and Mood*, Brown University Pulmonary Research Conference. January 26, 2009.
16. *Sleep Deprivation & Duty Hour Requirements in Graduate Medical Training: It's Time to Wake Up!* Brown University Chest Conference. February 20, 2009.
17. *Sleep Deprivation Among Shift-Working Health Care Personnel*, The Westerly Hospital Leadership Development Institute. April 22, 2009.
18. *The Impact of Hormonal Milestones on Sleep in Women*, SleepHealth Center associated with Brigham and Women's Hospital, Brighton, MA. April 14, 2009.
19. *Sleep in Women: Effects of Hormones Across the Lifespan*, Psychology 350: Sleep and Behavior, College of the Holy Cross, Worcester, MA. October 1, 2009.
20. *Assessing Sleep Problems in Perinatal Women*, Women and Infants Day Hospital Program, Providence, RI. January 21, 2010.
21. *Pillow Talk: How much sleep do you really need and how to get it*, Rhode Island College Employee Wellness Event, Providence, RI. April 28, 2010.
22. *Impact of Perinatal Sleep on Maternal Mood*, Massachusetts General Hospital Center for Women's Mental Health. July 28, 2010.
23. *Sleep and Insomnia in Patients with Opioid Dependence*, University of Pittsburgh Multidisciplinary Sleep Grand Rounds, October 28, 2010.
24. *Blue Light Special? Evidence for Phase Shifting Effects of Short Wavelength Light in Circadian Rhythm Sleep Disorders*, Brown University Chest Conference. April 29, 2011.
25. *Diagnosis and Treatment of Insomnia in Primary Care*, Coastal Medical Continuing Medical Education. April 1, 2011.
26. *Sleeping Like a Mommy: Associations between Perinatal Sleep Patterns and Maternal Mood*, William C. Dement Summer Fellowship Retreat Young Investigator Lecture. August 24, 2011.

27. *Postpartum Jet Lag? Preliminary Evidence for Circadian Phase Shifts across the Perinatal Period*, Research-in-Progress Seminar, Harvard Medical School, Division of Sleep Medicine, January, 18, 2012.
28. *Postpartum Sleep: Impact of Babies and Breastfeeding on Sleep in New Mothers*, Rhode Island Breastfeeding Coalition Annual Conference, March 28, 2012.
29. *Shiftwork and Your Health: What You Need to Know*, Health and Wellness Lecture Series, Lifespan, Providence, RI, September 18, 2012.
30. *Bench to Bedside: Narcolepsy (with Mary A. Carskadon, PhD)*, Brown University Neuroscience Graduate Program Lecture Series, Providence, RI, October 25, 2012.
31. *Doctor, get some sleep!* Alpert Medical School of Brown University, Lunchtime Wellness Series, November 13, 2012.
32. *Sleep and Circadian Disruption as a Risk Factor for Mood Disorders: A Transdiagnostic Approach to Defining a Sleep-Related Phenotype for Depression and Anxiety Disorders*, Brown University Psychiatric and Behavioral Genetics Seminar Series, Providence, RI. February 6, 2013.
33. *Shift Work and Sleep Deprivation in Healthcare Workers: Physiology and Consequences*, Annual Sleep Alertness & Fatigue Education in Residency (SAFER) lecture, Rhode Island Hospital, June 20 and July 1, 2013.
34. *Sleep and Circadian Disruption as a Risk Factor for Depression*, Rhode Island Psychiatric Society. Cranston, RI. February 10, 2014.
35. *Pilot Study of Phenotypic and Genotypic Predictors of Treatment Success and Recovery from Obstructive Sleep Apnea Syndrome*, Brown Institute for Respiratory Diseases (BIRDS). Providence, RI. May 29, 2014.
36. *Shift Work and Sleep Deprivation in Healthcare Workers: Physiology and Consequences. Annual Sleep Alertness & Fatigue Education in Residency (SAFER) lecture*, Rhode Island Hospital, June 19 and July 1, 2014.
37. *Sleepless in Rhode Island? An Approach to Sleep Disorders for Behavioral Health Clinicians*, Rhode Island Primary Care Physicians Corporation, September 18, 2014.
38. *Circadian Rhythm Disruption and Perinatal Mood Disorders: Why Sleeping Like a Baby isn't Good for New Mothers*, Johns Hopkins Psychiatry Research Conference, October 21, 2014.
39. *Later School Start Times: An Opportunity to Apply Scientific Research to Improve Student Outcomes*, East Greenwich Public Schools, E. Greenwich, RI. November 18, 2014.
40. *Shift Work and Curtailed Sleep in Healthcare Workers: Physiology and Consequences*, Women & Infants Hospital Grand Rounds, Providence, RI. January 8, 2015.
41. *Tired and Sad: Does Sleep and Circadian Rhythm Disruption Increase Risk for Depression?* Northeast Sleep Society Annual Meeting, Tarrytown, NY. March 27, 2015.
42. *Anxiety, Books, Caffeine, and Dissertations: The ABCDs of Getting Enough Sleep in Graduate School*, Brown University Graduate Student Wellness Series, Providence, RI. April 29, 2015.

43. *Sleepy Teens: How Teens' Brains are Wired Differently for Sleep and What to do About It*, Westborough Public Schools Parent Education Series. Westborough, MA. May 14, 2015.
44. *Shift Work and Curtailed Sleep in Healthcare Workers: Physiology and Consequences*, Annual Sleep Alertness & Fatigue Education in Residency (SAFER) lecture, Rhode Island Hospital, June 22 and July 6, 2015.
45. *Prioritizing Sleep in a 24/7 World: How Getting Enough Sleep Can Enhance Your Productivity*, Brown University Office of Women in Medicine and Science CME Breakfast Program, October 1, 2015
46. *Postpartum Jet Lag: Do perinatal changes in circadian rhythms increase risk for postpartum depression?* Yale State Sleep Conference, January 27, 2016.
47. *Sleep and Circadian Disruption and Perinatal Mood Disorders: Why Sleeping Like a Baby Isn't Good for New Mothers*, Brown University Department of Psychiatry and Human Behavior Grand Rounds, January 6, 2016.
48. *Perinatal Circadian Rhythms and Depressed Mood: Are certain postpartum sleep patterns maladaptive and can they be treated?* University of Michigan Depression Center Colloquium, February 5, 2016.
49. *Prioritizing Sleep in a 24/7 World: How Getting Enough Sleep Can Enhance Your Productivity*, Raytheon Corporation Wellness Week, Portsmouth, RI, March 15, 2016.
50. *Update in Internal Medicine: Sleep-Disordered Breathing and Comorbid Psychiatric Illness*, Providence VAMC, March 4, 2016.
51. *Open All Night: Leveraging Sleep & Circadian Evidence for Better Productivity & More Restful Sleep in Emergency Medicine*, Brown University Emergency Medicine Annual Retreat, May 20, 2016.
52. *Maternal Sleep and Circadian Rhythms: Predictors of Postpartum Outcomes and Challenging Sleep Disorders in Perinatal Women*, The Clayton Sleep Institute's 14th Annual Updates in Sleep Medicine. St. Louis, MO, September 30, 2016.
53. *Do perinatal changes in sleep and circadian rhythms put women at risk for adverse postpartum outcomes and if so what can we do about it?* Pulmonary Research Conference, Rhode Island Hospital, Providence, RI, October 17, 2016.
54. *Sleepy Teens: Understanding Teens' Brains and Body Clocks and Their Wiring for Sleep*, The Winsor School, Boston, MA, October 6, 2016.
55. *Perinatal Jet Lag*, Brown Medical Alumni Association, Providence, RI, May 27, 2017.
56. *Shift Work and Curtailed Sleep in Healthcare Workers: Physiology and Consequences*, Kent Hospital, Warwick, RI, May 11, 2017.
57. *Crafting Your Medical School Narrative*, Alpert Medical School New Student Orientation Keynote Address, August 1, 2017.
58. *What Can Postpartum Depression Tell Us About How the Body Clock Regulates Mood?* Brown University Parents Weekend, Alpert Medical School, Providence, RI, October 14, 2017.

59. *Perinatal Jet Lag: Does Circadian Rhythm Dysregulation Contribute to Postpartum Depression?* Rush University Sleep Grand Rounds, Chicago, IL, November 10, 2017.
60. *Beyond the Silo: How A Team Science Approach Can Enhance Your Research*, Advance-CTR, Brown University, March 23, 2018.
61. *Beyond Sleep When the Baby Sleeps': A Pilot Trial of Adjunctive Chronotherapy for Perinatal Mood Disorders*, Brigham and Women's Hospital Women's Mental Health Speaker Series, July 17, 2018.
62. *Rocking Around the Clock: Circadian Rhythms and Mood Regulation in Perinatal Women*, Brown University/Lifespan Department of Obstetrics and Gynecology Grand Rounds, July 18, 2018.
63. *School Start Times in Adolescents: How to Engage Your Community to Advocate for Healthy Sleep*, Rhode Island Thoracic Society Meeting, October 22, 2018. Providence, RI.
64. *Better Together: Putting Team Science Theory into Practice to Enhance Your Research*, co-presented with Debbie Cornman, PhD, Advance-CTR, May 13, 2019.
65. *What a nightmare! Diagnosing and Managing Behavioral Disorders During Sleep*, Providence VAMC Mental Health Colloquium, May 15, 2019.
66. *Beyond the Silo: How A Team Science Approach Can Enhance Your Research*, Advance-CTR, Brown University, July 16, 2019.
67. *Sleep and Sleep Disorders*, Brown University College Health, December 13, 2019.
68. *Seeing the Light: Perinatal Circadian Rhythms and Postpartum Depression*, State Sleep Conference, Yale School of Medicine, January 22, 2020.
69. *Speaking Truth to Academia*, Yale University Division of Pulmonary, Critical Care, and Sleep Medicine, January 22, 2020.
70. *Sleep Health and Sleep Disorders in Women*, Women and Infants Hospital Grand Rounds, August 1, 2020.
71. *How to Get Healthy Sleep in the Middle of a Pandemic*, Alpert Medical School Wellness Series, October 27, 2020.
72. *Best Practices for Anti-Racist Leadership in Medicine & Healthcare*, Brown Physicians' Leadership Course, Workshop presented with Shontay Delaloe, PhD, March 19, 2021.
73. *Does Sleep During Pregnancy Predict Breastfeeding Outcomes in Women at Risk for Postpartum Depression?* Women and Infants Case Conference, April 26, 2021.
74. *Racism and Health Equity – Clinical Effects of Racism in Medicine*, Lifespan Executive Leadership Retreat, June 18, 2021.
75. *A Good Night's Sleep - It's Not Just a Dream*, Alpert Medical School Staff Wellness Program, April 13, 2022.
76. *Pretty Smart for a Woman: Internalized Sexism in Medicine*, Department of Dermatology, The Warren Alpert Medical School of Brown University, August 25, 2023.
- 77.

Such a Clever Girl: Addressing Gender Bias in Healthcare, Connecticut Children's Hospital, Newington, CT, November 30, 2023.

National

1. *A Comparison of Three Measures of Circadian Phase*, 7th Meeting of the Society for Research on Biological Rhythms. Workshop on Analyzing Rhythms: Constant Routines and Purification Methods. Amelia Island, FL. May 11, 2000.
2. *Phase Advancing Human Circadian Rhythms with Melatonin*, 12th Annual Meeting of the Society for Light Treatment and Biological Rhythms. Young Investigator Award Presentation. Evanston, IL. May 8, 2000.
3. *Timing is Everything: Applying Circadian Rhythms Science to Duty Hour Requirements in Medical Training*, National Institutes of Health Clinical Center Grand Rounds. August 27, 2008.
4. *Sleep & Circadian Rhythms in Pregnancy and the Postpartum: Associations with Perinatal Depression*, Society for Women's Health Research. Washington, DC. May 22, 2014.
5. *The Importance of a Good Night's Sleep: Approach to Common Sleep Disorders in Women*, Survival Skills for Today's Gynecologist, New York, NY. April 17, 2015.
6. *Tribulations of a Junior Investigator*, American Academy of Sleep Medicine Young Investigators Research Forum, Rockville, MD. April 8, 2015.
7. *How Intramural, Non-Profit, & Industry Funding Can Jump Start your Research Career*, American Academy of Sleep Medicine Young Investigators Research Forum, Rockville, MD. April 7, 2016.
8. *Methods for Measuring Sleep, Circadian Rhythms & Sleep Disorders*, Bill and Melinda Gates Foundation Healthy Birth, Growth, and Development Sleep Workshop. Seattle, WA, July 14, 2016.
9. *NHLBI workshop on Circadian Health and Light*. Panelist, Bethesda, MD, August 17-18, 2016.
10. *How Intramural, Non-Profit, & Industry Funding Can Jump Start your Research Career*, American Academy of Sleep Medicine Young Investigators Research Forum, Rockville, MD. April 14, 2017.
11. *Maternal Depression, Circadian Rhythm Changes, and Infant Outcomes*, NIH Electrophysiologic Sleep Phenotyping (ESP) Workshop, Bethesda, MD, September 18, 2017.
12. *Circadian Sleep Disorders and Can't Sleep? What's New? Insomnia Year in Review*, American Academy of Sleep Medicine Sleep Medicine Essentials Course, September 20-23, 2018 Chicago IL.
13. *Conference Wrap-Up: Sleep and the Health of Women*, NHLBI 2018 Research Conference on Sleep and the Health of Women, October 16-17, 2018, Bethesda, MD.

14. *Sleep and the Health of Women*, NHLBI 2018 Research Conference on Sleep and the Health of Women, October 16-17, 2018, Bethesda, MD.
15. *Cognitive-Behavioral Therapy for Insomnia*, American College of Chest Physicians Sleep Board Review Course, August 17, 2019.
16. *Sleep in Psychiatric Disorders*, American College of Chest Physicians Sleep Board Review Course, August 18, 2019.
17. *Sleep in Women*, American College of Chest Physicians Sleep Board Review Course, August 18, 2019.
18. *Becoming a Physician-Scientist: Timelines and Training Pathways*, American Medical Women's Association Mentoring Committee Webinar, September 16, 2019.
19. *Time's Up: Addressing Gender Equity in Medicine*, Brown University Family Weekend, October 19, 2019.
20. *You Snooze, You Lose? Perinatal Circadian Rhythm Dysregulation and Postpartum Depression*, University of Rochester Department of Neurology Grand Rounds, October 4, 2019.
21. *Why Can't I Sleep?* Brave Enough Elevate Summit, September 13, 2020.
22. *Perinatal Sleep and Breastfeeding Outcomes in Women at Risk for Postpartum Depression*, Sleep and Circadian Grand Rounds, University of Pittsburgh Center for Sleep and Circadian Science, April 8, 2021.
23. *Perinatal Circadian Dysregulation: A Novel Therapeutic Target for Postpartum Depression*, University of North Carolina-Chapel Hill, Psychiatry Grand Rounds, May 12, 2021.
24. *Sleep During Pregnancy Predicts Breastfeeding Outcomes in Women at Risk for Postpartum Depression*, Kansas University Medical Center (KUMC) Multidisciplinary Sleep Conference, May 20, 2021.
25. *The Maternal Fetal Dyad, Circadian Rhythm and Mental Health*, Sleep and Neurodevelopment Symposium: The Earliest Years, sponsored by, The National Institute of Mental Health and the Neurological Research Institute at Texas Children's Hospital, November 18, 2021.
26. *The Power of the Sisterhood: Ways to Create Bonds between Black Women and other Women in Medicine*, panel discussion at, Massachusetts Medical Society Black Women in Medicine Conference, November 3, 2021.
27. *Women in Science and Medicine 2.0: Achieving Equity and Advancement in a Rapidly Changing Environment*, Columbia University Department of Psychiatry Women's Faculty Initiative, January 27, 2022.
28. *Finding and Fostering a Mentoring Relationship*, American Medical Women's Association 2022 Annual Meeting, March 27, 2022.
29. *Sleep Health for Women*, WHAM Access Circles April 13, 2022
30. *Skills and Strategies for Anti-Racist Leadership in Academic Medicine*, Mount Sinai-National Jewish Health Pulmonary, Critical Care, and Sleep Medicine Seminar, September 16, 2022.

31. *Inclusive Leadership Workshop*, American Academy of Sleep Medicine Foundation, June 20 and 22, 2023.
32. *Coping with Cataplexy*, Project Sleep, Broadcast on Facebook Live, August 24, 2023.
33. *Symposium: Addressing the Intersection of Maternal Health and Narcolepsy Care*, Society for Behavioral Sleep Medicine Annual Meeting, November 4, 2023.

International

1. *Dysregulated Sleep/Circadian Systems in Children and Adolescents with Affective Disorders: The Chicken or the Egg?* Symposium Panelist at SLEEP 2011, Minneapolis, MN. June 14, 2011.
2. *Sleep and Mood Disturbances in Perinatal Women*, Symposium Panelist at CHEST 2011, Honolulu, HI. October 24, 2011.
3. *Sleeplessness* Panelist, William Morris Enterprises Annual Retreat, San Diego, CA, Jan 10-13, 2012.
4. Invited Chair for *Cognitive Chronobiology Symposium*, Society for Research in Biological Rhythms, San Destin FL, May 19-23, 2012.
5. Co-Course Director and Faculty, *Sleep and Sleep Disorders in Pregnancy*, Postgraduate Course at SLEEP 2012 26th Annual Meeting of the Associated Professional Sleep Societies Meeting, Boston, MA, June, 2012.
6. Faculty, *Diagnosis and Treatment of Circadian Rhythms Sleep Disorders*, Postgraduate Course at SLEEP 2012 26th Annual Meeting of the Associated Professional Sleep Societies Meeting, Boston, MA, June, 2012.
7. Faculty, *Diagnosis and Treatment of Circadian Rhythm Sleep-Wake Disorders*, Postgraduate Course at SLEEP 2013 27th Annual Meeting of the Associated Professional Sleep Societies Meeting, Baltimore, MD, June, 2013.
8. *Circadian Phase Shifts in the Perinatal Period: Elucidating a Biological Basis for the Use of Chronotherapy in Perinatal Depression*. Perinatal Mental Health: Optimizing Maternal Treatment to Improve Infant Outcomes Conference, Northwestern University, Chicago, IL, November 6-8, 2013.
9. *Obsessive-Compulsive Symptoms and Delayed Circadian Phase in Perinatal Women with a History of Major Depressive Disorder (MDD)*, North American Society for Psychosocial Obstetrics and Gynecology (NASPOG). Columbus, OH, April 18, 2014.
10. Faculty, *Diagnosis and Treatment of Circadian Rhythm Sleep-Wake Disorders*, Postgraduate Course at SLEEP 2014 28th Annual Meeting of the Associated Professional Sleep Societies Meeting, Minneapolis, MN, June, 2014.
11. *Assessing for and Intervening on Disordered Sleep in Pregnancy & the Postpartum Period*, Sleep Research Society Trainee Symposia Series – SLEEP 2015. Seattle, WA. June 7, 2015.
12. *Contribution of reproductive hormones to sleep and circadian rhythms in reproductive-age women*. Talk during Symposium “It’s the Hormones: Impact of Estrogen on Sleep and Circadian Rhythms

- in Women.”, SLEEP 2015 29th Annual Meeting of the Associated Professional Sleep Societies Meeting, Seattle, WA, June 7, 2015. *International*, 6/2015
13. *Sleep, Depression, and Stress in the Mother-Infant Dyad*. Talk during Symposium “Sleep in Pregnancy and the Postpartum,” Canadian Sleep Society Conference, Toronto, Canada, September 27, 2015.
 14. *Circadian Disorders- Sleep Medicine Clinical Core Curriculum II*, American Thoracic Society Annual Meeting. May 17, 2016.
 15. *Building a Career in Sleep Research*. Panel Discussion SLEEP 2016. Denver, CO. June 12, 2015.
 16. *Diagnosis and Treatment of Circadian Rhythm Sleep-Wake Disorders*, Course– SLEEP 2016. Denver, CO. June 12, 2016.
 17. *Maternal Sleep*. Meet the Professor Session, SLEEP 2016. Denver, CO. June 15, 2016.
 18. *Approach to Diagnosis and Treatment of Circadian Rhythm Disorders*, 11th Annual Day in Respiriology, University of Toronto, Toronto, Ontario, November 25, 2016.
 19. *How do Sleep & Circadian Rhythms Change in Pregnancy & the Postpartum Period*, 3rd Annual International Symposium on Sleep Disorders, Instituto de Neurología y Neurocirugía (INN), Havana, Cuba, February 16, 2017.
 20. *Circadian Dysregulation is Associated with Postpartum Depression*, Symposium Talk at the 7th World Congress on Women’s Mental Health. Dublin, Ireland. March 9, 2017.
 21. *Personalized Integrated Chronotherapy for Perinatal Anxiety and Depression*, Symposium Talk at Perinatal Women’s Health Conference. Northwestern University, Chicago, IL. November 10, 2017.
 22. *A Prospective Study of Self-Reported Sleep After a Delay in School Start Times*, Talk during “Battle of the Eyelids: Pediatric Insomnia and Hypersomnia” Oral Presentation session, SLEEP 2018 31st Annual Meeting of the Associated Professional Sleep Societies Meeting, Baltimore, MD, June 5, 2018.
 23. *Overcoming Bias in Medicine and Science: How to Do Better, Starting Now*, Talk during “Expanding Diversity in Sleep Research & Medicine- Within and Beyond our Ranks” Workshop, SLEEP 2018 31st Annual Meeting of the Associated Professional Sleep Societies Meeting, Baltimore, MD, June 4, 2018.
 24. *Sleep Over the Course of Pregnancy and the Postpartum Period*, Sleep Trainee Symposium Series at the SLEEP 2018 31st Annual Meeting of the Associated Professional Sleep Societies Meeting, Baltimore, MD, June 3, 2018.
 25. *A pilot trial of a personalized sleep-circadian intervention to treat perinatal depression and anxiety*, International Marcé Society meeting, October 5, 2020.
 26. *It's About Timing: Approaches to Treating Circadian Rhythm Sleep-Wake Disorders*, State of the Art Post-Graduate Course, SLEEP 2021, June 12, 2021.
 27. *Perinatal Sleep: How to Help Women Catch the Elusive*, Postpartum Support International 34th Annual Conference, July 10, 2021.

28. *Advancements in Understanding Disruption in Sleep and Circadian Rhythms for Individuals with Obsessive Compulsive Disorder*, Association for Behavioral and Cognitive Therapies (ABCT) 55th Annual Convention, November 18, 2021.
29. *Sleep Habits for Women in Healthcare*, Lecture for “*A Seat at The Table: Professional Development Lecture Series*,” An international leadership course with CME offered through University of Nebraska Medical Center, March 16, 2022.
30. *Women, circadian rhythms and shift work*, Lecture for “Sleep Health in Women Course,”, World Sleep, Rome, Italy, March 13, 2022.
31. *Wellness and Equity Are Key Pillars for Successful Leadership: Lessons Learned in the WEL Program*, American Medical Women’s Association annual meeting, March 23, 2023.
32. *Narcolepsy & Maternal Health*, Wake Up Narcolepsy live online webinar, March 14, 2024.

GRANTS:

1. F30 MH11239 1995-2001
Phase-Shifting and Sedative Effects of Melatonin
The goals of this study were to investigate the phase-shifting and sleep-promoting effects of melatonin in human models of night shift work.
Role: PI
2. R01 NS 35695 8/1997-5/2002 \$936,840
Melatonin, Human Circadian Rhythms and Sleep
The goals of this project were to study the phase-shifting and sedative effects of melatonin.
Role: Co-Investigator (PI: Eastman)
3. U01 DA023822 9/2007-5/2010 \$1,977,414
Light Measuring Device for Correcting Circadian Disruption
The goal of this project was to develop a circadian light and activity measurement device to help guide circadian adaptation in young adults.
Role: Co-Investigator (PI: Rea/Carskadon)
4. R01 MH079179 12/2008-12/2010 \$2,889,209
Prospective Study of Depressed Mood, Short Sleep and Serotonergic Genes
The principal aim of this study was to assess prospectively the association between reduced sleep and depressed mood in college students.
Role: Co-Investigator (PI: Carskadon)
5. T35HL094308 8/2009-8/2024 \$56,970
Alpert Medical School Summer Research Program
This grant provides support for summer training for medical students interested in pursuing careers as physician scientists.
Role: MPI (PI: Harrington, Bartnikas)
6. U01 CA150387 9/2009-8/2015 \$4,356,684

Increasing sleep duration: A novel approach to weight control

This grant involved a series of studies to develop a sleep/weight loss intervention and to examine the effects of increased sleep on eating and exercise behaviors and consequently body weight. My role was to supervise home polysomnography and interpret sleep studies and to provide psychiatric consultation.
Role: Researcher (PI: R Wing)

7. Brown University/Women & Infants Hospital 1/2010-6/2011 \$19,691
National Center of Excellence in Women's Health Innovations in Women's Health Research Seed Grant: Role of Sleep and Circadian Phase Disruption in Postpartum Depression
The goals of this project were to describe changes in sleep times, patterns of light exposure, and circadian rhythms during the perinatal period in women with a history of major depression and to test the hypothesis that changes in sleep and circadian rhythms are associated with depressive symptoms.
Role: PI
8. Sleep Research Society 7/2010-3/2012 \$19,994
J. Christian Gillin, MD Research Grant: Sleep and Circadian Phase Disruption in Postpartum Depression
The goals of this project were to describe changes in sleep times, patterns of light exposure, and circadian rhythms during the perinatal period in women with a history of major depression and bipolar disorder and to test the hypothesis that changes in sleep and circadian rhythms are associated with postpartum manic and depressive symptoms.
Role: PI
9. K23 MH086689 12/2010-11/2015 \$831,072
Postpartum Depression: Role of Sleep & Genetic Risk in Postpartum Mood Disorders
The goal of this project was to test the associations among selected genetic factors, sleep, and depressed mood in postpartum women
Role: PI
10. DBDAT Foundation 1/2014-8/2015 \$50,000
Triple Chronotherapy for Perinatal Depression
The goal of this project was to perform a pilot randomized controlled trial of triple chronotherapy versus usual care for depression during pregnancy and the postpartum period.
Role: PI
11. Seleni Foundation 5/2014-4/2018 \$60,000
Integrated Chronotherapy for Perinatal Anxiety
The goal of this project was to perform a pilot randomized controlled trial of integrated chronotherapy versus usual care for anxiety during the perinatal period.
Role: PI
12. R34 MH104377-01A1 3/2015-2/2019 \$659,865
Integrated Chronotherapy for Perinatal Depression
The goal of this project is to test the feasibility and effectiveness of administering a chronotherapy intervention for depression during pregnancy in a usual care outpatient setting.
Role: PI
13. Advance CTR 3/2019-4/2019 \$10,000

Advance CTR Grant Resubmission Award

This grant supports additional data collection to further support the PI's R01 proposal on a novel chronotherapy intervention for perinatal depression.

Role: PI (PI: Sharkey)

14. Hassenfeld Child Health Innovation Award 4/2019-4/2021 \$25,000
 Sleep, Stress, Depressive Symptoms and Other Determinants of Infant Feeding
 This project addresses determinants of childhood obesity, measuring potential key contributors of maternal stress, sleep and infant feeding attitudes and plans during pregnancy, followed by maternal and infant sleep, maternal stress and infant feeding attitudes and behaviors during the first four months postpartum.
 Role: Co-Investigator (PI: Risica)

15. 1 R01 MH118269 12/2019-6/30/2024 (in NCE) \$5,107,700
 Personalized Integrated Chronotherapy for Perinatal Depression
 This study is a four-site confirmatory efficacy randomized clinical trial with Johns Hopkins, University of North Carolina, and Zucker Hospital to test an integrated sleep-circadian intervention for perinatal major depressive disorder and assess outcomes on infant sleep and circadian rhythms.
 Role: PI

16. Health Research Council, New Zealand 10/2020-9/2021 \$29,964
 Intervening in sleep to improve perinatal mental health outcomes
 This research aims to improve perinatal mental health in New Zealand through sleep and circadian health education and intervention. In this activation project we will explore current knowledge and existing services in this space; expand networks to bring together researchers, clinicians and health service delivery groups working on this issue; and develop future research to implement and test the efficacy of psychoeducational methods focused on sleep and circadian health.
 Role: Co-Investigator

17. Category 2 Brown Physicians Incorporated \$50,000
 Academic Assessment grant
 This grant supports salary and fringe benefits related to my research funding.
 Role: PI

18. Administrative Supplement to 5P20GM139743 8/2023-9/2024 \$337,297
 The Dream Team: Refining and Testing a Training Intervention for Individuals Providing Community-Based Support to Perinatal Women at Risk for Depression
 The aim of this study is to adapt, refine, and pilot test the implementation of a behavioral sleep intervention for direct care workers to deploy with their expectant mother clients using video trainings and a free behavioral sleep app.
 Role: Project Leader (PI: Carskadon)

UNIVERSITY TEACHING ROLES

- 2003-2006 *Sleep and Sleep Disorders*, Dept. Psychiatry, Rush University Medical Center, Chicago, IL
1 hour lecture; Presented annually at the Chicago Psychiatry Board Review Course
- 2005-2006 *Substance Abuse*; 1 hour lecture, Rush Medical College, Chicago, Illinois
Presented every 4 weeks to the 3rd and 4th year students in the Psychiatry Core Clerkship
- 2008-2011 *BIOL 3663 IMS III: Pulmonary Physiology and Pathophysiology*;
Small Group Leader for seven 3-hour workshop sessions for Alpert Medical School of Brown University 2nd year medical students
- 2008- William C. Dement Sleep and Chronobiology Behavioral Science Research Apprenticeship, Department of Psychiatry & Human Behavior, faculty, Sleep for Science Research Laboratory, Brown University
- 3/2008, 2009 *Women and Sleep*
1 hour lecture to Brown University Medical Students in Biomed 3670
- 2009- *Sleep Apnea*, Brown University
1.5 hour lecture to Brown University Medical Students in BIOL 3663 IMS III: Pulmonary Physiology and Pathophysiology, annual
- 2013- *Sleep and Sleep Disorders*
2.5 hour lecture/discussion to PGY 2 Brown General Internal Medicine Residents, 3 times per year
- 2015- *Sleep and Cardiovascular Disease*
1 hour lecture to the Brown Clinical Psychology Cardiovascular T32 Fellows, every other year
- 2018- *Sleep and Sleep Disorders*, 1.5 hour lecture to Brown University Medical Students in Brain Sciences
- 2019- *A Call to Action for Gender Equality in Healthcare Leadership*
1.5 hour lecture to Alpert Medical Students in Academic Leadership Course, annual
- 2019- *Team Science*
1 hour lecture to Brown T35 Translational Research Fellows, annual
- 2020- *Biopsychosocial Aspects of Sleep Medicine*
1 hour lecture to Alpert Medical Students in Pre-Clinical Biopsychosocial Model Course, annual
- 2020- *Conflict of Interest*
1 hour lecture to Brown T35 Translational Research Fellows, annual
- 2021- *Human Subjects Research*
1 hour lecture to BioMed graduate students for their responsible conduct of research course, annual

HOSPITAL TEACHING ROLES

- 11/2007 *Sleep and Sleep Disorders*; 2 hour lecture to Brown University Pulmonary & Critical Care Fellows
2 hour lecture to Brown University Pulmonary & Critical Care Fellows
- 1/2008 *Anatomy and Physiology of Normal Sleep*
1 hour lecture for the Lifespan Sleep Technologist Training Program
- 2/2008 *Insomnia, Circadian Rhythm Problems, and Movement Disorders*
1 hour lecture for the Lifespan Sleep Technologist Training Program
- 4/2008 *Sleep and Sleep Disorders Board Review*, 2 hour lecture to Brown University Psychiatry Residents
- 11/2008 *Basics of Sleep*, Brown University Neurology Residency Conference
- 2009- *Introduction to Sleep and Sleep Disorders*
annual 2 hour lecture to Brown University Psychiatry Residents, annually
- 4/2009 *Sleep Disorders*, Brown University Neurology Residency Conference
- 4/2009 *Sleep and Sleep Disorders Board Review*
2 hour lecture to Brown University Psychiatry Residents
- 5/2009 *Circadian Rhythms*
1 hour lecture to Brown University Pulmonary & Critical Care Fellows
- 2012- Sleep Medicine Clinic, Rhode Island Hospital
attending physician preceptor in monthly Pulmonary Fellows Sleep Clinic
- 2013- *Introduction to Sleep and Sleep Disorders*
2 hour lecture to Brown University Internal Medicine Primary Care Residents (2-3 times/year)
- 2018- *Career Planning and Self Advocacy*, Brown University Psychiatry Residency Conference, 1 hour annually

ADVISING AND MENTORING ROLES

Research Mentorship of Post-Doctoral and Junior Faculty Colleagues

- 2017- Emily Barker, PhD, Case Western Reserve University, 2 peer reviewed papers
- 2018- Jen Marsella, MD, University of Rochester, 2 book chapters, 1 peer reviewed paper
- 2018- Daniella Palermo, MD, Brown University, 1 book chapter
- 2018- Vinnie LaBarbara, MD, Brown University, 4 book chapters

- 2018- Jisoo Lee, MD, Brown University, 1 book chapter, fellowship research project
- 2018- Danielle Goldfarb, MD, Brown University, 1 book chapter
- 2019- Paul Geiger, PhD, University of North Carolina, Chapel Hill, K23 Application co-mentor
- 2019- Parvati Singh, MD, 1 peer-reviewed paper
- 2020- Debasree Banerjee, MD, 2 peer reviewed papers, intramural grant
- 2020- Tayla von Ash, PhD, K08 Application co-mentor, intramural grant, LRP, 1 peer reviewed paper
- 2021- Sammy Dhaliwal, PhD, University of Pennsylvania, R36, foundation grant, NIH LRP, K23 co-mentor
- 2021- Carla Moreira, MD, intramural grant
- 2022- Jamila Battle, MD, foundation grant
- 2023- Thien Nguyen, PhD, NICHD, K99/R00 application
- 2023- Allison Stumper, PhD, Brown University, K23 application consultant, 1 peer reviewed paper
- 2023- Gina Mason, PhD, K23 application, co-mentor

Supervision of Residents in Clinical Sleep Medicine Elective:

- 2008 Maria-Louisa Hincapie, MD, PGY 4 Psychiatry Resident, Brown University
 - *Thaddeus Shattuck, MD, PGY4 Psychiatry Resident, Brown University
 - *Joshua Kreiss, MD, PGY4 Neurology Resident, Brown University
- 2009 Paul Christopher, MD, PGY4 Psychiatry Resident, Brown University
 - Paul Dellemonache, MD, PGY4 Psychiatry Resident, Brown University
- 2010 Azin Azma, MD, PGY4 Neurology Resident, Brown University
 - Theron Dobson, MD, PGY4 Neurology Resident, Brown University
 - Laura Stanton, MD, PGY4 Psychiatry Resident, Brown University
- 2011 Karen LeBlanc, MD, PGY4 Psychiatry Resident, Brown University
 - Leanne Rifenburg, MD, PGY4 Psychiatry Resident, Brown University
 - Jennifer Trayner, MD, PGY4 Psychiatry Resident, Brown University
 - *Kelly Waters, MD, PGY4 Neurology Resident, Brown University
- 2012 Julie Hugo, MD, PGY4 Psychiatry Resident, Brown University
 - Alison Swigart, MD, PGY4 Psychiatry Resident, Brown University
 - Sheila Lahijani, MD, PGY5, Medicine/Psychiatry Resident, Rush University
 - Emily Murphy, MD PGY4 Psychiatry Resident, Brown University
 - Amy Halt, MD, PhD, PGY4 Psychiatry Resident, Brown University

- 2013 Mandy Rhodes, MD, PGY4 Psychiatry Resident, Brown University
Aga Janika, MD, PGY4 Psychiatry Resident, Brown University
- 2014 Mary Lajoy, MD, PGY4 Psychiatry Resident, Brown University
Meesha Ahuja, MD, PGY4 Psychiatry Resident, Brown University
Jennifer Barnes, MD, PGY4 Psychiatry Resident, Brown University
- 2015 Teresa Lanza Di Scalea, MD, PGY4, Psychiatry Resident, Brown University
Olivia Zurek, MD, Psychiatry Resident, Brown University
- 2016 Laura Hodges, MD, PGY4, Psychiatry Resident, Brown University
Jerome Liu, MD, PGY4, Psychiatry Resident, Brown University
- 2017 Emily Flier, MD, PGY4, Psychiatry Resident, Brown University
Sarah Schmidhofer, MD PGY4, Psychiatry Resident, Brown University
Mark Halperin, MD, PGY4, Psychiatry Resident, Brown University
- 2018 Barbara Ruf, MD, PGY4, Psychiatry Resident, Brown University
Daniella Palermo, MD, PGY4, Psychiatry Resident, Brown University
Caitlin Lawrence, MD, PGY4, Psychiatry Resident, Brown University
- 2019 Jennifer Hawkin, MD, PGY4, Psychiatry Resident, Brown University
Haizhi Wang, MD, PGY4, Psychiatry Resident, Brown University
- 2020 Paul Bowary, MD, PGY 4, Psychiatry Resident, Brown University
Courtney Deban, MD, PGY 4, Psychiatry Resident, Brown University
- 2021 Shiwen Yuan, MD, PGY 4, Psychiatry Resident, Brown University
Matthew Bradley, MD, PGY 4, Psychiatry Resident, Brown University
- 2022 Sarah Kwok, MD, PGY 4, Psychiatry Resident, Brown University
- 2023 Samantha Cerimele, MD, PGY 4, Psychiatry Resident, Brown University
Claire Brutocao, MD, PGY 4, Psychiatry Resident, Brown University
Chloé Sharp, MD, PGY 4, Psychiatry Resident, Brown University

*PGY5 = Sleep Medicine Fellowship

Supervision of Psychology Interns:

2008 Henry Orff, Psychology Intern, Brown University

Supervision of Undergraduate Research:

2011-2012 Emily Mephram, Gender and Sexuality Studies, Brown University
“Working Mothers: Challenges and Barriers in the Perinatal Period”

Recipient of the Helen Terry MacLeod Research Grant
2012 Rachel Tache, Psychology, Brown University
2013 Johanna Thompson-Westra, Neurosciences, Brown University
2015 Geraldine Boni, Engineering, Brown University
2015-2017 Lily Gordon, Anthropology, Brown University
2018-2020 Bailey Driscoll, Neurosciences, Brown University

Supervision of Resident Research Rotation:

2011-2012 Kelly Waters, MD, PGY4 Neurology, Brown University, 1 peer reviewed paper
2015 Teresa Lanza Di Scalea, MD, PGY4, Psychiatry, Brown University
2017-2020 Jessica Obeykesare, MD, Psychiatry, Brown University, 1 peer reviewed paper
2019- Hetal Mistry, MD, 1 peer reviewed paper
2020-2023 Chloe Sharp, MD, Psychiatry Resident, Brown University, 1 peer reviewed paper

Supervision of Medical Student Research:

2012-2015 Ijeoma N. Iko, MSII, Alpert Medical School of Brown University
“Infant sleep: associations with maternal sleep disturbance, postpartum stress, and depression.”
Recipient of Brown University Summer Assistantship Award
2014-2017 Zachary Cohen, MSII, Alpert Medical School of Brown University
“Sleep, Neurobehavioral Performance, and Affect Regulation in Perinatal Women”
Recipient of Brown University Summer Basic and Translational Research grant
2015-2018 Stephanie Blatch, MSII, Alpert Medical School of Brown University
“Associations between light exposure and maternal and infant sleep patterns with implications for treatment and prevention of postpartum depression”
Recipient of Brown University Summer Assistantship Award
2015-2018 Jason Sarte, MSII, Alpert Medical School of Brown University
“Is there an Obesity Phenotype Among Patients with Obstructive Sleep Apnea?”
Recipient of Brown University Summer Basic and Translational Research grant
2018-2019 Jacqueline Leong, MSII, Sleep, Behavior, and Biomarkers in the Children of Women with Perinatal Mood Dysregulation, Recipient of Brown University Summer Basic and Translational Research grant
2018-2019 Joanna Georgeakas and Tina Hinman, Alpert Medical School Students
2019-2022 Lily Gordon, Alpert Medical School Student

- 2020-2022 Gisel Bello, Alpert Medical School Student
2021- Elijah Persad-Paisley, Alpert Medical School Student
2023- Bailey Driscoll, University of Miami Medical Student
2023- Adam Friedberg, Alpert Medical School MD-PhD Student
2023- Anisha Nagpal, University of Illinois MD-PhD Student

Supervision of Graduate Student Research:

- 2017-2018 Laura Allison Woods, MPH, Brown University School of Public Health
2017-2021 Sammy Dhaliwal, PhD Candidate, Department of Psychology, The George Washington University
2018-2021 Augustine Kang, PhD Candidate, Brown University School of Public Health

External Examiner for the degree of Doctor of Philosophy

- 2013 Lauren Kita, Doctoral Candidate, Bournemouth University, Poole, UK
“Investigating the Relationship Between Perinatal Sleep and Postpartum Depression”
2015 Sara Kowalczyk, MPH, Doctoral Candidate, Boston University, Boston, MA
“Narcolepsy in Women”
2021 Sumedha Verma, Doctoral Candidate, Monash University, Victoria, Australia

OTHER MENTORING This list includes individuals who have sought me out for career mentoring or have been assigned to me as student mentees. I am also co-advisor of the American Medical Women’s Association Brown University Undergraduate Student Chapter and the Warren Alpert Medical School Student Chapter.

- Andrew Baum, M4, Alpert Medical School of Brown University
- Ayana Morales, PGY1, Boston University
- Courtney Johnson, MD-PhD student, Alpert Medical School of Brown University
- Ruchi Varma, Mathematics graduate student, Brown University
- Caroline Andrews, M2, Alpert Medical School of Brown University
- Melanie McKean, PGY5, Internal Medicine/Psychiatry, Rush Medical Center
- Mari Kessimian, PGY4, Psychiatry Resident, Brown University
- Teresa Lanza Discalea, PGY3, Psychiatry Resident, Brown University
- Emily Davis, Medical Student, Alpert Medical School of Brown University
- Alex He, Undergraduate Student, Brown University
- Rashmi Sharma, MBBS, Emergency Medicine Fellow, Brown University

- Alyssa Brown, MD-PhD Candidate, Mayo Clinic
- Nataly Montero, premedical student, The George Washington University
- Olivia Beaudoin, high school student, East Greenwich High School, senior project on school start times
- Kate Powers, MD, faculty member, Alpert Medical School, Department of Pediatrics
- Didi Kidane, MD, faculty member
- Heather Lander, MD, Department of Anesthesiology, University of Rochester

APPENDIX

Listed below are the programs that I have planned, organized, and executed in my role as Assistant Dean for Women in Medicine and Science (October 2016 - September 2021) and Associate Dean for Gender Equity (October 2021- present). The events are categorized by program type with the most recent session first. Under my leadership, the Office of Women in Medicine and Science has sponsored 103 events attended by over 4,500 participants including undergraduate students, medical students, graduate students, community members, residents, clinical fellows, postdoctoral fellows, staff from the university and clinical affiliates, health care professionals other than physicians, and medical, biology, and public health faculty. Forty-three of these programs were approved for continuing medical education credits, yielding a total of 88.5 hours of CME.

Professional Development Programs

38 Events, 1,894 participants

- 02/27/2024 **Patents, Pitch Decks, & Start-Ups: Opportunities for Women in the BioTech Innovation Space*; Speakers: Melissa Simon, PhD, Eliza Van Reen, PhD, Michelle Wu; 36 participants
- 12/12/2023 *Removing Your Blindfold: Personal Branding as a Critical Career Management Strategy*; Speaker: Hume Johnson, PhD; 25 participants; 1.5 hours CME
- 09/19/2023 *Leadership and Advocacy: My Journey from Medical School to RI Medical Society President*; Speaker: Heather Smith, MD, MPH; 18 participants; 1.25 hours CME
- 06/15/2023 *Annual Conference: The Journey Forward: Empowering Women in Medicine and Science*; Speakers: Eman Ansari, MD, MPH, FAAP, Debasree Banerjee, MD, Ghada Bourjeily, MD, FCCP, Vanessa Britto, MD, MSc, FACP, Margaret Bublitz, PhD, Stephanie Catanese, MD, FACP, Carly Goldstein, PhD, Heather Hall, MD, Evelyn Hammonds, PhD, Debra Herman, PhD, Gita Pensa, MD, FACEP, Ornella Potter, MD, Nicole Siegert, MD, Elizabeth Toll, MD, Audrey Tyrka, MD, PhD; 51 participants; 4 hours CME
- 04/20/2023 *Work, Parent, Thrive: 12 Science-Backed Strategies to Ditch Guilt, Manage Overwhelm, and Grow Connections*; Speaker: Yael Chatav Schonbrun, PhD; 14 participants; 1.5 hours CME
- 02/07/2023 *Remote Access: An Equity Gamechanger for Patient Care and Medical Education*; Speaker: Mari Anne Snow; 16 participants; 1.5 hours CME
- 12/13/2022 *Reframing Your Time Management Approach*; Speaker: K. Carey Baker, M.Ed; 22 participants; 1.5 hours CME
- 09/21/2022 *5 Ways to Work Through Conflict*; Speakers: Tricia Driscoll, Erin Wright; 20 participants; 1.5 hours CME

* = virtual program

- 06/16/2022 *Annual Conference: Women in Medicine & Science: Forging a Bright Future;* Speakers: Priya Banerjee, MD, Debra Herman, PhD, Mukesh Jain, MD, Patrice Milos, PhD, Jay Round, Melissa McNeil, MD, MPH, Ulrike Mende, MD, FAHA; 62 participants; 3.75 hours CME
- 10/14/2021 **Lessons Learned Along My Journey to Professor;* Speaker: Sareh Parangi, MD; 41 participants; 1.5 hours CME
- 09/30/2021 **Attending to the Demands of Caretaking in and out of Academic Medicine: Lessons from the AAMC Group on Women in Medicine and Science Toolkit;* Speakers: Allison Brindle, MD, Delma-Jean Watts, MD; 28 participants; 1.5 hours CME
- 06/10/2021 **Annual Conference: Women in Medicine & Science: Cultivating Vitality for Ourselves and Others;* Speakers: Janet Blume, PhD, MS, Ghada Bourjeily, MD, Tammie Chang, MD, Luisa Duran, MD, Ellen Flynn, MD, MTS, Debra Herman, PhD, Kelly Holder, PhD, Diane Lipscombe, PhD, Tracy Madsen, MD, PhD, Ulrike Mende, MD, Katherine Sharkey, MD, PhD, Kara Stavros, MD, Mariah Stump, MD, Simone Thavaseelan, MD, Elizabeth Toll, MD, Kristina Ward, PharmD, BCPS; 100 participants; 4.5 hours CME
- 02/23/2021 **No Longer Speechless: A Practical Workshop on Responding to Microaggressions in Biomedical Settings;* Speaker: Vonzella Bryant, MD; 50 participants; 1.5 hours CME
- 10/29/2020 **An Insider's Guide to Navigating Your Academic Promotion;* Speakers: Michele Cyr, MD, MACP, Simone Thavaseelan, MD, Elizabeth Toll, MD; 23 participants
- 09/21/2020 **Becoming a Parent During Medical Training: Practical Tips and Helpful Hints;* Speakers: Katherine Cox-Flaherty, MD, Devon Flaherty, MD, Shayla Durfey, MD, ScM, Anastasia Tillman; attendance not recorded
- 06/10/2020 **Annual Conference: Women's Leadership in 2020: Overcoming Obstacles, Preparing for Opportunities and Being Yourself Along the Way;* Speakers: Fatima Cody Stanford, MD, MPH, MPA, FAAP, FAHA, FTOS, Patricia Poitevien, MD, MSc, FAAP, Ellen Flynn, MD, MTS, Nancy Spector, MD; 151 participants; 3.5 hours CME
- 01/16/2020 *Attending to Transitions in a World of Professional Demands, Personal Expectations, and (Let's Not Forget) Inner Yearnings;* Speaker: Elizabeth Toll, MD; 54 participants; 1.25 hours CME
- 09/26/2019 *Building Bridges: Career Development as a Multidisciplinarian;* Speaker: Kelly Cawcutt, MD; 22 participants; 1.25 hours CME
- 09/24/2019 *Equal Care for ALL Women: A Candid Discussion;* Speaker: Charles Johnson, 4Kira4Moms; 65 participants – co-sponsored with medical student and ODMA fellow, Gisel Bello

* = virtual program

- 06/13/2019 *Annual Conference: We're in This Boat Together: Navigating the Changing Waters of Science and Medicine*; Speakers: Suzanne Goldberg, JD, Megan Ranney, MD, Julie Silver, MD, Anthony Caldamone, MD, Diane Lipscombe, PhD, Steven Rasmussen, MD, Louis Rice, MD, Jeremiah Schuur, MD, Alison Buckser, MPH, Kris Cambra, Francis Vinald, Jean Rainwater, Julie Roth, MD, Rachel Wightman, MD; 122 participants; 3.75 hours CME
- 05/14/2019 *Unapologetically Feminine: A Discussion of Appearance, Beauty and Power in Science and Medicine*; Speakers: Rohina Gandhi-Hoffman, MD, Hilary Levey Friedman, PhD; 47 participants
- 05/02/2019 *Becoming a Parent During Medical Training*; Speakers: James Arrighi, MD, Travis Blood, MD, Shayla Durfey, Jennifer Jeremiah, MD, Rory Merritt, MD, Alison Riese, MD, MPH, Jeffrey Riese, MD; 45 participants
- 04/30/2019 *Perfectionism and Rumination: How to Ruin a Perfectly Good Day*; Speaker: Carol Landau, PhD; 58 participants
- 01/29/2019 *Catching a Break: The Missing Story of Resilience*; Speaker: Laura McPeake, MD; 56 participants
- 01/24/2019 *DNA Repair and Lupus*; Speaker: Joann Sweasy, PhD; 27 participants – cosponsored with the Department of Chemistry
- 12/06/2018 *How to Create a Successful Peer Mentoring Group*; Speakers: Kate Cahill, MD, Stephanie Catanese, MD, Rebekah Gardner, MD, Mindy Sobota, MD, MS, Mphil, Sarita Warriar, MD, FACP; 36 participants; 1.25 hours CME
- 10/04/2018 *Hera Gallery: Our Voice/Our Choice: Exploring Women's Health & Reproductive Rights*; 40 participants – cosponsored with Kris Cambra, BioMed Communications
- 06/14/2018 *Annual Conference: Lifting the Voices of Women in Science & Medicine*; Speakers: Philomena Asanta, MD, MPH, Margret Chang, MD, Luwan Ghidei, MD, Tracey Guthrie, MD, Lynn Hernandez, PhD, Layli Maparyan, PhD, Vanessa Britto, MD, MSc, Emily Green, PhD, Cass Cliatt, Rene Davis, Alyson McGregor, MD, MA, K. Carey Baker, MEd, Kelly Nevins, Jennifer Gass, MD, Colleen Kelly, MD, Geralyn Lambert-Messerlian, PhD, Sohini Ramachandran, PhD, M. Tracie Shea, PhD, Simone Thavaseelan, PhD, J. Dawn Abbott, MD; 101 participants; 4 hours CME
- 04/12/2018 *Finding Your Voice: Strategies for Maximizing Communication*; Speaker: K. Carey Baker, MEd; 31 participants; 1 hour CME
- 03/29/2018 *Life After Residency: Making a Successful Transition from Training to Practice*; Speakers: Debasree Banerjee, MD, Silvia Chiang, MD, Margee Louisias, MD, MPH, Sarah Welsh, MD; 57 participants

* = virtual program

- 01/25/2018 *Feminism 101 and Why It (Still) Matters for Women in Medicine & Science*; Speaker: Drew Walker, PhD; 39 participants; 1.5 hours CME
- 12/14/2017 *Leadership Timelines for Women in Science & Medicine*; Speaker: Sharon Rounds, MD; 34 participants; 1 hour CME
- 12/05/2017 *From Bias to Opportunity*; Speaker: Molly Carnes, MD, MS; 57 participants; 1 hour CME
- 12/05/2017 *Recipes for Creating a Life Stew*; Speaker: Judith Owens, MD, MPH; 69 participants
- 09/14/2017 *How to Start the Academic Year Organized and Poised for Success*; Speaker: Kristin Carcieri-MacRae; 42 participants
- 06/15/2017 *Annual Conference: Achieving Equity in Medicine & Science: An Era of Change*; 87 participants; 3.75 hours CME
- 05/04/2017 *Fireside Chat with Karen Gordon Mills*; 45 participants
- 12/01/2016 *Making Your Voice Heard*; Speaker: K. Carey Baker, MEd; 54 participants
- 09/27/2016 *The First Year in a New Position: Transitioning to a Leadership Role*; Speaker: Nicole Alexander-Scott, MD, MPH; 49 participants

Book Club Meetings

25 events, 618 participants, + indicates that the author attended the book club meeting

- 02/01/2024 **+Twice as Hard: The Stories of Black Women Who Fought to Become Physicians, from the Civil War to the 21st Century*; Author: Jasmine Brown; 22 participants; 1.5 hours CME
- 11/02/2023 *Finding Me*; Author: Viola Davis; 11 participants
- 09/28/2023 *The Exceptions: Nancy Hopkins, MIT, and the Fight for Women in Science*; Author: Kate Zernike; Speaker: Susan Gerbi, PhD; 17 participants; 1.5 hours CME
- 05/11/2023 *Invisible Women: Exposing Data Bias in a World Designed for Men*; Author: Caroline Criado Perez; 11 participants; 1.5 hours CME
- 01/12/2023 *The No Club: Putting a Stop to Women's Dead-End Work*; Authors: Linda Babcock, Brenda Peyser, Lise Vesterlund, and Laurie Weingart; 24 participants; 1.5 hours CME
- 11/17/2022 *Inferior: How Science Got Women Wrong- and the New Research That's Rewriting the Story*; Author: Angela Saini; 11 participants; 1.5 hours CME

* = virtual program

- 10/06/2022 *Crucial Conversations: Tools for Talking When Stakes are High*; Authors: Joseph Grenny, Kerry Patterson, Ron McMillan, Al Switzler, Emily Gregory; 19 participants; 1.5 hours CME
- 03/15/2022 **The Beauty in Breaking*; Author: Dr Michele Harper; 17 participants; 1.5 hours CME
- 12/08/2021 *+*Ask for More: Ten Questions to Negotiate Anything*; Author: Alexandra Carter, JD; 56 participants; 1.5 hours CME
- 09/23/2021 **The Soul of a Woman*; Author: Isabel Allende; 7 participants
- 05/03/2021 *+*Why Fish Don't Exist: A Story of Loss, Love, and the Hidden Order of Life*; Author: Lulu Miller; 21 participants
- 09/23/2021 *+*The Doctor Broad: A Mafia Love Story*; Author: Barbara H Roberts, MD; 56 participants
- 10/13/2020 **Dare to Lead: Brave Work. Tough Conversations. Whole Hearts*; Author: Brene Brown, MD; 21 participants
- 08/13/2020 *+*Sex Matters: How Male-Centric Medicine Endangers Women's Health- and What We Can Do About It*; Author: Alyson McGregor, MD, MA, FACP; 22 participants
- 05/12/2020 *+*Medical Bondage: Race, Gender, and the Origins of American Gynecology*; Author: Deirdre Cooper, PhD, 28 participants
- 02/06/2020 +*Cribsheet: a data-driven guide to better, more relaxed parenting, from birth to preschool*; Author: Emily Oster, PhD; 23 participants
- 10/29/2019 *Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed*; Author: Lori Gottlieb; 30 participants
- 09/19/2019 +*The Perfect Predator: A Scientist's Race to Save Her Husband From a Deadly Superbug: A Memoir*; Author: Steffanie Strathdee, PhD; 26 participants
- 03/07/2019 *Becoming*; Author: Michelle Obama; 38 participants
- 11/08/2018 *Being Mortal*; Author: Atul Gawande; 27 participants
- 09/25/2018 *However Long the Night: Molly Melching's Journey to Help Millions of African American Women and Girls Triumph*; Author: Aimee Molloy; 22 participants
- 05/03/2018 *Lab Girl*; Author: Hope Jahren, PhD; 22 participants

* = virtual program

- 05/03/2018 *+In Shock: My Journey from Death to Recovery and the Redemptive Power of Hope*; Author: Dr. Rana Awdish; 27 participants
- 11/30/2017 *Double Bind: Women on Ambition*; Edited by: Robin Romm; 31 participants
- 03/30/2017 *I Know How She Does it: How Successful Women Make the Most of Their Time*; Author: Laura Vanderkam; 29 participants

Rhode Island Women's Health Initiative Programs

10 events, 455 participants

- 03/26/2024 *Perinatal Mental Health: Leveraging the Expertise of Rhode Island Clinicians and Researchers to Optimize Outcomes for Expectant and New Parents and Their Families*; Speakers: Micheline R. Anderson, PhD Cynthia Battle, PhD, Carrie Chandonnait, MA, Zobeida M Diaz, MD, Aidea Downie, Deborah Garneau, MA, Anupriya Gogne, MD, Jane Hesser, LICSW, Adam Lewkowitz, MD, Joanna MacLean, MD, Gina Marie Mason, PhD, Emily Miller, MD, Emerald Ortiz, Quatia Osorio, Meghan Sharp, PhD, Kristen Stone, PhD; 42 participants; 1.75 hours CME
- 01/18/2024 *Breaking Barriers: Navigating Alcohol Use Disorders Among Women in Healthcare*; Speakers: Deena Kishawi, MD; 38 participants; 1.0 hour CME
- 11/09/2023 *RI Women's Health Initiative Series: Hijab in Medicine: The Landscape of Surgical Versus Non-Surgical Specialties*; Speakers: Kathleen Boyd, MSW, LICSW, Carrie Cunningham, MD, MPH, Kelly Holder, PhD, Kirsten Langdon, PhD, Hayley Treloar Padovano, PhD; 35 participants; 1.5 hours CME
- 09/13/2022 *If you are my doctor, and these are pills, why can't you prescribe them for me?* Speakers: Andrea Arena, MD, Mindy Sobota, MD, MS, MPhil; 31 participants; 1.5 hours CME
- 05/25/2022 *Not Your Grandma's Mammogram: An Update in Breast Health for 2022*; Speakers: Ana Lourenco, MD, Jennifer Gass, MD, Michelle Dawson, PhD, Stephanie Graff, MD; 37 participants; 1.5 hours CME
- 05/20/2021 ** Fertility Considerations for Medical Trainees*; Speakers: Liza Aguiar, MD, Jennifer Eaton, MD, MSCI, Jenna Miller, MD, Hina Talib, MD; 43 participants
- 05/20/2021 **We Take Care – Part 2*; Speakers: Sergeant Kelly Mitchell, MA; 34 participants, cosponsored with the Rhode Island Medical Women's Association (RIMWA)
- 05/06/2021 **We Take Care – Part 1*; Speakers: Sergeant Kelly Mitchell, MA; 49 participants, cosponsored with RIMWA

* = virtual program

- 03/26/2021 **Sex, Gender, Medical Research, and Our Community*; Speakers: Marianne Legato, MD, PhD, FACP, Athena Poppas, MD, FACC, FASE, Margaret Bublitz, PhD, MA, Nicole Holland Weiss, PhD, Vanessa Britto, MD, MSc, FACP; 102 participants; 4 hours CME
- 09/13/2018 *Women's Health: Resilience and Action in a Time of Injustice*; Speaker: Sarah Fox, MD; 44 participants

Mentoring Events

16 events, 1,092 participants

- 1/27/2024 *AMWA Northeast Regional Conference 2024*; Speakers: Reena Bhatt, MD, Angela Caliendo, MD, PhD, Barbara Edelheit, MD, Melisa Lai-Becker, MD, FACEP, FAAEM, Carol Landau, PhD, Patricia Poitevien, MD, MSc, FAAP, Mariah Stump, MD, MPH, FACP, DipABLM, ABOIM; 158 attendees; 3.0 hours CME
- 10/12/2023 *Fall Mentoring Power Hour*; 36 participants
- 02/02/2023 *WiSE Undergrad Mentoring*; Speakers: Adina Badea, PhD, Ellen Flynn, MD, Ranna Rozenfeld, MD, Ece Uzun, PhD, Mackenzie Bruzzio, MD candidate, class of 2025; 65 participants
- 01/31/2023 *Specialty Mentoring Night*; 55 participants
- 10/12/2022 *Fall Mentoring Power Hour*; 86 participants
- 01/26/2021 **Specialty Mentoring Night*; 56 participants
- 10/22/2020 **Women in Medicine Mentoring Night*; 40 participants
- 01/30/2020 *Specialty Mentoring Night*; 71 participants
- 10/01/2019 *Women in Medicine Mentoring Night*; 61 participants
- 02/07/2019 *Specialty Mentoring Night*; 88 participants
- 10/26/2018 *Women in Medicine Mentoring Night*; 74 participants
- 02/06/2018 *Specialty Mentoring Night*; 71 participants
- 10/26/2017 *Women in Medicine Mentoring Night*; 49 participants
- 02/07/2017 *Specialty Mentoring Night*; 65 participants
- 11/09/2016 *Women in Medicine Mentoring Night*; 60 participants
- 04/20/2016 *Specialty Mentoring Night*; 57 participants

* = virtual program

Film Screenings

15 events, 491 participants

- 06/01/2022 *SPECTRUM Film Night: Cured*; Speakers: Armond Collins, MD, Samuel Diaz, Kate Guthrie, PhD, Tracey Guthrie, MD, Hermant Kadiamada, Jessica Peters, PhD; 46 participants; 2 hours CME
- 10/19/2021 **My Name is Pauli Murray*; 10 participants
- 02/08/2021 **I am Evidence*; 22 participants
- 12/03/2020 **Unrest*; 39 participants
- 09/14/2020 **Picture a Scientist*; 21 participants; 1.5 hours CME
- 07/23/2020 **Living Thinkers: Black Women in the Ivory Tower*; 40 participants; 1.5 hours CME
- 06/19/2020 **13th*; 80 participants; 2.5 hours CME – cosponsored with Dr. Taneisha Wilson, Department of Emergency Medicine
- 05/28/2020 **Medicine Woman: The Story of America's First Native Medical Doctor*; 35 participants
- 02/12/2020 **AMWA Film Night: Ms. Diagnosed*; Speakers: Alyson McGregor, MD, MA, FACEP, Jennifer Mieres, MD, Tricia Regan; 57 participants; 1.5 hours CME
- 07/28/2020 **Birth on the Border*; 32 participants
- 11/12/2019 *Anita: Speaking the Truth to Power*; 22 participants
- 09/10/2019 *Period. End of Sentence*; 20 participants
- 07/11/2019 *Miss Representation*; 18 participants
- 11/19/2018 *My Love Affair with the Brain: The Life & Science of Dr. Marian Diamond*; 49 participants

* = virtual program