

MARY A. CARSKADON, PhD

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EDUCATION

Undergraduate	Gettysburg College, Psychology, BA, 1969, Departmental Honors
Other Advanced Degree	Ph.D. with distinction in Neuro- and Biobehavioral Sciences, 1979, Stanford University, Stanford, California. Dissertation: "Determinants of Daytime Sleepiness: Adolescent Development, Extended and Restricted Nocturnal Sleep."

POSTGRADUATE TRAINING

Residency      not applicable

Fellowship      none

POSTGRADUATE HONORS AND AWARDS

Member	Society of Sigma Xi, elected to Brown University Chapter, 1994.
Recipient	Nathaniel Kleitman Distinguished Service Award of the American Sleep Disorders Association, June 16, 1991. "...to honor service in the field of sleep research and sleep disorders medicine, especially generous and altruistic efforts in the areas of administration, public relations, and legislation."
Other	Carskadon Award for Research Excellence of the Association of Polysomnographic Technologists: awarded annually to a member of APT for "excellence and originality of an abstract in basic or clinical sleep research" submitted to the meeting of the Association of Professional Sleep Societies. [First awarded, 1990.]
Recipient	Distinguished Alumni Award, Gettysburg College, May, 1995.
Recipient	Doctor of Sciences, Honorary Degree awarded by Gettysburg College, May 23, 1999.
Invited Address	Invited Lecture, Associated Professional Sleep Societies Annual Scientific Meeting, June 10, 2002.
Recipient	Lifetime Achievement Award, National Sleep Foundation for "dedication, leadership and advancement of sleep science, sleep medicine and public health," March 31, 2003.
Recipient	Mark O. Hatfield Public Policy Award of the American Academy of Sleep Medicine for "efforts in establishing public policy for the field of sleep medicine," June 5, 2003.
Recipient	E.P. Bradley Hospital Benchmarks of Excellence Award for Academic Excellence (to the Sleep Laboratory), October 23, 2003.
Invited Address	Invited State of the Art Lecturer, European Sleep Research Society Scientific Meeting, October 7, 2004.

Invited Address	Distinguished Lecturer, Bouve College of Health Sciences, Northeastern University, October 13, 2004.
Recipient	Outstanding Educator Award of the Sleep Research Society for "outstanding effort in disseminating basic and clinical sleep research as a mentor and teacher, as well as through public education," June 21, 2005; award named the Mary A. Carskadon Outstanding Educator Award.
Invited Address	Brode Lecture, Whitman College, Walla Walla, WA, October 30, 2005.
Invited Address	Geneva Sayre Lecture, Russell Sage College, Troy, NY, April 20, 2006.
Invited Address	Plenary Lecture Series, Australasian Sleep Association, Perth, Western Australia, October 5, 2006.
Recipient	Distinguished Scientist Award of the Sleep Research Society "for significant, original and sustained contributions of a basic, clinical or theoretical nature," June 11, 2007.
Elected	Fellow, Association for Psychological Science (APS) "for distinguished contributions to psychological science," May, 2007.
Elected	Fellow, American Association for the Advancement of Science (AAAS) "for probing the nature of circadian rhythms in human adolescence," October, 2007.
Invited Address	Mary Murphy, BVM, Endowed Lecture in Biology, Clarke College, Dubuque, IA, March 24, 2009.
Recipient	2012 Outstanding Faculty Mentor Award, Office of Women in Medicine and Science, Division of Biology and Medicine, Alpert Medical School, Brown University, November 15, 2012.
Invited Address	Christian Guilleminault Memorial Lecture, Keynote, World Sleep Society, Vancouver, Canada, September, 23, 2019.
Invited Address	Tom Roth Lecture of Excellence, SLEEP2020 (Scientific Conference of the Associated Professional Sleep Societies), Philadelphia, PA, June 13, 2020 (postponed to virtual presentation, August 30, 2020)
Recipient	Harvard Medical School Division of Sleep Medicine Prize, December 7, 2020.
Recipient	Brown University Distinguished Research Achievement Award, April 24, 2023.
Recipient	William C. Dement Academic Achievement Award for displaying "exceptional initiative and progress in the areas of academic research...pursuit of knowledge, a commitment to teaching, and an unceasing quest to disseminate truth," American Academy of Sleep Medicine, June 5, 2023.
Recipient	Psychiatric Foundation of North Carolina's V. Sagar Sethi, M.D., Mental Health Research Award in recognition of extensive research dedicated to the understanding of the importance of sufficient sleep and regular sleep timing for brain development during childhood and adolescence, October 1, 2023.
Recipient	American Academy of Physicians of Indian Origin-Sleep (AAPIOS), Leadership in Sleep Medicine Award, presented for "...outstanding contribution to sleep medicine," June 2, 2024.
Recipient	Start School Later Coalition, Sleep Hero recognition, October 18, 2024.
Recipient	6 <sup>th</sup> Bernese Sleep Award, Bernese Sleep-Wake Days, Bern University "...in recognition of outstanding contributions to the field," November 8, 2024.

## MILITARY SERVICE

none

## PROFESSIONAL LICENSES AND BOARD CERTIFICATION

1980                      Diplomate, American Board of Sleep Medicine

#### ACADEMIC APPOINTMENTS

1970-1976	Research Assistant, Stanford University Sleep Research Center, Stanford University School of Medicine, Stanford, California.
1979-1984	Research Associate, Stanford University Sleep Research Center, Stanford University School of Medicine, Stanford, California.
1984-1985	Lecturer, Department of Psychology, Stanford University, Stanford, California.
1984-1985	Senior Research Associate, Stanford University Sleep Research Center, Stanford University School of Medicine, Stanford, California.
1985-1991	Associate Professor, Department of Psychiatry and Human Behavior, Brown University School of Medicine, Providence, Rhode Island.
1986-1991	Adjunct Associate Professor, Department of Psychology, Brown University, Providence, Rhode Island.
1987-1988	Visiting Associate Professor, Department of Psychiatry and Behavioral Science, Stanford University School of Medicine, Stanford, California.
1991-	Professor, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, Providence, Rhode Island.
1991-	Adjunct Professor, Department of Psychology, Brown University, Providence, Rhode Island.
2012-2013	Affiliate Member, Centre for Sleep Research, University of South Australia, Adelaide, AU
2014-2017	Professor of Psychology, School of Psychology, Social Work and Social Policy; Director Centre for Sleep Research, University of South Australia, Adelaide, Australia
2017-2019	Adjunct Professor of Psychology, School of Psychology, Social Work and Social Policy; Member, Centre for Sleep Research, University of South Australia, Adelaide, Australia
2024-	Affiliate Faculty of Cognitive and Psychological Sciences, Brown University, Providence, RI

#### HOSPITAL APPOINTMENTS

1985-	Director of Chronobiology, Emma P. Bradley Hospital, East Providence, Rhode Island.
2021-	Director, COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health, EP Bradley Hospital, E Providence, RI

#### OTHER APPOINTMENTS

Member	Board of Directors, National Sleep Foundation, 1990-2000; Vice-President, 1993-1996; Chair, Scientific Councils, 1994-1996; Chair, Pediatric Scientific Council, 1994-1996.
Member	Editorial Board, <i>Sleep</i> , 1991-1997.
Member	Editorial Advisory Board, <i>Journal of Sleep Research</i> , 1996.
Member	National Commission on Sleep Disorders Research, NIH (1990-1991).
Member	Board of Directors, American Sleep Disorders Association, 1992-1993.
Member	Research Advisory Board, Sleep Medicine Research Foundation, Inc., 1993-1994.
Member	Clinical Neurosciences and Biological Psychopathology Review Committee, NIMH, 1993-1997.
Member	Task Force on Behavioral Research in Cardiovascular, Lung, and Blood Health and Disease, NHLBI, 1995-1997.

Member	Working Group on Problem Sleepiness, National Center on Sleep Disorders Research and Office of Prevention, Education, and Control, NHLBI, 1996-1997.
Section Editor	<i>Sleep Research Online</i> , Development, 1997-2000.
Member	Board of Scientific Counselors, National Space Biomedical Research Institute (1998-2001).
Member	Sleep Disorders Research Advisory Board of the National Heart, Lung, and Blood Institute, 1999-2003.
Assoc. Editor	<i>Sleep</i> (2000-2002); <i>Behavioral Sleep Medicine</i> (2001-2009)
Member	Search Committee for Director of National Center for Sleep Disorders Research, 2000.
Chair	National Space Biomedical Research Institute Scientific Review Panel, Human Performance Factors, Sleep and Chronobiology, Washington, DC, 2000, 2003.
Member	Development and Behavior Working Group, National Children's Study, National Institute of Child Health and Human Development (2002-2003).
Member	National Sleep Foundation <i>Sleep in America</i> Poll Task Force, 2003-2004.
Member	National Sleep Foundation Leadership Council, 2004-2006.
Guest Editor	<i>Behavioral Sleep Medicine</i> , Special issue: Pediatric and Adolescent Sleep, 2005.
Member	Insomnia Education Initiative Board of Advisors, Sleep Medicine Education Institute, 2005-2006.
Chair	National Sleep Foundation <i>Sleep in America</i> Poll Task Force, 2005-2006
Deputy Editor	<i>Sleep</i> (2006-2019)
Member	CDC/DACH/EIAMB Expert Working Group on Adolescent Sleep and School Start Times Policy (2010)
Chair	NIH Special Emphasis review panel "Sleep and Social Environment," March 22, 2011 and March 23, 2012
Reviewer	NIH Review Panel: Neuroendocrinology, Neuroimmunology, Rhythms and Sleep, January 30-31, 2012
Member	RDoC Arousal-Regulatory Systems Workshop, NIMH, June 24-26, 2012; Moderator, Biological Rhythms Construct Group.
Reviewer	NIH Review Panel: Biobehavioral Mechanisms of Emotion, Stress and Health Study Section, December 5, 2013.
Reviewer	NIH Review Panel, ad hoc reviewer: NHLBI Institutional Training Mechanism Review Group study section, December 13, 2013.
Reviewer	NIH Review Panel, ad hoc reviewer: Population Sciences and Epidemiology Review Panel, March, 2014
Reviewer	NIH Special Emphasis Panel ZRG1 PSEQ 56, ad hoc reviewer, March, 2014.
Member	NIH Neural Basis of Psychopathology, Addictions and Sleep Disorders (NPAS) Study Section (August, 2014-June, 2018)
Chair	NIH Special Emphasis Panel ZRG1 BDCN-C (55), March 15, 2018.
Reviewer	NIH Special Emphasis Panel ZDK1 GRB-J (M2) 1, RFA-DK-16-005. Identification of Mechanisms Mediating the Effects of Sleep on Diabetes-Related Metabolism in Humans (R01), March 30, 2018.
Reviewer	NIH Review Panel ZNR1 REV-W(17), Lasker Clinical Scholars, November 5, 2018.
Chair	NIH Special Emphasis Panel ZRG1 BDCN-C (55), Nov 28, 2018.
Reviewer	NIH Neural Basis of Psychopathology, Addictions and Sleep Disorders (NPAS) Study Section, January 31-February 1, 2019.
Reviewer	NIH CSR Anonymization Study, February, 2019.
Reviewer	NIH NINDS NS-2 Subcommittee, SEP. March 11-12, 2019.
Chair	NIH ZRG1 BBBP-J(51)R review panel, July 8, 2019.
Chair	NIH ZRG1 BBBP-J(52)R review panel, July 8, 2019.
Reviewer	NIH 2019/10 ZAA1 (06) 1 review panel (RFA-AA-19-006), August, 2019.

Reviewer	American Academy of Sleep Medicine Foundation Investigator-Initiated Award Review Committee, August, 2019.
Reviewer	NIH NIEHS review panel (RFA 18-007), March 31, 2021.
Founding Editor-in-Chief	<i>SLEEP Advances</i> , September, 2019.
Reviewer	NIH ZES1 ARL (R0) D 2 review panel NIEHS ViCTER program, March 31, 2021.
Reviewer	NIGMS Special Emphasis Panel for Renewal of Centers of Biomedical Research Excellence [COBRE] (P20) (Phase 2), March 1-2, 2023.
Reviewer	2024/10 ZGM1 RCB-7(C1) COBRE Phase 1 review committee. July 9-10, 2024.
Reviewer & Chair	2025/01 ZRG1 BP-N (92) S, Review Panel. December 12, 2024.
Reviewer	CoBRE Phase 1 Review Panel (2025/10 ZRG1 MCST-H (40)), July 31-Aug 1, 2025.

#### UNIVERSITY/HOSPITAL COMMITTEES (since 1992)

Member	Brown University Committee on Medical Faculty Appointments, 1992- 1993.
Member	Brown University Sports Medicine Education Team, 1992- 1993.
Member	Brown University Athletics Advisory Committee, 1993-1994.
Member	College Curriculum Council, Brown University, 1993-1996; Screening Subcommittee and Subcommittee on Scientific Literacy.
Member	Department of Psychiatry and Human Behavior, Research Committee, 1994-1996.
Member	Rhode Island Hospital, Research Advisory Committee, 1994-1995.
Advisor	Department of Psychiatry and Human Behavior, Task Force on Women Faculty, 1994-1995.
Member	Committee on Academic Standing, Brown University, 2000-2003.
Chair	Department of Psychiatry and Human Behavior, Committee on Reappointments and Promotions, 1993-1997.
Member	Department of Psychiatry and Human Behavior, Executive Committee on Research, 1998-2005.
Member	Lifespan Research Advisory Committee, 1999-2005.
Member	Brown University Faculty Resumed Undergraduate Education Policy and Admission Committee (FREUPAC), 2007.
Member	Brown University Committee on Faculty Equity and Diversity, 2009-2011.
Member	College Curriculum Council, Brown University, 2021-2022.

#### MEMBERSHIP IN SOCIETIES

Member since 1971	Sleep Research Society (Membership Chair, 1987-1990; Program Chair for Trainees, 1991-1992; Section Head: Normal and Pathological Daytime Sleepiness, 1996-1997; Annual Meeting Program Committee, 1997-1998; President-Elect, 1998; Chair, Vision2020 Task Force, 1998; President, 1999-2000; Past President, 2000-2001; Presidential Task Force on Training, 2003; Research Committee, 2003; Educational Programs Committee, 2006-2007; Postgraduate course director "Basics of Sleep," 2006, 2007); Presidential Task Force on SRS 50 <sup>th</sup> Anniversary; Presidential Task Force on Genetics and Sleep; DEI committee member, 2021-22
1980	American Association for the Advancement of Science
1988	Society for Research on Biological Rhythms (Board Advisory Committee, 2002)
1986	Society for Psychophysiology Research
1991	Association for Psychological Science (formerly, American Psychological Society)

	1990	Society for Light Treatment and Biological Rhythms
	1990	American Psychological Association, Section 38
	1993	The New York Academy of Sciences
	1995	The Society for Research on Adolescence
	1997	European Sleep Research Society (Liaison Member at Large to the Board, 2002-2006)
	2014	Australasian Sleep Association
Member	2007	American Association for the Advancement of Science
Fellow	1988	American Academy of Sleep Medicine* (Annual Meeting Program Committee, 1988-1996; Task Force on Undergraduate Education, 1993-1995; Therapy of Circadian Sleep Disorders Task Force 2004-2005; Circadian Rhythms Sleep Disorders Task Force, 2006-2007) *formerly, American Sleep Disorders Association; AASM 50 <sup>th</sup> Anniversary Task Force 2022-2025.
Co-Founder	1986	Northeastern Sleep Society (Annual Meeting Organizer and Scientific Program Chair, 1986, 1987, 1993, 2005; Scientific Program Committee, 1988-1992, 1994, 2006).
Member	2023	Founding Board of Directors, International Association of Circadian Health Clinics.

#### ORIGINAL PEER-REVIEWED PUBLICATIONS

1. Guilleminault, C., Carskadon, M.A., and Dement, W.C. On the treatment of rapid eye movement narcolepsy. *Arch. Neurol.* **30**: 90-93, 1974. PMID: 4357130
2. Carskadon, M.A. and Dement, W.C. Sleep studies on a 90-minute day. *Electroencephalogr. Clin. Neurophysiol.* **39**: 145-155, 1975. PMID: 50211
3. Guilleminault, C., Raynal, D., Takahashi, S., Carskadon, M.A., and Dement, W.C. Evaluation of short-term and long-term treatment of the narcolepsy syndrome with clomipramine hydrochloride. *Acta Neurol. Scand.* **54**: 71-87, 1976. PMID: 936975
4. Carskadon, M.A., Dement, W.C., Mitler, M.M., Guilleminault, C., Zarcone, V.P., and Spiegel, R. Self-reports versus sleep laboratory findings in 122 drug-free subjects with the complaint of chronic insomnia. *Am. J. Psychiatry* **133**: 1382-1388, 1976. PMID: 185919
5. Carskadon, M.A. and Dement, W.C. Sleepiness and sleep state on a 90-minute schedule. *Psychophysiology* **14**: 127-133, 1977. PMID: 847063
6. Carskadon, M.A., Harvey, K., Dement, W.C., Guilleminault, C., Simmons, F.B., and Anders, T.F. Respiration during sleep in children. *West. J. Med.* **128**: 477-481, 1978. PMID: 664649  
PMCID: PMC1238185
7. Anders, T.F., Carskadon, M.A., Dement, W.C., and Harvey, K. Sleep habits of children and the identification of pathologically sleepy children. *Child Psychiat. Hum. Dev.* **9**: 56-63, 1978. PMID: 720155
8. Richardson, G.S., Carskadon, M.A., Flagg, W., van den Hoed, J., Dement, W.C., and Mitler, M.M. Excessive daytime sleepiness in man: multiple sleep latency measurement in narcoleptic and control subjects. *Electroencephalogr. Clin. Neurophysiol.* **45**: 621-627, 1978. PMID: 81764  
PMCID: PMC2391074

9. Dement, W.C., Carskadon, M.A., Mitler, M.M., Phillips, R., and Zarcone, V.P. Prolonged use of flurazepam: a sleep laboratory study. *Behav. Med.* **5**: 25-31, 1978.
10. Mitler, M.M., van den Hoed, J., Carskadon, M.A., Richardson, G.S., Park, R., Guilleminault, C., and Dement, W.C. REM sleep episodes during the multiple sleep latency test in narcoleptic patients. *Electroencephalogr. Clin. Neurophysiol.* **46**: 479-481, 1979. PMID: 85544 PMCID: PMC2391303
11. Carskadon, M.A. and Dement, W.C. Effects of total sleep loss on sleep tendency. *Percept. Motor Skills* **48**: 495-506, 1979. PMID: 461051
12. Mitler, M.M., Carskadon, M.A., Phillips, R., Sterling, W., Zarcone, V.P., Spiegel, R., Guilleminault, C., and Dement, W.C. Hypnotic efficacy of temazepam: a long-term sleep laboratory evaluation. *Br. J. Clin. Pharmacol.* **8**: 63S-68S, 1979. PMID: 41543 PMCID: PMC1429637
13. Carskadon, M.A. and Dement, W.C. Distribution of REM sleep on a 90-minute sleep-wake schedule. *Sleep* **2**: 309-317, 1980. PMID: 7403734
14. Carskadon, M.A., Harvey, K., Duke, P., Anders, T.F., Litt, I.F., and Dement, W.C. Pubertal changes in daytime sleepiness. *Sleep* **2**: 453-460, 1980. PMID: 7403744 PMID: 12224838
15. Carskadon, M.A., van den Hoed, J., and Dement, W. C. Sleep and daytime sleepiness in the elderly. *J. Geriatr. Psychiatry.* **13**: 135-151, 1980. PMID: 7328286
16. Carskadon, M.A. and Dement, W.C. Cumulative effects of sleep restriction on daytime sleepiness. *Psychophysiology* **18**: 107-113, 1981. PMID: 6111825
17. Carskadon, M.A. and Dement, W.C. Respiration during sleep in the aged human. *J. Gerontol.* **36**: 420-423, 1981. PMID: 7252072
18. Carskadon, M.A., Harvey, K., and Dement, W.C. Acute restriction of nocturnal sleep in children. *Percept. Motor Skills* **53**: 103-112, 1981.
19. Carskadon, M.A., Harvey, K., and Dement, W.C. Sleep loss in young adolescents. *Sleep* **4**: 299-312, 1981. PMID: 7302461
20. Carskadon, M.A., Harvey, K., and Dement, W.C. Multiple sleep latency tests in the development of narcolepsy. *West. J. Med.* **135**: 414-418, 1981. PMID: 7340136 PMCID: PMC1273278
21. Dement, W.C., Seidel, W.F., and Carskadon, M. Daytime alertness, insomnia, and benzodiazepines. *Sleep* **5**: 528-545, 1982. PMID: 6125023
22. Carskadon, M.A., Seidel, W.F., Greenblatt, D.J., and Dement, W.C. Daytime carry-over effects of triazolam and flurazepam in elderly insomniacs. *Sleep* **5**: 361-371, 1982. PMID: 6131526
23. Carskadon, M.A., Brown, E.D., and Dement, W. C. Sleep fragmentation in the elderly: relationship to daytime sleep tendency. *Neurobiol. Aging* **3**: 321-327, 1982. PMID: 7170049

24. Bliwise, D., Carskadon, M., Carey, E., and Dement, W. Longitudinal development of sleep-related respiratory disturbance in adult humans. *J. Gerontol.* **39**: 290-293, 1984. PMID: 6715805
25. Yesavage, J.A., Bliwise, D., Guilleminault, C., Carskadon, M., and Dement, W. Preliminary communication: intellectual deficit and sleep-related respiratory disturbance in the elderly. *Sleep* **8**: 30-33, 1985. PMID: 3992106
26. Carskadon, M.A. and Dement, W. C. Sleep loss in elderly volunteers. *Sleep* **8**: 207-221, 1985. PMID: 404873
27. Carskadon, M.A., Dement, W.C., Mitler, M.M., Roth, T., Westbrook, P., and Keenan, S. Guidelines for the multiple sleep latency test (MSLT): a standard measure of sleepiness. *Sleep* **9**: 519-524, 1986. PMID: 3809866
28. Dement, W.C., Seidel, W.F., Cohen, S.A., Bliwise, N.G., and Carskadon, M.A. Sleep and wakefulness in aircrew before and after transoceanic flights. *Aviat. Space Environ. Med.* **57** (No.12, Part 2 Suppl.): B14-B28, 1986. PMID: 3800826
29. Bliwise, D.L., Feldman, D.E., Bliwise, N.G., Carskadon, M.A., Kraemer, H.C., North, C.S., Petta, D.E., Seidel, W.F., and Dement, W.C. Risk factors for sleep disordered breathing in heterogeneous geriatric populations. *J. Amer. Geriatr. Soc.* **35**: 132-141, 1987.
30. Carskadon, M.A. and Dement, W. C. Daytime sleepiness: Quantification of a behavioral state. *Neurosci. Biobehav. Rev.* **11**: 307-317, 1987. PMID: 3805555
31. Mitler, M.M., Carskadon, M.A., Czeisler, C.A., Dinges, D., Graeber, R.C., and Dement, W.C. Catastrophes, sleep, and public policy: Consensus report. *Sleep* **11**: 100-109, 1988. PMID: 3283909
32. Bliwise, D.L., Carskadon, M.A., and Dement, W.C. Nightly variation of periodic leg movements in sleep in middle aged and elderly individuals. *Arch. Gerontol. Geriatr.* **7**: 273-279, 1988. PMID: 3228331
33. Carskadon, M.A., Cavallo, A., and Rosekind, M.R. Sleepiness and nap sleep following a morning dose of clonidine. *Sleep* **12**: 338-344, 1989. PMID: 2762688
34. Cavallo, A., Carskadon, M.A., Rosekind, M.R., and Cattell-Harvey, G. Sleep, clonidine, and their interaction on growth hormone secretion in normal men. *Psychoneuroendocrinology* **15** (1): 15-21, 1990. PMID: 2195577
35. Carskadon, M.A. Adolescent sleepiness: Increased risk in a high-risk population. *Alcohol Drugs Driving* **5/6**: 317-328, 1990.
36. Carskadon, M.A. Patterns of sleep and sleepiness in adolescents. *Pediatrician* **17**: 5-12, 1990. PMID: 2315238
37. Carskadon, M.A. and Herman K.B. Research in the clinical polysomnographic laboratory. *J. Psg. Technol.* **Spr/Sum**:12-16, 1990.



38. Millman, R.P., Kipp, G.J., and Carskadon, M.A. Sleepwalking precipitated by treatment of sleep apnea with nasal CPAP. *Chest* **99**:750-751, 1991. PMID: 1995236
39. Cavallo, A., Carskadon, M.A., and Grocer, P. Interactions of sleep and clonidine on daytime prolactin secretion in man. *Clinical Neuropharmacology* **14**:420-426, 1991. PMID: 1742750
40. Bliwise, D.L., Carskadon, M.A., Seidel, W.F., Nekich, J.C., and Dement, W.C. MSLT-defined sleepiness and neuropsychological test performance do not correlate in the elderly. *Neurobiol. Aging* **12**:463-468, 1991. PMID: 1770981
41. Redline, S., Tosteson, T., Tishler, P.V., Carskadon, M.A., and Millman, R.P. Studies in the genetics of obstructive sleep apnea. Familial aggregation of symptoms associated with sleep-related breathing disturbances. *Am. Rev. Resp. Dis.* **145**:440-444, 1992. PMID: 1736754
42. Hill, N.S., Redline, S., Carskadon, M.A., Curran, F., and Millman, R.P. Sleep-disordered breathing in patients with Duchenne muscular dystrophy using negative pressure ventilators. *Chest* **102** (6):1656-1662, 1992. PMID: 1446467
43. Carskadon, M.A. and Dement, W.C. Multiple sleep latency tests during the constant routine. *Sleep* **15**:396-399, 1992. PMID: 1455121
44. Carskadon, M.A. Evaluation of excessive daytime sleepiness. *Clin. Neurophysiol.* **23**: 91-100, 1993.
45. Carskadon, M.A., Vieira, C., and Acebo, C. Association between puberty and delayed phase preference. *Sleep* **16**(3):258-262, 1993. PMID: 8506460
46. Carskadon, M.A. and Acebo, C. Parental reports of seasonal mood and behavior changes in children. *J. Am. Acad. Child Adolesc. Psychiatry* **32** (2):264-269, 1993. PMID: 8444753
47. Carskadon, M.A. and Acebo, C. A self-administered rating scale for pubertal development. *J. Adolesc. Health* **14**:190-195, 1993. PMID: 8323929
48. Carskadon, M.A., Puschel, S.M., and Millman, R.P. Sleep-disordered breathing and behavior in three risk groups—preliminary findings from parental reports. *Child's Nervous System* **8**/9:452-457, 1993. PMID: 8124671
49. Sadeh, A., Sharkey, K., and Carskadon, M.A. Activity-based sleep-wake identification: an empirical test of methodological issues. *Sleep* **17**(3):201-207, 1994. PMID: 7939118
50. Sadeh, A., Acebo, C., Seifer, R., Aytur, S., and Carskadon, M.A. Activity-based assessment of sleep-wake patterns during the 1st year of life. *Infant Behavior and Development* **18**:329-337, 1995.
51. Manber, R., Bootzin, R.R., Acebo, C., and Carskadon, M.A. The effects of regularizing sleep-wake schedules on daytime sleepiness. *Sleep* **19** (5):432-441, 1996. PMID: 8843535
52. Briones, B., Adams, N., Strauss, M., Rosenberg, C., Whalen, C., Carskadon, M., Roebuck, T., Winters, M., and Redline, S. Relationship between sleepiness and general health status. *Sleep* **19**(7):583-588, 1996. PMID: 8899938

53. Acebo, C., Millman, R.P., Rosenberg, C., Cavallo, A., and Carskadon, M.A. Sleep, breathing, and cephalometrics in older children and young adults: Part I—Normative values. *Chest* **109(3)**:664-672, 1996. PMID: 8617074
54. Millman, R.P., Acebo, C., Rosenberg, C., and Carskadon, M.A. Sleep, breathing, and cephalometrics in older children and young adults: Part II—Response to nasal occlusion. *Chest* **109(3)**:673-679, 1996. PMID: 8617075
55. Aaron, J.N., Carlisle, C.C., Carskadon, M.A., Meyer, T.J., Hill, N.S., and Millman, R.P. Environmental noise as a cause of sleep disruption in an intermediate respiratory care unit. *Sleep* **19(9)**:707-710, 1996. PMID: 9122557
56. Carskadon, M.A., Bearpark, H.M., Sharkey, K.M., Millman, R.P., Rosenberg, C., Cavallo, A., Carlisle, C., and Acebo, C. Effects of menopause and nasal occlusion on breathing during sleep. *Am.J. Respir. Crit. Care Med.* **155**: 205-210, 1997. PMID: 9001313
57. Carskadon, M.A., Acebo, C., Richardson, G.S., Tate, B.A., and Seifer, R. An approach to studying circadian rhythms of adolescent humans. *Journal of Biological Rhythms* **12(3)**:278-289, 1997. PMID: 9181439
58. Wolfson, A.R. and Carskadon, M.A. Sleep schedules and daytime functioning in adolescents. *Child Development* **69(4)**:875-887, 1998. PMID: 9768476
59. Marcotte, A.C., Thacher, P.V., Butters, M., Bortz, J., Acebo, C., and Carskadon, M.A. Parental report of sleep problems in children with attentional and learning disorders. *J. Dev. Behav. Pediatr.* **19**:178-186, 1998. PMID: 9648043
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#### OTHER PEER-REVIEWED PUBLICATIONS/ COMMENTARIES

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#### SCHOLARLY WORK PUBLISHED IN OTHER MEDIA

1. Carskadon, M.A. Supporting Optimal Sleep of Adolescents. Bradley Online Learning, Bradley Learning Exchange, <https://www.lifespan.org/centers-services/bradley-online-learning>, 2017
2. Carskadon, M.A. Teen sleep: Too late, too little, or both? *Center for Environmental Therapeutics, cet.org*, 2020. (<https://www.youtube.com/watch?v=9EeEQRm6AXo>)
3. Carskadon, M.A. Why do we sleep? Guest column, 03/10/20, Carney Institute for Brain Science, <https://www.brown.edu/carney/news/2020/03/10/guest-column-why-do-we-sleep>.

4. Carskadon, M.A. and Lamberg, L. US schools flunk the start time test. *The Messenger*. Sept 09, 2023. Opinion.  
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5. Carskadon, M.A. and Lamberg, L. Give America's teens a break: Switch to permanent standard time. *The Hill*, Mar 9, 2024. Opinion.  
<https://thehill.com/opinion/healthcare/4516547-give-americas-teens-a-break-switch-to-permanent-standard-time/>

## INVITED PRESENTATIONS (1991-Present)

### *Local Community Presentations*

1. E.P. Bradley Hospital, Developmental Research Seminar: "SuperScience" (3/7/91).
2. E.P. Bradley Hospital, Grand Rounds: "Hazards of Casual Sleep" (3/20/91).
3. Brown University Sports Medicine Performance Team Seminar, (4/29/91).
4. Brown University, Child Depression Research Consortium, (9/15-9/17/91).
5. Chair: Sleep and Neurobiology Workshop. Presentation: "Overview of Sleep Patterns in Older Children and Adolescents: Early Adolescent Transition, Circadian Phase, and Seasonal Changes."
6. E.P. Bradley Hospital, Developmental Research Seminar: "Analysis of Data From Large Survey Projects—Overview" (11/21/91).
7. E.P. Bradley Hospital, Developmental Research Seminar: "Developmental Manifestations of Daytime Sleepiness" (3/19/92).
8. Yale University, Office of the Dean of Student Affairs: "Sleep Patterns in the High-School-to-College Transition" (4/15/92).
9. Miriam Hospital, Center for Behavioral Medicine/Center for Health Promotion, Clinical Round Table, "Changes in Sleep as People Age" (6/9/92).
10. E.P. Bradley Hospital, Grand Rounds: "Seasonal Changes in Mood and Behavior in Children" (11/25/92).
11. R.I. Women's Health Collective, South County Workshop on Older Women's Health: "Sleep and Aging" (1/23/93).
12. E.P. Bradley Hospital, Seminar in Developmental Psychopathology: "Sleep Disorders" (4/2/93).
13. North Shore Children's Hospital Grand Rounds, Salem, MA: "Sleep Patterns in Adolescents: Pubertal and Seasonal Variations" (5/5/93).
14. Brown Medical School Child Psychiatry Grand Rounds, Providence, RI: "Development of Sleep Patterns in Adolescents" (9/15/93)
15. Providence *Sleep Research* Interest Group, Providence, RI: "Sleep and Society—A View from the National Commission; Sleepiness and Driving—A New Initiative" (10/15/93).
16. Brown University Department of Psychology Colloquium, Providence, RI: "Sleep, Circadian Rhythms, and Adolescence" (10/20/93).
17. Brown Learning Community, American Contemporary Health Lecture Series, Providence, RI: "America Asleep: Sleep Problems of the '90s" (11/17/93).
18. Brown University School of Medicine, Behavioral/Research Pediatrics Conference, Providence, RI: "Actigraphic Monitoring of Children's Sleep-Wake Patterns" (1/14/93).
19. The College of the Holy Cross, Psi Chi Colloquium, Worcester, MA: "Sleep (and Lack of Sleep) in Adolescents" (2/15/94).
20. Brown University, Women in Science and Engineering Psychology Affinity Group, Providence, RI: "Women in *Sleep Research*" (2/16/94).



21. Exeter-West Greenwich High School, Drivers' Training Course, Exeter, RI: "Sleep, Sleepiness, and Driving" (3/29/94).
22. St. Luke's Hospital, Department of Psychiatry Grand Rounds, New Bedford, MA: "Sleep, Sleepiness, and Adolescent Development" (5/3/94).
23. East Greenwich High School, Honors Science Students, Lab Tour and presentation on "Sleep Patterns of Adolescents" (5/17/94).
24. East Greenwich High School Health Class, presentation on "Sleep in Adolescents" (10/12/94).
25. Rhode Island Driver Education Staff Development Workshop, Cranston, RI, "Drive Alert...Arrive Alive" (1/21/95).
26. Child and Adolescent Psychiatry Grand Rounds, Brown University School of Medicine, Providence, RI, "Sleep and Biological Timing During Adolescent Development: Behavioral Implications" (9/27/95).
27. Brown Psychological Services, Mental Health Awareness Series, Providence, RI, "Insufficient Sleep and Behavioral Consequences in Adolescence" (11/30/95).
28. Providence *Sleep Research* Interest Group, Providence, RI, "Circadian Rhythms of Adolescents" (1/19/96).
29. Pediatrics Grand Rounds, Rhode Island Hospital, Brown University School of Medicine, Providence, RI, "Sleep and Biological Timing During Adolescent Development" (3/1/96).
30. Providence/Brown Science Consortium, Nathan Bishop Middle School, Providence, RI, "Sleep" (3/25/96).
31. Wentworth Douglass Hospital, Psychiatry Grand Rounds, Dover NH, "Sleep and Circadian Rhythms during Adolescent Development" (4/30/96).
32. Brown University Summer Early Identification Program Seminar, Providence, RI, "Sleep, Circadian Rhythms, and Adolescent Development" (7/19/96).
33. Brown University School of Medicine, Department of Psychiatry and Human Behavior Research Day, Providence, RI: "Sleep and Circadian Timing in Adolescent Development" (11/7/96).
34. Brigham and Women's Hospital CME Course, Diagnosis and Treatment of Sleep Disorders, Cambridge, MA, "How Sleep is Monitored" (11/16/96).
35. Providence Veterans Administration Hospital, Psychiatry Colloquium, Providence, RI, "Factors Affecting Adolescent Sleep or Why High Schools Should Start Later" (12/11/96).
36. Brown University Human Development Seminar, Providence, RI, "Adolescent Development: Factors Affecting Sleep Patterns" (12/19/96).
37. Brown University Staff Development Day, Providence, RI, "Adolescent Sleep: Long, Dark, and Sullen" (6/3/97).
38. Brown University Pulmonary Fellows Sleep Medicine Course, Rhode Island Hospital, Providence, RI, "Fundamentals of Normal Human Sleep" (9/8/97).
39. The Gordon School, E. Providence, RI, "Adolescent Sleep Patterns" (1/8/98).
40. Providence *Sleep Research* Interest Group, Providence, RI, "Adolescent Sleep on Long Nights With and Without Prior Sleep Deprivation" (1/16/98).
41. Brown Humanities Institute, Providence, RI, "Perchance to Dream: Sleep and Human Experience" (2/18/98).
42. Brown Parents Weekend Continuing College, Providence, RI, "Late to Bed and Early to Rise: The Conflict between Biological Needs and Societal Demands in Teens" (10/16/98).
43. St. Elizabeth's Medical Center Psychiatry Resident Seminar, Boston, MA, "Sleep Disorders" (12/2/98).
44. E.P. Bradley Hospital, Parenting Matters, Warwick, RI, "It's Noontime and My Teenager Won't Wake Up!" (3/27/99).
45. RI Association of School Administrators/RI Association of School Committees, Sixth Annual Meeting, Newport, RI, "*Sleep Research*: Are They Really Awake?" (4/30/99).
46. Healthy Schools! Healthy Kids! Third Annual Recognition Awards, Keynote Address, Warwick, RI, "Healthy Sleep for Healthy Teens" (05/27/99).

47. New England Association of School Superintendents Annual Conference, Hyannis, MA, "Sleep and Its Relation to Teenagers' Behavior" (09/27/99).
48. Neurology Grand Rounds, Brown University School of Medicine, Providence, RI "Recent Advances in *Sleep Research*: From Narcolepsy and the Orexin gene to the Circadian Timing System," (01/05/00).
49. Lecture to the communities Brunswick, Bath, and Freeport, Brunswick, ME "Adolescent Sleep: Too Late, Too Little," (01/27/00).
50. Lecture to teaching staff, Brunswick School District, Brunswick, ME "Teens, Sleep, and School," (01/28/00).
51. Brown University Athletic Department. "Sleep and College Athletes," (03/07/00).
52. Brown University Tennis Team. "Managing Your Sleep," (03/17/00).
53. Northeastern Sleep Society, invited presentation, Worcester, MA "Sleep, Teens, and School: Intersection of Biology and Society," (04/07/00).
54. Tufts/New England Medical Center Psychiatry Department Science Seminar Series, Boston, MA "Adolescent Sleep: Role of the Circadian Timing Mechanism," (04/24/00).
55. Northeastern Biology and Behavioral Neuroscience Colloquium, Boston, MA "What Factors Influence the Timing of Sleep in Adolescent Humans?" (04/26/00).
56. Child and Adolescent Psychiatry Grand Rounds, Bradley Hospital, Providence, RI "Circadian Rhythms and Sleep in Teens," (05/24/00).
57. Sleep Medicine Lecture to Pulmonary Medicine Fellows, Rhode Island Hospital, Providence, RI "Introduction to Normal Sleep," (9/25/00).
58. Providence *Sleep Research* Interest Group, E.P. Bradley Hospital *Sleep Research* Lab, Providence, RI "Physiologic Sleepiness in Teens: Sleep Restriction and Circadian Timing," (10/17/00).
59. Smithfield High School, Parents and Teachers Group, Smithfield, RI "Teen Sleep," (11/08/00).
60. Wheeler School, Middle School Parents Group, Providence, RI "Sleep in the Middle Child," (12/04/00).
61. The Gunnery Upper School (at the invitation of the students), Washington, CT, "Your Sleep and Your Academic Life," (01/23/01).
62. The Lawrenceville School, Upper School, Lawrenceville, NJ "Sleep, Teens, and School," (02/14/01).
63. Smithfield School Committee, Smithfield, RI, "Developmental Aspect of Sleep in Teens," (02/26/01).
64. Brown University, Center for Alcohol and Addiction Studies, Postdoctoral Seminar Series, Providence, RI "What We Don't Know about Alcohol and Sleep in Teens" (03/09/01).
65. Seekonk School Committee, Seekonk, MA "Adolescent Sleep" (07/09/01).
66. Brown University, Parents' Weekend, Providence, RI "Adolescent Sleep: From 'Early to Bed, Early to Rise' to 'Too Little Too Late'" (09/26/01).
67. Gorham School District, Gorham, ME "Adolescent Sleep" (10/03/01).
68. Groton School, Groton, MA "Adolescent Sleep" (10/09/01).
69. St. Joseph University, Psi Chi Induction, W. Hartford, CT "Adolescent Development: Regulation of Alertness" (11/08/01).
70. Laurel Mead, Providence, RI "Sleep in Teens" (11/15/01).
71. Connecticut Thoracic Society, Section on Sleep, New Haven, CT: "Adolescent Sleep Patterns and School Starting Times: Maximizing Opportunities for Sleep" (02/06/02).
72. St. Elizabeth's Medical Center Psychiatry Resident Seminar, Boston, MA, "Basic Sleep Mechanisms" (09/25/02).
73. Rhode Island College, Psychological Services Group, Providence, RI: "Sleep/Wake Regulation" (02/14/03).
74. North Kingstown High School, Community Meeting, North Kingstown, RI: "Adolescent Sleep Needs and Patterns" (04/16/04).
75. Mt. Saint Charles Academy, Honors Psychology Class, Woonsocket, RI: "A Few Words about Sleep" (12/17/04).

76. Brown University, Teaching in the Digital Age, Keynote Address, Providence, RI: "Expectations and Experiences" (01/20/05).
77. Brown Medical School, Child and Adolescent Psychiatry Grand Rounds, Bradley Hospital, E. Providence, RI: "Bioregulatory Factors and Adolescent Sleep" (02/09/05).
78. Brown Medical School, Pediatric Grand Rounds, Rhode Island Hospital/Hasbro Hospital, Providence, RI: "Normal Sleep Development in Adolescents and Young Adults" (03/11/05).
79. Brown Medical School Department of Psychiatry and Human Behavior Workshop on Perspectives on Translational Research, Providence, RI: "From Basic Research to Human Lab: From Rat 5-HT 1a Receptors to College Students' Sleep" (03/09/06).
80. Northeast Sleep Society Annual Meeting, Keynote Address, Warwick, RI: "Adolescent Sleep: The Perfect Storm" (03/17/06).
81. Providence *Sleep Research* Interest Group, Providence, RI: "How A Journal Club Paper Sparked a Research Proposal: "Prospective Study of Depressed Mood"" (03/21/06).
82. Brown University, Instructional Technology Group Workshop on Media Assignments, Providence, RI: "PY0055 Final Project Options" (04/28/06).
83. Brown University Staff Development Day, Providence, RI, "Sleep-wake Biology and Adolescents in the 21<sup>st</sup> Century: Recipe for Calamity" (06/07/06).
84. Connecticut College, Psychology Department Colloquium, New London, CT: "When is it Time to Sleep? Behavioral and Biological Factors" (11/13/06).
85. New Canaan League of Women Voters Open Meeting on Sleep and Adolescent Health, New Canaan, CT: "Sleep and Teens" (11/13/06).
86. Laurelmead Community Presentation, Providence, RI: "Sleep Across the Life Cycle" (01/17/07).
87. Boston University, Department of Psychiatry Grand Rounds, Boston, MA: "Adolescent Sleep Patterns: Behavior and Biology" (04/03/08).
88. Northeast Sleep Society Annual Meeting, Keynote Address, Hartford, CT: "How Maturation of Bioregulatory Processes Affects Adolescent Sleep" (03/14/08).
89. E.P. Bradley Hospital, Grand Rounds, E. Providence, RI: "Circadian Clock Pressure, Sleep Pressure, Societal Pressure: Recipe for Adolescent Depression?" (09/10/08).
90. Brown University Research Day, Providence, RI: "Overview of Bradley *Sleep Research* Program" (08/27/09).
91. Gettysburg College, President Janet Morgan Riggs Inauguration Alumni Panel "Enduring Value of a Liberal Arts Education" (09/12/09).
92. Sharon High School Public Forum, Sharon, MA: "What is going on with sleep in adolescent development...and why it is a problem" (04/08/10).
93. Harvard School of Public Health, Maternal Child Health Seminar, Boston, MA: "Sleep and Adolescence" (04/14/10).
94. North Andover High School School Committee, North Andover, MA: "Sleep and adolescent development" (05/20/10).
95. Brown University Center for Alcohol and Addiction Studies Colloquium, Providence, RI: "Biological, Behavioral, and Social Dissonance: School Start Times and Adolescent Sleep" (03/04/11).
96. Festschrift to honor Thomas Anders, E. Providence, RI: "Sleep in Adolescents: Still Need It, Still Don't Get It" (04/30/11).
97. Pomfret School Faculty Day, Pomfret, CT: "Adolescence, Sleep, and Learning" (06/06/11)
98. Grand Rounds, Yale University Department of Psychiatry, New Haven, CT: "Roots of Insufficient Sleep in Adolescents: Is Depressed Mood a Risk and Do Genes Play a Role?" (01/20/12)
99. Smithfield School Forum, Smithfield, RI: "Sleep in Teens" (02/29/12)
100. EP Bradley Hospital Lunch & Learn, E. Providence, RI: "Insufficient Sleep in Teens: Risk for Depressed Mood and Role of Genes" (03/01/12)
101. Harvard Sleep Grand Rounds, Boston, MA: "Adolescent Sleep" (03/05/12)

102. Grand Rounds, University of Wisconsin Department of Psychiatry, Madison, WI: "Adolescent Sleep and Prospective Assessment of Short Sleep and Depressed Mood in Emerging Adults" (04/06/12)
103. Grand Rounds, Brown University Division of Child and Adolescent Psychiatry, E. Providence, RI: "Do Adolescents Sleep too Little? Sleep, Depressed Mood, and Serotonin Transporter Gene" (04/11/12)
104. Brown Medical School, Psychiatry and Human Behavior Grand Rounds presentation, Providence, RI: "Sources of Short Sleep Behavior in Teens and the Emergence of Depressed Mood Symptoms in Older Adolescents" (09/05/12).
105. Maine Medical Center, Psychiatry Grand Rounds presentation, Portland, ME: "Sources of Short Sleep Behavior in Teens and the Emergence of Depressed Mood Symptoms" (09/18/12).
106. Brown University Family Weekend, Faculty Forum presentation, Providence, RI: "A Novel Approach to Sleep: Evidence for Sleep as Environmental Exposure from "College Sleep," a Study of Brown First-Year Students" (10/20/12).
107. Harvard University, MCB 186: Circadian Biology: From Molecular Oscillators to Sleep Regulation, Cambridge, MA: "Implications of Adolescent Sleep and Circadian Changes for School Start Time" (10/24/12).
108. Brown University Department of Neuroscience, Bench to Bedside Seminar Series, Providence, RI: "Narcolepsy" (10/25/12).
109. Yale Medical School, Department of Environmental Sciences Research Seminar, New Haven, CT: "School Start Time for Teens: Role of Sleep and Circadian Rhythms" (11/28/12).
110. Providence College, Honors Colloquium on the Brain, Providence, RI: "The Biology of Teen Sleep Patterns" (10/17/13).
111. Harvard University, MCB 186: Circadian Biology: From Molecular Oscillators to Sleep Regulation, Cambridge, MA: "Adolescent Sleep Patterns: Biological and Societal Factors" (10/23/13).
112. Community College of Rhode Island, Psychology Club, Lincoln, RI: "Principles of Circadian Timing" (11/15/13).
113. University of South Australia, Centre for Sleep Research, Adelaide, Australia: "Fundamentals of Sleep Staging" (02/19/14).
114. Brown University Behavioral Genetics Seminar, Providence, RI: "Sleep Deprivation Response and other Paradigms for Sleep, Arousal, and Rhythms Phenotyping" (03/06/14).
115. Providence College, Honors Colloquium on the Brain, Providence, RI: "The Biology of Teen Sleep Patterns" (10/30/14).
116. East Greenwich School Forum on School Start Time, East Greenwich, RI: "Sleep in Adolescent Development: Why It is a Problem" (02/27/15).
117. Association of Independent Schools in New England, Health and Wellness Symposium, Burlington, MA: "Adolescent Sleep: Health, Wellness, and Learning" (05/10/16).
118. RI House Finance Committee Hearing, Providence, RI: Testimony in favor of H5888 (05/04/17)
119. Rhode Island Association of School Committees Annual Meeting - Student Wellness, Warwick, RI: "The Science of Adolescent Sleep and How Sleep is Affected by School Start Times" (05/06/17)
120. E.P. Bradley Hospital, Grand Rounds, E. Providence, RI: "Circadian Rhythms: How They Work and the Role They Play in Adolescent Sleep" (11/08/17)
121. Brown University Brain Fair Exhibit, Providence, RI: "Sleep for Science" (03/17/18)
122. TuneIn & TuneUp, Feeling Alright Health Fair, Pawtucket, RI: "The positive aspects of a good night's sleep" (10/21/18).
123. Brown University Football Team, Providence, RI: "The need for sleep in sports" (03/11/19)
124. Miriam Hospital Women's Association, Providence, RI: "When Biology Conflicts with Lifestyle and School Bells: Strategies to Help Your Child" (04/11/19).

125. Barrington School Committee Community Forum on Changing Start Times, Barrington, RI: Discussant (04/25/19).
126. Nathanael Greene Middle School, Generation Citizen Discussion with 8<sup>th</sup> grade “action civics” class, Providence, RI: Presenter/discussant (04/30/19).
127. Brown University Football Team, Providence, RI: “The need for sleep in sports” (08/28/19)
128. Brain Week, RI, lunch talk, Brown University, Providence, RI (virtual): “Sleep” (03/15/21)
129. Women’s Basketball Team Seminar, Brown University, Providence, RI: “The importance of sleep.” (10/20/21)
130. EP Bradley Hospital Lunch and Learn (virtual): “COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health,” with Jennifer Freeman, Jennifer Wolff, and David Barker. (01/06/22)
131. RI IDEa PI meeting (virtual): “Bradley Hospital COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health Update.” (01/14/22)
132. Maternal & Child Collaborative Office Rounds (virtual): “Factors that reduce adolescent sleep and open the door to mental health issues.” (04/26/22)
133. E.P. Bradley Hospital, Parenting Matters (virtual): “Adolescent Sleep, Part 1: A Primer.” (04/06/24)

#### *National/International Presentations*

1. International Symposium on Sleep and Respiration, Galveston, TX, “Aging, Daytime Sleepiness and Sleep Disordered Breathing” (3/10/91).
2. Somnolence Symposium, French EEG Society, Montpellier, France: “Evaluation of Excessive Daytime Sleepiness” (5/30-5/31/91).
3. Association of Professional Sleep Societies Annual Meeting, Toronto, Canada (6/15-6/19/91). “Sleep and Development” CME Course Faculty (6/15/91). “Sleep, Sleepiness, and Mood in College-Bound High School Senior,” Carskadon MA, Seifer R, Davis SS, Acebo C (6/17/91). “Reliability of Six Scales in a Sleep Questionnaire for Adolescents,” Carskadon MA, Seifer R, Acebo C. “Yawning Elicited by Reading: Is a Open Mouth a Sufficient Stimulus?” Carskadon MA.
4. American Sleep Disorders Association Annual Review Course, Atlanta, GA: “Measurement of Nocturnal Sleep” and “Assessment of Sleepiness” (8/10/91).
5. Physician’s Board Review Course in Sleep Disorders Medicine, Stanford University: “Fundamentals of Normal Human Sleep” and “Evaluation of Daytime Sleepiness” (8/16-8/18/91).
6. World Federation of *Sleep Research* Societies, Cannes (9/21-25/91). “Nocturnal Sleep and Diurnal Sleep Tendency Across Adolescence” “Sleepiness/Alertness and the Development of its Circadian Rhythms” “Sleep Patterns and Circadian Type in Preadolescents”
7. Phelps Annual Pulmonary Conference, Pueblo, CO: “Fundamentals of Normal Human Sleep” (10/4/91).
8. Society for Cross-Cultural Research, Santa Fe, NM: “Sleep: The Lost Frontier” (2/27/92).
9. Ohio Sleep Medicine Institute, Columbus, OH: “Childhood Owls & Larks: Morningness/Eveningness as Relating to the Sleep Patterns of Children” (3/13/92).
10. Sleep Disorders Symposium, The Impact of Sleep on Performance, Albuquerque, NM: “Childhood and Adolescent Sleep Patterns” and “Sleep Patterns in Advanced Age” (4/4/92).
11. Fourth Annual Meeting of the Society for Light Treatment and Biological Rhythms: “Parental reports of seasonal mood changes in children,” Carskadon MA, Acebo C (5/1/92).
12. Association of Professional Sleep Societies Annual Meeting, Phoenix (5/30-6/3/92) “Effects of Age and Sex on Breathing During Nocturnal Nasal Occlusion,” Carskadon MA, Carlisle CC, Millman RP, Rosenberg C, Cavallo A, Acebo C. “Relationship of Morningness/Eveningness Scale to Sleep patterns in Children,” Carskadon MA, Acebo C. “Nightmares, Sleep-Onset Imagery, Dream Emotions, and Ego Boundaries in College Students,” Carskadon MA, Wicks J, Sharkey K, Acebo C. “Yawning Elicited by

- Reading: Effects of Sleepiness,” Carskadon MA, Sharkey K, Wicks J. Postgraduate Course on Pediatric Sleep Medicine: “Normal Sleep Patterns in Children and Adolescents.”
13. American Sleep Disorders Association Annual Postgraduate Course on Sleep Disorders Medicine, Atlanta: “Measurement of Human Sleep” and “Guidelines for the Assessment of Daytime Sleepiness” (8/8/92).
  14. School of Sleep Medicine Annual Postgraduate Course, Palo Alto: “Normal Human Sleep” and “Sleep Stage Scoring” (8/15/92).
  15. Third International Symposium on Sleep and Breathing, Palm Cove, Australia: “Behavioral Concomitants of Childhood Sleep-Disordered Breathing: A Survey Based on Parent and Teacher Reports,” Carskadon MA, Acebo C (9/2/92).
  16. AUS-Sleep ‘93, Cairns, Australia: “Measurement of Sleepiness: Multiple Sleep Latency Test Methodological Issues” (9/4/92).
  17. AUS-Sleep ‘93, Cairns, Australia: “Sleep in adolescents—puberty and delayed sleep phase,” Carskadon MA, Acebo C (9/5/92).
  18. University of Illinois, Chicago, Center for Narcolepsy Research Symposium Life of the Sleepy Person II: “Sleep and Sleepiness Across the Lifespan” (3/5/93).
  19. National Sleep Foundation Postgraduate Course on Insomnia, Its Diagnosis and Treatment. Faculty member for courses in Ponte Vedra (3/10/93) and Pittsburgh (3/25/93).
  20. Seventh Annual Northeastern Sleep Society Meeting, Warwick, RI: “Improving undergraduates’ sleep through a simple intervention,” Carskadon MA, Wicks J, Bigler P, Acebo C (4/16/93).
  21. Minnesota Regional Sleep Disorders Annual Lecture, Minneapolis: “Sleepiness in Adolescents: A Crisis Situation, A National Problem” (4/21/93).
  22. Society for Light Treatment and Biological Rhythms, San Diego: “Reports of seasonal mood changes in couples: Role of circadian phase preference and latitude,” Carskadon, M.A. and Acebo, C. (6/20/93).
  23. Stanford University *Sleep Research* Center, William C. Dement Scientific Day Symposium presentation, Stanford, “Sleep in Adolescence: Legacy of the Stanford Summer Sleep Camp.” 6/21/93.
  24. Association of Professional Sleep Societies, Los Angeles. Postgraduate course on Review of Sleep Disorders in Infants, Children and Adolescents: “Sleep in Adolescence.” 6/23/93.
  25. Association of Professional Sleep Societies, Los Angeles, Scientific Program. “Can undergraduate sleep habits be improved? A preliminary report,” Carskadon, M.A., Wicks, J., Bigler, P. and Acebo, C. (6/26/93). “Nocturnal nasal occlusion and breathing during sleep in premenopausal and menopausal women: preliminary report,” Carskadon, M.A., Sharkey, K.M., Acebo, C., Cavallo, A., Rosenberg, C., Carlisle, C., and Millman, R.P. (6/26/93). “Activity-based detection of wakefulness and active and quiet sleep states during the first six months of life,” Sadeh, A., Aytur, S., Acebo, C., Seifer, R., and Carskadon, M.A. (6/26/93). “An evaluation of children’s self-reported sleep measures,” Acebo, C. and Carskadon, M.A. (6/26/93)
  26. School of Sleep Medicine Technologist Training Course, Palo Alto: “Multiple Sleep Latency Test” and “Sleep Stage Scoring” (7/25/93).
  27. American Sleep Disorders Association Annual Postgraduate Course on Sleep Disorders Medicine, Leesburg: “Measurement of Human Sleep” and “Guidelines for the Assessment of Daytime Sleepiness” (8/7/93).
  28. School of Sleep Medicine Annual Postgraduate Course, Palo Alto: “Normal Human Sleep,” “Sleep Stage Scoring,” and “Measurement of Daytime Sleepiness” (8/14-15/93).
  29. Indiana University Department of Psychology Colloquium, Bloomington: “Determinants of Sleep Patterns in Adolescents” (10/8/93).
  30. New York Governor’s Highway Safety Forum, Albany: “Sleepiness in Adolescents and Young Adults” (12/1/93).

31. School of Sleep Medicine, 12th Annual Course in Sleep Medicine, Palo Alto: "Normal Human Sleep," "Sleep Stage Scoring," and "Measurement and Determinants of Excessive Daytime Sleepiness" (3/19 and 3/20/94).
32. National Sleep Foundation, Postgraduate Course on Insomnia, Its Diagnosis and Treatment. Faculty member for course in Columbus, OH: "Introduction to Sleep and Insomnia" and "Sleep Hygiene and Behavioral Treatments" (4/21/94).
33. Society for Research on Biological Rhythms, Amelia Island Plantation, FL: "Determinants of Sleepiness as Assessed by Multiple Sleep Latency Test (MSLT)" (5/5/94).
34. American Lung Association/American Thoracic Society International Conference, Boston, MA: "Behavioral Correlates of Nocturnal Arousals" (5/22/94).
35. Association of Professional Sleep Societies 8th Annual Meeting, Boston, MA: "Practical Considerations Using Actigraphy—When Does Inactivity Indicate Sleep?" (6/7/94); "The Risk of Sleepy Driving: A Survey of Adolescents and Young Adults" (6/8/94).
36. Association of Polysomnography Technologists Annual Meeting, Boston, MA: "Research Methodology" (6/8/94).
37. National Center on Sleep Disorders Research, Strategy Development Workshop on Sleep Education, Bethesda, MD: "Sleep Deprivation and Lifestyle: Educational Efforts" (6/28-29/94).
38. The New York Hospital-Cornell Medical Center Department of Psychiatry Weitzman Memorial Grand Rounds, White Plains, NY: "Interactions of Sleep, Circadian Rhythms, and Daytime Sleepiness during Adolescent Development" (10/28/94).
39. National Institute of Occupational Health and Safety/Department of Labor Committee on Child Labor, "Adolescent Sleep Patterns: Associations with Work Schedules and Job Safety" (1/20/95).
40. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: "Normal Development and Sleepiness in Adolescents" (2/6/95).
41. The Technion Symposium on the Zero Hour for Starting School, Haifa, Israel: "Early School Days Conflict with Adolescent Patterns of Sleep and Circadian Rhythms" (2/26/95).
42. Health Outcomes Research in Sleep Apnea Conference, American Thoracic Association/American Sleep Disorders Association, Chicago, IL: "Hypersomnolence" (3/23/95).
43. Society for Research on Child Development Annual Meeting, Symposium on The Role of Sleep in Children's Social Development, Indianapolis, IN: "Sleep's Place in Teenagers' Lives" (3/31/95).
44. Association of Polysomnography Technologists Annual Meeting Keynote Address, Nashville, TN: "Development of Sleep Patterns in Teenagers" (6/2/95).
45. Association of Professional Sleep Societies 9th Annual Meeting, Nashville, TN: "Early School Schedules Modify Adolescent Sleepiness" (6/3/95).
46. XIIth International Symposium on Night and Shiftwork, Ledyard, CT: "School as Shiftwork? Adjustment to Early Schedules in Adolescents" (6/17/95).
47. New England Traffic and Safety Education Association Conference, Providence, RI: "Drive Alert, Arrive Alive" (11/4/95).
48. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: "Normal Development and Sleepiness in Adolescents" (2/20/96).
49. Workshop on Neurobiology of Adolescent Depression: Sleep-Arousal Regulation and Related Developmental Changes, "Sleep and Biological Timing in Adolescents," National Institute of Mental Health, Bethesda, MD (3/28/96).
50. International Conference of Infant Studies, Providence, RI: "Infant Sleep: Descriptions and Interventions" (4/20/96).
51. Society for Research on Biological Rhythms Annual Scientific Meeting, Amelia Island, FL: "Long Nights Protocol: Access to Circadian Parameters in Adolescents" (5/9/96).
52. Associated Professional Sleep Societies Annual Scientific Meeting, Washington, DC: "Effects of a fixed Light-Dark Schedule on SRM in Adolescents," "Entrainment of Sleep and Dim Light Salivary

- Melatonin Onset (DLMO) in Young Adolescents Using a Fixed Light Schedule,” “Circadian Parameters in Adolescents: Preliminary Results Using the Long Nights Protocol” (5/29/96). Meet-the-Professor: “Experiences with Dim-Light Salivary Melatonin Measurement in Adolescents” (6/1/96).
53. Italian Sleep Medicine Association Annual Scientific Meeting, Genoa, Italy: “Sleep and Circadian Timing in Adolescent Development” (9/13/96).
  54. Friends of the National Institute of Nursing Research Research Day, Washington, DC: “Developmental Manifestations of Daytime Sleepiness” (9/18/96).
  55. University of Pennsylvania *Sleep Research* Group Seminar, Philadelphia, PA: “Sleep and Circadian Rhythms in Adolescents: Implications for School Start Time Asleep at School or Should First Period be Spent Sleeping in Bed Rather than Asleep at School?” (11/8/96).
  56. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: “Normal Development and Sleepiness in Adolescents” (1/14/97).
  57. Wayne State University, Department of Psychiatry and Behavioral Neurosciences, Chairman’s Grand Round Presentation, Detroit, MI: “Behavioral and Biological Factors Affecting Adolescent Sleep Patterns” (1/15/97).
  58. Black Hills Neurology Conference, Spearfish, SD: “Principles of Sleep and Circadian Timing,” “Adolescent Sleep: Developmental Patterns,” “Emerging Sleep Disorders in Adolescents.” (2/20-22/97)
  59. 8th International Rappaport Symposium/2nd Annual Meeting of the Israel *Sleep Research* Society, Zichron Yaacov, Israel: “Adolescent Sleep: Darkness Till Noon?” (3/10/97).
  60. American Thoracic Society Task Force on Neurobehavioral Sequelae of Sleep Apnea in Children, Washington, DC: “Daytime Sleepiness” (3/17/97).
  61. Youth Enhancement Services, International Conference on Contemporary Perspectives on Adolescent Sleep Patterns, Los Angeles, CA: “Work, School, Sleep, and Circadian Timing in Adolescents,” and “Risks of Driving While Sleepy in Adolescents and Young Adults” (4/18-20/97).
  62. Stanford Silver Anniversary Year, A Quarter Century of Sleep Medicine at Stanford University, Lecture co-sponsored by the Stanford Center on Adolescence, Stanford, CA: “Adolescent Sleep: Can We Reconcile Biological Needs with Societal Demands?” (4/21/97).
  63. Sleep Grand Rounds, Harvard Medical School, Boston, MA: “Adolescent Sleep: Long, Dark, and Sullen” (5/14/97).
  64. Associated Professional Sleep Societies Annual Scientific Meeting, San Francisco, CA: “REM sleep on MSLTs in high school students is related to circadian phase” (6/15/97).
  65. National Research Council (Commission on Behavioral and Social Sciences and Education) and Institute of Medicine (Board on Children, Youth, and Families) Committee on the Health and Safety Implications of Child Labor, Washington, D.C.: “Fatigue/Sleepiness” (6/25/97).
  66. Rapid City Regional Hospital Friday Morning Physician Education Conference, Rapid City, SD: “Adolescent Sleep Patterns and Sleep Disorders” (9/19/97).
  67. Advances in Sleep Medicine, Sponsored by the Sleep Center, Rapid City Regional Hospital, Rapid City, SD: “Circadian Rhythms: Physiology and Pathophysiology” (9/19/97).
  68. Sleep Disorders Service and Research Center Sleep Rounds, Rush-Presbyterian-St.Luke’s Medical Center, Rush University, Chicago, IL: “Adolescent Sleep: Can we Reconcile Biological Needs with Societal Demands?” (10/21/97).
  69. Diagnosis and Treatment of Sleep Disorders, Brigham and Women’s Hospital, Boston, MA: “How Sleep is Monitored,” “Assessment of Sleepiness” (10/31/97).
  70. R.O.Y. Warren Conference, Delaware Chapter, American Academy of Pediatrics, Wilmington, DE: “Principles of Sleep and Circadian Timing,” “Sleep Patterns and Sleep Disorders in Adolescents” (11/7/97).
  71. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: “Normal Development and Sleepiness in Adolescents” (1/19/98).



72. Sixth Meeting of the Society for Research on Biological Rhythms, Amelia Island Plantations, FL: "Circadian and homeostatic influences on sleep latency in adolescents" (5/8/98).
73. National Heart, Lung, and Blood Institute, National Center on Sleep Disorders Research, Strategy Development Workshop on Educating Youth about Sleep and Drowsy Driving, Washington, DC: "Sleep in Adolescence" (6/5/98).
74. Associated Professional Sleep Societies Annual Meeting, New Orleans, LA: "Adolescent Sleep on Long Nights with and without Prior Sleep Deprivation" (6/21/98).
75. Pediatric Grand Rounds, duPont Hospital for Children, Wilmington, DE: "The Sleep Wake Cycle in Adolescents" (8/12/98).
76. 16th Annual Meeting of the SE/SW Regional Polysomnographic Association, Keynote Address, League City, TX: "Circadian Rhythms, Sleep-Wake Processes, and Adolescent Sleep Patterns" (9/18/98).
77. World Health Organization, Worldwide Project on Sleep and Health, International Workshop on Sleep and Cognitive Function, Cancun, Mexico: "Circadian and Wake-Dependent Influences on Cognitive Function in Children and Adolescents," (3/3/99).
78. Case Western Reserve, VA *Sleep Research* Group, Behavioral Research Team, Cleveland, OH: "Sleep and the Adolescent," (3/18/99).
79. National Institute on Alcohol Abuse and Alcoholism, Workshop on Future Directions for Research on Alcohol and Sleep, Bethesda, MD: "Psychosocial Aspects of Sleep in Adolescents (Relation to Drinking)," (5/4/99).
80. Center for Biological Timing, Fridays at Four Seminar, Charlottesville, VA: "Psychosocial and Biological Factors Influencing the Timing and Amount of Sleep in Adolescents," (5/14/99).
81. National Research Council Forum on Adolescence Board on Children, Youth, and Families, Workshop on the Sleep Needs, Patterns, and Difficulties of Adolescents, National Academy of Sciences, Washington, DC: "Sleep at Adolescence—From Early to Bed, Early to Rise to Too Little, Too Late," (9/22/99).
82. Association for Psychosocial Research Conference, Boston, MA: "How Children Sleep: Impact on the Community," (10/15/99).
83. American Physiological Society Conference on Determinants of Vigilance: Interaction between the Sleep and Circadian Systems, Ft. Lauderdale, FL: "Consequences of the Interaction between Circadian and Sleep Systems for Adolescents," (10/22/99).
134. Southern Sleep Society Annual Meeting, Invited Presentation. "Sleep in Teens: Too Little, Too Late," (3/10/00).
135. Society for Research on Biological Rhythms Annual Scientific Meeting, Amelia Island, FL: "Sleep during Forced Desynchrony in Adolescents," (5/12/00).
136. Associated Professional Sleep Societies Annual Scientific Meeting, Las Vegas, NE: "Sleep Need and Sleep Behavior in Adolescents: The Role of Sleep Restriction on MSLT," symposium presentation (6/20/00).
137. Associated Professional Sleep Societies Annual Scientific Meeting, Las Vegas, NE: "Daytime REM Sleep in Adolescents," (6/20/00).
138. Associated Professional Sleep Societies Annual Scientific Meeting, Las Vegas, NE: "Control and Regulation of Adolescent Sleep Patterns," symposium presentation (6/21/00).
139. Greater Edmonton Teachers Convention Association, Parents Group, Edmonton, Alberta, CA: "Adolescent Sleep Patterns" (02/28/01).
140. Greater Edmonton Teachers Convention Association, Edmonton, Alberta, CA: "Sleep Patterns of Adolescents: Interaction with School Schedules" (03/01/01).
141. Science of Mind-Body Interactions, MacArthur Foundation/NIMH/NINDS/NIH, Bethesda, MD: "Developmental Changes in the Timing of Alertness... or: Why My Child is Alert in the Morning, My Teen at Night, and I'm Neither" (03/26/01).

142. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: "An Introduction to Circadian Rhythms," "Adolescent Sleep," "Adolescent Sleep Disorders" (04/04/01).
143. School of Sleep Medicine, Sleep Medicine Board Preparation Course, Palo Alto, CA: "Basic Sleep Mechanisms" (04/30/01).
144. American Psychiatric Association, Symposium on Excessive Daytime Sleepiness, New Orleans, LA, "Evaluation and Measurement of Daytime Sleepiness" (05/9/01).
145. NIH Behavioral and Social Sciences Research Lecture Series, Bethesda, MD: "Effects of Sleep and the Circadian Timing System on Alertness" (05/21/01).
146. Associated Professional Sleep Societies Annual Scientific Meeting Trainee Day Workshop, Chicago, IL: "How to Teach a Course in Sleep" (06/06/01).
147. Associated Professional Sleep Societies Annual Scientific Meeting, Chicago, IL: "Intrinsic Period Shorter than 24 Hours in an Adolescent Boy" (06/07/01).
148. Chesapeake Sleep Society Annual Scientific Meeting, Keynote Address, Charlottesville, VA: "Sleepiness in Teens: Homeostatic, Circadian, and Behavioral Factors" (10/19/01).
149. Sleep, Fatigue and Medical Training Conference Sponsored by American Academy of Sleep Medicine, *Sleep Research Society*, American Medical Association, National Center for Sleep Disorders Research of the NHLBI, and Agency for Health Care Research and Quality, Alexandria, VA: "Sleep and Sleepiness" (10/28/01).
150. Neurology Grand Rounds, University of Michigan Medical Center, Ann Arbor, MI: "Adolescent Sleep: Insufficient and Ill-Timed" (11/28/01).
151. Lecture to Neuroscience 520, Sleep: Neurobiology, Medicine, and Society, University of Michigan, Ann Arbor, MI: "Sleep and Development" (11/28/01).
152. National Center on Sleep Disorders Research, Working Group on Sleepiness in Adolescents/Young Adults, BWI Marriott: "Sleep Patterns and Daytime Alertness in Adolescents: Sleep Loss & Sleepiness in a Developmental Context" (02/05/02).
153. American College of Preventive Medicine, Public Health Practice Session, San Antonio, TX: "Adolescent Sleep and Circadian Rhythms: Effects of Early School Start Time on Adolescent Health and Performance" (02/21/02).
154. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: "Regulation of Sleep and Sleepiness," "Basics of Circadian Rhythms," and "Adolescent Sleep" (03/18/02).
155. FOCUS on Respiratory Care Conference, St. Louis, MO: "Adolescent Sleep" (04/25/02).
156. School of Sleep Medicine, Sleep Medicine Board Preparation Course, Palo Alto, CA: "Basic Mechanisms in the Control and Regulation of Sleep" (05/13/02).
157. Joint meeting of the Society for Research on Biological Rhythms and the *Sleep Research Society*, Amelia Island Plantations, FL: "The Rhythms of Human Sleep and Wakefulness" (05/22/02).
158. Society for Research on Biological Rhythms, Annual Scientific Meeting, Amelia Island Plantations, FL: "Sleep-Wake Change and Salivary Melatonin Onset in Children Ages 8 to 12" (05/25/02).
159. Associated Professional Sleep Societies Annual Scientific Meeting, Postgraduate Course Session on Interpretation of Polysomnograms: Arousals and Apneas, Seattle, WA: "Sleep Stage Scoring" (06/09/02).
160. Associated Professional Sleep Societies Annual Scientific Meeting, Trainee Day Workshop, Seattle, WA: "Adolescent Sleep" (06/09/02).
161. Associated Professional Sleep Societies Annual Scientific Meeting, Invited Lecture, Seattle, WA: "Regulation of Sleep and Alertness in Adolescents" (06/10/02).
162. Associated Professional Sleep Societies Annual Scientific Meeting, Meet-the-Professor, Seattle, WA: "Teaching Sleep to Undergraduates" (06/12/02).

163. Associated Professional Sleep Societies Annual Scientific Meeting, Platform Presentation, Seattle, WA: "Morningness/Eveningness (M/E), Phase Angle, Sleep Restriction, and MSLT: A Pilot Study in Adolescents" (06/12/02).
164. American Academy of Pediatrics Annual Meeting, Boston, MA: "Adolescent Sleep Needs/Gaps; Impact of Sleepiness on Performance" (10/23/02).
165. MBRS-MARC Science Seminar, University of Texas, San Antonio: "Predicting Alertness: Regulation of Sleepiness by the Sleep-Wake and Circadian Timing Systems" (11/01/02).
166. Sleep Grand Rounds, Stanford University, Stanford, CA: "Regulation of Sleep and Alertness in Adolescents" (11/08/02).
167. National Sleep Foundation, Drowsy Driving Summit, Washington, DC: "Overview of the Risks of Drowsy Driving in Adolescents and Young Adults" (11/20/02).
168. 21st Annual Conference on Sleep Disorders in Infants and Children, Rancho Mirage, CA: "Sleep/Wake Regulation in Older Children and Adolescents" (01/17/03).
169. Black Hills Neurology Seminar, Spearfish, SD: "Principles of Sleep and Circadian Timing" (02/20/03); "Adolescent Sleep: Development of Patterns" (02/21/03); "Adolescent Sleep: Emerging Sleep Disorders" (02/22/03).
170. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: "Principles of Sleep and Circadian Timing," "Adolescent Sleep," "Adolescent Sleep Disorders" (03/22/03).
171. FOCUS on Respiratory Care Conference, Nashville, TN: "Sleep/Wake Regulation in Adolescents" (04/10/03).
172. Society for Research in Child Development annual scientific meeting, Tampa, FL: "Sleep Loss in Children: Discussant" (4/27/03).
173. Sleep Disorders 2003: All You Ever Wanted to Know About Sleep Course, Las Vegas, NE: "The Physiology of Sleep," "Teenagers and Sleep" (04/14/03).
174. American Photobiology Association annual scientific meeting, Baltimore, MD: "Light and the Adolescent Circadian Timing System" (07/06/03).
175. Georgia Association of Sleep Professionals annual meeting, Atlanta, GA: "The History of Sleep Medicine: An Early Insider's View" (08/01/03).
176. Conference on Adolescent Brain Development: Vulnerabilities and Opportunities, New York Academy of Science, New York, NY: "Regulation of Adolescent Sleep: Implications for Behavior" (09/20/03).
177. Amberg-Helmholz Lecture, Mayo Clinic Pediatric Days, Rochester, MN: "Sleep/Wake Regulation During Adolescent Development" (10/02/03).
178. Conference on Adolescence, Thibodaux Regional Hospital, Thibodaux, LA: "Sleep/Wake Regulation in Adolescence" (11/07/03).
179. Lecture to Neuroscience 520, Sleep: Neurobiology, Medicine, and Society, University of Michigan, Ann Arbor, MI: "Sleep and Development" (12/03/03).
180. Workshop, 22nd Annual Conference on Sleep Disorders in Infancy and Childhood, Annenberg Center for Health Sciences, Rancho Mirage, CA: "Melatonin Onset Testing" (01/16/04).
181. Seminar on Sleep and Cognition, NIH Cognitive Neuroscience Consortium Seminar Series, NINDS, NIA, NIMH, NIDA, NEI, Bethesda, MD: "Excessive Sleepiness in Adolescence: Developmental Processes" (01/21/04).
182. Sleep Disorders 2004: All You Ever Wanted to Know About Sleep, CME Course, Las Vegas, NV: "Physiology of Sleep," "Teens and Sleep" (03/22/04).
183. Frontiers of Knowledge in Sleep & Sleep Disorders: Opportunities for Improving Health and Quality of Life Conference, Bethesda MD: "Normal and Abnormal Sleep: Populations at Risk – Adolescents/Children" (03/29/04).
184. Sleep Difficulties and Solutions in College Students, CME Course, Newport, RI: "Normal Sleep" (05/07/04).

185. Associated Professional Sleep Societies Annual Scientific Meeting, Trainee Day Interactive Workshop, Philadelphia, PA: "Teaching a Sleep Course" (06/06/04).
186. Associated Professional Sleep Societies Annual Scientific Meeting, Postgraduate Course on Normative Sleep: Clinical Issues in Pediatric Sleep Medicine, Philadelphia, PA: "Child and Adolescent Sleep Time and Sleepiness" (06/06/04).
187. Associated Professional Sleep Societies Annual Scientific Meeting, Symposium on Normative Sleep: Evolution of Objective and Subjective Parameters from Childhood to Old Age, Philadelphia, PA: "Childhood and Adolescence" (06/08/04).
188. Associated Professional Sleep Societies Annual Scientific Meeting, Paper Session on Why When? Human Circadian Rhythms, Philadelphia, PA: "Intrinsic Circadian Period and Phase Angle Influence Daytime Sleep Tendency in Adolescents" (06/08/04).
189. Associated Professional Sleep Societies Annual Scientific Meeting, Symposium on Behavioral and Neurobiological Consequences of Sleep Loss, Philadelphia, PA: "Sleep Loss in a Developmental Context" (06/10/04).
190. 17th Congress of the European *Sleep Research* Society, State of the Art Lecture, Prague, Czech Republic: "Adolescent Development: Sleep Regulation, Sleep Patterns, and Public Policy Implications" (10/07/04).
191. Distinguished Lecturer, Bouve College of Health Sciences, Northeastern University, Boston, MA: "What Do Basic Sleep-Wake Regulatory Processes Tell Us About Adolescent Sleep Behavior?" (10/13/04).
192. 23rd Annual Conference on Sleep Disorders in Infancy and Childhood, Annenberg Center for Health Sciences, Rancho Mirage, CA: "Circadian Rhythms in Adolescents" (01/14/05).
193. *Sleep Research* Society, A Primer of *Sleep Research*, Miami, FL: "Sleep and Adolescence" (02/05/05).
194. Sleep Disorders 2005: All You Ever Wanted to Know About Sleep, CME Course, Las Vegas, NV: "Physiology of Sleep," "Teens and Sleep" (02/28/05).
195. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: "Sleep in Adolescents: Part I and Part II" (03/07/05).
196. FOCUS on Respiratory Care and Sleep Medicine Conference, Cleveland, OH: "Bioregulatory Processes Affecting Adolescent Sleep" (04/07/05).
197. Developmental Chronopsychology Conference, Keynote Presentation, Toronto: "Developmental Chronopsychology: Can it Explain Adolescent Sleep Behavior?" (05/26/05).
198. Associated Professional Sleep Societies Annual Scientific Meeting, Trainee Day Seminar, Denver: "Sleep in Children and Adolescents versus Adulthood" 06/19/05.
199. Associated Professional Sleep Societies Annual Scientific Meeting, Meet the Professor session, Denver: "Teaching Sleep to Undergraduates" (06/20/05).
200. Associated Professional Sleep Societies Annual Scientific Meeting, National Sleep Foundation Satellite Symposium, Denver: "Introduction to Adolescent *Sleep Research*: What We Know About Adolescent Sleep Patterns" (06/22/05).
201. Latin American Symposium of Chronobiology, Plenary Lecture, Cordoba-Los Cocos, Argentina: "Insights on Adolescent Sleep Behavior: Maturation of Mechanisms Affecting the Timing of Sleep" (10/28/05).
202. Sleep Disorders 2005: All You Ever Wanted to Know About Sleep, CME Course, Orlando: "Physiology of Sleep," "Teens and Sleep," "Circadian Rhythms," "Dreaming" (11/07/05).
203. University of Michigan, Sleep, Sleep Disorders, and Depression Course, Ann Arbor: "Late to Bed and Early (Ugh) to Rise: How Adolescents Get There" 11/10/05.
204. Walla Walla High school: teachers, a psychology class, the senior class: "Sleep in Teens" 11/30/05.
205. Whitman College, Brode Lecture, Walla Walla: "Adolescent Sleep Requirements" 11/30/05.
206. Washington State University, Neuroscience Seminar, Pullman: "Sleep Bioregulatory Processes and Adolescent Sleep Behavior" 12/01/05.

207. Washington State University Spokane, Sleep and Performance Research Center, Spokane: "How Development of Basic Sleep-Wake Regulation Affects Teen Sleep," 12/02/05.
208. *Sleep Research Society*, Primer of *Sleep Research* Course, San Diego, "Adolescence: How the Development of Sleep Regulatory Processes Interacts with Behavior (02/11/06).
209. Sleep Disorders 2006: All You Ever Wanted to Know About Sleep, CME Course, Las Vegas: "Physiology of Sleep," "Teens and Sleep," (02/28/06).
210. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: "Sleep in Adolescents: Part I and Part II" (03/23/06).
211. Society for Research on Adolescence Scientific Meeting, Invited Address, San Francisco: "Too Little, Too Late: How Bioregulatory Processes Affect Adolescent Sleep Patterns" (03/23/06).
212. Russell Sage College, Geneva Sayre Lecture, Troy, NY: "Sleep Bioregulatory Processes Across Adolescence" (04/20/06).
213. Everett Sleep Disorders Center, Sleep CME Course, Everett, WA: "Normal Sleep" (05/05/06).
214. National Academy of Science Teen Driving Workshop, Washington, DC: "How do adolescent sleep patterns and sleep needs affect driving?" (05/15/06).
215. Society for Research on Biological Rhythms Biennial Scientific Meeting, Symposium Presentation, San Destin, FL: "Cognitive Performance Rhythms in Social Children" (05/23/06).
216. SLEEP 2006, Annual Scientific Meeting of the Associated Professional Sleep Societies, Salt Lake City, UT: Course coordinator: Basics of Sleep Science. Course lecture: "Normal Human Sleep Across the Life Cycle" (06/17/06).
217. SLEEP 2006, Annual Scientific Meeting of the Associated Professional Sleep Societies, Salt Lake City, UT: "Phase Preference, Seep Tendency, and Sleep Restriction" (06/21/06).
218. European *Sleep Research Society*, Annual Scientific Meeting, Innsbruck, Austria: "Contemporary Sleep Patterns of Adolescents in the USA: Results of the 2006 National Sleep Foundation Sleep in America Poll" (09/14/06).
219. European *Sleep Research Society*, Annual Scientific Meeting, Innsbruck, Austria, debate: "Delaying School Time in Europe—Are We Ready?" (09/15/06).
220. Australasian Sleep Association, 19th Annual Scientific Meeting, Perth, Western Australia, Plenary Lecture: "Developmental Changes in Adolescence" (10/05/06).
221. Australasian Sleep Association, 19th Annual Scientific Meeting, Perth, Western Australia, Plenary Lecture: "Circadian Time and the Development of Sleepiness" (10/06/06).
222. Australasian Sleep Association, 19th Annual Scientific Meeting, Perth, Western Australia, Pediatric SIG Symposium Presentation: "Sleep Restriction in Childhood and Adolescence: Causes and Consequences" (10/06/06).
223. Penn State Sleep Disorders Medicine Conference on Daytime Sleepiness & Fatigue, Hershey, PA: "Sleepiness in Adolescents" (11/03/06).
224. Learning & The Brain Conference, Boston, MA: "Teens, Sleep, and School: Why Johnny Can't Stay Awake" (11/10/06).
225. Keynote Address, The Association of Boarding Schools 2006 Conference, Washington, DC: "Adolescent Sleep Patterns" (12/02/06).
226. Children's Hospital at Montefiore Medical Center, Bronx, NY: "Tweens to Teens: Factors Affecting Sleep Patterns" (01/17/07).
227. Clemson University Psychology Department Seminar, Clemson, SC: "Biobehavioral Determinants of Adolescent Sleep Patterns" (02/19/07).
228. Circadian Rhythms and Sleep Disorders: From Basic Science to Clinical Applications Symposium, Morehouse School of Medicine, Atlanta, GA: "Sleep Regulation in Adolescents" (03/14/07).
229. SLEEP 2007, Annual Scientific Meeting of the Associated Professional Sleep Societies, Minneapolis, MN: Course coordinator: Basics of Sleep Science. Course lecture: "Normal Human Sleep Across the Life Cycle" (06/09/07).

230. Trainee Day Keynote Moderator, SLEEP 2007, Annual Scientific Meeting of the Associated Professional Sleep Societies, Minneapolis, MN: "Landmarks and Opportunities" (06/10/07).
231. Trainee Day Workshop, SLEEP 2007, Annual Scientific Meeting of the Associated Professional Sleep Societies, Minneapolis, MN: "Adolescent Development and Sleep" (06/10/07).
232. Invited Lecture, SLEEP 2007, Annual Scientific Meeting of the Associated Professional Sleep Societies, Minneapolis, MN: "Adolescence as a Model System to Understand Sleep Behavior" (06/11/07).
233. Women's and Children's Hospital, Adelaide, Australia: "Sleep and School in Teens: Issues and Concerns" (08/28/07).
234. 10<sup>th</sup> International Sleep and Breathing Meeting, Symposium on Downstream Effects of OSA and Intermittent Hypoxia 1 – Sleepiness, Learning, and Cognition, Palm Cove, Australia: "Sleep Restriction in Children" (09/01/07).
235. Trainee Day Workshop, WorldSleep07 Trainee Day, Quadrennial Scientific Meeting of the World Federation of *Sleep Research* and Sleep Medicine Societies, Cairns, Australia: "Teaching a Sleep and Chronobiology Course" (09/02/07).
236. Quadrennial Scientific Meeting of the World Federation of *Sleep Research* and Sleep Medicine Societies, Symposium on Sleep and Insomnia in Adolescence, Cairns, Australia: "Adolescent Development: Challenges for Sleep Regulation" (09/03/07).
237. Quadrennial Scientific Meeting of the World Federation of *Sleep Research* and Sleep Medicine Societies, Discussion group on How Do I Measure Thy Clock? Let Me Count the Ways: Tools for the Sleep Clinician to Estimate Circadian Phase, Cairns, Australia: "Assessing Clock Timing in Young Humans: DLMO, Sleep Patterns, or Both? (Does Phase Angle Provide Added Value?)" (09/03/07)
238. Quadrennial Scientific Meeting of the World Federation of *Sleep Research* and Sleep Medicine Societies, Helen Bearpark Memorial Talk, Cairns, Australia: "Selling Sleep" (09/04/07).
239. Quadrennial Scientific Meeting of the World Federation of *Sleep Research* and Sleep Medicine Societies, Symposium on Sleep in Children and Adolescents: Patterns of Sleep and Determinants of Sleep Disorders Across the Paediatric Age Span, Cairns, Australia: "Patterns and Determinants of Sleep in Adolescents" (09/06/07).
240. Society for Developmental and Behavioral Pediatrics, 25<sup>th</sup> Anniversary Meeting, Symposium: Sleep and Daytime Functioning in Adolescents: "Maturational Changes in Sleep Regulation at Adolescence" (09/30/07).
241. American Academy of Sleep Medicine, Advanced Sleep Medicine Course: "Adolescent Sleep Patterns" (02/09/08).
242. National Sleep Foundation Conference on *The Role of Sleep in Memory & Learning*, Washington, DC: "Sleep, Learning, and School Performance" (03/04/08).
243. Southern Sleep Society Annual Meeting, San Antonio, TX: "Sleep and the Adolescent Brain" (03/07/08).
244. Sleep Disorders 2008: All You Ever Wanted to Know About Sleep, CME Course, Las Vegas: "Physiology of Sleep," "Teens and Sleep," (03/17/08).
245. Symposium to Commemorate the 10<sup>th</sup> Anniversary of the Universidad Nacional Autonoma de Mexico Sleep Disorders Clinic, Mexico City: "How Adolescence Can Serve as a Model System to Understand Sleep Behavior" (04/24/08).
246. Society for Research on Biological Rhythms Biannual Scientific Meeting, Trainee Day Presentation, Sandestin, FL: "Making the Most Out of Attending Scientific Meetings" (05/17/08).
247. Society for Research on Biological Rhythms Biannual Scientific Meeting, Symposium on Circadian and Homeostatic Regulation of Human Sleep, Sandestin, FL: "Circadian and Homeostatic Regulation of Sleep in Adolescent Humans" (05/18/08).
248. Trainee Day Workshop, SLEEP 2008, Annual Scientific Meeting of the Associated Professional Sleep Societies, Baltimore, MD: "Lifespan Changes in Sleep and Circadian Rhythms" (06/08/08).

249. Post Graduate Course Course (Evaluation and Treatment of Circadian Rhythm Sleep Disorders), Baltimore, MD: "Delayed Sleep Phase" (06/08/08).
250. American Association of Sleep Technologists Post Graduate Course on Pediatrics, Baltimore, MD: "Adolescent Sleep...Can it Serve as a Model System" (06/08/08).
251. SLEEP 2008, Annual Scientific Meeting of the Associated Professional Sleep Societies Oral Platform Presentation, Baltimore, MD: "Overnight Motor Skills Learning in Children With and Without ADHD" (06/12/08).
252. NIMH Workshop on Neurobiological Basis of Circadian Rhythms Interaction with Complex Behaviors, Bethesda, MD: "Adolescent Development, Circadian Rhythms, and Chronic Sleep Restriction: Pathway to Depressed Mood" (07/22/08).
253. Nebraska Sleep Conference, Omaha, NE: "Interaction of Circadian Rhythms and Sleep-Wake Regulatory Systems: Effect on Sleep Patterns" (10/02/08) and "Changes in Circadian and Sleep-Wake Regulation During Adolescent Development" (10/03/08).
254. Upper Midwest Sleep Society Conference on Sleep and Society, Madison, WI: "Can School Schedules Support Adolescents' Sleep Schedules?" (10/11/08).
255. Black Hills Neurology Conference, Spearfish Canyon, SD: "Biological Regulation of Sleep" (02/19/09); "Sleep Regulation Across the Decades" (02/20/09); "Sleep Behavior in Teens" (02/21/09).
256. Advanced Topics in Sleep Medicine Course, Orlando, FL: "Basic Sleep Physiology" and "Sleep Through the Life Stages" (02/16/09).
257. Mary Murphy, BVM, Endowed Lecture in Biology, Clarke College, Dubuque, IA: "Biology and Adolescent Sleep: The Science Behind Too Little and Too Late" (03/24/09).
258. Behavioral Sleep Medicine: A Consensus Conference, Ponte Vedra Beach, FL: "Insufficient Sleep in Adolescents: Neurodevelopmental Outcomes, Public Policy, and Treatment" (03/28/09).
259. First International Paediatric and Adolescent Sleep Disorder Symposium and Workshop, Riyadh Military Hospital, Riyadh, Saudi Arabia: "Role of Circadian Timing System and Sleep-Wake Homeostasis for Regulating Sleep Patterns," "How Do the Sleep Regulatory Processes Change during Adolescent Development?" "Adolescent Sleepiness: Effects of Maturation, Circadian Timing, and Sleep Restriction" (04/05/09); "Sleep-Enhanced Learning and ADHD" (04/06/09).
260. Sleepiness and the Quality of Life, NIH, Bethesda, MD: "Effects of Moderate Alcohol on Sleepiness and Performance" (04/13/09).
261. American Academy of Sleep Medicine, Young Investigator Forum, Bethesda, MD: "Presentation Skills" (04/15/09).
262. Trainee Day Workshop, Canadian Sleep Society Annual Scientific Meeting, Toronto: "Teaching Sleep" (04/26/09).
263. Keynote Address, Canadian Sleep Society Annual Scientific Meeting, Toronto: "Adolescent Sleep and Sleepiness" (04/27/09).
264. Symposium Presentation, Canadian Sleep Society Annual Scientific Meeting, Toronto: "Overnight Learning in Children with ADHD and Controls" (04/28/09).
265. Sleep Disorders 2009: All You Ever Wanted to Know About Sleep, CME Course, Las Vegas: "Physiology of Sleep," "Sleep Across the Life Stages," (03/16/09).
266. Trainee Day Workshop, SLEEP 2009, Annual Scientific Meeting of the Associated Professional Sleep Societies, Baltimore, MD: "Assessment of Human Sleep: Objective and Subjective Methods in Research" (06/07/09).
267. University of Michigan Mini-Conference on Pediatric Sleep & Psychiatric Illness, Ann Arbor, MI: "Current Research from the E.P. Bradley Hospital Sleep and Chronobiology Research Lab" (08/31/09).
268. The Signe and Ane Gyllenberg Foundation Symposium on *The Many Aspects of Sleep*, Helsinki: "Sleep in Child and Adolescent Development" (09/25/09).
269. Fifth Annual Pediatric Sleep Medicine Conference, Westminster, CO: "Normal Sleep in Children and Adolescents" (10/02/09).

270. Department of Psychology Colloquium, University of Arizona, Tucson, AZ: “Adolescent Sleep: Too Little, Too Late => Too Tired” (10/30/09).
271. 2009 Sleep Conference, Bellin Health, Green Bay, WI: “Interaction of Circadian Rhythms and Sleep-Wake Regulatory Systems: Effect on Sleep Patterns” and “Changes in Circadian and Sleep-Wake Regulation during Adolescent Development” (11/05/09).
272. 2010 Adelaide Sleep Retreat, Adelaide, Australia: “Exploring Adolescent Sleep Through the Sleep EEG” (01/21/10). [Presented from Providence over Skype.]
273. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: “Circadian Rhythms and Sleep Homeostasis” and “Adolescent Development and Sleep Regulation” (03/24/10). [Presented from Providence over Skype.]
274. Johns Hopkins Neuroscience and Public Health Initiative Conference on The Neuroscience of Adolescent Sleep, Baltimore, MD: “The neuroscience of adolescent sleep: new directions and findings” (04/02/10).
275. Trainee Day Keynote, *Sleep Research Society*, SLEEP 2010, scientific meeting of the Associated Professional Sleep Societies, San Antonio: “A Brief History of the Early SRS Trainee Programs and Dividends Reaped by this Investment” (06/05/10)
276. Symposium presentation, SLEEP 2010, scientific meeting of the Associated Professional Sleep Societies, San Antonio: “Assessment of Circadian Rhythms and Sleep/Wake Behavior in Adolescents” (06/08/10).
277. Symposium presentation, scientific meeting of the American Society for Photobiology, Providence: “Adolescent Sleep and Circadian Rhythms” (06/15/10).
278. Special invited lecture, 2<sup>nd</sup> Annual Meeting of Integrated Sleep Medicine Society Japan, Tokyo: “Healthy Sleep and Healthy Development” (09/04/10).
279. Heritage Hall, presentation to Faculty, Parents, Trustees, Students; Oklahoma City, OK: “What is Going On with Sleep of Adolescents...and Why it is a Problem” (10/14/10).
280. New England College Health Association Annual Meeting, Providence, RI: “Sleep and Waking in College Students” (10/27/10)
281. New Jersey Sleep Society Annual Educational Symposium, E. Windsor, NJ: “How do Circadian Rhythms and Sleep-Wake Regulatory Systems affect Sleep Patterns?” and “How do Circadian and Sleep-Wake Regulation Change during Adolescent Development?” (11/12/10).
282. Learning & The Brain Conference, Boston, MA: “Biology, Lifestyles, and Learning” (11/21/10).
283. American Academy of Sleep Medicine, Current Topics in Sleep Medicine, La Jolla, CA: “Sleep and Its Impact on Teenagers—School and Learning” (02/18/11).
284. Packer Collegiate Institute, Parent Association, Brooklyn, NY: “What is going on with sleep in teens...and why it is a problem” (03/03/11). [Also talked to 11<sup>th</sup> grade biology class; biology honors group; 10<sup>th</sup> grade health class; teachers.]
285. School of Sleep Medicine, Postgraduate Course on Pediatric Sleep Medicine, Palo Alto, CA: “Circadian Rhythms and Sleep Homeostasis” and “Adolescent Development and Sleep Regulation” (03/31/11). [Presented from Providence over Skype.]
286. Binghamton University, Department of Psychology, Binghamton, NY: Undergraduate integrative neuroscience chat “A Lifetime of Sleep;” departmental colloquium: “Adolescent Sleep: Patterns Shaped at an Awkward Intersection of Biology, Behavior, and Modern Life” (04/08/11).
287. University of Pittsburgh, Pittsburgh PA: Mind-Body Center brown bag seminar “Adolescent Sleep: Impact on Learning” and UPMC Sleep Grand Rounds: “Adolescent Sleep: Can Biology and 21st Century Lifestyles be Reconciled?” (04/14/11).
288. Stanford University Medical School, Stanford, CA: Sleep Grand Rounds: “Sleep in Adolescents,” (05/18/11).



289. SLEEP2011, scientific meeting of the Associated Professional Sleep Societies, The Basics of Sleep Postgraduate Course presentation, Minneapolis, MN: "Normal Human Sleep Across the Life Cycle" (06/11/11).
290. SLEEP2011, scientific meeting of the Associated Professional Sleep Societies, Adolescent Sleep: A Window on the Developing Brain symposium presentation, Minneapolis, MN: "Homeostatic Sleep Regulation during Adolescence" (06/12/11).
291. SLEEP2011, scientific meeting of the Associated Professional Sleep Societies, discussion group Dysregulated Sleep/Circadian Systems in Children and Adolescents with Affective Disorder: The Chicken or the Egg? presentation, Minneapolis, MD: Does sleep/sleeping schedule represent an 'environmental exposure' that may lead to disruptions of affect/affect regulation in susceptible people? (06/14/11).
292. Sleep and Its Many Forms: A Symposium to Honor Prof. Irene Tobler, Department of Psychiatry, University of Wisconsin, Madison, WI: "Sleep: A Complex Behavioral Adaptation" (06/16/11).
293. Sleep Disorders 2011, a postgraduate course for primary care physicians, Las Vegas, NV: "Organization of Sleep in Humans" (10/13/11).
294. Sleep Disorders 2011, a postgraduate course for primary care physicians, Las Vegas, NV: "Sleep, Teenagers, and School Start Times" (10/13/11).
295. Sleep Disorders 2011, a postgraduate course for primary care physicians, Las Vegas, NV: "Sleep through the Life Stages" (10/13/11).
296. Sleep Disorders 2011, a postgraduate course for primary care physicians, Las Vegas, NV: "Function of Sleep" (10/13/11).
297. Worldsleee2011, 6<sup>th</sup> World Congress of the World Sleep Federation, plenary address, Kyoto, Japan: "Unanswered Questions about Adolescent Sleep" (10/17/11).
298. Worldsleee2011, 6<sup>th</sup> World Congress of the World Sleep Federation, poster symposium Genetic Biomarkers for Sleep and Response to Sleep Loss in Humans, Kyoto, Japan: "Depressed Mood, Chronic Short Sleep, and 5HTTLPR Polymorphism: Preliminary Report of a Gene X Environment Interaction" (10/17/11).
299. From Cells to Clinic, 3<sup>rd</sup> Annual UCSD Center for Chronobiology Symposium, San Diego, CA: "Adolescent Sleep: Intersection of Circadian Biology and Lifestyle Demands" (03/17/12).
300. Presentation to High School Students, Chattanooga, "School Start Time as a Public Health Issue" (03/29/12).
301. Presentation to School Committee and Superintendent, Chattanooga, "School Start Time: Why it is a Problem." (03/29/12).
302. Community presentation, Chattanooga, "Teen Sleep Patterns and Early School Start Times" (03/29/12).
303. Invited seminar, University of Zurich: "Lifestyle exposure to short sleep in older adolescents: Exposing a genetic vulnerability?" (04/17/12).
304. Jacobs Foundation Conference 2012, Sleep, Learning & Brain Development, Schloss Marbach, Germany: "Adolescent Development and Sleep Regulatory Systems" (04/19/12).
305. University of South Australia, Centre for *Sleep Research* Public Lecture, Adelaide, SA: "Teen sleep: Too little and too late!" (05/03/12).
306. SLEEP2012, scientific meeting of the Associated Professional Sleep Societies, The Basics of Sleep Postgraduate Course presentation, Boston, MA: "Normal Human Sleep Across the Life Cycle" (06/10/12).
307. SLEEP2012, scientific meeting of the Associated Professional Sleep Societies, Meet the Professor presentation, Boston, MA: "Development of the MSLT" (06/13/12).
308. SLEEP2012, scientific meeting of the Associated Professional Sleep Societies, Trainee Day workshop presentation, Boston, MA: "Age-related Changes in Sleep" (06/10/12).
309. Korean Brain Research Institute Symposium on Student Mental Health, Daegu, Korea: "Insufficient Adolescent Sleep in the Context of Biological and Societal Factors" (09/24/12).

310. *Sleep Research Society* postgraduate course, Toddlers, Tweens, and Teens: A Survey of Pediatric *Sleep Research* presentation, Darien, IL: “Normal Sleep and Development: Adolescence to Emerging Adulthood” (10/26/12).
311. 1<sup>st</sup> Scientific Meeting of International Scientific Group of Circadian Rhythms Experts (INSPIRE), Viareggio, Italy: “Sleep Changes over Adolescent Development” (03/15/13).
312. Keynote Presentation-a, Pediatric Sleep Day of Youthdale Child and Adolescent Sleep Centre & the Neuropsychiatry Program, University Health Network, Toronto, Canada: “Sleep in Adolescents: The Perfect Storm” (04/05/13).
313. Keynote Presentation-b, Pediatric Sleep Day of Youthdale Child and Adolescent Sleep Centre & the Neuropsychiatry Program, University Health Network, Toronto, Canada: “Short Sleep, Depressed Mood and the Serotonin Transporter Gene” (04/05/13).
314. NIH Conference on The Use and Biology of Energy Drinks: Current Knowledge and Critical Gaps, Rockville, MD: “How Developmental Changes in Sleep Biology may Affect Adolescent Behavior” and Co-Chair, Sessions 1 and 2 (08/15/13).
315. Teens & Sleep Conference on The Teenage Brain: How Sleep Affects Learning, Emotions, and Risky Behavior, Minneapolis, MN: “Biology of Adolescent Sleep” (10/03/13).
316. Children’s Hospital of Philadelphia Pediatrics Grand Rounds, Philadelphia, PA: Adolescent Sleep: Intersection of Circadian Biology and Lifestyle Demands” 10/30/13).
317. French Sleep Research Society (Société Française de Recherche et Médecine du Sommeil) Congress, Marseille, France: “TILE: Quelques Décades Plus Tard” [“MSLT: A Few Decades Later”](11/22/13).
318. Mexican Sleep Society (Sociedad Mexicana para la Investigación y Medicina del Sueño) Biennial Meeting, Mexico City, Mexico: “Sleep in Adolescents” (12/07/13).
319. Adelaide Institute of Sleep Health Seminar, Adelaide, Australia: “Adolescent Sleep in the Context of Societal Expectations” (02/21/14).
320. School of Psychological Sciences Seminar, Monash University, Melbourne, Australia: “Adolescent Sleep: Intersection of Circadian Biology and Lifestyle Demands” (02/26/14).
321. Gordon Research Conference, Galveston, TX: “Sleep Ontogeny and Development” discussion leader (03/19/14).
322. Society for Research on Adolescence, Symposium on While You Were Sleeping: Effects of Sleep on Risk Behavior During Adolescence and the Transition to Adulthood, Austin, TX: “Drinking in the First Semester: Does Sleep Timing Play a Role?” (03/22/14).
323. Southern Sleep Society 36<sup>th</sup> Annual Meeting, Memphis, TN: “The Gathering Storm: Teen Sleep in the 21<sup>st</sup> Century” (04/04/14).
324. SLEEP2014, scientific meeting of the Associated Professional Sleep Societies, Minneapolis, MN: “*PER3* VNTR: Sleep Patterns and Depressed Mood in College Students” (06/04/14).
325. SLEEP2014, scientific meeting of the Associated Professional Sleep Societies, Minneapolis, MN: “DNA Methylation Associated with Sleep Duration: Preliminary Results” (06/04/14).
326. Psychology Department Homecoming Colloquium, Gettysburg College, Gettysburg, PA: “Exploring How Biology Influences Behavior: Adolescent Sleep” (09/19/14).
327. School of Psychology, Social Work and Social Policy Research Seminar, University of South Australia, Adelaide: “College Sleep Study: Sleep, Mood and Genetics” (09/23/14).
328. Conference on Sleep Medicine, Sleep 2014, CUHK, Hong Kong: “Adolescent Changes in the Homeostatic and Circadian Regulation of Sleep” (09/27/14).
329. Conference on Sleep Medicine, Sleep 2014, CUHK, Hong Kong: “Sleep in Adolescents: The Perfect Storm (Critical time for intervention?)” (09/27/14).
330. Australasian Sleep Association annual meeting, Perth, Australia: “Sleep and Depressed Mood at the Transition to College: Role of Genotype” (10/10/14).
331. National Transportation Safety Board Forum on Drowsy Driving, Washington, DC: “Why Teens are Susceptible to Driving Fatigue” (10/21/14).

332. Fatigue Management Conference, Fremantle, Australia: “How sleep biology increases the fatigue risks for young novice drivers” (03/24/15).
333. SLEEP2015, trainee day presentation at the scientific meeting of the Associated Professional Sleep Societies, Seattle, WA: “The Multiple Sleep Latency Test (MSLT): History, Current Applications, and Future” (06/07/15).
334. SLEEP2015, trainee day presentation at the scientific meeting of the Associated Professional Sleep Societies, Seattle, WA: “Exploring how biology influences behavior: Adolescent sleep” (06/07/15).
335. SLEEP2015, scientific meeting of the Associated Professional Sleep Societies, Seattle, WA: “Drinking alcohol in the first semester: Does sleep timing play a role?” (06/08/15).
336. SLEEP2015, scientific meeting of the Associated Professional Sleep Societies, Seattle, WA: “Circadian influences on smell and taste detection thresholds: preliminary results from adolescents” (06/10/15).
337. WorldSleep2015, scientific congress of the World Sleep Federation, Istanbul, symposium presentation: “Sleep education inside schools” (10/02/15).
338. PedSleep2015, meeting of the US pediatric sleep association, Amelia Island, FL: “Circadian Rhythms Workshop” (11/14/15).
339. Duke-NUS Signature Seminar Series, Singapore: “The Influence Biobehavioral Factors on the Sleep of Adolescents” (02/16/16).
340. Norwegian Competence Center for Sleep Disorders, Bergen, Norway: “Sleep in Adolescents: Changes in Sleep Regulation” and “Sleep in Adolescents: Conflicts of Biology and Behavior” (02/18/16).
341. University of Bergen Psychology Colloquium, Bergen, Norway: “Teaching About Sleep in Schools” (02/19/16).
342. Gordon Conference on Sleep Regulation and Function, Galveston, TX: “Naturalistic Study of Methylomic Responses to Short or Long Sleep in Humans: Preliminary Findings and Perspective of a Tyro” (03/14/16).
343. 2016 Rushton Lectures Symposium, Program in Neuroscience, Florida State University, Tallahassee, FL: “Adolescent Sleep in the 21st Century: Interactions of Biological and Social Factors” (04/16/16).
344. SLEEP2016, scientific meeting of the Associated Professional Sleep Societies, Denver, CO: “Timing of Daily Energy Intake Distribution Differs With Time Awake in Obese Adolescents: Preliminary Results from Forced Desynchrony” (06/13/16).
345. SLEEP2016, trainee day presentation at the scientific meeting of the Associated Professional Sleep Societies, Denver, CO: “Factors Affecting Sleep Patterns across Adolescent Development” (06/12/16).
346. Center for Chronobiology Inaugural Symposium, Cincinnati Children’s Hospital Medical Center, Cincinnati, OH: “Circadian Timing and Adolescent Sleep” (09/21/16).
347. Australasian Chronobiology Society Annual Scientific Meeting, Adelaide, Australia: “Smell Perception and Taste Detection: Preliminary Data from Forced Desynchrony” (10/18/16).
348. Australasian Sleep Association Annual Scientific Meeting, Adelaide, Australia: “Sleep Regularity and Binge Drinking in US University Students” (10/20/16).
349. Australasian Sleep Association Annual Scientific Meeting, Adelaide, Australia: “Daily Energy Intake Distribution Differs in Obese Adolescents vs. Nonobese Adolescents Studied in Forced Desynchrony—Preliminary Results” (10/20/16).
350. Australasian Sleep Association Annual Scientific Meeting, Adelaide, Australia: “How the Sleep “Perfect Storm” Impacts Adolescents” (10/21/16).
351. 2016 Providence Sleep Symposium, Providence Sleep Disorders Services, Portland, OR: “Sleep Regulation Changes during Adolescence;” “Conflicts of Biology and Behavior Affect Adolescent Sleep” (10/27/16).
352. National Safety Council, Fatigue Blue Ribbon Panel, Chicago, IL: “Overview of Fatigue” (12/13/16)
353. Adolescent Sleep, Health, and School Start Times conference, Washington, DC: “Developmental Changes to Sleep Biology Affect Adolescent Sleep” (04/27/17)

354. [Herz, R.S., Van Reen, E., Barker, D., Bartz, A., and Carskadon, M.A.] Association for Chemoreception Sciences (AChemS) annual meeting, Bonita Springs, FL: “Olfactory Sensitivity Declines with Number of Hours Awake” (04/29/17)
355. Adolescent Sleep, Health, and School Start Times: The National Conference, Washington, DC: “Developmental Changes to Sleep Biology Affect Adolescent Sleep” (04/27/17).
356. Fortune Brainstorm Health forum, San Diego, CA: Panel on “The Science of Sleep” (05/03/17).
357. Australasian Sleep Association (ASA) Webinar: “Adolescent Sleep: Role of Clock and Homeostatic Mechanisms Interacting with Lifestyle” (06/14/17).
358. Smith College, Biological Rhythms Colloquium, Northampton, MA: “Circadian Timing in Adolescents in the Context of the 21<sup>st</sup> Century” (10/05/17)
359. North Carolina Academy of Sleep Medicine annual meeting, Chapel Hill, NC: “Developmental Changes in the Biological Regulation of Adolescent Sleep” (10/07/17)
360. American Academy of Child and Adolescent Psychiatry annual scientific meeting symposium on Hidden Risk Factors for Adolescent Substance Use Disorders: Caffeine Use, Sleep Disturbances, and Their Interplay, Washington, DC: “Associations of Caffeine, Sleep, and Behavioral Issues Including Alcohol Use in Adolescents” (10/24/17)
361. American College of Neuropsychopharmacology (ACNP) annual meeting panel, Palm Springs, CA: “Longer Circadian Period May Arise in Early Adolescence and Lay the Foundation for Later Phase Delay” (12/06/17)
362. Illuminating Engineering Society 2018 Research Symposium on Light + Human Health, Atlanta, GA: “When Light and Life Collide: Adolescents” (04/09/18)
363. Stanford University Online High School, Stanford, CA (online): “Developmental Changes in the Biological Regulation of Adolescent Sleep” (04/13/18)
364. Purdue University College of Health and Human Sciences Colloquium, West Lafayette, IN: “How Circadian Rhythms Change in Adolescence and the Impact on Adolescent Sleep and Daytime Behavior” (04/20/18)
365. SLEEP 2018, annual scientific conference of the Associated Professional Sleep Societies symposium on Diverse Biomarkers and Therapeutic Targets for Sleep Research: Basic and Translational Approaches Across Species, Baltimore, MD: “DNA methylation and sleep length: A novel cross-species approach using humans and *C. elegans*” (06/03/18)
366. Casper Global Meeting, NY, NY: “Sleep is Magical—Greatest Hits from Sleep 101” (09/12/18)
367. Wesleyan College Psychology Colloquium Series, Middletown, CT: “Adolescent Challenges: The Role of Sleep Timing” (10/04/18).
368. NIH Sleep and Women’s Health Conference, Bethesda, MD: “Does gender affect Sleep, circadian timing, and Alcohol use in first-year college students?” (10/16/18).
369. Sleep & Health Symposium 2019 – Farewell Prof. Peter Achermann, Zurich, Switzerland: “Adolescent sleep: between a clock and a hard place” (04/04/19).
370. Cardiff University Neuroscience and Mental Health Research Institute, Waterloo Foundation Annual Meeting, public lecture, Cardiff, Wales: “How changes in sleep biology create a perfect storm affecting adolescent well-being.” (05/23/19)
371. SLEEP 2019, annual scientific conference of the Associated Professional Sleep Societies, platform presentation, San Antonio, TX: “Circadian and Homeostatic Influences on Caloric Intake: Forced Desynchrony in Healthy Weight, Overweight, and Obese Adolescents” (06/11/19) and Club Hypnos Data Blitz (06/09/19)
372. SLEEP 2019, annual scientific conference of the Associated Professional Sleep Societies, Trainee Day Workshop presentation, San Antonio, TX: “Sleep and Development: The First Two Decades” (06/09/19)
373. World Sleep Society scientific conference, Christian Guilleminault Memorial Lecture, Keynote Address, Vancouver, Canada: “Adolescent sleep: Timing is everything...or is it?” (09/23/19)

374. North Carolina Academy of Sleep Medicine annual conference, Chapel Hill, NC: “Adolescent Sleep: Why is it a Problem? Why should we care? What can be done?” (11/02/19)
375. 10<sup>th</sup> Biennial Pediatric Sleep Medicine Conference, Naples, FL: “Caffeine: Is it robbing our youth of sleep?” (11/16/19)
376. Sleep Medicine Grand Rounds, Case Western Reserve University Hospital, Cleveland, OH (virtual): “Adolescent sleep medicine...insights from sleep research.” (06/23/20)
377. University of Colorado Sleep and Circadian Summer School, Boulder, CO (virtual): “Historical Aspects of Sleep.” (08/05/20)
378. SLEEP 2020, annual scientific conference of the Associated Professional Sleep Societies, Postgraduate Course (virtual): “Sleep across the lifespan.” (08/27/20)
379. SLEEP 2020, annual scientific conference of the Associated Professional Sleep Societies, Tom Roth Lecture of Excellence (virtual): “Adolescent Sleep, Sleepiness, and Circadian Timing.” (08/30/20)
380. New York Academy of Sciences Virtual Panel (virtual), “Your Internal Clock and Your Health.” (10/16/20)
381. Harvard Sleep Medicine Grand Rounds, Boston, MA (virtual): “Sleepiness, Sleep, Circadian Timing, and Adolescent Sleep Behavior: A Career Perspective.” (12/07/20)
382. Harvard Sleep Medicine Public Outreach Lecture, Boston, MA (virtual): “Changes in Sleep Biology Create a Perfect Storm Affecting Teen Health and Well-Being.” (12/07/20)
383. Summit on Adolescent Sleep and School Start Time, Pre-Meeting Lecture, Stanford, CA (virtual): “Basics of Sleep and Circadian Biology in Adolescents.” (01/22-23/21)
384. 7<sup>th</sup> Annual PERFORM Centre Research Conference, Keynote Speaker, Concordia University, Montreal, QC (virtual): “Children, Teens, Sleep, and School.” (05/11/21)
385. SLEEP2021 annual scientific conference, Trainee Symposium Series (virtual): “Women in Sleep.” (05/26/21)
386. School for Sleep Medicine Course in Pediatric Sleep, Palo Alto, CA (virtual): “Introduction to Circadian and Sleep Regulatory Processes and Measurement” and “Impact of Bioregulatory Processes on Adolescent Sleep and Implications for Adolescent Well-Being.” (08/18/21)
387. 11<sup>th</sup> Biennial Conference on Pediatric Sleep Medicine Panel Discussion (virtual): “Publishing in Pediatric Sleep Research.” (12/02/21)
388. Center for Sleep and Circadian Sciences at Stanford, Inaugural William C Dement Lecture (virtual): “Discovering Sleepiness at Sleep Camp: My Sleep Trek with Bill Dement.” (01/21/22)
389. American Psychological Association, I’m Psyched for Science Hour (virtual): “Teens, Sleep, and School.” (02/09/22)
390. World Sleep Society Scientific Conference, Rome (virtual), Course on Sleep Health in Women: “Sex and Gender Differences in Adolescent Sleep.” (03/13/22)
391. Behavioral Sleep Medicine Seminar, University of Arizona, Tucson (virtual): “Inception, Validation, and Application of MSLT—The Early Years.” (04/28/22)
392. The Academic Minute, A WAMC national production for the American Association of Colleges and Universities: “Adolescence, Sleep, and School.” (05/10/22)
393. SLEEP2022 annual scientific conference, Charlotte, NC, Trainee symposium series: “History of Sleep and Circadian Science—A Personal Perspective.” (06/05/22)
394. SLEEP2022 annual scientific conference, Charlotte, NC, Postgraduate Course on Basics of Sleep and Beyond: “Normal Human Sleep Across the Lifespan.” (06/04/22)
395. SLEEP2022 annual scientific conference, Charlotte, NC, Symposium on Too Little Too late: Consequences of Sleep Restriction During Development: “Interaction of Sleep and Circadian Timing with Sleepiness in Adolescents.” (06/06/22)
396. SLEEP2022 annual scientific conference, Charlotte, NC, platform presentation with DH Barker: “Circadian Influence on Food Intake Among Adolescents with Overweight and Healthy Weight.” (06/08/22)

397. SLEEP2022 annual scientific conference, Charlotte, NC, Trainee Day Discussion: “Navigating Mentors: From Primary to Multi-Mentorship Teams.” (06/06/22)
398. Technical University of Munich Seminary on Current Topics in Sleep and Circadian Health, Munich (virtual): “Development of Sleep and Circadian Rhythms Across Adolescence.” (10/31/22)
399. Dubai College podcast: “Sleep, adolescents, and school. (01/25/23)
400. British International School of Abu Dhabi: Year 13 workshop, “Sleep 101.” (01/26/23)
401. British International School of Abu Dhabi: Parent workshop and Q & A Session, “Teens, sleep and school.” (01/26/23)
402. British International School of Abu Dhabi: Year 11 workshop, “Adolescent Sleep and Learning.” (01/26/23)
403. Zayed University, Abu Dhabi: Faculty Talk, “50 Years of Sleep Research: A Journey of Discovery.” (01/26/23)
404. Birmingham University Dubai: Presentation to Students Grades 9-11, “Teen Sleep.” (01/27/23)
405. Birmingham University Dubai: Panel discussion on sleep for grade 12 students, undergraduate students, and parents: “Adolescent Sleep.” (01/27/23)
406. SLEEP2023 annual scientific conference, Indianapolis, IN, postgraduate course on Teaching Sleep and Rhythms: Modern Pedagogical Practices: “Approaches to Developing Content for Sleep and Rhythms Courses.” (06/04/23)
407. SLEEP2023 annual scientific conference, Indianapolis, IN, Platform presentation: “Effects of evening pre-sleep alcohol on next-day psychomotor vigilance (PVT) performance.” (06/07/23)
408. University of Surrey Institute of Advanced Studies Workshop on Assessing Evidence in Translational Chronobiology: “Analysis of the Evidence from a Chronobiological Perspective on the Topic: In High School Students, Do Delayed School Times Result in Longer Sleep Duration Compared to Regular Schedules?” (06/13/23) [A Delphi Panel exercise.]
409. Illinois Sleep Society Annual Conference, Chicago, IL: “Origins and Applications of the Multiple Sleep Latency Test.” (09/23/23)
410. North Carolina Psychiatric Association Annual Meeting & Scientific Session, Myrtle Beach, SC, Sethi Award Presentation: “Behavioral Health Risks and Adolescent Sleep Patterns.” (10/01/23)
411. World Sleep Society Conference, Rio de Janeiro, Symposium on Adolescent Sleep Health: A Global Health Challenge, “Biological Changes to Sleep Regulation in Adolescents.” (10/23/23)
412. World Sleep Society Conference, Rio de Janeiro, “Moderate Pre-Sleep Alcohol has a Negative Impact on Next-Day PVT Performance.” (10/25/23)
413. American Academy of Sleep Medicine International Assembly (zoom), “Origins and Applications of the MSLT: An Educational Talk for the AASM International Assembly.” (02/27/24)
414. SLEEP2024 annual scientific conference, Houston, TX. Trainee Networking and Development Suite Panel Discussion: Navigating a Career in Sleep Research." (06/05/24)
415. Nobel Conference 60, Sleep, Unraveled, Gustavus Adolphus College, “Clock, Hourglass, Teen Sleep.” (10/02/24)
416. Canadian Sleep Research Consortium webinar (virtual). “Understanding the Biobehavioral Underpinnings of Teen Sleep: Implications for School Start Time.” (10/10/24)
417. 2024 National Conference on Adolescent Sleep & School Start Times: Science & Implementation. “Turning Sleep and Circadian Science into School Policy.” (10/19/24)
418. 28<sup>th</sup> Bernese Sleep-Wake-Epilepsy Days 2024, Inselspital, Bern, Switzerland. “A lifetime of sleep—Why am I so tired?” (11/07/24)
419. Psychiatry Grand Rounds, Medical College of Georgia, Augusta, GA (virtual). “Sleep in Adolescents: Conflicting Biology and Behavior.” (01/30/25)
420. Advance RI-CTR Clinical and Translational Research Seminar, Providence, RI (virtual). “Biobehavioral Underpinnings of Teen Sleep.” (03/13/25)

421. American Academy of Sleep Medicine Foundation Young Investigator Research Forum, Bethesda, MD. "Getting the most out of the mentor/mentee relationship." (04/23/25)
422. SLEEP2025 annual scientific conference, Seattle, WA. Trainee Symposia Series. "Expert mentors: advice for blazing paths." (06/07/25)
423. SLEEP2025 annual scientific conference, Seattle, WA. Trainee Symposia Series. "Indicators of sleep health among children, adolescents, and young adults." (06/08/25)
424. SLEEP2025 annual scientific conference, Seattle, WA. Symposium on women scientists in the psychology of sleep and circadian rhythms: historical vanguards and personal journeys. "Yesterday, today, tomorrow: opportunities, challenges, pitfalls." (06/09/25)

## GRANTS (1988-present)

### *Funded-Past*

1. Grass Foundation Trustee's Award, Grass Foundation. MA Carskadon, PI. Total direct costs, \$6,600. Dates of entire project, 6/1/88-8/31/88.
2. NIMH R01 (W.C. Dement, PI): "Adolescent Development: Sleeping and Waking Behavior," 6/1/88-5/31/89, NIMH, (Subcontract through Stanford University), \$89,793.
3. Grass Foundation Trustee's Award, Grass Foundation. MA Carskadon, PI. Total direct costs, \$6,600. Dates of entire project, 6/1/89-8/31/89.
4. Grass Foundation Trustee's Award, Grass Foundation. MA Carskadon, PI. Total direct costs, \$6,600. Dates of entire project, 6/1/90-8/31/90.
5. 1R01HL44138-01-04, Sleep Apnea in Children and Adolescents. MA Carskadon, PI. Total direct costs, \$512,908. Dates of entire project, 01/01/90 to 12/31/93.
6. 1R01MH45945-01-03, Sleep Patterns and Waking Vulnerabilities in Adolescents. MA Carskadon, PI. Total direct costs, \$289,360. Dates of entire project, 05/01/90 to 04/31/94.
7. R43MH46757, Actigraphic Monitoring of Children's Sleep-Wake Patterns. W Gruen, PI. Subcontract to Bradley Hospital (Carskadon), total direct costs of subcontract, \$39,000. Dates of entire project, 03/01/92 to 02/28/94.
8. Bristol-Myers Squibb Pharmaceutical Co., Comparative Effects of Pravastatin and Simvastatin on Daytime Performance. MA Carskadon, PI. Total direct costs, \$559,134. Dates of entire project, 06/01/92 to 09/31/93.
9. Grass Foundation Trustee's Award, Grass Foundation. MA Carskadon, PI. Total direct costs, \$6,600. Dates of entire project 04/01/96-04/01/97.
10. 1R01MH45945-04-06, Sleep Patterns and Waking Vulnerabilities in Adolescents. MA Carskadon, PI. Total direct costs, \$316,752. Dates of entire project, 08/01/94 to 07/31/97.
11. Department of Psychiatry and Human Behavior, Brown University, intramural grant, Sleep in a Diurnal Mammal: Pubertal Changes. MA Carskadon, PI. Total direct costs, \$16,012. Dates of entire project, 11/96-6/97.
12. NASA, Alertness Management Cooperative Agreement. Supplement 2: Assessment of Performance after Repeated Exposure to Rapid Phase Shifts in a Diurnal Rodent. Total direct costs, \$119,150. Dates of entire project, 11/15/96 to 11/14/97.
13. R01MH52415, Circadian Rhythms, Sleep, and Depression Risk at Puberty. MA Carskadon, PI. Total direct costs, \$1,540,122. Dates of entire project, 09/01/94 to 04/30/99.
14. R01NR04270, Developmental Manifestations of Daytime Sleepiness. MA Carskadon, PI. Total direct costs, \$871,443. Dates of entire project, 08/01/95 to 07/31/99.
15. R25MH58879, Sleep and Chronobiology Summer Research Apprenticeship. MA Carskadon, PI. Total direct costs, \$148,541. Dates of entire project, 07/01/98 to 06/30/01.

16. Department of Psychiatry and Human Behavior, ECOR Intramural Grant, Validation of a Driving Simulator/ Cognitive Task. MA Carskadon, PI. Total direct costs requested, \$15,000. Dates of project, 09/01/00-08/31/01.
17. K05MH01358, Sleep and Circadian Rhythms in Children and Adolescents. MA Carskadon, PI. Total direct costs, \$432,750. Dates of entire project, 09/30/97 to 04/30/02.
18. R01MH45945-08, Sleep Patterns and Waking Vulnerabilities in Adolescents, competitive renewal. MA Carskadon, PI. Total direct costs, \$640,199. Dates of entire project, 09/30/97 to 04/30/01 (no-cost extension to 04/30/02).
19. Cephalon, A Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study to Evaluate the Efficacy and Safety of 12 Weeks of Provigil®(Modafinil) Therapy at Dosages of 200 and 300 mg Once Daily as Treatment for Adults With Excessive Sleepiness Associated With Shift Work Sleep Disorder, Followed by an 12-Month Open-Label Extension Period. MA Carskadon, PI. Total direct costs, \$32,500. Dates of entire project, 09/01/01 to 10/01/02.
20. R01MH52415, Adolescent Sleep: Circadian and Homeostatic Processes. MA Carskadon, PI. Total direct costs, \$1,537,429. Dates of entire project, 09/30/1999-04/30/2004.
21. R25MH58879, Sleep and Chronobiology Summer Research Apprenticeship. MA Carskadon, PI. Total direct costs, \$375,000. Dates of entire project, 09/01/01 to 03/31/06.
22. Educational Grant, Takeda Pharmaceuticals North America, Inc., "Providence *Sleep Research* Interest Group (PSRIG) Seminar Series." MA Carskadon, PI. Total direct costs requested: \$4,950. Dates of entire project: 09/01/05-05/30/06.
23. Educational Grant, Sepracor, Inc. "Providence *Sleep Research* Interest Group (PSRIG) Seminar Series." MA Carskadon, PI. Total direct costs requested: \$4,000. Dates of entire project: 09/01/06-12/30/06.
24. R01AA13252, Alcohol, Sleep, and Circadian Rhythms in Young Humans. MA Carskadon, PI. Total direct costs requested, \$2,589,829. Dates of project, 09/30/01-08/31/06.
25. R01 NR08381, Phase Preference, Sleepiness, and Adolescent Development. MA Carskadon, PI. Total direct costs, \$1,000,000. Dates of entire project, 07/01/02 to 04/30/06.
26. Clinical Trial Grant, Evotec. "A Randomized, Multicenter, Double-blind, Placebo-controlled, Parallel-group Study to Assess the Hypnotic Efficacy of EVT201 in the Treatment of Primary Insomnia in Elderly Patients with Daytime Sleepiness." MA Carskadon, PI. Total direct costs requested: \$516,940. Dates of entire project: 11/01/06-12/30/07.
27. Educational Grant, Cephalon, Inc. "Providence *Sleep Research* Interest Group (PSRIG) Seminar Series." MA Carskadon, PI. Total direct costs requested: \$8,200. Dates of entire project: 01/01/07-10/31/07.
28. NIH R13. Workshop to Consider the Feasibility of a Sleep/Circadian Rhythms Gene Chip. Total direct costs \$5,000. Dates of entire project: 04/01/07 to 03/31/08. Additional support from: Educational Grant, Takeda Pharmaceuticals, North America. "Workshop to Consider the Feasibility of a Sleep/Circadian Rhythms Gene Chip." MA Carskadon, PI. Funds: \$15,000. Dates of project: 07/01/07-05/31/08. Educational Grant, Jazz Pharmaceuticals. "Workshop to Consider the Feasibility of a Sleep/Circadian Rhythms Gene Chip." MA Carskadon, PI. Funds: \$10,000. Dates of project: 07/01/07-05/31/08. Educational Grant, Cephalon. "Workshop to Consider the Feasibility of a Sleep/Circadian Rhythms Gene Chip." MA Carskadon, PI. Funds: \$15,000. Dates of project: 07/01/07-05/31/08. Educational Grant, Respiroics Foundation: "Workshop to Consider the Feasibility of a Sleep/Circadian Rhythms Gene Chip." MA Carskadon, PI. Funds: \$15,000. Dates of project: 07/01/07-05/31/08.
29. Elliott D. Weitzman Research Award, *Sleep Research* Society. "Pilot Study for a Prospective Study of Depressed Mood: Short Sleep and Serotonergic Genes." MA Carskadon, PI. Direct costs: \$20,000. Dates of entire project: 05/01/07-04/30/08.
30. Periodic Breathing Foundation. "Sleep-Enhanced Learning: Role of Sleep-Disordered Breathing and Fragmented Sleep in Adolescents with ADHD and Controls." MA Carskadon, PI. Funds: \$300,000.



31. Charitable gift from Robert Daly: "Summer Sleep and Chronobiology Research Apprenticeship." MA Carskadon, PI. Funds: \$120,000. Dates of project: 02/01/08-08/30/08.
32. US Green Building Council. Quantifying the impact of Daylight and Electric Lighting on Student Alertness, Performance and Well-Being in K-12 Schools. M Figueiro, PI. MA Carskadon, subcontract PI. Total direct costs requested for subcontract: \$32,000. Dates of entire project 07/01/08-06/30/10.
33. U01 DA02382. "Light Measuring Device for Correcting Circadian Disruption." MS Rea, PI. MA Carskadon, subcontract PI. Total direct costs requested for subcontract: \$368,761. Dates of entire project 07/01/07 to 06/30/11.
34. Australian Research Council. The Prevalence and Cross-Cultural Comparison of Daytime Sleepiness in Adolescents. L Lack, PI. MA Carskadon, Partner Investigator. Total direct costs requested: AU\$681,246. Dates of entire project: 01/01/08-05/31/11.
35. 1-09-JF-22. American Diabetes Association. Sleep Duration and Pediatric Overweight: The Role of Eating Behaviors. C Hart, PI. MA Carskadon, coinvestigator. Dates of entire project 01/01/09-12/31/11.
36. Periodic Breathing Foundation. Summer Sleep and Chronobiology Research Apprenticeship. MA Carskadon, PI. Total support: \$50,000. Dates of project: 01/01/12-09/01/12.
37. Periodic Breathing Foundation. Summer Sleep and Chronobiology Research Apprenticeship. MA Carskadon, PI. Total support: \$50,000. Dates of project: 11/01/12-09/01/13.
38. Periodic Breathing Foundation, unrestricted research grant, \$500,000. Dates of project: 11/02/12-10/31/13.
39. R01 MH076969. Intrinsic Circadian Period: Development, Delayed Phase, and Genetic Associations. MA Carskadon, PI. Total direct costs awarded: \$2,162,882. Dates of entire project: 03/01/2008 to 02/28/2013.
40. R01 MH079179. Prospective Study of Depressed Mood: Short Sleep and Serotonergic Genes. MA Carskadon, PI. Total direct costs awarded: \$2,148,945. Dates of entire project: 12/19/08 to 05/31/14; no-cost extension to 11/30/14.
41. R01 MH086566. Sleep and Emotion Regulation across Early Childhood. M. LeBourgeois, PI. MA Carskadon, Co-I. Total direct costs requested: \$2,122,176. Dates of entire project: 09/01/10-08/31/14.
42. University of South Australia Division Research Performance Fund (DRPF), Division of Education, Arts, & Social Sciences. The effect of insufficient sleep on adolescent cognition, performance and mood. M Short, PI. MA Carskadon, co-I. Total costs: AU\$14,110. Dates of entire project: 02/01/14-12/31/14.
43. Periodic Breathing Foundation, Summer Sleep and Chronobiology Research and unrestricted research grant, \$231,408. Dates of project: 12/20/13-12/19/14.
44. R01 HL092910. Enhancing Sleep Duration: Effects on Children's Eating and Activity Behaviors. C Hart, PI. MA Carskadon, subcontract PI. Total direct costs requested for subcontract: \$63,426. Dates of entire project: 08/15/11-03/31/15.
45. U01 CA150387. Increasing Sleep Duration: A Novel Approach to Weight Control. R Wing, PI. Total direct costs requested for subcontract: \$699,151. Dates of entire project =09/28/09-08/31/14; no-cost extension to 08/31/15. Role on project: Subcontract PI.
46. IIP-1430007 National Science Foundation. PFI:BIC A Wireless Networked Biophilic Lighting System for the Delivery of Lighting for Enhancing Secondary School Student Performance. J. Xu, PI; MA Carskadon, co-PI. Total costs requested = \$800,000. Projected dates of entire project: 07/01/14-06/30/17. Role on project = co-PI.
47. R01 DA034618. Mechanisms Underlying the Relationship between Sleep Problems and Cannabis Use in Adolescents. D Fishbein, PI. Total subcontract direct costs requested: \$143,871. Dates of entire project: 09/01/13-12/31/18, NCE. Role on project = Subcontract PI.

48. R01 DK101046. Food Choices in Overweight & Normal Weight Adolescents—Sleep & Circadian Rhythms. MA Carskadon, PI. Total costs: \$2,665,251. Dates of entire project: 01/16/14-12/31/19, NCE. Role on project = PI
49. RI Commerce Corporation. Circadian Positioning Systems Smart Olfactometry: Proof of Concept Study. E Van Reen (PI). Total costs = \$50,000. Dates of entire project: 04/19/19-04/18/20. Role on project = co-investigator.
50. \*DP150100215 Australian Research Council. The biological origins underpinning adolescent sleep timing. M. Gradisar, Chief investigator. Projected dates of entire project: 01/01/15-12/31/19. Total costs: \$AU385,500. Role on project = Partner Investigator.
51. R01 MH120830. Temporal dynamics of stress, sleep, and arousal in short-term risk for adolescent suicidal behavior. RT Liu (PI) Total costs requested = \$2,726,401. Dates of entire project: 08/01/19-07/31/23. Role on project = co-I.
52. NSF STTR 2025864 Phase I. Individualized circadian rhythm therapy via schedule-sensitive photic interventions in shared workspaces. E Van Reen (PI) Total costs awarded: \$150,000; sub-award total costs = \$77,048. Dates of entire project: 10/01/20-11/31/21. Role on project = Subaward PI.
53. R01 AA025593. Serial Nights of Alcohol Administration: Impact on Sleep and Next-Day Neurocognitive Function and Alertness. MA Carskadon, JE McGeary, MPIs. Total costs awarded = \$2,255,991. Dates of entire project: 04/10/17-03/31/23 (NCE). Role on project = lead MPI.
54. HX002534 HSR&D (VA). Longitudinal Assessment of the Sleep-Suicide Link in Veterans Discharged from Inpatient Psychiatric Care. (PI: McGeary/Primack) Annual direct costs = \$301,368 Dates of entire project: 01/01/20-12/31/23. Role on project = co-I.
55. R01HL142058. Disparities in Sleep, Asthma, and the Sleep Context in Urban Children. D Koinis-Mitchell and MA Carskadon (MPIs) Total costs awarded = \$3,537,898. Dates of entire project: 05/24/19-04/30/24 (NCE through 04/30/25). Role on project = MPI.

#### *Funded-Current*

1. 1P20GM139743-01. COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health. MA Carskadon (PI). Total costs awarded = \$10,183,685. Projected dates of entire project: 04/06/2021-02/28/26. Role on project = PI.
2. R01 HD103665. Brain-behavior vulnerability to sleep loss in children: A dimensional study of attention and impulsivity. (PI: Saletin). Total costs awarded: \$3,168,200. Dates of entire project: 08/09/2021-06/30/2026. Role on project = co-I.
3. R01 DK130323. Behavioral and biological rhythms in children's obesity-related health disparities. (PI: C Hart, Temple University) Total costs awarded to subcontract: \$166,938. Dates of entire project: 09/23/2021-05/30/2026. Role on project = co-I.
4. R01 DA059469A. Investigating mechanisms underpinning outcomes in people on opioid agonist treatment for OUD: Disentangling sleep and circadian rhythm influences on craving and emotion regulation. Total costs awarded: \$4,419,984. Proposed dates of entire project: 09/01/2023-08/31/27. Role on project = Lead MPI.
5. MT23005-003 [CPS Inc (MTEC )]. Systematic collection of fatigue data and implementation and tracking of fatigue mitigation actions. (PI: Eliza Van Reen). Total costs requested for subaward: \$495,000. Proposed dates of entire project: 09/01/23-08/31/26. Role on project = subaward PI.
6. R01 DK137752-01 Effect of time-based energy intake goals on weight loss during obesity treatment. (PI: Hollie A Raynor). Total costs requested: \$3,642,055. Proposed dates of entire project: 12/01/2023-11/30/2028. Role on project = co-I.
7. Carney Innovation Award, Carney Institute for Brain Science, Brown University. (MPIs JM Saletin & MA Carskadon) Sleep dependent memory and brain structure in adolescents with a family of history of Alzheimer's Disease and APOE-4 positivity. Early detection of cognitive risk? Total costs awarded

= \$132,000. Proposed dates of the entire project: 02/01/24-01/31/25. [NCE through 08/31/25] Role on project = MPI

### *Funding Pending*

1. Rhode Island Commerce Innovation Voucher Program Systematic collection of fatigue data and implementation and tracking of fatigue mitigation actions: Implications for sleep and circadian rhythm technology assessment for sleeping at sea on a moving platform. Total costs proposed: \$75,000. Proposed dates of entire project: 08/15/25-08/14/26. Role on project = PI.

### UNIVERSITY TEACHING ROLES

1991-2005, 2007-2019, 2021	<b>CLPS0120</b> (formerly Psychology 55): Introduction to Sleep, Brown University. (20 to ~300 students)
1987-1991	<b>Psychology 118</b> : Human Polysomnography: Techniques and Research, Brown University (12 to 20 students).
1986-1992	<b>Psychology 102</b> : Psychophysiology of Sleep and Dreams, Brown University (20 students)
1986-2003	<b>Neuroscience 1</b> , The Brain: An Introduction to Neuroscience, lecture on “Brain Mechanisms of Sleep” and/or “Sleep and Consciousness.” (1.5 or 3 hours)
1993-2004	<b>Biology 80</b> , Human Physiology, lecture on “Physiology of Sleep.” (1, 2, or 3 hours)
1993-1997	<b>Bio-Med 278</b> , Introduction to Psychiatry, lecture on “Sleep Disorders.” (1.5 hours)
1998-2006, 2008-present	<b>CLPS1194</b> (formerly Psychology 0106): Sleep and Chronobiology Research (summer apprenticeship course, 6-15 students)
2003, 2008	<b>Psychology 73</b> : Principles of Behavioral Neuroscience (1 hour lecture)
2005	<b>Psychology 255</b> : The Mind Asleep (graduate seminar; 8 students)
2007-2010	<b>Psychology 102</b> : Psychophysiology of Sleep and Dreams, Brown University (12-20 students)
2015-2016	<b>BEHL 3029</b> : Psychophysiology of Sleep. Course Instructor, University of South Australia, Department of Psychology.
2023-2024	<b>CLPS1196</b> . Topics in Sleep seminar (18 students). Topic = Sleep, Circadian Timing, and Behavioral Health

### HOSPITAL TEACHING ROLES

1995-2001	Developmental Psychopathology Seminar for Child Psychiatry and Triple Board Residents, sessions on “Sleep and Circadian Biology.” (6 hours, alternate years)
1993	Brown University Clinical Psychology Consortium, Child Track Core Seminar: “Sleep Disorders in Adolescents.” (1 hour)
1994	Brown University, Psychiatry Residents Research Methods Seminar: “Research Methods in Sleep.” (1 hour)
1998	Biomed 372: Human Brain and Behavior, lecture on “Sleep Patterns through the Life Cycle.” (1 hour)
2001-2005	PGY-1 & 2 Psychiatry Residents, Butler Hospital: “Basics Mechanisms of Sleep Regulation” (1 to 2 hours of seminar)
2004	Pulmonary and Critical Care Medicine Residents, RIH: “Adolescent Sleep and Circadian Rhythms” (1 hour)
2007-2008	Brown Psychology Postdoctoral Training Consortium: “From Rat 5-HT <sub>1A</sub> Receptors to College Student Sleep and Mood” (1 hour).

2022 EP Bradley Hospital COBRE Seminar Series on “Sleep and Circadian Rhythms” (6, 1-hour sessions)

#### RESEARCH PLACEMENT FOR PSYCHOLOGY INTERNS

1988-89	Jodi Mindell
1989-90	Meryl Butters
1992-93	Pamela Valley
1993-94	Michael Perlis
1995-96	James K. Wyatt
2001-02	Jennifer Martin
2002-03	Daniel Taylor
2006-07	Willoughby Britton, Kristen Stone
2007-08	Lavinia Fiorentino, Erin O’Brien
2009-10	Leisha Smith, Sara Nowakowski
2012-13	Lora Wu, Laurin Mack
2013-14	Hannah Taylor
2019-20	Patricia Wong
2021-22	Patricia Goodhines

#### POSTDOCTORAL FELLOWS

1987-88	Mark R. Rosekind, Ph.D.
1990-92	Avi Sadeh, Ph.D.
1992	Lise Mercier, Ph.D.
1993-95	Orna Tzischinsky, Ph.D.
1993	Henry Sachs, M.D.
1994-95	Amy R. Wolfson, Ph.D. (sabbatical)
1995-96	Helen Bearpark, Ph.D.
1995-97	Pamela V. Thacher, Ph.D.
1996	Jenny Taylor, Ph.D.
1997-99	Susan E. Labyak, R.N., Ph.D.
1999-2001	Gahan Fallone, Ph.D.
2000-01	J. Todd Arnedt, Ph.D.
2001-02	Amy R. Wolfson, Ph.D. (sabbatical)
2002	Margaret Borkowski, Ph.D.
2002-04	Oskar Jenni, M.D.
2003-04	Eli Sørensen, M.D., Ph.D.
2003-05	Monique LeBourgeois, Ph.D. (T32)
2006-09	Leila Tarokh, Ph.D.
2008-10	Tifenn Raffray, M.D.
2010-11	Alyssa Cairns, Ph.D. (secondary mentor, T32)
2010-12	Brandy Roane, Ph.D.
2010-12	Kathryn Orzech, Ph.D. (T32)
2013-14	Christy Olson, PhD
2014-16	Jared Saletin, PhD (T32)
2014-15	Tamar Shochat, PhD (sabbatical)
2015-17	Mary Beth Miller, PhD (secondary mentor, T32)
2015-16	Huiyan Huang, PhD (co-mentor, Translational Neurosciences Fellow)

Carskadon, Mary A.

2016	Cassie Hilditch, PhD (Australian Endeavour Fellow)
2016-2020	Jessica Avery, PhD (K23 co-mentor)
2016-2020	Jared Saletin, PhD (K01 co-mentor)
2018-2019	Amy R. Wolfson, PhD (sabbatical)
2020-2022	Patricia Wong, PhD (T32)
2021-2023	Darlynn Rojo-Wissar, PhD (T32 co-mentor)
2021-2026	Taylor Burke, PhD (K23)
2023-2028	Benjamin Berey, PhD (CDA2)

DOCTORAL STUDENTS (Psychology, Brown University)

1995-99	Carol Leotta, PhD
2000-01	Theresa Lagman
2001-05	Tracy L. Rupp, PhD
2003-07	Eliza Van Reen, PhD
2003-09	Stephanie Crowley, PhD

DOCTORAL STUDENTS (Neuroscience, Brown University)

2017	Belinda Mahama, summer laboratory rotation
2018	Katie McCullar, spring semester laboratory rotation
2021-2023	Katie McCullar, PhD

DOCTORAL STUDENTS (Psychology, University of South Australia)

2014-2018	Alexandra L. Agostini, PhD
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VISITING DOCTORAL STUDENT (Child and Adolescent Psychiatry, Erasmus Medical Center, Rotterdam)

2019	Maria Elisabeth Koopman-Verhoeff, PhD
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OTHER TRAINING ROLES

1997	Director, Sleep and Chronobiology Summer Life Sciences Research Apprenticeship Program.
1998-2006, 2008-2019, 2021-2022	Director, Sleep and Chronobiology Summer Behavioral Sciences Research Apprenticeship Program.