

CURRICULUM VITAE

KATHERINE MARGARET SHARKEY

Research:

Sleep for Science Research Laboratory
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EDUCATION

Undergraduate

09/87-05/91 University of Pennsylvania, Philadelphia, Pennsylvania
Bachelor of Arts in Psychology

Honors

05/91 Miles S. Murphy Award, *Awarded by the Department of
Psychology for an outstanding honors thesis*

Medical School

09/94-06/02 Rush University, Chicago, Illinois
Doctor of Medicine

Honors

06/99 Rush University Medical Staff Scholarship Award
02/01 Alpha Omega Alpha, *Elected as a Junior Medical Student*
06/02 American Medical Women's Association Scholarship and
Achievement Citation, *Awarded to women who graduate in the
top 10% of their medical school class*

Other Advanced Degrees

09/94-06/02 Rush University, Chicago, Illinois
Doctor of Philosophy, Graduate Program in Neuroscience
Dissertation Title: *Melatonin Administration to Phase Shift Circadian Rhythms
and Promote Sleep in Human Models of Night Shift Work*

Honors

06/01 Rush University Graduate College Research Excellence Award
*Awarded annually to the most outstanding student in the
Graduate College*

POSTGRADUATE TRAINING*Residency*

- 07/02-06/07 Rush University Medical Center, Chicago, Illinois
Internal Medicine and Psychiatry
- 04/05-04/06 Chief Resident, Internal Medicine and Psychiatry, Rush University Medical Center, Chicago IL

POSTGRADUATE HONORS AND AWARDS

- 6/2009 Certificate of Recognition for Exemplary Teaching Efforts for *BIOL 3663 IMS III: Pulmonary Physiology and Pathophysiology*
- 6/2010 Certificate of Recognition for Exemplary Teaching Efforts for *BIOL 3663 IMS III: Pulmonary Physiology and Pathophysiology*
- 7/10-6/2014 National Institutes of Health Clinical Loan Repayment Program (LRP), funded by National Heart, Lung, and Blood Institute (NHLBI)
- 6/2011 Certificate of Recognition for Exemplary Teaching Efforts for *BIOL 3663 IMS III: Pulmonary Physiology and Pathophysiology*
- 07/2011 Behavioral Sleep Medicine, recognized as an outstanding reviewer
- 07/2011 Elected as a Fellow of the American Academy of Sleep Medicine (FAASM)
- 08/2011 Christian Guilleminault World Association of Sleep Medicine Research Award
- 6/2012 Certificate of Recognition for Exemplary Teaching Efforts for *BIOL 3663 IMS III: Pulmonary Physiology and Pathophysiology*
- 05/2014 Society for Women's Health Research, named to Interdisciplinary Studies In Sex Differences Network on Sleep

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

- Physician and Surgeon, Illinois License 036113456 (inactive)
- Physician, Rhode Island License MD12259, expires 6/30/2016
- American Board of Internal Medicine: Certified in Internal Medicine 08/27/2007, Certificate valid through 12/31/2017
- American Board of Psychiatry and Neurology: Certified in Psychiatry 09/20/2008, Certificate valid through 2018 (Certificate number 59093)
- American Board of Internal Medicine: Certified in Sleep Medicine 11/19/2009, Certificate valid through 12/31/2019

ACADEMIC APPOINTMENTS

- 07/02-06/07 Assistant, Rush University Medical Center, Chicago, Illinois
- 08/07-06/16 Assistant Professor, Alpert Medical School of Brown University
Department of Medicine (primary)
Department of Psychiatry & Human Behavior (secondary)
- 07/16- Associate Professor, Alpert Medical School of Brown University
Department of Medicine (primary)
Department of Psychiatry & Human Behavior (secondary)

HOSPITAL APPOINTMENTS

- 08/07- Sleep Medicine Physician, Active R with Admitting Privileges,
Rhode Island Hospital, Providence, RI
- 08/07- Sleep Medicine Physician, University Medicine Foundation, Providence, RI
- 02/08- Consulting Physician, E.P. Bradley Hospital, East Providence, RI
- 06/08- Consulting Physician, Women & Infants Hospital, Providence, RI
- 09/09- Medical Director, University Medicine Sleep Center, West Warwick, RI
- 07/14- Active R Non-Admitting Physician, The Miriam Hospital, Providence, RI

OTHER APPOINTMENTS

- 01/10-04/15 Editorial Board, *Behavioral Sleep Medicine*
- 05/14- Member, Society for Women's Health Research, Interdisciplinary Studies In
Sex Differences Network on Sleep
- 09/14 Editorial Board, *Sleep Health*
- 04/15- Special Service Appointment (for serving on a dissertation committee),
Boston University School of Medicine, Boston MA
Behavioral Neuroscience Ph.D. Program, Division of Graduate Medical Sciences
- 04/15- Associate Editor, *Behavioral Sleep Medicine*

HOSPITAL COMMITTEES

- 04/05-04/06 Psychiatry Department Education Committee, Rush University Medical Center
- 07/05-06/07 Internal Medicine/Psychiatry Executive Committee, Rush University Medical
Center

UNIVERSITY COMMITTEES

- 09/94-06/96 Student Representative, Rush University Senior Faculty Appointments and
Promotions Committee
- 09/95-06/96 Rush University M.D./Ph.D. Taskforce
- 09/95-06/96 Rush University LCME Subcommittee on Graduate Education in Basic
Sciences
- 01/98-04/98 Rush University Research Forum Planning Committee
- 08/08- Brown University Office of Women in Medicine Advisory Board
- 10/12- Brown Internal Medicine Resident Selection (ResSec) Committee
- 07/15- Brown University Medical Faculty Executive Committee

MEMBERSHIP IN SOCIETIES

- 1992- Sleep Research Society
 - Executive Committee Trainee Representative, 1999-2000
 - Trainee Program Organizing Committee Member, 1997-2000
- 1994-2002 American Medical Women's Association
 - Treasurer, Rush University Chapter, 1995-1996

- 1995- Society for Research on Biological Rhythms
 1995-2002 Society for Light Treatment and Biological Rhythms
 ▪ Winner of the 2000 Young Investigator Award
- 1996- Sigma Xi
 2001- Alpha Omega Alpha
 2002- American Academy of Sleep Medicine
 ▪ Member, Circadian Rhythms Section Steering Committee, 2009-11
 ▪ Vice Chair, Circadian Rhythms Section Steering Committee, 2012-2013
 ▪ Chair, Circadian Rhythms Section Steering Committee, 2013-
 ▪ Vice Chair, 7th AASM Young Investigator Research Forum, 2015
 ▪ Chair, 8th AASM Young Investigator Research Forum, 2016
- 2002- American College of Physicians
 2002- American Medical Association
 2002- American Psychiatric Association
 2007- North East Sleep Society
 ▪ Member, 2011 Meeting Program Committee
- 2010- Marce' Society
 2010- North American Society for Psychosocial Obstetrics and Gynecology
 2011- World Association of Sleep Medicine

PUBLICATIONS LIST

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

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

- with subjective sleep complaints. *Drug and Alcohol Dependence*, 108: 77-83, 2010.
10. Joffe H, Massler A, **Sharkey KM**. Evaluation and management of sleep disturbance during the menopause transition. *Semin Reprod Endocrinol*, 28(5): 404-421, 2010.
 11. **Sharkey KM**, Machan J, Tosi C, Roye G, Harrington D, Millman RP. Predicting obstructive sleep apnea among women candidates for bariatric surgery. *Journal of Women's Health*, 19(10): 1833-41, 2010.
 12. **Sharkey KM**, Kurth ME, Anderson BJ, Corso RP, Millman RP, Stein MD. Assessing Sleep in Opioid Dependence: A Comparison of Subjective Ratings, Sleep Diaries, and Home Polysomnography in Methadone Maintenance Patients. *Drug and Alcohol Dependence*, 113:245-248, 2011.
 13. Coles ME and **Sharkey KM**. Compulsion or Chronobiology? A case of severe obsessive-compulsive disorder treated with cognitive-behavioral therapy augmented with chronotherapy. *Journal of Clinical Sleep Medicine*, 7(3), 307-309, 2011.
 14. **Sharkey KM**, Carskadon MA, Figueiro MG, Zhu Y, Rea MS. Effects of an advanced sleep schedule and morning short wavelength light exposure on circadian phase in young adults with late sleep schedules. *Sleep Medicine*, 12(7):685-92, 2011.
 15. Stein MD, Kurth ME, **Sharkey KM**, Anderson BJ, Corso RP, Millman RP. Trazodone for sleep disturbance during methadone maintenance: a double-blind, placebo-controlled trial. *Drug and Alcohol Dependence*, 120(1-3): 65-73, 2012.
 16. Coles ME, Schubert JR, **Sharkey KM**. Delayed Bedtimes and Obsessive Compulsive Symptoms. *Behavioral Sleep Medicine*, 10: 258-65, 2012.
 17. Carskadon MA, **Sharkey KM**, Knopik VS, McGuey JE. Short Sleep as an Environmental Exposure: A Preliminary Study Associating 5-HTTLPR Genotype to Self-Reported Sleep Duration and Depressed Mood in First-Year University Students. *Sleep*, 35(6): 791-6, 2012.
 18. Rea MS, Figueiro MG, **Sharkey KM**, Carskadon MA. Relationship of morning cortisol to circadian phase and rising time in young adults with delayed sleep times. *International Journal of Endocrinology*, 2012(749460):1-6, 2012.
 19. Roane BM, Seifer R, **Sharkey KM**, Van Reen E, Bond TLY, Raffray T, and Carskadon MA. Reliability of a scale assessing depressed mood in the context of sleep. *Testing, Psychometrics, Methodology in Applied Psychology*, 20(1): 3-11, 2013.
 20. **Sharkey KM**, Orff HJ, Tosi C, Harrington D, Roye G, Millman RP. Subjective sleepiness and daytime functioning in bariatric patients with obstructive sleep apnea. *Sleep and Breathing*, 17: 267-274, 2013.
 21. Sands M, Loucks EB, Lu B, Carskadon MA, **Sharkey KM**, Stefanick M, Ockene J, Shah N, Hairston KG, Robinson J, Limacher M, Hale L, Eaton CB. Self-reported Snoring and Risk of Cardiovascular Disease among Postmenopausal Women (From the Women's Health Initiative). *American Journal of Cardiology*, 111:540-546, 2013.
 22. Zhu Y, Fu A, Hoffman AE, Figueiro M, Carskadon MA, **Sharkey KM**, Rea MS. Advanced sleep schedules affect circadian gene expression in young adults with delayed sleep schedules. *Sleep Medicine*, 14(5):449-55, 2013.
 23. Sands-Lincoln M, Loucks EB, Lu B, Carskadon MA, **Sharkey KM**, Stefanick M, Ockene J, Shah N, Hairston KG, Robinson J, Limacher M, Hale L, Eaton CB. Sleep Duration, Insomnia and Coronary Heart Disease among Postmenopausal Women in the Women's Health Initiative. *Journal of Women's Health*, 22(6):477-86, 2013.
 24. **Sharkey KM**. Invited commentary: Time to treat problematic sleep disturbance in

- perinatal women. *Behavioral Sleep Medicine*, 11(4):308-10, 2013.
25. **Sharkey KM**, Pearlstein TB, Carskadon MA. Circadian phase shifts and mood across the perinatal period in women with a history of major depressive disorder: a preliminary communication. *Journal of Affective Disorders*, 150(3): 1103-08, 2013.
 26. Van Reen E, **Sharkey KM**, Roane BM, Barker D, Seifer R, Raffray T, Bond TYL and Carskadon MA. Sex of college students moderates associations among bedtime, time in bed, and circadian phase angle. *Journal of Biological Rhythms*, 28(6): 425-31, 2013.
 27. Frank E, Sidor M, Gamble K, Cirelli C, **Sharkey KM**, Hoyle N, Tikotzky L, Talbot L, McCarthy M, Hasler B. Circadian clocks, brain function, and development. *Annals of the New York Academy of Sciences*, 1306: 43-67, 2013.
 28. **Sharkey KM**, Waters KA, Millman RP, Moore R, Martin SM, Bourjeily G. Validation of the Apnea Risk Evaluation System (ARES) Device Against Laboratory Polysomnography in Pregnant Women at Risk for Obstructive Sleep Apnea Syndrome. *Journal of Clinical Sleep Medicine*, 10(5): 497-502, 2014. PMC4046363
 29. Bourjeily G, Fung JY, **Sharkey KM**, Waliaa P, Kaoa M, Moore R, Martin S, Raker CA, Millman RP. Airflow limitations in pregnant women suspected of sleep disordered breathing. *Sleep Medicine*, 15: 550-555, 2014.
 30. **Sharkey KM**, Crawford SL, Kim S, and Joffe H. Objective Sleep Interruption and Reproductive Hormone Dynamics in the Menstrual Cycle. *Sleep Medicine*, 15:688-93, 2014.
 31. **Sharkey KM** and Van Reen E. The “Realities” of our Modern Light-Dark Cycle. *Journal of Clinical Sleep Medicine*, 10: 723-4, 2014.
 32. Roane BM, Seifer R, **Sharkey KM**, Van Reen, E, Bond, TLY, Raffray, T, Carskadon MA. What Role Does Sleep Play in Weight Gain in the First Semester of University? *Behavioral Sleep Medicine*, 13(6): 491-505, 2015.
 33. Hart CN, Carskadon MA, Demos KE, Van Reen E, **Sharkey KM**, Raynor HA, Considine RV, Jones RN, Wing RR. Acute changes in sleep duration on eating behaviors and appetite-regulating hormones in overweight/obese women. *Behavioral Sleep Medicine*, 13(5), 424-436, 2015.
 34. The PACT Consortium (Collaborators: Putnam KT, Robertson-Blackmore E, **Sharkey KM**, Payne JL, Bergink V, Munk-Olsen T, Deligiannidis KM, Altemus M, Newport DJ, Apter G, Devouche E, Vikorin A, Magnusson PK, Lichtenstein P, Penninx BW, Buist A, Bilszta J, O’Hara MW, Stuart S, Brock, RL, Roza SJ, Tiemeier H, Guille C, Epperson CN, Kim DR, Schmidt PJ, Martinez P Wisner KL, Stowe ZN, Jones I, Rubinow DR, Sullivan PF, Meltzer-Brody S). Heterogeneity of Postpartum Depression: A Latent Class Analysis. *Lancet Psychiatry*, 2(1): 59-67, 2015.
 35. Bourjeily G, **Sharkey KM**, Mazer J, Moore R, Martin S, and Millman R. Central sleep apnea in pregnant women with sleep disordered breathing. *Sleep and Breathing*, 19(3): 835-840, 2015.
 36. Nota JA, **Sharkey KM**, and Coles ME. Sleep, arousal, and circadian rhythms in adults with obsessive-compulsive disorder: a meta-analysis. *Neuroscience and Biobehavioral Reviews*, 51: 100-107, 2015.
 37. Auger, RR, Burgess HJ, Emens JS, Deriy LV, Thomas SM, Rosen IM, and **Sharkey KM**. Clinical practice guideline for the treatment of intrinsic circadian rhythm sleep-wake disorders: advanced sleep-wake phase disorder (ASWPD), delayed sleep-wake phase disorder (DSWPD), non-24-hour sleep-wake rhythm disorder (N24SWD), and irregular

- sleep-wake rhythm disorder (ISWRD). An Update for 2015. *Journal of Clinical Sleep Medicine*, 10(11): 1199-1236, 2015.
38. Auger, RR, Burgess HJ, Emens JS, Deriy LV, Thomas SM, and **Sharkey KM**. Do Evidence-Based Treatments for Circadian Rhythm Sleep-Wake Disorders Make the GRADE? Updated Guidelines Point to Need for More Clinical Research. *Journal of Clinical Sleep Medicine*, 10(11): 1079-80, 2015.
 39. **Sharkey KM**. AASM Young Investigators Research Forum Helps Ensure a Bright Future for Sleep and Circadian Research. *Journal of Clinical Sleep Medicine*, 11(10): 1077-78, 2015.
 40. **Sharkey KM**, Iko IN, Machan JT, Thompson-Westra J, and Pearlstein TB. Infant sleep and feeding patterns are associated with maternal sleep, stress, and depressed mood in women with a history of major depressive disorder. *Archives of Women's Mental Health*, 19(2):209-18, 2016.
 41. Balachandran JS, Thomson CC, Sumter DB, Shelgikar AV, Lachapelle P, Pamidi S, Fall M, Lal C, Baba RY, Shah N, Fields BG, Sarmiento K, Butler MP, Shea SA, Baptiste JV, **Sharkey KM**, Wang T. ATS Core Curriculum 2016: Part I. Adult Sleep Medicine. *AnnalsATS*,13(4): 549-561, 2016
 42. Crowley SJ, Suh C, Molina TA, Fogg LF, **Sharkey KM**, Carskadon MA. Estimating the dim light melatonin onset of adolescents within a 6-h sampling window: the impact of sampling rate and threshold method. *Sleep Medicine*, in press.
 43. **Sharkey KM**, Boni, GM, Quattrucci, JA, Blatch S, and Carr, SN. Women with Postpartum Weight Retention Have Delayed Wake Times and Decreased Sleep Efficiency During the Perinatal Period: A Brief Report, *Sleep Health*, in press.

BOOKS AND BOOK CHAPTERS

1. **Sharkey KM**. Circadian Rhythms. *Fundamentals of Sleep Technology*. Butkov N and Lee-Chiong T. (eds.) Lippincott Williams & Wilkins: Philadelphia, 2007.
2. **Sharkey KM**, Pearlstein T, and Stowe Z. Depression. *Precis Obstetrics, 4th Edition*. American College of Obstetrics and Gynecology: Washington DC: 181-186, 2010.
3. Whittlef C, Smith M, and **Sharkey KM**. Circadian Rhythms and Circadian Rhythm Sleep Disorders. *Fundamentals of Sleep Technology, 2nd Edition*. Butkov N and Lee-Chiong T. (eds.) Lippincott Williams & Wilkins: Philadelphia, 2012.
4. **Sharkey KM**. Normal Sleep in Women. In: Kushida C.A. (ed.) *The Encyclopedia of Sleep*, Vol. 2, pp. 669-673. Waltham, MA: Academic Press, 2013.
5. Stremmler R, **Sharkey KM**, and Wolfson A. The Postpartum Period and Early Motherhood. In Kryger M, Roth T, and Dement WC. (eds.) *Principles and Practice of Sleep Medicine*, 6th Edition, 2016.
6. Cohen Z and **Sharkey KM**. Insomnia in Psychiatric Disorders. In Attarian HP (ed.) *Clinical Handbook of Insomnia*, 3rd Edition, in press.

OTHER NON-PEER REVIEWED PUBLICATIONS

1. **Sharkey KM**. Coffee; Nightcaps; Pajamas and sleepwear; Short sleepers in history and legend; Tea. *The Encyclopedia of Sleep and Dreaming*. Ed. Mary A. Carskadon. New York: Macmillan, 1993.

2. Carskadon MA and **Sharkey KM**. Societal impact of sleep disorders and insufficient sleep. *J. Soc. Obstet. Gynec. (Can.)* September: 5-9, 1993.
3. Eastman CI and **Sharkey KM**. Sleep Review: Effects of timed bright light exposure on shift-work adaptation in middle-aged subjects by Scott S. Campbell, Ph.D. *WFSRS Newsletter*, **5(1)**:40, 1996.
4. **Sharkey KM**. Women in science and academic medicine: What is the state of gender parity as we begin the 21st century? *SRS Newsletter*, **6(1)**:6-7, 2000.
5. McFadden JSP and **Sharkey KM**. Non-24-hour sleep-wake disorder. National Organization for Rare Disorders (NORD). April 1, 2013. Available at: <http://www.rarediseases.org/rare-disease-information/rarediseases/byID/1275/viewAbstract>

ABSTRACTS

1. Carskadon MA, Wicks J, **Sharkey KM**. Nightmares, sleep-onset imagery, dream emotions, and ego boundaries in college students. *Sleep Research* **21**:135, 1992.
2. Carskadon MA, **Sharkey KM**, Wicks J. Yawning elicited by reading: Effects of sleepiness. *Sleep Research* **21**: 101, 1992.
3. Carskadon MA, Acebo C, Cavallo A, **Sharkey KM**, Rosenberg C, Carlisle C, and Millman RP. Effects of age and sex upon susceptibility to sleep-disordered breathing (SDB) with nasal occlusion. *Abstracts of the 3rd International Symposium on Sleep and Breathing*, Australia, August 31-September 3, 1992.
4. Carskadon MA, **Sharkey KM**, Acebo C, Cavallo A, Rosenberg C, Carlisle C, and Millman RP. Nocturnal nasal occlusion and breathing during sleep in premenopausal and menopausal women: preliminary report, *Sleep Research* **22**: 56, 1993.
5. **Sharkey KM**, Acebo C, and Carskadon MA. Do parents' work schedules affect children's sleep? Results from two-parent families of 9- to 12-year-old children. *Sleep Research* **23**:147, 1994.
6. **Sharkey KM**, Carskadon MA, and Acebo C. Estimating sleep during the multiple sleep latency test: A comparison of actigraphy versus polysomnography. *Sleep Research* **24**: 432, 1995.
7. **Sharkey KM** and Eastman CI. Shifting the body clock with melatonin. *Rush University Research Week Abstracts*: 111E, 1996.
8. **Sharkey KM**, Benloucif S, and Dubocovich ML. Effects of melatonin receptor antagonists on the rate of reentrainment of circadian activity rhythms after a phase advance in C3H/HeN mice. *Sleep Research*, **26**: 751, 1997.
9. **Sharkey KM**, Benloucif S, and Dubocovich ML. Effects of melatonin receptor antagonists on the reentrainment rate of circadian rhythms after a phase advance in C3H/HeN mice. *Rush University Research Week Abstracts*: 37, 1997.
10. **Sharkey KM** and Eastman CI. Assessing circadian phase with core body temperature and salivary melatonin: does it matter what method you use to tell time in the biological clock? *6th Meeting of the Society for Research on Biological Rhythms Abstracts*, 160A, 1998.
11. **Sharkey KM** and Eastman CI. Telling time in the body clock: a comparison of different measures of circadian phase. *Rush University Research Week Abstracts*: 67, 1998.
12. **Sharkey KM** and Eastman CI. Melatonin improves circadian adaptation to simulated night shift work better than placebo. *Sleep* **22**: S6-7, 1999.
13. **Sharkey KM** and Eastman CI. Phase advancing human circadian rhythms with melatonin. *Society for Light Treatment and Biological Rhythms Abstracts* **12**: 9, 2000.

14. **Sharkey KM** and Eastman CI. Melatonin phase shifts human circadian rhythms in a simulated night work study. *Journal of Sleep Research* **9 (Supplement 1)**: 173, 2000.
15. **Sharkey KM** and Eastman CI. Treatment of daytime sleep after night shift work with exogenous melatonin. *Sleep* **23**: A23-24, 2000.
16. **Sharkey KM**, Fogg L and Eastman CI. Effects of sustained-release melatonin on daytime sleep and subsequent alertness during a simulated night shift. *Sleep*, **24**, 176-177, 2001.
17. **Sharkey KM**, Fogg L and Eastman CI. Exogenous Melatonin Administration: Effects on Daytime Sleep and Alertness During a Simulated Night Shift. *Rush University Forum for Research and Clinical Investigation Abstracts*: 43, 2001.
18. **Sharkey KM**, Todd M, Olson J, and Hansberry M. Purple urine bag syndrome in a septic patient with an ileal conduit. *Rush University Forum for Research and Clinical Investigation Abstracts*: 143, 2005.
19. Todd M, **Sharkey KM**, Olson J, and Hansberry M. Purple urine bag syndrome in a patient presenting with sepsis. *Abstracts of the American Geriatrics Society Annual Meeting*, D12, Orlando, FL, May 11-15, 2005.
20. **Sharkey KM**, Kurth ME, Corso RP, Millman RP, Stein MD. No first-night effect in home polysomnography of methadone maintenance patients with subjective sleep complaints. *Sleep* **31**: A320, 2008.
21. **Sharkey KM**. Association of Maternal Sleep Changes During the Perinatal Period to Depressive and Hypomanic Symptoms: Preliminary Results. *Sleep* **32**: A361-2, 2009.
22. Orff H, **Sharkey KM**, Millman RP. Evaluation of the Functional Outcomes of Sleep Questionnaire (FOSQ) in Bariatric Patients Referred for Sleep Studies. *Sleep* **32**: A327, 2009.
23. **Sharkey KM**. Associations among Circadian Phase Preference, Sleep Timing, and Depressed Mood in Postpartum Women – Preliminary Results. Abstract for the 36th Annual Meeting of the North American Society of Psychosocial Obstetrics and Gynecology. Richmond, VA, Feb 10-13, 2010.
24. **Sharkey KM**, Carskadon MA, Figueiro MG, Zhu Y, Gordon HW, Crowley SJ, Rea MS. The Roles of a Morning Blue-Light Intervention and an Earlier Sleep Schedule in Phase Advancing Dim Light Melatonin Onset (DLMO) of Young Adults. *Sleep* **33**: A68, 2010.
25. Bond TL, Raffray T, Smith LJ, **Sharkey KM**, Carskadon MA. Interpreting Pittsburgh Sleep Quality Index scores of individuals recently admitted to college. *Sleep* **33**: A111, 2010.
26. Smith LJ, Bond TL, Raffray T, **Sharkey KM**, Carskadon MA. Circadian Phase Preference, Sleep Patterns and Perceived Health in Adolescents. *Sleep* **33**: A308, 2010.
27. Nowakowski S, Bond TL, Raffray T, **Sharkey KM**, Carskadon MA. Sleep, sleepiness, and mood in older adolescents: preliminary results from an online questionnaire. *Sleep* **33**: A343, 2010.
28. **Sharkey KM** and Pearlstein TB. Circadian Rhythm Disruption in Postpartum Depression – A Pilot Study. 2010 Marcé Society Meeting, Pittsburgh, PA, October 27-30, 2010.
29. **Sharkey KM**, Millman RP, Bourjeily G. Comparison of laboratory polysomnography and an ambulatory sleep apnea monitor for detecting obstructive sleep apnea in pregnant women. *Sleep* **34**: A321, 2011.
30. Roane BM, Raffray T, Seifer R, **Sharkey KM**, Gredvig-Ardito C, Loxley M, Carskadon MA. Exploring the link between F.I.R.S.T. scores in high school students and subsequent insomnia following the transition into college. *Sleep* **34**: A112, 2011.

31. Raffray T, McGeary J, Knopik V, Roane B, **Sharkey KM**, Carskadon MA. 5-HTTLPR polymorphisms and vulnerability to stress-related sleep disturbances. *Sleep* 34: A191, 2011.
32. Roane BM, Raffray T, Seifer R, **Sharkey KM**, Loxley M, Gredvig-Ardito C, Carskadon MA. Reliability of assessing mood in the context of sleep. *Sleep* 34: A184, 2011.
33. Demos KE, Carskadon MA, **Sharkey KM**, Hart CN, Lawton JM, Ogilvie R, Cairns A, and Wing RR. Effects of acute changes in scheduled sleep duration on eating behavior. Abstract for the Obesity Society Annual Meeting, Orlando, FL, October 1-4, 2011.
34. Sands M, Loucks E, Liu B, Carskadon M, **Sharkey K**, Stefanick M, Ockene J, Shah N, Hairston K, Robinson J, Limacher M, Hale L, Eaton CB. Sleep Duration and Insomnia as Risk Factors for Coronary Heart Disease among Postmenopausal Women: Findings from the Women's Health Initiative. American Heart Association EPI/NPAM conference, San Diego, CA, Mar. 13-16, 2012.
35. **Sharkey KM**, Hoepper AL, Mepham ER, Pearlstein T. Postpartum Jet Lag? Preliminary Evidence of Circadian Phase Shifts in Perinatal Women Measured at Third Trimester of Pregnancy and 6 Weeks Postpartum. North American Society for Psychosocial Obstetrics and Gynecology Meeting, April, 2012, Providence, RI.
36. Mepham ER, Hoepper AL, Pearlstein T, **Sharkey KM**. Women's Work Status and Sleep During the Third Trimester of Pregnancy: Preliminary Results. North American Society for Psychosocial Obstetrics and Gynecology Meeting, April, 2012, Providence, RI.
37. Hoepper AL, Mepham ER, Pearlstein T, **Sharkey KM**. Napping, Sleep, and Mood During the Third Trimester of Pregnancy: Preliminary Results. North American Society for Psychosocial Obstetrics and Gynecology Meeting, April, 2012, Providence, RI.
38. Van Reen E, Roane BM, **Sharkey KM**, and Carskadon MA. How does circadian phase angle affect self-reported sleep? *Sleep* 35 (Suppl.): A67, 2012.
39. **Sharkey KM**, Coles ME, Van Reen E, Roane BM, Gredvig-Ardito CA, and Carskadon MA. Shorter Phase Angles between Dim Light Melatonin Onset and Bedtime in College Students who Report Obsessive-Compulsive (OC) Symptoms. *Sleep* 35 (Suppl.): A339, 2012.
40. **Sharkey KM**, Kim S, Regan S, Crawford SL, Joffe, H. Menstrual Cycle Phase, Reproductive Hormone Levels, and Sleep in Premenopausal Women. *Sleep* 35 (Suppl.): A420, 2012.
41. Mepham ER, Hoepper AL, Pearlstein T, **Sharkey KM**. Women's Work Status and Sleep During the Perinatal Period: Preliminary Results. *Sleep* 35 (Suppl.): A414, 2012.
42. Hoepper AL, Machan J, Mepham ER, Pearlstein T, **Sharkey KM**. Associations between Napping, Sleep, and Mood During the Third Trimester of Pregnancy: Preliminary Results. *Sleep* 35 (Suppl.): A413, 2012.
43. Mepham ER, Hoepper AL, Pearlstein T, **Sharkey KM**. Women's Work Status, Sleep Habits and Mood During Pregnancy: Preliminary Results. *Arch Womens Ment Health* 16(Suppl. 1): S129, 2013.
44. *Waters K, **Sharkey KM**, Millman RP, Bourjeily G. Comparison of Laboratory Polysomnography and an Ambulatory Sleep Apnea Monitor for Detecting Obstructive Sleep Apnea in Pregnant Women. 2012 NASOM Meeting, Quebec, Canada, October 20-21, 2012.
45. **Sharkey KM**, Hoepper AL, Mepham ER, Pearlstein T. Associations between Postpartum Depression and Circadian Rhythms: Preliminary Report. *Arch Womens Ment Health*

16(Suppl. 1): S24, 2013.

- * Dr. Waters received a trainee travel award for her presentation of this work.
46. **Sharkey KM**. The perinatal period: A window of vulnerability for circadian rhythm disruption in women with mood disorders. 1st INSPIRE Meeting: “What makes a good clock? Circadian clocks, brain function and development” March, 2013, Viareggio, Italy.
 47. Iko IN and **Sharkey KM**. Preliminary exploration of associations of infant sleep with maternal sleep disturbance, postpartum stress, and depressed mood. *Sleep* 36(Suppl.): A376, 2013.
 48. Roane BM, Van Reen, E, **Sharkey KM**, Carskadon, MA. First semester students’ daily schedules: Timing of sleep and meals associated with BMI change. *Sleep* 36(Suppl.): A67-68, 2013.
 49. Roane BM, Van Reen, E, **Sharkey KM**, Carskadon, MA. Do sleep patterns predict BMI change in first semester students? *Sleep* 36(Suppl.): A68, 2013.
 50. Mack LJ, Roane BM, Van Reen, E, **Sharkey KM**, Seifer R, Carskadon MA. Influence of high school sleep patterns on anticipated college sleep schedules. *Sleep* 36(Suppl.): A66, 2013.
 51. Van Reen, E, Roane BM, **Sharkey KM**, Raffray T, Bond T, Carskadon, MA. College-aged women go to bed at a later circadian phase than men. *Sleep* 36(Suppl.): A49-50, 2013.
 52. **Sharkey KM**, Roane, BM, Van Reen E, Bond T, Raffray T, Carskadon MA. Predicting circadian phase with bedtimes and rise times: Role of total sleep time. *Sleep* 36(Suppl.): A51, 2013.
 53. Coles ME, **Sharkey KM**, Carskadon MA, Nota J, and Schubert J. Obsessive compulsive symptoms during prolonged wakefulness in adolescents. *Sleep* 36(Suppl.): A317, 2013.
 54. Mazer J, Fung J, **Sharkey KM**, Millman RP, Levinson A, Martin S, Moore R, Bourjeily G. Pregnant women are unlikely to develop central sleep apnea. *Chest* 144 (4 Meeting Abstracts):991A, 2013.
 55. Carskadon MA, **Sharkey KM**, Barker DH, Roane BM, Van Reen E, Knopik VS, McGeary JE. PER3 VTNR: Sleep patterns and depressed mood in college students. *Sleep* 37(Suppl.): A48, 2014.
 56. Carskadon MA, McGeary JE, Jacobs D, Fu A, **Sharkey KM**, Knopik VS, Zhu Y. DNA methylation associated with sleep duration: preliminary results. *Sleep* 37(Suppl.): A48, 2014.
 57. **Sharkey KM**, Knopik VS, McGeary JE, Barker DH, Van Reen E, Roane BM, Gredvig-Ardito C, Raffray T, Carskadon MA. Glycogen synthase kinase 3-Beta genotype is associated with sleep duration in college students. *Sleep* 37(Suppl.): A53, 2014.
 58. **Sharkey KM**, Quattrucci JA, Pearlstein TB. Mixed hypomanic and depressive symptoms are associated with delayed sleep timing in perinatal women. Abstract and poster presentation, Women’s Health 2015: The 23rd Annual Congress of the Academy of Women’s Health, Washington, DC, April 18, 2015, *J Womens Health* 2015;24(4):42.
 59. Shochat T, Saletin JM, Barker D, Van Reen E, **Sharkey KM**, Roane BM, Gredvig-Ardito C, Carskadon MA. Does sex moderate the association of habitual sleep duration and timing with depressive mood symptoms in college-bound high school seniors? *Sleep* 38(Suppl.): A22, 2015.
 60. Carskadon MA, Barker DH, **Sharkey KM**, Roane BM and Van Reen E. Drinking alcohol in the first semester: does sleep timing play a role? *Sleep* 38(Suppl.): A79, 2015.
 61. **Sharkey KM**, Quattrucci JA, Pearlstein TB. Postpartum hypomania symptoms are

associated with later sleep timing in women at risk for postpartum depression. *Sleep* 38(Suppl.): A329, 2015.

62. Van Reen E, **Sharkey KM**, Roane BM, Cha C, Liu R, Spirito A, Carskadon MA. Sleep patterns and suicidal ideation in first-year college students. *Sleep* 38(Suppl.): A340, 2015.
63. **Sharkey KM**, Coles, M and Pearlstein TB. Can exploring trans-diagnostic symptoms help refine a “delayed sleep” phenotype of perinatal depression? 2nd Biennial Perinatal Mental Health: Laboratory to Bedside to Community Practice, Northwestern University, Chicago, IL, November 4-6, 2015. *International*.
64. Sarte JC, Machan JT, Blatch S, Boni G, Pearlstein TB and **Sharkey KM**. Sleep, mood and neurobehavioral performance in the perinatal period. *Sleep* 39(Suppl.): A63, 2016.
65. Blatch S, Quattrucci J, Boni G, Machan JT, **Sharkey KM**. Light exposure changes and sleep disturbance in women across the perinatal period. *Sleep* 39(Suppl.): A359, 2016.
66. Boni G, Quattrucci J, Blatch S, Carr S, and **Sharkey KM**. Women with postpartum weight retention have delayed sleep timing and decreased sleep efficiency in the perinatal period. *Sleep* 39(Suppl.): A360, 2016.

SCHOLARLY WORK PUBLISHED IN OTHER MEDIA

NON-PEER-REVIEWED

Book Reviews

1. **Sharkey KM**. Review of *Atlas of Sleep Medicine* by Chokroverty S, Thomas RJ, and Bhatt M. Doody's Review Service (on-line). Available: <http://www.doody.com>, 2005.
2. **Sharkey KM**. Review of *Clinician's Guide to Sleep Disorders* by Watson NF and Vaughn BV. Doody's Review Service (on-line). Available: <http://www.doody.com>, 2006.
3. **Sharkey KM**. Review of *Sleep: A Comprehensive Handbook* by Lee-Chiong T. Doody's Review Service (on-line). Available: <http://www.doody.com>, 2006.

MEDICAL JOURNAL AD-HOC REVIEWER

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

2012- BioMed Central Psychiatry
 2013- Respiration
 2013- Neuroscience and Biobehavioral Reviews
 2013- PLoS One
 2014- F1000 Prime Reports
 2014- Sleep Medicine
 2015- BMJ Open
 2015- The Journal of Clinical Psychiatry
 2015- Physiology and Behavior
 2016- Journal of Affective Disorders

EDITORIAL BOARDS

2010- *Behavioral Sleep Medicine*
 2014- *Sleep Health*
 2016- Section Editor, Sleep in Women, *Current Sleep Medicine Reports*

EXTERNAL GRANT REVIEW

6/2013 Physicians' Services Incorporated Foundation, Ontario, Canada
 4/2014 Israel Science Foundation, Jerusalem, Israel
 10/2015 University of Ottawa Medical Research Fund Grants Competition, Ottawa, Canada

INVITED PRESENTATIONS

1. *Actigraphy as an ambulatory measure of sleep.* Upper Midwest Sleep Society Meeting, Chicago, IL. September 8, 1995. *Regional*
2. *The Melatonin Phase Response Curve.* Sleep Laboratory Grand Rounds. Department of Psychology, Rush University. November 7, 1996. *Local*
3. *Sleep in Menopausal Women: Normative Values and the First Night Effect.* Sleep Grand Rounds. Department of Psychology, Rush University. April 24, 1997. *Local*
4. *Effects of Melatonin Receptor Antagonists on Circadian Behavior in Mice.* Department of Neurological Sciences Research Conference, Rush University. June 6, 1997. *Local*
5. *Using Melatonin to Phase Shift Human Circadian Rhythms.* Brown University, Sleep and Chronobiology Research Laboratory, Providence, RI. August 9, 1998. *Regional*
6. *Phase Shifting Effects of Melatonin.* Sleep Laboratory Grand Rounds. Department of Psychology, Rush University Medical Center. January 12, 2001. *Local*
7. *Mass Psychogenic Illness.* Internal Medicine-Psychiatry Conference, Rush University Medical Center. December 16, 2004. *Local*
8. *Melatonin, Sleep and the ICU.* Sleep Laboratory Grand Rounds. Department of Psychology, Rush University Medical Center. April 29, 2005. *Local*
9. *Group Psychotherapy for Chronic Medical Conditions.* Internal Medicine-Psychiatry Conference, Rush University Medical Center. July 28, 2005. *Local*
10. *Antidepressant Effects of Sleep Deprivation.* Department of Psychiatry Grand Rounds, Rush University Medical Center. October 26, 2005. *Local*
11. *Domestic Violence.* Internal Medicine-Psychiatry Conference, Rush University Medical Center. January 18, 2007. *Local*
12. *Sleep Changes and Mood in Pregnancy and the Postpartum Period.* Women & Infants

- Hospital Behavioral Medicine Journal Club. February 7, 2008. *Local*
13. *Antidepressant Effects of Sleep Deprivation*. Brown University Pulmonary Research Conference. March 10, 2008. *Local*
 14. *Timing is Everything: Applying Circadian Rhythms Science to Duty Hour Requirements in Medical Training*. National Institutes of Health Clinical Center Grand Rounds. August 27, 2008. *National*
 15. *Panel Discussion: Managing Early Career Path Decisions*. Office of Women in Medicine, Brown University. October 20, 2008. *Local*
 16. *Sleep in Pregnancy & the Postpartum Period: A Pilot Study of Sleep, Genetics, and Mood*. Brown University Pulmonary Research Conference. January 26, 2009. *Local*
 17. *Sleep Deprivation & Duty Hour Requirements in Graduate Medical Training: It's Time to Wake Up!* Brown University Chest Conference. February 20, 2009. *Local*
 18. *The Impact of Hormonal Milestones on Sleep in Women*. Sleep HealthCenter associated with Brigham and Women's Hospital, Brighton, MA. April 14, 2009. *Local*
 19. *Sleep Deprivation Among Shift-Working Health Care Personnel*. The Westerly Hospital Leadership Development Institute. April 22, 2009. *Local*
 20. *Sleep in Women: Effects of Hormones Across the Lifespan*. Psychology 350: Sleep and Behavior, College of the Holy Cross, Worcester, MA. October 1, 2009. *Local*
 21. *Assessing Sleep Problems in Perinatal Women*. Women and Infants Day Hospital Program, Providence, RI. January 21, 2010. *Local*
 22. *Pillow Talk: How much sleep do you really need...and how to get it*. Rhode Island College Employee Wellness Event, Providence, RI. April 28, 2010. *Local*
 23. *Impact of Perinatal Sleep on Maternal Mood*. Massachusetts General Hospital Center for Women's Mental Health. July 28, 2010. *Regional*
 24. *Sleep and Insomnia in Patients with Opioid Dependence*. University of Pittsburgh Multidisciplinary Sleep Grand Rounds, October 28, 2010. *Regional*
 25. *Diagnosis and Treatment of Insomnia in Primary Care*. Coastal Medical Continuing Medical Education. April 1, 2011. *Local*
 26. *Blue Light Special? Evidence for Phase Shifting Effects of Short Wavelength Light in Circadian Rhythm Sleep Disorders*. Brown University Conference. April 29, 2011. *Local*
 27. *Sleeping Like A Mommy: Associations between Perinatal Sleep Patterns and Maternal Mood*. William C. Dement Summer Fellowship Retreat Young Investigator Lecture. August 24, 2011. *Local*
 28. *Sleeplessness* Panelist, William Morris Enterprises Annual Retreat, San Diego, CA, Jan 10-13, 2012. *International*
 29. *Postpartum Jet Lag? Preliminary Evidence for Circadian Phase Shifts across the Perinatal Period*. Research-in-Progress Seminar, Harvard Medical School, Division of Sleep Medicine, January, 18, 2012. *Local*
 30. *Postpartum Sleep: Impact of Babies and Breastfeeding on Sleep in New Mothers*. Rhode Island Breastfeeding Coalition Annual Conference, March 28, 2012. *Regional*
 31. Invited Chair for *Cognitive Chronobiology Symposium*, Society for Research in Biological Rhythms, San Destin FL, May 19-23, 2012. *International*
 32. *Shiftwork and Your Health: What You Need to Know*, Health and Wellness Lecture Series, Lifespan, Providence, RI, September 18, 2012. *Local*
 33. *Bench to Bedside: Narcolepsy (with Mary A. Carskadon, PhD)*, Brown University Neuroscience Graduate Program Lecture Series, Providence, RI, October 25, 2012. *Local*

34. *Doctor, get some sleep!* Alpert Medical School of Brown University, Lunchtime Wellness Series, November 13, 2012. *Local*
35. *Shift Work and Sleep Deprivation in Healthcare Workers: Physiology and Consequences.* Annual Sleep Alertness & Fatigue Education in Residency (SAFER) lecture, Rhode Island Hospital, June 20 and July 1, 2013. *Local*
36. *Sleep and Circadian Disruption as a Risk Factor for Mood Disorders: A Transdiagnostic Approach to Defining a Sleep-Related Phenotype for Depression and Anxiety Disorders.* Brown University Psychiatric and Behavioral Genetics Seminar Series, Providence, RI. February 6, 2013. *Local*
37. *Sleep and Circadian Disruption as a Risk Factor for Depression.* Rhode Island Psychiatric Society. Cranston, RI. February 10, 2014. *Local*
38. *Sleep & Circadian Rhythms in Pregnancy and the Postpartum: Associations with Perinatal Depression.* Society for Women's Health Research. Washington, DC. May 22, 2014. *National.*
39. *Pilot Study of Phenotypic and Genotypic Predictors of Treatment Success and Recovery from Obstructive Sleep Apnea Syndrome.* Brown Institute for Respiratory Diseases (BIRDS). Providence, RI. May 29, 2014. *Local*
40. *Shift Work and Sleep Deprivation in Healthcare Workers: Physiology and Consequences.* Annual Sleep Alertness & Fatigue Education in Residency (SAFER) lecture, Rhode Island Hospital, June 19 and July 1, 2014. *Local*
41. *Sleepless in Rhode Island? An Approach to Sleep Disorders for Behavioral Health Clinicians,* Rhode Island Primary Care Physicians Corporation, September 18, 2014. *Local*
42. *Circadian Rhythm Disruption and Perinatal Mood Disorders: Why Sleeping Like a Baby isn't Good for New Mothers,* Johns Hopkins Psychiatry Research Conference, October 21, 2014. *Regional*
43. *Later School Start Times: An Opportunity to Apply Scientific Research to Improve Student Outcomes.* East Greenwich Public Schools, E. Greenwich, RI. November 18, 2014. *Local*
44. *Shift Work and Curtailed Sleep in Healthcare Workers: Physiology and Consequences.* Women & Infants Hospital Grand Rounds, Providence, RI. January 8, 2015. *Local*
45. *Tired and Sad: Does Sleep and Circadian Rhythm Disruption Increase Risk for Depression?* Northeast Sleep Society Annual Meeting, Tarrytown, NY. March 27, 2015. *Regional*
46. *Tribulations of a Junior Investigator.* American Academy of Sleep Medicine Young Investigators Research Forum, Rockville, MD. April 8, 2015. *National*
47. *The Importance of a Good Night's Sleep: Approach to Common Sleep Disorders in Women.* Survival Skills for Today's Gynecologist, New York, NY. April 17, 2015. *National.*
48. *Anxiety, Books, Caffeine, and Dissertations: The ABCDs of Getting Enough Sleep in Graduate School.* Brown University Graduate Student Wellness Series, Providence, RI. April 29, 2015. *Local*
49. *Sleepy Teens: How Teens' Brains are Wired Differently for Sleep and What to do About It.* Westborough Public Schools Parent Education Series. Westborough, MA. May 14, 2015. *Local*
50. *Assessing for and Intervening on Disordered Sleep in Pregnancy & the Postpartum Period.* Sleep Research Society Trainee Symposia Series – SLEEP 2015. Seattle, WA. June 7, 2015. *International*

51. *Shift Work and Curtailed Sleep in Healthcare Workers: Physiology and Consequences. Annual Sleep Alertness & Fatigue Education in Residency (SAFER) lecture*, Rhode Island Hospital, June 22 and July 6, 2014. *Local*
52. *Prioritizing Sleep in a 24/7 World: How Getting Enough Sleep Can Enhance Your Productivity*. Brown University Office of Women in Medicine and Science CME Breakfast Program, October 1, 2015. *Local*
53. *Sleep and Circadian Disruption and Perinatal Mood Disorders: Why Sleeping Like a Baby Isn't Good for New Mothers*. Brown University Department of Psychiatry and Human Behavior Grand Rounds, January 6, 2016. *Local*
54. *Postpartum Jet Lag: Do perinatal changes in circadian rhythms increase risk for postpartum depression?* Yale State Sleep Conference, January 27, 2016. *Local*.
55. *Perinatal Circadian Rhythms and Depressed Mood: Are certain postpartum sleep patterns maladaptive and can they be treated?* University of Michigan Depression Center Colloquium, February 5, 2016. *Regional*.
56. *Update in Internal Medicine: Sleep-Disordered Breathing and Comorbid Psychiatric Illness*. Providence VAMC, March 4, 2016. *Local*.
57. *Prioritizing Sleep in a 24/7 World: How Getting Enough Sleep Can Enhance Your Productivity*. Raytheon Corporation Wellness Week, Portsmouth, RI, March 15, 2016 *Local*.
58. *How Intramural, Non-Profit, & Industry Funding Can Jump Start your Research Career*. American Academy of Sleep Medicine Young Investigators Research Forum, Rockville, MD. April 7, 2016. *National*
59. *Circadian Disorders- Sleep Medicine Clinical Core Curriculum II*. American Thoracic Society Annual Meeting. May 17, 2016. *International*
60. *Open All Night: Leveraging Sleep & Circadian Evidence for Better Productivity & More Restful Sleep in Emergency Medicine*. Brown University Emergency Medicine Annual Retreat, May 20, 2016. *Local*

CONFERENCE PRESENTATIONS ARISING FROM AN ABSTRACT OR PROPOSAL

1. *Phase Advancing Human Circadian Rhythms with Melatonin*. 12th Annual Meeting of the Society for Light Treatment and Biological Rhythms. Young Investigator Award Presentation. Evanston, IL. May 8, 2000. *National*
2. *A Comparison of Three Measures of Circadian Phase*. 7th Meeting of the Society for Research on Biological Rhythms. Workshop on Analyzing Rhythms: Constant Routines and Purification Methods. Amelia Island, FL. May 11, 2000. *National*
3. *Dysregulated Sleep/Circadian Systems in Children and Adolescents with Affective Disorders: The Chicken or the Egg?* Symposium Panelist at SLEEP 2011, Minneapolis, MN. June 14, 2011. *National/International*
4. *Sleep and Mood Disturbances in Perinatal Women*. Symposium Panelist at CHEST 2011, Honolulu, HI. October 24, 2011. *National/International*
5. Co-Course Director and Faculty, *Sleep and Sleep Disorders in Pregnancy*, Postgraduate Course at SLEEP 2012 26th Annual Meeting of the Associated Professional Sleep Societies Meeting, Boston, MA, June, 2012. *International*

6. Faculty, *Diagnosis and Treatment of Circadian Rhythms Sleep Disorders*, Postgraduate Course at SLEEP 2012 26th Annual Meeting of the Associated Professional Sleep Societies Meeting, Boston, MA, June, 2012. *International*
7. Faculty, *Diagnosis and Treatment of Circadian Rhythm Sleep-Wake Disorders*, Postgraduate Course at SLEEP 2013 27th Annual Meeting of the Associated Professional Sleep Societies Meeting, Baltimore, MD, June, 2013. *International*
8. Circadian Phase Shifts in the Perinatal Period: Elucidating a Biological Basis for the Use of Chronotherapy in Perinatal Depression. Perinatal Mental Health: Optimizing Maternal Treatment to Improve Infant Outcomes Conference, Northwestern University, Chicago, IL, November 6-8, 2013. *International*.
9. Obsessive-Compulsive Symptoms and Delayed Circadian Phase in Perinatal Women with a History of Major Depressive Disorder (MDD). North American Society for Psychosocial Obstetrics and Gynecology (NASPOG). Columbus, OH, April 18, 2014. *National*
10. Faculty, *Diagnosis and Treatment of Circadian Rhythm Sleep-Wake Disorders*, Postgraduate Course at SLEEP 2014 28th Annual Meeting of the Associated Professional Sleep Societies Meeting, Minneapolis, MN, June, 2014. *International*
11. Contribution of reproductive hormones to sleep and circadian rhythms in reproductive-age women. Talk during Symposium “It’s the Hormones: Impact of Estrogen on Sleep and Circadian Rhythms in Women.” SLEEP 2015 29th Annual Meeting of the Associated Professional Sleep Societies Meeting, Seattle, WA, June 7, 2015. *International*
12. Sleep, Depression, and Stress in the Mother-Infant Dyad. Talk during Symposium “Sleep in Pregnancy and the Postpartum.” Canadian Sleep Society Conference, Toronto, Canada, September 27, 2015. *International*

KNOWLEDGE TRANSFER/TRANSLATION IN THE MEDIA

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

- morning-person-take-a-few-tips-from-campers
10. August 1, 2013, Science News, “Camping resets internal clock.”
<https://www.sciencenews.org/article/camping-resets-internal-clock>
 11. August 5, 2013, Women’s Day, “Conquer Emotional Eating”
<http://www.familycircle.com/health/weight-loss/diet-tips/stop-emotional-eating/#page=9>
 12. December 3, 2013, Time Magazine, “Engineer on Derailed Train ‘Consciously Asleep’: Is That Possible?” <http://healthland.time.com/2013/12/03/engineer-on-derailed-train-consciously-asleep-is-that-possible/#ixzz2n0f6HwyG>
 13. June 10, 2014, *Access Rhode Island* public access program
<https://www.youtube.com/watch?v=9BC4ZQk56Ak>
 14. November 1, 2014, Martha Stewart Living, “Good Night, Ladies!”
 15. November, 2014, East Greenwich Magazine, “EG Parents Rally to Start School Later”
 16. November 18, 2014, Huffington Post “Do Long Winter Nights Impact Women’s Health?”
http://www.huffingtonpost.com/society-for-womens-health-research/do-long-winter-nights-imp_b_6177350.html
 17. January 29, 2015, Allure.com, “7 Ways to Fall (and Stay!) Asleep Faster.”
<http://www.allure.com/beauty-trends/health/2015/how-to-fall-asleep-faster#slide=1>
 18. February 23, 2015, fastcompany.com “I Am Addicted To Sleeping Pills (And My Doctor Is Fine With That): On the confusing science and social mores of sleep aids.”
<http://www.fastcompany.com/3042633/sleep-week/i-am-addicted-to-sleeping-pills-and-my-doctor-is-fine-with-that>
 19. March 2, 2015, Bay State Parent, “The Sleep Deprivation Epidemic”
<http://www.baystateparent.com/February-2015/The-Sleep-Deprivation-Epidemic/>
 20. May 8, 2015, Wicked Local Westborough “School Start Time Debate Comes to Westborough” <http://westborough.wickedlocal.com/article/20150508/NEWS/150506436>
 21. August 22, 2015, "Steve Klamkin and the WPRO Saturday Morning News" radio interview on school start times. <http://tinyurl.com/steveklamkin>
 22. September 1, 2015, The Rhode Show. Channel 12 Fox News Rhode Island. Television interview on school start times.
 23. October 15, 2015 “Zdrowy sen– zdrowe życie” (translates: *Healthy sleep—healthy life*) Med Magazyn. Health Magazine for patients in the Medicover Health System in Krakow, Poland.
 24. January 1, 2016. “Healthy Sleep for Healthy Kids. *Rhode Island Parent Magazine*
 25. March 21, 2016 Newstalk 106 FM, Dublin, Ireland. Radio interview with Sean Moncrieff on the science behind night owls and morning larks.
 26. March 26, 2016, "Steve Klamkin and the WPRO Saturday Morning News" radio interview on a new app to study postpartum depression. <http://tinyurl.com/steveklamkin>
 27. March 28, 2016, Convergence RI, “A new app for postpartum depression research debuts,” by Richard Asinof, <http://newsletter.convergenceri.com/stories/A-new-app-for-postpartum-depression-research-debuts,2252?>

GRANTS

Ongoing Research Support

1. Seleni Foundation Grant (Sharkey) 5/1/2014-4/30/2016

Total Award: \$60,000

Integrated Chronotherapy for Perinatal Anxiety

The goal of this project is to perform a pilot randomized controlled trial of integrated chronotherapy versus usual care for anxiety during the perinatal period.

2. R34 MH104377 (Sharkey) 3/6/2015-2/28/2018
 Total Award: \$659,865, Year 1: \$249,982
Integrated Chronotherapy for Perinatal Depression
 The goal of this project is to test the feasibility and effectiveness of administering a chronotherapy intervention for depression during pregnancy in a usual care outpatient setting.

Completed Research Support

1. F30 MH11239 (Sharkey) 1995-2001
 Total Award: \$149,782
 NIH/NIMH
Phase-Shifting and Sedative Effects of Melatonin
 The goals of this study were to investigate the phase-shifting and sleep-promoting effects of melatonin in human models of night shift work.
2. R01 NS 35695 (Eastman) 8/01/1997 to 5/31/2002
 Role: Co-Investigator
 NIH/NINDS
 Total Award: \$936,840
Melatonin, Human Circadian Rhythms and Sleep
 The goals of this project were to study the phase-shifting and sedative effects of melatonin.
3. U01 DA023822 (Rea) 09/30/2007 - 05/31/2010
 Subcontract Principal Investigator: Mary A. Carskadon, Ph.D.
 Role: Subcontract Co-investigator
 NIDA
 Total Award: \$1,977,414
Light Measuring Device for Correcting Circadian Disruption
 The goal of this project is to develop a circadian light and activity measurement device to help guide circadian adaptation in young adults.
4. R01 MH079179 (Carskadon) 12/19/2008 -12/11/2010
 Role: Co-investigator
 NIH/NIMH
 Total Award: \$2,889,209
Prospective Study of Depressed Mood, Short Sleep and Serotonergic Genes
 The principal aim of this study is to assess prospectively the association between reduced sleep and depressed mood in college students.

5. Brown University/Women & Infants Hospital National Center of Excellence in Women's Health Innovations in Women's Health Research Seed Grant (PI: Sharkey)
01/01/10 – 06/30/11
Role of Sleep and Circadian Phase Disruption in Postpartum Depression
Role: Principal Investigator
Total Award: \$19,691
The goals of this project are to describe changes in sleep times, patterns of light exposure, and circadian rhythms during the perinatal period in women with a history of major depression and to test the hypothesis that changes in sleep and circadian rhythms are associated with postpartum depressive symptoms. These pilot data will support a planned NIH grant proposal.
6. Sleep Research Society Foundation J. Christian Gillin, MD Research Grant (PI: Sharkey)
07/15/10 – 03/31/12
Sleep and Circadian Phase Disruption in Postpartum Depression
Role: Principal Investigator
Total Award: \$19,994
The goals of this project are to describe changes in sleep times, patterns of light exposure, and circadian rhythms during the perinatal period in women with a history of major depression and bipolar disorder and to test the hypothesis that changes in sleep and circadian rhythms are associated with postpartum manic and depressive symptoms. These pilot data will support a planned NIH grant proposal
7. U01 CA150387 (Wing, R) 09/28/2009-08/31/15
Role: Supervision of home polysomnography data collection and interpretation of sleep studies; psychiatric consultation.
NIH/NCI
Total Award: \$4,356,684
Increasing sleep duration: A novel approach to weight control
This grant involves a series of studies to develop a sleep/weight loss intervention and to examine the effects of increased sleep on eating and exercise behaviors and consequently body weight.
8. K23 MH086689 (Sharkey) 12/12/10-11/30/15
NIH/NIMH
Total Award: \$831,072
Postpartum Depression: Role of Sleep & Genetic Risk in Postpartum Mood Disorders
The goal of this project is to test the associations among selected genetic factors, sleep, and depressed mood in postpartum women.
9. DBDAT Foundation Grant (Sharkey) 1/1/2014-8/31/2015
Total Award: \$50,000
The Depressive and Bipolar Disorder Alternative Treatment Foundation
Triple Chronotherapy for Perinatal Depression

The goal of this project is to perform a pilot randomized controlled trial of triple chronotherapy versus usual care for depression during pregnancy and the postpartum period.

UNIVERSITY TEACHING ROLES

- 2005-2006 *Substance Abuse*; 1 hour lecture
Presented every 4 weeks to the 3rd and 4th year students in the Psychiatry Core Clerkship, Rush Medical College, Chicago, Illinois
- 2003-2006 *Sleep and Sleep Disorders*; 1 hour lecture
Presented annually at the Chicago Psychiatry Board Review Course
Dept. Psychiatry, Rush University Medical Center, Chicago, IL
- 3/2008
3/2009 *Women and Sleep*: 1 hour lecture to Brown University Medical Students in Biomed 3670
- 2008- William C. Dement Sleep and Chronobiology Behavioral Science Research Apprenticeship, Department of Psychiatry & Human Behavior, faculty, Sleep for Science Research Laboratory, Brown University
- 2008-2011 *BIOL 3663 IMS III: Pulmonary Physiology and Pathophysiology*;
Small Group Leader for seven 3-hour workshop sessions for Alpert Medical School of Brown University 2nd year medical students
- 2009- *Introduction to Sleep Medicine*: 1.5 hour lecture to Brown University Medical Students in BIOL 3663 IMS III: Pulmonary Physiology and Pathophysiology

HOSPITAL TEACHING ROLES

- 11/2007 *Sleep and Sleep Disorders*; 2 hour lecture to Brown University Pulmonary & Critical Care Fellows
- 1/2008 *Anatomy and Physiology of Normal Sleep*; 1 hour lecture for the Lifespan Sleep Technologist Training Program
- 2/2008 *Insomnia, Circadian Rhythm Problems, and Movement Disorders*; 1 hour lecture for the Lifespan Sleep Technologist Training Program
- 4/2008 *Sleep and Sleep Disorders Board Review*; 2 hour lecture to Brown University Psychiatry Residents
- 11/2008 *Basics of Sleep*, Neurology Residency Conference, Brown University

- 4/2009 *Sleep Disorders*, Neurology Residency Conference, Brown University
- 4/2009 *Sleep and Sleep Disorders Board Review*; 2 hour lecture to Brown University Psychiatry Residents
- 5/2009 *Circadian Rhythms*; 1 hour lecture to Brown University Pulmonary & Critical Care Fellows
- 2009- *Introduction to Sleep and Sleep Disorders*; annual 2 hour lecture to Brown University Psychiatry Residents
- 2012- Sleep Medicine Clinic – attending physician preceptor in monthly Pulmonary Fellows Sleep Clinic, Rhode Island Hospital
- 2013- *Introduction to Sleep and Sleep Disorders*; 2 hour lecture to Brown University Internal Medicine Primary Care Residents (2-3 times/year)

Supervision of Residents in Clinical Sleep Medicine Elective:

- 2008 Maria-Louisa Hincapie, MD, PGY 4 Psychiatry Resident, Brown University
*Thaddeus Shattuck, MD, PGY4 Psychiatry Resident, Brown University
*Joshua Kreiss, MD, PGY4 Neurology Resident, Brown University
- 2009 Paul Christopher, MD, PGY4 Psychiatry Resident, Brown University
Paul Dellemonache, MD, PGY4 Psychiatry Resident, Brown University
- 2010 Azin Azma, MD, PGY4 Neurology Resident, Brown University
Theron Dobson, MD, PGY4 Neurology Resident, Brown University
Laura Stanton, MD, PGY4 Psychiatry Resident, Brown University
- 2011 Karen LeBlanc, MD, PGY4 Psychiatry Resident, Brown University
Leanne Rifenburg, MD, PGY4 Psychiatry Resident, Brown University
Jennifer Trayner, MD, PGY4 Psychiatry Resident, Brown University
*Kelly Waters, MD, PGY4 Neurology Resident, Brown University
- 2012 Julie Hugo, MD, PGY4 Psychiatry Resident, Brown University
Alison Swigart, MD, PGY4 Psychiatry Resident, Brown University
Sheila Lahijani, MD, PGY5, Medicine/Psychiatry Resident, Rush University
Emily Murphy, MD PGY4 Psychiatry Resident, Brown University
Amy Halt, MD, PhD, PGY4 Psychiatry Resident, Brown University
- 2013 Mandy Rhodes, MD, PGY4 Psychiatry Resident, Brown University
Aga Janika, MD, PGY4 Psychiatry Resident, Brown University
- 2014 Mary Lajoy, MD, PGY4 Psychiatry Resident, Brown University
Meesha Ahuja, MD, PGY4 Psychiatry Resident, Brown University
Jennifer Barnes, MD, PGY4 Psychiatry Resident, Brown University
- 2015 Teresa Lanza Di Scalea, MD, PGY4, Psychiatry Resident, Brown University
Olivia Zurek, MD, Psychiatry Resident, Brown University
- 2016 Laura Hodges, MD, PGY4, Psychiatry Resident, Brown University
Jerome Liu, MD, PGY4, Psychiatry Resident, Brown University

*PGY5 = Sleep Medicine Fellowship

Supervision of Psychology Interns:

2008 Henry Orff, Psychology Intern, Brown University

Supervision of Undergraduate Research:

2011-2012 Emily Mephram, Gender and Sexuality Studies, Brown University
 “Working Mothers: Challenges and Barriers in the Perinatal Period”
 Recipient of the Helen Terry MacLeod Research Grant

2012- Rachel Tasche, Psychology, Brown University

2013 Johanna Thompson-Westra, Neurosciences, Brown University

2015- Geraldine Boni, Engineering, Brown University

2015- Lily Gordon, Anthropology, Brown University

Supervision of Resident Research Rotation:

2011-2012 Kelly Waters, MD, PGY4 Neurology Resident, Brown University
 “Assessment of an ambulatory monitor for measuring sleep disordered breathing in pregnancy.”

2015 Teresa Lanza Di Scalea, MD, PGY4, Psychiatry Resident, Brown University

Supervision of Medical Student Research:

2012-2015 Ijeoma N. Iko, MSII, Alpert Medical School of Brown University
 “Infant sleep: associations with maternal sleep disturbance, postpartum stress, and depression.”
 Recipient of Brown University Summer Assistantship Award

2014- Zachary Cohen, MSII, Alpert Medical School of Brown University
 “Sleep, Neurobehavioral Performance, and Affect Regulation in Perinatal Women”
 Recipient of Brown University Summer Basic and Translational Research grant

2015- Stephanie Blatch, MSII, Alpert Medical School of Brown University
 “Associations between light exposure and maternal and infant sleep patterns with implications for treatment and prevention of postpartum depression”
 Recipient of Brown University Summer Assistantship Award

2015- Jason Sarte, MSII, Alpert Medical School of Brown University
 “Is there an Obesity Phenotype Among Patients with Obstructive Sleep Apnea?”
 Recipient of Brown University Summer Basic and Translational Research gra

2016- Joyce Nguyen, MSIV, Alpert Medical School of Brown University
 Examination of Pre-sleep Arousal in Pregnant and Postpartum Women with Anxiety

External Examiner for the degree of Doctor of Philosophy

2013 Lauren Kita, Doctoral Candidate, Bournemouth University, Poole, UK
 “Investigating the Relationship Between Perinatal Sleep and Postpartum Depression”

2015 Sara Kowalczyk, MPH, Doctoral Candidate, Boston University, Boston, MA
 “Narcolepsy in Women”

OTHER MENTORING (This list includes individuals who have sought me out for career mentoring or have been assigned to me as student mentees through the Brown University Office of Women in Medicine and Science.)

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