ANNUAL MEETING OF THE EUROPEAN INSOMNIA NETWORK

13th-15th MAY 2026

Università Guglielmo Marconi – Aula Magna Colonna

Via Vittoria Colonna 11, Roma, RM, 00100, Lazio

13/05 Day 1

09:30-12:30 Pre-congress event

14:00-14:30 Welcome coffee and registration

14:30-15:00 Opening and congress presentation

15:00-15:45 Opening Keynote 1: Prof.D. Riemann (Germany): The role of sleep and insomnia for mental health. Chair: K. Spiegelhalder (Germany)

16:00-17:15 Free presentations. Chairs: S. Jernelöv (Sweden), E. Hertenstein (Switzerland)

17:30-19:00 *Symposium 1 / Symposium 2*

Symposium 1.

Where Insomnia Happens: Insights from Immediate vs. Retrospective Perception of Sleep. Chairs: K. Fehér (Switzerland), B. Feige (Germany).

Symposium 2.

Innovations in Multidisciplinary, Technology-Enabled Insomnia Care: Insights from Australia. Chairs: S. Kyle (UK), A. Reynolds (Australia).

19:00-20:30 Welcome Cocktail

14/05 Day 2

09:00-10:30 Symposium 3 / Symposium 4

Symposium 3

Insomnia and depression: a shared construct through the lens of symptomatology and neurobiology. Chairs: K. Spiegelhalder (Germany), M. Tahmasian (Germany).

Symposium 4

The predictive brain and insomnia disorder: from fundamentals to possible clinical application. Chairs: P.L. Ratti (UK, Italy), A. Bérubé (Canada).

10:30-11:00 Coffee break

11:00-12:45. The Future of EIN. Chairs: Chairs: A. van Straten (The Netherlands), B. Bjorvatn (Norway).

11:00-11:10 Presentation

11:10-11:30 Goals of the EIN in the near future

11:30-12:45 Let's WIN!: What about a World Insomnia Network?

11:30-11:50 M. Grandner (US, AMERICA)

11:50-12:10 S.X. Li (Hong Kong, ASIA)

12:10-12:30 EUROPE

12:30-12:45: Discussion

12:45-14:00 Lunch (not included in the congress)

14:00-14:45 Keynote 2: Prof. G. Zoccoli (Italy): Gender and sleep health: inputs from basic research. Chair: V. Lo Martire (Italy).

15:00-16:30 Round Table1/Round Table 2

Round Table 1. Sleep and eating disorders. Chairs: V. Cardi (Italy, C. Lombardo (Italy)

Round Table 2. How pharmacological approaches and psychological interventions can support each other. Chairs: K. Blom (Sweden), L. Palagini (Italy).

16:30-18:00. Posters presentations.

20:00 Social Dinner

15/05 Day 3

09:00-10:30 Symposium 5 / Symposium 6

Symposium 5

Adapting Cognitive Behavioural Therapy For Insomnia In The Context Of Somatic And Psychiatric Comorbidities – Why, When and How?. Chairs: K. Blom (Sweden), N. Tang (UK).

Symposium 6
Sleep and Mental Health Across the Lifespan: From Non-Clinical Populations to Psychopathology. Chairs: M. Sforza (Italy), D. Meneo (Italy).

10:30-11:00 Coffee break
11:00-11:45 Keynote 3: Prof. C.A. Espie (UK): The evolution of cognitive behavioural therapy for insomnia. Chair: S.D. Kyle (UK)
12:00-13:15 A focus on paediatric sleep health/ Free presentations
12:00-13:15. From Pages to Pillow: Story-Based Prevention and Intervention Tools for Better Sleep in Children. Chairs: J. Owens (US), A. Schlarb (Germany)
12:00-13:15 Free presentations. Chairs: N. Barclay (UK), A. Galbiati (Italy)
13:15-14:30 Lunch (not included in the congress)
14:30-16:00 Symposium 7 / Symposium 8

Symposium 7
Inducing and relieving insomnia: Interfering or mediating factors? Chairs: E. Altena (France), C. Bastien (Canada).
Symposium 8
Experiences and issues in the training and dissemination of CBT-I. Chairs: J. Davidson (Canada), D. Gardner (Canada)

16:00-17:00 Nomination of the young investigator prizes. Chairs: E. Altena (France), C. Baglioni (Italy).
17:00-17:30 Closing and election of 5 best posters.

Ore Formative: 14h

Obiettivo Formativo: DOCUMENTAZIONE CLINICA. PERCORSI CLINICO-ASSISTENZIALI/DIAGNOSTICI/RIABILITATIVI, PROFILI DI ASSISTENZA – PROFILI DI CURA

Razionale: Insomnia is a chronic condition that likely affects more than 10% of the European population and is the most common sleep disorder. The European Insomnia Network targets clinicians and researchers across Europe who address the issue of insomnia.
The aims of the European Insomnia Network are to:
Get an overview of how many members of the European Sleep Research Society (ESRS) are actively involved in clinical or research work on insomnia.
Improve the exchange between European insomnia clinicians and researchers.
Establish a structure for an insomnia network as a basis for teaching, clinical and research activities at the EU level.
Organize meetings of European insomnia clinicians and researchers in order to specify and coordinate activities.
Establish insomnia as a research target on the EU level.

Curriculum Vitae Europass

Informazioni personali

Cognome(i/)/Nome(i)	**Zoccoli Giovanna**
Indirizzo(i)	Dipartimento di Scienze Biomediche e Neuromotorie (DIBINEM), sezione di Fisiologia Piazza di porta S. Donato 2, 40126 Bologna
Telefono(i)	+39 051 2091726
Fax	+39 051 2091737
E-mail	giovanna.zoccoli@unibo.it
Cittadinanza	italiana
Data di nascita	29/07/9162
Sesso	F

Settore professionale

Professore Universitario

Esperienza professionale

Date

2004 Professore Associato, Dipartimento di Fisiologia Umana e Generale dell'Università di Bologna, ora Dipartimento di Scienze Biomediche e Neuromotorie (DIBINEM). Settore scientifico-disciplinare di appartenenza: BIOS-06/A Fisiologia (ex BIO/09). Con Abilitazione Scientifica Nazionale I Fascia - Settore Concorsuale 05/D1 (dal 03/08/2018 al 03/08/2030)

1995 Ricercatore Universitario, Dipartimento di Fisiologia Umana e Generale dell'Università di Bologna, ora Dipartimento di Scienze Biomediche e Neuromotorie (DIBINEM).

Esperienze di ricerca all'estero

1995	1-30 Settembre, Department of Neurology, Rigshospitalet, Copenhagen (Prof. OB Paulson).
1996	1 Marzo - 31 Agosto, Visiting Scholar presso Institute of Reproduction and Development, Monash University, Clayton, Victoria, Australia (Prof. A Walker) con il contributo del Consiglio Nazionale delle Ricerche.
2001	1 Agosto – 30 Settembre, Institute of Reproduction and Development, Monash University, Melbourne, Victoria, (Prof. A Walker) nell'ambito della convenzione tra l'Università degli Studi di Bologna e la Monash University di Melbourne.
2001	1-15 Aprile, Laboratoire de Dysrégulations Métaboliques Acquises et Génétiques, Université de Picardie Jules Verne, Amiens, Francia (Prof. Jean Pierre Libert)
2004	1-10 Febbraio, Institute of Pharmacology and Toxicology, University of Zurich (Prof. Irene Tobler)
2007	15 Agosto – 15 Settembre, Visiting Professor presso Monash Institute of Medical Research (MIMR), Monash University, Melbourne, Australia, (Prof. A Walker) nell'ambito della convenzione tra l'Università degli Studi di Bologna e la Monash University di Melbourne
2015-2019	Visiting Professor presso il Laboratoire PériTox Université de Picardie Jules Verne, Amiens, Francia (Prof. Véronique Bach)

Lavoro o posizione ricoperti

Professore Associato di Fisiologia, ssd BIO/09, Università di Bologna

Principali attività e responsabilità

Impegni istituzionali all'Università di Bologna

- Direzione del Laboratorio PRISM (Physiological Regulation in Sleeping Mice) del DIBINEM (2008-oggi). Sito web: http://www.esrs.eu/membership-services/european-sleep-research-laboratories.html?tx_mnmesrslab_pi1%5Buid%5D=5938
- Responsabile dei Progetti di Ricerca del Laboratorio PRISM ai sensi del D. Lgs. 26/2014 sulla tutela degli animali utilizzati ai fini scientifici (Corso di formazione dell'Istituto Superiore di Sanità "D. Lgs. 26/2014 sulla tutela degli animali utilizzati ai fini scientifici: ruolo e competenze del Responsabile del Progetto di Ricerca e Valutazione Tecnico-Scientifica dei progetti", Roma, 6-7 luglio 2016)
- Referente del DIBINEM per l'impiego degli animali in attività scientifiche e/o didattiche
- Referente Scientifico dello Stabulario DIBINEM

Appartenenza a Società Scientifiche
Associazione Italiana di Medicina del Sonno (AIMS); Società Italiana di Fisiologia (SIF); European Sleep Research Society (ESRS); Federation of European Neuroscience Societies (FENSWorld Sleep Society (WSS).

Incarichi in Società Scientifiche
Consiglio Direttivo della Società Italiana di Ricerca sul Sonno (2004-2008).
Commissione Ricerca della Associazione Italiana Medicina del Sonno (2014-2018)
Scientific Committee, European Sleep Research Society, (2016-2018)
Co-Chair Scientific Committee, European Sleep Research Society, (2018-2020)
Research Network Committee (RNC) della European Sleep Research Society, (dal 2018)
Comitato Scientifico della Associazione Italiana Medicina del Sonno (2019-2022)
Commissione Sperimentazione Animale della Società Italiana di Fisiologia (2019-oggi)
Commissione Divulgazione della Associazione Italiana Medicina del Sonno (2022-2024)

Istruzione e formazione

Date

Formazione

Titolo della qualifica rilasciata

1987 Laurea in MEDICINA E CHIRURGIA (Università di Bologna) (110/110 e lode)

Principali tematiche/competenze professionali possedute

1991Specializzazione in Neurologia (Università di Bologna) (70/70 e lode)

Nome e tipo d'organizzazione erogatrice dell'istruzione e formazione

1995 Dottorato di Ricerca in "Fisiopatologia Sperimentale e Clinica" (Università di Bologna).

Capacità e competenze personali

Madrelingua(e)

Italiano

Altra(e) lingua(e)

Frances, Inglese

Autovalutazione	Comprensione				Parlato				Scritto	
Livello europeo (*)	Ascolto		Lettura		Interazione orale		Produzione orale			
Inglese	B2		B2		B2		B2		B2	
Frances	B2		B2		B2		B2		B2	

(*) Quadro comune europeo di riferimento per le lingue

Capacità e competenze sociali

Terza missione

2006: Ha partecipato alla trasmissione “Il terzo anello” del 12/12/2006, condotta da Franco Carlini su RAI Radio3Scienza, sul tema: “Sonni d’oro”, il ruolo del sonno diurno nella performance quotidiana.

2008: Ha partecipato all’incontro “Evoluzione del Cosmo, Evoluzione della Vita, Responsabilità dell’Uomo” organizzato nella Sala del Consiglio del Quartiere S. Stefano, Bologna, col patrocinio del Comune di Bologna, il giorno 15/02/2008, dove ha presentato la relazione “Evoluzione della vita”.

2012: Membro del comitato organizzatore degli eventi “Bologna Sonno Scienza e Salute 2012” associati alla Giornata Mondiale del Sonno (16 marzo 2012): incontri di divulgazione scientifica sul sonno ed educazione alla salute nelle scuole pubbliche (Liceo Classico Minghetti e Scuola Media Dozza, Bologna) e serata pubblica di divulgazione “Sogno o son desto? Sonno, Scienza e Salute”, Bologna

2016: 15 marzo, lezione presso il Liceo Scientifico Righi (Bologna): Il Cervello che dorme.

Dal 2009 partecipa all’iniziativa ”Unijunior” ciclo di lezioni per ragazze e ragazzi dagli 8 ai 14 anni tenute da docenti dell'Università di Bologna presso strutture universitarie.

a.a. 2009/10: 20/02/2010 e 20/03/2010: Perché dormiamo invece di fare delle cose più divertenti?

a.a. 2010/11: 18/12/2010 e 19/02/2011: Alla scoperta del cervello che dorme

a.a. 2011/12: 15/10/2011 e 17/12/2011: Dormi bene, vivi meglio!

a.a. 2013/14: 07/12/2013 ore 15 e ore 16.30: Perché dormiamo invece di fare delle cose più divertenti?

a.a. 2014/15: 15/11/2014: Chi dorme non piglia pesci!

a.a. 2018/19: 12/01/2019: Origini: la grande storia dall’universo all’uomo

a.a. 2019/20: 15/02/2020: Dormi bene e vivi meglio: un sonno sano per una vita in salute

a.a. 2025/26: 17/01/2026: Laboratorio - Chi dorme piglia pesci: viaggio nel mondo del sonno

Dal 2020 è parte del Consiglio Direttivo ed è Tesoriere dell’Associazione “ParliamoneOra”, associazione culturale del terzo settore costituita da docenti e ricercatori di UNIBO con finalità civiche, solidaristiche e di utilità sociale.

Capacità e competenze organizzative

- Direzione del Laboratorio ***PRISM*** (Physiological Regulation in Sleeping Mice) del DIBINEM (2008-oggi). Sito web: http://www.esrs.eu/membership-services/european-sleep-research-laboratories.html?tx_mnmesrslab_pi1%5Buid%5D=5938

Capacità e competenze tecniche

Partecipazione a corsi:

1988 "Metodi in Neuroscienze: immunoistochimica" (Como, maggio1988), patrocinato dalla Scuola superiore della Società italiana di Neuroscienze.

1989 "Fisiologia a fisiopatologia del sonno" (Como, maggio 1989), patrocinato dalla Scuola superiore della Società italiana di Neuroscienze.

1989 "La Ricerca On-line" presso il C.I.N.E.C.A., Centro di Calcolo Interuniversitario dell'Italia nord-orientale (Bologna, marzo 1989).

1989 Technical Workshop "Image Analysis in Neurohistology", 12° annual meeting of the European Neuroscience Association (Torino, settembre 1989)

1994 Workshop “Blood-brain barrier”, 17° annual meeting of the European Neuroscience Association (Vienna, September 1994).

1995 Workshop “Basic sleep regulation mechanisms” presso il centro Stefano Franscini (ETH Zurich), Monte Verità (Ascona, 24-29 marzo 1996).

2016 Corso di formazione dell’Istituto Superiore di Sanità “D. Lgs. 26/2014 sulla tutela degli animali utilizzati ai fini scientifici: ruolo e competenze del Responsabile del Progetto di Ricerca e Valutazione Tecnico-Scientifica dei progetti” (Roma, 6-7 luglio 2016).

2017 Corso della regione Emilia-Romagna: “Registro informatizzato regionale per il carico e scarico degli animali negli allevamenti autorizzati ai sensi del D.Lvo. 26/2014” (Bologna, 27 settembre 2017)

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Capacità e competenze informatiche

Uso di Word, PowerPoint, Excel, SPSS,

Capacità e competenze artistiche

Chitarra classica (4 anni di studio)

Altre capacità e competenze

Scacchi

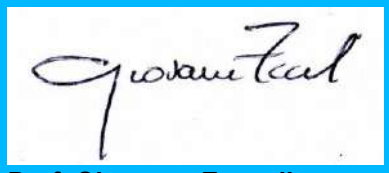
Patente

B

Ulteriori informazioni	Pratica a livello competitivo: podismo, ciclismo, triathlon; pratica a livello amatoriale: mtb, arrampicata sportiva, escursionismo, sci

Autorizzo il trattamento dei miei dati personali ai sensi del Decreto Legislativo 30 giugno 2003, n. 196 "Codice in materia di protezione dei dati personali"

Firma



Prof. Giovanna Zoccoli

Bologna,19 febbraio 2026

DEBORA MENEO
CURRICULUM VITAE ET STUDIORUM

INFORMAZIONI PERSONALI

Nome Debora Meneo
Data di nascita 01.09.1992
Lugo di nascita Telese Terme (BN)
Nazionalità Italia

E-mail: d.meneo@unimarconi.it

POSIZIONE ATTUALE

Assegnista di ricerca - PostDoc
Dipartimento di Scienze Umane, Università degli Studi Guglielmo Marconi (Roma)

Progetto "*Scarsa qualità del sonno durante la gravidanza come fattore di rischio per lo stress post-partum e la salute mentale: Uno studio clinico traslazionale e longitudinale (Maternal Outcome after THERapy for Sleep, MOTHERS)*". Progetto finanziato dal Ministero dell'Università e della Ricerca (MUR) tra i Progetti di Rilevante Interesse Nazionale (PRIN), codice: 2022PMFMSE, nell'ambito del finanziamento dell'Unione Europea - Next Generation EU.

Responsabile: Prof.ssa Chiara Baglioni

ABILITAZIONI E QUALIFICHE

Abilitazione all'esercizio della professione di psicologo e iscrizione all'Albo degli Psicologi dell'Emilia-Romagna
Ordine degli Psicologi dell'Emilia-Romagna (ID: 10645), sezione A (2022-)

Membro di società scientifiche

- Dal 2025 - Associazione Italiana di Psicologia (AIP)- Sezione: Psicologia Clinica e Dinamica
- Dal 2025 - Società Italiana di Terapia Comportamentale e Cognitiva (SITCC)
- Dal 2023 - European Sleep Research Society (ESRS)

Gruppi di interesse nazionali e internazionali

- Dal 2025 – *Early Career member* del direttivo della European Academy of Cognitive Behavior Therapy for Insomnia (CBT-I Academy)
- Dal 2024 - Promotrice della Rete di Interesse SITCC sulla Psicoterapia del Sonno (RIPOSO)

- Dal 2024 - Membro Gruppo tematico AIP Sonno, ritmi, e benessere biopsicosociale (ONIRI)
- Dal 2022 - Membro della European Insomnia Network (EIN)

ATTIVITÀ DI INSEGNAMENTO E SUPPORTO ALLA DIDATTICA

- **28/11/2024** - Seminario per corso di Laurea Magistrale in Neuroscienze e Riabilitazione Neuropsicologica presso il Dipartimento di Psicologia Generale dell'Università degli Studi di Padova: "Il trattamento basato sull'evidenza per il disturbo di insonnia: la Terapia Cognitivo-Comportamentale"

- **Dal 2023** - Tutor disciplinare presso l'Università degli Studi Guglielmo Marconi (Roma), Facoltà di Scienze della Formazione. Supporto agli studenti nell'apprendimento, anche attraverso incontri individuali per spiegazione del materiale didattico, partecipazione alle aule virtuali e alle commissioni d'esame, facilitazione delle comunicazioni tra docente e studenti.

  Corsi dall'anno accademico 2024-2025:
  - Psicologia Clinica (SSD M-PSI/08) – Prof.ssa Chiara Baglioni (L24);
  - Psicologia Clinica II (SSD M-PSI/08) – Prof. Manuel Petrucci (L24);
  - Modelli teorici, tecniche di ricerca e intervento in psicologia dinamica (SSD M-PSI/07) – Prof.ssa Benedetta Rinaldi; Prof. Francesco De Bei (LM51);
  - Teorie e Tecniche delle dinamiche di gruppo (SSD M-PSI/07) – Prof.ssa Chiara Baglioni (L24).

  Corsi nell'anno accademico 2023-2024: della docente prof.ssa Chiara Baglioni:
  - Psicologia Clinica (SSD M-PSI/08) – Prof.ssa Chiara Baglioni (L24);
  - Psicologia Clinica II (SSD M-PSI/08) – Prof.ssa Chiara Baglioni (L24);
  - Teorie e Tecniche delle dinamiche di gruppo (SSD M-PSI/07) – Prof.ssa Chiara Baglioni (L24).

- **2022 - 2023**: Attività di supporto alla docente Prof.ssa Chiara Baglioni, in qualità di Dottoranda di Ricerca, per il corso di Psicologia Dinamica (SSD M-PSI/07) presso l'Università degli Studi Guglielmo Marconi (Roma), Facoltà di Scienze della Formazione, L-24 Corso di laurea in Scienze e Tecniche Psicologiche:
  - Supporto agli studenti per le esercitazioni del Laboratorio di Psicologia Dinamica, consistenti in raccolte dati su sonno, emozioni e processi affettivi in famiglie con bambini piccoli (0-3 anni)
  - Supporto per alcuni elaborati di laurea triennale a carattere pratico, con raccolte dati su processi affettivi e sonno.

COMPETENZE

Lingue

- **Inglese:** ottima conoscenza della lingua scritta e parlata

Tecniche e software

- **Attigrafia:** inizializzazione di attigrafi, scoring manuale e interpretazione dei tracciati attigrafici; buona conoscenza dei software SleepAnalysis 2, WatchWare, Action-W 2 e Action 4
- **Software statistici:** SPSS, Comprehensive Meta-Analysis
- **IDE:** Rstudio
- **Linguaggi di programmazione:** R
- **Reference Managers:** Citavi, Rayyan, Zotero, Mendeley
- **Sistemi operativi:** Windows XP, MAC OS X

FORMAZIONE E ATTIVITÀ LAVORATIVA

Dal 2025	**Iscritta al Corso di Specializzazione in Psicoterapia Cognitiva – Scuola Italiana di Cognitivismo Clinico (SICC) - Roma**
Dal 2024	**Assegnista di ricerca - PostDoc** **Dipartimento di Scienze Umane, Università degli Studi Guglielmo Marconi (Roma)** Progetto finanziato dal Ministero dell'Università e della Ricerca (MUR) tra i Progetti di Rilevante Interesse Nazionale (PRIN), codice: 2022PMFMSE, nell'ambito del finanziamento dell'Unione Europea - Next Generation EU.
2024	**8 – 9 novembre: Corso di formazione nel Trattamento Cognitivo-Comportamentale del Disturbo di Insonnia** Scuola di Psicoterapia Cognitiva (SPC) di Roma Corso riconosciuto dalla European Academy for Cognitive-Behavioural Therapy for Insomnia e dalla European Sleep Research Society (*Foundation level*)
2024	**10 -13 aprile: ESRS First Pediatric Sleep School – Bertinoro (FC)** European Sleep Research Society
2021 - 2024	**Dottorato di Ricerca in Scienze Umanistiche (XXXVI ciclo)** Dipartimento di Scienze Umane, Università degli Studi Guglielmo Marconi (Roma) Tesi dal titolo: "*The Regulation of Sleep: A Focus on Behavioural and Emotional Aspects*" Supervisor(s): Prof.ssa Chiara Baglioni, Prof.ssa Francesca Gelfo

2020-2021 **Incarico di lavoro autonomo non occasionale** per attività legate al progetto di ricerca "*Misurare e mitigare l'impatto della pandemia Covid-19: uno studio su persone affette da psoriasi a seguito dell'emergenza sanitaria*".
Alma Mater Università di Bologna, Dipartimento di Medicina Specialistica, Diagnostica e Sperimentale (DIMES)
Supervisor: Prof.ssa Monica Martoni

Durata: 4 mesi

2020 **Incarico di lavoro autonomo occasionale** per attività legate al progetto di ricerca "*Valutazione dell'efficacia di interventi basati sulla Mindfulness in persone affette da psoriasi*".
Alma Mater Università di Bologna, Dipartimento di Medicina Specialistica, Diagnostica e Sperimentale (DIMES)
Supervisor: Prof.ssa Monica Martoni
Durata: 3 mesi

2018-2019 **Tirocini formativi**
AUSL Bologna, Servizio Pubblico per le Dipendenze Patologiche (Ser.DP)
Supervisor: Dott.ssa Cristina Vecchio

Alma Mater Università di Bologna, Laboratorio del Sonno CRONOLAB
Supervisor: Prof. Vincenzo Natale

2015-2018 **Laurea Magistrale in Psicologia Cognitiva Applicata (LM-51)**
Alma Mater Studiorum Università di Bologna
Votazione: 110/110 con lode
Tesi in Ritmi Comportamentali e Ciclo Sonno-Veglia dal titolo "*Tipologia Circadiana: Un Approccio Evolutivo*".
Relatore: prof. Vincenzo Natale

2011-2015 **Laurea Triennale in Psicologia e Processi Sociali (L-24)**
Università di Roma La Sapienza
Tesi in Teorie e Tecniche dei Test Statistici dal titolo "*Un Contributo alla Validazione Italiana della Dark Triad of Personality*".
Relatore: prof. Michele Vecchione

ATTIVITÀ CLINICA

- **Dal 2025:** Psicologa presso il servizio *STILL UP? Sportello sonno* a supporto degli studenti universitari con difficoltà del sonno, Università degli Studi Guglielmo Marconi di Roma
- **Dal 2025:** Psicoterapeuta in formazione, Corso di Specializzazione in Psicoterapia Cognitiva – Scuola Italiana di Cognitivismo Clinico (Roma)
- **Dal 2022:** Collaboratrice per il Servizio di Clinica per la Psicoterapia del Sonno della Scuola di Psicoterapia Cognitiva (SPC).

ATTIVITÀ DI TERZA MISSIONE

- **2024** – Laboratorio sul sonno con le scuole elementari presso il Museo delle Scienze di Trento (MuSe) in occasione del *World Children's Day*. https://www.muse.it/eventi/museo-del-sonno-2024/

- **2024** – Breve manuale di psicoeducazione sul sonno diretto a donne in gravidanza: "Dormire…per 2!". Autori: Debora Meneo, Elisabetta Baldi, Viviana Lo Martire, Chiara Baglioni. Illustratore: Filippo Barbacini. Casa editrice: EdiPress. Pubblicazione prevista per fine 2024.

- **2024** – Breve opuscolo di educazione al sonno diretto ai bambini e alle bambine della scuola elementare: "Un piccolo viaggio per conoscere il mio sonno". Editori: Debora Meneo e Chiara Baglioni. Illustratore: Filippo Barbacini. Casa editrice: EdiPress: https://www.unimarconi.it/uploads/2024/11/REST_opuscolo_informativo_sonno.pdf

- **2024** – Libro di auto-aiuto sul benessere psicologico nel in gravidanza e nel post-parto: "Mum to Be. Esercizi per affrontare e gestire le sfide della gravidanza e del post partum". Autori: Silvia Cerolini, Debora Meneo, Elisabetta Baldi, Chiara Baglioni. Editore: FrancoAngeli. Collana: Prarticamente. Esercizi per cambiare. ISBN: 9788835162001. https://www.francoangeli.it/Libro/Mum-tobe?Id=29343

- **2024** – Breve manuale di psicoeducazione su sonno e comportamento alimentare diretto ad adolescenti: "S.A.N.A. Sonno e Alimentazione Nella Adolescenza". Manuale sul sonno a cura di: Silvia Cerolini, Elisabetta Baldi, Debora Meneo, Chiara Baglioni. Casa editrice: EdiPress: https://www.unimarconi.it/uploads/2024/12/opuscolo_sana_sonno.pdf

ATTIVITÀ DI RICERCA

Principali interessi di ricerca

- Fattori emotivi, cognitivi e comportamentali nel disturbo di insonnia
- Salute del sonno nell'arco di vita
- Emozioni e regolazione delle emozioni

Attività di ricerca finanziate

- **2023 – 2026: Progetto PRIN (Progetti di Rilevante Interesse Nazionale) "Poor sleep during pregnancy as risk factor for post-partum stress and mental health: A translational, longitudinal and clinical study. Maternal Outcome after THERapy for Sleep (MOTHERS)"** finanziato dal Ministero dell'Università e della Ricerca (MUR) all'interno del Next Generation EU. Progetto in collaborazione tra l'Università degli Studi Guglielmo Marconi (Prof.ssa Chiara Baglioni) e il Dipartimento di Science Biomediche e Neuromotorie dell'Università di Bologna (Dott.ssa Viviana Lo Martire). Codice progetto: 2022PMFMSE

Collaborazioni di ricerca e progetti in corso

- **Progetti di ricerca delle Scuole di Specializzazione in Psicoterapia Cognitiva – Project 2025**
    - ***Insonnia e comorbilità: le dimensioni del sonno in un campione di pazienti in trattamento psicoterapeutico*** (Dott.ssa Rossella Cascone, Dott.ssa Chiara Mignogna)
    - ***Dal giorno alla notte: i sogni come nuove finestre di accesso a scopi, credenze e circoli viziosi di mantenimento*** (Dott.ssa Fabrizia Tudisco, Dott.ssa Marzia Albanese)

- **Progetto PRIN – PNRR "Healthier and earlier through digital technology: towards a transdiagnostic staging model of eating and sleep disorders in Adolescence" finanziato dal MUR all'interno del Next Generayion EU.** Progetto in collaborazione tra l'Università degli Studi Guglielmo Marconi (Prof.ssa Chiara Baglioni) e il Dipartimento di Psicologia Generale dell'Università di Padova (Prof.ssa Valentina Cardi). Codice progetto: P2022C7XFJ

- **Progetti della European Insomnia Network**
    - Definizione di un modello *stepped care* per la cura delle difficoltà del sonno e dell'insonnia
    - Differenze di genere nell'insonnia: personalità, salute del sonno e processi emozionali

- **Collaborazione con il Laboratorio del Sonno del Dipartimento di Psichiatria e Psicoterapia dell'Università di Freiburg – Centro Medico, Germania (Prof. D. Riemann, Prof. K. Spiegelhalder, Dr. B. Feige, Dr. F. Benz, Dr. A.F. Johann)**
    - Reattività emozionale misurata con strumenti psicofisiologici in pazienti con insonnia e controlli sani in risposta a stimoli dinamici relativi o non relativi al disturbo

- **REST: Valutazione di un programma scolastico di psicoeducazione al sonno rivolto a bambini e preadolescenti.** In collaborazione con la Rete Scuole che Promuovono la Salute della Regione Lombardia (Mantova) e diverse scuole nella città di Bologna. Collaborazione scientifica: Dipartimento di Scienze Umane dell'Università degli Studi Guglielmo Marconi di Roma; Dipartimenti di Scienze Biomediche e Neuromotorie e di Scienze Mediche e Chirurgiche dell'Università di Bologna; Dipartimento di Psicologia Generale dell'Università di Padova

Soggiorni in laboratori di ricerca

- **29/08/2023 - 9/09/2023:** Visiting PhD presso il Laboratorio del sonno del Dipartimento di Psichiatria e Psicoterapia dell'Università di Freiburg-Centro Medico (Freiburg, Germany). Host supervisor: Prof. Dr. Dieter Riemann

Attività editoriali

- **2025** - *Guest Editor* - Brain Sciences, Special Issue: "Behavioural, Emotional and Cognitive Processes Linked to Healthy Sleep and Insomnia" – C. Baglioni, **D. Meneo**

Revisore per riviste internazionali

Journal of Sleep Research; Scientific Reports; Journal of Affective Disorders Reports; Patient Preference and Adherence, Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity

Grants

- European Sleep Research Society (ESRS) Travel Grant – Meeting and Courses Fellowship 2024

Produzione scientifica

Indici bibliometrici (Scopus, 12 dicembre 2025)

Articoli= 23
Citazioni totali= 611
Indice H= 8
SCOPUS ID: 57221731371
ORCID: https://orcid.org/0000-0002-1415-3388

Lista delle pubblicazioni allegata in calce al curriculum vitae et studiorum.

LISTA DELLE PUBBLICAZIONI

ARTICOLI IN RIVISTE A REVISIONE PARITARIA

Belluardo, G., **Meneo, D.,** Cerolini, S., Baglioni, C., & De Bartolo, P. (2025). Sleep, Physical Activity, and Executive Functions in Students: A Narrative Review. *Clocks & Sleep*, *7*(3), 47. https://doi.org/10.3390/clockssleep7030047

Meneo, D., & Baglioni, C. (2025). Winding down for sleep: How behavioral, cognitive, motivational, and emotional factors interact to influence sleep regulation and health. *Sleep Medicine Reviews*, *83*, 102154. https://doi.org/10.1016/j.smrv.2025.102154

Meneo, D., Gavriloff, D., Cerolini, S., Baldi, E., Schlarb, A., Nobili, L., & Baglioni, C. (2025). A Closer Look at Paediatric Sleep: Sleep Health and Sleep Behavioural Disorders in Children and Adolescents. *Journal of Sleep Research*, e70078. https://doi.org/10.1111/jsr.70078

Meneo, D., Baldi, E., Benz, F., & Fabris, M. A. (2025). A biopsychosocial approach to sleep health during puberty: Individual and contextual aspects and the role of gender differences. A narrative review. *Cogent Mental Health*. https://www.tandfonline.com/doi/abs/10.1080/28324765.2025.2541697

Cerolini, S., Ellis, J. G., **Meneo, D.**, Baldi, E., & Baglioni, C. (2025). New developments in insomnia assessment and diagnosis: Self-reported questionnaires, clinical interviews, and ecological momentary assessment. *Journal of Sleep Research*, e70010. https://doi.org/10.1111/jsr.70010

Cerolini, S., **Meneo, D.,** Meregalli, V., Tosi, C., Baldi, E., Baglioni, C., & Cardi, V. (2025). Healthier and earlier through digital technology: Towards a transdiagnostic staging model of eating and sleep disorders in adolescence (S.A.N.A.): A study protocol. *Journal of Behavioral and Cognitive Therapy*, *35*(2), 100525. https://doi.org/10.1016/j.jbct.2025.100525

Baldi, E., **Meneo, D.**, Cerolini, S., Gelfo, F., & Baglioni, C. (2025). Sleep Health and Psychological Wellbeing in Adult Women: A Specific Focus on Endometriosis—A Survey Study. *Journal of Clinical Medicine*, *14*(6), 2103. https://doi.org/10.3390/jcm14062103

Baldi, E., Cerolini, S., **Meneo, D.**, Baglioni, C., & Palagini, L. (2025). Insomnia Disorder: Gender Issues Over the Lifespan. *Journal of Sleep Research*, e70110. https://doi.org/10.1111/jsr.70110

Balsamo, F., **Meneo, D.**, Berretta, E., Baglioni, C., & Gelfo, F. (2025). Could sleep be a brain/cognitive/neural reserve-builder factor? A systematic review on the cognitive effects of sleep modulation in animal models. *Neuroscience & Biobehavioral Reviews*, 106015. https://doi.org/10.1016/j.neubiorev.2025.106015 (IF: 7.6, Q1)

Baglioni, C., Galbiati, A., **Meneo, D.,** Cavadini, G., Gelfo, F., Mancini, F., & Buonanno, C. (2025). Cognitive-Behavioral Therapists' Experience on Relevance of Sleep and Sleep Disorders in Training and Clinical Practice: A Survey Study from Italy. *Brain Sciences*, *15*(1), 48. https://doi.org/10.3390/brainsci15010048 (IF: 2.7, Q2)

Meneo, D., Curati, S., Russo, P. M., Martoni, M., Gelfo, F., & Baglioni, C. (2024). A Comprehensive Assessment of Bedtime Routines and Strategies to Aid Sleep Onset in College Students: A Web-Based Survey. *Clocks & sleep*, *6*(3), 468–487. https://doi.org/10.3390/clockssleep6030031 (IF: 2.1, Q3)

Balsamo, F., Berretta, E., **Meneo, D.**, Baglioni, C., & Gelfo, F. (2024). The Complex Relationship between Sleep and Cognitive Reserve: A Narrative Review Based on Human Studies. *Brain Sciences*, *14*(7), Article 7. https://doi.org/10.3390/brainsci14070654 (IF: 2.7, Q2)

Degasperi, G., **Meneo, D.,** Curati, S., Cardi, V., Baglioni, C., & Cellini, N. (2024). Sleep quality in eating disorders: A Systematic Review and Meta-Analysis. *Sleep Medicine Reviews*, 101969. https://doi.org/10.1016/j.smrv.2024.101969 (IF: 11.2, Q1)

Meneo, D., Baldi, E., Cerolini, S., Curati, S., Bastianini, S., Berteotti, C., Simonazzi, G., Manconi, M., Zoccoli, G., De Bartolo, P., Gelfo, F., Lo Martire, V., & Baglioni, C. (2024). Promoting sleep health during pregnancy for enhancing women's health: A longitudinal randomized controlled trial combining biological, physiological and psychological measures, Maternal Outcome after THERapy for Sleep (MOTHERS). *BMC Psychology*, *12*(1), 340. https://doi.org/10.1186/s40359-024-01827-1 (IF: 3.6, Q1)

Baglioni, C., Johann, A. F., Benz, F., Steinmetz, L., **Meneo, D.**, Frase, L., Kuhn, M., Ohler, M., Huart, S., Speiser, N., Tuschen-Caffier, B., Riemann, D., & Feige, B. (2023). Interactions between insomnia, sleep duration and emotional processes: An ecological momentary assessment of longitudinal influences combining self-report and physiological measures. Journal of sleep research, e14001. Advance online publication. https://doi.org/10.1111/jsr.14001 (IF: 4.4, Q2)

Benz, F., **Meneo, D.**, Baglioni, C., & Hertenstein, E. (2023). Insomnia symptoms as risk factor for somatic disorder: an umbrella review of systematic reviews and meta-analyses. Journal of Sleep Research, e13984 (IF = 4.4, Q2)

Meneo, D., Samea, F., Tahmasian, M., & Baglioni, C. (2023). The emotional component of insomnia disorder: a focus on emotion regulation and affect dynamics in relation to sleep quality and insomnia. Journal of Sleep Research, e13983 (IF = 4.4, Q2)

Meneo, D., Bacaro, V., Curati, S., Russo, P.M., Martoni, M., Gelfo, F., Baglioni, C. (2023). A systematic review and meta-analysis of the association between young adults' sleep habits and substance use, with a focus on self-medication behaviours. Sleep Medicine Reviews, 70, 101792. Advance online publication. https://doi.org/10.1016/j.smrv.2023.101792 (IF: 10.5, Q1)

Meneo, D., Bacaro, V., Buonanno, C., Baglioni, C. (2023) La valutazione del sonno in psicoterapia: una proposta di intervista clinica semistrutturata. Cognitivismo Clinico 20, 1, 69-98.

Bacaro, V., **Meneo, D.**, Curati, S., Buonanno, C., De Bartolo, P., Riemann, D., Mancini, F., Martoni, M., & Baglioni, C. (2022). The impact of COVID-19 on Italian adolescents' sleep and its association with psychological factors. Journal of Sleep Research, 31(6), e13689. https://doi.org/10.1111/jsr.13689 (IF = 4.4, Q2)

Meneo, D., Martoni, M., Giannandrea, A., Tengattini, V., & Baglioni, C. (2022). Mindfulness and self-compassion in dermatological conditions: a systematic narrative review. Psychology & Health, 1–33. Advance online publication. https://doi.org/10.1080/08870446.2022.2070619 (IF = 3.358, Q2)

Fabbri, M., Beracci, A., Martoni, M., **Meneo, D.**, Tonetti, L., & Natale, V. (2021). Measuring Subjective Sleep Quality: A Review. International Journal of Environmental Research and Public Health, 18(3), 1082. https://doi.org/10.3390/ijerph18031082 (IF = 4.614, Q2)

CAPITOLI DI LIBRI

Meneo, D., Martoni, M., & Baglioni, C. (2025). Sleep and emotion regulation. In C. A. Espie, P. C. Zee, & C. M. Morin (Eds.), *The Oxford handbook of sleep and sleep disorders* (2nd ed., pp. 305–322). Oxford University Press.

Meneo, D., Baldi, E., Cascone, R., & Baglioni, C. (2025). Sleep Health During Pregnancy: A Focus on Prevention. In V. Sharma & L. Palagini (Eds.), *Sleep and Perinatal Psychiatric Disorders* (pp. 145–161). Springer Nature Switzerland. https://doi.org/10.1007/978-3-031-95948-6_11

Meneo, D., Martoni, M., & Natale, V. (2025). La salute del sonno. In C. Baglioni & C. Buonanno (Eds.), *La terapia cognitivo comportamentale dei disturbi del sonno.* Franco Angeli.

Meneo, D., Baglioni, C., & Buonanno, C. (2025)., I fattori di vulnerabilità al disturbo di insonnia. In C. Baglioni & C. Buonanno (Eds.), *La terapia cognitivo comportamentale dei disturbi del sonno.* Franco Angeli.

Meneo, D., Iannucci, A., & Bacaro, V. (2025). La valutazione del disturbo di insonnia. In C. Baglioni & C. Buonanno (Eds.), *La terapia cognitivo comportamentale dei disturbi del sonno.* Franco Angeli.

Baldi, E., Curati, S., & **Meneo, D.** (2025). Dati di efficacia sulla CBT-I e sui singoli interventi. In C. Baglioni & C. Buonanno (Eds.), *La terapia cognitivo comportamentale dei disturbi del sonno.* Franco Angeli.

Meneo, D., Degasperi, G., Cardi, V., & Baglioni, C. (2025). Gli interventi di psicoeducazione e di prevenzione. In C. Baglioni & C. Buonanno (Eds.), *La terapia cognitivo comportamentale dei disturbi del sonno.* Franco Angeli.

CONGRESSI SCIENTIFICI

Come organizzatrice

13-15 Maggio 2026 Membro del comitato organizzativo locale dell'*Annual Meeting of the European Insonia Network*, Roma **(https://www.unimarconi.it/events/ein-2026-rome/)**

Come relatatrice

12 settembre 2025 *The interplay between sleep health and peripartum psychological health in the family context: a prospective psychophysiological approach.* In "Innovative approaches to sleep and well-being: Methodological and research implications" [Simposio], XXXI Congresso AIP - Sezione Sperimentale, 11-13 settembre 2025 – Torino [Oral presentation]

5 settembre 2025 *Promoting peripartum psychological health in the family context through an easily accessible sleep intervention* European Association for Behavioural and Cognitive Therapies, 4-6 settembre 2025 – Glasgow [Oral presentation]

12 giugno 2025 *Promoting sleep health during pregnancy for enhancing women's health* European Insomnia Network meeting, Amsterdam [Oral presentation]

8 maggio 2025 *News from insomnia and mental heatlh 2024* Congress of the European Sleep Research Society Online - Mental Track [Oral presentation]

6 dicembre 2024 *Winding down as a dimension of sleep health for the lifepan*. European Insomnia Network and European Academy for Cognitive Behaviour Therapy for Insomnia online meeting [Oral presentation]

27 settembre 2024 *Targeting sleep health in the peripartum to moderate the intergenerational transmission of sleep alterations.* In "Maternal stress during pregnancy may shape the rest of our life" [Simposio], 27th Congress of the European Sleep Research Society, 24-27 settembre 2024 - Seville (Spain) [Oral presentation]

10 novembre 2023 *Sleep health dimensions in school-aged children and preadolescents: Societal costs and associations with mental and physical health*. European Insomnia Network and European Academy for Cognitive Behaviour Therapy for Insomnia online meeting [Oral presentation]

4-6 ottobre 2023 *A systematic review and meta-analysis of the association between young adults' sleep habits and substance use, with a focus on self- medication behaviours.* eSleep Europe virtual congress [Poster presentation]

24 settembre 2023 *Il ruolo della regolazione delle emozioni nel disturbo di insonnia e nel suo trattamento*. In "Il ruolo delle emozioni nel trattamento dell'insonnia" [Simposio], XXI Congresso della Società Italiana di Terapia Comportamentale e Cognitiva "La Psicoterapia Cognitiva tra ricerca, clinica, riabilitazione e impegno sociale", Bari (Italia) [Oral presentation]

22 ottobre 2022 *Behaviours before going to bed and sleep quality in college students*. European Insomnia Network and European Academy for Cognitive Behaviour Therapy for Insomnia online meeting [Oral presentation]

Aggiornato al 12 dicembre 2025

CURRICULUM VITAE DIETER RIEMANN

Professor (em.) of Clinical Psychophysiology
Former Head of the Dept. of Clin. Psychology & Psychophysiology
Centre for Mental Disorders/ Medical Faculty
University of Freiburg
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79104 Freiburg/ Germany
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ORCID-ID: 0000-0002-1968-6220

Date/ Place of birth: 19. 03. 1958/ Munich – Germany/ German citizen
Marital status: Married, two daughters

ACADEMIC TRAINING

Habilitation:	1992 - Habilitation for Clinical Psychology at the Faculty of Clinical Medicine in Mannheim of the Ruprecht-Karls-University Heidelberg
Dissertation:	1988 - PhD in Psychology at the Faculty of Psychology of the University of Konstanz
University education:	1979 -1985 - Faculty of Psychology at the Ludwig-Maximilians-University in Munich; Diplom (equivalent to MA) in 1985

EMPLOYMENTS/ POSITIONS/APPOINTMENTS

Since 04.2024:	Speaker of the German Sleep Society
Since 04.2024:	Professor Emeritus at Freiburg University
12/2021:	Anniversary: 40 years of public service
Since 01. 2017:	Editor in Chief: Journal of Sleep Resesarch
Since 10. 2015:	Visiting Professor, Nuffield Department of Clinical Neurosciences, Oxford University
10. 2013 – 03.2024:	Department Head (Clinical Psychology and Psychophysiology) at the Centre for Mental Disorders, Medical Faculty, University of Freiburg
10. 2013 – 03.2024:	Speaker of the Centre for Sleep Medicine of Freiburg University Medical Centre
01. 2006 - 12. 2008:	Adjunct Professor of Psychiatry at the University of Rochester, Medical School NY.
03. 2000 – 10.2013:	Head of the Section for Clinical Psychology and Psychophysiology/ Sleep Medicine at the Psychiatric Department of Freiburg University Medical Centre; Member of the Executive Board of the Department of Psychiatry and Psychotherapy
since 01. 2000:	Member of the Executive Board of the Freiburg Behavior Therapy Institute (FAVT)
since 1995:	Adjunct member Faculty of Psychology, University of Freiburg
1993 - 1995:	Temporary director of the Department of Medical Psychology, University of Freiburg
07. 1993 – 03.2024:	C-3 Professor (Full Professor - Tenure) for Clinical Psychophysiology at the Department of Psychiatry and Psychotherapy of Freiburg University Medical Center; Member of the Medical Faculty
10. 1986 - 06. 1993:	PhD candidate/ Post-Doc in the Psychiatric Clinic of the Central Institute of Mental Health in Mannheim

09. 1985 - 09. 1986: PhD candidate at the Max-Planck-Institute for Psychiatry in Munich
10. 1979 - 07. 1985: Student researcher at the Max-Planck-Institute for Psychiatry in Munich
12. 1977 - 03. 1979: Civil service as assistant nurse (Schwabing General Hospital, Munich)

ADDITIONAL QUALIFICATIONS

04. 2015: Certification as "principal study investigator" according to ICH-GCP
09. 2012: European Somnologist (ESRS)
12. 2009: Certification as "study doctor" according to ICH-GCP
09. 2004: Supervisor for Cognitive-Behavioral Therapy (FAVT)
08. 1999: Certified behavioral therapist
01. 1999: Approbation as psychological psychotherapist (Governmental Presidency Stuttgart)
11. 1997: Certified somnologist (DGSM)
07. 1991: Clinical psychologist/psychotherapist (BDP)

SCIENTIFIC AWARDS/INVITED & KEYNOTE LECTURES (SELECTION)

09.2024 Sleep, insomnia and mental illness. Sleep Europe 2024, 27th Congress of the European Sleep Research Society, Sevilla
01.2024 Stern Ärzteliste Schlafmedizin
01.2023 Stern Ärzteliste Schlafmedizin
01.2022 Stern Ärzteliste Schlafmedizin
17.06.2021 Pisa Sleep award
Juni 2020 Focus Ärzteliste Topmediziner Schlafmedizin
24.09.2019 Sleep, insomnia and mental health – a chance for prevention? Worldsleep 2019, Vancouver
02.07.2019 Sleep, insomnia and mental health – a synthesis. ASSS meeting, Lugano
16.11.2018 D. Riemann: European guidelines for diagnosis and treatment of insomnia. Keynote lecture, Danish sleep society, Kopenhagen
17.10.2018 Sleep, insomnia and mental disorders: a chance for prevention? Keynote lecture, IRC Symposium Decoding Sleep and Berner Schlaf-Wach Tage, Bern
02.05.2017 Sleep, Insomnia and mental disorders. Invited lecture, Dept. of Psychiatry, , UPenn,.Philadelphia
30.04.2017 Insomnia - a transdiagnostic approach. Keynote lecture, Canadian Sleep Society Conference, Calgary
07.05.2016 Schlaf, Schlaflosigkeit und psychische Erkrankungen. Keynote Lecture, 34. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, Bielefeld
25.11.2015: Insomnie, Schlaflosigkeit und psychische Erkrankungen. DGPPN Kongress, Berlin
19.11.2015: Chronic insomnia and hyperarousal - relevance for mental disorders. Le Congres du Sommeil, Nantes
01.07.2015 Physiology and pathophysiology of insomnia. 3rd Alpine sleep summer school, Lugano.
25.06.2014: Evidence-based treatment of sleep disorders. Oxford sleep summer school, Oxford.
21.05.2013: Mood disorders and insomnia. Berkeley University, San Francisco.
16.05.2013: Chronic insomnia and hyperarousal. Stanford University, Palo Alto.
04.05.2013: Chronic insomnia and hyperarousal - state of the art. Scandinavian College of Neuropsychopharmacology, Kopenhagen.
26.06.2012: Insomnia as a biomarker of depression. INSERM Symposium on Sleep and Psychiatry, Paris.
22.06.2012: REM sleep instability - a new pathway for insomnia? 3rd Joint Sino-German Symposium of Sleep Research, Berlin.
23.11.2011: Insomnia - bi-directional relationships with mental health. Meeting of the Royal Society of Medicine, London.
30.08.2011: Chronic insomnia and the hyperarousal concept. University of Pisa.
05.10.2010: Schlafstörungen als Risikofaktor für psychische Erkrankungen. 10. DGPPN Hauptstadtsymposium „Die schlaflose Gesellschaft - Kritische Betrachtung einer Hypothese", Berlin.
30.10.2010: The hyperarousal concept of insomnia - challenges for the future. German Chinese Science Foundation, ChengDu.

07.04.2010:	Chronic insomnia and hyperarousal - state of the art and future perspectives. Universita La Sapienza, Rome.
09. 1988:	Verleihung des Organon-Preises der Deutschen Gesellschaft für Biologische Psychiatrie für die Arbeit: "Schlaf-EEG und Trauminhaltsuntersuchungen zur cholinerg-aminergen Imbalancetheorie depressiver Erkrankungen"

MEMBERSHIPS IN SCIENTIFIC SOCIETIES

since 1997:	German Society for Psychology (DGPs)
since 1988:	German Sleep Society (DGSM = GSS)
since 1988:	ESRS (European Sleep Research Society)

ACTIVITIES AS EXECUTIVE IN SCIENTIFIC SOCIETIES

09.2022 – 12.2023:	Member and head: Revison of the European Insomnia guideline (ESRS)
Since 05.2022:	Member Panel TIMES - International Advisory Panel on Sleep in Cognitive Impairment and Dementia (UK)
Since 05. 2022:	Member consensus recommendations on the clinical use of digital CBT for Insomnia (dCBT), SBSMC
Since 03. 2022:	Delegate of DGPs AWMF-Guideline Insomnia, Revision
Since 01. 2022:	Member Advisory board for the development of a new European Sleep Questionnaire. H2020 project Sleep revolution (since January 2022).
Since 2021:	International Society Reviewer ICSD-3 TR
Since 05. 2020:	Member of the Faculty of the Academy of Sleep and Consciousness (ASC), Berne and Lugano
Since 02.2020	Member Review Board: Light and Shift work (funded by DGUV)
Since 10.2018:	Member Scientific Advisory Board Interfaculty Research Cooperation (IRC) funding scheme: “Decoding Sleep: From Neurons to Health and Mind”, University of Berne, Switzerland
Since 2017:	Leader Initiative CBT-I dissemination/ CBT-I academy (ESRS)
2016 - 2017:	Task force leader European Insomnia Guidelines (ESRS)
2013 - 2018:	Member Advisory Board SCNi (Sleep and Circadian Neuroscience Institute, Oxford University)
2013 - 2017:	Head of steering committee Guideline Insomnia Update of the GSS
2013:	International society reviewer of the ICSD-3
2010 - 2015:	Head of the section Sleep Medicine of the German Society for Psychiatry (DGPPN)
2009:	Founder of the European Insomnia Network (EIN)
2008 - 2016:	Treasurer of the European Sleep Research Society
2007 - 2009:	Member of the Steering Committee of the S3 guidelines of the GSS for sleep disorders
2006 - 2013:	Member of a DSM-5 work group of the American Psychiatric Association (section on sleep disorders)
2004 - 2008:	Member of the Scientific Committee of the ESRS
2004 - 2005:	Member of the work group Insomnia of the American Academy of Sleep Medicine for “The International Classification of Sleep Disorders “ICSD” - second edition”
2001 - 2002:	Member of the Steering Committee of the guidelines Non-Restorative Sleep of the GSS
2000 - 2006:	Member of the executive board of the GSS
1993 - 2006:	Head of the work group “Insomnia” of the GSS

MEMBERSHIPS IN EDITORIAL BOARDS (SCIENTIFIC JOURNALS)

Somnology, Info Neurologie Psychiatrie, Verhaltenstherapie, Pharmacopsychiatry (Editor: 2010 - 2015), Sleep (Deputy Editor: 2010 – 2016), Journal of Sleep Research (Editor in Chief since 2017); L´Encephale (since 2018); Pharmacopsychiatry (Advisory Board, 2018 – 2021).

AD-HOC REVIEWER FOR MORE THAN 50 PEER-REVIEWED SCIENTIFIC JOURNALS

Including Nature Neuroscience Rev., Arch. Gen. Psychiatry, Am J. Psychiatry, Lancet, Lancet Neurology, Lancet Psychiatry, Psychological Bulletin, and many more.

REFEREE FOR FUNDING AGENCIES

Academy of Finland; BMBF; DAAD; DFG; Institute for the Promotion of Innovation by Science and Technology in Flanders/Belgium; Österreichische Nationalbank; Schweizer Nationalfond; Studienstiftung des Deutschen Volkes; Natural Sciences and Engineering Research Council of Canada; Sino-Swiss Science and Research Cooperation; German-Israel Science Foundation; Health and Medical Research Fund - Hongkong Government; Wellcome Trust; Universite de Lyon - Avenir Lyon Saint-Etienne program; University of Pittsburgh School of Medicine; Swiss National Science Foundation; Goldsmith University of London; University of California San Diego, Medical Faculty; Netherlands Organisation for Scientific Research (NOW, the Dutch research council); EU-Horizon 2020.UKL Münster - Innovationsfonds; MRC-UK; Flinders University, Australia; MRC Singapore.

PRIMARY RESEARCH INTERESTS

Insomnia, psychopathology, depression, cognitive-behavioral therapy, sleep & sleep regulation, sleep & learning, psychopharmacology of sleep

PUBLICATIONS & PRESENTATIONS

More than 450 publications as first- , co-, or senior author in peer-reviewed journals; more than 400 other articles, book chapters; author and editor of more than 10 books; more than 700 presentations at national and international conferences. Hirsch-Index (Googlescholar) = 98 (April 2024).

SELECTED PUBLICATIONS

Dressle, RJ, **Riemann, D**: Hyperarousal in insomnia disorder: current evidence and potential mechanisms. ***Journal of Sleep Research*****,** 2023, 32; e13928. Doi: 10.1111/jsr.13928.

Riemann, D, Dressle, RJ, Benz. F, Spiegelhalder, K, Johann, AF, Nissen, C, Hertenstein, E, Baglioni, C, Palagini, L, Krone, L, Perlis, ML, Domschke, K, Berger, M, Feige, B. Chronic insomnia, REM sleep instability and emotional dysregulation: a pathway to anxiety and depression? ***Journal of Sleep Research*****,** 2024 May 29:e14252. doi: 10.1111/jsr.14252.

Riemann, D, Espie, CA, Altena, E, Arnardottir, ES, Baglioni, C, …., Spiegelhalder, K: European guideline for the diagnosis and treatment of insomnia – update/ first revision. ***Journal of Sleep Research,*** 2023, 32:e14035. https://doi.org/10.1111/jsr.14035

Perlis, ML, Posner, D, ***Riemann, D***, Bastien, C, Teel, J, Thase, M: Insomnia. ***The Lancet***, 2022.https://doi.org/10.1016/S0140-6736(22)00879-0; published online September 14, 2022

Benz, F, Knoop, T, Ballesio, A, Bacaro, V, Johann, AF, Rücker, G, Feige, B, **Riemann; D**, Baglioni, C: The efficacy of cognitive and behavior therapies for insomnia on daytime symptoms: A systematic review and network meta-analysis. ***Clinical Psychology Review*****,** 2020 Aug;80:101873. doi: 10.1016/j.cpr.2020.101873.

Riemann, D, Krone, L, Wulff, K, Nissen, C: Sleep, insomnia and depression. ***Neuropsychopharmacology ,*** 2020, 45, 74-89

Kuhn M, Wolf E, Maier JG, Mainberger F, Feige B, Schmid H, Bürklin J, Maywald S, Mall V, Jung NH, Reis J, Spiegelhalder K, Klöppel S, Sterr A, **Riemann D**, Normann C, Nissen C.: Sleep recalibrates homeostatic and associative synaptic plasticity in the human cortex**.** ***Nature Communications*** 2016. Aug 23;7:12455. doi: 10.1038/ncomms12455

Baglioni C, Nanovska S, Regen W, Spiegelhalder K, Feige B, Nissen C, Reynolds CF, **Riemann D**: Sleep and mental disorders: a meta-analysis of the last 20 years of polysomnographic research. **Psychological Bulletin,** 2016, 142, 969-990**.** / DOI:10.1037/bul000053.

Morin C, Drake C, Harvey A, Krystal AD, Manber R, **Riemann D,** Spiegelhalder K: Insomnia**.** ***Nature Reviews Disease Primers.*** 2015 epub first doi:10.1038/nrdp.2015.26

Riemann D, Nissen C, Palagini L, Otte A, Perlis M, Spiegelhalder K.: Neurobiology of chronic insomnia**.** ***Lancet Neurology,*** 2015**,** 14, 547-558.

Baglioni C, Battagliese G, Feige B, Spiegelhalder K, Nissen C, Voderholzer U, Lombardo C, **Riemann D** (2011). Insomnia as a predictor of depression: a meta-analytic evaluation of longitudinal epidemiological studies. ***Journal of Affective Disorders,*** 2011, 135, 10-19.

Riemann D, Spiegelhalder K, Feige B, Voderholzer U, Berger M, Perlis M, Nissen C.: The hyperarousal model of insomnia: a review of the concept and its evidence. ***Sleep Medicine Reviews***, 2010, 14, 19-31.

INVOLVEMENT IN THE ORGANISATION OF SCIENTIFIC MEETINGS (SELECTION)

2021 Annual meeting of the German Sleep Society online, October 2021
2021 European Insomnia network meeting, online, 11.06.2021
2016 ESRS congress in Bologna, 12.09. – 16.09.2016
2015: World Sleep Federation Meeting, Istanbul, 31.10. - 03.11.2015
2015: 3rd. European Insomnia Network Meeting, Freiburg, 17.09. - 19.09.2015
2014: ESRS congress in Tallinn, 15. - 20.09.2014.
2013: 2nd Alpine sleep summer school, Ljubljana, 27.08.2013
2013: Meeting of the European Insomnia Network. Freiburg, 10.7. - 12.7.
2012: ESRS congress in Paris, 5.9. - 10.9.2012
2012: 1st Meeting of the European Insomnia Network, Freiburg, 5.7. - 6.7. 2012.
2011: 1st Alpine Sleep Summer School, Lugano, 22.8. - 26.8. 2011.
2011: International Conference on Sleep & Breathing, Prague, 1.4. - 3.4. 2011.
2010: ESRS congress in Lissabon
2004: Annual Meeting of the German Sleep Society in Freiburg

SCIENTIFIC AND CLINICAL COLLABORATIONS

Freiburg University - Department of Psychology; Freiburg Medical Faculty - Clinic for Pneumology; Neurocentre; University of Pisa (L. Palagini); University of Roma (C. Lombardo); University of Berne (C. Bassetti; C. Nissen); University of Basel (C. Cajochen); University of Amsterdam (E. van Someren); University of Surrey (A. Sterr); University of Oxford (C. Espie; K. Wulff; R. Foster, S. Kyle); University of Northumbria (J. Ellis); University of Pennsylvania, Philadelphia (M. Perlis); University of Pittsburgh (C.F. Reynolds); ZISG-Mannheim (M. Schredl).

MENTORING

More than 125 MD dissertations and 25 PhD dissertations in the last 30 years; major support for young psychiatrists and psychologists in establishing their Habilitation (F. Hohagen, M. Hornyak, H. Gann, C. Nissen, K. Spiegelhalder)

TEACHING

For 30 years seminars and lectures in the Faculties of Medicine and Psychology of Freiburg University - focus on clinical and biological psychology, psychopathology, sleep research and sleep medicine; half- and full-day training seminars for psychiatrist/ psychotherapists in training on sleep medicine in Berlin, Hamburg, Freiburg, Bozen, Vienna, Salzburg, Klagenfurt, Mannheim, Münster; Lecturer at Hochschule Offenburg - sleep research and sleep medicine

FUNDING

Since 1988 Principal and/ or Co-investigator in more than 10 federally (DFG, BMBF) funded projects; since 1988 Principal and co-investigator in more than 20 projects funded by the pharmaceutical industry. EU funding: The neurobiological bases of emotion processing in primary insomnia (Marie-Curie IEF 2008, GAN no. 235321 - finished in spring 2011; OPTIMI- Online predictive tools for intervention in mental illness (FP7-ICT-2009; 5.1 Mental Health, GAN 248544). Land Baden-Württemberg: Kompetenzzentrum Prävention; Fresenius-Stiftung; Fazit-Stiftung; Studienstiftung des dt. Volkes; Innovationsfonds (GBA).

MEDIA ACTIVITIES

Regular contributions to radio and TV programs on the topic of sleep; frequent interviews with press organs like Süddeutsche Zeitung, Badische Zeitung, GEO, Stern, Focus, Bild der Wissenschaft etc.; participation in science and health fairs. Top Sleep Medicine Specialist (Focus (Top-Mediziner Deutschlands)
Youtube:https://www.youtube.com/watch?v=w1QJQyYUel8

EXTRACURRICULAR ACTIVITIES

Swimming, biking, cooking, contemporary music, reading and photography

Freiburg, February 12, 2026

Europass Curriculum Vitae

PERSONAL INFORMATION

Name: Professor Robert Adams
Address: Flinders Health and Medical Research Institute (FHMRI) – Sleep Health Flagship Program
Phone: (add number)
Email: robert.adams@flinders.edu.au
Nationality: Australian

WORK EXPERIENCE

Professor, Respiratory and Sleep Medicine
Clinical Director, AISH Sleep Health Clinics
Employer: Flinders University, Adelaide, Australia
Dates: (2018 – present)
Main activities and responsibilities:
• Lead academic and clinician in respiratory and sleep medicine (teaching, research, clinical service, supervision).
• Conduct population-based research on sleep health, sleep apnoea, and cardiometabolic outcomes.
• Supervise higher degree research candidates (PhD, MPhil, MD).
• Collaborate nationally and internationally on sleep and chronic disease research and policy.
• Provide specialist clinical services in sleep and respiratory medicine.

Senior Consultant, Respiratory, Sleep and Ventilation Services, Southern Adelaide Local Health Network (SALHN)
Main activities and responsibilities:
Clinical practice in Academic Medical Centre/University Teaching Hospital

EDUCATION AND TRAINING

Medical degree: MBBS, Adelaide University
Doctorate: DMed by Research, Adelaide University, 1999
FRACP – Fellow Royal Australasian College of Physicians (Respiratory & Sleep Medicine)
FRCP – Fellow Royal College of Physicians
FAASM- Fellow American Academy of Sleep Medicine

RESEARCH INTERESTS

• Sleep apnoea and sleep health epidemiology
• Respiratory disease and chronic disease management
• Public health impacts of sleep disorders
• Longitudinal cohort studies
• Health policy and systems research

TEACHING EXPERIENCE

• Undergraduate medical teaching in respiratory and sleep physiology, clinical reasoning, and evidence-based practice
• Postgraduate teaching and specialist training supervision
• Curriculum development for respiratory and sleep medicine programmes

KEY ACHIEVEMENTS

• Led major population studies on sleep health with national impact
• Published in leading international journals
• Secured competitive research funding (e.g., NHMRC, MRFF)
• Contributed to national guidelines in sleep medicine
• Recognised expert in respiratory and sleep health policy

SKILLS

Clinical Skills

• Respiratory and sleep medicine
• Sleep study interpretation
• Ventilation management
• Chronic disease management

Research Skills

• Epidemiology & biostatistics
• Cohort study design
• Clinical trials
• Grant writing
• Research leadership

Digital / Technical Skills

• Electronic medical records (EMR) systems
• Statistical software (R / SPSS / Stata – specify)
• Sleep diagnostics platforms

Recent Research Support: Prof Adams has career research funding of >$30m (>$21m NHMRC/ARC). In the last 5 years, he has funding >$13.5m from NHMRC and > $5m from other competitive schemes.

Key grants in the last 10y:

1) Novel home monitoring and integrated support program of OSA management- MRFF Optimising Screening Diagnosis and Management of OSA Stream 3 (2035768) ($1.5M) CIA- *This randomized trial aims to use novel in home monitoring technology to and an integrated digital support program to improve sleep apnoea treatment uptake and efficacy*

2) Improving the management of Obstructive Sleep Apnea and Insomnia in General Practice. NHMRC Partnership Grant APP2005779. ($1.5M). CIA- *Pragmatic implementation trials of new models for diagnosing and managing OSA and insomnia in primary care.*

3) Health impacts of sleep apnea in Australian men – a longitudinal population study. NHMRC Project grant 1122342, ($312,056). CIA- *This longitudinal population study was used to identify which patients are at risk for adverse downstream effects of OSA and which OSA metrics predict adverse long term effects of*

4) A novel targeted approach to deliver treatable trait-based precision medicine for OSA- MRFF Chronic Respiratory Conditions Grant (2022973) ($2M) *This translational grant aims to deliver novel precision medicine approaches into clinical care to better treat OSA and improve outcomes for patients.*

5) A randomised controlled trial of multi-night screening and diagnosis of OSA to improve diagnostic test accessibility, accuracy and reduce costs- MRFF Optimising Screening Diagnosis & Management of OSA Stream 1 (2035741) ($2M) *RCT aims to use novel in-home tech to enable multi-night testing for cost effective, accessible, & accurate diagnostics.*

6) SIMPLIFI-OSA A Study to Investigate Management of Patients using LImited-channel testing vs Full PSG for Identification of OSA- MRFF Optimising Screening Diagnosis & Management of OSA Stream 2 (2035716) ($2M) *Non-inferior trial aims to compare the accuracy and cost effectiveness of several simplified in-home diagnostic devices.*

7) Personalised daily body-clock tracking and circadian light therapy retiming to improve sleep, performance, health and safety. NHMRC Ideas Grant ID: 2029399. $1.33M. *Exploring novel technology and re-design of clinical care to investigate and manage circadian disruption in routine care of sleep patients*

8) National Centre for Sleep Health Services Research. NHMRC Centre of Research Excellence Grant 1134954. $2.5 million. Expansive *CRE program to increase the capacity of primary to manage sleep disorders with delivery of education modules, guidelines and testing new models of care.*

9) Sleep Check before Shift Work: A sleep education, screening and management approach to prevent road trauma in Australia's young adults. Lifetime Support Authority REP Grant (R23016) $293,000. *Critical feasibility work highlighting the importance of early sleep disorder screening and management for Australian shift*

workers, directly informing state government funded implementation work for emerging healthcare workers in South Australia.

10) A new model of care for men with depression and co-occurring insomnia in primary care: A feasibility and acceptability trial. The Hospital Research Foundation. $124,940. *Successful pilot trial of managing men with depression and insomnia in primary care using practice nurses to deliver insomnia management supported as needed by sleep psychologists and using monitoring technology for patient support.*

PUBLICATIONS

Prof Adams has >380 publications in peer-reviewed journals, 140 since 2020 with 85% in Q1 journals (Scimago), in influential general journals (*Lancet, Nature, Nature Comms, JAMA, Annals Internal Medicine*), in sleep (*Sleep; Sleep Medicine Reviews*), and respiratory medicine (*Lancet Respiratory Medicine, AJRCCM*). His **overall field-weighted citation impact from 2020-25 is 8.74** [SciVal] with **h-index 71,** cited 33,083 times since 2020. (https://scholar.google.com/citations?user=dqEjzwUAAAAJ&hl=en). He is ranked in the top 2% of scientists worldwide (Ioannidis, John P.A. (2023), "October 2023 data-update for "Updated science-wide author databases of standardized citation indicators"", Elsevier Data Repository, V6, doi: 10.17632/btchxktzyw.6).

5 Key recent publications:

1. **ADAMS RJ,** Appleton SL, Taylor AW, Gill T, et al. Sleep Health of Australian Adults in 2016: Results of the 2016 Sleep Health Foundation national survey. Sleep Health 2017;3:35-42.
2. Appleton SL, Gill T, Lang C, McEvoy D… **ADAMS RJ.** Prevalence and co-morbidity of sleep conditions in Australian adults: 2016 Sleep Health Foundation national survey. *Sleep Health* 2018;4:13-19.

#Field Weighted citation index (FWCI) 10.29, Altmetric 338 (top 1%) & #2 FWCI=5.33. Major Sleep Health Foundation (SHF) national survey provided source estimates for Deloitte Economics Report "Asleep on the job" on costs of inadequate sleep resulting in 2019 Parliamentary Inquiry into Sleep Health Awareness. Subsequent report cited this 25 times and were extensively quoted in AIHW 2021 "Sleep problems as a risk factor for chronic conditions".

3. NCD Risk Factor Collaboration (NCD-RisC) …**ADAMS RJ**... Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016. Lancet 2017;390:2627-2642.

FWCI=398.09; Altmetric 4298 (top 1%) Prof Adams is PI for the NWAHS cohort- this paper highlights the value of the NWAHS data in significant publications with international policy impact.

4. Reynolds AC, Kyle SD, Sletten TL, **ADAMS RJ.** Cognitive behavioural therapy for insomnia: Can we make it work for shift work? Sleep Medicine Reviews 2023;72:101864;

Senior author on proof-of-concept work to explore sleep disorder screening and management in young workers and understanding the strengths and deficits in our health system for supporting shift workers living with sleep disorders.

5. Appleton SL, Vakulin A … **ADAMS RJ.** Nocturnal hypoxemia and severe obstructive sleep apnea are associated with incident type 2 diabetes in a population cohort of men. J Clin Sleep Med 2015;11:609-614

FWCI=4.30. Early demonstration of importance of nocturnal hypoxemia from OSA relative to conventional severity measure of AHI to developing diabetes. Nocturnal hypoxemia has since become focus for identifying patients at-risk from OSA.

Provide a list here or ask Copilot to add from your publications list / ORCID / PubMed.

PROFESSIONAL MEMBERSHIPS

• Royal Australasian College of Physicians
- Royal College of Physicians
• Thoracic Society of Australia and New Zealand
• Australasian Sleep Association
- European Respiratory Society
- American Thoracic Society
- American Academy of Sleep Medicine

Dr Hannah Scott

Flinders University Profile I Google Scholar Profile I ResearchGate I LinkedIn

Mobile: +61 425 376 841 I Email: hannah.scott@live.com.au

CAREER SUMMARY

Senior Research Fellow (5 years post-PhD), NHMRC Emerging Leadership Fellow, and co-Lead of Sleep Health's Clinical Health research group at the Flinders Health and Medical Research Institute (FHMRI). Investigating the use of digital technologies to better assess and manage sleep health and sleep disorders. Co-inventor of THIM: the first wearable device that tracks and treats chronic insomnia. Director on the Board of the Australasian Sleep Association (ASA) and Chair of the ASA's Membership Committee. Author of 71 publications, 5 book chapters, 3 industry reports, and 13 successful research funding applications totaling >$2,500,000.

EDUCATION

Doctor of Philosophy (PhD) **2017 – 2020**
Flinders University

Thesis: The Development and Validation of the THIM Wearable Device.
Thesis examination outcome: A/B grade. Conferred August 2020.

Bachelor of Psychology (Honours) – First Class **2013 - 2016**
Flinders University

Thesis: Validation of a Novel Smartphone Application for the Detection of Sleep and Wakefulness.
Grade Point Average (GPA): 6.53/7
Honours grade: 91/100

EMPLOYMENT

Senior Research Fellow **Aug 2020 - present**
Flinders University

Leading (as CIA) an internationally funded clinical trial to compare the efficacy of the THIM device to an online treatment program for the treatment of chronic insomnia.

Leading (as CIB) an NHMRC Ideas Grant-funded trial to develop practical methods of circadian rhythm monitoring and personalised bright light therapy for shift workers and people with circadian rhythm sleep-wake disorders.

Establishing an independent research program into developing and validating novel technologies for the assessment and treatment of sleep disorders, supported by strong collaborations with industry partners (Compumedics Ltd., Withings, Re-Time Pty. Ltd.).

Key responsibilities:

- Lead all project stages, from funding applications to research dissemination and implementation.
- Co-Lead of the 'Clinical Health' research group at Flinders Health and Medical Research Institute: Sleep Health.

Academic Course Developer **Feb 2020 – Sep 2020**

Flinders University

Re-designed a staff training course for academic staff involved in Work-Integrated Learning (WIL).

Key responsibilities:

- Developed a new curriculum based on current best practice to train academic staff for integrating WIL into undergraduate courses.
- Redesigned the online learning environment (via Moodle platform) with core and elective modules incorporating subject content, knowledge testing, and the provision of feedback to academic staff.
- Created the course materials (Powerpoint slides, run sheet, etc.) for an accompanying three-hour workshop.

Academic Tutor **2017 - 2020**

Flinders University

Tutor for Research Methods (First and Second Year of Undergraduate Psychology course).

Key responsibilities:

- provided topic coordination support by processing extension requests, organising print resources for each workshop, and answering student queries during consultation times and via the online topic page.
- tutored practical sessions (20-25 students), guiding students through the conduct and interpretation of statistical tests using IBM SPSS.
- graded and provided feedback for online tests, assignments, and exams.

Based on my PhD progress and tutoring, I was selected for the 2019 Academic Internship Program for Doctoral Students. This course teaches skills to prepare participants for careers in academia.

Research Assistant **2015 - 2020**

Flinders University

Assisted multiple sleep research projects, including:

- Cooperative Research Centre (CRC) for Alertness, Safety and Productivity Insomnia Phenotype Project (Research Assistant: 2015; Site Project Manager: 2016).
- NHMRC-funded Wind Farm Noise Study (Research Assistant: 2018-2020; assisting post-doctorate researcher 2021).

RESEARCH GRANTS

1. Ogawa, Y., **Scott, H.,** Nordstrom, K. *How does hoverfly sleep disruption affect motor and visual function*? 2026, $25,000. Flinders Foundation Health Seed Grant.
2. **Scott, H.** (2025). *Using sleep technologies to better define and manage insomnia*. 2026-2030, $663,405.00, National Health and Medical Research Council Investigator Grant (EL1).
3. **Scott, H.*,** Nordstrom, K.*, & Chakraborty, R. (2025). *Sleepy vision: Discovering how sleep and circadian disruption impacts visual reaction times in hoverflies*. 2025, $20,000, Flinders Health and Medical Research Institute (FHMRI) Kickstart Grant program. * co-project leads.
4. **Scott, H.** (2024). *Using Consumer Sleep Technologies to Better Define and Manage Insomnia*. 2024-2025, $48,684, Flinders University Research Support for Early and Mid-Career Researchers.
5. Catcheside, P., **Scott, H.,** Nguyen, D. P., Micic, G., Lack, L., Lovato, N., Reynolds, A., Adams, R., Toson, B., & Chakraborty, R. *Personalised daily body-clock tracking and circadian light therapy retiming to improve sleep, performance, health and safety*. 2024-2026, $1,335,760, National Health and Medical Research Council Ideas Grant.
6. Chakraborty, R., **Scott, H.,** Mills, R., Lack, L., Anstice, N., Taranath, D. A. *Myopia in children- a result of inadequate melatonin production and circadian rhythm dysfunction?* 2023, $49,993, Australian Vision Research.
7. Eckert, D., Lovato, N., Adams, R., Reynolds, A., Catcheside, P., Chai-Coetzer, C. L., Vakulin, A., **Scott, H.,** Bidargaddi, N., & Micic, G. *Digital support capabilities for the management and treatment of insomnia in primary care*, 2023, $100,000, Flinders University.
8. **Scott, H.,** Lack, L., Perlis, M., Drummond, S. Kaambwa, B., Loffler, K. *A Randomized Controlled Trial Comparing Home-Based Intensive Sleep Retraining to Online CBT-I and The Combination for the Treatment of Chronic Insomnia Disorder*, 2022-2024, US$250,000, American Academy of Sleep Medicine (AASM) Foundation.
9. **Scott, H.,** Lack, L., Catcheside, P., Micic, G., Sweetman, A. *Measuring sleep and circadian rhythms from the forehead: Validation of the Somfit Device*, 2020-2021, co-contribution from Compumedics Pty. Ltd. ($25,000 cash and $46,800 in-kind) and Flinders University ($25,000 cash).
10. **Scott, H.**, Lack, L., & Lovato, N. *The validity and effectiveness of THIM for treating insomnia*, 2017-2018, $14,000, Re-Time Pty. Ltd.
11. Lack, L., & **Scott, H.** *The treatment of sleep onset insomnia with Intensive Sleep Re-training (ISR) administered with the THIM wearable device*, 2019, $13,000, Flinders University.
12. Lack, L., Lovato, N., **Scott, H.** *Evaluating the benefits to alertness from brief power naps administered by a new wearable device*, 2018, $7,970, Adelaide Institute for Sleep Health, Flinders University.
13. **Scott, H.** *The validity of the THIM wearable device*, 2017, $3,000, Flinders University HDR Student Research Support Award.

PEER-REVIEWED PUBLICATIONS

1. Boyle, J. T., Morales, K. H., Vargas, I., Muench, A., Posner, D., Grandner, M., Seewald, M., **Scott, H.,** Ellis, J., & Perlis, M. (2026). The natural history of insomnia: Sleep opportunity extension following a poor night of sleep is not related to the transition from acute to chronic insomnia. *Journal of Sleep Research*, Accepted.
2. Micic, G., Reynolds, A. C., Phillips, A. J. K., Zee, P., Richardson, C., Burgess, H. J., Lack, L., Catcheside, P., Goldstein, C. A., **Scott, H.,** Cain, S., Adams, R., & Lovato, N. (2026). Understanding delayed sleep-wake phase disorder (DSWPD): mechanisms, comorbidities, and evolving approaches to diagnosis and treatment. *Sleep Medicine Reviews*, Accepted.
3. Lechat, B., Windred, D., Sansom, K., **Scott, H.,** Phillips, A., Escourrou, P., Reynolds, A., & Eckert, D. (2025). Night-to-night variability in ambient temperature is associated with increased sleep timing irregularity. *Sleep Health*, Accepted.
4. Fitton, J., Nguyen, P., Lechat, B., **Scott, H.,** Toson, B., Manners, J., Dunbar, C., Sansom, K., Pinilla, L., Hudson, A., Naik, G., Vakulin, A., Reynolds, A. C., Catcheside, P., Escourrou, P., & Eckert, D. (2025). Bidirectional associations between sleep and physical activity investigated using large-scale objective monitoring data. *Communications Medicine*, Accepted.
5. Lechat, B., Toson, B., **Scott, H.,** Nguyen, D. P., Kaambwa, B., Reynolds, A., Manners, J., Adams, R., Pepin, J-L., Bailly, S., Phillips, A., Escourrou, P., Catcheside, P., & Eckert, D. (2025). How do we sleep while our beds are burning? High ambient temperatures are associated with substantial sleep loss. *Sleep*, Accepted.
6. Lechat, B.*, Micic, G.*, **Scott, H.*,** Dunbar, C., Nguyen, D. P., Hansen, K., Toson, B., Liebich, T., Decup, F., Vakulin, A., Lovato, N., Lack, L., Hansen, C., Bruck, D., Chai-Coetzer, C. L., Doolan, C., Zajamsek, B., & Catcheside, P. (2025). The acute effects of wind farm versus road traffic noise onset on electroencephalographically defined arousal from sleep: Findings from an in-laboratory randomised controlled trial. *Journal of Sleep Research*, Accepted.
   *** co-first authors**
7. **Scott, H.,** Tun, T. T., Bickley, K., Haycock, J., Dunbar, C., Liebich, T., Micic, G., Lovato, N., Mercer, J., Lack, L., Sweetman, A. Polysomnography and diary-measured sleep duration and responsiveness to cognitive behavioural therapy for insomnia: A chart-review. *Behavioral Sleep Medicine,* Accepted.
8. Sansom, K., Mittinty, M., **Scott, H.,** Lechat, B., Windred, D., Phillips, A., Adams, R., Eastwood, P., & Reynolds, A. (2025). Health related quality of life and sleep regularity among middle-aged to older adults from the community. *Journal of Sleep Research*, Accepted.
9. **Scott, H.,** Lovato, N., Comas, M., Bartlett, D., Grunstein, R. R., Lack, L., & Gordon, C. J. (2025). Circadian rhythm timing and associations with sleep symptoms in people with insomnia. *Journal of Pineal Research*, Accepted.
10. Pinilla, L., Lechat, B., **Scott, H.,** Reynolds, A. C., Manners, J., Sansom, K., Adams, R., Escourrou, P., Catcheside, P., & Eckert, D. (2025). “Social apnoea”: Obstructive sleep apnoea is

exacerbated on weekends with irregular sleep patterns. *American Journal of Respiratory and Critical Care Medicine,* Accepted.

11. Muench, A., **Scott, H.,** & Cheung, J. (2025). No Variable Left Behind: The Necessity for Multi-Variable Assessments of Insomnia. *Journal of Behavioral and Cognitive Therapy*, Accepted.
12. Guyett, A., Dunbar, C., Lovato, N., Nguyen, K., Bickley, K., Nguyen, D. P., Reynolds, A., Hughes, M., **Scott, H.,** Adams, R., Lack, L., Catcheside, P., Cori, J., Howard, M., Anderson, C., Stevens, D., Bensen-Boakes, D-B., Montero, A., Stuart, N., Vakulin, A. (2025). Determining the effectiveness of vestibular and ocular motor function assessments to identify excessively sleepy drivers: Protocol paper. Accepted.
13. **Scott, H.,** Cheung, J., Muench, A., Ivers, H., Morin, C., & Perlis, M. (2025). Is objective short sleep a proxy for frequent insomnia? *Journal of Sleep Research*, Accepted.
14. Haycock, J., Lack, L., Hoon, E., Sweetman, A., Appleton, S., Loffler, K., **Scott, H.,** & Lovato, N. (2025). Treatment Preferences and Help Seeking Experiences of Australian Adults with Insomnia. *Australian Psychologist*, Accepted.
15. Lechat, B., Nguyen, P., Sansom, K., Pinilla, L., **Scott, H.,** Reynolds, A., Vakulin, A., Manners, J., Adams, R., Pepin, J-L., Escourrou, P., Catcheside, P., & Eckert, D. (2025). OSA severity varies by season and environmental influences such as ambient temperature. *Communications Medicine*, Accepted.
16. Leota, J., Le, F., Presby, D. M., Czeisler, M., Capodilupo, E. R., **Scott, H.,** Wiley, J. F., Drummond, S. P. A., Rajaratnam, S. M. W., & Facer-Childs, E. (2025). Sleep duration and timing predict next-day exercise likelihood and duration: an analysis of 6-million nights of wearable sensor data. *Proceedings of the National Academy of Sciences*, Accepted.
17. Nguyen, P., Dunbar, C., **Scott, H.,** Lechat, B., Manners, J., Micic, G., Lovato, N., Reynolds, A., Lack, L., Adams, R., Eckert, D., Vakulin, A., & Catcheside, P. (2025). A novel method to separate circadian from non-circadian masking effects in order to enhance daily circadian timing and amplitude estimation from core body temperature. *Sleep Medicine*, accepted.
18. Chee, M. W. L., Baumert, M., **Scott, H.,** Cellini, N., Goldstein, C., Baron, K., Imtiaz, S. A., Penzel, T., & Kushida, C. (2025). World Sleep Society Guidelines on the Usage of Wearable Consumer Health Trackers That Monitor Sleep. *Sleep Medicine*, Accepted.
19. Lechat, B., Manners, J., Pinilla, L., Reynolds, A., **Scott, H.,** Vena, D., Fitton, J., Toson, B., Kaambwa, B., Adams, R., Pepin, J-L., Escourrou, P., Catcheside, P., Eckert, D. (2025). Global warming may increase the burden of obstructive sleep apnea. *Nature Communications*, Accepted.
20. *Crowther, M. E., Gupta, C., Lalor, A., Lee, S. K. M., Richardson, C., **Scott, H.,** Smithies, T. D., Sneddon, N., Sprajcer, M., Varma, P., Vincent, G. E., Walsh, Z., & Wanstall, S. (2025). Waking up to Australia's Sleep Health: A Consensus Statement from the Network of Early Career Sleep Researchers in Training (NEST) Council of the Australasian Sleep Association. *Sleep*, Accepted. *Alphabetical author order. I am the corresponding author.

21. **Scott, H.,** Lechat, B., Sansom, K., Pinilla, L., Manners, J., Phillips, A. J. K., Nguyen, P., Bailly, S., Pepin, J-L, Escourrou, P., Naik, G., Catcheside, P., & Eckert, D. J. (2025). Variations in sleep duration and timing: Weekday and seasonal variations in sleep are common in an analysis of 73 million nights from an objective sleep tracker. *Sleep*, Accepted.
22. **Scott, H.,** & Perlis, M. (2025). The Sleep Opportunity, Need and Ability (SONA) Theory. *Journal of Sleep Research*, Accepted.
23. **Scott, H.,** Green, M., Jones, K., Loffler, K. A., Lovato, N., Toson, B., Bensen-Boakes, D-B., Perlis, M., Drummond, S. P. A., Kaambwa, B., & Lack, L. (2025). Comparing the efficacy of technology-enabled treatments for insomnia: Study protocol for a randomised controlled trial. *Sleep Advances*, zpaf010.
24. Manners, J., Kemps, E., Lechat, B., Catcheside, P., Eckert, D., & **Scott, H.** (2025). Performance evaluation of an under-mattress sleep sensor versus polysomnography in >400 nights with healthy and unhealthy sleep. *Journal of Sleep Research*, Accepted.
25. Nguyen, K., Dunbar, C., Guyett, A., Bickley, K., Nguyen, P., Reynolds, A., Catcheside, P., **Scott, H.,** Hughes, M., Adams, R., Lack, L., Cori, J., Howard, M., Anderson, C., Stevens, D., Lovato, N., & Vakulin, A. (2024). Poorer Objective but not Subjective Driving Performance in Drivers Vulnerable to Sleep Loss Effects During Extended Wake. *Journal of Sleep Research*, Accepted.
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67. **Scott, H.**, & Takarangi, M. K. T. (2019). Measuring PhD students' Psychological Well-being: Are we seeing the whole picture? *Student Success, 10*(3), 14-24. doi: 10.5204/ssj.v10i3.1294
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BOOK CHAPTERS

1. Spiegelhalder, K., Baglioni, C., & **Scott, H.** Insomnia: Pathophysiology and insomnia models. In D. Riemann & A. van Straten (Eds.), *ESRS Sleep Medicine Textbook (third edition)*, European Sleep Research Society.
2. **Scott, H.,** Ellis, J., Spiegelhalder, K., Riemann, D., & Perlis, M. (2025). The Etiology and Pathophysiology of Insomnia. In M. H. Kryger, C. Goldstein, T. Roth, & R. J. Thomas (Eds.), *Principles and Practice of Sleep Medicine (eighth edition)*. Elsevier.
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4. **Scott, H.,** & Lechat, B. (2023). The past, present, and future of sleep monitoring technologies. In S. Drummond & M. Jackson (Eds.), *Advances in the Psychobiology of Sleep and Circadian Rhythm*. Routledge Psychology.
5. **Scott, H.,** Gehrman, P., & Perlis, M. (2023). Insomnia: Conceptualization and etiology. In C. Espie, P. Zee, & C. Morin (Eds.), *The Oxford Handbook of Sleep and Sleep Disorders (second edition)*. Oxford University Press.

INDUSTRY REPORTS

1. Cori, J., **Scott, H.,** Wolkow, A., Vakulin, A., Sletten, T., & Howard, M. (2023). Fatigue and Safety Assessment of Proposed Changes to Heavy Vehicle National Law. *Commissioned by the National Transport Commission*.

2. Bin, Y. S., **Scott, H.,** Chow, C-M., & Drummond, S. (2022). Objective Sleep Measurement in the Australian Bureau of Statistics' National Nutrition and Physical Activity Study (NNPAS) 2023. doi: 10.13140/RG.2.2.20077.67043
3. Reynolds, A. C., Lechat, B., **Scott, H.,** & Vakulin, A. (2022). Multi-night measurement of sleep. *Commissioned by Compumedics Ltd*.

PATENT

1. Re-Time Pty Ltd. (approved 2021). *Method and apparatus for sleep monitoring and control* (US 20200138365 A1). Co-inventors: Leon Lack, Ben Olsen, Vera Townsend, **Hannah Scott**.

CONFERENCE ORAL PRESENTATIONS

1. **Scott, H.** Multi-night objective measurement of sleep structure and timing to complement OSA diagnosis and better understand its consequences. *World Sleep Congress 2023*, 19-25th October 2023, Rio de Janeiro, Brazil (invited symposium).
2. **Scott, H.** Sleep tracker use cases. *World Sleep Congress 2023*, 19-25th October 2023, Rio de Janeiro, Brazil (invited symposium).
3. **Scott, H.,** Stuart, N., Manners, J., Guyett, A., Kemps, E., Lechat, B., Lack, L., Lovato, N., Vakulin, A., Banks, S., Dorrian, J., Adams, R., Eckert, D. & Catcheside, P. Circadian-based lighting substantially improves vigilance in simulated night shift work conditions compared to standard lighting. *World Sleep Congress 2023*, 19-25th October 2023, Rio de Janeiro, Brazil.
4. Stuart, N., Manners, J., **Scott, H.,** Lechat, B., Kemps, E., & Catcheside, P. Tripolar concentric ring electrodes for capturing localized electroencephalography signals during sleep. *World Sleep Congress 2023*, 19-25th October 2023, Rio de Janeiro, Brazil.
5. Bensen-Boakes, D-B., **Scott, H.,** Lack, L., & Lovato, N. Sleep-wake state discrepancy: Clinical characteristics and effect of cognitive behavioral therapy for insomnia (CBTi). *World Sleep Congress 2023*, 19-25th October 2023, Rio de Janeiro, Brazil.
6. Lechat, B., **Scott, H.,** Sweetman, A. & Eckert, D. J. Difficulties initiating and maintaining sleep is associated with increased blood pressure and hypertension in participants with obstructive sleep apnea. *SLEEP 2023*, 3-7th June 2023, Indiana, US.
7. **Scott, H.,** Stuart, N., Manners, J., Guyett, A., Kemps, E., Lechat, B., Lack, L., Lovato, N., Vakulin, A., Banks, S., Dorrian, J., Adams, R., Eckert, D. & Catcheside, P. A circadian-informed lighting intervention markedly improves vigilance in a simulated night shift setting. *SLEEP 2023*, 3-7th June 2023, Indiana, US.
8. Bensen-Boakes, D-B., Loffler, K., Lack, L., Perlis, M., Drummond, S., Kaambwa, B., **Scott, H.*** & Lovato, N.* (*co-senior authors). The home-based insomnia treatment study. *Adelaide Sleep Retreat 2022,* Adelaide, Australia
9. Bensen-Boakes, D-B., **Scott, H.,** Lack, L., & Lovato, N. Associations between sleep-wake state discrepancy and clinical characteristics in older adults with chronic insomnia before and after

Cognitive Behaviour Therapy (CBTi). *Australasian Sleep Association Sleep Downunder 2022,* 8-11th November 2022, Brisbane, Australia.

10. Guyett, A., **Scott, H.,** Lechat, B., Manners, J., Stuart, N., Lack, L., Kemps, E., Vakulin, A., Eckert, D., Micic, G., Banks, S., Dorrian, J., Hartas, M., Murfett, D., Adams, R., Catcheside, P., & Lovato, N. Investigation of a novel LED lighting strategy designed to accelerate circadian entrainment to night shift-work in an encapsulated environment. *Australasian Sleep Association Sleep Downunder 2022,* 8-11th November 2022, Brisbane, Australia.
11. **Scott. H.** Not just sleep tracking: Developing a wearable device to actually improve sleep. *Australasian Sleep Association Sleep Downunder 2022,* 8-11th November 2022, Brisbane, Australia (invited symposium).
12. **Scott, H.,** Lechat B., Reynolds, A., Lovato, N., Escourrou, P., Catcheside, P., & Eckert, D. J. Associations between sleep irregularity and hypertension: Sleep sensor data from over two million nights. *Association Sleep Downunder 2022,* 8-11th November 2022, Brisbane, Australia.
13. **Scott. H.** Optimising CBT-I: Dismantling, dosing, and devices. *Australasian Sleep Association Sleep Downunder 2022,* 8-11th November 2022, Brisbane, Australia (invited symposium).
14. **Scott, H.,** Vakulin, A. Under-mattress Technology for Sleep Monitoring. *SLEEP 2022*, 4-8th June 2022, Charlotte, NC (invited symposium).
15. **Scott, H.,** Lechat B., Reynolds, A., Lovato, N., Escourrou, P., Catcheside, P., & Eckert, D. J. Sleep Irregularity Is Associated with Increased Risk of Hypertension: Data from Over Two Million Nights. *SLEEP 2022*, 4-8th June 2022, Charlotte, NC.
16. Cheung, J. M. Y., **Scott, H.,** Muench, A., Morales, K. H., Grunstein, R., Krystal, A. D., Riemann, D., & Perlis, M. Comparative Safety and Efficacy of Hypnotics: A Quantitative Risk Benefit Analysis. *SLEEP 2022*, 4-8th June 2022, Charlotte, NC.
17. **Scott, H.** Appleton, S., Reynolds, A., Gill, T., Melaku, Y., Adams, R. Catcheside, P., & Perlis, M. Sleep Need is more Strongly Associated with Self-rated Health and Daytime Function than Sleep Duration. *Australasian Sleep Association Sleep Downunder 2021*, 10-13th October 2021, virtual conference (poster and presentation).
18. **Scott, H.** Cheung, J., Muench, A., Ivers, H., Grandner, M., Lack, L., Morin, C., & Perlis, M. A substantial percentage of patients with Chronic Insomnia do not appreciably increase Total Sleep Time after Cognitive Behavioural Therapy for Insomnia. *Australasian Sleep Association Sleep Downunder 2021*, 10-13th October 2021, virtual conference (poster and presentation).
19. Muench, A., **Scott, H.**, Grandner, M., Buysse, D., & Perlis, M. Standardizing reporting standards in insomnia RCTS. *Australasian Sleep Association Sleep Downunder 2021*, 10-13th October 2021, virtual conference (invited symposium).
20. Manners, J., Appleton, S., Reynolds, A., Melaku, Y., Gill, T., Micic, G., Lovato, N., Sweetman, A., Bickley, K., Adams, R., Lack, L., & **Scott, H.** The Good Sleeper Scale-13 Items: A Standardised Questionnaire for the Assessment of Good Sleepers. *Australasian Sleep Association Sleep Downunder 2021*, 10-13th October 2021, virtual conference.

21. Dunbar, C., Catcheside, P., Vakulin, A., Zajamsek, B., Hansen, K., Lack, L., **Scott, H.**, Micic, G. A field study assessing the effect of Noise Amplitude Modulation prevalence and SPL on ambulatory PSG sleep from individuals living in proximity to wind farms. *Australasian Sleep Association Sleep Downunder 2021*, 10-13th October 2021, virtual conference (poster and presentation).

22. Liebich, T., Lack, L., Micic, G., Hansen, K., Zajamsek, B., Dunbar, C., Lechat, B., **Scott, H.**, Lovato, N., Decup, F., Nguyen, D. P., & Catcheside, P. An experimental investigation of the impact of wind turbine noise on objective and subjective sleep efficiency. *Australasian Sleep Association Sleep Downunder 2021*, 10-13th October 2021, virtual conference.

23. **Scott, H.** Intensive Sleep Re-Training with the THIM Device. *Third Annual Society of Behavioral Sleep Medicine Conference 2021*, 16-19th September 2021, virtual conference (invited keynote presentation).

24. **Scott, H.** Cheung, J., Muench, A., Ivers, H., Grandner, M., Lack, L., Morin, C., & Perlis, M. Baseline predictors of changes in Total Sleep Time after Cognitive Behavioural Therapy for Insomnia. *Third Annual Society of Behavioral Sleep Medicine Conference 2021*, 16-19th September 2021, virtual conference (poster and presentation).

25. **Scott, H.** Correspondence between Physiological and Behavioural Responses to Vibratory Stimuli during the Sleep Onset Period: A Quantitative Electroencephalography Analysis. *Australasian Sleep Association Sleep Week 2020*, 20-23rd October 2020, virtual conference.

    This presentation was one of six chosen for the New Investigator session and was awarded the New Investigator Award.

26. **Scott, H.** The Accuracy and Clinical Utility of THIM: A Wearable Device that Treats Insomnia by Waking People Up. *APSS SLEEP conference*, 27-30th August 2020, virtual conference (invited symposium).

27. **Scott, H.**, Mair, A., Lovato, N., & Lack, L. Administering Intensive Sleep Retraining to treat chronic insomnia using the Sleep On Cue smartphone application. *Australasian Sleep Association Sleep Down Under*, 16-20th October 2019, Sydney: Australia.

28. **Scott, H.**, Whitelaw, A., Canty, A., Lovato, N., & Lack, L. The accuracy of the THIM device for estimating sleep onset with good and poor sleepers. *Australasian Sleep Association Sleep Down Under*, 16-20th October 2019, Sydney: Australia (poster and presentation).

29. **Scott, H.**, Lovato, N., & Lack, L. The accuracy of THIM for passively estimating sleep and wakefulness overnight with good and poor sleepers. *Australasian Sleep Association Sleep Down Under*, 16-20th October 2019, Sydney: Australia (poster and presentation).

30. **Scott, H.**, Lack, L., & Lovato, N. The development of the THIM wearable device and smartphone application for the treatment of chronic insomnia. *Global Telehealth 2019*, 5th July 2019, Adelaide.

31. **Scott, H.**, Lack, L., Lovato, N., & Whitelaw, A. The validity of a novel wearable device for estimating sleep onset. *Australasian Sleep Association Sleep Down Under*, 19th October 2018, Brisbane (poster and presentation).

32. **Scott, H.**, Lack, L., Lovato, N., & Whitelaw, A. The validity of the THIM wearable device for estimating sleep onset. *Adelaide Sleep Retreat*, 8th November 2018.

    Winner of the Young Investigator Award.

33. **Scott, H.** The development of a behavioural device for measuring sleep onset in the home environment. *Adelaide Sleep Retreat,* 15th November 2017.

34. **Scott, H.** & Lack, L. Validation of a Novel Smartphone Application for the Detection of Sleep Onset. *Adelaide Sleep Retreat*, 15th November 2016.

CONFERENCE POSTERS

1. Manners, J., Kemps, E., Guyett, A., Stuart, N., Lechat, B., Catcheside P., & **Scott, H.** Estimating vigilance from the pre-shift sleep using under-mattress sleep sensors. *World Sleep Congress 2023*, 19-25th October 2023, Rio de Janeiro, Brazil.
2. Stuart, N., Manners, J., Guyett, A., Nguyen, P., Younes, M., Gerardy, B., Kemps, E., **Scott, H.**, & Catcheside, P. Assessing the Karolinska Drowsiness Test for markers of alertness using the odds ratio product. *World Sleep Congress 2023*, 19-25th October 2023, Rio de Janeiro, Brazil.
3. Guyett, A., Lovato, N., Manners, J., Stuart, N., Lechat, B., Lack, L., Kemps, E., Banks, S., Dorrian, J., Vakulin, A., Adams, R., Eckert, D., Catcheside, P. & **Scott, H.** A circadian-informed lighting intervention markedly accelerates circadian adjustment to a night shift-work schedule. *SLEEP 2023*, 3-7th June 2023, Indiana, US.
4. Manners, J., Guyett, A., Stuart, N., Nguyen, P., Lechat, B., Eckert, D., Kemps, E., Catcheside, P. & **Scott, H.** Predicting vigilance in a shift-work context with under-mattress sensor data from the preceding sleep. *Australasian Sleep Association Sleep Downunder 2022,* Brisbane, Australia.
5. **Scott, H.** Appleton, S., Reynolds, A., Gill, T., Melaku, Y., Adams, R. Catcheside, P., & Perlis, M. Sleep Need: More Influential on Health and Daytime Function than Sleep Duration? *SLEEP 2022*, 4-8th June 2022, Charlotte, NC.
6. **Scott, H.**, Whitelaw, A., Canty, A., Lovato, N., & Lack, L. The accuracy of the THIM device for estimating sleep onset with good and poor sleepers. *World Sleep Congress*, 20-25th September 2019, Vancouver: Canada.
7. **Scott, H.**, Lovato, N., & Lack, L. The accuracy of THIM for passively estimating sleep and wakefulness overnight with good and poor sleepers. *World Sleep Congress*, 20-25th September 2019, Vancouver: Canada.
8. **Scott, H.**, Mair, A., Lovato, N., & Lack, L. Administering Intensive Sleep Retraining to treat chronic insomnia using the Sleep On Cue smartphone application. *World Sleep Congress*, 20-25th September 2019, Vancouver: Canada.

HONOURS AND AWARDS

College of Medicine and Public Health John Chalmers Travel Fellowship, 2025, $1500, *Flinders University*.

College of Medicine and Public Health Early Career Researcher Award, 2024, *Flinders University*.

Selected for the Flinders University Leadership Excellence Program (1/25 successful out of 70+ applicants), 2025, *Flinders University*.

Helen Bearpark Award, 2024, $7,500 to travel to Oxford University for a visiting scholar program, *Australasian Sleep Association*.

Finalist for the highly competitive BridgeTech Commercialisation Program, 2024, *Queensland University of Technology*.

Vice Chancellor's Early Career Researcher Award, 2022, $2,500, *Flinders University*.

Fellow Rising Star Award, 2021, *Society of Behavioral Sleep Medicine*.

New Investigator Award, 2020, $1,000, *Australasian Sleep Association*.

Women in Innovation Young Innovator Finalist, October 2019, *Winnovation*.

Flinders University Research Student Conference Travel Award, $1,930, *Flinders University*.

Sleep Downunder Student Travel Awards, 2018-2019, $500 p/yr, *Australasian Sleep Association*.

Adelaide Sleep Retreat Young Investigator Award, 2018, $1,000, *Adelaide Sleep Retreat*.

AMP Amplify Ignite PhD Pitch Competition Finalist, 2018, $1,000, *AMP*.

Travel Award to the AMP Amplify Ignite Competition in Sydney, 2018, $400, *Flinders University*.

Australian Government Research Training Program Scholarship, 2017-2020, $26,682 p/annum, *Australian Government*.

Flinders University Vice-Chancellor's Honours Thesis Excellence Medal, 2016.

Chancellor's Letters of Commendation, 2013-2016, *Flinders University*.

PROFESSIONAL MEMBERSHIPS

American Academy of Sleep Medicine (2020 – present).

Sleep Research Society (2019 – present).

Australasian Sleep Association (2018 – present).

SUPERVISION

Associate supervisor of three PhD students (2 current, 1 A/A result).

Primary supervisor of Psychology Honours student (7, all received 2A class Honours).

Primary supervisor of Medical Doctorate (Advanced Studies) students (3 current).

Co-supervisor of Psychology Honours students (7, 4 received first class Honours, 3 received 2A class Honours).

SERVICE TO THE COMMUNITY

Journal Editor and Peer Reviewer

Journal of Sleep Research, Academic Editor (2026 – present).
SLEEP Advances, Editorial Advisory Board (2025 – present).
Nature Medicine, peer reviewer (2024 – present).
SLEEP, peer reviewer (2020 – present).
Behavioral Sleep Medicine, peer reviewer (2020 – present).
Nature and Science of Sleep, peer reviewer (2017 – present).

Fundamental Sleep Measures Taskforce Member **2026 - present**

World Sleep Society

Steering Committee Member of a World Sleep Society Taskforce that is establishing common standards for fundamental sleep measures and quality levels by wearable sleep trackers. Chair of the work package responsible for education and dissemination of wearable sleep tracker guidelines.

Consumer Sleep Technology Taskforce Member **2023 - present**

World Sleep Society

One of 10 international experts in consumer sleep technology selected to advise on the use of consumer sleep technology in clinical sleep medicine and sleep research, for the largest professional sleep organisation in the world.

Chair and Board Director **2024 - present**

Education Committee

Chair of the Australasian Sleep Association (ASA) Membership Committee, responsible for ensuring that the organisation meets the needs of its members. Past Chair of the Membership Committee, where I provided oversight of the organisation's educational initiatives, including webinars, workshops, online learning portal, and short courses at the annual conference, aimed at enhancing the skills and knowledge of ASA members. As a Board Director, I am also responsible for setting the strategic direction of the ASA and providing oversight on all aspects of the organisation.

Co-Chair **2020 - 2024**

Network of Early career Sleep researchers in Training (NEST)

Alongside Dr. Grace Vincent, established a new ASA Council to support early careers researchers. My role was to oversee all committee initiatives to promote and advocate for early career researchers and support their ongoing professional development.

Co-Chair **2020 - 2022**

Insomnia and Sleep Health Council

Alongside Dr. Edith Botchway, my role was to oversee the committee's work and promote insomnia and sleep health-related research in the ASA.

Conference Committee Member **2021 - 2023**

Adelaide Sleep Retreat

Assist in the preparation and conduct of the annual local sleep conference.

PhD/ECR Representative **2019 - present**

Australasian Sleep Association South Australian Branch Committee

Assist with the organization and execution of South Australian branch meetings that showcase local early career researchers' work alongside key international speakers.

Student Representative

Flinders University

College Higher Degree by Research (HDR) Student Committee, Chair (2018 – 2019)
University HDR Committee, Student Representative (2018 – 2020)
School of Psychology Research Committee, PhD Student Representative (2017 – 2018)

Key responsibilities:

- Engage in research policy decision-making, representing HDR students.
- Review HDR research grant and postgraduate enrolment applications.
- Vote on divergent HDR examination cases.
- Contribute to university culture by leading initiatives to support students' well-being.

Key achievements:

1. Implemented an annual initiative to support HDR students' wellbeing that coincides with the national campaign, R U Ok? Day. The university-wide initiative is now in its third year.
2. In conjunction with the Office of Graduate Research, I helped conceptualise the Flinders University DOCFEST: a week-long festival that showcases HDR students' research to other students, university staff, industry partners, and the public. This has become an annual event.

Equity Officer, Flinders University Psychology Students' Association **2015 – 2016**

Flinders University

MEDIA ENGAGEMENT

1. This Conversation article, read by >95,000 people worldwide, October 2024.
2. Contributor to the ABC's 'Sleeptember' series: a national focus on sleep health, beginning with a widely shared report. This news article resulted in three follow-up interviews with ABC radio programs around the country, September 2024.
3. Five radio interviews (e.g., 2GB Radio, ABC National and Regional) about average sleep durations in the global community, February 2024.

4. Media release published on Scimex about average sleep durations in the global community, 23/02/2024.
5. Television interview for a Channel 9 news segment about average sleep durations in the global community, 2024. This story was broadcast across South Australia on the evening news.
3. Podcast interview for an episode about consumer sleep technology for the HealthEd podcast hosted by Dr David Lim, 2022.
4. Television interview for a Channel 9 News segment about THIM, 2021. This story was broadcast nationally and resulted in over >5,000 expressions of interest for our volunteer database.
5. Radio interviews about our latest THIM research across various radio shows, 2021.
6. Featured in a Flinders University article about THIM, 2021.
7. Interviewed by Diane Macebo (ABC News, US) for her book 'Sleep Fix', 2020.
8. Television interview for a Channel 7 News segment about the Sleep On Cue App for the Sleep Down Under conference, 2019.
9. Podcast interview for an episode about Intensive Sleep Retraining for the Sleep Junkies podcast hosted by Jeff Mann, 2019.
10. Featured in an Flinders University article after winning the Adelaide Sleep Retreat Young Investigator prize, 2018.
11. Podcast interview for a Flinders Health and Counselling article about the mental health of HDR students, 2018.
12. Contributor to Australasian Sleep Association Newsletter about the THIM device, June 2018.
13. Filmed for a segment about THIM for Network 10's Scope television program, 2017.

REFEREES

Prof. Robert Adams
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Relationship: Current supervisor

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University of Pennsylvania
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Relationship: mentor

Emeritus Prof. Leon Lack
Adelaide Institute for Sleep Health
Flinders University
Email: leon.lack@flinders.edu.au
Relationship: PhD supervisor

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ACADEMIC CAREER

Feb 2026 – Ongoing **RESEARCH FELLOW**

- Research project "PNRR-MAD-2022-12375694 – DREAMER – Isolated REM Sleep Without Atonia as a Risk Factor for REM Sleep Behavior Disorder: Constitution of a Cohort for a Long-Term Prospective Follow-Up Study". Research project coordinated by Professor Luigi Ferini Strambi. Vita-Salute San Raffaele University, Sleep Medicine Center.

Jun 2023 – Oct 2025 **RESEARCH ASSISTANT**

- Co-investigator in the research study "GR21-4851 - Discovering the functional role of the glymphatic system in the genesis of the migraine attack" supported by Ricerca Finalizzata Giovani Ricercatori 2021. Research project coordinated by Dr. Roberta Messina. IRCCS San Raffaele Hospital.

Jun 2023 – ongoing **INTERNSHIP TUTOR OPL-accredited**

- At IRCCS San Raffaele Hospital srl Neurology Ville Turro – Sleep Medicine Center

Apr 2023 – May 2023 **RESEARCH FELLOW**

- Research study "Cognitive-Behavioral therapy for insomnia: evaluation of polysomnographic data to evaluate its effectiveness". Research project coordinated by Professor Luigi Ferini Strambi. Vita-Salute San Raffaele University, Sleep Medicine Center.

Oct 2019 – Gen 2023 **PhD COGNITIVE NEUROSCIENCE**

- PhD program in Cognitive Neuroscience. Vita-Salute San Raffaele University, Sleep Medicine Center Ville Turro.

Apr 2019 – Oct 2019 **RESEARCH FELLOW**

- Vita-Salute San Raffaele University, Sleep Medicine Center Ville Turro.

Gen 2018 – Dic 2021 **PSYCOTHERAPY SCHOOL (CLINICAL PhD),** STUDI COGNITIVI, MILAN – ITALY

May 2017 – Jun 2017 **POST-LAUREAM TRAINING** at Stanford Sleep Medicine Center, Redwood City - USA

- Clinical observation and diagnosis interviews with sleep disorders patients, often in comorbity with other medical and psychiatric disorders.
- Observation of Cognitive-Behavioral Therapy for Insomnia protocol, individual and group.
- Participation in case conceptualization and therapy planning.

May 2017 – Jun 2017 **POST-LAUREAM TRAINING** at Stanford Sleep Epidemiology Research Center, Palo Alto - USA

- Epidemiology research activities in sleep disorders.

Oct 2016 – Oct 2017 **POST-LAUREAM TRAINING** at Sleep Disorders Center, Hospital San Raffaele, Milano

SAN RAFFAELE HOSPITAL-VILLE TURRO, MILAN – ITALY

- Clinical training at the Neurology Department and Sleep Disorders Center.
- Participation and research activities in sleep disorders.
- CBT-I training.

Sept 2016 **MASTER'S DEGREE IN CLINICAL PSYCHOLOGY (110/110)**

UNIVERSITY VITA-SALUTE SAN RAFFAELE, MILAN – ITALIA
Specialization in Clinical and Health Psychology
Thesis: "Short- and long-term CBT-I effects: 4-10 years follow-up study"

Optional exams: Clinical Psychosexology, Forensic Psychology and Psychopathology, Psychology of Addiction Diseases, Psychopharmacology.

Collaborations with Sleep Disorders Center: sample recruitment and shadowing participation in patients neuropsychological and clinical assessment.

Jun 2014 **BACHELOR'S DEGREE IN PSYCHOLOGICAL SCIENCES AND TECHNIQUES**

UNIVERSITY VITA-SALUTE SAN RAFFAELE, MILAN – ITALY

Optional exams: Psychoncology, Research project on body image, Psychophysiology, and Sleep Diseases.

PUBLICATIONS

Feb 2026 **PUBLISHED ARTICLE:** "THE EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA ON SLEEP EEG HYPERAROUSAL: A MULTICENTRIC POLYSOMNOGRAPHIC STUDY". **SFORZA M.**, MORIN C.M., DANG-VU T.T., POMARES F.B., PERRAULT A.A., GOUIN J.-P., BUŠKOVÁ J., JANKŮ K., VGONTZAS A., FERNANDEZ-MENDOZA J., BASTIEN C.H., RIEMANN D., BAGLIONI C., CAROLLO G., CASONI F., ZUCCONI M., CASTRONOVO V., GALBIATI A., FERINI-STRAMBI L. *TRANSLATIONAL PSYCHIATRY*. 2026; HTTPS://DOI.ORG/10.1038/S41398-026-03882-1.

Oct 2025 **BOOK CHAPTER PUBLICATION: "**APPLICATIONS OF COGNITIVE-BEHAVIORAL THERAPY FOR THE TREATMENT OF SLEEP DISORDERS IN CANCER PATIENTS AND THE IMPORTANCE OF MEASUREMENT OF SLEEP" IN *SLEEP AND CANCER*, 1ST EDITION. SFORZA M., CASTELNUOVO A., MARELLI S., SALIBBA A., CASTRONOVO V. IN: MOGAVERO M.P., LANZA G., FERINI-STRAMBI L., FERRI R. (EDS.). ACADEMIC PRESS (ELSEVIER). 2025 OCT. CHAPTER 11. ISBN: 978-0-443-28938-5.

Oct 2025 **PUBLISHED ARTICLE:** "SLEEP STATE MISPERCEPTION IN INSOMNIA: THE ROLE OF SLEEP INSTABILITY AND EMOTIONAL DYSREGULATION". CINI E., BOLENGO F., FASIELLO E., BERRA F., GORGONI M., **SFORZA M.**, CASONI F., PROSERPIO P., CASTRONOVO V., DE GENNARO L., FERINI-STRAMBI L., GALBIATI A. BRAIN SCI. 2025, 15(10), 1078; HTTPS://DOI.ORG/10.3390/BRAINSCI15101078.

Sept 2025 **PUBLISHED ARTICLE:** "THE ROLE OF AFFECTIVE STATES IN CBT-I EFFECTIVENESS: VALIDATION OF THE ITALIAN VERSION OF POMS IN INSOMNIA POPULATION". **SFORZA M.**, SALA M., GALBIATI A., ZUCCONI M., CASONI F., FERINI-STRAMBI L. & CASTRONOVO V. JOURNAL OF RATIONAL-EMOTIVE & COGNITIVE-BEHAVIOR THERAPY, 43, 53. HTTPS://DOI.ORG/10.1007/S10942-025-00614-0.

Mar 2025 **PUBLISHED ARTICLE:** "THE RELATIONSHIP BETWEEN SLEEP, PSYCHOLOGICAL DISTRESS, AND PROBLEMATIC USE OF SOCIAL NETWORKS IN OLDER ADULTS: A PERSON-CENTERED ANALYSIS". CATALDO, I., **SFORZA, M. (CO-FIRST)**, FRANCESCHINI, C., MARELLI, S., FERINI-STRAMBI, L., PLAZZI, G., BILLIEUX, J., SCHIMMENTI, A. (CO-LAST) & MUSETTI, A. BEHAVIOUR & INFORMATION TECHNOLOGY, 1–18. HTTPS://DOI.ORG/10.1080/0144929X.2025.2484394.

Dec 2024 **PUBLISHED ARTICLE:** "COGNITIVE-BEHAVIOURAL THERAPY FOR INSOMNIA MECHANISM OF ACTION: EXPLORING THE HOMEOSTATIC K-COMPLEX INVOLVEMENT". **SFORZA, M.,** MORIN, C. M., DANG-VU, T. T., POMARES, F. B., PERRAULT, A. A., GOUIN, J. P., BUŠKOVÁ, J., JANKŮ, K., VGONTZAS, A., FERNANDEZ-MENDOZA, J., BASTIEN, C. H., RIEMANN, D., BAGLIONI, C., CAROLLO, G., CASONI, F., ZUCCONI, M., CASTRONOVO, V., GALBIATI, A., & FERINI-STRAMBI, L. JOURNAL OF SLEEP RESEARCH, E14452. HTTPS://DOI.ORG/10.1111/JSR.14452.

Dec 2024 **PUBLISHED ARTICLE:** "EDITORIAL: PSYCHOLOGICAL SLEEP STUDIES: NEW INSIGHTS TO SUPPORT AND INTEGRATE CLINICAL PRACTICE WITHIN THE HEALTHCARE SYSTEM, VOLUME II. **SFORZA M.**, FERINI-STRAMBI L. AND FRANCESCHINI C. FRONT. PSYCHOL. 2024 DEC.

Sept 2024 **PUBLISHED ARTICLE: "**DECREASED DELTA/BETA RATIO INDEX AS THE SLEEP STATE-INDEPENDENT ELECTROPHYSIOLOGICAL SIGNATURE OF SLEEP STATE MISPERCEPTION IN INSOMNIA DISORDER: A FOCUS ON THE SLEEP ONSET AND THE WHOLE NIGHT". FASIELLO, E., GORGONI, M., GALBIATI, A., SFORZA, M., BERRA, F., SCARPELLI, S.,

Alfonsi, V., Annarumma, L., Casoni, F., Zucconi, M., Castronovo, V., Ferini-Strambi, L., & De Gennaro, L. (2024). NeuroImage, 298, 120782. https://doi.org/10.1016/j.neuroimage.2024.120782

Sep 2024 **PUBLISHED ABSTRACT:** "Non-REM sleep delta/beta ratio to evaluate effectiveness of Cognitive-Behavioral Therapy for Insomnia: a multicentric study". **Sforza M.**, Carollo G., Casoni F., Zucconi M., Morin C. M., Dang Vu T. T., Pomares F. B., Perrault A. A., Gouin J.P., Bušková J., Janku K., Vgontzas A., Fernandez-Mendoza J., Bastien C., Riemann D., Baglioni C., Castronovo V., Ferini-Strambi L., Galbiati A. Journal of Sleep Research. 2024 Sep.

Sep 2024 **PUBLISHED ABSTRACT:** "The functional significance of K-complex in cognitive behavioral therapy for insomnia". **Sforza M.**, Carollo G., Casoni F., Zucconi M., Morin C. M., Dang Vu T. T., Pomares F. B., Perrault A. A., Gouin J.P., Bušková J., Janku K., Vgontzas A., Fernandez-Mendoza J., Bastien C., Riemann D., Baglioni C., Castronovo V., Ferini-Strambi L., Galbiati A. Journal of Sleep Research. 2024 Sep.

Sep 2024 **PUBLISHED ABSTRACT:** "Digital Cognitive Behavioral Therapy for Insomnia (dCBT-I) versus Group CBT-I: A Comparison of the Two Modalities". Salibba A., Sforza M., Mariani I., Fazzini F., Casoni F., Zucconi M., Galbiati A., Castronovo V., Ferini-Strambi L. Journal of Sleep Research. 2024 Sep.

Mar 2024 **PUBLISHED ARTICLE:** "Boosting obstructive sleep apnea therapy by non-pharmacological approaches: A network meta-analysis". Sforza M., Salibba A., Carollo G., Scarpellino A., Bertone J.M., Zucconi M., Casoni F., Castronovo V., Galbiati A., Ferini-Strambi L. Sleep Medicine, 2024 Mar. https://doi.org/10.1016/j.sleep.2024.01.029

Dec 2023 **PUBLISHED ARTICLE:** "Challenging subjective excessive daytime sleepiness as an insomnia symptom: a retrospective study". Fasiello E., Mombelli S., **Sforza M.**, Zucconi M., Casoni F., Chadia K., Castronovo V., Steiropoulos P., De Gennaro L., Ferini-Strambi L., Galbiati A. Journal of Sleep Research. 2023 Dec. doi: https://doi.org/10.1111/jsr.14118.

Jun 2023 **PUBLISHED ARTICLE:** "Predictive factor for drop-outs to Cognitive-Behavioural Therapy dor insomnia in a sample of young adults". **Sforza M.**, Mombelli S., Ferini-Strambi L., Castronovo V., Galbiati A. Cognitivismo Clinico. 2023 Giu. 20, 1, 55-68. doi: 10.36131/COGNCL20230104.

Jun 2023 **PUBLISHED ARTICLE:** "Non-pharmacological and melatonin interventions for pediatric sleep initiation and maintenance problems: a systematic review and network meta-analysis". Mombelli S., Bacaro V., Curati S., Berra F., **Sforza M.**, Castronovo V., Ferini-Strambi L., Galbiati A., Baglioni C. Sleep Medicine Review. 2023 Jun.

Feb 2023 **BOOK CHAPTER PUBLICATION:** "Sleep-Wake Disorders" in Atlas of Psychiatry. Ferini-Strambi L., Galbiati A., **Sforza M.**, Casoni F., Salsone M. Springer. 2023 Feb 727-754.

Jan 2023 **PUBLISHED ARTICLE:** "Neuropsychological Changes in Isolated REM Sleep Behavior Disorder: A Systematic Review and Meta-analysis of Cross-sectional and Longitudinal Studies". Leitner C., D'Este G., Verga L., Rahayel S., Mombelli S., **Sforza M.**, Casoni F., Zucconi M., Ferini-Strambi L., Galbiati A.. Neuropsychology Review. 2023 Jan 2. doi: 10.1007/s11065-022-09572-1.

Jan 2023 **BOOK CHAPTER PUBLICATION:** "Insomnia" in ERS Handbook of Respiratory Sleep Medicine. Ferini-Strambi L., **Sforza M.**, Galbiati A. European Respiratory Society publications. 2023 Jan. doi: 10.1183/9781849841641.012022.

Dec 2022 **PUBLISHED ABSTRACT:** "Sleep reactivity to anticipatory anxiety: preliminary results from a home-EEG sleep monitoring and virtual reality study". **Sforza M.**, Nese M., Carollo G., D'Este G., Casoni F., Zucconi M., Levendowski D.J., Ferini-Strambi L., Galbiati A. Sleep Medicine 100:S302-S303. DOI: 10.1016/j.sleep.2022.05.817

Dec 2022 **PUBLISHED ABSTRACT:** "Improving Positive Airway Pressure therapy adherence with Cognitive-Behavioral interventions: a Meta-analysis". **Sforza M.**, Bertone J.M., Salibba A., Scarpellina A., Castronovo V., Ferini-Strambi L., Galbiati A. Sleep Medicine 100:S254. DOI: 10.1016/j.sleep.2022.05.684

Dec 2022 **PUBLISHED ABSTRACT:** "Affective states in predicting and mediating Cognitive-Behavioral Therapy for Insomnia". **Sforza M.**, Sala M., Leitner C., Casoni F., Zucconi M., Galbiati A., Ferini-Strambi L., Castronovo V. Sleep Medicine 100:S107. DOI: 10.1016/j.sleep.2022.05.298

Oct 2022 **PUBLISHED ARTICLE:** "A data-driven approach to neuropsychological features in isolated REM behaviour disorder: A latent class analysis". Mombelli S, Leitner C, D'Este G, **Sforza M**, Marelli S, Castelnuovo A, Zucconi M, Casoni F, Fantini ML, Novellino F, Salsone M, Ferini-Strambi L, Galbiati A. Journal of Neuropsychology.

Oct 2022 **PUBLISHED ABSTRACT:** "Interventions to improve positive airway pressure therapy adherence in obstructive sleep apnea patients: a meta-analysis". **Sforza M.**, Bertone J.M., Salibba A., Scarpellino A., Castronovo V., Ferini-Strambi L., Galbiati A. Journal of Sleep Research. O211/P709.

Oct 2022 **PUBLISHED ABSTRACT:** "University stressor impact on sleep: a home-EEG sleep study". **Sforza M.**, Nese M., Carollo G., D'Este G., Casoni F., Zucconi M., Levendowski D.J., Ferini-Strambi L., Galbiati A. Journal of Sleep Research. P643.

Oct 2022 **PUBLISHED ABSTRACT:** "Sleep onset misperception in insomnia disorder: a pilot study with methodological implications". Berra F., Galbiati A., Fasiello E., **Sforza M.**, Casoni F., Zucconi M., Castronovo V., De Gennaro L., Ferini-Strambi L., Journal of Sleep Research. P728.

Oct 2022 **PUBLISHED ABSTRACT:** "Neuropsychological changes in isolated REM sleep behavior disorder: a systematic review and meta-analysis of cross-sectional and longitudinal studies". Leitner C., D'Este G., Verga L., Rahayel S., Mombelli S., **Sforza M.**, Casoni F., Zucconi M., Ferini-Strambi L., Galbiati A. Journal of Sleep Research. P459.

Oct 2021 **PUBLISHED ABSTRACT:** "Cognitive-behavioral interventions for the adherence to positive airway pressure therapy: A meta-analysis". **Sforza M.,** Salibba A., Scarpellino A., Galbiati A., Castronovo V., Ferini-Strambi L. Journal of the Neurological Sciences. volume 429, supplement, 118663, doi:https://doi.org/10.1016/j.jns.2021.118663.

Sept 2021 **PUBLISHED ARTICLE:** "Thinking About Thinking" in Insomnia Disorder: The Effect of Cognitive-Behavioral Therapy for Insomnia on Sleep-Related Metacognition". Galbiati A,, Sforza M., Scarpellino A., Salibba A., Leitner C., D'Este G., Mombelli S., Ferini-Strambi L., Castronovo V. Frontiers in Psychology.

Jul 2021 **PUBLISHED ARTICLE:** "Objective total sleep time and effectiveness of cognitive-behavioral therapy for insomnia: methodological issues.". Galbiati A., **Sforza M.**, Leitner C., Castelnovo A., D'Este G., Ferini-Strambi L., Manconi M., Castronovo V. Sleep Medicine.

Jun 2021 **PUBLISHED ARTICLE:** "The reliability of objective total sleep time in predicting the effectiveness of cognitive-behavioral therapy for insomnia". Galbiati A., **Sforza M.**, Leitner C., Castelnovo A., D'Este G., Ferini-Strambi L., Manconi M., Castronovo V. Sleep Medicine. DOI: https://doi.org/10.1016/j.sleep.2021.03.021

May 2021 **PUBLISHED ARTICLE:** "Depressive and stress symptoms in insomnia patients predict group cognitive-behavioral therapy for insomnia long-term effectiveness: A data-driven analysis". **Sforza M.**, Galbiati A., Zucconi M., Casoni F., Hensley M., Ferini-Strambi L., Castronovo V. Journal of Affective Disorders. DOI:https://doi.org/10.1016/j.jad.2021.04.021

May 2021 **PUBLISHED ABSTRACT:** "INSOMNIA AND METACOGNITIVE ABILITIES: A NEW TREATMENT TARGET?". **SFORZA M.**, SCARPELLINO A., SALIBBA A., GALBIATI A., ZUCCONI M., CASONI F., FERINI-STRAMBI L., CASTRONOVO V. SLEEP, VOLUME 44, ISSUE SUPPLEMENT_2, PAGE A147-A148, HTTPS://DOI.ORG/10.1093/SLEEP/ZSAB072.370

May 2021 **PUBLISHED ABSTRACT:** "DEPRESSIVE SYMPTOMS IN THE CONTEXT OF COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA, A LONG-TERM FOLLOW-UP STUDY". **SFORZA M.**, SALIBBA A., SCARPELLINO A., GALBIATI A., ZUCCONI M., CASONI F., FERINI-STRAMBI L., CASTRONOVO V. SLEEP, VOLUME 44, ISSUE SUPPLEMENT_2, PAGE A147, HTTPS://DOI.ORG/10.1093/SLEEP/ZSAB072.369

Mar 2021 **PUBLISHED ARTICLE:** "IMPACT OF PRE-SLEEP HABITS ON ADOLESCENT SLEEP: AN ITALIAN POPULATION-BASED STUDY". NOSETTI, L. LONATI, I. MARELLI, S. SALSONE, M. **SFORZA, M.** CASTELNUOVO, A. MOMBELLI, S. MASSO, G. FERINI-STRAMBI, L. AGOSTI, M. CASTRONOVO, V. SLEEP MEDICINE. DOI: https://doi.org/10.1016/j.sleep.2021.02.054

Dec 2020 **PUBLISHED ARTICLE:** "THE ASSOCIATION BETWEEN EMOTIONAL DYSREGULATION AND REM SLEEP FEATURES IN INSOMNIA DISORDER". GALBIATI, A. **SFORZA, M**. FASIELLO, E. CASONI, F. MARRELLA, N. LEITNER, C. ZUCCONI, M. FERINI-STRAMBI, L. BRAIN AND COGNITION, DOI: https://doi.org/10.1016/j.bandc.2020.105642

Sept 2020 **PUBLISHED ABSTRACT:** "THE EFFICACY OF COGNITIVE- BEHAVIORAL THERAPY FOR INSOMNIA (CBT- I) IS NOT PREDICTED BY OBJECTIVE SLEEP DURATION". GALBIATI A.; **SFORZA M.**; LEITNER C.; FILICE A.; CASONI F.; ZUCCONI M.; FERINI STRAMBI L.; CASTRONOVO V. JOURNAL OF SLEEP RESEARCH, P519. DOI: 10.1111/JSR.13181

Sept 2020 **PUBLISHED ABSTRACT:** "SUBTYPES OF COGNITIVE- BEHAVIOURAL THERAPY FOR INSOMNIA EFFICACY IN A LONG-TERM FOLLOW- UP". CASTRONOVO V; GALBIATI A.; **SFORZA M.**; LEITNER C.; FILICE A.; CASONI F.; ZUCCONI M.; FERINI STRAMBI L. JOURNAL OF SLEEP RESEARCH, P168. DOI: 10.1111/JSR.13181

Sept 2020 **PUBLISHED ABSTRACT:** "INSOMNIA SUBTYPES AND EFFICACY OF COGNITIVE- BEHAVIORAL THERAPY". **SFORZA M.**; GALBIATI A.; LEITNER C.; FILICE A.; CASONI F.; ZUCCONI M.; FERINI STRAMBI L.; CASTRONOVO V. JOURNAL OF SLEEP RESEARCH, P30. DOI: 10.1111/JSR.13181

Apr 2020 **PUBLISHED ABSTRACT:** "TRAJECTORIES OF SLEEP QUALITY DURING THE PERINATAL PERIOD IN THE "LIFE-ON" STUDY". GARBAZZA, C. CASTRONOVO, V. **SFORZA, M**. MANCONI, M. SLEEP, Volume 43, Abstract Supplement, 2020.

Apr 2020 **PUBLISHED ABSTRACT:** "OBJECTIVE TOTAL SLEEP DURATION DO NOT PREDICT THE EFFECTIVENESS OF COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT). Galbiati, A. **Sforza, M**. Leitner, C. Filice, A. Manconi, M. Ferini Strambi, L. Castronovo, V. SLEEP, Volume 43, Abstract Supplement, 2020.

Apr 2020 **PUBLISHED ABSTRACT:** "SUBTYPES OF EFFICACY OF COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA". Castronovo, V. **Sforza, M.** Galbiati, A. Salsone, M. Marelli, S. Ferini-Strambi, L. SLEEP, Volume 43, Abstract Supplement, 2020.

Apr 2020 **PUBLISHED ABSTRACT:** "SUBTYPES OF INSOMNIACS TREATED BY COGNITIVE-BEHAVIORAL THERAPY". **Sforza, M**. Castronovo, V. Galbiati, A. Zucconi, M. Oldani, A. Casoni, F. Ferini-Strambi, L. SLEEP, Volume 43, Abstract Supplement, 2020.

May 2020 **PUBLISHED ABSTRACT:** "NEUROCOGNITIVE FUNCTIONS AND REM SLEEP WITHOUT ATONIA IN ISOLATED REM SLEEP BEHAVIOR DISORDER". A. Galbiati, E. Fasiello, **M. Sforza**, F. Casoni, M. Zucconi, L. Ferini Strambi. European JOURNAL OF NEUROLOGY, 27 (Suppl. 1), 103–522, 2020.

May 2020 **PUBLISHED ABSTRACT:** "OBJECTIVE TOTAL SLEEP DURATION IS NOT RELIABLE IN PREDICTING EFFECTIVENESS OF COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)". V. Castronovo, **M. Sforza**, A. Galbiati, E.

Fasiello, C. Leitner, A. Filice, F. Casoni, M. Zucconi, M. Manconi, L. Ferini Strambi. EUROPEAN JOURNAL OF NEUROLOGY, 27 (Suppl. 1), 103–522, 2020.

May 2020 **PUBLISHED ABSTRACT:** "SLOW WAVE SLEEP AND RESPONSE TO COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA" V. Castronovo, **M. Sforza**, A. Galbiati, E. Fasiello, F. Casoni, M. Zucconi, M. Manconi, L. Ferini Strambi. EUROPEAN JOURNAL OF NEUROLOGY, 27 (Suppl. 1), 103–522, 2020.

Nov 2019 **PUBLISHED ARTICLE:** "IMPACT OF PHENOTYPIC HETEROGENEITY OF INSOMNIA ON THE PATIENTS' RESPONSE TO COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA: CURRENT PERSPECTIVES" A. Galbiati, **M. Sforza**, E. Fasiello, V. Castronovo, L. Ferini-Strambi. NATURE AND SCIENCE OF SLEEP, DOI: https://doi.org/10.2147/NSS.S198812, 2019.

Jul 2019 **PUBLISHED ARTICLE:** "HIGH-DOSE LORMETAZEPAM DEPENDENCE: STRANGE CASE OF DR. JEKYLL AND MR. HYDE—COMMENT" L. Ferini-Strambi, **M. Sforza**, A. Galbiati. INTERNAL AND EMERGENCY MEDICINE, DOI: 10.1007/s11739-019-02142-z, 2019.

Jul 2019 **PUBLISHED ARTICLE:** "NEUROPSYCHOLOGICAL, ELECTROPHYSIOLOGICAL AND NEUROIMAGING BIOMARKERS FOR REM BEHAVIOR DISORDER" L. Ferini-Strambi, E. Fasiello, **M. Sforza**, M. Salsone, A. Galbiati. EXPERT REVIEW OF NEUROTHERAPEUTICS, DOI: 10.1080/14737175.2019.1640603, 2019.

Apr 2019 **PUBLISHED ARTICLE:** "SUBTYPING INSOMNIA DISORDERS" L. Ferini-Strambi, A Fossati, **M. Sforza**, A. Galbiati. LANCET PSYCHIATRY, 6(4):284, 2019.

Apr 2019 **PUBLISHED ABSTRACT: "**SLOW WAVE SLEEP AND RESPONSE TO COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA" V. Castronovo, **M. Sforza**, E. Fasiello, R. Farina, A. Galbiati, L. Ferini Strambi. SLEEP, VOL. 42, 0410.

Nov 2018 **PUBLISHED ARTICLE:** "INSOMNIA PATIENTS WITH SUBJECTIVE SHORT TOTAL SLEEP TIME HAVE A BOOSTED RESPONSE TO COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA" V. Castronovo, A. Galbiati, L. Verga, **M. Sforza**, M. Poletti, M. Zucconi, L. Ferini-Strambi. BEHAVIORAL SLEEP MEDICINE, 23:1-10, 2018.

Apr 2018 **PUBLISHED ARTICLE:** "LONG-TERM CLINICAL EFFECT OF GROUP COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA: A CASE SERIES STUDY" V. Castronovo, A. Galbiati, **M. Sforza**, M. Poletti, L. Giarolli, T. Kuo, M. Zucconi, M. Manconi, M. Hensley, C. Morin, L. Ferini-Strambi. SLEEP MEDICINE, 47: 54-59, 2018.

Dec 2017 **PUBLISHED AND PRESENTED ABSTRACT: "**GROUP COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I): LONG-TERM FOLLOW-UP EVALUATION" **M. Sforza**, M. Poletti, L. Giarolli, A. Galbiati, S. Marelli, T. Kuo, M. Zucconi, M. Manconi. SLEEP MEDICINE, VOL. 40, E302.

Dec 2017 **PUBLISHED AND PRESENTED ABSTRACT: "**EVALUATION OF THE OUTCOME OF COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA IN PATIENTS WITH SUBJECTIVE SHORT OR NORMAL TOTAL SLEEP TIME" **M. Sforza**, M. Poletti, A. Galbiati, L. Verga, M. Zucconi, L. Ferini-Strambi, V. Castronovo**.** SLEEP MEDICINE, VOL. 40, E302.

Dec 2017 **PUBLISHED ABSTRACT: "**DEPRESSIVE SYMPTOMS IN INSOMNIA: LONG-TERM CHANGES AFTER COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)" V. Castronovo, M. Poletti, **M. Sforza**, L. Giarolli, A. Galbiati, S. Marelli, T. Kuo, M. Zucconi. SLEEP MEDICINE, VOL. 40, E48.

Aug 2017 **PUBLISHED ARTICLE:** "DAYTIME SLEEPINESS: MORE THAN JUST OBSTRUCTIVE SLEEP APNEA (OSA)" L. Ferini-Strambi, **M. Sforza**, M. Poletti, F. Giarrusso, A. Galbiati. LA MEDICINA DEL LAVORO, 108.4: 260-266, 2017.

Jun 2017 **PUBLISHED ABSTRACT:** "LONG-TERM OUTCOME OF GROUP COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)". T. KUO, V. Castronovo, L. Giarolli, A. Galbiati, **M. Sforza**, M. Poletti, S. Marelli, Zucconi, L. Ferini-Strambi. SLEEP, VOL. 40, A134.

Jun 2017 **PUBLISHED ABSTRACT:** " IMPAIRED NEUROCOGNITIVE FUNCTIONS IN PATIENTS WITH DISORDERS OF AROUSAL" A. Galbiati, S. Marelli, **M. Sforza**, M. Poletti, G.E. Lombardi, F. Giarrusso, M. Zucconi, L. Ferini-Strambi. EUROPEAN JOURNAL OF NEUROLOGY, VOL. 24, EP1225.

SEMINARS LINKED TO THE ACADEMIC CAREER

Sept 2025 **XXV CONGRESSO NAZIONALE SEZIONE DI PSICOLOGIA CLINICA E DINAMICA:** UNIVERSITÀ DEGLI STUDI DI PERUGIA 17 - 20 SETTEMBRE 2025

- ORAL PRESENTATION: SLEEP QUALITY, CHRONOTYPE AND PSYCHOLOGICAL DISTRESS IN OLDER ADULTS: A LATENT PROFILE ANALYSIS OF SOCIAL NETWORK USERS.

Jun 2025 **EUROPEAN INSOMNIA NETWORK – EIN 2025:** AMSTERDAM 12-13 JUNE 2025

- ORAL PRESENTATION: TRACKING SLEEPINESS AND FATIGUE THROUGH CBT-I: DOES ADHERENCE MATTER?

Nov 2024 **XXXIV CONGRESSO NAZIONALE AIMS - ASSOCIAZIONE ITALIANA DI MEDICINA DEL SONNO:** TIRRENIA (PISA-ITALY) 29-30 NOVEMBER AND 1 DECEMBER 2024

- ORAL PRESENTATION: COME SI MODIFICANO SONNOLENZA E STANCHEZZA SOGGETTIVA DURANTE IL TRATTAMENTO COGNITIVO-COMPORTAMENTALE PER L'INSONNIA.

- 1 POSTERS PRESENTATION: P. 9 ADERENZA ALLA TECNICA DI RESTRIZIONE DEL SONNO DURANTE IL TRATTAMENTO COGNITIVO-COMPORTAMENTALE PER L'INSONNIA (CBT-I): IMPLICAZIONI PER L'EFFICACIA DELLA TERAPIA.

Nov 2024 **WORKSHOP "NUOVE METODOLOGIE PER LO STUDIO DEL SONNO E DELL'ATTIVITÀ ONIRICA":** WORKSHOP SATELLITE DEL CONGRESSO ANNUALE DELL'ACCADEMIA ITALIANA DI MEDICINA DEL SONNO (AIMS) TENUTOSI PRESSO LA SCUOLA IMT ALTI STUDI LUCCA IL GIORNO 28 NOVEMBRE 2024.

Sep 2024 **THE 27TH CONFERENCE OF THE EUROPEAN SLEEP RESEARCH SOCIETY**: SEVILLE, SPAIN 24–27 SEPTEMBER 2024:

- SYMPOSIUM PRESENTED: A PHYSIOLOGICAL APPROACH TO CBT-I EFFECTIVENESS: ASSESSING, PREDICTING AND PHENOTYPING

- ORAL PRESENTATION: NON-REM SLEEP DELTA/BETA RATIO TO EVALUATE EFFECTIVENESS OF COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA: A MULTICENTRIC STUDY

- 2 POSTERS PRESENTATION: THE FUNCTIONAL SIGNIFICANCE OF K-COMPLEX IN COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA / NON-REM SLEEP DELTA/BETA RATIO TO EVALUATE EFFECTIVENESS OF COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA: A MULTICENTRIC STUDY

Jul 2023 **"3RD SLEEP MEDICINE SUMMER SCHOOL (SMSS)":** UNIVERSITÀ DELLA SVIZZERA ITALIANA (USI), LUGANO SWITZERLAND, 10-14 JULY 2023. ORAL PRESENTATION:

- *INSOMNIA CLINICAL CASE (IN INSOMNIA – CIRCADIAN DISORDERS, PRACTICAL EXERCISE)*

Apr 2023 **"XXVII CORSO RESIDENZIALE DI MEDICINA DEL SONNO":** BERTINORO, 1-4 APRIL 2023. ORAL PRESENTATION:

- *PSICOEDUCAZIONE ED IGIENE DEL SONNO*

Oct 2022 **"EUROPEAN INSOMNIA NETWORK AND THE EUROPEAN ACADEMY OF COGNITIVE BEHAVIOUR THERAPY FOR INSOMNIA DISORDER":** *ONLINE, 21/23 OTTOBRE 2022.* Oral Presentation:

- *K-COMPLEXES AND EFFECTIVENESS OF COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA*

Sept 2022 **"26TH CONGRESS OF THE EUROPEAN SLEEP RESEARCH SOCIETY":** *ATHENS, GREECE, 27/30 SETTEMBRE 2022.* Poster presented:

- *BOOSTING ADHERENCE TO POSITIVE AIRWAY PRESSURE THERAPY: A NETWORK META-ANALYSIS*

- *UNIVERSITY STRESSOR IMPACT ON SLEEP: A HOME-EEG SLEEP STUDY*

ORAL PRESENTATION:

- *Interventions to improve positive airway pressure therapy adherence in obstructive sleep apnea patients: a meta-analysis*

Sept 2022 **"XXXII CONGRESSO NAZIONALE AIMS - ASSOCIAZIONE ITALIANA DI MEDICINA DEL SONNO":** *Rimini, Palacongressi, 15/17 Settembre 2022.* Oral Presentation:

- *K-complex density in Narcolepsy: a marker of homeostatic impairment?*

Mar 2022 **"WORLD SLEEP CONGRESS 2022":** *Roma, Palacongressi, 11/16 Marzo 2022.* Poster presented:

- *Improving Positive Airway Pressure Therapy Adherence with Cognitive-Behavioral interventions: a Meta-analysis.*
- *Affective states in predicting and mediating Cognitive-Behavioral Therapy for Insomnia.*
- *Sleep reactivity to anticipatory anxiety: preliminary results from a home-EEG sleep monitoring and virtual reality study*

Sept 2021 **"XX CONGRESSO NAZIONALE SOCIETÀ ITALIANA DI TERAPIA COMPORTAMENTALE E COGNITIVA (SITCC)"** Symposium presented:

- *Efficacia degli interventi clinici per il disturbi comportamentali del sonno in età evolutiva". Bologna, Teatro Arena del Sole: 16/19 Settembre 2021.*

Jun 2021 **"APSS ASSOCIATED PROFESSIONAL SLEEP SOCIETY SLEEP 2021 ANNUAL MEETING".** June 10-13 2021. Poster presented:

-*Depressive Symptoms in the context of CBT-I a long-term follow-up*

-*Insomnia and Metacognitive abilities a new treatment target*

Oct 2021 **"XXV WORLD CONGRESS OF NEUROLOGY (WCN 2021)".** Oct 03-07 2021. Poster presented:

-*Cognitive-Behavioral Intervention for the adherence to positive airway Pressure Therapy*

Oct 2020 **"XXX CONGRESSO NAZIONALE AIMS"** online 25-27 Ottobre 2020. Poster presented:

-*subtypes of cbt-i efficacy in a long-term follow-up*

-*the efficacy of cbt-i is not predicted by objective sleep duration*

-*insomnia subtpes and efficacy of cbt-i*

Sept 2020 **"XXV EUROPEAN SLEEP RESEARCH SOCIETY (ESRS 2020)".** Sept 22-24 2021. Poster presented:

-*Insomnia subtypes and efficacy of CBT-I*

-*Subtypes of CBT-I efficacy in a long-term follow-up*

-*The efficacy of CBT-I is not predicted by objective sleep duration*

Aug 2020 "**34TH ANNUAL MEETING OF THE APSS, THE MEETING OF THE AMERICAN ACADEMY OF SLEEP MEDICINE AND THE SLEEP RESEARCH SOCIETY". AUG 27-30 2021**. Poster presented:

- *Objective total sleep duration does not predict the effectiveness of cognitive-behavioral therapy for insomnia*
- *Subtypes of efficacy of cognitive-behavioral therapy*
- *subtypes of insomniacs treated by cognitive-behavioral therapy (cbt-i)*

Jul 2020 "**CBT-I ACADEMY / EIN (EUROPEAN INSOMNIA NETWORK) MEETING"** online July 16

May 2020 **"EAN CONGRESS OF THE EUROPEAN ACADEMY OF NEUROLOGY"** Online Congress May 23-26. Poster presented:

- *Slow Wave Sleep and response to Cognitive-Behavioral Therapy for Insomnia"*

Gen 2020 "**XXI NATIONAL CONGRESS OF ITALIAN SOCIETY OF NEUROPSYCHOPHARMACOLOGY"** MILAN (MI), ITALY

Sept 2019 "**XXIX CONGRESSO NAZIONALE AIMS", 13-15 SETTEMBRE 2019, GENOVA.** ABSTRACT SELECTED AND PRESENTED IN "YOUTH & RESEARCH" SYMPOSIUM :

- *SLOW WAVE SLEEP E RISPOSTA ALLA TERAPIA COGNITIVO-COMPORTAMENTALE PER L'INSONNIA*

Sept 2018 "**POLYSOMNOGRAPHY AND RESPIRATORY SLEEP DISORDERS IN PEDIATRIC AGE"**, BELGIRATE (VB), ITALY

Oct 2017 "**WORLD SLEEP CONGRESS 2017"**, PRAGUE, CZECH REPUBLIC. Poster presented:

- *GROUP COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I): LONG-TERM FOLLOW-UP EVALUATION*

- *EVALUATION OF THE OUTCOME OF COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA IN PATIENTS WITH SUBJECTIVE SHORT OR NORMAL TOTAL SLEEP TIME*

Sept 2017 "**POLYSOMNOGRAPHY AND RESPIRATORY SLEEP DISORDERS IN PEDIATRIC AGE"**, BAVENO (VB), ITALY

ASSOCIATIONS MEMBERSHIP LINKED TO THE ACADEMIC CAREER

2024 – ongoing **REVIEW EDITOR for Frontiers in Neurology - Sleep Disorders**

2023 – ongoing **REVIEW EDITOR for Frontiers in Psychology - Psychology for Clinical Settings**

2023 – ongoing **REVIEW EDITOR for Frontiers in Psychology**

2022 – ongoing **EUROPEAN SLEEP RESEARCH SOCIETY**

2020 - ongoing **EUROPEAN INSOMNIA NETWORK (Early-career members of the committee-2025)**

2020 - ongoing **CBT-I ACADEMY (European Cognitive-Behavioral Therapy for Insomnia Academy)**

2019 - ongoing **AIMS (Italian Association of Sleep Medicine)**

Nov 2018 - ongoing **REGISTERED IN PROFESSIONAL REGISTER OF THE ORDER OF PSYCHOLOGISTS OF LOMBARDIA (SECTION A) – number – 21053**

2017 - ongoing **SITCC (Italian Association of Cognitive Behavioral Psychotherapy)**

PROFESSIONAL EXPERIENCES LINKED TO THE ACADEMIC CAREER

Feb 2024 **INVITED LECTURE TO TRAINING FELLOWS**

University of California San Francisco (UCSF). Training session on Cognitive-Behavioral Therapy for Insomnia (CBT-I) to sleep medicine training fellows.

May 2022 – Ongoing **STUDI COGNITIVI S. P. A.**

Teaching Collaboration: Guided Practical Experience of Cognitive-Behavioral Psychotherapeutic Techniques; Sleep Disorders; Research Tutor in Psychotherapy.

Mar 2021 - Ongoing **PRIVATE PRACTICE PSYCHOTHERAPY, MONZA**

Therapeutic interventions in anxiety, depressive, obsessive-compulsive, and personality disorders, as well as chronic insomnia disorder, sexual dysfunction, post-traumatic disorders, and pathological addictions.

Gen 2020 **NECSTLAB (NOVEL, EMERGING COMPUTING SYSTEM TECHNOLOGIES LABORATORY) OF POLITECNICO DI MILANO**

Psychoeducational sleep workshops.

Dec 2019 – Oct 2021 **EU-TRÒPIA, SOCIETÀ BENEFIT**

Workshops on Psychological Wellness and Sleep

Nov 2019 – Oct 2020 **PSYCHOTHERAPIST IN TRAINING,** CPS (PSYCHO-SOCIAL CENTERS FOR MENTAL HEALTH) ASST FATEBENEFRATELLI SACCO SETTEMBRINI, MILAN

Oct 2018 – Nov 2019 **PSYCHOTERAPIST IN TRAINING,** ASSOCIAZIONE LA CASCINA ONLUS, MILAN

Weekly group on emotional regulation (REBT) with drug addict ex-offenders. Periodic Equipe with Psychotherapist, Psychologist and Professional Educator.

Apr 2016 – Feb 2019 **HOME ASSISTANCE FOR ADOLESCENTS AND KIDS,** MILAN, ITALY

Periodical Equipe with Psychologists, Neuropsychologists, Psychomotor Therapists, Support Teachers. Focus on the development of patients' relational skills, optimization in the learning processes, providing methods and study strategies, Scholastic support program, progressive.

Gen 2018 – Lug 2018 **PROFESSIONAL EDUCATOR,** DUEPUNTIACAPO COOPERATIVA SOCIALE ONLUS, PADERNO DUGNANO, ITALY

Focus on developing patients' relational skills, optimization in the learning processes, and providing methods and study strategies in the school context. Support Teachers. Periodical Equipe with Psychologists and Educators.

Dec 2015 – Dec 2016 **HOME ASSISTANCE FOR SCHOLARS WITH SPECIFIC DISABILITIES,** MILAN, ITALY

Periodical Equipe with Psychologists and Psychiatrists at "Istituto Dosso Verde". Support for the development of relational skills, scholastic program, and integration of the child in the "Isola che non c'è" Center. Creation of an assistance network aimed at patient development.

Sept 2012 - Lug 2014 **ASSOCIATION "ISOLA CHE NON C'È" ONLUS,** MILAN, ITALY

Equipe activities, Educator activities, Scholastic support programs and rehabilitative paths through workshops of theatre, music and arts.

FOREIGN LANGUAGES

ENGLISH – Intermediate (B2) Level – Good written and conversation level

Aug 2016 Kaplan International English

FRENCH – (B1) – Basic level of written and oral language

INFORMATIC SKILLS

General Skills: Excellent knowledge of MICROSOFT WORD, POWERPOINT. MICROSOFT EXCEL AND ACCESS.

Statistical Skills: Excellent knowledge of IBM SPSS, R STUDIO, JASP, AND JAMOVI – Good knowledge of Python, MATLAB, ORIGINPRO, and MPLUS.

Specific Skills: Good knowledge of TwinLOOK and EDFbrowser for sleep scoring (AASM guidelines)

In accordance with Law 196/2003, I hereby give my consent to the processing of my personal data.

Date and Place: 160226 Signature:

tessa fee blanken

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experience

2023 **Assistant Professor**, University of Amsterdam

As assistant professor in Clinical Methodology I aim to bridge the clinical and methodological departments, leveraging my expertise in both areas. I focus on the role of sleep to promote well-being. In addition, I continue the work on human behaviour simulation (www.hubs-lab.com).

2021-2023 **Postdoctoral Researcher**, University of Amsterdam

I focus on two research lines: one on human behaviour simulation to contribute to societal problems, and another on the complex interplay between insomnia and depression.

2020-2021 **Postdoctoral Researcher**, Netherlands Institute for Neuroscience and University of Amsterdam

In my first postdoc I was part of two research labs, which gave me a unique position to combine research at the brain and behavioural level. My current research into the complex interplay between insomnia and depression cultivates from this synergy.

2015-2016 **Teacher**, University of Amsterdam

Teaching practicals to second year psychology students on research methodology and scientific writing.

2013-2015 **Methodology Shop Consultant**, University of Amsterdam

Providing statistical and methodological advise to students on, among other things, study-design, data analysis (in SPSS and R) and reporting of results.

platforms

2023 **Initiator and co-founder**, Science Sisters, www.scisis.nl

Initiator and co-founder of the Science Sisters - a peer support network of early/ish career women working in academia to address the lack of support structures for women in the early stages of their career.

2020 **Co-founder**, Science versus Corona, www.scienceversuscorona.com

Co-founder of the interdisciplinary platform Science versus Corona to unite experts, knowledge, and perspectives in our fight against corona. Project was funded €50,000 by the Netherlands Organisation for Scientific Research (NWO).

education

2024 **Clinical internship**, SEIN

For 50 hours I joined SEIN, centre of expertise for epilepsy and sleep medicine. SEIN provides specialised care ("derdelijnszorg") and treats various sleeping disorders, such as sleep apnea, narcolepsy, and insomnia. I joined intakes, treatment sessions, and multidisciplinary consultations with doctors and psychologists.

2015-2020 **PhD**, Netherlands Institute for Neuroscience, *cum laude*

Dissertation "Changing perspectives on insomnia and depression: From symptoms to system", supervised by prof.dr. Eus van Someren and prof.dr. Denny Borsboom.

2013-2015 **Research Master in Psychology**, University of Amsterdam, *cum laude*

Major in Psychological Methods and Minor in Clinical Psychology. (Average: 8.9/10)

2010-2013 **Bachelor in Psychology**, University of Amsterdam, *cum laude*

Specialisation in Psychological Methods. (Average: 8.8/10)

extracurricular

2023	Introduction to Agent Based Modelling, Santa Fe Institute (online)
	Introduction to Deep Learning, Netherlands eScience Center
2022	Introduction to Programming and Plotting with Python, Data Science Centre, University of Amsterdam
2021	Oxford School of Climate Change, Oxford Climate Society (online)
2020	Machine Learning and Data Mining using Python, Maastricht School of Management (online)
2019	Introduction to Dynamical Systems and Chaos, Santa Fe Institute (online)
	Modeling the Dynamics of Intensive Longitudinal Data, Utrecht University
2018	Lean Six Sigma, Yellow Belt
	What is Psychometrics?, University of Amsterdam
	Causal Inference, Erasmus University
2017	Human Connectome Summer School, Utrecht University
	Statistical Learning, Leiden University
	Generalized Latent Variable Modeling, Tilburg University
2016	Optimisation and Numerical Methods, KU Leuven, Belgium
	Sleep and Chronobiology Summer School, The Sleep and Circadian Neuroscience Institute (SCNi), University of Oxford, United Kingdom
	Statistical Learning, Stanford University (online)
2014	Erasmus Intensive Program on Mathematical Statistics, Sagadi, Estonia

grants & awards

2025	Co-applicant Hanarth Fonds: “FAIR-CARE: From AI-powered symptom networks to relief in cancer related fatigue” (€500k)
2024	Veni, NWO: “Sleep well, sleep tight: Unravelling sleep restriction therapy to promote sleep health and well-being” (€320k)
	Co-applicant Healthy Future Seed Grant: “Beyond one size fits all: Navigating a network approach towards personalised treatment for adolescents with eating disorders” (€40k)
	Co-applicant Impact Grant: “Improving treatment outcomes for adolescents with eating disorders: leveraging network approaches to overcome maladaptive eating habits” (€25k)
	Co-applicant Impact Grant: “Advancing PsySys as a network-informed psychoeducative tool for research and practice” (€25k)
2023	Co-applicant ZonMw Grant Programme Pandemische Paraatheid: "BEhavioural and social sciences and pandemic PREPAREDness: the BePrepared Consortium" (€1.2M)
	Co-applicant ZonMw Programme COVID-19, open ronde COVID-19 besmetting en verspreiding: "Contributions of indoor social spaces to overall SARS-CoV-2 transmission - Intersecting models with behavioral and epidemiological data for informed decision making" (€250k)
	PI Interdisciplinary Data Science Project, Social and Behavioural Data Science Centre (€10k)
	PI Impact Grant: “Linking behavioural to virus spread models” (€22.3k)
	Main applicant Science4All: “Science Sisters” (€5k)
2022	Co-PI ABC Project Grant: “More than the sum of parts: Exploiting the synergy between psychological and brain networks” (€250k)
2021	Co-applicant Innovation Grant Personalised Medicine, APH: “Linking symptom and brain network structure to understand heterogeneity in treatment response in ADHD” (€28k)
	Co-applicant eScience center open call for Small-scale Initiatives in Software Performance Optimization: “Minds for mobile agents” (€28k)
	SURF cooperative grants (EINF-813, EINF-2268, EINF-4496) to support the e-infrastructure of our relational MySQL database

2020	Hilbert Kamphuisen prize for best dissertation 2019-2020 awarded by the Dutch Society for Sleep Wake Research
	PI Bial Foundation grant: "The whole is more than the sum of its parts: Elucidating the link between sleep quality and well-being by integrating cross-modal networks" (€40k)
	Co-applicant Innovation Exchange Amsterdam (IXA) proof-of-concept valorisation grant: "BEhavioral COntact Networks (BECON)" (€99.9k)
2018	Runner-up Best Poster Award, 3rd Annual Meeting Amsterdam Public Health Research Institute
2017	IOPS Best Poster Award, Interuniversity Graduate School of Psychometrics and Sociometrics
2016	VU-University Research Fellow 2016-2017 (€10k)

publications

first/ senior author

- Wang SB*, **Blanken TF***, Van der Maas HLJ, Borsboom D. Path asymmetry in complex dynamic systems of psychopathology. *JAMA Psychiatry* 2026;83:99-100.
- Looman MI, […], **Blanken TF***, Lancee J*. Understanding sleep restriction therapy: A network intervention analysis of symptom- and process-level change. *Sleep* 2025: zsaf360.
- Van der Pal Z, […], Schrantee A*, **Blanken TF***. Tell me why: A scoping review on the fundamental building blocks of fMRI-based network analysis. *NeuroImage Clin* 2025; 46: 103785.
- **Blanken TF**, Kok R, Obbels, J, et al. Prediction of electroconvulsive therapy outcome: A network analysis approach. *Acta Psychiatr Scand* 2024; 1-8.
- Freichel R, […], Walter H*, **Blanken TF***. Unraveling robust brain-behavior links of depressive complaints through granular network models for understanding heterogeneity. *J Affect Disord* 2024;359:140-144.
- Van der Pal Z, […], **Blanken TF***, Schrantee A*. Stimulant medication and symptom interactions in attention-deficit/ hyperactivity disorder. *Eur Child Adolesc Psychiatry* 2025;34:1917-1929.
- Gauld C, **Blanken TF**. Clinical sleep staging for insomnia disorder. *Eur Neuropsychopharmacol* 2025;91:47-49.
- Lancee J, Morin CM, […], **Blanken TF**. Symptom-specific effects of zolpidem and behavioral treatment for insomnia: A network intervention analysis. *Sleep* 2023;46:zsad240.
- Lunansky G*, Hoekstra RHA*, **Blanken TF**. Disentangling dynamic affect trajectories for distinct depression courses during the COVID-19 pandemic. *Collabra* 2023; 9: 74841.
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- **Blanken TF**, Borsboom D, Penninx BWJH, Van Someren EJW. Network Outcome Analysis identifies difficulty initiating sleep as primary target for prevention of depression: A six-year prospective study. *Sleep* 2020; 43: zsz288.
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collaborations

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- Burger J, Andikkhash V, Jäger N, et al. A novel approach for constructing personalized networks from longitudinal perceived causal relations. *Behav Res Ther* 2024; 173: 104456.
- Pieters L, **Blanken TF**, van Lunteren et al. A Network Model of Health-Related Changes after a Lifestyle-Enhancing Treatment in Patients with Severe Mental Illness: the MULTI Study VI. *Int J Clinical and Health Psychology* 2024; 24: 100436.
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- Röttgering JG, Varkevisser TMCK, Gorter M, et al. Symptom networks in glioma patients: Understanding the multidimensionality of symptoms and quality of life. *J Cancer Surviv* 2023.
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- De Feijter M, Kocevska D, **Blanken TF**, et al. The network of psychosocial health in middle-aged and older adults during the first COVID-19 lockdown. *Soc Psychiatry Psychiatr Epidemiol* 2022.
- Borsboom D, **Blanken TF**, Dablander F, et al. The lightning of the BECONs: A behavioural data science approach to tracking interventions in COVID-19 research. *J Behav Data Sci* 2022.
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- Letina S, **Blanken TF**, Deserno MK, Borsboom D. Expanding network analysis tools in psychological networks: Minimal spanning trees, participation coefficients, and motif analysis applied to a network of 26 psychological attributes. *Complexity* 2019; 2019: 9424605.
- Wei Y, **Blanken TF**, Van Someren EJW. Insomnia really hurts: Habitual insomnia increases the acute effect of a bad night's sleep on pain. *Front Psychiatry* 2018; 9: 377.
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- Van Borkulo CD, Borsboom D, Epskamp S, et al. A new method for constructing networks from binary data. *Sci Rep* 2014; 4: 1–10.

submitted

- Sanders JG, Zomer C, Hoekstra RHA, et al. The effect of proximity of COVID-19 test facilities on test uptake: Two quasi-experimental trials. (revision under review)

* shared first/last authorship

book chapters

first/senior author

- **Blanken TF**, Isvoranu AM, Epskamp E. Estimating network structures using model selection. In Isvoranu AM, Epskamp S, Waldorp LJ, Borsboom D (Eds.) *Network Psychometrics with R: A guide for behavioral and social scientists*. Routledge, Taylor & Francis Group. (In press).
- Deserno MK, Isvoranu AM, Epskamp E, **Blanken TF**. Descriptive analysis of network structures. In Isvoranu AM, Epskamp S, Waldorp LJ, Borsboom D (Eds.) *Network Psychometrics with R: A guide for behavioral and social scientists*. Routledge, Taylor & Francis Group. (In press).

presentations

invited presentations

"Prediction of ECT outcome: A network analysis approach." Invited talk at EFFECT Annual Meeting, October 2025, Leuven.

"From Covid-19 to the Human Behaviour Simulation Lab: Modelling behaviour for practical behavioural solutions to societal problems". Invited talk at SIAS, May 2024, University of Amsterdam

"Human Behaviour Simulation Lab: To measure, explain, and model human behaviour for practical behavioural solutions to societal problems". Invited talk at the joint CCSS-UvA Workshop on Computational Social Science and Intelligent Systems, March 6th 2024, University of Amsterdam

"Networks in psychology: idea, application, future directions". Invited talk at Digicomlab, November 2023, University of Amsterdam.

"Network Intervention Analysis: Using network analysis to explore sequential and symptom-specific treatment processes and effects". Keynote presentation at the Experimental Psychopathology graduate school, December 2022, Driebergen, The Netherlands.

"Network approaches to psychopathology: idea, application, future directions". Invited talk for the Brain & Cognition labmeeting, December 2022, Amsterdam.

"Network Intervention Analysis: Using network analysis to explore sequential and symptom-specific treatment processes and effects". Invited symposium presentation at the International Conference for Urban Mental Health, October 2022, Amsterdam, The Netherlands.

"Een nieuw perspectief op slapeloosheid en depressie: Van symptoom naar systeem" Refereerbijeenkomst Netwerkpsychiatrie GGz Centraal, June 2022, online.

"Changing perspectives on insomnia and depression: From symptoms to system". Keynote presentation at the New Science of Mental Disorders network meeting, April 2021.

"An introduction to networks in psychology". Invited workshop for Research Seminar Amsterdam UMC, January 2021.

"Insomnia disorder subtypes derived from life history and traits of personality and affect." Invited symposium presentation at German Society for Sleep Medicine, November 2019, Hamburg, Germany.

"Overlapping communities in psychopathology networks." Invited talk at Tamas Vicsek lab at the Department of Biological Physics, Eötvös University Budapest, November 2018, Budapest, Hungary.

organised symposia

Chair of the symposium "Behandeling van slapeloosheid ontrafelen" at Slaap2023, December 2023, Arnhem, The Netherlands. Presented "Een uitleg en illustratie van Netwerk Interventie Analyse in het identificeren van sequentiële en symptoom-specifieke behandeleffecten".

Chair of the "European Insomnia Network session" symposium at the 25th Congress of the European Sleep Research Society, September 2020, online. Presented "Predicting, preventing, and alleviating depression: network analyses point towards the primary importance of insomnia".

other presentations

"A computational model of sleep restriction therapy: Exploring treatment mechanisms and informing clinical practice." Symposium presentation at the 27th Congress of the European Sleep Research Society, September 2024, Sevilla, Spain.

"Reflections on studying and working in interdisciplinary research", presentation for the Career Day organised by the VSPA, the student association of Psychology, February 2023.

"Insomnia disorder subtypes derived from life history and traits of affect and personality – a system's perspective". Symposium presentation at the World Sleep Congress, March 2022, Rome, Italy.

"Behavioral data science solutions to COVID-19", partner pitch on behalf of UvA Data Science Centre at ADS Highlights event, December 2021.

"Science versus Corona", pitch at Data Science Day, UvA Data Science Centre, October 2021.

"Insomnia disorder subtypes and the role of hyperarousal". Symposium presentation at the 25th Congress of the European Sleep Research Society, September 2020, online.

"Novel network intervention and outcome analyses point towards the primary role of insomnia in predicting, preventing, and alleviating depression." 32nd APS Annual Convention, May 2020, Chicago, United States of America. [cancelled due to the corona virus]

"Voorspellen, voorkomen en verlichten van depressie: nieuwe netwerk analyses wijzen op het primaire belang van insomnie." Symposium presentation at Slaap2019, November 2019, Ermelo, The Netherlands.

"Subtyperen van slapeloosheid toegankelijk voor iedereen." Symposium presentation at Slaap2019, November 2019, Ermelo, The Netherlands.

"Insomnia heterogeneity and its link to depression: insights from an observational, prospective, and intervention study." Symposium on 'Insomnia treatment for preventing cardiovascular diseases and mental disorders', October 2019, Hannover, Germany.

"The link between insomnia and depression: What we can learn from behaviour, brain structure, and treatment of insomnia." Neuroscience Symposium at the Netherlands Institute for Neuroscience, October 2019, Amsterdam, The Netherlands.

"Insomnia heterogeneity and its link to depression: insights from an observational, prospective, and intervention study." Interuniversity Graduate School of Psychometrics and Sociometrics summer conference, June 2019, Utrecht, The Netherlands.

"Big data en netwerk interventie analyse onthullen subtypen van slapeloosheid en hoe behandeling op depressieve symptomen aangrijpt." Symposium presentation at NVvP voorjaarscongres, April 2019, Maastricht, The Netherlands.

"Introducing Network Intervention Analysis (NIA) to investigate sequential, symptom-specific treatment effects. A demonstration in co-occurring insomnia and depression." European Insomnia Network Meeting, December 2018, Oxford, United Kingdom.

"Trait and life history profiles reveal stable insomnia subtypes." Symposium presentation at the 24th Congress of the European Sleep Research Society, September 2018, Basel, Switzerland.

"Het Nederlands slaapregister: Hoe het Nederlands slaapregister het mogelijk maakt om subtypen van slapeloosheid te ontdekken." Slaap 2017, November 2017, Ermelo, The Netherlands.

"Slapeloosheid vanuit een netwerkbenadering: De samenhang tussen dag- en nachtklachten." Symposium presentation at VGCT najaarscongres, November 2017, Veldhoven, The Netherlands.

"Netwerkbenadering van verschillende subtypen onder slapelozen." Symposium presentation at VGCT najaars-congres, November 2017, Veldhoven, The Netherlands.

"Insomnia profiles: from heterogeneous insomnia to (more) homogeneous subtypes." Third Wintersymposium on Sleep, Cognition, and Consciousness, March 2017, Kaprun, Austria.

"Insomnia profiles: preliminary results of a latent class cluster analysis." European Insomnia Network Meeting, December 2016, Amsterdam, The Netherlands.

panel discussion & round table

Moderator of the event and panel discussion "The societal impact of AI and data science" organised by the Data Science Centre of the University of Amsterdam, March 2023, Amsterdam, The Netherlands.

Selected commentary at the book presentation of "What is a complex system?" by James Ladyman and Karoline Wiesner at the Institute for Advanced Studies, September 2022, Amsterdam, The Netherlands.

Panel discussion on networks and experimental manipulations at the EPP Lustrum & New Science of Mental Disorders Symposium, July 2022, Maastricht, The Netherlands.

posters

"Network Intervention Analysis. Investigating sequential, symptom-specific treatment effects: A demonstration in co-occurring insomnia and depression" 3rd Annual Meeting of the Amsterdam Public Health Research Institute, November 2018, Amsterdam. Awarded second place of the Best Poster Award.

"Robust Insomnia Disorder subtypes revealed by non-sleep-related traits and life history." NSWO Najaarssymposium, November 2018, VU University, Amsterdam.

"Robust Insomnia Disorder subtypes revealed by non-sleep-related traits and life history." Post presented at the Annual Meeting Amsterdam Neuroscience, October 2018, Amsterdam.

"Insomnia profiles: from heterogeneous insomnia to (more) homogenous subtypes." Poster presented at the Summer Conference of the Interuniversity Graduate School of Psychometrics and Sociometrics summer conference, June 2017, KU Leuven, Belgium. Awarded the Best Poster Award.

non-scientific

"The Societal Impact of AI & Data Science". Interview together with UvA's Rector Magnificus Peter-Paul Verbeek for the university's Data Science Centre.

Documentary by Faculty of Social and Behavioural Science about the multidisciplinary NEMO project (2023)

Media coverage on Smart Distance Lab: The Art Fair (August 2020) and Smart Distance Lab: Supermarket (March 2021).

"Value track: High tech for people flows" Ministry of Economic Affairs and Climate Policy, European Entrepreneurship Summit.

"Smart Distance Lab talks" Felix Meritis, October 16 2020 and Huis Ter Duin, October 28 2020; Huis Ter Duin, April 20 2021.

"Identification of robust, clinically relevant insomnia subtypes". Interview with Neurology Live, September 2018.

teaching, memberships, service

organisation

Co-organiser of the European Insomnia Network Meeting, June 12-13 2025, Amsterdam

Co-organiser of the ABC Day "The past, the present, the future", June 30th 2023, Amsterdam

Co-organiser of the Lorentz Workshop "Dynamics of infectious disease spread and health-related behaviours", May 2022, Leiden, The Netherlands. (30 participants)

workshop

Co-organiser and lecturer of the five-day Psychological Network Analysis Winter School, January 2023, 2024; and the Psychological Network Analysis Summer School, June 2023. (30 participants)

Co-organiser and lecturer of the two-day workshop "Networks in psychology", February 2020, Belfast, Northern-Ireland. (18 participants)

Co-organiser and lecturer of the two-day workshop "Network analysis for psychology using R", December 2019, Trondheim, Norway. (12 participants)

teaching & guest lectures

Coordinator and lecturer of the Psychology Research Master course "Network Analysis", November-December 2022, 2023. (±40 students)

"Network approaches to psychopathology: An overview." Guest lecture within the Master Brain and Cognitive Sciences course "Milestones, Promises, and Pitfalls", September 2021, 2022, 2023. (±60 students)

"Big behavioural data." Guest lecture within the first-year bachelor Psychology course "Behavioural data science", June 2021, 2022, 2023. (±300 students)

"Networks in psychology." Guest lecture within the second-year bachelor Psychology course "Scientific and statistical reasoning", November 2019. (±200 students)

"Model selection, accuracy, stability & replicability in psychological networks." Lecture given at the Psychological Networks Amsterdam Winter School, January 2019, 2020, 2023; and the Psychological Networks Amsterdam Summer School, June 2019, 2023. (±30 participants)

supervision

PhD students

2024 - Savannah de la Mar. "Awake bruxism and comorbid conditions". Promotores: Prof.dr. F Lobbezoo. Copromotores: dr. MC Verhoeff, dr. TF Blanken

2022 - Güldehan Durman. "Emotional memory: latent, absent, or integrated in symptom networks of psychopathology." Promotores: Prof.dr. M Kindt and Prof.dr. AA Arntz. Copromotor: dr. TF Blanken

2022 - Mathilde Looman. "Controleren of loslaten? Een onderzoek naar de mechanismen van een gedragstherapeutische en een acceptatiegerichte behandeling voor insomnie". Promotores: Prof.dr. JH Kamphuis, dr. J Lancee. Copromotores: dr. TM Schoenmakers, dr. TF Blanken

2019-2024 Thiprawee Chattrattrai. "Sleep bruxism: Associations and comorbid conditions". Promotores: Prof.dr. F Lobbezoo, Prof.dr. G Aarab. Copromoters: Prof.dr. E van Someren, dr. TF Blanken

Bachelor and Master students

The Behavioural Data Science Master thesis by Jonne Zomerdijk received the award for best UvA Psychology master thesis 2021.

2022-2024 10 bachelor theses, Psychology Bachelor, UvA

2017-2024 5 theses and 1 internship, Research Master Psychology, UvA

2021-2023 2 research projects, Cognitive Neurobiology and Clinical Neurophysiology Master, UvA

2020-2023 4 theses and 5 internships, Behavioural Data Science Master, UvA

2022 3 internships, Psychology Honours Program, UvA

editorial activities, memberships

2022 - Fellow of New Science of Mental Disorder gravitation consortium

2021 - Guest editor *Journal of Behavioral Data Science*

2021 - Member Social and Behavioural Data Science Center, University of Amsterdam

2021-2023 Member Data Science Center, University of Amsterdam

2021 - Junior staff member Interuniversity graduate school of sociometrics and psychometrics (IOPS)

2020 - Secretary in the board of The Orange Tree art project

service

2021 Accreditation Committee (alumnus) Research Master Psychology, University of Amsterdam

2018 Accreditation Committee (PhD student) Netherlands Institute for Neuroscience

CURRICULUM VITAE

PERSONAL INFORMATION

First name, family name: Ellemarije Altena
Professional function: Associate Professor (Maître de Conférences HDR)
Professional affiliation: Sleep/Wake, Aging and Neuroimaging Team
Institut de Neurosciences Cognitives et Intégratives d'Aquitaine (INCIA), Université de Bordeaux, France (FR)
E-mail: Ellemarije.Altena@u-bordeaux.fr

EDUCATION AND DIPLOMAS

2022 **Habilitation à Diriger des Recherches**, Université de Bordeaux, France (FR)
2010 **PhD in Neuroscience**, thesis title: 'Mapping insomnia: brain structure, function and sleep intervention'. Faculty of Earth and Life Sciences, VU University, Amsterdam, The Netherlands (NL), 17 March 2010
2003 **Sleep Therapist certification:** CBT-I for insomnia; RINO, Amsterdam (NL),
2002 **Master of Science in Psychology** (continuous course, including BSc.), Faculty of Psychology, University of Amsterdam (NL)
2002 **Clinical Neuropsychologist training and certification**: Leyenburg Hospital, Den Haag (NL), Faculty of Psychology, University of Amsterdam (NL)

ACADEMIC POSITIONS

2019 – present **Associate Professor:** Sleep/Wake, Aging and Neuroimaging Team, INCIA, University of Bordeaux (FR)
2017 – 2019 **Associate Professor:** SANPSY Unit, University of Bordeaux (FR)
2014 – 2017 **Team Leader:** Cognitive and Emotional Neuroimaging of Sleep Team, SANPSY Unit, University of Bordeaux (FR)
2012 – 2014 **Research Associate**: Fundación Policlínica Gipuzkoa, San Sebastian, Spain
2009 – 2012 **Post-doctoral Research Associate**: Department of Clinical Neurosciences, University of Cambridge, United Kingdom (UK)
2003 – 2009 **PhD candidate (part-time)**: Netherlands Institute for Neuroscience, Amsterdam and Faculty of Earth and Life Sciences, VU University, Amsterdam (NL)

INSTITUTIONAL AND SOCIETAL RESPONSABILITIES

- Responsible of the first **Master year of Cognitive Sciences**, Université de Bordeaux, since 2021
- **Honorary consul** of the Netherlands in Nouvelle-Aquitaine, since 2024
- **Treasurer** of the Dutch sleep research society NSWO, 2022-2024
- **International correspondant** for the biology section of the CNRS, since 2021
- Invited member of the **Labex TRAIL2 Taskforce**, to consolidate financing of neuroimaging research projects and collaborations at the University of Bordeaux, 2019-2020
- Co-responsible of the track "Technologies, Cognition, Ergonomics and Handicap" of the **Master of Cognitive Sciences,** Bordeaux (FR), 2018-2019
- Invited member of the **ESRS CBT-I Academy Steering Committee**, creation and accreditation of CBT-I courses and promotion of collaborative publications throughout Europe, since 2019
- Invited **Member at Large** (Board Member) of the International Society for Behavioral Neuroscience (ISBN) 2015-2019
- **Research grant evaluator:** ANR (France), Research Call Alzheimer Nederland (Netherlands), IRP VUB (Belgium), since 2012

MANAGEMENT OF RESEARCH PROJECT CONTRACTS FINANCED BY INDUSTRY OR PUBLIC FINANCES:

- Principal Investigator on grant CNES for project AstroSleep, 20K
- Principal Investigator on grant GPR BRAIN 2030 for project AstroSleep, 23K

- Principal Investigator on grant LabEx BRAIN ANR- 10-LABX-43 for project SOMNET, 100K
- Principal Investigator on grant IdEx Visiting Scholar, 2-month research visit Prof C. Morin, 2016
- Principal Investigator on grant IdEx Visiting Scholar, 1-month research visit Prof C. Bastien, 2018
- Scientific Coordinator on grant LabEx BRAIN ANR- 10-LABX-43 and project StresSleep, 278K

CLINICAL ACTIVITIES AND EXPERIENCE

Since 2020	**Independent sleep therapist** and sleep coach, CBT for insomnia
2012 – 2014	**Senior Clinician**: Medavante, Munich, Germany
2003 – 2009	**Clinical Neuropsychologist (part-time)**: Alzheimer Center, VU Medical Center (NL)

TEACHING

1574 hours on bachelor, master and PhD level in cognitive sciences, neurosciences and neuropsychology
in different academic institutes in France and The Netherlands

SUPERVISION:

2 postdoctoral researchers, 1 PhD student, 16 Master
students, 4 bachelor students
6 PhD jury memberships, 1 HDR jury membership

EDITORIAL ACTIVITIES

- Guest Editor of *Journal of Behavioral and Cognitive Therapy (*Elsevier), 2025
- Review Editor of *Frontiers in Sleep*, section *Sleep, Behavior and Mental Health,* since 2022
- Guest Editor of *Frontiers in Psychiatry*, 2021
- Guest Editor of *Brain Sciences*, 2020
- Member of the *Editorial Advisory Board* of *Journal of Sleep Research* since 2019
- Scientific Coordinator of *Journal of Behavioral and Cognitive Therapy (*Elsevier) since 2019

PEER REVIEW

Reviewer for: *American Journal of Psychiatry, Sleep*, *Sleep Medicine, Journal of Sleep Research*, *Journal of Affective Disorders, Behavioral Neuroscience, Neurobiology of Aging*, *Journal of Behavioral and Cognitive Therapy, Scientific Reports, Brain Sciences*

PUBLICATIONS AND PRESENTATIONS

Number of publications in peer-reviewed journals:	49
Number of book chapters:	6
h-index / i10-index:	29 / 40
number of citations total	6113
Number of invited lectures in international scientific meetings:	38

PROF. COLIN ALEXANDER ESPIE
Nuffield Department of Clinical Neurosciences
Sir Jules Thorn Sleep & Circadian Neuroscience Institute (SCNi)
University of Oxford
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Professional qualifications

- DSc (Med) – Published works on sleep disorders, University of Glasgow, 2013
- PhD – Sleep disorders research, University of Glasgow, 1987
- MAppSci – Clinical Psychology, University of Glasgow (NHS professional qualification), 1980
- BSc (Hons) – Psychology, University of Glasgow, 1978
- Practitioner Psychologist (Clinical, Health), Health & Care Professions Council [Reg. PYL04849]

Professional recognition

- FMedSci – Fellow, Academy of Medical Sciences, 2023
- FRCGP(Hon) – Honorary Fellow, Royal College of General Practitioners, 2023
- FBPsS – Fellow, British Psychological Society, 1991
- FAASM – Fellow, American Academy of Sleep Medicine, 2021
- CPsychol - Chartered Psychologist, British Psychological Society
- CSci – Chartered Scientist, British Psychological Society
- Honorary Fellow - British Association of Behavioural & Cognitive Psychotherapy, 2016
- European Sleep Research Society – Founding Expert in Sleep Medicine [Cert. 019], 2012
- Peter Hauri Lifetime Scientific Achievement Award, Society of Behavioral Sleep Medicine, 2021 (USA)
- Mary A. Carskadon Outstanding Educator Award, Sleep Research Society, 2017 (USA)
- Adjunct/ Visiting Professorial appointments; University of Sydney, University of Rome, University of Rochester (NY), Université Laval, Quebec City

Current Professional Appointments

- Professor of Sleep Medicine, Nuffield Department of Clinical Neurosciences/ Sir Jules Thorn Sleep & Circadian Neuroscience Institute, University of Oxford (from 2013)
- Founding Director, Experimental & Clinical Sleep Medicine Research, University of Oxford (from 2013)
- Clinical Director, Oxford Online Programme in Sleep Medicine (from 2016)
- Senior Research Fellow, Somerville College, University of Oxford (from 2013)
- Senior Clinical Research Fellow, Department of Psychiatry, University of Oxford (from 2016)
- Consultant Clinical Psycholgist (Honorary), Oxford University Hospitals NHS Trust (from 2013)
- Consultant Clinical Psychologist (Honorary), NHS Lanarkshire (from 2021)
- Emeritus Professor of Clinical Psychology, College of Medical, Veterinary & Life Sciences, University of Glasgow (from 2012)
- Co-Founder, Big Health, developer of *Sleepio*^{TM} (from 2008)
- Good Clinical Practice (GCP) Training (current)

Recent and Current Professional Contributions

- 5 Principles of Good Sleep Health – animation and resources (international distribution, 2026)
- Theme Lead (Better Sleep), Oxford Health NIHR-BRC (from 2023)
- UK Biobank and Our Future Health – advisor on content and format for sleep assessment (2022-2023)
- Society of Behavioral Sleep Medicine - International Outreach Task Force (2021-2022)
- World Health Organisation - ICD-11 Committee on Clinical Descriptions and Diagnostic Guidelines for Sleep-Wake Disorders (author of section on insomnia) (2016-2020)

- Society of Behavioral Sleep Medicine - Presidential Work Group: digital CBT for insomnia (2020-2021)
- Expert Reference Group NHS England: parliamentary evidence review on sleep & health (2020-2022)
- UK Parliamentary Office: Science &Technology: co-author briefing document on Sleep & Health, 2018
- National Sleep Foundation (USA) – Insomnia sub-committee (until 2017)
- European Sleep Research Society – Sleep Education Committee (from 2012)
- European Sleep Research Society - Sleep Medicine Committee (from 2008)
- European Sleep Research Society – CBT for Insomnia Academy (co-chair from 2018)
- World Sleep Society – Membership Chair (until 2018)
- British Association for Psychopharmacology BAP Guideline Management of Insomnia (2016-2017)
- Journal of Sleep Research – Deputy Editor (from 2007)
- Sleep Medicine Reviews – Editorial Board (from 2016)
- The Wellcome Trust - Artificial Intelligence in Mental Health Working Group (2018)
- Oxford AHSN/ Big Health Steering Group (Innovate UK funding) (from 2018)
- National Institute for Health and Care Excellence (NICE): Guideline on behaviour change: mobile and digital health interventions (expert testimony, 2019)
- Visiting Fellow. Faculty of Medicine, University of Lincoln (2019)
- Royal Society for Public Health - Report author: Waking up to the health benefits of sleep, 2015

Expertise

- My research expertise is in the assessment and treatment of sleep disorders, most particularly the management of insomnia using Cognitive Behavioural Therapeutics (CBTx), and in studies on the aetiology and pathophysiology of insomnia.
- I have published >350 published works [h-index = 96] and have written and edited numerous books for professionals and for the lay public.
- See published papers at my website; ORCiD profile https://orcid.org/0000-0002-1294-8734
- I co-founded the digital therapeutics company, Big Health to disseminate evidence-based digital CBT (dCBT: Sleepio™).
- My research has been supported by the Chief Scientist Office (Scotland), Cancer Research UK, National Institutes of Cancer Research, The Wellcome Trust, the Education Endowment Foundation, Medical Research Council, Dr Mortimer & Theresa Sackler Foundation, NIHR (all in the UK), National Health & Medical Research Council (NHMRC: Australia) and National Institutes of Mental Health (NIMH: USA).
- My research with Big Health has fostered collaborations through NIMH, NHLBI, Robert Wood Johnson Foundation (in USA) and The Wellcome Trust, MRC, NIHR, Innovate-UK and NHS England (in UK).
- I have delivered > 400 conference/ workshop trainings at meetings since 1990: to professionals working in healthcare systems (NHS-UK and international), and UK armed forces (Taigh Mor Foundation).
- I have mentored over 150 PhDs, fellows and health professionals. In 2016, I established the Oxford online programme in sleep medicine. OOPSM has trained clinicians from 40 countries
- I make regular contributions to print, radio, tv and podcast media on what sleep is, why it matters, how to manage sleep, sleep and mental health, as well as mental health service design using stepped care and digital therapeutics
- Recent examples include BBC Radio 4 Inside Health (with James Gallagher), BBC Radio 5 Live (with Nicky Campbell) and BBC 2 Horizon (with Michael Moseley), BBC Breakfast (with Jon Kay, Sally Nugent)

Colin A Espie: 23rd February 2026

CURRICULUM VITAE

Name:	Galbiati Andrea
Date of birth:	17 July 1984
Citizenship :	Italian
Home Address :	Via Nazario Sauro, 16, Arosio (CO)
Work Address:	Sleep Disorder Center – Department of Neuroscience
	Scientific Institute and University Hospital San Raffaele Ville Turro
	Via Stamira d'Ancona 20, 20127 Milan, Italy
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CURRENT POSITION

Assistant Professor at the "Vita-Salute" San Raffaele University and **Researcher** at the IRCCS San Raffaele Scientific Institute, Department of Clinical Neurosciences, Neurology – Sleep Disorders Center, Milan, Italy

EDUCATION

2014- 2017	**Ph.D in Cognitive Neuroscience** (San Raffaele University, Milan) with a thesis entitled "Cognitive and perceptual aspects of sleep disorders: new diagnostic and therapeutic approaches"
2012-2015	**Specialization in Cognitive-Behavioural Therapy**, Psicoterapia Cognitiva e Ricerca, Institute of Studi Cognitivi S.r.l. Foro Buonaparte, 57 - 20121 Milan
2012	Registration at Association of Psychologist Lombardia
March 2011 (Academic Year 2009/2010)	Master degree in **Cognitive Neuroscience** "Vita-Salute" San Raffaele University, Milan (Italy) Thesis. "Neurocognitive functions in patients with restless legs syndrome before and after treatment with dopamine-agonist"."
2005-2008	Bachelor degree in **Psychological Sciences** "Vita-Salute" San Raffaele University, Milan (Italy)
2003	High School (Liceo Linguistico "Cardinal Ferrari", Cantù, (CO) License.

LANGUAGES

Italian: mother tongue
English: good knowledge, written and spoken
German: good knowledge, written and spoken
French: beginner

WORK EXPERIENCE

2018-ongoing Lecturer for the academic courses "Laboratory of Cognitive Neuropsychology" and "General Psychology"
2017-2020 Post-doc at San Raffaele University and Sleep Disorders Center, Milan
2014-ongoing Teaching assistant at San Raffaele University, Milan (General Psychology, Sleep Psychophysiology, Cognitive Psychology, Clinical Neurology and Psychiatry)
2011-2013 Research Assistant and Psychologist at the Sleep Disorder Center, Department of Neuroscience, San Raffaele Hospital, Milan. Internship post-lauream. Activities related to Clinical Research in Sleep Disorders.
2010-2011 Sleep Disorders Center, Scientific Institute and University, Milan, Internship post-lauream and pre-lauream

I.T SKILLS

Statistical package "STATISTICA" (by Stat Soft) and "SPSS" (by IBM).
Operating Systems: Windows.
Microsoft Office
R, Matlab
Acquisition software Twin (by Grass Telefactor) for sleep analysis.
Excellent familiarity with the Internet.

WORKSHOPS

12-14 May 2014 STATISTICAL PARAMETRIC MAPPING (SPM) for MEG/EEG course, UCL Institute of Neurology, The National Hospital, 7 Queen Square, London

2-4 October 2014 Behavioural Sleep Medicine Course, University of Freiburg Medical Center, Clinic of Psychiatry and Psychotherapy, Hauptstrasse 5, 79104 Freiburg

4-8 April 2016 21st EEGLAB Workshop, Santa Margherita Ligure, Italy

ITALIAN NATIONAL SCIENTIFIC QUALIFICATION

Scientific Sector 11/E1 (General Psychology, Psychobiology and Psychometrics) – Associate Professor (Second Level) from 12/12/2023 to 12/12/2035

SCIENTIFIC SYMPOSIA and INVITED LECTURES

XXXV CONGRESSO AIMS, Palermo, Italy, 28-30 November 2025. Symposium "LE DINAMICHE DELLA TRANSIZIONE VEGLIA-SONNO: CAMBIAMENTI NELL'ARCO DI VITA, ALTERAZIONI CLINICHE E NEUROMODULAZIONE". Chair: Aurora D'Atri, Luigi De Gennaro.
Andrea Galbiati "Quando il sonno non arriva: meccanismi elettrofisiologici e cognitivi dell'addormentamento nell'insonnia"

XX National Congress Sindem, Rome, 18-20 September 2025. Invited Speaker for the Neuropsychological Course "Le facce nascoste del declino cognitivo: l'influenza di comorbidità frequenti", **Andrea Galbiati** "Disturbi del sonno e declino cognitivo"

World Sleep 2025, 5-10 September, Singapore. Chair for the Symposium entitled "The mind throughout the sleep-wake cycle: The importance of cognitive phenomenology in sleep clinics". **Andrea Galbiati** "Dreaming in action: Bridging neurobiology and phenomenology in REM behavior disorder"

European Insomnia Network Meeting, 12-13 June 2025, Amsterdam, Netherlands
Andrea Galbiati "Individual alpha frequency during sleep onset in Insomnia"

Scientific Symposium of the International REM sleep Behavior Study Group 22-24 May 2025, Groningen, Netherlands.
Andrea Galbiati "The Interplay of Dream Activity, Cognition and neurophysiological parameters in Isolated REM Sleep Behavior Disorder"

12th Canadian Sleep Society National Congress, 14-16 March, Montreal, Canada
Keynote Speaker: Dr. **Andrea Galbiati** "Misperception of Sleep and Sleepiness: Two Sides of the Same Coin?"

LA MEDICINA DEL SONNO: INNOVAZIONI E SFIDE PER LA NEUROLOGIA DEL FUTURO, 28 February 2025, Milan
Dr. **Andrea Galbiati** "Quando il paziente non dorme?! Esperienze Cliniche"

XXXIV CONGRESSO AIMS, Rimini, Italy, 15-17 September 2022. Symposium "LA VALUTAZIONE CLINICA ESSENZIALE NEI PAZIENTI CON RBD". Chair: Federica Provini.
Dr. **Andrea Galbiati** "Come indagare gli aspetti neurobiologici dell'esperienza onirica in RBD?"
Dr.ssa Elena Capriglia "Quale valutazione neuropsicologica è necessaria?"
Dr.ssa Michela Figorilli "Il ruolo della neurofisiologia: indicazioni diagnostiche e prognostiche"
Dr.ssa Beatrice Orso "Il neuroimaging è importante nella pratica clinica?"

Dorothy crowfoot-Hodgkin building, Oxford, UK, 20 June 2024. Invited by Professor Simon Kyle (Nuffield Department of Clinical Neuroscience, University of Oxford). **Andrea Galbiati** "The Multifaceted Psychophysiological Aspects of Insomnia: a bridge between research and clinics"

Training School for Research in Sleep Medicine organized by the Italian Association of Sleep Medicine (AIMS). 5-6 July 2024 L'Aquila, Italy. **Andrea Galbiati** "Misperception of Sleepiness and Risk Assessment"

Scientific Symposium of the International REM sleep Behavior Study Group 19-21June 2024, St Hilda's College, Cowley Place, Oxford, UK.
Andrea Galbiati "Cerebral metabolism, slow waves and cognitive reserve in Isolated Rapid Eye-Movement Sleep Behaviour Disorder: towards a functional protective model for the prodromal stage of synucleinopathies"

World Sleep 2023, 20-25 October, Rio de Janeiro, Brazil. Invited for the Symposium entitled "Predictors of response to cognitive behavioural therapy for insomnia". **Andrea Galbiati** "Awake or asleep? The relationship between sleep misperception and CBT-I"

XXI Congress of the Italian Society of Cognitive and Bheavioral Therapy, 21-14 September 2023, Bari, Italy. Organized Symposium "The role of emotions in the treatment of Insomnia". Chairman: Maurizio Gorgoni. Discussant: **Andrea Galbiati**.

Scientific Symposium of the International REM sleep Behavior Study Group, 8-10 June 2023, Montreal, Canada.
Andrea Galbiati "K-complexes, Slow waves and neurodegeneration in Idiopathic/Isolated REM behaviour disorder: preliminary data from a multicentric longitudinal study "

XXXII CONGRESSO AIMS, Rimini, Italy, 15-17 September 2022. Organized Symposium "I disturbi del sonno tra ricerca psicofisiologica e applicazioni cliniche: nuove prospettive di integrazione". Chair: Maurizio Gorgoni.
Dr. **Andrea Galbiati** "Psicofisiologia dell'Insonnia: verso un'integrazione clinica"
Dr. Maurizio Gorgoni "L'elettrofisiologia del sonno NREM nel disturbo comportamentale del sonno REM"
Dr. Anna Castelnovo "Disturbi dell'arousal: novità e prospettive future"
Dr. Nicola Cellini "Nuove tecnologie per ridurre l'attivazione psicofisiologica durante l'addormentamento"

AIP Experimental Section Congress, Milan, Italy, 18-20 September 2019. Organized Symposium "Sleep and Mental States". Chairman: **Andrea Galbiati.**
Prof. Luigi De Gennaro "Cortical and subcortical electrophysiological dynamics of sleep onset"
Dr. **Andrea Galbiati** "The phenomenon of self-awakening: cognitive control during sleep ?"
Dr. Anna Castelnovo "Neurophysiological correlates of non-REM parasomnias"
Dr. Simone Sarasso "Electrophysiological correlates of consciousness during general anaesthesia"

Scientific Symposium of the International REM sleep Behavior Study Group, 6-7 November 2020, Virtual.
Andrea **Galbiati** "Exploring the functional role and neural substrates of K-complexes in isolated RBD"

Scientific Symposium of the International REM sleep Behavior Study Group, 3-5 October 2019, Copenhagen, Denmark.
Andrea Galbiati "Cerebral metabolic correlates of RSWA and slow wave sleep in isolated RBD"

Scientific Symposium of the International REM sleep Behavior Study Group, 13-16 September 2018, Bad Kohlgrub, Germany.
Andrea Galbiati "Impaired visual processing in RBD and Qualitative scoring of the Mini-Mental State Examination Pentagon Test"

AFFILIATION TO SCIENTIFIC SOCIETIES AND EDITORIAL BOARDS

Member of the Editorial committee of the Italian Association of Sleep Medicine (Associazione Italiana di Medicina del Sonno, AIMS)

Member of the European Insomnia Network (EIN)

Member of the Cognitive-Behavioral Thearpy for Insomnia (CBT-I) Academy

Member of the International REM Behavior Disorder Study Group (IRBDSG)

Member of the Italian Society of Psychology (Associazione Italiana di Psicologia, AIP)

Associate Editor for Frontiers in Psychology, Neuropsychology section; Review Editor for Frontiers in Psychology, Consciousness Research section; Review Editor for Frontiers in Neurology and Frontiers in Psychiatry, Sleep Disorders section.

Ad hoc reviewer for The Lancet, Neuroimage: clinical, Scientific Reports, Frontiers in Psychology, Frontiers in Neurology, Frontiers in Psychiatry, Sleep, Journal of sleep research, Sleep Medicine, Journal of Clinical and Experimental Neuropsychology, Life, Brain and Behavior, Journal of Neurology, Postgraduate Medicine, International Journal of Neuroscience, Journal of Geriatric Psychiatry and Neurology, Parkinsonism and related disorder, Journal of Alzheimer's Disease, Plos ONE, Behavioral Brain Research, Neurology, Psychiatry and Brain Research.

PUBLISHED PAPERS

Mombelli S, Fasiello E, Di Perri MC, Casoni F, Zucconi M, Ferini-Strambi L, **Galbiati A**. The Interplay Between Emotion Dysregulation and Repetitive Thoughts in Insomnia Disorder: The Impact of Worry, Rumination and REM Sleep Instability. J Sleep Res. 2025 Dec 14:e70267. doi: 10.1111/jsr.70267. Epub ahead of print. PMID: 41392615.

Martella S, Proserpio P, Guerrieri ME, **Galbiati A**, Ferini-Strambi L, Cucinella L, Iacobone AD, Franchi D, Nappi RE. Insomnia in women surviving breast and gynecological cancers—A narrative review to address the hormonal factor. Cancers (Basel). 2025;17(24):4022.

Galbiati A, Leclair-Visonneau L. Tracing the Cognitive Footprint of Isolated REM Sleep Behavior Disorder: Long-Term Decline, Sex Differences, and the Road to Neurodegeneration. Sleep. 2025 Dec 4:zsaf385. doi: 10.1093/sleep/zsaf385. Epub ahead of print. PMID: 41342398.

Leitner C, Arnaldi D, Casoni F, Figorilli M, Orso B, Mattioli P, Rustioni V, Puligheddu M, De Gennaro L, Terzaghi M, Ferini-Strambi L, **Galbiati A**. EEG slow waves and cognitive decline in Isolated Rapid Eye Movements Behavior Disorder: A multicenter longitudinal study. Neurobiol Aging. 2026 Jan;157:119-126. doi: 10.1016/j.neurobiolaging.2025.11.001. Epub 2025 Nov 4. PMID: 41202484.

Cini E, Bolengo F, Fasiello E, Berra F, Gorgoni M, Sforza M, Casoni F, Proserpio P, Castronovo V, De Gennaro L, Ferini-Strambi L, **Galbiati A**. Sleep State Misperception in Insomnia: The Role of Sleep Instability and Emotional Dysregulation. Brain Sci. 2025 Oct 4;15(10):1078. doi: 10.3390/brainsci15101078. PMID: 41154173; PMCID: PMC12563266.

Antonioni A, Della Valle A, Leitner C, Raho EM, Cesnik E, Capone JG, Flacco ME, Casoni F, Proserpio P, Ferini-Strambi L, **Galbiati A**. Sleep Disturbances Across Dementias and Cognitive Decline: Study Protocol for a Systematic Review and Network Meta-Analysis of Polysomnographic Findings. J Clin Med. 2025 Oct 21;14(20):7437. doi: 10.3390/jcm14207437. PMID: 41156316; PMCID: PMC12565185.

Leitner C, Greco V, Casoni F, Lewis PA, Ferini-Strambi L, **Galbiati A**. Isolated Rem Sleep Behavior Disorder: A Model to Assess the Overnight Habituation of Emotional Reactivity. Clocks Sleep. 2025 Feb 28;7(1):9. doi: 10.3390/clockssleep7010009. PMID: 40136846; PMCID: PMC11941121.

Leitner C, Dalle Piagge F, Tomic T, Nozza F, Fasiello E, Castronovo V, De Gennaro L, Baglioni C, Ferini-Strambi L, **Galbiati A**. Sleep alterations in major depressive disorder and insomnia disorder: A network meta-analysis of polysomnographic studies. Sleep Med Rev. 2025 Apr;80:102048. doi: 10.1016/j.smrv.2025.102048. Epub 2025 Jan 15. PMID: 40054014.

Gorgoni M, Fasiello E, Leonori V, **Galbiati A**, Scarpelli S, Alfonsi V, Annarumma L, Casoni F, Castronovo V, Ferini-Strambi L, De Gennaro L. K-Complex morphological alterations in insomnia disorder and their relationship with sleep state misperception. Sleep. 2025 Feb 14:zsaf040. doi: 10.1093/sleep/zsaf040. Epub ahead of print. PMID: 39951438.

Fasiello E, **Galbiati A**, Ferini-Strambi L. Impact of sleep deprivation on dynamic functional connectivity states. Handb Clin Neurol. 2025;206:27-36. doi: 10.1016/B978-0-323-90918-1.00012-5. PMID: 39864929.

Baglioni C, **Galbiati A**, Meneo D, Cavadini G, Gelfo F, Mancini F, Buonanno C. Cognitive-Behavioral Therapists' Experience on Relevance of Sleep and Sleep Disorders in Training and Clinical Practice: A Survey Study from Italy. Brain Sci. 2025 Jan 7;15(1):48. doi: 10.3390/brainsci15010048. PMID: 39851416; PMCID: PMC11763960.

Sforza M, Morin CM, Dang-Vu TT, Pomares FB, Perrault AA, Gouin JP, Bušková J, Janků K, Vgontzas A, Fernandez-Mendoza J, Bastien CH, Riemann D, Baglioni C, Carollo G,

Casoni F, Zucconi M, Castronovo V, **Galbiati A**, Ferini-Strambi L. Cognitive-behavioural therapy for insomnia mechanism of action: Exploring the homeostatic K-complex involvement. J Sleep Res. 2024 Dec 30:e14452. doi: 10.1111/jsr.14452. Epub ahead of print. PMID: 39739397.

Tomic T, Mombelli S, Oana S, Ferini-Strambi L, Raballo A, Manconi M, **Galbiati A**, Castelnovo A. Psychopathology and NREM sleep parasomnias: A systematic review. Sleep Med Rev. 2025 Apr;80:102043. doi: 10.1016/j.smrv.2024.102043. Epub 2024 Dec 15. PMID: 39721218.

Levendowski DJ, Chahine LM, Lewis SJG, Finstuen TJ, **Galbiati A**, Berka C, Mosovsky S, Parikh H, Anderson J, Walsh CM, Lee-Iannotti JK, Neylan TC, Strambi LF, Boeve BF, St Louis EK. Validation of automated detection of REM sleep without atonia using in-laboratory and in-home recordings. J Clin Sleep Med. 2025 Mar 1;21(3):583-592. doi: 10.5664/jcsm.11488. PMID: 39569509; PMCID: PMC11874090.

Ferini-Strambi L, **Galbiati A**. Treatments in patients with chronic insomnia: which electroencephalographic markers of hyperarousal to evaluate?. Sleep. 2024;47(11):zsae223. doi:10.1093/sleep/zsae223

Mombelli S, Casoni F, D'Este G, Leitner C, Marelli S, Zucconi M, Liguori C, Ferini-Strambi L, **Galbiati A**. The paradoxical impact of periodic limb movements on isolated REM sleep behavior disorder patients. J Neurol. 2024 Nov;271(11):7272-7281. doi: 10.1007/s00415-024-12708-3. Epub 2024 Sep 30. PMID: 39347805.

Fasiello E, Gorgoni M, **Galbiati A**, Sforza M, Berra F, Scarpelli S, Alfonsi V, Annarumma L, Casoni F, Zucconi M, Castronovo V, Ferini-Strambi L, De Gennaro L. Decreased Delta/Beta ratio index as the sleep state-independent electrophysiological signature of sleep state misperception in Insomnia disorder: A focus on the sleep onset and the whole night. Neuroimage. 2024 Sep;298:120782. doi: 10.1016/j.neuroimage.2024.120782. Epub 2024 Aug 10.

Cini E, Salabelle R, Salsone M, Canessa N, **Galbiati A**, Ferini-Strambi L. The Effect of Obstructive Sleep Apnea on Cognition: A Focus on Decision-Making. Curr Treat Options Neurol 2024, 26, 373–383.

Zatti C, Pilotto A, Hansen C, Rizzardi A, Catania M, Romijnders R, Purin L, Pasolini MP, Schaeffer E, **Galbiati A**, Ferini-Strambi L, Berg D, Maetzler W, Padovani A. Turning alterations detected by mobile health technology in idiopathic REM sleep behavior disorder. NPJ Parkinsons Dis. 2024 Mar 18;10(1):64. doi: 10.1038/s41531-024-00682-6. PMID: 38499543; PMCID: PMC10948811.

Fasiello E, Mombelli S, Sforza M, Zucconi M, Casoni F, Chadia K, Castronovo V, Steiropoulos P, De Gennaro L, Ferini-Strambi L, **Galbiati A**. Challenging subjective excessive daytime sleepiness as an insomnia symptom: a retrospective study. J Sleep Res. 2024 Aug;33(4):e14118. doi: 10.1111/jsr.14118. Epub 2023 Dec 9. PMID: 38069577.

Sforza M, Salibba A, Carollo G, Scarpellino A, Bertone JM, Zucconi M, Casoni F, Castronovo V, **Galbiati A**, Ferini-Strambi L. Boosting obstructive sleep apnea therapy by non-pharmacological approaches: A network meta-analysis. Sleep Med. 2024 Mar;115:235-245. doi: 10.1016/j.sleep.2024.01.029. Epub 2024 Feb 11. PMID: 38382310.

Šubert M, Novotný M, Tykalová T, Hlavnička J, Dušek P, Růžička E, Škrabal D, Pelletier A, Postuma RB, Montplaisir J, Gagnon JF, **Galbiati A**, Ferini-Strambi L, Marelli S, St Louis EK, Timm PC, Teigen LN, Janzen A, Oertel W, Heim B, Holzknecht E, Stefani A, Högl B, Dauvilliers Y, Evangelista E, Šonka K, Rusz J. Spoken Language Alterations can Predict Phenoconversion in Isolated Rapid Eye Movement Sleep Behavior Disorder: A Multicenter Study. Ann Neurol. 2024 Mar;95(3):530-543. doi: 10.1002/ana.26835. Epub 2023 Dec 9. PMID: 37997483.

Berra F, Fasiello E, Zucconi M, Casoni F, De Gennaro L, Ferini-Strambi L, **Galbiati A**.

Neurophysiological Parameters Influencing Sleep-Wake Discrepancy in Insomnia Disorder: A Preliminary Analysis on Alpha Rhythm during Sleep Onset. Brain Sci. 2024 Jan 19;14(1):97. doi: 10.3390/brainsci14010097. PMID: 38275517; PMCID: PMC10813212.

Cavicchioli M, **Galbiati A**, Tobia V, Ogliari A. Genetic factors linked to aberrant neural activity of individuals with substance use disorder phenotypes: A systematic review and meta-analysis of EEG studies. J Addict Dis. 2023 Jul 9:1-12. doi: 10.1080/10550887.2023.2232252.

Carli G, Meles SK, Reesink FE, de Jong BM, Pilotto A, Padovani A, **Galbiati A**, Ferini-Strambi L, Leenders KL, Perani D. Comparison of univariate and multivariate analyses for brain [18F]FDG PET data in a-synucleinopathies. Neuroimage Clin. 2023;39:103475. doi: 10.1016/j.nicl.2023.103475.

Mombelli S, Bacaro V, Curati S, Berra F, Sforza M, Castronovo V, Ferini-Strambi L, **Galbiati A**, Baglioni C. Non-pharmacological and melatonin interventions for pediatric sleep initiation and maintenance problems: A systematic review and network meta-analysis. Sleep Med Rev. 2023 Aug;70:101806. doi: 10.1016/j.smrv.2023.101806.

Verga L, D'Este G., Cassani S, Leitner C, Kotz , Ferini-Strambi L, **Galbiati A**. Sleeping with time in mind? A literature review and proposal for a screening questionnaire on self-awakening. PLOS ONE 2023. Accepted

D'Este G, Berra F, Carli G, Leitner C, Marelli S, Zucconi M, Casoni F, Ferini-Strambi L, **Galbiati A**. Cognitive Reserve in Isolated Rapid Eye-Movement Sleep Behavior Disorder. Brain Sci. 2023 Jan 20;13(2):176. doi: 10.3390/brainsci13020176. PMID: 36831719; PMCID: PMC9954116.

Turner K, Castelnovo A, Perogamvros L, Cloninger RC, **Galbiati A**, Bertolotti A, Proserpio P, Terzaghi M, Manni R, Ferini Strambi L, Nobili L, Manconi M, Canevini MP, Zambrelli E. Psychobiological personality traits of children and adolescents with disorders of arousal. J Psychiatr Res. 2022 Dec 21;158:42-48. doi: 10.1016/j.jpsychires.2022.12.035

Leitner C, D'Este G, Verga L, Rahayel S, Mombelli S, Sforza M, Casoni F, Zucconi M, Ferini-Strambi L, **Galbiati A**. Neuropsychological Changes in Isolated REM Sleep Behavior Disorder: A Systematic Review and Meta-analysis of Cross-sectional and Longitudinal Studies. Neuropsychol Rev. 2023 Jan 2. doi: 10.1007/s11065-022-09572-1.

Gorgoni M, **Galbiati A**. Non-REM sleep electrophysiology in REM sleep behaviour disorder: A narrative mini-review. Neurosci Biobehav Rev. 2022 Nov;142:104909. doi: 10.1016/j.neubiorev.2022.104909

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Ferini-Strambi L, Sforza M, Poletti , Giarrusso F, **Galbiati A**. Daytime Sleepiness: more than just OSA. Med Lav. 2017;108:260-266.

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Ferini-Strambi L, Marelli S, **Galbiati A**. Clinical pharmacology and efficacy of rotigotine (Neupro® patch) in the treatment of restless leg syndrome. Expert Opin Drug Metab Toxicol. 2016;12:967-75.

Ferini-Strambi L, Marelli S, **Galbiati A**. Diagnostic Algorithm for Sleep Related Movement Disorders (SRMDs). Reference Module in Neuroscience and Biobehavioral Psychology 2017 [Epub ahead of print].

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Marelli S, **Galbiati A**, Rinaldi F, Giora E, Oldani A, Ferini Strambi L, Zucconi M. Restless legs syndrome/Willis Ekbom disease: new diagnostic criteria according to different nosology. Arch Ital Biol. 2015;153:196-205.

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Ferini-Strambi L, Rinaldi F, Giora E, Marelli S, **Galbiati A**. REM sleep Behaviour Disorder. Parkinsonism Relat Disord. 2016;22 Suppl 1:S69-72.

Galbiati A, Rinaldi F, Giora E, Ferini-Strambi L, Marelli S. Behavioural and Cognitive-Behavioural Treatments of Parasomnias. Behav Neurol. 2015;2015:786928.

Galbiati A, Marelli S, Giora E, Zucconi M, Oldani A, Ferini-Strambi L. Neurocognitive function in patients with idiopathic Restless Legs Syndrome before and after treatment with dopamine-agonist. Int J Psychophysiol. 2015;95:304-9.

Ferini-Strambi L, Marelli S, **Galbiati A**, Rinaldi F, Giora E. REM Sleep Behavior Disorder (RBD) as a marker of neurodegenerative disorders. Arch Ital Biol. 2014;152:129-46.

Ferini-Strambi L, Marelli S, **Galbiati A**, Castronovo C. Effects of continuous positive airway pressure on cognitition and neuroimaging data in sleep apnea. Int J Psychophysiol. 2013;89:203-12.

Ferini-Strambi L, **Galbiati A**, Marelli S. Sleep microstructure and memory function. Front Neurol. 2013;4:159.

Autorizzo il trattamento dei miei dati personali ai sensi del D. Lgs. 196/2003 e del GDPR (Regolamento UE 2016/679) nel rispetto della riservatezza e della normativa vigente in materia di protezione dei dati personali

Milano 19/02/2026

Curriculum Vitae
Andrea Ballesio

POSIZIONE ATTUALE:
Ricercatore in tenure track (RTT), SSD Psicologia Clinica (PSIC-04/B – ex M-PSI/08) presso il Dipartimento di Psicologia, Facoltà di Medicina e Psicologia, Sapienza Università di Roma.

INTERESSI DI RICERCA PRINCIPALI:
- Eziologia e mantenimento del disturbo da insonnia;
- Terapia cognitivo-comportamentale per l'insonnia (CBT-I);
- Sonno e disturbi mentali;
- Psiconeuroimmunologia: conseguenze immunologiche dello stress; modulazione immunitaria dei sintomi depressivi.

ABILITAZIONI:
2023 Abilitazione all'esercizio della psicoterapia ai sensi del DM 50/2019.
2022 Abilitazione Scientifica Nazionale al ruolo di Professore Associato (II fascia) nel settore concorsuale 11/PSIC-04, SSD PSIC-04/B – ex M-PSI/08, Psicologia Clinica, attualmente ridefinito 11/PSIC-04 - PSIC-04/B. Durata abilitazione: 01/06/2022 - 01/06/2032.
2017 Abilitazione all'esercizio della professione di psicologo presso Sapienza Università di Roma e iscrizione all'Ordine degli Psicologi del Lazio (n:23294).

MEMBERSHIP IN SOCIETÀ SCIENTIFICHE E NETWORK DI RICERCA:
Dal 2025 Associazione Italiana Medicina del Sonno (AIMS)
Dal 2016 European Sleep Research Society (ESRS).
Dal 2016 European Insomnia Network (EIN).
Dal 2019 European Academy for Cognitive Behavioural Therapy for Insomnia.
Dal 2022 European Psychoneuroimmunology Network (EPN).
Dal 2022 Italian Reproducibility Network (IRN).
Dal 2023 International Society of Psychoneuroendocrinology (ISPNE).
Dal 2023 Collegio dei Professori e Ricercatori di Psicologia Clinica.

ISTRUZIONE:
2023 Scuola di specializzazione in Valutazione Psicologica e Consulenza presso il Dipartimento di Psicologia, Sapienza Università di Roma, abilitante all'esercizio della professione di psicoterapeuta ai sensi del DM 50/2019. Titolo della tesi: *Efficacia di interventi psicologici su biomarkers immunitari*. Voto: 70 cum laude.
2019 Dottorato di ricerca cum laude in Psicologia e Scienza Cognitiva presso il Dipartimento di Psicologia, Sapienza Università di Roma. Titolo della tesi: *Executive functions impairment and recovery in insomnia*. Tutor: prof. C. Lombardo. Co-tutor: prof. F. Ferlazzo. Referees: prof. Simon D. Kyle (University of Oxford), prof. Fiorenza Giganti, (Università di Firenze).
2015 Laurea Magistrale in Psicologia della Salute, Clinica e di Comunità presso il Dipartimento di Psicologia, Sapienza Università di Roma. Titolo della tesi: *La relazione bidirezionale tra sonno ed emozioni e il ruolo della regolazione delle emozioni*. Supervisore: Prof. C. Lombardo. Voto: 110 cum laude.
2013 Laurea Triennale in Scienze Psicologiche presso il Dipartimento di Psicologia, Sapienza Università di Roma. Voto: 108/110.

TRAINING E CORSI POST-LAUREAM:
2022 "Dialectical Behaviour Therapy". Corso base accreditato SIDBT tenuto dalla dott.ssa Donatella Fiore.
2021 "Compassion Focused Therapy". Corso base tenuto dal prof. Nicola Petrocchi (Compassionate Mind Foundation, John Cabot University- Roma).
2020 "Analysis of intensive longitudinal data: experience sampling and ecological momentary assessment" corso online (per COVID-19) dell' American Psychological Association - Advanced Training Institute, 15-19 Giugno.
2020 "Structural equation modeling in longitudinal research" corso online (per COVID-19) dell' American Psychological Association - Advanced Training Institute, 1-5 Giugno.
2016 "Measuring sleep and waking" corso ESRS. G. Vandewalle, R. Hut, A. Adamantis, P. Meerlo. 23rd Congress of the European Sleep Research Society, 13 Settembre, Bologna.
2016 "Cognitive behavioural therapy for insomnia" corso tenuto da: Prof. P. Gehrman (University of Pennsylvania) and Dr. B. Sheaves (University of Oxford) presso lo Sleep and Circadian Neuroscience Institute, Nuffield Department of Clinical Neurosciences, Sir William Dunn School of Pathology - University of Oxford, UK. 11-12 Luglio.

2016 Tirocinio post-lauream in psicologia generale presso il Dipartimento di Psicologia, Sapienza Università di Roma. Supervisor: Prof. C. Lombardo. 15 Gennaio-14 Settembre.

2015 Tirocinio post-lauream in psicologia clinica a presso il Dipartimento di Psicologia, Sapienza Università di Roma. Supervisor: Prof. C. Lombardo. 15 Settembre 2015-14 Marzo.

2015 "Cognitive behavioral therapy for insomnia in children and adults" corso tenuto da: Prof. C. Morin, Prof. C. Espie, Dr. K. Spiegelhalder. World Sleep Federation, 31 Ottobre, Istanbul, Turkey.

2015 "Sleep and Circadian Neuroscience/Sleep Medicine" summer school presso lo Sleep and Circadian Neuroscience Institute, Sir William Dunn School of Pathology - University of Oxford, UK. 19-24 Luglio.

AD-HOC REFEREE PER LE RIVISTE:

Behavioral Sleep Medicine; BMC Psychiatry; BMJ Open; Biological Research for Nursing; Cellular & Molecular Neurobiology; Cogent Mental Health; Cognitivismo Clinico; Eating and Weight Disorders; Emotion; Frontiers in Psychology; Frontiers in Psychiatry; International Journal of Behavioral Medicine; JAMA Psychiatry; International Journal of Psychophysiology; Journal of Psychiatric Research; Journal of Sleep Research; Nature and Science of Sleep; Neurological Sciences; OBM Neurobiology; PLoS One; Psychology & Health; Psychology, Heath & Medicine; Scientific Reports; SLEEP; Sleep Health; Stress & Health; Translational Psychiatry.

RUOLI EDITORIALI:

Dal 2025	Editorial fellow della rivista Psychological Review (IF=5.1, Q1 JCR).
Dal 2024	Membro del board editoriale della rivista Health Psychology Review (IF=6.6, Q1 JCR).
2020	Guest Editor per lo special issue "Effect of Insomnia on Human Health" per l' International Journal of Environmental Research and Public Health.
2020	Review Editor per Quantitative Psychology and Measurement (specialty section of Frontiers in Applied Mathematics and Statistics and Frontiers in Psychology).
2020	Review Editor per Frontiers in Psychology - Psychology for Clinical Settings section.

POSIZIONI POST-DOC:

2023 Ricercatore in tenure track (RTT), SSD Psicologia Clinica (M-PSI/08 - PSIC-04/B) presso il Dipartimento di Psicologia, Facoltà di Medicina e Psicologia, Sapienza Università di Roma.

2021 Ricercatore a tempo determinato di tipo A, SC 11/E4, SSD M-PSI/08 Psicologia Clinica presso il Dipartimento di Psicologia, Sapienza Università di Roma. Durata del contratto: 03-05-2021 – dec 2023.

2019 Assegno di ricerca nel SSD M-PSI/03, presso il Dipartimento di Psicologia dei Processi di Sviluppo e Socializzazione, Sapienza Università di Roma. Aprile 2019 - Marzo 2020. Responsabile dei fondi: Prof. Fabio Lucidi.

ALTRI CONTRATTI PER ATTIVITÀ DI RICERCA:

2020 Contratto per attività di ricerca per il progetto "Scenarios and tests for the cognitive assessment of individuals at risk of cognitive impairment" presso il Dipartimento di Psicologia dei Processi di Sviluppo e Socializzazione, Sapienza Università di Roma. Supervisore: prof. Fabio Lucidi. 7 Luglio - 7 Agosto.

2018 Academic visitor honorary contract presso lo Sleep and Circadian Neuroscience Institute (SCNi), Nuffield Department of Clinical Neurosciences, Sir William Dunn School of Pathology - University of Oxford, UK. Supervisor: Prof. Simon D. Kyle. 30 Aprile-30 Luglio.

2016 Contratto per attività di ricerca per il progetto "*The effects of chronic and acute sleep deprivation on executive functions and eating behaviour regulation"* presso il Dipartimento di Psicologia, Sapienza Università di Roma. Supervisore: Prof. Caterina Lombardo. 1-30 Maggio.

2015 Contratto per attività di ricerca presso lo Sleep Laboratory of the Department of Clinical Psychology and Psychophysiology/Sleep Medicine, Center for Mental Disorders, Medical Center – University of Freiburg, Germany. Supervisore: Prof. Dieter Riemann. Titolo del progetto: *Network meta-analysis on the efficacy of cognitive behavioural therapy for insomnia on depression and fatigue symptoms*. 1-30 Settembre.

RESEARCH GRANT:

2025 Finanziamento per progetti di ricerca piccoli di 1227 Euro, bando di Ateneo Sapienza Università di Roma per il progetto "Fire in your eyes: exploring the association between inflammatory processes and self- and significant others- reported depressive symptoms". Ruolo: tutor. PI: Valeria Fiori.

2025 Finanziamento per visiting professor (9000 Euro), bando di Ateneo Sapienza Università di Roma per ospitare Carmine M. Pariante (King's College London, UK) per il progetto "Day-to-day ecological assessment of self-reported sleep patterns, emotional experience, and dietary inflammatory potential".

2024 Finanziamento di 2175 Euro, progetti di avvio alla ricercar Sapienza per il progetto *"Daily fluctuations in sleep and emotions in adolescents: a 7-day ecological momentary assessment (EMA) study"* (AR22419075845877). Ruolo: supervisor. PI: Mariacarolina Vacca.

2024 Finanziamento PRIN 2022 per il progetto "Perseverative thoughts and Rumination as transdiagnostic symptoms associated with altered brain connectivity in mood disorders" Prot. 20225CKY72. Ruolo: componente di Unità.

2024 Finanziamento di 9.872,96 € Euro – bando Sapienza Ateneo 2024 per progetti medi per il progetto *"Disentangling the effects of chronic insomnia and acute partial sleep deprivation on emotional, autonomic, and inflammatory regulatory processes"*. Ruolo: PI.

2023 Finanziamento di 10602 Euro per progetti scientifici medi, Sapienza Università di Roma per il progetto: Endometriosis: A longitudinal investigation of the Interactive Effects of Autonomic Nervous System Dysregulation and Adaptive and Maladaptive Cognitive-Emotional Strategies on Psychological Distress and on Chronic Pelvic Pain Maintenance. PI: Caterina Grano. Ruolo: Componente.

2023 Finanziamento PRIN PNRR 2022 per il progetto *"C.A.T.C.H. IN. HE.AD. Comparing Auditory hallucinations Throughout the Continuum: Hearing voices from INdividuals with psychosis to HEalthy ADults. The contribute of language lateralization, anxiety and personality traits"* (codice progetto: P2022E5H38). Contributo MUR 223.763 Euro. Ruolo: Responsabile di Unità. PI: prof. Chiara Spironelli, Università di Padova.

2022 Bando Ricerca interno (Sapienza) PNRR - "Partenariato Esteso 10" dal titolo *"Lifelong Nutrition: Focus on Older Adults"*. Ruolo: componente. PI: Eleonora Poggiogalle. PE10421852B3C1F69. Euro: 78.2625.

2022 Finanziamento di 10000 Euro – bando Sapienza Ateneo 2022 per progetti medi per il progetto: *"Lo sleep talking come modello di studio dei processi mentali durante il sonno".* Ruolo: componente. PI: Dr. Maurizio Gorgoni.

2022 Travel grant di 500 Euro – European Sleep Research Society (ESRS) per la partecipazione allo congresso Sleep Europe 2022, Atene (Grecia) per la presentazione orale del contributo "Positive affect as a mediator of the longitudinal association between nighttime insomnia symptoms and C-reactive protein: a four-year follow-up"

2021 Finanziamento di 3000 Euro – bando Sapienza Ateneo 2021 per progetti piccoli per il progetto: *"Beyond sleep quality: A longitudinal study on insomnia as a predictor of disease activity in inflammatory bowel disease".* (grant ID: RP12117A8569BA01*).* Ruolo: PI.

2021 Finanziamento medie attrezzature scientifiche di 71980 Euro - bando Sapienza Ateneo 2021 Sapienza per il progetto: *"La Stimolazione Magnetica Transcranica ripetitiva (rTMS) in un approccio multi-tecnica per lo studio e la modulazione delle basi cerebrali della percezione, cognizione, dei processi sociali, della personalità e dei disturbi psicologici".* Ruolo: componente. PI: prof. Matteo Candidi.

2019 Research grant di 25.000 Euro bando Sapienza Ateneo 2019 per il progetto: *Virtual Reality Action Test - Evaluating the feasibility and reliability of the Naturalistic Action Test in a Virtual Environment, for older adults with MCI*. (grant ID: RG11916B5A81F86B). Ruolo: partecipante. PI: prof. F. Lucidi.

2018 Research grant "Avvio alla ricerca" di 1.000 Euro finanziato da Sapienza per il progetto: *The effects of sleep on repetitive negative thinking: from mind wandering to perseverative cognition*. (grant ID: AR1181643689E09C). Ruolo: PI.

2017 Young investigator "PERC-Grant" dell' International Brain Research Organization (IBRO) di 3000 Euro per il progetto: *Integrating polysomnography in insomnia research.* (grant ID: PERCInEUROPE19). Ruolo: PI.

2017 Research grant "Avvio alla ricerca" di 1.000 Euro finanziato da Sapienza per il progetto: *The effects of cognitive behavioral therapy for insomnia on executive functions: A randomized, active-controlled trial* (number of grant: AR11715C8186897A). Ruolo: PI.

2017 Mobility grant per student di dottorato di 3.000 Euro finanziato da Sapienza per il progetto: *EXECUTION: EXECutive fUncTions In yOuNg adults with insomnia*, per svolgere attività di ricercar presso lo Sleep and Circadian Neuroscience Institute, Nuffield Department of Clinical Neurosciences, Sir William Dunn School of Pathology - University of Oxford, UK. Supervisore: Prof. Simon D. Kyle.

2016 Research grant "Avvio alla ricerca" di 1.000 Euro finanziato da Sapienza per il progetto: *Executive deficits in insomnia disorder: a controlled study* (number of grant: AR116154C9EA572A). Ruolo: PI.

2015 Borsa di dottorato finanziato da Sapienza Università di Roma. 2015-2018.

2015 Borsa di mobilità per tesi all'estero di 2.800 Euro finanziato da Sapienza per svolgere attività di ricerca presso lo Sleep Laboratory of the Department of Clinical Psychology and Psychophysiology/Sleep Medicine, Center for Mental Disorders, Medical Center – University of Freiburg, Germany. Supervisore: Prof. D. Riemann. 28 Aprile-1 Luglio.

2014 Borsa di collaborazione studenti presso il Laboratorio di Psicologia e Psicofisiologia Clinica del Dipartimento di Psicologia, Sapienza Università di Roma. Supervisore: Prof. C. Lombardo. Titolo del progetto: *The effects of partial sleep deprivation on emotion regulation, food intake and executive functions*.

2014 Erasmus grant. Clinical and Health Psychology MSc program at Eotvos Lorand University of Budapest, Hungary. Febbraio-Giugno.

2013 Borsa di collaborazione studenti presso il Laboratorio di Differenze Individuali del Dipartimento di Psicologia, Sapienza Università di Roma. Supervisore: Prof. C. Pastorelli. Febbraio-Giugno.

ATTIVITÀ DIDATTICA PRESSO CORSI DI LAUREA:

Dal 2023-in corso Insegnamento di "Dinamiche interpersonali e di gruppo" (6 cfu di modulo frontale, 48 ore), SSD: M-PSI/08, presso il CdLM in Psicologia delle Risorse Umane, del Lavoro, e delle Organizzazioni, Sapienza Università di Roma.

Dal 2021 in corso Insegnamento di "Valutazione e counselling nei disturbi cronici del sistema gastrointestinale" (3 cfu di laboratorio, 36 ore), SSD: M-PSI/08, presso il CdLM in Psicologia della Salute per i Contesti Clinici e Sanitari, Sapienza Università di Roma.

2022 Insegnamento di "Psicologia Clinica" (3 cfu di modulo frontale, 28 ore), SSD: M-PSI/08, presso il CdL in Servizio Sociale (Class), Sapienza Università di Roma.

ATTIVITÀ DIDATTICA PRESSO SCUOLE DI SPECIALIZZAZIONE:

Dal 2023--in corso Insegnamento "Interventi clinici nelle istituzioni sanitarie, militari e negli ospedali". 4 cfu di tirocinio, SSD: M-PSI/08, Scuola di Specializzazione in Valutazione psicologica e consulenza (counselling), Sapienza Università di Roma.

Dal 2023--in corso Insegnamento "Psicologia clinica 6". 1 cfu di tirocinio, SSD: M-PSI/08, Scuola di Specializzazione in Psicologia del Ciclo di Vita, Sapienza Università di Roma.

Dal 2021 in corso Insegnamento di "Psicologia Clinica" (1 cfu), SSD: M-PSI/08, presso la Scuola di Specializzazione in Urologia, Sapienza Università di Roma.

ALTRA ATTIVITÀ DIDATTICA:

2023 Seminari presso il corso avanzato "La terapia cognitivo comportamentale dell'insonnia (CBT-I) nell'arco di vita", XXVII Corso Residenziale di Medicina del Sonno (Associazione Italiana di Medicina del Sonno), titolo delle lezioni: "La ristrutturazione cognitiva", "La tecnica del controllo dello stimolo". Bertinoro, Aprile 2022.

2022 Seminari presso il corso avanzato "La terapia cognitivo comportamentale dell'insonnia (CBT-I) nell'arco di vita", XXVII Corso Residenziale di Medicina del Sonno (Associazione Italiana di Medicina del Sonno), titolo delle lezioni: "La ristrutturazione cognitiva", "La tecnica del controllo dello stimolo". Bertinoro, Aprile 2021.

2021 Membro del collegio dei docenti del corso di dottorato di ricerca in Psicologia e Scienza Cognitiva, Sapienza Università di Roma.

2021 Cultore della materia per gli insegnamenti "Clinical Psychology" e "Psychiatry and Clinical Psychology" (M-PSI/08), Laurea Magistrale in Medicina e Chirurgia, corso F, Sapienza Università di Roma.

2021 Incarico di insegnamento "Modalità di somministrazione della CBT-I: setting individuale, di gruppo e self-help; dati di efficacia, side effects, compliance e limiti della CBT-I; medicina complementare e alternativa per l'insonnia: uso e dati di efficacia" per il corso di alta formazione in "Valutazione e trattamento cognitivo comportamentale dell'insonnia (CBT-I)" –ESRS for expert level– Dipartimento di Psicologia, Sapienza Università di Roma.

2021 Incarico di supporto alla didattica per l'insegnamento "Teorie e tecniche del colloquio e del counselling", Dipartimento di Psicologia, Sapienza Università di Roma.

2020 Cultore della materia per l'insegnamento Epidemiologia e indicatori di rischio presso il Dipartimento di Psicologia, Sapienza Università di Roma.

2020 Tutor didattico presso il Dipartimento di Scienze Umane, Università degli Studi di Roma G. Marconi.

2020 Incarico di insegnamento Modalità di somministrazione della CBT-I: setting individuale, di gruppo e self-help; dati di efficacia, side effects, compliance e limiti della CBT-I; medicina complementare e alternativa per l'insonnia: uso e dati di efficacia" per il corso di alta formazione in "Valutazione e trattamento cognitivo comportamentale dell'insonnia (CBT-I)" –ESRS for expert level– Dipartimento di Psicologia, Sapienza Università di Roma.

2019 Tutor didattico presso il Dipartimento di Scienze Umane, Università degli Studi di Roma G. Marconi.

ATTIVITÀ CLINICA:

VALUTAZIONE E CONSULENZA

2021 Membro strutturato del Servizio di Consulenza e Psicologia Clinica del Dipartimento di Psicologia, Sapienza Università di Roma.

2020 Assessment e consulenza per disturbi di sonno e di umore presso l'ambulatorio per le malattie croniche infiammatorie intestinali dell'ospedale S. Andrea, Sapienza Università di Roma. Responsabile del servizio prof. Annibale.

2019 Assessment e consulenza per la promozione della salute presso il Dipartimento di Medicina Sperimentale, Sapienza Università di Roma. Responsabile del servizio prof. Donini.

Dal 2016 Attività di terza missione presso il Servizio di Consulenza e Psicologia Clinica del Dipartimento di Psicologia, Sapienza Università di Roma. Valutazione e trattamento cognitivo comportamentale per l'insonnia (CBT-I) in italiano e inglese. Responsabile del servizio prof.ssa Lombardo.

INCARICHI ISTITUZIONALI E SOCIETARI:

2025 Membro del "Membership Committee" della Psychoneuroimmunology Research Society (PNIRS).

2023 Rappresentante eletto dei ricercatori presso la Giunta della Facoltà di Medicina e Psicologia, Sapienza Università di Roma per il triennio 2023-2026.

2022 Rappresentante eletto dei ricercatori presso la Giunta del Dipartimento di Psicologia, Sapienza Università di Roma per il triennio 2022-2025.
2020 Rappresentante eletto in consiglio di Dipartimento per la scuola di specializzazione in Valutazione psicologica e consulenza clinica, Dipartimento di Psicologia, Sapienza Università di Roma.
2020 Rappresentante eletto in consiglio di Dipartimento per i corsi di dottorato, Dipartimento di Psicologia, Sapienza Università di Roma.

PREMI:
2023 Early career scholar award – International Society of Psychoneuroendocrinology (ISPNE)

PARTECIPAZIONE A CONGRESSO:
PRESENTAZIONI IN SIMPOSIO:
2023 Settembre: A. Ballesio. Efficacia della terapia cognitivo comportamentale per l'insonnia "standard" (CBT-I) su sintomi affettivi. XXI Congresso Nazionale Società Italiana Terapia Cognitiva e Comportamentale (SITCC) - Bari: 21/24 Settembre.
2021 Ottobre: C. Lombardo, **A. Ballesio,** S. Cerolini, G. Monda, A. Salaris, M. Terrasi, A. Zagaria. *Online interventions promoting self-rgulation of emotions and behaviour.* XXII Congresso Associazione Italiana di Psicologia Sezione Dinamico Clinica. 18 settembre.
2021 Ottobre: **A. Ballesio,** A. Zagaria. *The assessment of sleep in mental disorders*. XXII Congresso Associazione Italiana di Psicologia Sezione Dinamico Clinica. 18 settembre.
2020 Ottobre: **A. Ballesio**. *Neurotrophic factors, depression and insomnia*. XXX Congress of the Italian Association of Sleep Medicine – University of Parma (Italy) – online due to COVID-19.
2019 Settembre: **A. Ballesio**, A. Devoto, C. Violani & C. Lombardo. *Effects of individual vs. self-help cognitive behavioural therapy for insomnia on symptoms of depression and anxiety: preliminary evidence from a randomised controlled trial*. XXI Congress of the Italian Association of Psychology – Section of Clinical and Dynamic Psychology (AIP), University of Milan Bicocca (Italy).
2018 Settembre: **A. Ballesio**, S. Cerolini, E. D'Itri & C. Lombardo. *The impact of sleep deprivation on physiological measures of emotional reactivity in clinical populations*. XIX Congress of the Italian Association of Psychology – Section of Clinical and Dynamic Psychology (AIP), University of Turin (Italy).
2016 Settembre: Lombardo C, Cerolini S, **Ballesio A**, Gasparrini G (2016). *The effect of partial sleep deprivation on food craving and energy intake differs depending on habitual sleep quality.* IX National Congress of the Italian Society for the Study of Eating Disorders (SISDCA), Rome (Italy).

PRESENTAZIONI ORALI
2025 Giugno: **Ballesio A,** Fiori V, Lombardo C. "Sleep deprivation and peripheral inflammation: an update meta-analysis in human. Psychoneuroimmunology Research Society (PNIRS) congress. Bordeaux, France.
2025 Giugno: **Ballesio A,** Fiori V, Vacca M, Lombardo C. ""Sleep health, deprivazione di sonno, e infiammazione periferica: una meta-analisi. XV Congresso Nazionale Associazione Società Italiana Psicologia della Salute (SIPSA). Torino.
2024 Ottobre: Zagaria A (presenter), Vacca M, **Ballesio A**, Lombardo C. "Sleep disturbance, vegetable consumption and inflammation: a conditional process analysis". XVII Congresso della Società Italiana per lo studio dei Disturbi del Comportamento Alimentare (SISDCA). Roma.
2024 Settembre: Zagaria A, Fiori V, Vacca M, Lombardo C, Pariante C, **Ballesio A** (presenter). "Childhood adversity and adult depressive symptoms: body mass index and interleukin-6 as sequential mediators in a structural equation modelling meta-analysis". Annual congress of the International Society of Psychoneuroendocrinology (ISPNE), virtual.
2024 Settembre: **A. Ballesio**, A (presenter). Zagaria. "Insomnia as a long-term predictor of anxiety symptoms in the English Longitudinal Study of Ageing (ELSA), and the role of inflammation". 27th Congress of the European Sleep Research Society (ESRS), Sevilla (Spain).
2022 Settembre: A. Zagaria, C. Lombardo, **A. Ballesio** (presenter). "Positive affect as a mediator of the longitudinal association between nighttime insomnia symptoms and C-reactive protein: a four-year follow-up". 26th Congress of the European Sleep Research Society (ESRS), Athens (Greece).
2022 Marzo: **A. Ballesio** (presenter), A. Zagaria, C. Ottaviani, C. Lombardo. The mediating role of neuro-immune markers in the long-term association between insomnia and depression: an eight-year follow-up. World Sleep 2022, Rome (Italy).
2021 Maggio: **A. Ballesio** (presenter), V. Bacaro, M. Vacca, S.D. Kyle, A. Chirico, F. Lucidi, D. Riemann, C. Baglioni, C. Lombardo. *The impact of cognitive behaviour therapy for insomnia on repetitive negative thinking: A meta-analysis.* 10th International Congress of Cognitive Psychotherapy - ICCP, Rome (Italy).
2018 Marzo: **A Ballesio**(presenter), F Lopez, C Lombardo. *Insomnia predicts higher body mass index in a sample with bipolar disorder*. 11th National Congress of the Italian Society for the Study of Eating Disorders (SISDCA), Rome, (Italy).

2017 Ottobre: A Devoto, S Cerolini, **A Ballesio**, R Di Luca, S di Tella, M Milioni, R Vitale, C Lombardo. *Hai problemi di umore e di insonnia…Ma sei sicuro di essere assertivo?* Forum APC, Assisi, (Italy).

2016 Settembre: **A. Ballesio** (presenter), MRJ Aquino, B Feige, A Johann, SD Kyle, K Spiegelhalder, C Lombardo, G Rücker, D Riemann, C Baglioni. *Network meta-analysis on the effectiveness of cognitive behavioral therapies for insomnia on daytime depression and fatigue*. XXIII Congress of the European Sleep Research Society (ESRS), Bologna (Italy).

COLLABORAZIONI INTERNAZIONALI:

-Prof. Carmine M. Pariante, Institute of Psychiatry, Psychology, and Neuroscience (IoPPN), King's College London, UK.
-Prof. Andrew Steptoe, Department of Behavioural Science and Health, University College London, UK.
-Prof. Ivana Rosenzweig, Sleep and Brain Plasticity Centre, King's College London, London, UK.
-Prof. Simon D. Kyle, Sleep and Circadian Neuroscience Institute (SCNi), Nuffield Department of Clinical Neurosciences, University of Oxford, UK.
-Prof. Markus Jansson-Fröjmark, Department of Clinical Neuroscience, Center for Psychiatry Research, Karolinska Institute, Stockholm, Sweden.
-Prof. Dieter Riemann, Department of Clinical Psychology and Psychophysiology/Sleep Medicine, Center for Mental Disorders, University of Freiburg Medical Center, Germany.
-Prof. Chiara Baglioni, Department of Clinical Psychology and Psychophysiology/Sleep Medicine, Center for Mental Disorders, University of Freiburg Medical Center, Germany.
-Dr. Maria Raisa Jessica Aquino, Institute of Health and Society, University of Newcastle, UK.

INDICATORI BIBLIOMETRICI (Scopus)
Documenti in Scopus: 55
Numero totale di citazioni: 1298
H Index: 20

LISTA DELLE PUBBLICAZIONI

ARTICOLI PUBBLICATI SU RIVISTE PEER-REVIEW (Scopus)*

1. **Ballesio, A.** (2026). Sleep, insomnia, and immune responses to influenza vaccine: state of the art and implications for health psychology. *Current Sleep Medicine Reports*, accepted. (IF=2.0).
2. Fiori, V., Lombardo, C., **Ballesio, A**. (2026). Association between sleep disturbances and circulating inflammatory markers in depressive and bipolar disorders: a systematic review and meta-analysis. *Sleep Medicine*, 108735. https://doi.org/10.1016/j.sleep.2025.108735. (IF=3.7).
3. **Ballesio, A**., Zagaria, A., Fiori, V., Vacca, M., Lombardo, C. (2026). Adverse childhood experiences, insomnia, and depressive symptoms in later life: moderation effects of loneliness but not hair cortisol. *Journal of Clinical Psychology*, accepted. (IF=2.5).
4. **Ballesio, A**., Fiori, V., Lombardo, C. (2025). Effects of experimental sleep deprivation on peripheral inflammation: an updated meta-analysis of human studies. *Journal of Sleep Research*, e70099. https://doi.org/10.1111/jsr.70099. (IF=3.4).
5. Vacca, M., Zagaria, A., Fiori, V., Lombardo C., **Ballesio. A**. (2025). Are you lonesome tonight? Ecological momentary assessment of evening loneliness, worry, and actigraphic sleep in adolescents. *Behavioral Sleep Medicine*, accepted. https://doi.org/10.1080/15402002.2025.2498364. (IF= 2.2)
6. Swami, V., White, M. P., Voracek, M., Tran, U. S., Aavik, T., Abdollahpour Ranjbar, H., Adebayo, S. O., Afhami, R., Ahmed, O., Aimé, A., Akel, M., Al Halbusi, H., Alexias, G., Ali, K. F., Alp-Dal, N., Alsalhani, A. B., Álvares-Solas, S., Amaral, A. C. S., Andrianto, S., Apsden, T., Argyrides, M., Arruebarena, A. V., Aruta, J. J. B. R., Atkin, S., Ayandele, O., Baceviciene, M., Bahbouh, R., **Ballesio, A**., Barron, D., Bellard, A., Bender, S. S., Beydağ, K. D., Birovljević, G., Blackburn, M.-È., Borja-Alvarez, T., Borowiec, J., Bozogáňova, M., Bratland-Sanda, S., Browning, H. E. M., Brytek-Matera, A., Burakova, M., Cakır-Kocak, Y., Camilleri, V. E., Cazzato, V., Cerea, S., Chaiwutikornwanich, A., Chaleeraktrakoon, T., Chambers, T., Chen, Q.-W., Chen, X., Chien, C.-L., Chobthamkit, P., Choompunuch, B., Compte, E. J., Corrigan, J., Cosmas, G., Cowden, R. G., Czepczor-Bernat, K., Czub, M., da Silva, W. R., Dadfar, M., Dalley, S. E., Dany, L., Datu, J. A. D., de Carvalho, P. H. B., de Holanda Coelho, G. L., De Jesus, A. O. S., Debbabi, S. H., Dhakal, S., Di Bernardo, F., Dimitrova, D. D., Dion, J., Dixson, B., Donofrio, S. M., Drysch, M., Du, H., Dzhambov, A. M., El-Jor, C.,

Enea, V., Eskin, M., Farbod, F., Farrugia, L., Fian, L., Fisher, M. L., Frederick, D. A., Folwarczny, M., Fuller-Tyszkiewicz, M., Furnham, A., García, A. A., Geller, S., Ghisi, M., Ghorbani, A., Gomez Martinez, M. A., Gradidge, S., Graf, S., Grano, C., Gyene, G., Hallit, S., Hamdan, M., Handelzalts, J. E., Hanel, P. H. P., Hawks, S. R., Hekmati, I., Helmy, M., Hill, T., Hina, F., Holenweger, G., Hřebíčková, M., Ijabadeniyi, O. A., Imam, A., İnce, B. Irrazabal, N., Jankauskienė, R., Jiang, D.-Y., Jiménez-Borja, M., Jiménez-Borja, V., Johnson, E. M., Jovanović, V., Jović, M., Jović, M., Junqueira, A. C. P., Kahle, L.-M., Kantanista, A., Karakiraz, A., Karkin, A. N., Kasten, E., Khatib, S., Khieowan, N., Kimong, P. J., Kiropoulos, L., Knittel, J., Kohli, N., Koprivnik, M., Kospakov, A., Król-Zielińska, M., Krug, I., Kuan, G., Kueh, Y. C., Kujan,, O., Kukić, M., Kumar, S., Kumar, V., Lamba, N., Lauri, M. A., Laus, M. F., Lazarraga, P. C., LeBlanc, L. A., Lee, H. J., Lipowska, M., Lipowski, M., Lombardo, C., Lukács, A., Maïano, C., Malik, S., Manjary, M. M., Márquez Baldó, L., Martinez-Banfi, M., Massar,, K., Matera, C., McAnirlin, O., Mebarak, M. R., Mechri, A., Mereiles, A. F. F., Mesko, N., Mills, J., Miyairi, M., Modi, R., Modrzejewska, A., Modrzejewska, J., Mulgrew, K. E., Myers, T. A., Namatame, H., Nassani, M. Z., Nerini, A., Neto, F., Neto, J., Neves, A. N., Ng, S.-K., Nithiya, D., O, J., Obeid, S., Oda-Montecinos, C., Olapegba, P. O, Olonisakin, T. T., Omar, S. O., Örlygsdótti, B., Özsoy, E., Otterbring, A. E. T., Pahl, S., Panasiti, M. S., Park, Y., Patwary, M. M., Pethö, T., Petrova, N., Pietschnig, J., Pourmahmoud, S., Prabhu, V. G., Poštuvan, V., Prokop, P., Ramseyer Winter, V. L., Razmus, M., Ru, T., Rupar, M., Sahlan, R. N., Salah Hassan, M., Šalov, A., Sapkota, S., Sarfo, J. O., Sawamiya, Y., Schäfer, K., Schulte-Mecklenbeck, M., Seekis, V., Selvi, K., Sharifi, M., Shrivastava, A., Siddique, R. F., Sigurdsson, V., Silkane, V., Šimunić, A., Singh, G., Slezáčková, A., Sundgot-Borgen, C., Ten Hoor, G., Tevichapong, P., Tipandjan, A., Todd, J., Togas, C., Tonini, F., Tovar-Castro, J. C., Transgrud, L. K. J., Tripathi, P., Tudorel, O., Tylka, T. L., Uyzbayeva, A., Vally, Z., Vanags, E., Vega, E. D., Vidal-Mollón, J., Vilar, R., Villegas, H., Vintilă, M., Wallner, C., Whitebridge, S., Windhager, S., Wong, K. Y., Yau, E. K., Yamamiya, Y., Yeung, V. W. L., Zanetti, M. C., Zawisza, M., Zeeni, N., Zvaríková, M., & Stieger, S. (2025). Self-compassion around the world: measurement invariance of the short form of the self-compassion scale (SCS-SF) across 65 nations, 40 languages, gender identities, and age groups. *Mindfulness*, (IF= 3.1).

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56. **Ballesio A**, Aquino MRJ, Feige B, Johann A, Kyle SD, Spiegelhalder K, Lombardo C, Rücker G, Riemann D, Baglioni C (2018). The effectiveness of behavioural and cognitive behavioural therapies for insomnia on depressive and fatigue symptoms: a systematic review and network meta-analysis. *Sleep Medicine Reviews*, 37:114-129. doi: 10.1016/j.smrv.2017.01.006. (IF= 10.517). Citations*: 95
57. **Ballesio A**, Lombardo C (2016). Commentary: the relationship between sleep complaints, depression and executive functions on older adults. *Frontiers in Psychology*, 7:1870. doi: 10.3389/fpsyg.2016.01870. (IF= 2.321). Citations*: 4
58. Cerolini S, **Ballesio A,** Lombardo C (2016). Emotional experience, presence and severity of insomnia and depressive symptoms: an ecological study of their effects on sleep quality. *Mental Health in Family Medicine*, 12:282-87. (IF= not reported in ISI web of knowledge).
59. Cerolini S, **Ballesio A**, Lombardo C (2015). Insomnia and emotion regulation: recent findings and suggestions for treatment. *Journal of Sleep Disorders and Management*, 1:1-5. (IF= not reported in ISI web of knowledge).

MANOSCRITTI IN PROCESS O UNDER REVIEW:

1. Tamm, S., **Ballesio, A**.,…Kyle, S. D. (2024). Cross-sectional and longitudinal associations of insomnia, depression and inflammation in the UK Biobank cohort. In preparation.
2. **Ballesio, A.,** Zagaria, A., Fernandes, M., Lombardo, M., Violani, C. (2024). Predictors of individual interest in cognitive behavioural therapy for insomnia (CBT-I) and CBT-I seeking. *In preparation*.
3. **Ballesio, A.**, La Rosa, P. Brain-derived neurotrophic factor in insomnia and the possible link with psychopathology. *Current Sleep Medicine Reports*, invited.
4. **Ballesio, A**., Fiori, V., Lombardo, C. (2026). Sleep hygiene behaviors and actigraphic sleep: pilot analysis on gender differences. *Hormones & Behaviors*, submitted.
5. Fiori, V., Doria, S., Ghezzi, V., **Ballesio, A.** (2026). Actigraphic sleep disturbances, anxiety symptoms, and psychotic-like experiences: longitudinal mediation analysis from the C.A.T.C.H. IN. HE.AD. study. *Early Intervention in Psychiatry*, submitted.

CAPITOLI DI LIBRI:

1. **Ballesio, A.,** Lombardo, C., & Violani, C. (2022). CBT-I Adaptation for Health Professionals under Stress Conditions. Cognitive-Behavioural Therapy For Insomnia (CBT-I) Across The Life Span: Guidelines and Clinical Protocols for Health Professionals, 133-138.
2. **Ballesio A**, Lombardo C. (in press). Interventi di counselling psicologico. In Verrocchio MC (a cura di). Manuale di Psicologia Clinica. PICCIN Editore.
3. **Ballesio A**., Zagaria, A., Goldsmeidt, J. 2025. (Chapter 3): Perseverative Thinking in Depression and Insomnia. In Kimberly A. Arditte Hall and Daniel L. Hall (Eds): CBT Innovations in Treating Insomnia and Depression, Springer Nature.

CONFERENCE PROCEEDINGS PUBBLICATI SU RIVISTE:

1. A **Ballesio,** A Zagaria. (2024). Insomnia as a long-term predictor of anxiety symptoms in the English Longitudinal Study of Ageing (ELSA), and the role of inflammation. Journal of Sleep Research, 33, S1, https://doi.org/10.1111/jsr.14290.
2. A **Ballesio,** A Zagaria, M Fernandes, C Lombardo, C Violani (2024). Understanding the hesitancy: Attitudes towards cognitive behavioural therapy for insomnia (CBT-I) and predictors of CBT-I seeking. Journal of Sleep Research, 33, S1, https://doi.org/10.1111/jsr.14291.

3. A **Ballesio,** A Zagaria, C Ottaviani, A Steptoe, C Lombardo. (2024). Inflammation as a mediator between sleep disturbance and depressive symptoms in the English Longitudinal Study of Aging (ELSA): sex-stratified mediation modelling. Psychoneuroendocrinology, 160, supplement: S, https://doi.org/10.1016/j.psyneuen.2023.106792. (IF=3.4).
4. A **Ballesio,** A Zagaria, M Vacca, CM Pariante, C Lombardo. (2024). Network meta-analysis on psychological interventions efficacy on immune biomarkers. Psychoneuroendocrinology, 160, supplement: S, https://doi.org/10.1016/j.psyneuen.2023.106810. (IF=3.4).
5. **A Ballesio**, A Zagaria, C Ottaviani, C Lombardo (2022). The mediating role of neuro-immune markers in the long-term association between insomnia and depression: an eight-year follow-up. *Sleep Medicine*, 100, pp. S142-S242. https://doi.org/10.1016/j.sleep.2022.05.388. (IF=4.842).
6. S Cerolini, A Zagaria, M Vacca, M Terrasi, V Bacaro, **A Ballesio**, C Baglioni, P Spinhoven, C Lombardo. (2022). The role of cognitive emotion regulation strategies in explaining insomnia symptoms in adolescence and early adulthood. *Sleep Medicine*, 100, pp. S143-S143. https://doi.org/10.1016/j.sleep.2022.05.389. (IF=4.842).
7. **A Ballesio,** V Ghezzi, M Vacca, C Ottaviani, C Lombardo. (2019). Effects of pre-sleep cognitive intrusions on subjective sleep and next-day executive performance in insomnia disorder. *Psychotherapy and Psychosomatics*, vol. 88, Suppl. 1. 1-152. 10.1159/000502467. (IF=13.744).
8. **A Ballesio,** F Lucidi, C Lombardo. (2019). Emotion regulation moderates the relationship between insomnia and depression. *Psychotherapy and Psychosomatics*, vol. 88, Suppl. 1. 1-152. 10.1159/000502467. (IF=13.744).
9. C Lombardo, S Cerolini, F Alivernini, **A Ballesio**, M Fernandes, C Violani, F Lucidi. (2019). Validation of a brief scale assessing eating self-efficacy. *Psychotherapy and Psychosomatics*, vol. 88, Suppl. 1. 1-152. 10.1159/000502467. (IF=13.744).
10. S Cerolini**, A Ballesio,** F Ferlazzo, C Lombardo. (2018). Decreased inhibitory control after partial sleep deprivation in individuals reporting binge eating. *Journal of Sleep Research*, 27(Suppl. S1):e12751. doi: 10.1111/jsr.12751 (IF=3.433).
11. **A Ballesio**, C. Ottaviani, C. Lombardo**.** (2018). Associations between rumination about insomnia and cognitive inhibition. *Journal of Sleep Research*, 27(Suppl. S1):e12751. doi: 10.1111/jsr.12751. (IF=3.433).
12. F. Benz, T. Knoop, **A. Ballesio**, V. Bacaro, A. Johann, G. Rücker, B. Feige, D. Riemann, C. Baglioni. (2018). The efficacy of cognitive and behavior therapies for insomnia on daytime symptoms: a systematic review and network meta-analysis. *Journal of Sleep Research*, 27(Suppl. S1):e12751. doi: 10.1111/jsr.12751. (IF=3.433).
13. X. Omlin, **A Ballesio**, M.R.J. Aquino, C.A. Espie, S.D. Kyle. (2018). The effect of cognitive behavioural therapy for insomnia on quality of life outcomes: a meta-analysis of randomised controlled trials**.** *Journal of Sleep Research*, 27(Suppl. S1):e12751. doi: 10.1111/jsr.12751. (IF=3.433).
14. **A Ballesio**, F Lopez, C Lombardo. (2018). Insomnia predicts higher body mass index in a sample with bipolar disorder. *Eating and Weight Disorders*, accepted. (IF= 4.652).
15. Cerolini S, Devoto A, **Ballesio A**, Lombardo C (2017). Assertiveness, insomnia and depression: which relationship? *Sleep Medicine*, 40:e49. doi: 10.1016/j.sleep.2017.11.137. (IF= 3.395).
16. **Ballesio A** (2017). Executive functions impairments in insomnia: A systematic review and meta-analysis. *Sleep Medicine*, 40:e23. doi: 10.1016/j.sleep.2017.11.060. (IF= 3.395).
17. **Ballesio A**, Cerolini S, Mallia L, Cellini N, Lombardo C (2017). Italian validation of the Insomnia Catastrophizing Scale (ICS): An instrument to assess insomnia-specific catastrophizing thoughts. *Sleep*, 40 Suppl. 1, pp. A154-A155. doi: 10.1093/sleepj/zsx050.416. (IF= 5.135).
18. Lombardo C, Cerolini S, **Ballesio A**, Gasparrini G (2016). The effect of acute and chronic partial sleep deprivation on attentional and emotional responses to food stimuli. *Mediterranean Journal of Clinical Psychology*, Suppl 4/2a.
19. **Ballesio A**, Aquino MRJ, Feige B, Johann A, Kyle SD, Spiegelhalder K, Lombardo C, Riemann D, Baglioni C (2016). The effectiveness of cognitive behavioral therapy for insomnia on fatigue symptoms: A systematic examination of randomized controlled trials. *Sleep*, vol. 39, Suppl. 1, 0591. (IF= 5.135).
20. Lombardo C, Cerolini S, **Ballesio A**, Gasparrini G (2016). The effect of partial sleep deprivation on food craving and energy intake differs depending on habitual sleep quality. *Eating and Weight Disorders*, 21:315-348. doi: 10.1007/s40519-016-0269-5. (IF= 4.652).
21. Lombardo C, Cerolini S, **Ballesio A**, Gasparrini G (2016). The effects partial sleep deprivation on energy intake in good sleepers and participants reporting symptoms of chronic insomnia. *Journal of Sleep Research*, vol. 25, Suppl. 1, P205. doi: 10.1111/jsr.12446. (IF=3.433).
22. **Ballesio A**, Aquino MJR, Feige B, Johann A, Kyle SD, Spiegelhalder K, Lombardo C, Rücker G, Riemann D, Baglioni C (2016). Network meta-analysis on the effectiveness of cognitive behavioral therapies for insomnia on daytime depression and fatigue. *Journal of Sleep Research*, vol. 25, Suppl. 1, 0365. doi: 10.1111/jsr.12446. (IF=3.433).
23. Lombardo C, **Ballesio A**, Cerolini S, Gasparrini G, Rosato A, Ferlazzo F (2016). The effects of chronic and acute sleep deprivation on executive functions and emotion regulation. *Journal of Sleep Research*, vol. 25, Suppl. 1, P197. doi: 10.1111/jsr.12446. (IF=3.433).

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INFORMATION

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EXPERIENCE

NEUROLOGIST

2018-Current
Medical director of the Functional Neurological Disorders Clinic, CHUM.

2011-Current
EEG and epilepsy specialist, CHUM.

2007-2010
Community Hospital and private practice.

CLINICAL ASSISTANT PROFESSOR

2011-Current
Post-graduate epilepsy course leader; post-graduate EEG teaching program leader; annual pre-graduate medicine school mentorship, Université de Montréal.

MEDICAL ADVISOR

2015-2017
Commission des normes, de l'équité, de la santé et de la sécurité au travail (CNESST). Québec, Montréal. (Part time).

EDUCATION

MASTER IN PHILOSOPHY
2023. Université du Québec à Montréal. Canada.

COGNITIVE SCIENCES D. E. S. S.
2023. Université du Québec à Montréal. Canada.

MINOR IN PHILOSOPHY
2019. Université du Québec à Montréal. Canada.

INSURANCE MEDICINE AND MEDICOLEGAL EXPERTISE D. E. S. S.
2019. Université de Montréal. Canada.

EEG-EPILEPSY FELLOWSHIP
2011. University of Calgary. Canada.

ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF CANADA NEUROLOGY SPECIALIST CERTIFICATE
2007 University Laval neurology residency training 2001-2007.

2026-02-22

Jason Ellis - PhD, EBSM

Education:

Sept 2014	European Sleep Research Society Somnologist: Expert in Behavioural Sleep Medicine (EBSM)
Sept 2000 – July 2004	University of Surrey - PhD Thesis: The Cognitive Consolidation Model of Insomnia: An examination of the predictors and consequences of late-life insomnia.
Sept 1999 – July 2000	University of Surrey - MSc. Health Psychology (Distinction) Dissertation: The Role of Rumination and Thought Control in Sleep Disturbance.
Sept 1996 – July 1999	Thames Valley University - BSc. (Hons.) Psychology (1st Class) Dissertation: Is Chronic Insomnia a Resource Loss Spiral?

Employment History:

Northumbria University	Professor of Sleep Science – Oct 2013 - Present Director (Northumbria Sleep Research Laboratory) – Oct 2009 - Present Reader in Psychology – Oct 2009 – Oct 2013
North of Tyne NHS Trust	Honorary Consultant (Neurology) Sleep Well Clinic – Dec 2011 – Dec 2014 (Royal Victoria Infirmary: NUTH)
University of Glasgow	Lecturer in Applied Psychology and Associate Director (University of Glasgow Sleep Centre) - May 2007 – Oct 2009
University of Surrey	Lecturer in Sleep Psychology: Jan 2005 – April 2007
Thames Valley University	Lecturer in Psychology: Sept 2003 – Jan 2005

Awards:

- Economic and Social Research Council: Advanced Course Quota Studentship to complete MSc in Health Psychology at the University of Surrey: 01/10/1999 – 01/09/2000.
- Economic and Social Research Council: Postgraduate Training Award to complete MPhil/PhD at the University of Surrey: 01/10/2000 – 01/10/2003.
- University of Surrey Research Committee: Special Supplementary Research Competition Award: 01/10/2000 – 01/10/2003.
- University of Surrey: Innovation in Teaching Award (11/2006)
- Wellcome Trust VIP Award (01/10/08 – 30/09/09). Understanding human functional genomics in relation to insomnia.
- British Academy (01/04/09 – 31/03/10). Travel award to attend Associated Professional Sleep Societies (APSS) conference in Seattle 2009.
- 6 x competitively funded PhD Studentships (1 at University of Surrey and 5 at Northumbria University)
- British Radio Arts Award (01/01/14 - 31/12/14) with Michael McHugh and Noizechoir: The Dream of a Dream Scientist.

Research and Contract Research Funding (Awarded):

- Ellis, J.G. (PI)., Wightman, E., Smith, D., Brownlee, I. Coca Cola (01/01/25-31/12/26). Evaluating the effects of prebiotic and fiber interventions on sleep, the gut microbiome, cognition, and stress following 28 days consumption in adults reporting sub-clinical sleep deficits: A randomised, double-blind, placebo-controlled, three-arm parallel groups trial.
- Brindle, A., Bunce, S., Gotts, Z., Ellis, J.G (Co-I). Royal Society. (08/04/25-07/04/26). Can we reduce exam stress and increase academic progress through teaching students how to lucid dream?
- Ellis, J.G. (PI)., Alfonso-Miller, P., Coventry., L. Abertay University (01/04/23 – 31/03/25). Understanding sleep and fatigue management in cybersecurity personnel.
- Deary, V. Ellis, J.G (Co-PI). SleepCogni (10/03/23 – 09/08/25). Feasibility of a handheld device to reduce hyperarousal.
- Hackett, K., Campbell, M., Deary, V., Ellis, J.G. (Co-I), Newton, J., McCallum, C, Rapley, T. Elizabeth Casson Foundation (01/11/21 – 30/10/23). Building and testing a user-centred, Accessible Long COVID fatigue rehabilitation smartPHone App (ALPHA).
- Elder, G., Taylor, J.P., Ellis, J.G. (Co-I). Alzheimer's Research UK (05/01/23 – 04/07/24). Does non-rapid eye movement sleep differ in dementia with Lewy bodies? A home polysomnography study.
- Ellis, J.G. (PI)., Health Education England (01/04/22 – 31/12/22). Review of evidence on sleep management for medical personnel.
- Ellis, J.G. (PI)., Wightman, E., Brownlee, I, Zellos, V, Smith, D. Alfonso-Miller, P. RB (01/02/22 – 31/06/25). Evaluating the effects of prebiotic-based interventions on sleep, the gut microbiome, cognition, immune function and stress following 56 days consumption in healthy volunteers: A randomised, double-blind, placebo-controlled, four-arm parallel group trial.
- Ellis, J.G. (PI), Alfonso-Miller, P. Mayborn (05/05/21 – 21/09/21). Optimising bedtime nightware for sleep in toddlers.
- Ellis, J.G., (PI) Santhi, N, Alfonso-Miller, P. Unilever (01/04/21 – 31/07/22). Chrononutrition supplementation – the impact on social jet-lag.
- Dodd, F, Wightman, E., Ellis, J.G., (Co-I). Todryk, S., Zevallos, V. Pukka Tea (02/09/20 – 01/09/21). The effects of a multi-ingredient night-time tea on sleep quality, wellbeing and markers of immune function: a randomised, controlled, crossover study.
- Ellis, J.G. (PI), Haighton, C., Alfonso-Miller, P. Public Health England (10/08/20 – 31/03/21). A rapid evidence review of sleep health.
- Ellis, J.G. (PI), Alfonso-Miller, P. Mayborn (05/05/20 – 21/09/20). Optimising sensory information for sleep in toddlers.
- Ellis, J.G. (PI)., Elder, G, Santhi, N. Health Education England North East (06/01/19 – 05/01/20). Development of a fatigue management programme for trainee healthcare personnel following shift work.
- Dimitriou, D, Halstead, E, Ellis, J.G. (Consultant) Autistica (30/11/19 – 29/11/21). Behavioural treatments for insomnia in adults with Autism.
- Ellis, J.G. (PI) Think-Inc / Calms (01/07/18 – 01/03/19). Determining the most soporific reads and anthems.
- Ellis, J.G. (PI) The Sleep Council (03/03/17 – 16/10/18). Developing evidence based sleep hygiene guidelines.
- Ellis, J.G. (PI) Letterkenny Institute of Technology (01/10/16 – 30/09/20). Chronopharmacology of nutritional supplements on human performance.
- Ellis, J.G. (PI) Public Health England (26/01/16 – 01/04/16). Data synthesis on sleep need and recommendation for sleep health in adolescents.
- Ellis, J.G. (PI) UCB Pharma (10/01/15 – 09/01/16). An evaluation of 'one shot' CBT-I adjunct to CPAP in individuals with insomnia co-morbid with OSA: A pilot investigation.
- Nettleton, S., Meadows, R., Neale, J., Ellis, J.G. (Co-I) Wellcome Trust C2D2 (01/02/15 – 19/02/16). Sleep during recovery from drug and alcohol dependence: developing an interdisciplinary approach and exploring the feasibility of an intervention.

- Gotts, Z., Newton, J., Deary, V.D., Ellis, J.G. (Co-I) NIHR CRF (01/09/14 – 30/04/15). Qualitative evaluation of CBT-I for patients with CFS .
- Perlis M.L., Grandner, M., Chocroverty, B., Gherman P. Ellis, J.G (consultant) National Institute on Aging (USA) (01/01/14 – 31/12/18). Prospective Assessment of The Etiology of Insomnia in Middle Aged & Elder Adults.
- Deary V., Ellis, J.G., (Co-I) Gotts, Z., Newton, J. The ME Association (01/06/13 – 31/05/14). Development of a sleep intervention for people with ME/CFS.
- Deary, V., Ellis J.G, (Co-I) Barclay, N. Higher Education Innovation Fund (01/10/12 – 31/12/12). A PPI investigation of sleepy snorers.
- Ellis, J.G (PI) Gotts, Z., Newton, J., Wetherell, M.A. & Deary, V. Action for ME (01/10/12 – 30/09/13). A case controlled study exploring the qualitative experience of sleep, the roles of sleep architecture, and diurnal patterns of salivary cortisol in ME/CFS.
- Ellis, J.G (PI) UCB Pharma (01/09/11 – 31/08/12). Developing an evidence-based algorithm for masked restless legs syndrome.
- Ellis, J.G (PI) The Institute for Ageing (funded through Gateshead PCT) (01/08/10 – 01/03/11). Polysomnographic characteristics of sleep and wakefulness in patients with Dementia.
- Howatson, G, Ellis, J.G (Co-PI) Cherry Active (01/03/10 – 01/11/10). The effect of cherry juice on sleep parameters.
- Ellis, J.G (PI) Transport for London (08/02/10 – 01/03/10). The role of stress reactivity in acutely stressful decision making situations.
- Ellis, J.G (PI) The Royal Society of Edinburgh: Bilateral Exchange Programme with National Science Council Taiwan (14/10/10 – 03/11/10). Examining sleep preoccupation in depressed patients a cross-cultural comparison.
- Gardani, M (PI), Ellis, J.G, (Co-I) Biello, S. The Wellcome Trust (01/01/09 – 31/12/10). How much is enough? A public engagement investigation into sleep timing a in a 24/7 society.
- Ellis, J.G (PI) Greater Glasgow and Clyde R&D (09/10/08 – 09/01/09). Understanding acute insomnia in primary care.
- Ellis, J.G (PI) Economic and Social Research Council (01/10/07 – 30/04/11). The Role of Psychological Adjustment in the Evolution of Chronic Insomnia (RES-061-25-0120 & RES-061-25-0120-A).
- Ellis, J.G. (PI) Cussons Pearl (10/10/05 – 09/09/06). The prevalence and significance of daydreams in the British public.

Impact Case Studies:

Ellis, J.G (REF 2021) Increasing access and acceptability of Cognitive Behavioural Therapy for Insomnia: Development of new treatment pathways

Patents:

Hume, J., Heselwood, G.J., Alfonso-Miller, P., Ellis, J – Sleep Aid Apparatus - US Patent App. 18/251,202, 2023

Peer-reviewed Publications:

1. Ellis, J. Fox, P. (2001). The effect of self-identified sexual orientation on helping behaviour in a British sample: are lesbians and gay men treated differently? Journal of Applied Social Psychology. 31 (6), 1238-1247.
2. Cropley, M., Cave. Z., Ellis, J. Middleton, R.W. (2001). Effect of Kava and Valerian on physiological and psychological responses to mental stress assessed under laboratory conditions. Phytotherapy Research, 16, 23-27.

3. Ellis, J., Cropley, M. Hampson, S.E. (2001). Insomnia and ageing: implications for health care practice and policy. Quality in Ageing, 2 (4), 20-32.
4. Ellis, J. Cropley, M. (2002). An examination of thought control strategies employed by acute and chronic insomniacs. Sleep Medicine, 3, 293-300.
5. Ellis, J., Hampson, S.E. Cropley, M. (2002). Sleep hygiene or compensatory sleep practices: an examination of behaviours affecting sleep in older adults. Psychology, Health and Medicine, 7 (2), 157-162.
6. Ellis, J. (2002). Sleep and health: a forgotten agenda. Health Psychology Update, 11 (2), 3-7.
7. Ellis, J. Fox, P. (2004). Student mental health: is there a role for sleep? Journal for the Royal Society for the Promotion of Health, 124 (3), 129-133.
8. Ellis, J., Hampson, S.E. Cropley, M. (2007). The role of dysfunctional beliefs in late life insomnia. Journal of Psychosomatic Research, 62 (1), 81-84.
9. Ellis, J., Hampson, S.E. Cropley, M. (2007). The role of sleep preoccupation in attributions for poor sleep. Sleep Medicine, 8, 277-280.
10. Jones, K.H.S., Ellis, J., Skene, D.J., von Schantz, M., Dijk, D.J. Archer, S. N. (2007). Age-related change in the association between a VNTR polymorphism in the PER3 gene and preferred timing of sleep and waking activities. Journal of Sleep Research, 1 (16), 12-16.
11. Farsimadan, F., Draghi-Lorenz, R., Ellis, J. (2007). Process and outcome of therapy in ethnically similar and dissimilar therapeutic dyads. Psychotherapy Research, 17 (5), 567-575.
12. Hamlyn-Wright, S., Draghi-Lorenz, R., Ellis, J. (2007). Locus of control fails to mediate between stress, and anxiety and depression in parents of children with a developmental disorder. Autism, 11 (6), 489-501.
13. Ellis, J. Mitchell, K. Hogh, H. (2007). Sleep preoccupation in poor sleep: Psychometric properties of the Sleep Preoccupation Scale. Journal of Psychosomatic Research, 63 (6), 579-585.
14. Hogben, A.L., Ellis, J., Archer, S.N. von Schantz, M. (2007). Conscientiousness rather than impulsivity predicts diurnal preference. Chronobiology International, 24 (6), 1249-1254.
15. Sterr, A., Herron, K., Dijk, D J. Ellis, J. (2008). Time to wake-up: Sleep problems and daytime sleepiness in long-term stroke survivors. Brain Injury 22 (7&8), 575-579.
16. Ellis, J., von Schantz, M., Jones, K.H.S. Archer, S. A. (2009). Association between specific diurnal preference questionnaire items and PER3 VNTR genotype. Chronobiology International 26(3), 464-473
17. Ellis, J. (2009). Insomnia. Psychology Review, 28, 23-25.
18. Meadows, R., Stanley, N., Wulff, K., Briscoe, S., Dawson, J., Wiggs, L., Lee, D., Middleton, B. Ellis. J. (2010). Special supplementary section on Actigraphy. British Sleep Society Newsletter, August, 8-11.
19. Ellis, J., Gardani, M. Hogh, H. (2010). Priming affects poor sleepers but not normal sleepers on an Insomnia Ambiguity Task. Journal of Sleep Research 19, 27-30.
20. Perlis ML, Gehrman P, Ellis JG. (2011) The natural history of insomnia: what we know, don't know, and need to know. Sleep Medicine Research, 2, 79-88.
21. Ellis, J., Gehrman, P., Espie, C.A., Riemann D., Perlis, M. (2012). Acute Insomnia: Current Conceptualizations and Future Directions. Sleep Medicine Reviews, 16, 5-14.
22. Barclay, N.L., Ellis, J. G. (2012). Genetic influences contribute to neurobehavioral response to acute sleep deprivation: Commentary on Kuna et al. Heritability of performance deficit accumulation during acute sleep deprivation in twins. Sleep, 35, 1191-1192.
23. Howatson, G., Bell, PG., Tallent, J., Middleton, B., McHugh, MP, Ellis, J. (2012). Effect of tart cherry juice (Prunus cerasus) on melatonin levels and sleep quality. European Journal of Nutrition, 51, 909-916.
24. Ellis, J.G, Perlis, M.L, Neale, L., Espie, C.A, Bastien, C.H. (2012) The Natural History of Insomnia: Focus on Prevalence and Incidence of Acute Insomnia. Journal of Psychiatric Research.46, 1278-1285.
25. Barclay, N.L. Ellis, J.G. (2013) Sleep-related attentional bias in poor vs. good sleepers is independent of affective valence. Journal of Sleep Research. 22(4), 414-421.

26. Ellis, J., Thomson, A., Gregory, A. Sterr, A. (2013). Biased processing of sleep-related stimuli in children of parents with insomnia. Behavioral Sleep Medicine. 11(2), 108-119.
27. Gotts, Z.M., Deary, V., Newton, J. Ellis, J.G. (2013) Are there sleep-specific phenotypes in CFS/ME? BMJ Open. 3, e002999.
28. Hanson, C., Ellis, J.G., Dodds-Reynolds, C. Allin, L. (2013) An evaluation of the efficacy of the exercise on referral scheme in Northumberland, UK: impact on physical activity and predictors of engagement. BMJ Open. 3, e002849
29. Pérusse, A.D.,Turcotte, I., Ellis, J.G., Bastien, C.H. (2013) Types of primary insomnia: Is hyperarousal also present during napping? Journal of Clinical Sleep Medicine. 9(12), 1273-1280.
30. Elder, J.G., Wetherell, A. M., Barclay. N.L. Ellis, J.G. (2014) The cortisol awakening response - applications and implications for sleep medicine. Sleep Medicine Reviews. 18(3), 215-224.
31. Ellis, J.G., Perlis, M.L, Gardani, M., Bastien, C.H. Espie, C.A. (2014) The Natural History of Insomnia: Acute insomnia and first onset depression. Sleep. 37(1), 97-106.
32. Holloway, P. M., Angelova, M., Lombardo, S., Gibson, A. S. C., Lee, D., Ellis, J. (2014). Complexity analysis of sleep and alterations with insomnia based on non-invasive techniques. Journal of The Royal Society Interface, 11(93), 20131112.
33. Deary, V., Ellis, J.G., Wilson, J.A., Coulter, C., Barclay, N.L. (2014). Simple Snoring: Not quite so simple after all? Sleep Medicine Reviews. 18(6), 453-462.
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- Gotts, Z., Newton, J., Ellis, J.G. (2016) Sleep in Chronic Fatigue Syndrome. In Pandi-Perumal S R (Eds.) Sleep and Psychosomatic Medicine.
- Ellis, J. (2019). Sleep and Health. In: S. Ayers., A. Baum., C. McManus., S. Newman., K. Wallston., J. Weinman & R. West's (Eds.) *Cambridge Handbook of Psychology, Health and Medicine* – 2nd Edition
- Ellis, J.G Allen, S.F. (2019) Sleep Hygiene and the Prevention of Insomnia. In. M. Grandner's (Eds.) Sleep Health
- Ellis, J.G., Perlis, M.L., Posner, D. (2020) Cognitive Behavior Therapy for Insomnia (CBT-I). In. APA Handbook of Cognitive Behavioral Therapy
- Perlis, M.L., Ellis, J.G., Spiegelhalder, . & Riemann, D. (2020) Etiology and Pathophysiology of Insomnia. In: J. Kryger, T. Roth & W. Dement's (Eds.) Principles and Practice of Sleep Medicine – 7th edition.
- Ellis, J.G. (2021) Insomnia. In: H. Montgomery-Downs (Eds.) Sleep Science
- Ellis, J.G. (2021) Insomnia: Nosological classification, definitions, and epidemiology. In: C. Bassetti, Z. Dogas & P. Peigneux (Eds.) ESRS Sleep Medicine Textbook - 2nd Edition.
- Ellis, J.G., Alfonso-Miller, P., Santhi, N. (2023) CBT-I Instruments. In: C. Baglioni, C.A. Espie & D. Riemann (Eds.) Cognitive-behavioural Therapy for Insomnia (CBT-i) in the Life-span. Guidelines and Clinical Protocols for Health Professionals

- Ellis, J.G., Alfonso-Miller, P., Elder, G. (2023) CBTI Protocol for Acute Insomnia. In: C. Baglioni, C.A. Espie & D. Riemann (Eds.) Cognitive-behavioural Therapy for Insomnia (CBT-i) in the Life-span. Guidelines and Clinical Protocols for Health Professionals
- Ellis, J.G., Gotts, Z.M., Sterr, A.M. (2023) Sleep in the Laboratory and in the Real World. In: C. Horton (Eds.) Sleep and Cognition
- Bastien, C. H., Ellis, J. G., Lambert-Beaudet, F., Rudziavic Provençal, A., & Garmroudinezhad-Rostami, E. (2025). Insomnia II: Behavioral and Physiological Assessment. In: C. Espie, P. Zee & C. Morin (Eds.) Oxford Handbook of Sleep and Sleep Disorders – 2nd Edition
- Ellis, J.G. Alfonso-Miller, P. (in press) Acute Insomnia. In: C.A Kushida (Eds.) Encyclopaedia of Sleep and Circadian Rhythms – 2nd Edition
- Ellis, J.G., Allen, S.F., Alfonso- Miller, P. (in press) Sleep Hygiene and the Prevention of Insomnia. In. M. Grandner's (Eds.) Sleep Health – 2nd Edition
- Ellis, J.G., Bjorvatn, B., Van Straten, A. (in press) Assessment, Epidemiology, and Burden of Insomnia. In. C. Bassetti, W. McNicholas, T. Paunio & P. Peigneux (Eds.) European Sleep Research Society Sleep Medicine Textbook

Consultation Reports:

- Ellis, J. and Espie C.A. (2009). Mental Health in Scotland: A guide to delivering evidence-based psychological therapies in Scotland 'The Matrix: Subsection: Insomnia' (National Education for Scotland)
- Ellis, J.G (2010). The Benefits of Checking-Before-You-Travel on Psychological and Physical Indices of Stress. (Department for Transport, UK Government)
- Ellis, J.G (2014). Update on Mental Health in Scotland: A guide to delivering evidence-based psychological therapies in Scotland 'The Matrix: Subsection: Insomnia' (National Education for Scotland)
- Ellis, J.G. (2016). Sleep Health in Adolescents (Public Health England / MindEd)
- Quinnell, T. and Ellis, J.G. (2018). POSTnote – Sleep and Health (UK Government)
- Quinnell, T. Ellis, J.G. (2018). POSTnote – Shift-work Sleep and Health (UK Government)
- BSS Executive Committee (2020). Sleep in the context of COVID-19 (BSS)
- Ellis, J.G. (2020). BSS Executive Committee. Sleep in the context of COVID-19 (British Sleep Society)
- Ellis, J.G. et al (2021). COVID Response - Sleep Hygiene (British Psychological Society)
- Ellis, J.G. et al (2021). European Insomnia Network. Sleep Management in COVID-19 (European Sleep Research Society)
- Ellis, J.G., Haighton, K., Alfonso-Miller, P. (2022). Annex 1: Current levels and trends over time in sleep (Office for Health Improvement and Disparities)
- Ellis, J.G., Haighton, K., Alfonso-Miller, P. (2022). Annex 2: Optimum levels of sleep (Office for Health Improvement and Disparities)
- Ellis, J.G., Haighton, K., Alfonso-Miller, P. (2022). Annex 3: Links between sleep, mental and physical health (Office for Health Improvement and Disparities)
- Ellis, J.G., Haighton, K., Alfonso-Miller, P. (2022). Annex 4: The economic impact of poor sleep (Office for Health Improvement and Disparities)
- Ellis, J.G., Haighton, K., Alfonso-Miller, P. (2022). Annex 5: Factors that hinder and interventions that promote sleep (Office for Health Improvement and Disparities)

Invited Laboratory Talks/ Keynotes:

- The Cognitive Consolidation Model of Insomnia. Thames Valley University (London, UK) - 2004
- Sleep Catastrophizing: Implications for models of insomnia. University of Glasgow (Glasgow, UK) - 2005
- Daytime processing in poor sleep: Exploring and extending previous conceptualizations of insomnia. University of Rochester (New York, USA) - 2007

- Discrepancies in sleep-related endophenotypes: Are they indices of poor sleeper subgroups? University of Rochester (New York, USA) - 2007
- The significance of sleep-related processing on attributions for poor sleep. University of Surrey (Surrey, UK) - 2008
- It's (nearly) all in the mind: The role of psychological factors in circadian rhythm disorders. Harvard Medical School (Boston, USA) - 2008
- What is the relationship between sleep phenotypes and personality in sleep disorders? University College (London, UK) - 2008
- The use of children's drawings in the assessment of sleep disorders Universite Laval (Quebec, Canada) - 2008
- Examining perceptual biases amongst poor sleeper groups: Seeing what we want to see. Universite Laval (Quebec, Canada) - 2008
- Transient Insomnia: What we know and what we need to learn. University of California San Diego (California, USA) - 2009
- Determining a sleep-stress switch point in the transition to Chronic Insomnia. University of Stirling (Stirling, UK) - 2009
- Understanding Daytime Dysfunction in Insomnia. Sleep Research Centre Lu Tung Hospital (Taipei, Taiwan) – 2009
- To Sleep Perchance to Dream: Neurocognitive distinctions between sleep stage and REM density. Joint BPS Division of Health Psychology and Neuropsychology Meeting (London, UK) - 2010
- Acute insomnia as a Slow Wave Sleep disorder: Implications for health and well-being. Queen Margaret's University (Edinburgh, UK) - 2010
- From normal sleep to clinical insomnia: Understanding the biopsychosocial process behind insomnia. HELP University (Singapore) - 2010
- Understanding transitions in sleep: examining the psychosocial predictors of sleep continuity disruption. MDIS (Kuala Lumpur, Indonesia) – 2010
- Recent advances in sleep medicine. University of Surrey (Surrey, UK) – 2012
- From normal sleep to chronic insomnia: Paths and Processes. University College London (London, UK) – 2012
- Acute Insomnia: An update on what we know, don't know, and still need to know. University of Pittsburgh (Pennsylvania, USA) – 2012
- Paediatric Sleep Medicine: An opportunity for prevention? University of Pittsburgh (Pennsylvania, USA) – 2012
- The impact of sleep and nutrition on sports performance. Royal Society of Medicine (London, UK) – 2012
- Acute Insomnia: Assessment and Diagnosis. South African Sleep Society (Durban, South Africa) – 2012
- Understanding Acute (short-term) Insomnia in practice. University of Laval (Quebec, Canada) - 2013
- Sleep in CFS/ME: Management and Treatment in Primary Care. Nijmeegs Kenniscentrum Chronische Vermoeidheid Lelystad (Lelystad, Netherlands) – 2013
- Understanding the Economic and Social Impact of Insomnia. Canadian Sleep Society: Halifax (Nova Scotia, Canada) – 2013
- The pathogenesis of insomnia. University of Cape Town: (Cape Town, South Africa) – 2014
- Sleep, nutrition and human performance: British Nutrition Foundation (London, UK) – 2014
- Sleeping with the enemy: the pathophysiology of insomnia. University of Warwick (Warwickshire, UK) – 2015
- Cognitive distortions in the development of insomnia. Higher School of Economics (Moscow, Russia) – 2015
- Insomnia. St Georges' University (Newcastle, UK) – 2015
- Understanding the natural history of insomnia. Okinawa Institute of Science and Technology (Okinawa, Japan) - 2016
- Understanding the pathophysiology of insomnia. Swansea University (Swansea, UK) – 2016
- Identifying Insomnia for Time Series Analysis. UNAM (Mexico City, Mexico) – 2016
- Preventing sleep from becoming the enemy. Kingston University (London, UK) – 2017

- When does sleep become the enemy? University of Arizona (Tucson, USA) – 2017
- Pinpointing the stress/sleep switchpoint in insomnia. University of Freiburg (Freiburg, Germany) – 2017
- Understanding the Development of Insomnia. University of Reading (Reading, UK) – 2018
- How does Insomnia Develop? Lancaster (Lancaster, UK) – 2018
- Insomnia. Association of Sri Lankan Neurologists (Sri Lanka) - 2018
- Understanding the Pathophysiology of Insomnia. Monash University (Melbourne, Australia) – 2018
- Mathematical Modelling of Acute Insomnia. Deakin University (Melbourne, Australia) – 2018
- Pharmacists Understanding and Awareness of insomnia. University of Sydney (Sydney, Australia) – 2018
- Beyond the Stress/ Sleep Switchpoint. Woolcock Institute (Sydney, Australia) – 2018
- Acute Insomnia: European Insomnia Network (Hannover, Germany) - 2019
- Sleeping with the enemy: Lincoln University (Lincoln, UK) – 2019
- Sleep Health: British Sleep Society (Birmingham, UK) – 2019
- When does sleep become the enemy: Yale Medical School (Connecticut: USA) - 2021
- Recent innovation in insomnia research: Dutch Sleep Society (Amsterdam: Holland) – 2021
- COVID Insomnia: World Federation of Sleep Societies (Rome: Italy) – 2022
- Year in Review: Society for Bahavioral Sleep Medicine (Washington DC: USA) – 2022
- Sleep Psychology – Recent advances: Sri Lanka Association of Pulmonologists (Colombo, Sri Lanka) - 2023
- Year in Review: Sri Lanka Association of Pulmonologists (Colombo, Sri Lanka) – 2023
- Understanding Sleep: University of Oslo (Oslo, Norway) – 2023
- Managing Acute Insomnia during Challenge: University of Ottawa - 2024
- Sleep and Health: University of Macau (Macao) – 2025
- Acute Insomnia and Stress: University of Macau (Macao) - 2025

Professional Engagement Talks:

- Is transient insomnia an acute stress disorder? Sponsored by Associated Professional Sleep Societies, (Seattle, USA) – 2009
- The significance and consequence of insomnia. Sponsored by Sanofi Aventis, (Taipei, Taiwan) - 2009
- What's new in insomnia research? Sponsored by UCB Pharma, (York, UK) – 2011
- Understanding CBT-I in CFS/ME. Sponsored by NHS Chronic Fatigue Syndrome and ME Northern Clinical Network (Northumberland, UK) – 2012
- Sleep in CFS: Understanding the pathophysiology of sleep disorders. Sponsored by Action for ME and the ME Association (London, UK) – 2013
- CBT-I for Persistent Physical Symptoms. Sponsored by NAPPS (Newcastle, UK) - 2013
- Sleep in chronic conditions. Sponsored by Action for ME, (Webinar, UK) - 2014
- Can we use CBT-I for ME – Sponsored by Medineo (Newcastle, UK) - 2014
- Conditioned arousal as vulnerability for insomnia. North East Sleep Research Interest Group (Newcastle, UK) - 2014
- Sleep in Chronic Pain. Sponsored by DC Pijn Centrum (Amersford, Netherlands) – 2014
- Are Sleep Problems the Pandemic of the 21st Century? NHS Clinical Networks Conference (Sunderland, UK) – 2015
- Sleep and Recovery – GB Netball Umpires (Newcastle, UK - 2014
- Sleep and Obesity: British Dairy Council – Northern Ireland (Belfast, UK) – 2015
- Sleep and Pain: The role of CBT. Northern Regional Rheumatology Group (Gateshead, UK) - 2015
- Insomnia. Royal College of Psychiatrists (London, UK) - 2015
- Preventative Sleep Medicine: A challenge and an opportunity. Sponsored by UCB Pharma. (York, UK) – 2015
- CBT for Insomnia: Where are we? Sponsored by British Sleep Society. (Gateshead, UK) – 2015
- Sleep in Pain: An opportunity for intervention. North East Regional Pain Network. (Newcastle, UK) - 2015

- Assessing your biological clock naturally. Sponsored by the Olympic Council of Ireland. (Dublin, Ireland) - 2015
- Coping with sleep loss. Sponsored by the Olympic Council of Ireland. (Dublin, Ireland) – 2015
- Understanding CBT-I. Sponsored by British Dental Association. (London, UK) - 2016
- Understanding Normal Sleep. Sponsored by Edinburgh Sleep Service. (Edinburgh, UK) – 2016
- Sport, Nutrition and Sleep. Sponsored by Institute of Sport Ireland. (Dublin, Ireland) – 2016
- Understanding and Managing Insomnia. Sponsored by Macmillan. (Northumberland, UK) – 2016
- Introduction to CBT-I. Sponsored by the Northern Pain Network. (Newcastle, UK) – 2016
- Understanding and Managing Insomnia. Sponsored by Macmillan. (Newcastle, UK) – 2017
- Normal Sleep. Edinburgh Sleep Medicine Course (Edinburgh, UK) – 2017
- Insomnia. HPX: Knowledge Exchange Conference. (Dublin, Ireland) - 2017
- Managing Circadian Rhythms and Jet Lag. HPX: Knowledge Exchange Conference. (Dublin, Ireland) - 2017
- Nutrition and Sleep. HPX: Knowledge Exchange Conference. (Dublin, Ireland) – 2017
- Understanding Sleep in Context. Noble Hospital (Douglas, Isle of Man) – 2018
- Normal Sleep. Edinburgh Sleep Medicine Course (Edinburgh, UK) – 2018
- Insomnia: Edinburgh Sleep Medicine Course (Edinburgh, UK) – 2018
- Sleep in Healthcare Settings. Sponsored by Royal College of Surgeons in Ireland (Dublin, Ireland) – 2018
- An introduction to CBT-I. Sponsored by the British Sleep Society (Dundee, UK) – 2018
- Managing Insomnia. Sponsored by Surrey Borders NHS Trust (Guildford, UK) – 2018
- Insomnia Disorder. International Sleep Medicine Course (Cardiff, UK) – 2019
- Normal Sleep. Edinburgh Sleep Medicine Course (Edinburgh, UK) – 2019
- Insomnia: Edinburgh Sleep Medicine Course (Edinburgh, UK) – 2019
- Understanding Sleep in the context of Neurological Disorder: Southampton General Hospital (Southampton, UK) – 2019
- Sleep as Lifestyle Medicine. Royal College of General Practitioners (Newcastle, UK) – 2019
- Sleep in the context of COVID-19. British Sleep Society (online) - 2020
- Managing insomnia in the context of COVID-19. Royal College of General Practitioners (virtual) – 2020
- Sleep and Obesity. NHS Conference (online) – 2020
- Sleep Deprivation. Health Education England (online) – 2020
- Managing Sleep. NUTH Psychiatry Team (online) – 2020
- Managing Fatigue. Civil Aviation Authority (online) – 2022
- Managing Acute Insomnia. Royal Society for Medicine (London, UK) – 2023
- Identifying and Managing Sleep Disorders. Sleep Council (Doncaster, UK) – 2024
- Sleep and Public Health in the UK. Canadian Research Consortium (Montreal, Canada) – 2024
- Sleep Health as Public Health. World Sleep (Singapore) - 2025

Public Engagement Talks:

- I can't sleep! Understanding the psychology of insomnia. British Science Festival (Surrey, UK) – 2009
- Understanding sleep and sleepiness. Meet the Scientists Programme Glasgow Science Centre (Glasgow, UK) – 2009
- Contemporary Psychology: Sleep. National Science Learning Centre (York, UK) – 2011
- Contemporary Psychology: Insomnia. National Science Learning Centre (York, UK) – 2011-2013
- From Bench to Bedside: Recent advances in preventative sleep medicine. Newcastle Science Festival (Newcastle, UK) – 2012
- Synchronising your secret sleep switch. Newcastle Science Festival (Newcastle, UK) – 2012
- Contemporary Psychology: Sleep. National Science Learning Centre (York, UK) – 2012
- Contemporary Psychology: Insomnia. National Science Learning Centre (York, UK) – 2012
- Sleep Medicine in the 21st Century. TEDx Conference (Stockport, UK) – 2012
- Sleep in ME: Past, present and future. ME North East (Middlesbrough, UK) – 2012

- To sleep perchance to dream. British Science Festival (Newcastle, UK) - 2013
- Understanding sleep in the context of cancer. North East Cancer Support Group (Hexham, UK) – 2014
- Sleep and Pain: A double-edged sword. North East Sjogrens Syndrome Association (Newcastle, UK) – 2014
- Sleep in a big bad world. Café Scientifique (Newcastle, UK) – 2015
- Sleeping through fatigue. Gresham College (London, UK) - 2015
- The relationship between sleep and fatigue. North East Cancer Support Group (Hexham, UK) – 2015
- Managing sleep in Rheumatoid Arthritis. The National Rheumatoid Arthritis Society (Newcastle, UK) - 2015
- Sleep in Sjogrens Syndrome. North East Sjogrens Syndrome Association (Newcastle, UK) – 2016
- Sleep and Health. BBC Newcastle (Newcastle, UK) – 2016
- Sleep and Dreaming. Penguin Life (London, UK) – 2016
- Sleep Health: An opportunity for action. Okinawa Institute of Science and Technology (Okinawa, Japan) – 2016
- Top tips for sleep. Institute of Engineering and Technology – Newcastle Retired Section (Newcastle, UK) - 2016
- Sleeping through pain. Pijn Samen (Amsterdam – Holland) – 2016
- Sleep for Life. Grace (London, UK) – 2017
- Understanding Sleep. Department for Work and Pensions (Newcastle, UK) – 2018
- The interplay between modern life and sleep. Equinox (London, UK) – 2018
- Understanding sleep in the context of cancer care. Sponsored by The Teenage Cancer Trust (Newcastle, UK) – 2018
- I'm a (sleep) Scientist: Get me out of here. (UK) – November 2018
- Understanding Sleep Health. Somnex (London, UK) – 2018
- Managing Sleep. Somnex (London, UK) – 2018
- Managing Sleep and Fatigue. Sponsored by The Teenage Cancer Trust (Surrey, UK) 2019
- Understanding Sleep and Fatigue. Stoma Support Network (Hexham, UK) – 2019
- Lucid Dreaming in Lockdown: Science Speakeasy at the Centre for Life (online) – 2020
- Managing Sleep and Fatigue. Sponsored by The Teenage Cancer Trust (online) – 2020
- 40-Winks Café. Being Human cafe (online) – 2021
- Boost your sleep health. Unmind (online) – 2021
- Managing sleep in a pandemic. Team Doctor (online) – 2021
- Insomnia. International Sleep Charity (online) – 2021
- Sleep Stories. Durham Book Festival (online) – 2021
- Sleep and Menopause. Wellcome Trust (online) – 2023
- Managing Sleep and Fatigue. Sponsored by The Teenage Cancer Trust – 2023
- The Science of Dreaming. Seed Talks (London) – 2024
- The Science of Dreaming. Seed Talks (Edinburgh) – 2024
- The Science of Dreaming. Seed Talks (Glasgow) – 2024
- The Science of Dreaming. Seed Talks (Newcastle) – 2024
- Understanding Sleep. Northumbria Police (Newcastle) – 2024
- What is sleep and why does it matter. Women in Social Housing (Newcastle) - 2024
- Understanding Shift Work. Northumbria Police (Newcastle) - 2025

Previous PhD and Professional Doctorate Supervision:

- Dr Emma Cross (2008) Counselling Psychology Doctorate (University of Surrey)
- Dr Leora Abeles Srebernick (2008) Counselling Psychology Doctorate (University of Surrey)
- Dr Sarah Hamlyn-Wright (2008) Counselling Psychology Doctorate (University of Surrey)
- Dr Colin Hicks (2008) Counselling Psychology Doctorate (University of Surrey)
- Dr Sharon Merick (2008) Counselling Psychology Doctorate (University of Surrey)
- Dr Nicola Clark (2009) DClinPsy (University of Glasgow)

- Dr Amy Thomson (2010) DClinPsy (University of Glasgow)
- Dr Jane MacQuarie (2010) DClinPsy (University of Glasgow)
- Dr Alexandra Hogben (2010) PhD 2nd Supervisor to Dr Malcolm von Schantz (University of Surrey)
- Dr Naomi Hynde (2012) DClinPsy 2nd Supervisor to Dr Thomas Meyer (Newcastle University)
- Dr Samantha Man (2012) DClinPsy 2nd Supervisor to Prof. Mark Freeston (Newcastle University)
- Dr Greg Elder (2014) PhD (Northumbria University)
- Dr Zoe Gotts (2014) PhD 2nd supervisor to Dr Vincent Deary (Northumbria University)
- Dr Rachel Sharman (2014) PhD (Northumbria University)
- Dr Umair Akram (2016) PhD 2nd supervisor to Dr Nicola Barclay (Northumbria University)
- Dr Jane Else (2016) PhD (Northumbria University)
- Dr Coral Hanson (2017) PhD 2nd supervisor to Dr Caroline Reynolds (Durham University)
- Dr Emma Sweeney (2020) PhD 2nd supervisor to Dr Ian Walshe (Northumbria University)
- Dr Ronan Doherty (2021) PhD (Northumbria University)
- Dr Georgia Punton (2024) PhD 2nd supervisor to Dr Peter Mosley (Northumbria University)

Current PhD and Professional Doctorate Supervision:

- Rosie Musgrave (2024 – Present) 3rd Supervisor to Dr Greg Elder (Northumbria University) PhD.
- Christina Ingles (2025 – Present) 3rd Supervisor to Dr Michael Grugan (Northumbria University) PhD.

Previous MSc Supervision:

- MSc Health Psychology (n = 51)
- MSc Sport and Exercise Psychology (n = 9)
- MRes (n = 46)

External Examining Experience:

- PhD – Lauren Marchetti – 2006 (University of Glasgow)
- BSc Psychology – University Bath Spa (2009 – 2012)
- MA – Colin Malloy - 2010 (Durham University)
- PhD – Lloyd Wallace – 2011 (Queen Margaret University)
- PhD – Nicola Barclay – 2011 (Goldsmith's University of London)
- MSc Principles of Applied Neuropsychology – 2012 – 2014 – Bath Spa University
- PhD – Erica Kucharczyk – 2012 (Loughborough University)
- PhD – Alessandra Rossi – 2014 (University of Birmingham)
- DClin Psy – Beverley David – 2014 (University of Birmingham)
- RCPsych - online module – states of awareness – 2014 (Royal College of Psychiatrists)
- RCPsych – online module – sleep – 2014 (Royal College of Psychiatrists)
- DPsych – Catherine Stevens – 2014 (Victoria University – Melbourne)
- PhD – Ninad Gujar – 2015 (University of West London)
- MRes – Ceri-Anne Jones – 2015 (University of South Wales)
- BSc Psychology – 2016 – 2020 (Kingston University)
- PhD – Nor Asma Binti Musa – 2018 (University of Malaysia)
- PhD – Leah Greenwood – 2019 (University of Central Lancashire)
- PhD – Elizabeth Walters – 2019 (Monash University – Melbourne)
- PhD – Luke Benjamin Gupta – 2020 (Loughborough University)
- PhD – Fran Chaney-Pilkington – 2021 (Loughborough University)
- PhD – Kristine Marie Latocha – 2021 (University of Copenhagen)
- PhD – Charlotte Holden – 2022 (Nottingham Trent University)

- PhD – Anastasia Suraev – 2023 (University of Sydney)
- PhD – Betul Rauf – 2024 (Goldsmith's University of London)
- PhD – Charlotte Gallagher – 2025 (Liverpool John Moores University)
- PhD – Hans van Gorp – 2026 (Technical University of Eindhoven)

Internal Examining Experience:

- PsychD – 2005-2006 (University of Surrey)
- DClin Psy – 2007- 2009 (University of Glasgow)
- PhD Independent Non-examining Chair 2009 – present (Northumbria University)
- PhD Internal Examiner 2012 – present (Northumbria University)

Current Teaching Responsibilities:

- MSc Health Psychology Module leader for 'Systems approaches to understanding health and disease'
- Dissertation supervisor for MSc Research Methods and MSc Health Psychology students
- MSc module 'Psychosomatic pathways to health and illness'
- BSc Psychology modules 'Psychology in Practice', 'Introduction to Psychology', 'Sleep and Dreaming'
- Dissertation supervisor for BSc Psychology students
- Dissertation supervisor for intercalating medical students and MRes students at Newcastle University

Visiting Lecturer / Workshops

- St George's Medical School (MSc Behavioural Medicine: 2001- present)
- University College London (MSc Health Psychology: 2000 - present)
- University of Hull (DClinPsy: 2012 - 2017)
- University of Pennsylvania (Basic and Advanced CBT-I Courses: 2013 - present)
- St George's Medical School Granada (Global Scholars Programme: 2014 – present)
- University of Edinburgh (European Sleep Research Course: 2016 – present)
- British Sleep Society/Dutch Sleep Research Society/Belgian Sleep Society (International Sleep Medicine Course: 2019 – 2023)

Previous and Current Administrative / Management Responsibilities:

- Director of the Northumbria Sleep Research (Faculty Level: 2009 - present)
- Director of Student Employability and Engagement (Faculty Level: 2016 – 2018)
- Extended Leadership Team (University Level: 2015 – present)
- Professoriate (University Level: 2013 – present)
- Student Learning and Experience Committee (Faculty Level: 2015 – 2018)
- Co-Director of the Clinical Research Facility (Faculty Level: 2011 - present)
- Clinical Research Management Team (Faculty Level: 2011 - 2016)
- Grant Management Working Group (Faculty Level: 2010 – 2012)
- Faculty Research and Innovation Committee (Faculty Level: 2009 - 2019)
- Research Degrees Committee (University Level: 2009 – 2016)
- Graduate School Committee (University Level: 2009 – 2016)
- International Champion (Departmental Level: 2012 - 2016)
- Faculty Media Panel (Faculty Level: 2015 – 2016)
- Postgraduate Directors Forum (University Level: 2009 – 2016)
- Faculty Health and Safety Committee (Faculty Level: 2009 – 2016)
- Director of Postgraduate Supervisor Training (University Level: 2011 - 2014)

- Director of Postgraduate Research (Faculty Level: 2009 – 2012)

Additional Courses and Training:

- Radiation safety course: assay aMT6s Urinary Melatonin (University of Surrey)
- Venepuncture & Cannulation course (NHS Greater Glasgow and Clyde)
- Good Clinical Practice (Institute of Clinical Research ICHGCP)
- Good Clinical Practice (NHS North of Tyne)
- A-STEP Programme for Polysomnography technology (Atlanta School of Sleep Medicine)
- Cognitive Behavioural Therapy for Insomnia (University of Glasgow Sleep Centre)
- Advanced skills in Cognitive Behavioural Therapy for Insomnia (University of Pennsylvania)
- Patient and Public Involvement in Research (NHS North of Tyne)
- CPR and Defibrillation (Northumbria University)
- Senior Leadership Programme (Northumbria University)
- Interpersonal and Social Rhythm Therapy (National Institute of Mental Health)

Grant Reviewer for:

- Action Medical Research
- Economic and Social Research Council (College of Reviewers)
- Canadian Institute for Health Research (Canada)
- Biotechnology and Biological Sciences Research Council
- Breast Cancer Campaign
- National Institutes of Health (USA)
- Swiss National Science Foundation (Switzerland)
- STW-Phillips (Netherlands)
- BUPA Foundation
- National Institute for Health Research – RfPB / HTA / PGfAR
- Institut National du Cancer (France)
- Wellcome Trust
- Israel Science Foundation (Israel)
- National Research Foundation (South Africa)
- BRACE – Research into Alzheimer's
- NWO (Netherlands)
- Medical Research Council
- Leverhulme Trust
- The Royal Society
- Health and Medical Research Fund (Hong Kong)
- Academy of Medical Sciences
- The King's Fund
- Austrian Science Fund (Austria)
- Canadian Hearing Services: Global Partnerships for Research and Innovation (Canada)
- Cyprus Research and Innovation Foundation (Cyprus)
- Independent Research Fund (Denmark)

Editorial Appointments:

- Behavioral Sleep Medicine (2013 - Present)
- Sleep Health (2016 – Present)
- Frontiers in Sleep (Associate Editor 2022 – Present)

Honorary Appointments:

- University of Limerick – Adjunct Professor
- Honorary Consultant – The Sleep Charity

CBT-I Training:

- Basic CBT-I (Sleep Charity: 2020 – Present)
- Basic CBT-I (Sleep Consultancy Limited: 2021 – Present)
- Basic CBT-I (Grayrock: 2022 – 2023)
- Basic CBT-I (CNTW: 2020 – 2023)
- Advanced CBT-I (Sleep Consultancy Limited: 2022 – Present)
- Advanced CBT-I (University of Pennsylvania: 2019 – Present)

Committees:

- Sleep Research Society (Training Education Advisory Committee) June 2006 – June 2009
- BPS – Division of Health Psychology Scotland – March 2008 – March 2010
- BPS – Division of Health Psychology (DHP) – March 2008 – Sept 2012
- BPS-DHP – Chair Practitioners Sub-Committee – Sept 2009 – Sept 2012
- British Psychological Society – Workforce Planning Committee - Sept 2009 – Sept 2012
- British Psychological Society – Standing Committee for Psychologists in Health and Social Care Sept 2009 – Sept 2012
- British Psychological Society – Mental Capacity Act Working Group Sept 2009 – Sept 2012
- Sleep Research Society – Pipeline Development Committee – June 2016 – June 2019
- British Sleep Society – Chair Research Sub Committee – June 2018 – June 2023
- Society of Behavioral Sleep Medicine – Co-Chair Internationalization Committee – March 2021 – present

Conference Organisation:

- Local Organising Committee - European Sleep Research Society (Glasgow 2008)
- BPS-DHPS Annual Conference (Glasgow 2009)

Symposium Chairing:

- Psychobiological Mechanisms in Insomnia (Co-Chair with Professor Celyne Bastien Universite Laval) European Sleep Research Society Conference (Glasgow 2008)
- CBT for Insomnia: Traversing the Iceberg. (Chair) British Association for Behavioural and Cognitive Psychotherapies (Manchester 2010)
- The pathophysiology of insomnia (Co-Chair with Professor Celyne Bastien Universite Laval) Canadian Sleep Society Conference (Halifax: Nova Scotia 2013)
- Treatment of Insomnia (Chair) British Sleep Society (Newcastle 2015)
- Insomnia: Assessment and management (Co-Chair: Prof. Ruth Benca) World Federation of Sleep Societies (Vancouver 2019)
- Sleep Health (Chair) British Sleep Society (Birmingham 2019)
- Standardizing reporting standards in insomnia RCTS (Co-Chair: Professor Sean Drummond) Australasian Sleep Society (online 2021)
- Chrononutrition (Chair) British Sleep Society (online 2021)
- Behavioural Approaches to Insomnia (Co-Chair: Dr. Colleen Carney) World Federation of Sleep Societies (Rome 2022)

Other Professional Activities/Training:

Reviewer for the following conference committees:

- British Sleep Society – for Collin Sullivan Award (2019 – present)
- Sleep Research Society – for trainee awards and abstracts for trainee scientific meetings (2006 - present)
- British Psychological Society – Division of Health Psychology Scotland for abstracts for scientific meeting (2008)
- British Psychological Society – Division of Health Psychology for lifetime achievement awards (2011)
- European Sleep Research Society – for abstracts for scientific meeting (2014)
- World Federation of Sleep Societies – for abstracts for scientific meeting (2015)
- Sleep Research Society – for mentor / mentee training awards (2016 - 2019)
- British Sleep Society – for Collin Sullivan Award, SASA Award, and 7 conference awards (2019 – 2022)

Professional Examiner:

- Created exam questions for the Insomnia section of the ESRS: EBSM Exams

Participation to special committees/special appointments:

- Expert Consultant - NHS Listening Exercise: Commissioning for Patients (led on the response from the British Psychological Society - Division of Health Psychology) (August 2010)
- Organiser and Host of the First International Forum on Insomnia, Newcastle, (Northumbria University, January 2011)
- Expert Scientific Advisor Panel member for UCB Pharma on understanding Restless Legs Syndrome (July 2011)
- Expert Consultant - NICE Public Health workshop on Sleep (July 2014)
- Netherlands Organisation for Scientific Research (NWO) Scientific advisor for the Light, Cognition, Behaviour and Health programme (November 2014)
- Expert Consultant - MindEd Module for sleep in adolescents (February 2016)
- British Psychological Society – Contribution to 'The Psychologist Guide to Healthy Living' (May 2017)
- Expert Consultant - Every Mind Matters (Public Health England)
- Expert Consultant – Reboot (Public Health England & Boots)
- Expert Consultant – NICE Assistive Technologies Board (January 2021)
- Expert Consultant – NICE Heath Technology Programme (November 2025)

Member – Scientific associations:

- Health and Care Professions Council – Practitioner Psychologist (PYL04110)
- British Sleep Society – Full Member
- European Sleep Research Society – Full Member
- Sleep Research Society – Full Member
- World Association of Sleep Medicine – Full Member

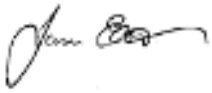
Media Engagement:

Comments in Newspapers / Magazines (approximately 1,035 interviews / comments) including:

NHS Online, Times, Observer, Times Higher Education, Elle, Telegraph, Daily Mail, Mail on Sunday, The Independent, Women, New Scientist, Men's Health, Guardian, Mens Health, Daily Record, Sunday Express, Northern Echo, Evening Chronicle, The Journal Live, The Daily Express, Zest, At Home, Marie Claire.

Comments on Radio & Television Appearances (approximately 496 interviews / comments) including:

BBC 1 (Television), BBC Newcastle (Television), BBC Scotland (Television), Tyne Tees (Television), ITV (Television), Channel 4 (Television), Channel 5 (Television), Audible, BBC Radio London, Yahoo, BBC Newcastle Radio, BBC Radio 4, BBC Radio 5, BBC Radio Cardiff, BBC Radio Cymru, BBC Radio Wales, BBC Radio Solent, BBC Radio 2, BBC Radio Surrey, BBC Radio Scotland, BBC Radio Glasgow, Smooth Radio, BBC Radio Ulster, GU2 Radio, Clyde 1, BBC Radio Essex, Heart Radio, Metro Radio, Magic 1152, BBC Radio Tees, BBC Radio Norfolk, Real Radio, Xfm, BBC Radio Northampton.



25th February 2026

Curriculum Vitae

PD Dr. Masoud Tahmasian MD, PhD

General information:

Date of birth: October 30, 1981
Place of birth: Kermanshah, Iran
Nationality: Iranian
Address: Brain and Behaviour (INM-7), Institute of Neuroscience and Medicine, Jülich Research Centre, Wilhelm-Johnen-Straße, 52425 Jülich, Germany.

Email: m.tahmasian@fz-juelich.de, masoudtahmasian@gmail.com

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Education:

- **Doctor of Philosophy (PhD),** Neuroimaging Research Group, Klinikum Rechts der Isar, Technische Universität München, Munich, Germany, April 2011 - September 2014. *Thesis:* Multimodal neuroimaging on neurodegenerative disorders using the hybrid PET/MRI technique.

- **Medical Doctorate (MD),** School of Medicine, Kermanshah University of Medical Science,Iran, September 1999 - September 2006. *Thesis:* The Effect of Morphine Dependency on Spatial Learning and Memory in Male Rat.

- **High School Diploma,** NODET (National Organization for Development of Exceptional Talents), Kermanshah, Iran, September 1995 - September 1999.

Professional Positions:

- Priv.-Doz. (PD), Department of Nuclear Medicine, University Hospital and Medical Faculty, University of Cologne, Cologne, Germany.
- The "*Sleep, Brain, and Behaviour*" team's leader in Institute of Neuroscience and Medicine: Brain and Behaviour (INM-7), Jülich Research Centre, Germany, December 2021-present.
- Chair of the ENIGMA-Sleep working group (https://enigma.ini.usc.edu/ongoing/enigma-sleep/), 2017 - present.
- Visiting Professor, Clinical Affective Neuroimaging Laboratory (CANLAB), Leibniz Institute for Neurobiology, Otto-von-Guericke University, 2019 - present.
- Post-doctoral fellowship, Brain and Behaviour (INM-7), Institute of Neuroscience and Medicine, Jülich Research Centre, Germany, July 2021 - November 2021.
- Assistant Professor, Institute of Medical Science and Technology, Shahid BeheshtiUniversity, Tehran, Iran, August 2016 – June 2021.
- Post-doctoral fellowship, Shahid Beheshti University, Tehran, February 2016 - August2016.
- Post-doctoral fellowship, Department of Neurology, University Hospital of Cologne,Germany, May 2014 - January 2016.
- TUM-Neuroimaging center (TUM-NIC), Klinikum Rechts der Isar, Technische Universität München, Munich, Germany, December 2010 - September 2014.
- NMR (ME-MRI) internship, Neuroimaging Research Group, Max Planck Institute ofPsychiatry, Munich, Germany, May 2010 - Oct 2010.
- Researcher, Sleep Disorders Research center, Kermanshah University of Medical Science,Iran, October 2006 - April 2010.
- General Physician, Emergency ward, Imam Hussein Hospital and Imam Reza Hospital, Kermanshah, April 2007 - April 2010.
- General Physician (MD), Emergency ward, Imam Hussein Hospital and Imam RezaHospital , Kermanshah, April 2007 - April 2010.
- Medical Council, Islamic Republic of Iran. 2006 - present.
- Chair of Students Research Committee, Kermanshah University of Medical Science,October 2004 - October 2006.

Research Interests:

- Sleep medicine
- Neurodegenerative diseases (Dementia & Alzheimer's disease, Parkinson's disease)
- Major depressive disorder
- Multimodal functional neuroimaging (PET/MRI)
- Neuroimaging and behavioral meta-analyses

Honors and Awards:

- Awarded as the best annual researcher, Shahid Beheshti University, Iran, 2020.
- Awarded as the best annual researcher, Shahid Beheshti University, Iran, 2018.
- Awarded for the highlight presentation, Deutschen Gesellschaft für Nuklearmedizin, Hannover, 22-25 April 2015.
- Awarded as the best annual researcher of Kermanshah University of Medical Science, Iran,2013.
- Awarded as the 7th young researcher in the 7th Razi medical festival, Iran, January 2012.
- Awarded as the best young researcher in the 17th Iranian Congress of Physiology & Pharmacology, Kerman, October 2005.
- Awarded as the third poster presentation in the 5th Iranian Annual Research Congress of Medical Students, Mashhad, October 2004.
- Awarded as the best annual researcher of Kermanshah University of Medical Science, 2004.

Grants

- Host of a PhD scholarship from the "Chinese Scholarship Council (CSC)" for Ms. Yao Xiao, January 2026 - December 2029.
- Host of a research internship from the "Helmholtz Visiting Researcher Grant" for Ms. Maryam Fallahpoor (13.400 euro), June 2024 - September 2024.
- Host of a PhD scholarship from the "DAAD Research Grants-Doctoral Programmes in Germany for Mr. Wen Liu (48.600 euro), October 2023 - October 2027.
- Host of a research internship from the "Helmholtz Visiting Researcher Grant", for Dr. Fateme Samea (13.400 euro), September 2023 – November 2023.
- Holder of a PhD scholarship from "Research Grant for doctoral candidates and young academics and Scientists" by the German Academic Exchange Service (DAAD), April 2011- April 2014.

Editorial activities:

- SLEEP (Editorial board)
- Journal of Sleep Research (Editorial board)
- Frontiers in Human Neuroscience (Associate editor)
- Frontiers in Psychiatry (Guest editor)

Reviewing activities:

- BMJ
- Brain
- Sleep Medicine Reviews
- Nature Mental Health
- Neuroscience and Biobehavioral Reviews
- Psychological Medicine
- Translational Psychiatry
- SLEEP
- Journal of Sleep Research
- Human Brain Mapping
- Cortex
- Neurobiology of Aging
- European Journal of Nuclear Medicine and Molecular Imaging
- GIGA-Science
- Journal of Affective Disorders

- Neuroimage: Clinical
- Frontiers in Human Neuroscience
- Frontiers in Aging Neuroscience
- Frontiers in Neurology
- PLOS One
- Psychiatry Research: Neuroimaging
- Brain Structure and Function
- Brain and Behavior
- Neuroscience letters
- International Journal of Neuroscience

Teaching experiences:

- "Sleep and Clinical Neuroscience" module for Neurosciences, Experimental and Clinical master's program, University of Cologne, WS 2023 - present.

- "Translational Neuroimaging" module for Neurosciences, Experimental and Clinical master's program, University of Cologne, SS 2023 - present.

- "Neuroimaging meta-analysis", Cognitive Neuroscience: Methods (module 3c) for Translational Neuroscience master's program, Heinrich-Heine University of Düsseldorf, January 2022 - present.

- "Sleep", Cognitive Neuroscience: Functional Systems (module 4c) for Translational Neuroscience master's program, Heinrich-Heine University of Düsseldorf, January 2022 - present.

- "Neuroimaging meta-analysis", Neuroimaging and Precision Medicine module, for Data science and AI master's program, Heinrich-Heine University of Düsseldorf, October 2021 - present.

- "Neuropsychology and Medical Physiology" course for master students of clinical psychology, Shahid Beheshti University, September 2017 – June 2021.

- "Brain physiology and Cognition" course for master students of biomedical engineering, Shahid Beheshti University, September 2019 - June 2021.

- "Cognitive Neuroscience" course for bachelor students of psychology, Shahid Beheshti University, September 2016 - June 2021.

- "Neurophysiology" course for bachelor students of psychology, Shahid Beheshti University, September 2016 - June 2021.

- "Neuroimaging meta-analysis" workshop, 5th Iranian Human Brain Mapping Congress, Tehran, October 2018.

- "Resting-state fMRI analysis" workshop, 4th Iranian Human Brain Mapping Congress, Tehran, October 2017.

- "Resting-state fMRI analysis" workshop, 3rd Iranian Human Brain Mapping Congress, Tehran, September 2016.

- "MRI analysis" workshop, Shahid Beheshti University, Tehran, Iran, April-June 2016.

- "Resting-state fMRI analysis" workshop, 2nd Iranian Human Brain mapping congress, Tehran, November 2015.

- "English paper writing" workshop for faculty members, Kermanshah University of Medical Science, Kermanshah, September 2014.

- "English paper writing" workshop, Kermanshah University of Medical Science, Kermanshah,

September 2012.

- Seven workshops entitled “Medical research methods”, Kermanshah University of Medical Science, Kermanshah, 2003 - 2006.
- Four workshops entitled “How to search in medical science resources?”, Kermanshah University of Medical Science, Kermanshah, December 2005, July 2005, November 2006, November 2007.
- "Paper writing" workshop, Kermanshah University of Medical Science, Kermanshah, February 2006.

Books chapters (translation)**:**

Sleep [Basic sciences & disorders] from Sadock BJ, Sadock VA. Comprehensive textbook of psychiatry. Williams & Wilkins. Philadelphia, 2006; Translated to Persian by: Khazaie H, Tahmasian M, Kermanshah University of Medical Science, 2006.

Thesis supervisor/advisor:

PhD theses:

Supervisor:

1. Vincent Küppers (University of Cologne, CRC1451), 2021-2026.
2. Hanwen Bi (Heinrich Heine University Düsseldorf), 2022-2026.
3. Jorik D. Elberse (Heinrich Heine University Düsseldorf/Max Planck School of Cognition), 2021-2026.
4. Wen Liu (Heinrich Heine University Düsseldorf/DAAD), 2023-2027.

Advisor:

1. Morteza Mohamadzadeh (Tarbiat Modares University), 2019-2022.
2. Atefeh Aghaei (Shahid Beheshti University), 2020-2022.

Master’s theses:

Supervisor:

1. Nele Hugger (Heinrich Heine University Düsseldorf), 2025-2026.
2. Carola Breitmaier (University of Cologne), 2024-2025.
3. Sama Rahimi (University of Frankfurt), 2024-2025.
4. Rafailia Haritos (Heinrich Heine University Düsseldorf), 2023-2024.
5. Reihaneh Ahmadi (University of Würzburg), 2023-2024.
6. Gerion Reimann (Heinrich Heine University Düsseldorf), 2022-2023.
7. Edoardo Bettazzi (Università di Bologna), 2022-2023.
8. Morteza Afshani (Shahid Beheshti University, Iran), 2020-2021.
9. Mohammad Akradi (Shahid Beheshti University, Iran), 2020-2021.
10. Tara Farzaneh-Daghigh (Shahid Beheshti University, Iran), 2020-2021.
11. Sahar Janalinejad (Shahid Beheshti University, Iran), 2020-2021.
12. Shahriar Mokhtari (Shahid Beheshti University, Iran), 2020-2021.
13. Zahra Arab (Shahid Beheshti University, Iran), 2019-2020.
14. Samar Rekabpour (Shahid Beheshti University, Iran), 2019-2020.
15. Atefeh Ahadi (Shahid Beheshti University, Iran), 2019-2020.
16. Mehdi Nazminia (Shahid Beheshti University, Iran), 2019-2020.
17. Mahzad Khorassani (Shahid Beheshti University, Iran), 2019-2020.

18. Hassan Baharvand Irannia (Shahid Beheshti University, Iran), 2019-2020.
19. Mahnaz Olfati (Shahid Beheshti University, Iran), 2019-2020.
20. Narges Naghibi (Shahid Beheshti University, Iran), 2019-2020.
21. Amir Ebneabassi (Shahid Beheshti University, Iran), 2019-2020.
22. Sarah Obeydinia (Shahid Beheshti University, Iran), 2018-2019.

Medicine/Psychiatry:

Advisor:

1. Dr. Farnoosh Emamian (University of social welfare and rehabilitation, Iran)
2. Mina Abedini (Kermanshah University of Medical Sciences, Iran)

Peer-reviewed publications (*equal contribution):

1. Tahmasian M, Elberse JD, Ahmadi R, Liu W, Rosenzweig I, Genon S, Eickhoff SB, Mander BA. Sleep disturbances and Alzheimer's disease: a multiscale approach from exposome to neurobiology and precision medicine. *Geroscience*. 2026 Feb 23.

2. Küppers V, Bi H, Nicolaisen-Sobesky E, Hoffstaedter F, Yeo BTT, Drzezga A, Eickhoff SB, Tahmasian M. Lower motor performance is linked with poor sleep quality, depressive symptoms, and grey matter volume alterations, *Scientific Reports,* 2026, 16, 1318.

3. Raimondo F, Bi H, Komeyer V, Kasper J, Primus SA, Hoffstaedter F, Mandal S, Waite L, Winkelmann J, Oexle K, Eickhoff SB, Tahmasian M*, Kaustubh Patil K*. Can we predict sleep health based on brain features? A large-scale machine learning study, *Brain Communications, 2026.*

4. Nicolaisen-Sobesky E, Maleki Balajoo S, Mahdipour M, Mihalik A, Olfati M, Hoffstaedter F, Mourão-Miranda J, Tahmasian M, Eickhoff SB, Genon S. Cardiometabolic health and physical robustness map onto distinct patterns of brain structure and neurotransmitter systems. *Plos Biology*. 2025 Nov 21;23(11):e3003498.

5. Rostampour M, Apter D, Rostampour A, Khosravi-Bayangani S, Elberse JD, Sharafkhaneh A, Khazaie H, Tahmasian M. Alterations of neurofluid transport in patients with obstructive sleep apnea and insomnia disorder. Sleep Med. 2026 Feb;138:108687.

6. Haritos R, Küppers V, Samea F, Riemann D, Jessen F, Eickhoff SB, Dafsari FS, Tahmasian M. The effect of psychotherapy on the multivariate association between insomnia and depressive symptoms in late-life depression, *European Psychiatry*. 2025 Sep 3;68(1):e120.

7. Liu W, Küppers V, Tahmasian M. Brain Signature of Sleep Quality, *Sleep*. 2025 July.

8. Akradi M, Farzane-Daghigh T, Ebneabbasi A, Bi H, Drzezga A, Mander BA, Eickhoff SB, Tahmasian M. Alzheimer's Disease Neuroimaging Initiative. How is self-reported sleep-disordered breathing linked with biomarkers of Alzheimer's disease? *Neurobiology of Aging*. 2025 June 19;154:16-24.

9. Samea F, Mortazavi N, Reimann GM, Ebneabbsi A, Zarei M, Khazaie H, Goldstein-Piekarski A, Spiegelhalder K, Baglioni C, Sepehry AA, Tahmasian M. Insomnia and emotion dysregulation: a meta-analytical perspective integrating regulatory strategies and dispositional difficulties. *Sleep Medicine Reviews*. 2025 August.

10. Peng C, Wang C, Wang J, Wassing R, Eickhoff SB, Tahmasian M*, Chen J*. Neural correlates of insomnia with depression and anxiety from a neuroimaging perspective: A systematic review, *Sleep Medicine Reviews*, 2025 May.

11. Reimann GM, Hoseini A, Koçak M, Beste M, Küppers V, Rosenzweig I, Elmenhorst D, Pires GN, Laird AR, Fox PT, Spiegelhalder K, Reetz K, Eickhoff SB, Müller VI, Tahmasian M. Distinct Convergent Brain Alterations in Sleep Disorders and Sleep Deprivation: A Meta-Analysis. *JAMA*

Psychiatry. 2025 April.

12. Saberi A, Ebneabbasi A, Rahimi S, Sarebannejad S, Sen ZD, Graf H, Walter M, Sorg C, Camilleri JA, Laird AR, Fox PT, Valk SL, Eickhoff SB, Tahmasian M. Convergent functional effects of antidepressants in major depressive disorder: a neuroimaging meta-analysis. *Molecular Psychiatry*, 2025, 30, 736–751.

13. Olfati M, Samea F, Faghihroohi S, Balajoo SM, Küppers V, Genon S, Patil K, Eickhoff SB, Tahmasian M. Prediction of depressive symptoms severity based on sleep quality, anxiety, and gray matter volume: a generalizable machine learning approach across three datasets. *EBioMedicine.* 2024 Sep 9;108:105313.

14. Elberse JD, Saberi A, Ahmadi R, Changizi M, Bi H, Hoffstaedter F, Mander BA, Eickhoff SB, Tahmasian M. The interplay between insomnia symptoms and Alzheimer's Disease across three main brain networks, *Sleep*, 2024;, zsae145.

15. Tahmasian M, Küppers V. The Toll of 24/7 Societal Demands: The Brain Health Risks of Shift Work. *Sleep* 2024. zsae134.

16. Naghibi N, Jahangiri N, Khosrowabadi R, Eickhoff CR, Eickhoff SB, Coull J, Tahmasian M. Embodying time in the brain: A multi-dimensional neuroimaging meta-analysis of 95 duration processing studies, *Neuropsychology Reviews,* 2024 Mar;34(1):277-298.

17. Wang Y, Tian Y, Long Z, Dong D, He Q, Qiu J, Feng T, Chen H, Tahmasian M, Lei X, Volume of the Dentate Gyrus/CA4 Hippocampal subfield mediates the interplay between sleep quality and depressive symptoms, *International Journal of Clinical and Health Psychology*, 24 (1), 2024.

18. Reimann GM, Küppers V, Camilleri JA, Hoffstaedter F, Langner R, Laird AR, Fox PT, Spiegelhalder K, Eickhoff SB, Tahmasian M. The role of the subgenual anterior cingulate cortex in insomnia disorder: A neuroimaging meta-analysis of 39 studies. *Sleep Medicine Reviews*, 2023. 101821.

19. Kang J, Bertani R, Raheel K, Soteriou M, Rosenzweig J, Valentin A, Goadsby P.J, Tahmasian M, Moran R, Ilic K, et al. Mental Imagery in Dreams of Congenitally Blind People. *Brain Sciences.* 2023, 13, 1394.

20. Meneo D, Samea F, Tahmasian M, Baglioni, C. The emotional component of insomnia disorder: A focus on emotion regulation and affect dynamics in relation to sleep quality and insomnia. *Journal of Sleep Research*, 2023, 32(6), e13983.

21. Drakatos P, O'Regan D, Liao Y, Panayiotou C, Higgins S, Kabiljo R, Benson J, Pool N, Tahmasian M, Romigi A, Nesbitt A, Stokes PRA, Kumari V, Young AH, Rosenzweig I. Profile of sleep disturbances in patients with recurrent depressive disorder or bipolar affective disorder in a tertiary sleep disorders service. *Scientific Reports*, 2023 May 31;13(1):8785.

22. Schiel JE, Tamm S, Holub F, Petri R, Dashti HS, Domschke K, Feige B, Goodman MO, Jones SE, Lane JM, Ratti PL, Ray DW, Redline S, Riemann D, Rutter MK, Saxena R, Sexton CE, Tahmasian M, Wang H, Weedon M, Weihs A, Kyle SD, Spiegelhalder K. Associations Between Sleep Health and Grey Matter Volume in the UK Biobank Cohort (N = 33,356), *Brain Communications*, 2023

23. Afshani M, Mahmoudi Aznaveh A, Noori K, Rostampour M, Zarei M, Spiegelhalder K, Khazaie H, Tahmasian M. Discriminating paradoxical and psychophysiological insomnia based on structural and functional brain images: a preliminary machine learning study. *Brain Sciences.* 2023, 13(4), 672.

24. Weihs A, Frenzel S, Bi H, …, Tahmasian M. Lack of Structural Brain Alterations associated with Insomnia: Findings from the ENIGMA-Sleep working group, *Journal of Sleep Research,* 2023 Mar 21.

25. Ahmadi R, Javaheripour N, Emamian F, Ghadami MR, Zarei M, Khazaie H, Tahmasian M,Sepehry AA. Insomnia and post-traumatic stress disorder: A meta-analysis on prevalence and correlation,

Neuroscience & Biobehavioral Reviews, Sep 2022.

26. Schiel JE, Tamm S, Holub F, Petri R, Dashti HS, Domschke K, Feige B, Lane JM, Riemann D, Rutter MK, Saxena R, Tahmasian M, Wang H, Kyle SD, Spiegelhalder K. Associations Between Sleep Health and Amygdala Reactivity to Negative Facial Expressions in the UK Biobank Cohort (N = 25,758), *Biological Psychiatry*, 2022 Nov 1;92(9):693-700.

27. Steidel K, Ruppert MC, Greuel A, Tahmasian M, Maier F, Hammes J, van Eimeren T, Timmermann L, Tittgemeyer M, Drzezga A, Pedrosa DJ, Eggers C. Longitudinal trimodal imaging of midbrain-associated network degeneration in Parkinson's disease, *NPJ Parkinsons Dis.* 2022 Jun 22;8(1):79.

28. Kamalian A, Khodadadifar T, Saberi A, Masoudi M, Camilleri JA, Eickhoff CR, Zarei M, Pasquini L, Eickhoff SB, Tahmasian M. Regional brain abnormalities in behavioral variant frontotemporal dementia: a meta-analysis, *Alzheimers Dement (Amst).* 2022 May 29;14(1):e12318.

29. Khodadadifar T, Soltaninejad Z, Ebneabbasi A, Eickhoff C, Sorg C, Van Eimeren T, VogeleyK, Zarei M, Eickhoff SB, Tahmasian M. In search of convergent evidence for aberrant brainactivation in cognitive emotion regulation: a transdiagnostic neuroimaging meta-analysis *Human Brain Mapping,* March 2022.

30. Maleki-Balajoo S, Rahmani F, Khosrowabadi R, Meng C, Grimmer T, Drzezga A, Zarei M,Sorg C, Tahmasian M. Decoupling of inter-regional functional connectivity and regional neural activity in Alzheimer Disease, *European Journal Nuclear Medicine Molecular Imaging*, February 2022.

31. Saberi A, Mohammadi E, Zarei M, Eickhoff SB, Tahmasian M. Inconsistent brain abnormalities in late-life depression: an activation likelihood estimation meta-analysis. *BrainImaging and Behavior*, February 2022.

32. Rahimi-Jafari S, Sarebannejad S, Saberi A, Khazaie H , Camilleri JA, Eickhoff CR, EickhoffSB, Tahmasian M. Is there any consistent structural and functional brain abnormality in narcolepsy? A meta-analytic perspective. *Neuroscience and Biobehavioural Reviews*, 2022 Jan;132:1181-1182.

33. Rostampour M, Gharaylou Z, Rostampour N, Kaveh D, Noori K, Fadaei R, Tahmasian M, Zarei M. Asymmetric Alterations of White Matter Integrity in Patients with Insomnia Disorder. *Brain Imaging and Behavior*, February 2022.

34. Steidel K, Ruppert MC, Palaghia I , Greuel A , Tahmasian M, Maier F, Hammes J, van Eimeren T, Timmermann L, Tittgemeyer M, Drzezga A, Pedrosa D, Eggers C. Dopaminergic pathways and resting-state functional connectivity in Parkinson's disease with freezing of gait. *NeuroImage: Clinical*, 32, December 2021.

35. Maier F, Greuel A, Hoock A, Kaur R, Tahmasian M, Csoti I, Jessen F, Drzezga A, Van Eimeren T, Timmermann L, Eggers C. Cingulate cortex dysfunction relates to impaired cognitive self-awareness in Parkinson's disease, *Psychological Medicine,* September 2021.

36. Emamian F, Mahdipour M, Noori K, Rostampour M, Mousavi SB, Ghalebandi M, Khazaie H, Khodaie-Ardakani M, Tahmasian M, Zarei M. Shape Alteration of Subcortical Brain Structures in Paradoxical and Psychophysiological Insomnia Disorder. *Frontries in Psychiatry*. April 2021.

37. Tahmasian M, Aleman A, Andreassen OA, et al. ENIGMA-Sleep: challenges, opportunities,and the road map. *Journal of Sleep Research*. 2021; 30:e13347.

38. Ruppert M, Greuel A, Freigang J, Tahmasian M, Maier F, Hammes J, Van Eimeren T, Tittgemeyer M, Timmermann L, Drzezga A, Eggers C. The default mode network and cognition in Parkinson's disease: a multimodal resting-state network approach. *Human BrainMapping.* February 2021.

39. Seemiller J, Bischof G, Hoenig M, Tahmasian M, Van Eimeren T, Drzezga A. Indication of retrograde tau spreading along Braak stages and functional connectivity pathways. *EuropeanJournal of Nuclear Medicine and Molecular Imaging,* 2021, 1-11.

40. Ebneabbasi A, Mahdipour M, Nejati V, Li M, Liebe T, Colic L, Leutritz AL, Vogel M, ZareiM,

Walter M, Tahmasian M. Emotion processing and regulation in major depressive disorder: A 7T resting-state fMRI study. *Human Brain Mapping.* 2021;42:797–810.

41. Khazaie H, Tahmasian M. Editorial letter, *Scandinavia Journal of Sleep Medicine*, 2021, 69.

42. Schiel, J.E., Holub, F., Petri, R. Leerssen J, Tamm S, Tahmasian M, Riemann D, Spiegelhalder K. Affect and Arousal in Insomnia: Through a Lens of Neuroimaging Studies. Curr Psychiatry Rep, 2020, 22, 44.

43. Rostampour M, Noori K, Heidari M, Fadaei R, Tahmasian M, Khazaie H, Zarei M. White matter alterations in patients with obstructive sleep apnea: A systematic review of diffusion MRI studies. *Sleep Medicine. 2020,* 29 June.

44. Tahmasian M, Samea F, Khazaie H, Zarei M, Kharabian Masouleh S, Hoffstaedter F, Camilleri J, Kochunov P, Yeo BTT, Eickhoff SB, Valk SL. The interrelation of sleep and mental and physical health is anchored in grey-matter neuroanatomy and under genetic control. *Communication Biology*. 2020, 9;3(1):171.

45. Ruppert MC, Greuel A, Tahmasian M, Schwartz F, Stürmer S, Maier F, Hammes J, Tittgemeyer M, Timmermann L, van Eimeren T, Drzezga A, Eggers C. Network degeneration in Parkinson's disease: multimodal imaging of nigro-striato-cortical dysfunction. *Brain*. 2020, 143 (3): 944-959.

46. Thompson P, Jahanshad N, Ching CRK, et al. ENIGMA and Global Neuroscience: A Decadeof Large-Scale Studies of the Brain in Health and Disease across more than 40 Countries. *Translational Psychiatry*. 2020, 10: 100.

47. Mohajer B, Abbasi N, Mohammadi E, Khazaie, Osorio RC, Rosenzweig I, Eickhoff CR, Zarei M, Tahmasian M, Eickhoff SB. Sleep-disordered Breathing and Alzheimer's disease; A Voxel-based Morphometry and BrainAGE study. *Human Brain Mapping.* 2020 Aug 1;41(11):3034-3044.

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October..

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Congress presentations:

1. Application of machine learning to understand the neurobiology of sleep disturbances: Lessons from large-scale datasets and the ENIGMA-Sleep working group, *Sleep Europe Congress*, Sevilla, September 2024.
2. Similarities and differences of the neural correlates in various sleep disorders and sleep deprivation across 196 neuroimaging studies, *Sleep Europe Congress*, Sevilla, September 2024.
3. The Interplay Between Tau Accumulation and Self-Reported Insomnia and Sleep-Disordered Breathing Along the Trajectory of Alzheimer's Disease, *Sleep Europe Congress*, Sevilla, September 2024.
4. Machine Learning-based Predictions of Cross-Sectional and Follow-Up Mental Health from Sleep Quality, Lifestyle, Personality, and Demographics, *Sleep Europe Congress*, Sevilla, September 2024.
5. Assessing the effects of total and partial sleep deprivation on glymphatic indices using the ENIGMA-Sleep cohorts, *Sleep Europe Congress*, Sevilla, September 2024.
6. Increased multivariate association between insomnia and depressive symptomatology after psychotherapy intervention in late-life depression, *Sleep Europe Congress*, Sevilla, September 2024.
7. Convergent functional effects of antidepressants and rTMS, *Deutsche Gesellschaft für Hirnstimulation in der Psychiatrie e.V. DGHP-Jahrestagung*, Göttingen, June 2024.
8. Predicting Brain Aging (Brain Age Gap) from Biomedical and Lifestyle Variables, *Organization of human brain mapping*, Seoul, June 2024.
9. Differential impact of sleep deprivation conditions on resting-state effective connectivity, *Organization of human brain mapping*, Seoul, June 2024.
10. Motor phenotypes: Multivariate associations with sleep, mental health, and grey matter volume, *Organization of human brain mapping*, Seoul, June 2024.
11. Multivariate association between risk factors for non-communicable diseases and cortical thickness, *Organization of human brain mapping*, Seoul, June 2024.
12. Associations between sleep, brain, and cognitive performance using the ENIGMA-Sleep data, *Organization of human brain mapping*, Seoul, June 2024.
13. A need for worldwide collaboration in neuroimaging/genetics of sleep research: The ENIGMA-Sleep framework, *Sleep Europe Congress*, Athens, September 2022.
14. Lack of structural brain alteration associated with insomnia: Findings from the ENIGMA-Sleep working group, *World Sleep Congress*, Rome, March 2022.
15. Alterations of Subcortical Brain Structures in Paradoxical and Psychophysiological Insomnia Disorder, *World Sleep Congress*, Rome, March 2022.
16. Is there any consistent structural and functional brain abnormality innarcolepsy? A meta-analytic

perspective, *World Sleep Congress*, Rome, March 2022.
17. Phenotypic and genetic correlation between sleep, behavior, andmacroscale cortical grey matter, *World Sleep Congress*, Rome, March 2022.
18. Convergent regional brain abnormalities in behavioral variant frontotemporal dementia: a neuroimaging meta-analysis of 73 studies, *Organization of human brain mapping*, June 2022, Glasgow.
19. The role of sleep quality and grey matter volumes in prediction of depressive symptoms severity, *Organization of human brain mapping*, June 2022, Glasgow.
20. Sleep and neuroimaging, a need for a large collaboration, *7th IranianHuman Brain mapping congress*, Tehran, November 2020. Online.
21. Shared genetic etiology between sleep duration, behavior, and cortical thickness. *Organization of human brain mapping*, July 2020. Online.
22. In search of convergent evidence for aberrant brain activation in cognitive emotion regulation: a transdiagnostic neuroimaging meta-analysis. *Organization of human brain mapping*, July 2020. Online.
23. All you need is enough sleep, *6th Iranian Human Brain mapping congress*, Tehran, October 2019.
24. Imaging correlates of impaired self- awareness of cognitive deficits in Parkinson's disease: *International Congress of Parkinson's Disease and Movement Disorders*, Nice, France, 2019.
25. Potential involvement of the caudate nucleus inGBA-associated Parkinson's disease, *International Congress of Parkinson's Disease and Movement Disorders*, Nice, France, 2019.
26. Detection of nigro-striatal pathway disruption inParkinson's Disease patients using a multimodal imaging approach. *German Society for Parkinson's disease and Movement Disorders*, 2019.
27. Sleep-disordered Breathing and Alzheimer's disease; A Voxel-based Morphometry and BrainAGE study, *Organization ofhuman brain mapping*, Rome, June 2019.
28. Functional neural alterations in acute sleep deprivation: An activation likelihood estimation meta-analysis. *Organization of human brain mapping*, Rome, June 2019.
29. Local metabolism impairments modify topological FC in Alzheimer disease: A PET/MR study. O*rganizationof human brain mapping*, Rome, June 2019.
30. Bi-directional Analysis of Tau Propagation between Braak Stages along Functional Connectivity Pathways. *American Academy of Neurology*, Philadelphia, May 2019.
31. Neuroimaging meta-analysis in sleep disorders, 5th *Iranian Human Brain mapping congress*, Tehran, October 2018.
32. Neuroimaging meta-analysis in sleep disorders, University of Tübingen, February 2019.
33. Brain Alterations in Insomnia Disorder: A Neuroimaging Meta-analysis, *Organization of human brain mapping*, Singapour, June 2018.
34. Structural and Functional Brain Alterations in ADHD: a neuroimaging meta-analysisof 86 studies, *Organization of human brain mapping*, Singapour, June 2018.
35. Link between striatal dopamine uptake and cortical dysconnectivity in Parkinson's disease, *International Congress of Parkinson's Disease and Movement Disorders*, Vancouver, June 2017.
36. Neuroimaging in Parkinson's disease, 4th *Iranian Human Brain mapping congress*, Tehran, October 2017.
37. Neuroimaging in Parkinson's disease, 3rd *Iranian Human Brain mapping congress*, Tehran, September 2016.
38. Hippocampus disconnection hypothesis in Alzheimer's disease" lecture, Cognitive school, *Institute for Research in Fundamental Sciences (IPM),* Tehran, March 2015.
39. Multimodal neuroimaging on neurodegenerative disorders using the hybridPET/MRI, *2nd Iranian Human Brain mapping congress*, Tehran, November 2015.
40. Impulsivity is associated with increased metabolism of the frontoinsular network in Parkinson's disease, *SfN Annual meeting*, Chicago, USA, 17-21 October 2015.
41. Overlapping neural correlates of impulsivity and hypomania in Prkinson's disease *SfN Annual meeting*, Chicago, USA, 17-21 October 2015.
42. Impulsivity is associated with hypermetabolism of the fronto-insularcortex in Parkinson's disease. *2nd International Symposium of the Clinical Research Group 219, Basal-Ganglia-Cortex Loops: Pathological Interactions and TherapeuticModulation*, Cologne, Germany, 26-28 February 2015.
43. Impaired self-awareness of motor symptoms is associated with metabolism alterations in Parkinson's disease. *2nd International Symposium of the Clinical Research Group 219, Basal-Ganglia-Cortex Loops: Pathological Interactions and Therapeutic Modulation,* Cologne, Germany, 26-28 February 2015.
44. Separation of neurodegenerative diseases based on the network degeneration hypothesis: PET/MRI study, *Organization of human brain mapping,* Hamburg, Germany, 7-12 June 2014.
45. Increased synchrony of ongoing activity in hippocampal sub-regions is associated with cortical

thinning and impaired memory in Alzheimer's disease, *Organization of human brain mapping*, Hamburg, Germany, 7-12 June 2014.

46. Association between metabolic and structural changes of hippocampus and retrosplenial cortex with disruptionof functional connectivity in Alzheimer's disease and mild cognitive impairment: aPET/MR study, *SfN Annual meeting*, San Diego, USA, 9-13 November 2013.
47. Simultaneous PET/MR imaging of brain metabolism and coherent intrinsicactivity in the visual system. *SfN Annual meeting*, San Diego, USA, 9-13 November 2013.
48. Selectively and progressively increasedBOLD synchrony within the hippocampus in Alzheimer's disease, *SfN Annual meeting*, San Diego, USA, 9-13 November 2013.
49. Brain connectivity, Shahid Beheshty University of Medical Science, Tehran, December 2013.
50. Simultaneous PET/MR imaging of brain metabolism and coherent intrinsicactivity in the visual system. *SNM Annual Meeting*, *Journal of Nuclear medicine*. Meetingabstract, 54:528, Vancouver, Canada, 8-12 June 2013.
51. Functional and metabolic resting state networks as captured with simultaneousPET/MR imaging. *SNM Annual Meeting*, *Journal of Nuclear medicine*. Meeting abstract, 54:527, Vancouver, Canada, 8-12 June 2013.
52. Correspondingly disrupted volume and intrinsic functional connectivity of hippocampus and amygdala in recurrent major depression. *ESF-FENS Conferences on the Dynamic Brain (The Neurobiology of Emotion),* Stresa, Italy, 11 - 14 November 2012.
53. In Alzheimer's disease, hypometabolism in brain regions less affected by amyloid-pathologymay be a consequence of pathologies in functionally connected brain regions. SNM Annual Meeting, *Journal of Nuclear medicine*. Meeting abstract, 53: 305, Miami Beach, FL, USA, 9 –13 June 2012.
54. Functional and structural Reorganization of amygdala and hippocampus in recurrent major depressive disorder. *PhDposter symposium*, Technische Universität München, Munich, Germany. 20 July 2011.
55. Abnormal ECG patterns in chronic post-war PTSD patients: A pilot case- control examination, Day-hospital, day-surgery and home health care – *Improvement fromtechnological advancements*, Italy, 15– 17 December 2011.
56. Manganese enhanced MRI -measuring activity and connectivity of neural networks. *Max-planck institute of psychiatry symposium*, Munich, Germany. 27-28 July 2010.
57. Insomnia Treatment by Olanzapine: Is Sleep State Misperception A Psychotic Disorder? *World Psychiatric Association International Congress,* Beijing, China, 1-5 September 2010.
58. Relationship between religious values and anxiety among Kermanshah University of Medical Sciences students, *World Psychiatric Association International Congress,* Beijing, China, 1-5 September 2010.
59. Efficacy of designed method for diagnosis of malingering type of enuresis: Introducing of an innovation, *World Psychiatric Association International Congress,* Beijing, China, 1-5 September 2010.
60. Fluoxetin and Citalopram for Depression in Type 2 Diabetes (A Randomized Clinical Trial), *World Psychiatric Association International Congress,* Beijing, China, 1-5 September 2010.
61. Evaluating The Dream Content In Schizophrenics, Siblings Of Schizophrenic Patients, Non Schizophrenic Mentally Ill Patients, And Community Control Adolescents. *8th Annual Congress of Iranian Psychiatric Association,* Tehran, Iran, November 2008.
62. Effects of Shifts on the Risk of Motor VehicleCrashes and Sleep Problems among Iranian Hospital Workers, *World Psychiatric Association International Congress,* Melbourne, Australia, 28 Nov-2 Dec 2007.
63. What is Actigraphy? The role of actigraphy in the study of sleep disorders, *17th Iranian Congress of Physiology & Pharmacology,* Mashhad, Iran, 13-16 Aug 2007.
64. Effects of morphinedependence with injectional method on spatial learning and memory in rat *,7 th Iranian Annual Research Congress of Medical Students,* Shahid Beheshti University of MedicalScience, Tehran, Iran, May 2006.
65. Consequences of pentylentetrazol kindling on spatial learning and memory, *International Cell Physiology & Engineering Meeting and 12th Young Neuroscientist Meeting*, Solvenia , 26-29 May 2005.
66. Simultaneous evaluationof morphine dependence and cold water on spatial learning and memory in rat, *5 th IranianAnnual Research Congress of Medical Students*, Mashhad, Iran, October 2004.
67. Effects ofmorphine dependence on spatial learning and memory. *The 17 th Iranian Congress of Physiology & Pharmacology,* Kerman, Iran, October 2005.

Special skills:

Language: Farsi (Native speaker), English (Fluent), German (Intermediate, B1).

Neuroimaging and statistical Skills: SPM, DPARSF, GIFT, CONN, Matlab, SPSS.

Research Skills:

Human:

- Neuroimaging meta-analysis
- Machine learning in neuroimaging
- Brain-behavioral association using canonical correlation analysis (CCA)
- Behavioral factorization (OPNMF)
- fMRI/PET acquisition
- Seed-based functional connectivity analysis in fMRI
- Independent component analysis (ICA) in fMRI
- Graph analysis in neuroimaging
- Voxel-based morphometry (VBM)
- PET analysis
- Actigraphy for ambulatory sleep monitoring

Small animals:

- MR acquisition in mice (ME-MRI)
- Stereotactic surgery in mice
- Morris water maze

References:

- Prof. Simon B. Eickhoff, MD. Institute of Neuroscience and Medicine (INM-1), Research Center Jülich, Jülich, Germany [s.eickhoff@fz-juelich.de].

- Prof. Alexander Drzezga, MD. Department of Nuclear Medicine, University of Cologne, Germany [a.drzezga@uk-koeln.de].

- Dr. Christian Sorg, MD. Department of Neuroradiology, Technische Universität München, Munich, Germany [c.sorg@lrz.tu-muenchen.de].

- Prof. Mojtaba Zarei, MD, PhD. Institute of Medical Science and Technology, Shahid Beheshti University, Tehran, Iran [mzarei@me.com].

- Prof. Habibolah Khazaie, MD. Sleep Disorders Research Center, Department of Psychiatry, Kermanshah University of Medical Science, Kermanshah, Iran [hakhazaie@gmail.com].

Jülich, 25.02.2026

CV

1 Personal information

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2 Education

PhD in Health Sciences (Neurosciences)	University of Bern	Bern, Switzerland	Feb 2014 - June 2018

Thesis: "The role of brain oscillations in flexible attentional control", day of PhD defense: June 25 2018
Advisor: PD. Dr. Yosuke Morishima

MSc in Cognitive Neuroscience	University of Skövde	Skövde, Sweden	Sept 2012 - Sept 2013

Thesis: "A new test paradigm for the assessment of task-switching: An event related potentials study."
Advisor: Dr. Sakari Kallio, Co-advisor: Prof. Antonino Vallesi

BSc in Cognitive Neuroscience	University of Skövde	Skövde, Sweden	Sept 2009 – Aug 2013

Thesis: "A meta-analysis of cortical brain areas involved in pleasant and CT-related touch stimulation."
Advisor: Prof. India Morrison

BSc in Philosophy	University of Skövde	Skövde, Sweden	Sept 2009 – Oct 2013

Thesis: "Pet fish out of context: On concepts, compositionality and context."
Advisor: Prof. Paavo Pylkkänen

3 Employment history including current position/s with the name/s of the advisor/s

University of Geneva	Geneva, Switzerland	March 2023 - present

Senior postdoctoral researcher (maître assistant), in the group of Prof. Dr. med. Christoph Nissen

University of Geneva	Geneva, Switzerland	March 2022 – February 2023

Postdoctoral researcher, in the group of Prof. Dr. med. Christoph Nissen

University of Bern	Bern, Switzerland	Aug 2023 – present

Guest researcher

University of Bern	Bern, Switzerland	Aug 2018 – 2023

Postdoctoral researcher, in the group of Prof. Dr. med. Christoph Nissen

University of Bern	Bern, Switzerland	Feb 2014 – June 2018

PhD project, under supervision of PD. Dr. Yosuke Morishima

University of Padua	Padua, Italy	April 2013 – July 2013

Master's thesis project, under supervision of Prof. Antonino Vallesi

Université II Bordeaux	Bordeaux, France	May 2012 – July 2012

Internship project, under supervision of Prof. Joel Swendsen

Sahlgrenska University Hospital	Gothenburg, Sweden	Jan 2012 - June 2012

Bachelor's thesis project, under supervision of Prof. India Morrison

4 Institutional responsibilities

-

5 Approved research projects

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6 Supervision of students/junior researchers (summary information, the names of the junior researchers should be indicated)

Master thesis, supervision

16.09.2024-Ongoing	Isaline Cepeda, University of Geneva	To be defined
16.09.2024-Ongoing	Estelle Zapella, University of Geneva	To be defined
16.09.2024-Ongoing	Miriam Planta, University of Geneva	To be defined
01.04.2023-31.07.2023	Kevin Mammeri, University of Geneva	Auditory closed-loop modulation of slow wave sleep to treat major depressive disorder

PhD thesis, supervision

01.05.2023-Ongoing	Pauline Henckaerts, University of Geneva	Auditory closed-loop modulation of slow wave sleep to treat major depressive disorder. PhD thesis in cognitive neuroscience, co-supervisor with Prof. Christoph Nissen, University of Geneva

- Secondary supervisor of Pauline Henckaerts

7 Teaching activities (summary information)

Course: Brain rhythms during sleep (as part of the course series Neurobiology of vigilance states)	University of Geneva	Geneva, Switzerland	2024 – present
Lecturing			
Course: Non-invasive brain stimulation for basic and clinical neuroscience	University of Bern	Bern, Switzerland	4 – 5 November 2021
Lecturing, assisting during hands-on session			
Journal club in Brain stimulation	UPD Bern	Bern Switzerland	June 2017 - 2018
Organization and moderation at weekly/bi-weekly journal club on the topic of brain stimulation			
Course: Seminar series on multimodal NIBS	University of Bern	Bern, Switzerland	March 2018 – July 2018
Organization and lecturing at bi-weekly seminars on the topic of concurrent brain stimulation and imaging			
Course: Non-invasive brain stimulation for basic and clinical neuroscience	University of Bern	Bern, Switzerland	15 – 16 November 2018
Lecturing, assisting during hands-on session			
Course: Seminar series on multimodal NIBS	University of Bern	Bern, Switzerland	March 2019 – July 2019
Organization and lecturing at bi-weekly seminars on the topic of concurrent brain stimulation and imaging			
Course: Non-invasive brain stimulation for basic and clinical neuroscience	University of Bern	Bern, Switzerland	11 – 12 November 2021

8 Memberships in panels, boards, etc., and individual scientific reviewing activities

PhD mid-term examination evaluation committee

16.10.2024	Pauline Henckaerts	Thesis title: Auditory closed-loop modulation of slow wave sleep to treat major depressive disorder

Master thesis evaluation committee

25.06.2024	Laure Colin	Thesis title: Modifying sleep with drugs: does it impact the consolidation of episodic emotional memory?
05.07.2025	Nova Mcginn	Thesis title: The effects of repeated home-based theta-tuned tACS on working memory deficits in individuals with 22q11.2 deletion syndrome:

9 Active memberships in scientific societies, fellowships in renowned academies

Memberships in scientific societies:

Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC)
European Sleep Research Society (ESRS)
World Sleep Society
European Insomnia Network (EIN)

10 Organization of conferences

Meeting: "Workshop - Closing Loops in Cognitive Neuroscience" University of Bern Bern Switzerland January 21-22 2019

I conceptualized the meeting and obtained the funding from the 'Fund for the Promotion of Young Researchers', chaired the meeting and held the opening lecture, with approximately 70 students and researchers attending from across Switzerland and 6 invited speakers from across Europe.

11 Prizes, awards, fellowships

Awards:

11th Annual Meeting Clinical Neuroscience Bern March 31 2016

Best Basic Research Human Poster Award 2016
http://www.neuroscience.unibe.ch/unibe/portal/microsites/micro_clinicneuro/content/e253873/e382049/e418356/PosterAwards2016.pdf

Funding:

Fund for the Promotion of Young Researchers, University of Bern June 11 2018

Amount received: CHF 4255
Funded: 2-day workshop "Closing Loops in Cognitive Neuroscience"

12 Personal skills

Skills

Programing languages: R, MATLAB

Methodological experience

Electroencephalography, magnetic resonance imaging, transcranial magnetic stimulation, transcranial alternating current stimulation, transcranial direct current stimulation, closed-loop systems

Languages

Swedish (mother tongue), English (advanced), German (advanced), French (basic), Hungarian (basic)

13 Career breaks

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Research output list

14 Publications in peer-reviewed scientific journals

- **Fehér KD**, Henckaerts P, Hirsch V, Bucsenez U, Kuhn M, Maier JG, Schneider CL, Hertenstein E, Mikutta C, Riemann D, Feige B, Nissen C. A nap can recalibrate homeostatic and associative synaptic plasticity in the human cortex. Neuroimage. 2026 Feb 15;327:121723. doi: 10.1016/j.neuroimage.2026.121723. Epub 2026 Jan 14.PMID: 41544905
- Mikutta CA, **Fehér KD**, Henckaerts P, Hertenstein E, Schneider CL, Riemann D, Feige B, Nissen C. Neural Sleep Signatures in Major Depressive Disorder: Altered Oscillatory and Aperiodic Components. Neuroimage. 2026 Feb 8:121788. doi: 10.1016/j.neuroimage.2026.121788.
- Henckaerts P, **Fehér KD**, Hertenstein E, Schneider CL, Angelillo M, Mikutta C, Feige B, Riemann D, Nissen C. Slow wave activity during non-rapid eye movement (NREM) sleep in patients with major depressive disorder: a meta-analysis. Sleep Med Rev. 2025 Oct;83:102141. doi: 10.1016/j.smrv.2025.102141. Epub 2025 Aug 5.PMID: 40865245
- Hertenstein E, Angelillo M, Henckaerts P, Schneider CL, **Fehér KD**, Riemann D, Feige B, Spiegelhalder K, Johann A, Türkmen C, Nissen C. Comparing subjective and objective nighttime- and daytime variables between patients with insomnia disorder and controls - a systematic umbrella review of meta-analyses. Sleep Med Rev. 2025 Oct;83:102153. doi: 10.1016/j.smrv.2025.102153. Epub 2025 Aug 19.PMID: 40850055
- Schneider CL, **Fehér KD**, Hertenstein E, Hügli F, Wunderlin M, Züst MA, Mikutta C, Adamantidis AR, Berger T, Riemann D, Feige B, Nissen C. Multimodal assessment of sleep-wake perception in insomnia disorder. Sci Rep. 2025 Jun 5;15(1):19328. doi: 10.1038/s41598-025-00995-3.PMID: 40473645
- Hertenstein E, Trinca E, Schneider CL, **Fehér KD**, Johann AF, Nissen C. **(2024).** Acceptance and Commitment Therapy, Combined with Bedtime Restriction, versus Cognitive Behavioral Therapy for Insomnia: A Randomized Controlled Pilot Trial. Psychother Psychosom.
- Wunderlin M; Zeller CJ; Senti SR; **Fehér KD**; Suppiger D; Wyss P; Koenig T; Teunissen CE; Nissen C; Klöppel S **(2023**). Acoustic stimulation during sleep predicts long-lasting increases in memory performance and beneficial amyloid response in older adults. Age and Ageing.
- Hertenstein E, Kuhn M, Landmann N, Maier J-G, Schneider CL, **Fehér KD**, Frase L, Riemann D, Feige B, Nissen C **(2023)**. Brain-derived neurotrophic factor genetic polymorphism rs6265 and creativity. PLoS One 18:e0291397.

- Züst MA, Mikutta C, Omlin X, DeStefani T, Wunderlin M, Zeller CJ, **Fehér KD**, Hertenstein E, Schneider CL, Teunissen CE, Tarokh L, Klöppel S, Feige B, Riemann D, Nissen C **(2023)**. The Hierarchy of Coupled Sleep Oscillations Reverses with Aging in Humans. J Neurosci 43:6268–6279.
- Krone LB, **Fehér KD**, Rivero T, Omlin X **(2023)**. Brain stimulation techniques as novel treatment options for insomnia: A systematic review. J Sleep Res:e13927.
- Traut J, Mengual JP, Meijer EJ, McKillop LE, Alfonsa H, Hoerder-Suabedissen A, Song SH, **Fehér KD**, Riemann D, Molnar Z, Akerman CJ, Vyazovskiy VV, Krone LB **(2023)**. Effects of clozapine-N-oxide and compound 21 on sleep in laboratory mice. Elife 12:e84740.
- **Fehér KD**, Omlin X, Tarokh L, Schneider CL, Morishima Y, Züst MA, Wunderlin M, Koenig T, Hertenstein E, Ellenberger B, Ruch S, Schmidig F, Mikutta C, Trinca E, Senn W, Feige B, Klöppel S, Nissen C **(2023)**. Feasibility, efficacy, and functional relevance of automated auditory closed-loop suppression of slow-wave sleep in humans. Journal of Sleep Research n/a:e13846.
- Hertenstein E, Trinca E, Wunderlin M, Schneider CL, Züst MA, **Fehér KD**, Su T, Straten AV, Berger T, Baglioni C, Johann A, Spiegelhalder K, Riemann D, Feige B, Nissen C (**2022**). Cognitive behavioral therapy for insomnia in patients with mental disorders and comorbid insomnia: A systematic review and meta-analysis. Sleep Med Rev.
- Mikutta C, Wenke M, Spiegelhalder K, Hertenstein E, Maier JG, Schneider CL, **Fehér KD**, Koenig J, Altorfer A, Riemann D, Nissen C, Feige B (**2021**). Co-ordination of brain and heart oscillations during non-rapid eye movement sleep. J Sleep Res.
- **Fehér KD**, Nakataki M, Morishima Y (**2021**). Phase-Synchronized Transcranial Alternating Current Stimulation-Induced Neural Oscillations Modulate Cortico-Cortical Signaling Efficacy. Brain Connect.
- Hertenstein E, Trinca E, Schneider CL, Wunderlin M, **Fehér KD**, Riemann D, Nissen C (**2021**). Augmentation of Psychotherapy with Neurobiological Methods: Current State and Future Directions. Neuropsychobiology.
- Ruch S, **Fehér KD**, Homan S, Morishima Y, Mueller SM, Mueller SV, Dierks T, Grieder M (**2021**). Bi-Temporal Anodal Transcranial Direct Current Stimulation during Slow-Wave Sleep Boosts Slow-Wave Density but Not Memory Consolidation. Brain Sci.
- **Fehér KD**, Wunderlin M, Maier JG, Hertenstein E, Schneider CL, Mikutta C, Züst MA, Klöppel S, Nissen C (**2021**). Shaping the slow waves of sleep: A systematic and integrative review of sleep slow wave modulation in humans using non-invasive brain stimulation. Sleep Med Rev.
- Wunderlin M, Züst MA, Hertenstein E, **Fehér KD**, Schneider CL, Klöppel S, Nissen C (**2021**). Modulating overnight memory consolidation by acoustic stimulation during slow-wave sleep: a systematic review and meta-analysis. Sleep.
- Habich A, **Fehér KD**, Antonenko D, Boraxbekk CJ, Flöel A, Nissen C, Siebner HR, Thielscher A, Klöppel S (**2020**). Stimulating aged brains with transcranial direct current stimulation: Opportunities and challenges. Psychiatry Res Neuroimaging.

- Wunderlin M, Züst MA, **Fehér KD**, Klöppel S, Nissen C (**2020**). The role of slow wave sleep in the development of dementia and its potential for preventative interventions. Psychiatry Res Neuroimaging.
- Geiser T, Hertenstein E, **Fehér KD**, Maier JG, Schneider CL, Züst MA, Wunderlin M, Mikutta C, Klöppel S, Nissen C (**2020**). Targeting Arousal and Sleep through Noninvasive Brain Stimulation to Improve Mental Health. Neuropsychobiology.
- Schneider CL, Hertenstein E, **Fehér KD**, Maier JG, Cantisani A; Moggi F; Berger T; Nissen C (**2020**). Become your own SLEEPexpert: design, implementation and preliminary evaluation of a pragmatic behavioral treatment program for insomnia in inpatient psychiatric care. Sleep Advances.
- **Fehér KD**, Nakataki M, Morishima Y (**2017**) Phase-dependent modulation of signal transmission in cortical networks through tACS-induced neural oscillations. Front Hum Neurosci 11.
- **Fehér KD**, Morishima Y (**2016**) Concurrent Electroencephalography Recording During Transcranial Alternating Current Stimulation (tACS). J Vis Exp JoVE.
- Capizzi M, **Fehér KD**, Penolazzi B, Vallesi A (**2015**) Task-switching preparation across semantic and spatial domains: An event-related potential study. Biol Psychol 110:148–158.
- Jean FAM, Swendsen JD, Sibon I, **Fehér KD**, Husky M (**2013**) Daily life behaviors and depression risk following stroke: a preliminary study using ecological momentary assessment. J Geriatr Psychiatry Neurol 26:138–143.
- Jean FAM, Sibon I, Swendsen JD, **Fehér KD**, Husky M (**2013**) Relation entre les comportements et l'environnement, et l'apparition des symptômes dépressifs dans la dépression suivant un accident vasculaire cérébral. Revue Neurologique 169:93-94.

15 Peer-reviewed books/monographs

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16 Peer-reviewed conference proceedings

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17 Contributions to books

- Habich A, **Fehér KD**, Harty S, Vanderhasselt M, Brem A (**2021**). Modulating Cognition in Healthy Young Adults with tDCS. In: Brunoni, André R.; Nitsche, Michael A.; Loo, Colleen K. (eds.) Transcranial Direct Current Stimulation in Neuropsychiatric Disorders (pp. 329-411). Modulating Cognition in Healthy Young Adults with tDCS. Cham: Springer.
- Stålesen Ramfjord L, Hertenstein E, **Fehér KD**, Mikutta C, Schneider CL, Nissen C, Maier JG (**2020**). Local sleep and wakefulness — the concept and its potential for the understanding and treatment of insomnia disorder. Somnologie - Schlafforschung und Schlafmedizin, 24(2), pp. 116-120. Springer 10.1007/s11818-020-00245-w

18 Patents and licenses

- EU patent application (Nr. 21202960.7). Sleep-based detection and intervention system for the treatment of major depressive disorder.

19 Outreach activities (e.g. public engagement in science, technology and knowledge transfer activities, scientific art performances, etc.)

- June 2017 - 2018; Bi-weekly journal club on Brain stimulation; Organizing and moderating
- March 2018: Clinical Neuroscience Bern Science Slam. “Freud, Skinner or MRI?”; Presentation
- February 2019: Featured together with Prof. Christoph Nissen in an article in the magazine “Apotheken Umschau”
- September 2019: 8 x 8' – Junge Forschende erzählen. “Conducting neural nocturnes - Brain stimulation during sleep”; Presentation

CURRICULUM VITAE

PERSONAL DETAILS

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QUALIFICATIONS

2025 – present	Clinical Psychologist Endorsement
2017 - 2025	Master of Psychology (Clinical), *Flinders University*
2008 - 2011	Doctor of Philosophy, *School of Psychology, Flinders University*
2004 - 2007	Bachelor of Psychology (Honours), *Flinders University*

APPOINTMENTS

2022 – Present	Associate Professor of Sleep Health, *Flinders Health and Medical Research Institute: Sleep Health, College of Medicine & Public Health, Flinders University.*
2023 – Present	Higher Degrees by Research Coordinator (Deputy), *College of Medicine and Public Health, Flinders University.*
2024 – Present	Clinical Psychology Registrar, *Flinders Health and Medical Research Institute: Sleep Health, College of Medicine & Public Health, Flinders University.*
2022 – 2024	Senior Practitioner Fellow, *Flinders University.*
2020 – 2022	Senior Research Fellow, Sleep Health Research Development Coordinator, Psychologist (Provisional), *Flinders Health and Medical Research Institute: Sleep Health, Flinders University*
2015 – 2020	Post-Doctoral Research Fellow, *Adelaide Institute for Sleep Health: A Centre of Research Excellence, College of Medicine & Public Health, Flinders University*
2012 – 2014	Research Associate, *School of Psychology, Faculty of Social and Behavioural Sciences, Flinders University*

AWARDS

- Mid-Career Research Award, College of Medicine & Public Health, *Flinders University,* 2023.
- Vice Chancellors Award for Excellence in Higher Degrees by Research Supervision (certification of achievement), *Flinders University,* 2023.
- Social Accountability Award, College of Medicine & Public Health, *Flinders University,* 2022.
- Early Career Research Award, College of Medicine & Public Health, *Flinders University,* 2020.
- Conference Travel Fellowship (Carer Support), *Flinders University,* 2019.
- Fresh Science SA, *Science In Public,* 2018.

- Conference Travel Fellowship (Carer Support), *Flinders University,* 2017.
- Overseas Conference Travel Award, *Flinders University,* 2017.
- Early Career Researcher Award, *Australian Psychological Association,* 2016 (First recipient of this prize from Flinders University).
- South Australian Tall Poppy Award, *Australian Institute of Policy & Science,* 2016.
- Best Conference Presentation, *Australasian Sleep Association,* 2015.
- Sleep Research Society Abstract Merit Based Award, *Sleep Research Society*, 2015.
- Career Development Award, *Australasian Sleep Association,* 2014 (First recipient of this prize).
- Vice Chancellor Award for Early Career Researchers, *Flinders University,* 2013.
- Sleep Research Society Abstract Meritorious Award, *Sleep Research Society,* 2013.
- First Time Attendee Travel Award, *Sleep Research Society,* 2011.
- Research Student Travel Grant, *Flinders University*, 2011.
- Academic Internship Program, *Flinders University*, 2010.
- Travel Grant, *Australasian Sleep Association,* 2010.
- Travel Grant, School of Psychology, *Flinders University,* 2010
- Australian Postgraduate Award (APA), *Flinders University*, 2009-2011.
- Travel Grant, *Australasian Sleep Association,* 2009.
- Ian Chubb Bursary, *Flinders University*, 2004.

MEMBERSHIPS AND AFFILIATIONS

2025 – Present	Committee member, Clinical Committee, *Australasian Sleep Association*
2025 – Present	Associate Editor, *Australian Psychologist.*
2025 – Present	Clinical Sleep Health theme lead, *Flinders Health and Medical Research Institute: Sleep Health, Flinders University.*
2025 – Present	Editorial Board, SLEEP Advances.
2022 – Present	Editorial Board, *Scientific Reports.*
2020 – Present	Chair, Community Engagement Committee (Sleep Health), *Flinders Health and Medical Research Institute, Flinders University.*
2020 – Present	Committee member, Membership Committee, *Australasian Sleep Association*
2019 – Present	Chair, Chronobiology Council, *Australasian Sleep Association*
2017 – Present	General member, *Australasian Chronobiology Society*
2016 – Present	General member, *Australian Psychological Association*
2010 – Present	Postdoctoral member, *Sleep Research Society*
2010 – Present	Postdoctoral member, *American Academy of Sleep Medicine*
2008 – Present	General member, *Australasian Sleep Association*
2024 – 2025	Early-Mid Career Representative, *Flinders Health and Medical Research Institute Research, Education, and Development, Flinders University.*
2023 – 2024	Stakeholder for Bachelor of Medical Sciences (Honours), Course Quality Advisory Group, College of Medicine and Public Health, Flinders University.
2020 – 2024	Executive Committee member (Sleep Health), *Flinders Health and Medical Research Institute (Clinical Translation), Flinders University*
2020 – 2024	Co-Lead, Healthcare theme, *Australian Sleep and Alertness Consortium*

2020 – 2022	Early- and Mid-Career representative, Clinical Translation Theme, *Flinders Health and Medical Research Institute, Flinders University*
2019 – 2023	Chair, Operations committee, *National Centre for Sleep Health Services CRE*
2017 – 2024	Provisional Psychologist, *Australian Health Practitioner Regulation Agency*
2012 – 2019	Committee member, Chronobiology Council, *Australasian Sleep Association*
2010 – 2024	Founding committee member, *Adelaide Sleep Retreat*

CAREER DISRUPTIONS / RELATIVE TO OPPORTUNITY

2023 – 2025	Clinical training at 0.5FTE, including >2200 patient facing hours, which limited my potential for research output during this time.
2016 – 2023	~21 months accumulated due to pregnancy and carer responsibilities. During this time, I was unable to work towards progressing my career in terms of ongoing research programs, publication of research findings, and attendance at national conferences and those held abroad. This career disruption also prevented the application for future research grants and funding at the time.
2015 – Present	My ability to publish research findings has been greatly limited during this time given a large portion of my research has been done in collaboration with CRC for Alertness Safety and Productivity, Re-Timer Pty Ltd, Phillips Respironics and other industry partners. Despite the advantages of working with industry, the publication of findings has been delayed due to the embargo related to patent applications and/or IP considerations.

RESEARCH – PUBLICATIONS (h-index: 37 [Google Scholar]; i10-index 70; total citations: >5300 [Google Scholar]) **denotes first or co-senior authorship.*

1. Micic G, Reynolds A, Phillips AJK, Zee P, Richardson C, Burgess HJ, Lack L, Goldstein CA, Scott H, Cain S, **Lovato N. (**accepted 22/01/2026). Understanding delayed sleep-wake phase disorder (DSWPD): Mechanisms, comorbidities, and evolving approaches to diagnosis and treatment. Sleep Medicine Reviews.
2. McConville C, Sansom K, Reynolds AC, Junge M, Rajaratnam SMW, Adams R, **Lovato N.** (accepted 25/11/2025). Aussie Sleep Snapshot: Sleep health in young adulthood in Australia. Australian Psychologist.
3. Lechat B, Micic G, Scott H, Dunbar C, Nguygen DP, Hansen K, Toson B, Liebich T, Decup F, Vakulin A, **Lovato N,** Lack L, Hansen C, Bruck D, Chai-Coetzer CL, Mercer J, Doolan C, Zajamsek B, Catcheside P. (accepted 12/10/2025). The acute effects of wind farm versus road traffic noise onset on electroencephalographically defined arousal from sleep: Findings from an in-laboratory randomised controlled trial. Journal of Sleep Research, 22:e70227. doi:10.1111/jdr.70227
4. Scott H, Tun TT, Bickley K, Haycock J, Dunbar C, Liebich T, Micic G, **Lovato N,** Mercer J, Lack L, Sweetman A. (2025). Polysomnography and diary-measured sleep duration and responsiveness to cognitive behavioural therapy for insomnia: A chart-review. Behavioural Sleep Medicine, 5:1-14.
5. Pinilla L, Fitton J, **Lovato N,** Toson B, Escourrou P, Eckert D, Lechat B. (accepted 15/09/2025). Rising prevalence of Obstructive Sleep Apnoea during nighttime heatwaves across Europe. European Respiratory Journal.
6. Scott H, **Lovato N,** Comas M, Bartlett D, Grunstein RR, Lack L, Gordon CJ. (accepted 28/07/2025). Circadian rhythm timing and associations with sleep symptoms in people with insomnia. Journal of Pineal Research, 77(5):e70069.

7. Guyett A, Dunbar C, **Lovato N,** Nguyen K, Bickley K, Nguyen DP, Reynolds A, Hughes M, Scott H, Adams RJ, Lack L, Catcheside P, Cori J, Howard ME, Anderson C, Stevens D, Benson-Boakes DB, Monterro A, Stuart N, Manners J, Vakulin A. (accepted 10/06/2025). Determining the effectiveness of vestibular and ocular motor function screening assessments for identifying sleepy drivers: Protocol paper. Heliyon.
8. Dunbar C, Sanson K, **Lovato N,** Vakulin A, Loffler KA, Nguyen K, Fitton J, Rajaratnam, SMW, Sletten TL, Micic G, Ferguson SA, Wanstall SE, Brown BWJ, Harvey G, Adams R, Reynolds AC. (2025). Protocol for a pilot hybrid type I effectiveness-implementation study to improve help seeking for sleep disorders in the future healthcare workforce: The Sleep Check Before Shift Work trial. Sleep Advances, zpaf020.
9. Haycock J, Lack L, Hoon E, Sweetman A, Appleton S, Loffler KA, Scott H, **Lovato N.** (2025). Treatment preferences and help seeking experiences of Australian adults with insomnia. Australian Psychologist, doi:10.1080/00050067.2025.2534388
10. Nguyen PD, Dunbar C, Scott H, Lechat B, manners J, Micic G, **Lovato N,** Reynolds A, Lack L, Adams R, Eckert D, Vakulin A, Catcheside P. (2025). A novel method to separate circadian from non-circadian masking effects in order to enhance daily circadian timing and amplitude estimation from core body temperature. SLEEP, 132, 106530.
11. Scott H, Green M, Jones K, Loffler KA, **Lovato N,** Toson B, Bensen-Boakes DB, Perlis M, Drummond SPA, Kaambwa B, Lack L. (2025). Comparing the efficacy of technology-enabled treatments for insomnia: Study protocol for a randomised controlled trial. Sleep Advances, 6(1):zpaf010.
12. Nguyen K, Dunbar C, Guyett A, Bickley K, Nguyen DP, Reynolds AC, Catcheside P, Scott H, Hughes M, Adams, R, Lack L, Cori J, Howard ME, Anderson C, Stevens D, **Lovato N***, Vakulin A*. (2025). Poorer Objective but not Subjective Driving Performance in Drivers Vulnerable to Sleep Loss Effects During Extended Wake. Journal of Sleep Research, 34(4):e14455.
13. Fatima D, Sweetman A, **Lovato N,** Vakulin A, Bansback N, Povitz M, Stocks N, Fenton M, Chai-Coetzer CL, Pendharkar SR. (2025). Access and models of obstructive sleep apnea care: A cross-national comparison of Canadian and Australian patient survey data. Journal of Clinical Sleep Medicine, 21(3):467-77.
14. Scott H, Guyett A, Manners J, Stuart N, Kemps E, Toson B, **Lovato N,** Vakulin A, Lack L, Banks S, Dorrian J, Adams R, Eckert D, Catcheside P. (2024). Circadian-informed lighting improves vigilance, sleep, and subjective sleepiness during simulated night shift work. SLEEP, 47(11):zsae173.
15. Ee C, Kay S, Reynolds A, **Lovato N,** Lacey J, Koczwara B. (2024). Lifestyle and integrative oncology interventions for cancer-related fatigue and sleep disturbances. Maturitas, 187:108056.
16. Guyett A, **Lovato N,** Manners J, Stuart N, Toson B, Lechat B, Lack L, Micic G, Banks S, Dorrian J, Kemps E, Vakulin A, Adams R, Eckert D, Scott H, Catcheside P. (2024). A circadian-informed lighting intervention accelerates circadian adjustment to a night work schedule in a submarine lighting environment. SLEEP, 47(11):zsae146.
17. Reynolds AC, **Lovato N,** Sletten TL, Ferguson SA, Katahanas L, Rajaratnam SMW, Adams RJ. (2024). Assessment and management of sleep disorders in shift workers: Challenges and considerations for general practice. Australian Journal of General Practitioners, 53(6):389-93.
18. Scott H, Muench A, Appleton S, Reynolds A, Loffler K, Bickley K, Haycock J, **Lovato N,** Micic G, Lack L, Sweetman A. (2024). Sex differences in response to cognitive behavioural therapy for insomnia A chart review of 455 patients with chronic insomnia. SLEEP, 116:123-28.

19. Lack L, Micic G, **Lovato N.** (2024). Circadian rhythm sleep-wake disorders 1: Phase-advanced and phase-delayed syndromes. The Oxford Handbook of Sleep and Sleep Disorders 2nd edition.
20. Moulder Z, Sweetman A, **Lovato N**, Micic G, Lack L, Scott H. (2024). Sleep-Wake State Discrepancy Does Not Impair the Efficacy of Cognitive Behavioural Therapy for Insomnia: Findings from a Large Clinic Sample. Journal of Sleep Research, 33(5):e14142.
21. Chakraborty R, Seby C, Scott H, Tang V, Kemps E, Anstice N, Juers E, **Lovato N,** Taranath DA, Mills RA, Lack LC. (2024). Delayed melatonin circadian timing, lower melatonin output and sleep disruptions in myopic, or short-sighted, children. SLEEP, 47(1):zsad265.
22. Chawla J, **Lovato N,** Wong M, Best J, Chaudry R, Kevat A, Vandeleur M. (2024). Optimising Sleep in Adolescents: The challenges. Australian Journal of General Practitioners, 53(6):379-86.
23. Wong M, Chaudry R, Kevat A, Best J, **Lovato N,** Vandeleur M, Chawla J. (2024). An approach to common sleep presentations in infants and toddlers. Australian Journal of General Practitioners, 53(6):371-78.
24. Rahja M, Laver K, Mordaunt D, Adnan N, Vakulin A, **Lovato N,** Crotty M. (2023). "The days are long but the nights are even longer": A mixed-method study of sleep disturbances among patients in an inpatient rehabilitation program. Archives of Rehabilitation Research and Clinical Translation, 100275.
25. Lack L, Micic G, **Lovato N.** (2023). Circadian Aspects in the Etiology and Pathophysiology of Insomnia. Journal of Sleep Research, 32(6):e13976
26. Harvey A, Scott H, Melaku YA, Lack L, Sweetman A, Micic G, **Lovato N.** (2023). The mortality risk of night-time and daytime insomnia symptoms in an older population. Scientific Reports, 13, 9575 (2023). https://doi.org/10.1038/s41598-023-36016-4.
27. Comas M, Flores A, **Lovato N,** Miller C, Bartlett D, Chapman J, Gordon C. (2023). Depressive symptoms in insomnia disorder: the relationship between anxiety circadian preference, circadian rhythm and sleep. Brain Sciences, 13(4):613. doi: 10.3390/brainsci13040613.
28. Grivell N, Sweetman A, **Lovato N,** Vakulin A, Chai-Coetzer CL. (2023). Sleep Medicine in Australia. In Attarian HP, Coussa-Koniski M, Sabri A, The Practice of Sleep Medicine Around the World: Challenges, Knowledge Gaps and Unique Needs. DOI:10.2174/9789815049367123010l.
29. Scott H, Bensen-Boakes D, **Lovato N,** Reynolds A, Perlis M, Lack L. (2023). The efficacy of Intensive Sleep Retraining for insomnia: A systematic review and research agenda. Journal of Sleep Research, e13894. doi: 10.1111/jsr.13894
30. Scott H, Lechat B, Guyett A, Reynolds A, **Lovato N,** Naik G, Appleton S, Adams R, Escourrou P, Catcheside P, Eckert D. (2023). Sleep irregularity is associated with hypertension: Findings from over two million nights with a large global population sample. Hypertension, 80(5):1117-1126. doi: 10.1161/HYPERTENSIONAHA.122.20513
31. Bensen-Boakes DB, Murali T, **Lovato N,** Lack L, Scott H. (2023). Wearable device-delivered Intensive Sleep Retaining as an adjunctive treatment to kickstart Cognitive-Behavioral Therapy for Insomnia. Sleep Medicine Clinics, 18(1), 49-57.
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PUBLISHED ABSTRACTS, REFEREED CONFERENCE PROCEEDINGS

1. **Lovato N,** Reynolds A, Whittle S, Ruediger C, Dyer K, Watson N, Gill T, Adams R, Hill C. (2025). Identifying and managing sleep disorders in patients with fibromyalgia. World Sleep Congress, Singapore.
2. Scott H, **Lovato N,** Comas M, Bartlett D, Grunstein R, Lack L, Gordon C. (2025). Circadian rhythm timing and associations with sleep symptoms in insomnia disorder. World Sleep Congress, Singapore.
3. Benson-Boakes DB, Micic G, Nguyen DP, Lack L, Adams R, Reynolds A, Paterson J, **Lovato N.** (2025). Sleep-wake state discrepancy is more pronounced in individuals with insomnia than those with obstructive sleep apnoea (OSA). World Sleep Congress, Singapore.
4. Haycock J, Reynolds A, Adams R, **Lovato N**. (2025). A new model of care for men with depression and co-occurring insomnia in primary care: A feasibility and acceptability trial. World Sleep Congress, Singapore.
5. Nguyen K, **Lovato N**, Micic G, Phillips A, Dunbar C, Fitton J, Robertson G, Montero A, Loffler K, Sansom K, Vakulin A, Adams R, Reynolds A. (2025). Sleep Irregularity, Anxiety and Depressive Symptoms in Young Adults with Delayed Sleep Wake Phase Disorder and Insomnia. World Sleep Congress, Singapore.

6. Haycock J, Taylor S, **Lovato N,** Adams R, Junge M, Vakulin A. (2025). The lived experience of sleep disorders: patient perspectives and priorities. World Sleep Congress, Singapore.
7. Reynolds A, Dunbar C, **Lovato N,** Nguyen K, Fitton J, Robertson G, Loffler K, Sansom K, Harvey G, Vakulin A, Micic G, Sletten T, Ferguson S, Rajaratnam SMW, Brown B, Wanstall S, Adams R. (2025). Feasibility, acceptability and appropriateness of a bried sleep disorder education video for healthcare students presenting with sleep disturbance. World Sleep Congress, Singapore.
8. Montero A, Dunbar C, Scott H, Guyett A, Nguyen P, Nguyen K, Bickley K, **Lovato N,** Reynolds A, Adams R, Lack L, Catcheside, P, Cori J, Howard M, Anderson C, Vakulin A. (2025). Effect of sleep irregularity on driving simulator performance during extended wakefulness. World Sleep Congress, Singapore.
9. **Lovato N.** (2025). What's new in sleep physiology and chronobiology. Invited presentation, Australasian Sleep Association Annual Scientific Meeting.
10. **Lovato N.** (2025). Management of insomnia and circadian rhythm mistiming. Invited presentation. Australasian Sleep Association Annual Scientific Meeting.
11. Benson-Boakes DB, Micic G, Nguyen DP, Lack L, Adams R, Reynolds A, Paterson J, **Lovato N. (**2025). Sleep-wake state discrepancy levels in obstructive sleep apnoea, insomnia and the combination (COMISA). Australasian Sleep Association Annual Scientific Meeting.
12. Nguyen K, **Lovato N**, Micic G, Phillips A, Dunbar C, Fitton J, Robertson G, Montero A, Loffler K, Sansom K, Vakulin A, Adams R, Reynolds A. (2025). Sleep irregularity doesn't predict mental health in sleep-disordered young adults. Australasian Sleep Association Annual Scientific Meeting.
13. Robertson G, **Lovato N,** Dunbar C, Micic G, Nguyen Ak Fitton J, Montero A, Loffler K, Sansom K, Vakulin A, Adams R, Reynolds A. (2025). Sleep deprivation, personality and performance in sleep disordered young adults. Australasian Sleep Association Annual Scientific Meeting.
14. Fitton J, Dunbar C, **Lovato N,** Robertson G, Nguyen K, Lofflet K, Sansom K, Montero A, Vakulin A, Micic G, Adams R, Reynolds A. (2025). Associations between the Big Five personality traits and engagement with a self-report smartphone application to monitor daytime functioning in adults with sleep disorders. Australasian Sleep Association Annual Scientific Meeting.
15. Montero A, Dunbar C, **Lovato N,** Nguyen K, Robertson G, Fitton J, Micic G, Sansom K, Adams R, Loffler K, Nguyen DP, Reynolds A, Vakulin A. (2025). Vestibular ocular motor reflexes in healthy and sleep-disordered individuals during extended wakefulness. Australasian Sleep Association Annual Scientific Meeting.
16. Gill T, Ruediger C, Dyer K, **Lovato N,** Reynolds A, Adams R, Whittle S, Hill C. (2025). Sleep and fibromyalgia: More than just poor sleep quality. Rheumatology Association Annual Scientific Meeting.
17. **Lovato N.** (2024). Insomnia year in review. Australasian Sleep Association Annual Scientific Meeting.
18. **Lovato N.** (2024). Experiences establishing a consumer group with the Sleep Health Foundation and Adelaide Institute for Sleep Health. Australasian Sleep Association Annual Scientific Meeting.

19. **Lovato N.** (2024). Australia's sleep revolution: Physiology and technology informed multidisciplinary precision care for sleep disorders. Psychologist perspective. Australasian Sleep Association Annual Scientific Meeting.
20. Benson-Boakes D, Dunbar C, **Lovato N,** Nguyen K, Bickley K, Nguyen D, Reynolds A, Catcheside P, Cori J, Howard M, Anderson C, Stevens D, Guyett A, Paterson J, Montero A, Stuart N, Pinilla L, Vakulin A. (2024). Do healthy sleepers demonstrate sleep-wake state discrepancy? Australasian Sleep Association Annual Scientific Meeting.
21. Guyett A, **Lovato N,** Manners J, Stuart N, Toson B, Nguyen D, Scott H, Catcheside P. (2024). Distinguishing circadian from sleep effects on cognitive performance during a simulated night work lighting intervention. Australasian Sleep Association Annual Scientific Meeting.
22. Haycock J, Maloney S, Boeselt J, Loffler K, Sweetman A, Hoon E, **Lovato N,** Catcheside P, Adams R, Reynolds K, Vakulin A. (2024). Use of an innovative tool to screen for sleep disorders in primary care. Australasian Sleep Association Annual Scientific Meeting.
23. Nguyen P, Dunbar C, Scott H, Lechat B, Manners J, Micic G, **Lovato N**, Reynolds A, Lack L, Adams R, Eckert D, Vakulin A, Catcheside P. A novel method to demask non-circadian effects on core body temperature to enhance daily circadian timing and amplitude estimation. Australian Rheumatology Association Annual Scientific Meeting.
24. **Lovato N,** Reynolds A, Whittle S, Watson N, Dyer K, Gill T, Adams R, Hill C. (2023). Defining clinical sleep disorders in Fibromyalgia: Role for universal screening. Australian Rheumatology Association Annual Scientific Meeting.
25. **Lovato N,** Reynolds A, Whittle S, Watson N, Dyer K, Gill T, Adams R, Hill C. (2023). Sleep and Fibromyalgia: Identifying and managing sleep disorders. Australasian Sleep Association Annual Scientific Meeting.
26. Guyett A, **Lovato N,** Stuart N, Manners J, Nguyen D, Micic G, Lack L, Catcheside P, Scott H. (2023). Investigating the relationship between core body temperature and changes in cognitive performance during simulated night shifts. Australasian Sleep Association Annual Scientific Meeting.
27. Nguyen P, Dunbar C, Guyett A, Nguyen K, Bickley K, Reynolds A, Hughes M, Scott H, Adams R, Lack L, Catcheside P, Cori J, Howard M, Anderson C, **Lovato N,** Vakulin A. (2023). Simple vestibular-ocular motor assessment as a predictor of alertness state and driving impairment during extended wakefulness. Australasian Sleep Association Annual Scientific Meeting.
28. Nguyen K, Dunbar C, Guyett A, Bickley K, Nguyen P, Scott H, Reynolds A, Hughes M, Adams R, Lack L, Catcheside P, Cori J, Howard M, Anderson C, Stevens D, **Lovato N,** Vakulin A. (2023). A comparison of subjective sleepiness and subjective driving performance between people vulnerable versus resistant to driving impairment following extended wakefulness. Australasian Sleep Association Annual Scientific Meeting.
29. Naharajan P, Nguyen D, Dunbar C, Lechat B, Liebich T, Zajamsek B, Hansen K, Vakulin A, Lack L, Lovato N, Scott H, Decup F, Catcheside P, Micic G. (2023). The effect of noise exposure during sleep on the cortisol awakening response. Australasian Sleep Association Annual Scientific Meeting.
30. Fatima D, Sweetman A, **Lovato N,** Vakulin A, Bansback N, Povitz M, Stocks N, Fenton M, Chai-Coetzer CL. (2023). Exploring access and models of care for OSA. A cross-national

comparison of Canada and Australian patient survey data. National Conference of the Canadian Sleep Society.

31. Scott H, Lechat B, Reynolds A, **Lovato N,** Escourrou P, Catcheside P, Eckert D. (2022). Sleep irregularity is associated with increased risk of hypertension: Data from over two million nights. Associated Professional Sleep Society, United States.
32. Chakraborty R, Micic G, Lovato N, Collins MJ, Lack L. (2022). Pattern of night-time light exposure before sleep in young adult myopes and emmetropes. The Association for Research in Vision and Ophthalmology, Colorado.
33. **Lovato N,** Micic G, Lack L. (2021). Is Cognitive Behaviour Therapy for insomnia (CBTi) responsiveness a function of objective sleep efficiency rather than objective sleep duration. 32nd Annual Scientific Meeting of the Australasian Sleep Association.
34. Rawson G, Catcheside P, Zajamšek B, Hansen K, Lack L, Vakulin A, **Lovato N,** Bruck D, Taylor A, Gill T, Toson B, Dal Grande L, Scott H, Micic G. (2021). The prevalence of self-reported sleep difficulties in wind farm noise, urban road traffic noise and quiet rural exposure areas in South Australia. 32nd Annual Scientific Meeting of the Australasian Sleep Association.
35. Haycock J, Hoon E, Sweetman A, Lack L, **Lovato N.** (2021). Management of insomnia by Australian Psychologists. 32nd Annual Scientific Meeting of the Australasian Sleep Association.
36. Grivell N, Haycock J, Redman A, Saini B, Vakulin A, Lack L, **Lovato N,** Sweetman A, Zwar N, Stocks N, Franks O, Mukherjee S, Adams R, McEvoy R, Hoon E. (2021). Primary Care management of Chronic insomnia by General Practitioners: An Australian perspective. 32nd Annual Scientific Meeting of the Australasian Sleep Association.
37. Kao C, D'Rozario A, **Lovato N**, Bartlett D, Postnova S, Grunstein R, Gordon C. (2021). Predicting subjective sleep quality using multi-day actigraphy data: A machine learning approach. 32nd Annual Scientific Meeting of the Australasian Sleep Association.
38. Manners J, Appleton S, Reynolds A, Melaku Y, Gill T, Micic G, **Lovato N,** Sweetman A, Bickley K, Adams R, Lack L, Scott H. (2021). The Good Sleeper Scale-13 items: A standardised questionnaire for the assessment of good sleepers. 32nd Annual Scientific Meeting of the Australasian Sleep Association.
39. **Lovato N,** Ferguson S. (2021). Co-Chair of the Helen Bearpark Plenary Session. Sleep health in occupational settings: A view to the future. 32nd Annual Scientific Meeting of the Australasian Sleep Association.
40. **Lovato N,** Micic G. (2021). Co-Chair of the symposia session. Circadian disruption: Methods, modelling, measurement and mood. 32nd Annual Scientific Meeting of the Australasian Sleep Association.
41. **Lovato N.** (2020). Sleep misperception among older adults suffering from insomnia with short and normal objective sleep duration and the effects of Cognitive Behaviour Therapy. Sleep Week, Australasian Sleep Association, Australia.
42. **Lovato N,** Lack L. (2019). Insomnia and mortality: A meta-analysis. 31st Annual Scientific Meeting of the Australasian Sleep Association, Sydney, Australia.
43. **Lovato N,** Miller C, Gordon C, Grunstein R, Lack L. (2019). The efficacy of biofeedback for the treatment of insomnia. 31st Annual Scientific Meeting of the Australasian Sleep Association, Sydney, Australia.

44. Lack L, Micic G, **Lovato N**. (2019). DSWPD: novel evaluations of etiology. 31st Annual Scientific Meeting of the Australasian Sleep Association, Sydney, Australia.
45. Bickley K, Lack L, **Lovato N.** (2019). Novel evaluation of task participation diary as a metric for daytime functioning in insomnia patients. 31st Annual Scientific Meeting of the Australasian Sleep Association, Sydney, Australia.
46. Scott H, Mair A, **Lovato N,** Lack L. (2019). Administering intensive sleep retraining to treat chronic insomnia using the sleep on cue smartphone application. 31st Annual Scientific Meeting of the Australasian Sleep Association, Sydney, Australia.
47. Scott H, **Lovato N,** Lack L. (2019). The accuracy of the THIM device for passively measuring sleep and wakefulness overnight with good and poor sleepers. 31st Annual Scientific Meeting of the Australasian Sleep Association, Sydney, Australia.
48. Scott H, Whitelaw A, Canty A, **Lovato N,** Lack L. (2019). The accuracy of the THIM device for estimating sleep onset with good and poor sleepers. 31st Annual Scientific Meeting of the Australasian Sleep Association, Sydney, Australia.
49. Scott H, **Lovato N,** Lack L. (2019). The accuracy of the THIM device for passively measuring sleep and wakefulness overnight with good and poor sleepers. World Sleep Congress, Vancouver, Canada.
50. Scott H, Whitelaw A, Canty A, **Lovato N,** Lack L. (2019). The accuracy of the THIM device for estimating sleep onset with good and poor sleepers. World Sleep Congress, Vancouver, Canada.
51. Scott H, Mair A, **Lovato N,** Lack L. (2019). Administering intensive sleep retraining to treat chronic insomnia using the sleep on cue smartphone application. World Sleep Congress, Vancouver, Canada.
52. Micic G, **Lovato N,** Gradisar M, Burgess H. Ferguson S, Lack L. (2019). Circadian tau differences and rhythm associations in delayed sleep-wake phase disorder and non-24-hour sleep-wake rhythm disorder. World Sleep Congress, Vancouver, Canada.
53. Lau T, **Lovato N,** Lack L. (2019). Evaluation of a portable blue/green light device for phase advancing the circadian melatonin rhythm in normal sleepers. World Sleep Congress, Vancouver, Canada.
54. Chapman J, Comas M, Solis Flores A, **Lovato N,** Bartlett D, Grunstein R, Gordon C. (2019). Subjective symptoms, not objective circadian measurements, are predictive of depression in insomnia disorder. World Sleep Congress, Vancouver, Canada.
55. Bickley K, Lack L, **Lovato N.** (2019). Evaluation of a novel task participation diary as a metric for daytime functioning in the insomnia population. World Sleep Congress, Vancouver, Canada.
56. Scott H, Lack L, **Lovato N.** (2019). The development of the THIM wearable device and smartphone application for the treatment of chronic insomnia. Global Telehealth Symposia, Adelaide, Australia.
57. Gordon CJ, Miller CB, **Lovato N,** Comas M, Marshall NS, Bartlett D, Grunstein RR. (2018). Treatment response of Insomnia Disorder phenotypes and subtypes to standardised digital cognitive behavioural therapy. 24th Congress of the European Sleep Research Society, Basel, Switzerland.
58. Gordon CJ, Comas M, Chapman J, Flores AS, **Lovato N,** Miller C, Bartlett D, Grunstein RR. (2018). The relationship between anxiety, chronotype, melatonin and sleep on depression

symptoms in insomnia. 24th Congress of the European Sleep Research Society, Basel, Switzerland.

59. **Lovato N.** (2018). Novel approaches to understanding and treating chronic insomnia. Brain Sciences Network, South Australia.
60. **Lovato N.** (2017). Insomnia in older adults: Phenotypic responses to treatment. Symposia presentation at the 29th Annual Scientific Meeting of the Australasian Sleep Association, Auckland, NZ.
61. **Lovato N**. (2017). Year in Review: Chronobiology. Symposia presentation at the 29th Annual Scientific Meeting of the Australasian Sleep Association, Auckland, NZ.
62. Lack L, Scott H, **Lovato N**. (2017). A novel smartphone application for the estimation of sleep onset. 29th Annual Scientific Meeting of the Australasian Sleep Association, Auckland, NZ.
63. Micic G, **Lovato N**, Gradisar M, Lack L. (2017). Biological and behavioural circadian rhythms in Delayed Sleep-Wake Phase Disorder and Non-24-Hour Sleep-Wake Rhythm Disorder. 29th Annual Scientific Meeting of the Australasian Sleep Association, Auckland, NZ.
64. Philip R, Catcheside D, Stevens D, **Lovato N,** McEvoy D, Vakulin A. (2017). Comorbid insomnia and sleep apnoea is associated with greater neurocognitive impairment compared with OSA alone. 29th Annual Scientific Meeting of the Australasian Sleep Association, Auckland, NZ.
65. **Lovato N**. (2016). Cognitive Behaviour Therapy and cognitive processing in older adults with insomnia. Symposia presentation at 28th Annual Scientific Meeting of the Australasian Sleep Association, Adelaide.
66. **Lovato N,** Micic G, Gradisar G, Ferguson S, Burgess H, Lack L. (2016). Can circadian phase be estimated from self-reported sleep timing in patients with Delayed Sleep Wake Phase Disorder to guide timing of chronobiological treatment? 28th Annual Scientific Meeting of the Australasian Sleep Association, Adelaide.
67. **Lovato N,** Short M, Micic G, Hiller R, Gradisar M. (2016). An investigation of the longitudinal relationship between sleep and depressed mood in developing teens. 28th Annual Scientific Meeting of the Australasian Sleep Association, Adelaide.
68. Stevens D, Catcheside P, **Lovato N**, Philip R, Vakulin A. (2016). Use of grip strength as an indicator of sleep problems: Preliminary analysis. 28th Annual Scientific Meeting of the Australasian Sleep Association, Adelaide.
69. Sletten T, Magee M, Murray J, Gordon C, **Lovato N,** Kennaway D, Bertlett D, Lockely S, Lack L, Grunstein R, Rajaratnam S. (2016). Melatonin for improving sleep initiation and daytime impairments in Delayed Sleep Phase Disorder. 28th Annual Scientific Meeting of the Australasian Sleep Association, Adelaide.
70. Catcheside P, Van Ryswyk E, Vakulin A, **Lovato N,** Stevens D, Antic N, McEvoy D. (2016). A community survey of partner-reported habitual loud snoring. 28th Annual Scientific Meeting of the Australasian Sleep Association, Adelaide.
71. **Lovato N,** Lack L & Kennaway D. (2016). Comparing and contrasting the effect of cognitive-behaviour therapy for older adults suffering from insomnia with short and long objective sleep duration. 23rd Congress of the European Sleep Research Society, Bologna, Italy.

72. **Lovato N,** Micic G, Gradisar M, Ferguson SA, Burgess H, Kennaway D & Lack L. (2016). Estimating circadian phase in patients with delayed sleep wake phase disorder. 23rd Congress of the European Sleep Research Society, Bologna, Italy.
73. Micic G, **Lovato N,** Gradisar M, Burgess H, Ferguson SA & Lack L. (2016) Circadian melatonin and temperature taus in Delayed Sleep-Wake Phase Disorder and Non-24-Hour SleepWake Rhythm Disorder. 23rd Congress of the European Sleep Research Society, Bologna, Italy.
74. Micic G, **Lovato N,** Gradisar M & Lack L. (2016). Salivary melatonin in patients with Delayed Sleep-Wake Phase Disorder compared with control sleepers. 23rd Congress of the European Sleep Research Society, Bologna, Italy.
75. Micic G, **Lovato N,** Gradisar M & Lack L. (2016). Personality profiles differ in Delayed Sleep-Wake Phase Disorder and Non-24-Hour Sleep-Wake Rhythm Disorder patients compared to good sleepers. 23rd Congress of the European Sleep Research Society, Bologna, Italy.
76. Huang I, Bartel K, O'Shea A, Hiller R, **Lovato N,** Micic G, Oliver M, Gradisar M. (2016). Sleep difficulties and depressed mood in adolescents: The roles of repetitive negative thinking and perfectionism. 23rd Congress of the European Sleep Research Society, Bologna, Italy.
77. Lack L, **Lovato N,** Ferguson S, Roach G, Sargent C. (2016). Flipping the 'Sleep Switches' activates Process 'O' (Onset/Offset) to produce alerting benefits of brief naps as well as more sustained sleep after nocturnal awakenings. 23rd Congress of the European Sleep Research Society, Bologna, Italy.
78. Magee M, Sletten T, Archer S, Gordon C, **Lovato N,** Bartlett DJ, Kennaway DJ, Lockley SW, Lack L, Grunstein R, Rajaratnam S. (2016). The role of Period 3 gene polymorphisms in the response to melatonin treatment in Delayed Sleep Phase Disorder. 23rd Congress of the European Sleep Research Society, Bologna, Italy.
79. Murray J, Sletten T, Magee M, **Lovato N,** Lack L, Bartlett D, Kennaway D, Gordon C, Lockley S, Grunstein R, Rjaratnam S. (2016). Comparison of subjective sleep-wake characteristics and mood in circadian and non-circadian Delayed Sleep Phase Disorder phenotypes. 23rd Congress of the European Sleep Research Society, Bologna, Italy.
80. Sletten T, Magee M, Murray J, Gordon C, **Lovato N,** Kennaway DJ, Bartlett D, Lockely SW, Lack L, Grunstein R, Rjaratnam S. (2016). Randomized controlled trial of melatonin to improve sleep initiation and daytime impairments in Delayed Sleep Phase Disorder. 23rd Congress of the European Sleep Research Society, Bologna, Italy.
81. Huang C, Bartel K, O'Shea A, Hiller R, **Lovato N,** Micic G, Oliver M & Gradisar M. (2016). Sleep difficulties amplify depressed mood in adolescents: the moderating role of perfectionism. The 4th International Pediatric Sleep Association Congress, Taipei, Taiwan.
82. **Lovato N.** (2015). The relationship between sleep and depressed mood in developing teens. Symposia presentation at the 27th Annual Scientific Meeting of the Australasian Sleep Association, Melbourne, October 22-24, 2015.
83. **Lovato N,** Micic G & Lack L. (2015). Predicting phase timing in delayed sleep phase disorder: The accuracy of melatonin and self-reported sleep timing. 27th Annual Scientific Meeting of the Australasian Sleep Association, Melbourne, October 22-24, 2015
84. **Lovato N,** Micic G & Lack L. (2015). The therapeutic effect of cognitive-behaviour therapy for older adults suffering from insomnia with short objective sleep duration: A randomized

controlled trial. 27th Annual Scientific Meeting of the Australasian Sleep Association, Melbourne, October 22-24, 2015.

85. Micic G, **Lovato N**, Gradisar, M, Ferguson SA, Burgess HJ, Lack L. Circadian Period Lengths of Core Body Temperature and Salivary Melatonin in Delayed Sleep Phase Disorder and Non-24-hour Sleep-Wake Disorder. Paper presented at 27th Annual Scientific Meeting of the Australasian Sleep Association, Melbourne, October 22-24, 2015.
86. Micic G, **Lovato N**, Gradisar M. Ferguson SA, Burgess HJ, Kennaway DJ, Lack L. Nocturnal melatonin profiles in Delayed Sleep Phase Disorder compared with normal sleepers. Paper presented at 27th Annual Scientific Meeting of the Australasian Sleep Association, Melbourne, October 22-24, 2015.
87. Micic G, **Lovato N**, Gradisar M, Lack, L. Circadian tau differences in biological, behavioural and sleepiness rhythms in Delayed Sleep-Wake Phase Disorder and Non-24-hour Sleep-Wake Disorder patients. Paper presented at 27th Annual Scientific Meeting of the Australasian Sleep Association, Melbourne, October 22-24, 2015.
88. Micic G, **Lovato N**, Gradisar M, Lack L. Personality differences in Delayed Sleep-Wake Phase Disorder and Non-24-hour Sleep-Wake Disorder patients relative to healthy sleepers. Paper presented at 27th Annual Scientific Meeting of the Australasian Sleep Association, Melbourne, October 22-24, 2015.
89. Murray J, Sletten T, Magee M, **Lovato N,** Lack L, Bartlett D, Kennaway D, Gordon C, Lockley S, Grunstein R & Rajaratnam S. (2015). Sleep and circadian characteristics in Delayed Sleep Phase Disorder patients. 27th Annual Scientific Meeting of the Australasian Sleep Association, Melbourne, Australia
90. **Lovato N** & Lack L. (2015). The therapeutic effect of cognitive-behaviour therapy for insomniacs with short objective sleep duration: A randomised controlled trial. 29th Anniversary Meeting of the Associated Professional Sleep Societies: Seattle, United States of America.
91. **Lovato N,** Micic G & Lack L (2015). Predicting phase timing in delayed sleep phase disorder: The accuracy of melatonin and self-reported sleep timing. 29th Anniversary Meeting of the Associated Professional Sleep Societies: Seattle, United States of America.
92. Micic G, Lack L & **Lovato N. (**2015). Circadian period lengths of core body temperature and salivary melatonin in Delayed Sleep Phase Disorder and Non-24-Hour Sleep-Wake Disorder. 29th Anniversary Meeting of the Associated Professional Sleep Societies: Seattle, United States of America.
93. Micic G, Lack L & **Lovato N. (**2015). Nocturnal melatonin profiles in patients with Delayed Sleep-Wake Phase Disorder and control sleepers. 29th Anniversary Meeting of the Associated Professional Sleep Societies: Seattle, United States of America.
94. Lack L, **Lovato N** & Bennett L. **(**2015). The use of brief daytime naps in the behavioural treatment of chronic primary insomnia. 29th Anniversary Meeting of the Associated Professional Sleep Societies: Seattle, United States of America.
95. **Lovato** N & Gradisar M. (2014). A meta-analysis and model of the relationship between sleep and depression in adolescents. 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
96. **Lovato** N, Gradisar M, Short M, Dohnt H, Micic G. (2014). Delayed sleep phase disorder in an Australian school-based sample of adolescents. 22nd Congress of the European Sleep

Research Society, Tallinn, Estonia.

97. **Lovato N,** Jarrad T, Micic G, Lack L. (2014). The alerting effects of ad-libitum daytime naps. 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
98. Guidolin M, Gradisar M, Short M, **Lovato N**. (2014). Prospective changes in adolescents´ sleep and weight across 1 year. 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
99. Sweetman A, Lack L, **Lovato N,** Wright H, Kennaway D. (2014). Correlates of improvements in daytime impairments during cognitive behavioural therapy for primary insomnia. 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
100. Heath M, Sutherland C, Bartel K, Gradisar M, Williamson P, **Lovato N,** Micic G. (2014). One hour of pre-bedtime screen light: effects on adolescents' pre-bedtime alertness, sleep and daytime functioning. 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
101. Micic G, **Lovato N**, Gradisar M, Ferguson SA, Burgess HJ, Lack L. (2014). Core temperature and melatonin circadian rhythm period lengths are longer in delayed sleep phase disorder patients than controls. 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
102. Micic G, **Lovato N**, Gradisar M. Ferguson SA, Burgess HJ, Lack L. (2014). Sleepiness and behavioural circadian rhythm period lengths of delayed sleep phase disorder patients and controls. 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
103. Micic G, **Lovato N**, Gradisar M. Ferguson SA, Burgess HJ, Kennaway D, Lack L. (2014). Nocturnal melatonin profiles in Delayed Sleep Phase Disorder compared with normal sleepers. 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
104. Micic G, **Lovato N**, Gradisar M, Ferguson SA, Burgess HJ, Lack L. (2014). Predictors of core temperature and melatonin circadian phase timings. 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
105. Lack L, Smith R, **Lovato N**, Wright H. (2014). Is a poor night of sleep followed by a bad day? 22nd Congress of the European Sleep Research Society, Tallinn, Estonia.
106. **Lovato N,** Gradisar M. (2014). A meta-analysis and model of the relationship between sleep and depression in adolescents: Recommendations for future research and clinical practice. 8th National Congress of the Chinese Sleep Research Society, Beijing, China.
107. **Lovato N**, Jarrad T, Lack L, Micic G. (2013). The alerting effects of ad-libitum daytime naps. 25th Annual Scientific Meeting of the Australasian Sleep Association, Brisbane, Queensland, Australia.
108. Micic G, **Lovato N**, Gradisar M, Ferguson SA, Burgess HJ, Kennaway D, Lack L. (2013). Melatonin profiles in delayed sleep phase disorder compared with normal sleepers. 25th Annual Scientific Meeting of the Australasian Sleep Association, Brisbane, Queensland, Australia.
109. Micic G, **Lovato N**, Gradisar M, Ferguson SA, Burgess HJ, Lack L. (2013). Period lengths of temperature and melatonin circadian rhythms in delayed sleep phase disorder. 5th World Congress on Sleep Medicine: Valencia, Spain.
110. **Lovato N,** Lack L, Wright H, Kennaway DJ. (2013). A randomized controlled trial of brief, group-administered CBT for the treatment of insomnia in older adults. 27th Anniversary

Meeting of the Associated Professional Sleep Societies: Baltimore, Maryland, United States of America.

111. **Lovato N,** Lack L, Wright H, Kennaway DJ. (2013). Predictors of improvement in subjective sleep quality reported by older adults with sleep maintenance insomnia following group-based CBT-I. 27th Anniversary Meeting of the Associated Professional Sleep Societies: Baltimore, Maryland, United States of America.
112. Micic G, Lack L, **Lovato N.** (2013). Circadian period lengths of core temperature and sleepiness rhythms in Delayed Sleep Phase Disorder. 27th Anniversary Meeting of the Associated Professional Sleep Societies: Baltimore, Maryland, United States of America.
113. Micic G, Lack L, **Lovato N** (2013). Endogenous circadian temperature and melatonin period lengths in patients with Delayed Sleep Phase Disorder. 27th Anniversary Meeting of the Associated Professional Sleep Societies: Baltimore, Maryland, United States of America.
114. Micic G, Lack L, **Lovato N** (2012). Endogenous core temperature and melatonin taus of healthy individuals and people with Delayed Sleep Phase Disorder. 3rd Annual Scientific Meeting of the Adelaide Sleep Retreat: Adelaide, Australia.
115. **Lovato N,** Lack L, Wright H. (2012). A randomized controlled trial of a combined treatment of cognitive behaviour therapy and evening bright light therapy for insomnia in older adults. Paper presented at 24th Annual Scientific Meeting of the Australasian Sleep Association, Darwin, October 10-13.
116. **Lovato N,** Lack L, Wright H. (2012). Predictors of improvement in subjective sleep quality reported by older adults with sleep maintenance insomnia following group-based CBT-I. Paper presented at 24th Annual Scientific Meeting of the Australasian Sleep Association, Darwin, October 10-13.
117. Micic G, Lack L, **Lovato N,** Wright H, Turvey P. (2012) Circadian rhythms of core body temperature and melatonin in persons with Delayed Sleep Phase Disorder. Paper presented at 24th Annual Scientific Meeting of the Australasian Sleep Association, Darwin, October 10-13.
118. Micic G, Fordyce M, Lack L, **Lovato N.** (2012) Circadian rhythms of central executive functioning in good sleepers and people with Delayed Sleep Phase Disorder. Paper presented at 24th Annual Scientific Meeting of the Australasian Sleep Association, Darwin, October 10-13.
119. Gradisar M, King D, Drummond A, **Lovato N,** Wessel J, Micic G, Douglas P, Delfabbro P. (2012). A dose-dependent study of novel, violent videogaming on adolescents' physiological arousal and sleep. International Pediatric Sleep Association, Manchester, England, September.
120. King D, Gradisar M, Drummond, A, **Lovato N,** Wessel J, Micic G, Douglas P, Delfabbro P. (2012, September). Does prolonged video-gaming affect adolescent sleep? 17th Annual CyberPsychology & Cybertherapy Conference (CYBER17), Brussels, Belgium.
121. Lack, L Micic, G, De Bruyn, A, Wright, H, **Lovato, N** (2012). Delayed Sleep Phase Disorder Circadian period length. 22nd Congress of the European Sleep Research Society: Paris, France. September
122. Lack L, Micic G, De Bruyn A, Wright H, **Lovato N** (2012). Circadian rhythm period length in delayed sleep phase disorder. 26th Anniversary Meeting of the Associated Professional Sleep Societies: Boston, Massachusetts, United States of America.

123. Lack L, De Bruyn A, Micic G, Wright H, **Lovato N** (2011). The endogenous circadian period in delayed sleep phase disorder. Paper presented at 23rd Annual Scientific Meeting of the Australasian Sleep Association, Sydney, October 27-29.
124. Lack L, Smith R, Wright H, **Lovato N.** (2011). Day to day functioning is related to prior night sleep in insomniacs but not good sleepers. Paper presented at 23rd Annual Scientific Meeting of the Australasian Sleep Association, Sydney, October 27-29.
125. **Lovato N,** Lack L, Wright H (2011). A randomized controlled trial of a combined treatment of cognitive behaviour therapy and evening bright light therapy for insomnia in older adults. 25th Anniversary Meeting of the Associated Professional Sleep Societies: Minneapolis, United States of America.
126. **Lovato N,** Lack L, Wright H, Cant M, Humphries J (2011). Do older adults with insomnia have impaired working memory performance? 25th Anniversary Meeting of the Associated Professional Sleep Societies: Minneapolis, United States of America.
127. Lack L, Smith R, Wright H, **Lovato N.** (2011). Day-to-day functioning is related to prior night sleep in insomniacs but not good sleepers. 25th Anniversary Meeting of the Associated Professional Sleep Societies: Minneapolis, United States of America.
128. Humphreys J, Lack L Wright H, **Lovato N,** Cant M. (2011). Working memory performance in adults with insomnia: Validation of the Double Span Memory Task. 2nd Annual Scientific Meeting of the Adelaide Sleep Retreat: Adelaide, Australia.
129. Lack L, Smith R, Wright H, **Lovato N.** (2011). The variation in sleep and subsequent daytime functioning in insomniacs and good sleepers. 2nd Annual Scientific Meeting of the Adelaide Sleep Retreat: Adelaide, Australia.
130. **Lovato N,** Lack L, Wright H, Cant M. (2010). The working memory performance of older adults with insomnia. 22nd Annual Scientific Meeting of Australasian Sleep Association and Australasian Sleep Technologists Association: Christchurch, New Zealand.
131. Cant M, Lack L, Wright H, **Lovato N.** (2010). Is working memory performance impaired in older adults with insomnia. 20th Congress of the European Sleep Research Society: Lisbon, Portugal.
132. **Lovato N,** Cant M, Lack L, Wright H, (2010). Working memory performance of older adults with insomnia. 1st Annual Scientific Meeting of the Adelaide Sleep Retreat: Adelaide, Australia.
133. **Lovato N,** Lack L, Wright H (2010). The evaluation of Cognitive Behaviour Therapy and Evening Bright Light Therapy for insomnia in older adults. 1st Annual Meeting of the Adelaide Sleep Retreat: Adelaide, Australia.
134. **Lovato N,** Lack L, Wright H (2009). The napping behaviour of Australian university students. 21st Annual Scientific Meeting of Australasian Sleep Association and Australasian Sleep Technologists Association: Melbourne, Australia.
135. **Lovato N,** Lack L, Wright H, Ferguson S. (2008). The effects of a brief nap during night shift. 20th Annual Scientific Meeting of Australasian Sleep Association and Australasian Sleep Technologists Association: Adelaide, Australia.

SCIENTIFIC REPORTS

Lovato N. (2015). *The efficacy of biofeedback for the treatment of insomnia.* Philips Respironics.

Lovato N & Lack L. (2014). *Clinical investigation report: Circadian phase delay using the newly developed Re-timer portable light device.* Re-Timer, PTY LTD.

GRANT REVIEWING

2025 – NHMRC Investigator Grants, Australian Research Council, DECRA x2, Discovery Projects x, CEO Clinician Rapid Implementation Project Scheme (CRIPS) and Prof John Beltrame AM/CEO Innovation Award x11.
2024 – NHMRC Investigator Grants
2024 – Australian Research Council, Discovery Projects x3
2024 – European Science Foundation x1
2020 – Flinders Foundation
2017 – 1 x NHRMC Project Grant

JOURNAL REVIEWING

2025 – Journal of Sleep Research (1); International Journal of Eating Disorders (1); Sleep Health (1); Psychiatry Research (1); Annals of the American Thoracic Society (1); SLEEP (1)
2024 – Journal of Sleep Research (1); Trends in Psychiatry and Psychotherapy (1)
2023 – Chronobiology International (1); SLEEP (1); Journal of Sleep Research (1); Cancer Survivorship Research & Care (1); Sleep Health: Journal of the National Sleep Foundation (1); Journal of Biological Psychology (1); ACS Omega (1)
2022 – Journal of Sleep Research (2), SLEEP (1)
2021 – Journal of Sleep Research (1)
2020 – SLEEP (3), Journal of Sleep Research (2)
2019 – Nature and Science of Sleep (1)
2018 – Behavioral Sleep Medicine (1), Journal of Adolescence (1), Sleep Medicine (1)
2017 – Chronobiology International (1), Journal of Sleep Research (1).
2016 – Cognitive Behaviour Therapy (1).
2015 – Sleep Medicine Reviews (1), Behavioral Sleep Medicine (1), Journal of Sleep Research (2), Depression and Anxiety (1).
2014 – Child: care, health and development (1), Sleep Medicine (2), Journal of Biological Rhythms (1), Behavioral Sleep Medicine (1).
2013 – Behavioral Sleep Medicine (1), Chronobiology International (1)
2012 – Nutrition Research (1), Journal of Sleep Medicine (1), Chronobiology International (1), Australasian Journal on Aging (1).
2008 – Journal of Sleep Research (1).

PUBLISHED CONFERENCE ABSTRACT REVIEWING

2018 - Australasian Chronobiology Society (6 abstracts)
2017 – Australasian Chronobiology Society (10 abstracts)
2015 – Australasian Sleep Association (7 abstracts)
2013 – Australasian Sleep Association (4 abstracts)

RESEARCH FUNDING

1. **Lovato N,** Reynolds A, Altree T, Adams R, Eckert D. Comparison of UltraHuman technology against gold standard polysomnography. $258,815, 2025-2026, UltraHuman.

2. Cain S, Vakulin A, Lander A, **Lovato N,** Phillips A, Light Shower: An intervention to enhance driver performance. $424,016, 2025-2029, Lifetime Support Authority.
3. **Lovato N,** Eckert D, Adams R, Reynolds A, Altree T, Lechat B, Toson B. ZSTOPOSA: A physiology-informed proof-of-concept study to reduce OSA severity with CPAP therapy in people with a low respiratory arousal threshold. $24,973, 2025-2027, Flinders Foundation.
4. Reynolds A, Hughes K, Adams R, **Lovato N,** Dunbar C. ReCONNECT Rural SA for Sleep and Mental Health. $250,000, 2025-2027, The Hospital Research Foundation.
5. Haycock J, Vakulin A, **Lovato N,** Adams R, Catcheside P, Loffler K, Sweetman A, Maloney S. An online tool to help guide people in the community to sleep problem solutions. $80,000, 2024-2026, American Academy of Sleep Medicine.
6. Vakulin A, Howard ME, Dunbar C, Reynolds A, **Lovato N,** Nguyen P, Cori H, Guyett A, Pinilla L, Adams R, Catcheside P. Driver sleepiness detection device – Improving road safety by reducing sleepiness on Australian Roads. $311,232, 2024-2027, Government of South Australia, Lifetime Support Authority.
7. **Lovato N**. Optimal circadian timing: Wearable light device and customised technology. $428,681, 2024-2027, ARC Linkage Fellowship.
8. Adams, R, Eckert D, Yee B, Reynolds A, Chai-Coetzer CL, **Lovato N,** Mukherjee S, Kaambwa B, Harvey J, Lechat B, Vakulin A, Toson B, White A, Bidargaddi N, D'Rozario A, Hoyos C, Catcheside P, Frost M. Novel home monitoring and integrated support program of obstructive sleep apnoea management, $1.5M, 2024-2028. NHMRC MRFF Optimising Screening Diagnosis and Management of Obstructive Sleep Apnoea.
9. Catcheside P, Scott H, Nguyen P, Micic G, Lack L, **Lovato N**, Reynolds A, Adams R, Toson B, Chakraborty R. Personalised daily body-clock tracking and circadian light therapy retiming to improve sleep, performance, health and safety. $410, 543, 2024-2026, National Health and Medical Research Council.
10. Reynolds A, **Lovato N.** CBTi training program development. $10,000, 2023, Focussed Psychological Strategies Skills Training, General Practice Mental Health Standards Collaboration.
11. Reynolds A, Adams R, **Lovato N,** Vakulin A, Sletten T, Wanstall S, Rajaratnam S, Ferguson S, Brown B, Sansom K. Sleep Check before Shift Work: A sleep education, screening and management approach to prevent road trauma in Australia's young adults. $293,578, 2023, Lifetime Support Authority.
12. Eckert D, **Lovato N,** Vakulin A. Digital support capabilities for the management and treatment of OSA and insomnia in primary care. $100,000, 2023, DVCR Strategic Fund, Flinders University.
13. **Lovato N,** Adams R, Vakulin A, Sweetman A, Reynolds A, Appleton S, Kaambwa B, Hoon E. A new model of care for men with depression and co-occurring insomnia in primary care. $125,000, 2023, Innovations in Disease Diagnostics/Men's Health, The Hospital Research Foundation.
14. **Lovato N**, Catcheside P, Vakulin A, Nguyen DP, Reynolds A. Application of feedback-control system principles to evaluate normal versus abnormal day-to-day stability of the sleep-wake system: A proof-of-concept study. $20,000, 2023, Flinders Health and Medical Research Institute Kickstart grant, Flinders University.

15. **Lovato N.** Re-conceptualising sleep using model-based system control principles. $72,852, 2022, Research Investment Fund Scheme, Flinders University.
16. **Lovato N.** Ambulatory (wearable and nearable) sleep and respiratory monitoring equipment. $117,502, 2022, Research Infrastructure Funding Research Investment Fund, Flinders University.
17. Adams R, Loffler K, **Lovato N,** Reynolds A. A multicenter, double-blind, randomised study to evaluate the effects of tasimelteon vs. placebo in participants with Delayed Sleep-Wake Phase Disorder. $100,000, 2022-25, Vanda Pharmaceuticals.
18. **Lovato N,** Catcheside P. Triconcentric Ring Electrode EEG (TCRE) electrode and amplifier system. $38,789.60, 2021, Research Infrastructure Funding Research Investment Fund, Flinders University.
19. Adams R, Chai-Coetzer C, Stocks N, Zwar N, **Lovato N,** Sweetman A, Kaambwa B, Reed R, Van Ryswyk E, Moore G. Improving the management of Obstructive Sleep Apnea and Insomnia in Primary Care. $1,439,099, 2021, NHMRC Partnership.
20. **Lovato N.** Driving simulator and GPS-based driving technology. $145,315, 2021, Research Infrastructure Funding Research Investment Fund, Flinders University.
21. Sweetman A, Adams R, **Lovato N,** Vakulin, A, Van Ryswyk. A novel software-assisted pathway to manage insomnia in Australian general practice. $24,000, 2020, Flinders Foundation Health Seed Grant.
22. Adams R, Vakulin A, **Lovato N,** Van Ryswyk E, Sweetman A. Pilot Study for Improving Sleep Disorder Management in Primary Care: A Cluster Randomised Implementation Trial of a Suite of Evidence-based Practice Change Support Tools and Enhanced Treatment Access. $25,000, 2020, Flinders University, Clinical trials and cohort uplift scheme.
23. Sweetman A, McEvoy D, Lack L, Adams R, **Lovato N,** Vakulin A, Van Ryswyk. A novel software-assisted insomnia management pathway in Australian general practice. $25,000, 2020, Flinders University, Clinical trials and cohort uplift scheme.
24. Adams R, McEvoy D, Chai-Coetzer C, Vakulin A, **Lovato N,** Van Ryswyk E, Sweetman A, Improving the management of Obstructive Sleep Apnea and Insomnia in General Practice. 2020-2024, $125,000 (plus $160,000 equipment), Philips Respironics.
25. Varcoe T, Warland J, Grivell R, **Lovato N,** Morrison J. Does poor maternal sleep disrupt glucose handling in the mum and her offspring? 2020, $31,931. University of South Australia, Research Themes Investigator Scheme grant.
26. Adams R, McEvoy D, Chai-Coetzer C, Vakulin A, **Lovato N,** Ryswyk, Sweetman A, Thomas G. Improving the delivery of care in general practice for people with Obstructive Sleep Apnea. 2019, $206,000. ResMed.
27. **Lovato N,** McEvoy D, Lack L, Micic G, Sweetman A. The management of chronic insomnia in Primary Care: A preliminary implementation trial. 2019, $20,000. Flinders Health and Medical Research Institute.
28. Lack L, **Lovato N**, Micic G. Using a portable bright light therapy device for treatment of Chronic Insomnia Disorder with sleep onset difficulties. 2019, $4,000. Centre for Neuroscience.
29. Catcheside P, Lack L, Kemps E, Vakulin A, Eckert D, **Lovato N,** Micic G, Banks S, Dorrian J, Hartas M, Murfett D, Adams R, Douglas P. Circadian optimised submariner performance through smart LED lighting. 2019-2022, $650,000, Department of Defence.

30. Vakulin A, McEvoy D, Catcheside P, Chai-Coetzer C, **Lovato N.** Sleep Research Equipment. 2018, $175,000, The Hospital Research Foundation.
31. Randhawa S, Reynolds K, Wallace A, Vakulin A, Catcheside P, **Lovato N,** Bakhshayesh H. Near-infrared spectroscopy (NIRS) validation study. 2018, $54,696. Department of Industry, Innovation and Science.
32. Lack L, **Lovato N,** Scott H. *Evaluating the benefits to alertness from brief power naps administered by a new wearable device,* 2018, $7,970, Adelaide Institute for Sleep Health Seeding grant.
33. McEvoy D, Vakulin A, Catcheside P, Reynolds K, Randhawa S, Unterlerchner L, Stevens D, Lack L, **Lovato N,** O'Grady A, Chai-Coetzer C, Grunstein R, Gordon C, Rajaratnam S, Sletten T, Hamilton G, Howard M. *Sleep Companion Consumer Entry Decision Tree and CRC Sleep Health Management Decision Support System*, 2017, $201,184, CRC for Alertness, Safety and Productivity.
34. McEvoy D, Stocks N, Zwar N, Grunstein R, Chai-Coetzer C, Lack L, Adams R, Redman S, Vakulin A, Wesselingh S, Kaambwa B, Reed R, Reynolds K, Saini B, **Lovato N,** Gordon C, Catcheside P, Hancock K, Mukherjee S, Mackay M. *National Centre for Sleep Health Services Research - Positioning Primary Care at the Centre of Sleep Health Management.* 2017, $2.5mil, National Health and Medical Research Council.
35. McEvoy D, Vakulin A, Catcheside P, Wallace A, Gordon C, Sletten T, Grunstein R, Howard M, Alvaro P, Lack L, **Lovato N,** Hamilton G, Sweetman A, Tucker A. *Sleep Companion Consumer Entry Decision Tree*, 2016, $37,077, CRC for Alertness, Safety and Productivity.
36. Stevens D, McLoughlin J, **Lovato N** & D'Rozario A. *Identification of the type and prevalence of sleep disorders in stroke.* 2016, $18,000, Flinders University Early Career Researcher/Seeding Grant.
37. Catcheside P, Lack L, Hansen K, Doolan C, Hansen C, Vakulin A, **Lovato N,** Bruck D, Chai-Coetzer C, Mercer J & Antic N. *Establishing the physiological and sleep disruption characteristics of wind farm versus traffic noise disturbances in sleep.* 2016, $1.4mil, National Health and Medical Research Council Project Grant (Targeted call for research)
38. Laver K, Vakulin A, George S & **Lovato N.** *A feasibility trial comparing a biobehavioural intervention, melatonin and usual care for people with dementia and sleep disturbance.* 2015-10, $17,000, Faculty of Medicine, Nursing and Health Sciences small grants, Seeding grant: Early Career Researcher.
39. McEvoy D, Catcheside P, Vakulin A, Antic N, Reynolds K, Chai-Coetzer C, Lack L, **Lovato N**, Grunstein R, Gordon C, Wang D, Won-Kim J, Marshall N, Wong K, Yee B, Banergee D, O'Brien D, Unger G, Howard M, Rochford P, O'Donoghue F, Jordon A, Jackson M, Barnes M, Rajaratnam S, Edwards B, Anderson C, Sletten T. *Sleep Disorders Phenotyping,* 2014-2017, $3.8mil, CRC for Alertness, Safety and Productivity.
40. **Lovato N,** Gradisar M & Lack L. *Reducing depression with good sleep: Evaluation of a brief school-based sleep education program*. 2015-1, $9,000, Flinders Research Grant.
41. Lack L, **Lovato N** & Gradisar M. *Intensive sleep re-training: Further improvements to the non-drug treatment for insomnia.* 2015-1, $12,000, Flinders Research Grant.
42. Lack L & **Lovato N.** *Sleep well, feel good: Implications for the treatment of chronic insomnia.* 2015-1, $14,000, Flinders Research Grant.

43. Gradisar M & **Lovato N**. *How much screen light is needed to affect sleep?* 2015-1, $14,000, Flinders Research Grant.
44. Rowland A, Russell P, Sorich M, Mangoni A, Rowland E, **Lovato N,** De Pasquale C, Hewage U & Burdeniuk C. *Examining the clinical relevance of drug-drug interactions and disease states as sources of variability in drug exposure.* 2014-11, $16,000, Faculty of Medicine, Nursing and Health Sciences small grants, Seeding grant.
45. Lack L & **Lovato N.** *Assessment of circadian phase advance using the newly developed Re-Timer portable light device.* 2014-6, $4,600, Centre for Neuroscience, Flinders University.
46. **Lovato N** & Lack L. *The use of brief daytime naps in the behavioural treatment of chronic primary insomnia,* 2013-12, $12,000, Flinders Research Grant.
47. Lack L, & **Lovato N.** *The relationship between sleep and subsequent daytime functioning in poor and good sleepers,* 2013-12, $11,000, Flinders Research Grant.
48. **Lovato N.** *Supporting early career researchers.* 2012-12, $7,700, School of Psychology, Areas of Strategic Research Investment scheme.
49. **Lovato N.** *The alerting effects of ad-libitum daytime naps* 2012-10, $13,000, Flinders Research Grant

PATENTS

SmartSleep Analyser	https://www.usa.philips.com/c-e/smartsleep.html App No. AU 2018904007, US 62/812066; Decision support software for sleep disorder identification, 28 Feb 2019, US 61/815562; Sleep Disorder Data Fidelity Management System, 08 Mar 2019).
ReTimer	https://www.re-timer.com/ patent number 4630864
THIM	http://thim.io/ patent application number PCT/US17/23240

SLEEP HEALTH EDUCATION AND COMMUNITY PRESENTATIONS

N, Lovato (2025) **-** *How to rise and shine, the relationship between sleep and bringing your best self to work.* SafeWork Victoria on behalf of the Sleep Health Foundation.

N, Lovato (2024) – *How to get a good night's sleep.* Black Dog Institute/Mindarma (>950 attendees).

N, Lovato (2024) – *Sleep, Sleep Disorders and Shift Work*. Queensland Police.

N, Lovato (2024) – *ARC for Health Research*. Flinders University.

N, Lovato (2024) - *Sleep, Sleep Disorders and Mental Health.* Holdfast Bay Council.

N, Lovato (2023) – *Light Therapy.* Behavioural Sleep Medicine, Australasian Sleep Association.

N, Lovato (2023) – *Use of light therapy for insomnia.* Insomnia and Sleep Health Council, Australasian Sleep Association

N, Lovato, Vakulin, A, Dunbar, C. (2023) – *The science of sleep.* Science In The Pub.

N, Lovato (2023) – *Sleep and mental health.* The Hospital Research Foundation.

N, Lovato (2023) – *Sleep: The third pillar of health.* Black Dog Institute/Mindarma (>1200 attendees)

N, Lovato. (2022 - ongoing). *Nurse- and GP- led Cognitive Behaviour Therapy for Insomnia.* Metropolitan and Rural Primary Care professionals.

N, Lovato. (2022). *The use of Cognitive Behaviour Therapy for Insomnia.* Australian Psychological Society.

Eckert, D., McEvoy, D, **Lovato, N.,** Osman, A. (2019). *BRAVE Sleep Well: Improving health through the science of sleep.* Invited Panel Member.

N. Lovato. (2018). *Science in the Pub,* Science in Public

N, Lovato. (2015). *Sleep and daytime functioning.* SA Judiciary.

N, Lovato. (2015). *Sleep science.* Science in the Pub. Adelaide University.

N, Lovato. (2011-2014). *The PhD Journey.* Research Higher Degree Students, Flinders University.

N, Lovato. (2010). *Getting a good night sleep*. Mental Illness Fellowship South Australia. June 23.

N, Lovato. (2009). *Sleep*. University of the Third Age. July 23.

N, Lovato., & J, Cocks. (2008). *Sleep.* Christies Beach Mental Health Centre. December 4.

MEDIA

Television interviews

2015 – *Nana naps to improve the treatment of insomnia.* News, Channel 7, Sydney, Melbourne, Perth, Adelaide, Australia. October 1.

2013 – *Nap your way to the top.* Today Tonight, Channel 7, Sydney, Melbourne, Adelaide Australia. August 22

Radio and print media interviews

2024 – An unbroken night's sleep is a myth. Here's what good sleep looks like. https://theconversation.com/an-unbroken-nights-sleep-is-a-myth-heres-what-good-sleep-looks-like-238069. The Conversation, October 8.

2023 - How dangerous is insomnia? How fear of what it's doing to your body can wreck your sleep. https://theconversation.com/how-dangerous-is-insomnia-how-fear-of-what-its-doing-to-your-body-can-wreck-your-sleep-212248. The Conversation, October 19.

2023 – *Do worms dream?* ABC Podcast, July https://www.abc.net.au/radionational/programs/what-the-duck/do-worms-dream/102581506

2022 – *Daylight savings, sleep and out body clocks.* ABC Radio, March.

2022 – *Impact of the end of daylight saving on our body clocks.* 7 News Online, March.

2021 – *curl up and enjoy a nanna nap as it is good for your brain.* Have-A-Go News, August.

2020 - *Waking up tired and grumpy? Don't worry, there's help on hand at Flinders.* Encounter Magazine, July.

2019 - *Insomniacs needed for trial of hi-tech Re-timer glasses*. The Senior, September.

2019 – *The Power Nap.* Bottom Line, June.

2018 – *Dr Nicole Lovato aims for an insomnia-free society,* Flinders University Annual Appeal, June 25.

2018 – *Support early-career scientists at Fresh Science,* Flinders In Touch, June 5.

2018 – *Here's why naps are really good for you, according to science*, ScienceAlert, February 2.

2018 – *Why you should never feel guilty about taking a nap,* The Age, February 1.

2018 – *Why you should never feel guilty about taking a nap,* Sydney Morning Herald, February 1.

2018 – *All about naps.* ABC Radio, Perth, January 29.

2018 - *Guilty about that afternoon nap? Don't be. It's good for you*. The Conversation, January 26.

2018 – *Bit sleepy? Put yourself on trial.* Sunday Mail, January 14.

2016 – *Two new Flinders tall poppies.* Inspiring Research, August 4.

2016 – *Young Tall Poppy of SA Science.* Research Pulse, August 2.

2016 – *Nine of our best.* The Advertiser, August, 1.

2015 – *Thanksgiving and the science of napping.* ResearchGate News, November 26.
2015 – *Daylight saving: why changing SA's clocks could make us sleep and accident-prone.* The Conversation, September 1.
2015 – *Power naps for people with Insomnia*. NapNow, April, 14.
2015 – *Power naps for insomniacs.* InDaily, Adelaide, January 23.
2014 – *The science of napping.* BBC Future, Israel, November 20.
2014 – *Nanna naps are good for you*. Have a Go News, May 13.
2014 – *Napping and medical illness*. ABC Far North Queensland, April 30.
2014 – *Can napping be dangerous*. NapNow, April 28. http://napnow.net.au/can-napping-be-dangerous/
2014 - *Napping.* ABC Regional, Port Pirie, South Australia, January 13.
2014 - *The Power Nap and Creativity.* Men's Health Magazine, January 4.
2013 - How a week of camping resets the body clock. http://theconversation.com/how-a-week-of-camping-resets-the-body-clock-16557. The Conversation, Australia. August 2nd
2013 - *Power nap boosts memory and mood.* Flinders InDaily, South Australia, Australia. May 21st
2013 - *Want to boost your memory and mood? Take a nap but keep it short.* *http://theconversation.com/want-to-boost-your-memory-and-mood-take-a-nap-but-keep-it-short-13108* The Conversation, Australia. May 16th
2013 - *Wake up sleepy head.* Flinders InDaily, South Australia, Australia. February 25th
2013 - *Can't get out of bed in the morning? Your BODY CLOCK may be too slow* http://www.dailymail.co.uk/health/article-2288404/Cant-bed-morning-Your-BODY-CLOCK-slow.html#ixzz2MtbmRQoO Daily Mail, London, United Kingdom. March 5th
2013 - *For late sleepers, there may be more than 24 hours in a day* http://flindersindaily.flinders.edu.au/?iid=74594&sr=0#folio=3 Flinders InDaily, South Australia, Australia. March 4th
2013 - *For late sleepers, there may be more than 24 hours in a day* http://blogs.flinders.edu.au/flinders-news/2013/03/04/late-sleepers-may-have-more-than-24-hours-in-a-day/ Flinders News, South Australia, Australia. March 4th
2013 - *Late sleepers may have more than 24 hours in a day* http://medicalxpress.com/news/2013-03-late-sleepers-hours-day.html Medical Xpress. March 4th
2013 - *Poor sleep under scrutiny.* ABC Adelaide, South Australia, Australia. February 25th
2012 - *Napping*. Marie Claire magazine, December 20.
2011 - *Light therapy research.* Sleep Review Magazine, Los Angeles, United States of America. September, 29th.
2009 - *The effects of a brief nap during night shift.* ABC Regional, Queensland, Australia. February 12th
2009 - *The effects of a brief nap during night shift.* ABC Newcastle, New South Wales, Australia. February 10th
2008 - *The effects of a brief nap during night shift.* Triple J, Australia. October 4th
2008 - *The effects of a brief nap during night shift.* ABC Adelaide, South Australia, Australia. October 4th
2008 - *The effects of a brief nap during night shift*. ABC Regional, Port Pirie, South Australia, Australia. October 2nd

2008 - *The effects of a brief nap during night shift.* 2UE, Sydney, New South Wales, Australia. October 2nd

RESEARCH SUPERVISION

Primary Supervisor of PhD students, Flinders University

2025 – Present: Matthew Driller, *Sleep and sports medicine.*
2025 – Present: Zoe Moulder, *Sleep, sleep disorders, and neurodivergence.*
2022 – Present: Darah-Bree Benson-Boakes, *The role of sleep-wake state discrepancy in chronic insomnia.*
2021 – 2025: Alisha Guyett, *The unison of circadian rhythms with timed light exposure*.
2019 – 2023: Jenny Haycock, *The translation of insomnia management in primary care.*

Associate Supervisor of PhD students, Flinders University

2026 – Present: Yun-Kai Lin, *Insomnia phenotyping.*
2025 – Present: Gemma Robertson, *Individual differences in response to sleep loss and treatment in young adults with sleep disorders.*
2025 – Present: Zilu Zhang, *The effects of insomnia and aging on emotion processing*.
2024 – Present: Katrina Nguyen, *Using Wearables for Circadian Rhythm Monitoring, and Improving Personalised Treatment Delivery.*
2023 – 2025: Alison Waterman, *Cardiometabolic, endocrine and sleep changes during cancer treatment in patients with early-stage breast cancer.*
2017 – 2020: Hannah Scott, *Wearable devices for measuring sleep.*
2015 – 2020: Kelsey Bickley, *Phenotyping insomnia.*
2014 – 2018: Cele Richardson, *The use of morning bright light and exercise to improve the sleep of adolescents.*
2013 – 2017: Alexander Sweetman, *The Co-morbidity of Insomnia and Obstructive Sleep Apnea.*
2012 – 2016: Gorica Micic, *Biological and Behavioural Rhythms of Delayed Sleep Phase Disorder.*

Primary Supervisor of Master of Clinical Psychology, Flinders University

2026 – Present Yong Yin, *Cultural considerations for the diagnosis and treatment of insomnia.*

2026 – Present Alyssa Pilgrim, *TBC*.

2023 – 2024: Hannah Whetham, *Understanding the factors influencing sleep in Indigenous populations.*

Primary Supervisor of Advanced Studies (MD), Flinders University

2019 – 2023 Elizabeth Koh, *Napping habits of individuals with comorbid insomnia and depression.*

Primary Supervisor of Honours students, Psychology, Flinders University

2023 Clinical characteristics and response to cognitive behaviour therapy for insomnia in men and women with insomnia and co-occurring depression.

2022 The relationship between subjective sleepiness and driving performance in vulnerable and resistant individuals.
2022 Determining whether differences in circadian phase predict trait-like vulnerability to sleep deprivation and driving performance.
2020 The one question keeping you up at night: Will insomnia kill me?
2020 Does insomnia really increase with age?
2019 The efficacy of ReTimer for the treatment of sleep onset insomnia.
2018 Benefits to daytime functioning from brief naps administered with a new wearable device (THIM)
2017 Can sleep be optimised between shifts?
Evaluation of a portable light device for phase advancing the endogenous circadian rhythm.
2015 Is there a role for brief naps in the treatment of chronic insomnia?
2014 The use of brief naps in the treatment of chronic insomnia.
2013 The recuperative effects of daytime naps taken at self-selected times.

Co-Supervisor of Honours students, Psychology, Flinders University
2020 Sound Asleep: Does Insomnia Explain Wind Turbine and Road Traffic Noise-Attributed Sleep Disturbance?
What's keeping you up at night? The prevalence of insomnia symptoms in wind farm and road traffic noise exposed environments relative to a quiet rural area in South Australia.
2019 Testing the accuracy of THIM to detect sleep onset for ISR.
Evaluation of a portable light device for phase advancing the endogenous circadian rhythm in a clinical population.
Circadian timing of myopes and non-myopes.
2018 The effects of wind farm noise and subjective noise sensitivity on objective sleep.
Testing the accuracy of THIM to detect sleep onset for ISR.
An investigation of salivary and urinary melatonin profiles between myopes and non-myopes as a precursor to myopia.
2017 Stabilising the circadian rhythms of long-haul flight pilots.
A pilot investigation of wind farm and low frequency noise effects on sleep.
Finger twitching in REM sleep
2016 Validation of a novel smart phone application for the detection of sleep and wakefulness
2015 Intensive Sleep Re-training.
The relationship between sleep and daytime functioning in patients with primary insomnia.
The efficacy of Cognitive-Behaviour therapy for those with comorbid insomnia and sleep apnea.
2014 Sleep inertia in Delayed Sleep Phase Disorder
The relationship between sleep quality and subsequent daytime functioning for insomniacs and good sleepers
The predictive value of Morningness-Eveningness reports for identifying individuals with Delayed Sleep Phase Disorder.

2013	Circadian rhythm of hunger in Delayed Sleep Phase Disorder.
	Circadian rhythms of Delayed Sleep Phase Disorder: A comprehensive assessment of mood fluctuations.
	Subjective and objective sleepiness in healthy and Delayed Sleep Phase Disorder (DSPD) individuals.
2012	Circadian rhythms of Delayed Sleep Phase Disorder: period length (tau) and phase relationships of melatonin and core body temperature (cBT).
	Effect of circadian rhythms on inhibitory executive function in healthy and Delayed Sleep Phase Disorder (DSPD) individuals.
2011	Performance circadian rhythms in Delayed Sleep Phase Disorder.
	Temperature circadian period length in Delayed Sleep Phase Disorder.
	Sleepiness circadian rhythm period length in Delayed Sleep Phase Disorder.
	Benefits of brief naps for regular and non-nappers.
2010	The working memory performance of older adults with insomnia.
	Exploring correlates of daytime impairments in older adults with primary insomnia.
	The maladaptive beliefs of older adults with insomnia.
2009	Psychological variables related to sleep misperception in older adults with insomnia.
	Working memory performance of older adults with insomnia.
	Differential effects of light on melatonin and sleepiness suppression.

Guest Lecturer, Flinders University

2016 – 2021:	Mind, Brain and Behaviour, *The effects of napping.*
2014 – 2020:	Contemporary Approaches to Lifestyle Management, *Sleep and Shiftwork; The physiological effects and management of sleep disturbance.*
2013 – 2015:	Sleep and Cognition, *The impact of napping on alertness and cognitive functioning.*
2014:	Applications of Psychology, *Sleep and its implications for daytime functioning.*
2012-2014:	Research Higher Degree Induction Seminar, *The PhD experience.*
2010:	Psychophysiology, *Introduction to Polysomnography*
2009-2012:	Physiological Basis of Behaviour, *Napping*.

PhD proposal committee member

2024	Integrated treatment of posttraumatic stress and sleep disturbance in primary school aged children: A feasibility and proof of efficacy study.
	The effects of insomnia and aging on emotion processing.
	Associations of sleep and sarcopenia in a fall risk population.
2023	Sleep and sleep disorders in early career paramedics.
2019	The Psychological and Physiological Effects of Wind Farm Noise on Sleep, Mood and Daytime Functioning.
2018	Techniques to increase cry tolerance in parents of sleep disturbed infants.
	Supine dependent obstructive sleep apnea and new generation positional therapy.

Honours proposal committee member

2015	Effects of sleep on adolescent fluid intelligence performance.

A dose-response sleep restriction study.
Sleep difficulties amplify depressed mood in adolescents: The role of perfectionism.
Sleep efficiency and daytime functioning in good and poor sleepers.
Meeting perfectionism and sleep.

2014 Video game use and impaired daytime functioning and sleep loss in adolescents.

2015 The effects of iPad light on sleep in morning and evening type adolescents.
Is an iPad that emits long wavelength light less detrimental to adolescent sleep than a typical iPad?
The effect of bright light on sleep.
The effect of sleep restriction on snacking and food cravings, with mood as a moderator.

Tutor/Teaching assistant, Psychology, Flinders University

2014 Human Development, Second year topic;
Lifespan Development in Cultural Perspective, Second year topic
Cognition and Learning, Second year topic.

2013 Cognition and Learning, Second year topic.

2012 Introduction to Clinical Psychology, Third year topic
Cognition and Learning, Second year topic.

2011 Cognition and Learning, Second year topic.

2010 Human Development, Second year topic.

2009 Physiological Basis of Behaviour, Honours topic.
Introduction to Psychology, First year topic.

Marker

Griffith University (2025) includes 1 PhD (Clinical Psychology) thesis.

University of Adelaide (2023) includes 1 Honours (Dentistry) thesis.

The University of Queensland (2022) includes 1 PhD thesis.

Psychology, Flinders University (2008-2023) includes Master of Clinical Psychology theses (4), Bachelor of Psychology Honours theses (17), undergraduate assignments for 6 topics.

College of Nursing and Health Sciences, Flinders University (2023) includes 1 honour thesis.

College of Medicine and Public Health, Flinders University (2015) includes 1 honour thesis.

School of Psychology, Social Work and Social Policy, University of South Australia includes Master of Clinical Psychology thesis (1), Bachelor of Psychology Honours theses (2)

CURRICULUM VITAE

PERSONAL INFORMATION

Name: Associate Professor Amy Reynolds

Academic Titles: BPsyc(Hons), MSciMed(Clin Epi), MProfPsych, PhD, MAPS

Address: Flinders Health and Medical Research Institute (Sleep Health), Health and Medical Research Building, Sports Drive, Bedford Park SA 5042, Australia

Email: amy.reynolds@flinders.edu.au

Phone: 0407 525 047

Nationality and Citizenship: Australian and United Kingdom

PROFESSIONAL SUMMARY

Associate Professor Amy Reynolds is a **research-intensive clinical epidemiologist and intern psychologist** specializing in the relationship between non-standard work schedules, sleep disorders, and public health and safety. She leads a comprehensive research program at the **Flinders Health and Medical Research Institute (FHMRI) Sleep Health**, with a primary focus on early intervention for young adults and solution-based treatments for shift workers.

WORK EXPERIENCE

Associate Professor in Clinical Sleep Health | Flinders University (2023 – Present)

Intern Psychologist | AISH Sleep Health Clinics, FHMRI Sleep Health (2023 – Present)

Senior Research Fellow (Epidemiology) | Flinders University (2020 – 2022)

Senior Lecturer & Lecturer in Psychology | CQUniversity Australia (2017 – 2020)

Academic Program Developer & Research Associate | CQUniversity Australia (2015 – 2017)

Adjunct & Status Appointments:

Adjunct Associate Professor at **Curtin University** and the **Appleton Institute, CQUniversity** (2023 – Present).

Adjunct Senior Research Fellow at the **Appleton Institute, CQUniversity** (2020 – 2025).

EDUCATION AND TRAINING

2024: Master of Professional Psychology (awarded with Distinction), Monash University.

2018: Master of Science in Medicine (Clinical Epidemiology), University of Sydney.

2015: Doctor of Philosophy (PhD), University of South Australia.

2009: Bachelor of Psychology (Honours), University of South Australia.

2007: Diploma in Government (Contract Management), Major Training Services.

HONOURS AND AWARDS (SELECTED)

2025: ARC Discovery Early Career Researcher Award (**DECRA**) Recipient.

2024: Young Tall Poppy of the Year (SA), Australian Institute of Policy and Science.

2024: Vice Chancellor's Award for Mid-Career Researchers, Flinders University.

2024: Vice President and Executive Dean's Award for **Outstanding Student Supervision**, Flinders University.

2021: Nick Antic Career Development Award, Australasian Sleep Association.

RESEARCH FUNDING (SELECTED)

A/Professor Reynolds has secured extensive funding from federal agencies and industry partners, including:

2024: $1,498,761 (MRFF) – Home monitoring and integrated support for OSA management.

2023: $1,335,760 (NHMRC) – Personalised body-clock tracking and light therapy.

2023: $294,000 (Lifetime Support Authority) – Sleep Check Before Shift Work Trial

2020: $796,810 (Industry Commercial) – Project Sentinel.

KEY IMPACT AND POLICY INFLUENCE

Global Policy: Her research has been cited in **22 global policy documents** and informed the **2019 Australian Parliamentary Inquiry into Sleep Health Awareness**.

Safety Standards: Her work on rail safety led to revisions in the **National Standard for Health Assessment of Rail Safety Workers** regarding obstructive sleep apnea screening.

Emergency Services: She developed and delivers tailored sleep disorder education for the **SA Police** and **SA Ambulance Service**.

LEADERSHIP AND SERVICE (SELECTED)

Governing Council Member at Large (Australasia): World Sleep Society (2023–2025).

Associate Editor: *SLEEP Advances* (2025–Present).

Editorial Board: *Sleep Health* (2025–Present).

Co-Lead: Insomnia, Shift Work and Body Clock Disruption theme, FHMRI Sleep Health (2022–2025).

Higher Degrees Co-ordinator: College of Medicine and Public Health, Flinders University (2021–2024).

SELECTED PUBLICATIONS (relevant to the EiN symposium)

Reynolds, A.C., *et al* (2024). Diagnosis and management of sleep disorders in shift workers, with patient informed solutions to improve health services research and practice. *Sleep Medicine*.

Reynolds, A.C., *et al* (2023). Is cognitive behavioral therapy for insomnia (CBTi) efficacious for treating insomnia symptoms in shift workers? A systematic review and meta-analysis. *Sleep Medicine Reviews*.

Reynolds, A.C., *et al* (2023). Insomnia and workplace productivity loss among young working adults: a prospective observational study of clinical sleep disorders in a community cohort. *Medical Journal of Australia*.

Reynolds, A.C., et al. (2024). Assessment and management of sleep disorders in shift workers. *Australian Journal of General Practice*.

Reynolds, A.C., et al. (2022). Shift work, clinically significant sleep disorders and mental health in young working adults. *Scientific Reports*

26 February, 2026

Curriculum Vitae
RITIKA MUKHERJI

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PERSONAL INFORMATION

Graduate student in the MSc + DPhil Programme in Neuroscience at the University of Oxford as a Rhodes-Clarendon Scholar. Trained in Indian classical singing, electronic keyboards and roller skating; amateur powerlifting and yoga practitioner.

Born 18 December 2001, Female (*she/her*), Indian.

EDUCATIONAL QUALIFICATIONS

- **Third year DPhil/PhD candidate in the MSc+DPhil (1+3 year) Neuroscience Doctoral Programme** at the **University of Oxford** (St John's College)**,** as a **Rhodes Scholar** and **Clarendon Scholar, 2022.** Working thesis title: **Exploring the links between sleep and torpor.** Lab: **Vyazovskiy Group, Dept. of Physiology, Anatomy and Genetics,** University of Oxford, United Kingdom.
- **Master of Science, Neuroscience** 2022-23. Rhodes Scholar, **University of Oxford (U of Oxford)**. Result: **Merit**
- **Bachelor of Science, Zoology (Honours)** 2019-22. **DST-INSPIRE SHE Scholar** (awarded by Dept. of Science and Technology, Govt. of India), **Miranda House (MH), University of Delhi (UoD)**, India. Result: **CGPA 9.6**
- **Biostatistics: A User's Perspective Certificate Course,** 2022, IISER Pune, India
- **Medical Biotechnology Certificate Course**, 2019-20, MH, UoD, India
- **Bridge Course in Advanced Lab Techniques**, 2019, MH, UoD, India
- **Certificate Course in Community Outreach**, MH-Unnat Bharat Abhiyan, 2020
- **Central Board of Secondary Education (CBSE) All India Senior School Certificate Examination**, 2019, Amity International School (AIS), Noida, Uttar Pradesh (U. P.), India. Result: **96% marks.**
- **CBSE Secondary School Examination**, 2017. AIS Noida, U.P., India. Result: **CGPA 10**
- **Senior Diploma, Year 5, Hindustani Classical Vocal,** 2018, Prayag Sangeet Samiti, Allahabad, U. P., India, Result: **1st division with distinction in practical**
- Level 2 **Certificate in Graded Examination in Music Performance**, Grade 5 Electronic Keyboards, 2017, Trinity College London. Result: **Distinction**
- **Keystation Pro, Advanced Level music course in Electronic Keyboard**, Level 7, 2017, Musicology School of Music and Performing Arts, Noida, U. P., India. Result: **Distinction**
- **10th year certificate, Roller Speed Skating, Roller Hockey, Artistic Figure Skating** Blazing Wheels Skating Club (affiliated to Indian Foundation of Ice and Roller Skating) 2019. **State level player**, U. P. India.

CURRENT AND PAST AFFILIATIONS

- **Tutor** in **Behavioural Neuroscience and Systems Neuroscience** for Experimental Psychology and Biomedical Sciences undergraduate students (October 2025 onwards).
- **Observer, Clinical Neurophysiology at the John Radcliffe Hospital,** under the supervision of **Dr Pietro Luca-Ratti.** Working with **human polysomnography recordings from REM Sleep Behaviour Disorder (RBD) and non-RBD patients** in a study led by the **Oxford Parkinson's Disease Centre, Nuffield Department of Clinical Neurosciences** (2025-present).
- **Mentor, Project EduAccess,** a non-profit initiative that aims to improve access to higher education for learners from marginalised communities in South Asia (2022-present).
- **Graduate Student Representative**, Department of Physiology, Anatomy and Genetics, University of Oxford (2024-25).

- **Day-to-day supervisor for FHS (Final Honours Scheme) Undergraduate Students** in Biomedical Sciences at the University of Oxford (2024-25).
- **Podcast lead, CortexCast**, by Oxford's official neuroscience society – CortexClub. In-depth yet accessible interviews with world-leading neuroscientists, exploring cutting edge techniques, challenges in the field, and how these researchers think not only about the brain but life in general (2023-25).
- **Founder, InVolMEnt,** a **network for undergraduate STEM students** for work experience opportunities (2022-2024).

PAPERS

- Kumar R, **Mukherji R**, Singh K; **Reflections on the EMBO Workshop: Neuroscience of Sleep 2025.** ***Biol Open*** 15 July 2025; 14 (7): bio062079. doi: https://doi.org/10.1242/bio.062079
- [Revision re-submitted to Methods in Ecology & Evolution] JM Kendall-Bar, AR Payne, MF Czapanskiy, N Fox, J Leivesley, M Alksne, B French, A Malivert, G O'Leary, A Biswas, I Nealey, RH Parkinson, C Lowrie, I Perez, E Miller, I Costello, T Sainburg, D Rissolo, L Severance, **R Mukherji**, F Montealegre-Mora, KH Nguyen, CC Tusell, W Oestreich, M Sorenson, S Gurvich, J Walker, AN Kellum, T Berger-Wolf, I Altintas, S Sandin, N Lecomte. **Challenges and solutions for ecologists adopting AI.** EcoEvoRxiv DOI: 10.32942/X2FK8J
- Kendall-Bar, J.M., Williams, T.M., **Mukherji, R.**, Lozano, D.A., Pitman, J.K., Holser, R.R., Keates, T., Beltran, R.S., Robinson, P.W., Crocker, D.E. and Adachi, T., 2023. **Brain activity of diving seals reveals short sleep cycles at depth**. **Science**, 380(6642), pp.260-265 (2023): DOI: 10.1126/science.adf0566
- Kendall-Bar, J.M., **Mukherji**, **R**., Lopez, C., Nichols, J., Lozano, D.L., Pitman, J.K., Holser, R.H., Beltran, R., Schalles, M., Field, C.L., Johnson, S.P., Vyssotski, A.L., Costa, D.P., Williams, T.M. **Eavesdropping on the brain at sea: development of a surface-mounted system to detect weak electrophysiological signals from wild animals. Journal of Animal Biotelemetry** 10, 16 (2022): https://doi.org/10.1186/s40317-022-00287-x

SKILLED IN

- **Polysomnography** (software: SleepSign, LabChart, animal behavior video scoring 'Boris')
- **Data analysis** (MATLAB, Python, GraphPad, R, MS Excel)
- **Bioinformatics tools** (sequence alignments, protein docking, software: Schrodinger Maestro, Discover)
- **Teaching** (UG level neuroscience, general physiology and cell biology)
- **Scientific illustration & animation** (Procreate, Autodesk Maya, Blender, Inkscape, GIMP)
- **Literature search** and writing (Mendeley, Zotero)
- **Videography** and editing (iMovie)

PROJECTS & WORKSHOPS COMPLETED

- U of Oxford's Medical Science Division's course on **Preparing for Learning and Teaching at Oxford** – prerequisite for teaching biomedical sciences UG students at Oxford
- **MSc Neuroscience dissertation** project, Jan-Apr, 2023: **Contribution of descending corticocollicular projections to the spatial response properties of neurons in the auditory midbrain**. Supervisors: Dr Andrew King, Dr Victoria Bajo Lorenzana, Dr Fernando Nodal, DPAG, U of Oxford
- **MSc Neuroscience dissertation project**, May-Aug, 2023: **The effects of constant light on sleep and torpor.** Supervisors: Dr Vladyslav Vyazovskiy, Dr Jose Prius Mengual, DPAG, Sleep and Circadian Neuroscience Institute (SCNi) and Kavli Institute of Nanoscience Discovery (KIND), U of Oxford.

- **Intern**, Comparative Marine Mammal Brain Lab, Department of Ecology and Evolutionary Biology at the University of California, Santa Cruz, USA under Dr Jessica Kendall-Bar. Focus area: ***Studying marine mammal sleep, especially in Northern Elephant Seals.***
- **Student Observer, The Himalayan Climate Bootcamp,** April 20-28, 2022 Everest Region, Solukhumbhu, Nepal.
- Intern, D. S. Kothari Centre for Research & Innovation in Science Education, MH, UoD, under Dr Monika Sharma. Focus: **Prediction of SH3-like domains in PE/PPE proteins of *Mycobacterium tuberculosis.***
- Intern, Mentor-Mentee Exploration & Exchange, Young Academy of India under Dr Ashwini Kumar, Asst. Prof. of Botany, Dr Harisingh Gour Central University, Sagar, India. Focus: **Bioinformatics tools.**
- **Scientific Illustration Workshop,** IIT Gandhinagar, 2021
- Summer Research Workshop, MH, UoD, 2020. Review paper: **'Unihemispheric sleep patterns in animals: Evolutionary and research significance across species'.**
- Research writing on **stem cells in regenerative medicine** working under Dr Sujata Mohanty, All India Institute of Medical Sciences, Delhi and Dr Shibashish Giri, University of Leipzig, Germany. 2019-2020
- **Educational video on 'Microbes'** for school students, MH Unnat Bharat Abhiyan Cell. 2020
- **Science Communication and Career Workshop**, Nature India and DBT-Wellcome Trust India Alliance. 2019
- **Dragonfly festival**, Lecture-Workshop, Eco Trails WWF-India and MH Dept. of Zoology, 2019
- **Citizen Initiatives in the Fight Against Vector-Borne Diseases**, American Centre and Nature India, 2019

PRESENTATIONS, TALKS & CONFERENCES

- Selected to attend the Neuroscience School of Advanced Studies Course in Sleep: Plasticity, Excitability and Brain Disorders, May 2-9, 2026, San Servolo, Venice, Italy.
- **Speaker and Poster Presentation (Second Prize in Oral Presentations)** at the ESRS (European Sleep Research Society) Summer School, Fréjus, France, 2025. Title: Investigating brain activity during sleep and torpor in Djungarian hamsters *(Phodopus sungorus)*
- **Speaker: Effects of daily torpor on sleep-wake states and brain activity in Djungarian hamsters (*Phodopus sungorus*) at** the **WPI-IIIS, Special Student Seminar,** November 26, 2024.
- **Organising Volunteer, EMBO Workshop on the Neuroscience of Sleep**, March 11-13, Delhi, India.
- **Poster Presentation and Participation: EMBO Workshop on Neuropeptides and behavioural flexibility, 05 – 08 December 2024. National Institute of Science Education and Research (NISER)-Bhubaneswar, India.**
- **Speaker: Effects of daily torpor on sleep-wake states and brain activity in Djungarian hamsters (*Phodopus sungorus*) at** the **WPI-IIIS, Special Student Seminar,** November 26, 2024.
- **Participation: The 13th Annual WPI-IIIS Symposium on the Science of Behaving and Sleeping Brains.** International Institute for Integrative Sleep Medicine (IIIS), University of Tsukuba, November 25, 2024**.**
- **Poster Presentation:** 2024 Poster Day **'A Year of Progress' by 2nd Year Graduate Students, Department of Physiology, Anatomy and Genetics,** U of Oxford – November 14, 2024.
- **Runner-Up, Southeast England Region**: **FameLab**: FameLab is the largest, public facing, science communication competition and training programme in the world. University of Kent, April 3, 2024.
- **Project Lead and Domain Expert in Ecophysiology and time-series data analysis**: **EcoViz+AI Workshop, 2024**. Scripps Institute of Oceanography, University of California, San Diego, March 25 - 29, 2024.
- **Discussion Leader**: Mentorship Component: Challenges and Opportunities in Current Sleep Research at Sleep Regulation and Function, **Gordon Research Seminar: Sleep at Multiple Spatiotemporal Resolutions**. Galveston,Texas, March 2 - 3, 2024.

- **Poster Presentation and Participation**: Sleep Regulation and Function, **Gordon Research Seminar: Sleep at Multiple Spatiotemporal Resolutions**. Galveston,Texas, March 2 - 3, 2024.
- **Poster Presentation and Participation:** Sleep Regulation and Function, **Gordon Research Conference: Dynamics Across Vigilance States**. Galveston,Texas, March 3 - 8, 2024
- **Speaker**: **Animal Sleep and Hibernation** at **Magdalen College School** as part of the Biology Club in the **Waynflete Studies Programme**, March, 2024.
- **Speaker**: **Animal Sleep and Hibernation** at **Balliol College, Oxford's Insight Talk Series** for UK's Year 12 students who are studying science A-Levels or other science qualifications, January and May, 2024.
- **Speaker**: **How the Universe Rests: Sleep and Hibernation in Animals** at **St John's College, Oxford's Years 12 and 13, Inspire Access Programme**, January 2024.
- **Speaker**: **Exploring the links between sleep and torpor** at the **Oxford Sleep Initiative (OSI)** meeting, SCNi, U of Oxford, November 2023.
- **Poster Presentation**: **The effects of constant light on sleep and torpor** at the **Oxford Residential School in Sleep Medicine**, U of Oxford**,** August 2023.
- **Poster Presentation**: **Contribution of descending corticocollicular projections to the spatial response properties of neurons in the auditory midbrain** at the 12th Annual Oxford Neuroscience Symposium, U of Oxford, March 2023.
- **Guest Speaker**: Project EduAccess: Workshop on Writing your CV, October 2022.
- **Panelist:** Applying for the Rhodes Scholarship: Tips and Tricks from Scholar-Elects, August 2022
- **Guest Speaker:** Project EduAccess: Rhodes Scholarship mentorship session 2, July 2022.
- **Guest Speaker:** Project EduAccess: Rhodes Scholarship - Workshop on Statements, Project EduAccess, July 2022.
- **Guest Speaker:** Optimising your undergrad research & experiential learning opportunities, **Synapse, The Zoology Society, MH, UoD**, June 2022.
- **Moderator: InVolMEnt Chats –** Creating a mentorship environment for undergrad STEM research, July 2022
- **Guest Speaker:** Fruitflies, friends and fun, **DSKC Workshop 2022, MH, UoD**, June 2022.
- **First position, MH Department of Zoology Oral Presentation Competition** on the study of life cycle of fruitfly through fly trap method.
- **Speaker: InVolMEnt Chats –** Navigating Research Internships as STEM undergrads, February 2022
- **Awarded a prize for portraying excellence** in the Poster Presentation Competition. 2nd International Colloquium on Regulatory Mechanisms Underlying Behaviour, Physiology and Development: **Deciphering Bioregulatory Mechanism in Health and Disease using 'Omics' Approach** by the Department of Zoology, University of Delhi, February 2022.
- **Extempore talk on Interview Tips:** Maharaja Ranjit Singh, Armed Forces Preparatory Institute, Mohali, Dec, 2021.
- **International Biologging Symposium**: Kendall-Bar, J.M., **Mukherji, R**., Lopez, C., Nichols, J., Lozano, D.L., Pitman, J.K., Holser, R.H., Beltran, R., Schalles, M., Field, C.L., Johnson, S.P., Vyssotski, A.L., Costa, D.P., Williams, T.M. (2021). **Sleeping while diving: the first recordings of marine mammal sleep in the wild** - Student Presentation. The 7th International Biologging Symposium Oct 2021. (Presented by Jessica Kendall-Bar).
- **Guest Speaker**: Sleep in Animals, Talk To A Scientist Forum, Sept 2021.
- **Poster Presentation** at **International Summit on Women in STEM** by the Department of Biotechnology (DBT) and International Centre for Genetic Engineering and Biotechnology (ICGEB), Jan 2020.

- **First position, MH Department of Zoology Colloquium** on Nobel Prize winners, 2020.

OTHER PUBLICATIONS

- Featured: Elephant seals drift off to sleep while diving far below the ocean surface, U o Oxford News, April 2023
- Featured: Northern elephant seals sleep in the deep to avoid predators, BBC News, April 2023
- Featured: BBC radio (to comment on seal sleep paper published in Science), April 2023
- Column: Stories from the community: Rhodes Scholarship, International Grants Awareness Program, IndiaBioscience 2022
- Featured: Meet Ritika Mukherji, The Youngest Indian To Win A Rhodes Scholarship, Femina India 2022
- Interview: From Shy Kid To Rhodes Scholar: Ritika Mukherji's Journey, Rediff 2022
- Podcast: All lab workers are not humans, The Synapse Podcast, MH Dept. of Zoology podcast 2021
- Video story: Hues of the Hills: Birds of North Bengal, Celebrating Himalayas Series, MH Vatavaran (Environment Society, MH) 2021
- Article: Sleep: Ubiquitous yet Obscure, Sapientiae, MH Dept. of Zoology blog 2021
- Comment: Undergraduate STEM Scholars Make Up India's Untapped Scientific Workforce, The Wire 2021
- Opinion: India's UGSTEM scholars: A demographic dividend waiting to be harnessed, IndiaBioscience 2021
- Photos and infographics, Nature India, Nature Research, Springer Nature
- Opinion: What a science undergrad learnt from a social science collaboration, IndiaBioscience 2021

AWARDS, SCHOLARSHIP & GRANTS

- **Second Prize in Oral Presentations** at the ESRS (European Sleep Research Society) Summer School, Fréjus, France, 2025
- **ESRS** (European Sleep Research Society) **Travel Grant**, for academic travel: for ESRS Summer School, Fréjus, France, 2025
- **EMBO Travel Grant**, for academic travel and subsistence: for EMBO conference travel to India
- Graduate Special Grant, issued by St John's College, U of Oxford for academic travel and subsistence: for EMBO conference travel to India
- Graduate Special Grant, issued by St John's College, U of Oxford for academic travel and subsistence: for GRS and GRC travel to Texas
- Rhodes Scholarship, issued by the Rhodes Trust: The Rhodes Scholarship is a fully funded, full time, postgraduate award which enables talented young people from around the world to study at the U of Oxford. Rhodes Scholars come to the UK for two or more years and can apply to study most full-time postgraduate courses offered by Oxford University. (2022-25)
- Clarendon Fund Scholarship, issued by Clarendon Fund, Oxford University Press: The highly competitive Clarendon Fund Scholarship at the au of Oxford, offers fully-funded scholarships covering course fees, as well as a grant for living expenses for the period of fee liability. (2025-26)
- Golden Jubilee Award – Sciences, Miranda House, UoD: The Golden Jubilee Award is annually presented to two final year students from Miranda House, one each from the humanities and the sciences. It celebrates the student's exemplary academic and extra-curricular performance throughout all three years of undergraduate study. The award is in the nature of a rolling trophy, a certificate of merit and a cash prize. (2022)

- Innovation in Science Pursuit for Inspired Research (INSPIRE)- Scholarship for Higher Education (SHE) issued by the Dept of Science & Technology, Govt. of India (2020)
- Principal's Gold Medal for being a CBSE Class 12 Subject Topper in Biology: AIS Noida (2019)

ORGANISATIONAL ACTIVITIES

University of Oxford positions (2022-onwards):

- **Graduate Student Representative**, Department of Physiology, Anatomy and Genetics, University of Oxford.
- **Podcast lead, CortexCast:** Cortex Club's official neuroscience podcast
- **Rhodes Scholar Group lead**, **SCoPES: Science Communication, Policy & Engagement with Society:** a group to promote a cross-discipline exchange of ideas between scholars of Oxford and the Rhodes community, geared towards the communication of scientific research with policy makers and the general public.

Miranda House positions (2019-22):

- **Course Coordinator**, Zoology Department **Placement Cell**
- **Research Team Head**, Aavya – The Animal Welfare Club
- **Member,** Orpheus, Western Music Society
- **Peer-mentor**, Dept. of Zoology. Was actively involved in hosting & organising several Dept. of Zoology events
- **Student Coordinator**, MH Unnat Bharat Abhiyan Cell Educational Video Making Competition
- Delegate, **Indo-Dutch Collaborative Programme**: Diversity and Cultural Contexts. Represented MH in the collaboration with Hogeschool, Utrecht University of Applied Sciences, The Netherlands, Feb-Mar 2021.
- Host and Compere, **Science Communication Workshop**, MH, UoD & Manav, Human Atlas Initiative, IISER Pune, 2021.
- Compere, **International Conference on Science & Society**, IQAC, MH, Feb, 2022.

External positions:

- **Founder, InVolMEnt –** an initiative to make Internship, Volunteering, Mentorship & Entrepreneurship opportunities more accessible for Indian STEM undergrads
- **Mentor, Project EduAccess -** a non-profit initiative that aims to improve access to higher education for learners from marginalised communities in South Asia.
- **General Secretary**, GirlUp – Young Ignited Minds Club, **United Nations Foundation.** (2019-22)
- **Core Team Member and Mentor** at WoMentor, a student project by St. Stephen's College and MH to mentor school girl students of Navodaya Vidyalayas, India supported by India's Ministry of Education. (2021-22)
- **Sub-Editor & Correspondent**, The Global Times fortnightly, Amity Int. School, Noida, U. P. (2017-19)

CO-CURRICULAR ACTIVITIES

- **Music:** Alto choir singer, St Barnabas Church, Oxford, *Acapella singing:* Second Position, OASIS 2019, Annual Fest of BITS Pilani, 2019; Acapellujah, Odyssey 2020, Annual Fest of IIIT Delhi; Gargi College Acapella Singing Competition, UoD, 2020; St. Stephens College Acapella Singing Competition, UoD 2020; Shiv Nadar University, Acapella Singing Competition, U. P. 2020, Engifest 2020, Delhi Technical University.

Indian Classical singing: Concerts & competitions with Jugalbandi Studios, Indirapuram, U.P.
Instrumental: Concerts/shows with Musicology, Jugalbandi Studios, Nature India (Dance your science)

- **Wildlife videography**: Making wildlife videos and shooting still images in the wild, especially of birds, is a hobby that complements my interest in animal research studies. (videography examples).
- **Sports:** Roller speed, roller hockey, artistic figure skating with Blazing Wheels Skating Club, U.P.
- **Quizzing and Hackathons**: Centre topper from North Delhi, Mimamsa 2020, undergraduate science quiz by IISER Pune; Third position, Amalgam, inter-college quiz by Sri Venkateswara College, UoD, 2020; Zoohackathon, Coding to end Wildlife Trafficking, WWF-India & U.S Embassy, Delhi, 2019

Valeria Bacaro

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ISTRUZIONE E FORMAZIONE

03/2018 – 09/2021
PhD in Human Sciences, XXXIII Cycle – University of Study "Guglielmo Marconi", Rome, Italy
Supervisor: Prof. Chiara Baglioni

09/2015 – 07/2017
Master's Degree in Applied Psychology to the Context of Health, Work, and Juridical – University of Rome "Sapienza"
Supervisor: Prof. Caterina Lombardo

09/2013 – 07/2015
Bachelor's Degree in Psychology and Social Processes – University of Rome "Sapienza"
Supervisor: Prof. Guido Alessandri

Additional Professional Training

- 01/2019 – 01/2023: Four-year postgraduate course in cognitive psychotherapy, School of Cognitive Psychotherapy SRL, Rome.
- 05/2019 – 05/2020: Advanced training course in Cognitive Behavioral Therapy for Insomnia (CBT-I), University of Rome "Sapienza".

ESPERIENZA LAVORATIVA

09/2021 – present
Post-doctoral Research Fellow – Alma Mater Studiorum University of Bologna, Department of Psychology "Renzo Canestrari", Bologna, Italy

- Post-doctoral researcher within the ERC Consolidator Grant IDENTITIES (PI: Prof. Elisabetta Crocetti).
- Research on individual differences in sleep quality, sleep/wake cycle, and circadian rhythms, and their association with emotional processes, well-being, and identity.
- Analysis of large-scale longitudinal self-report and actigraphic data.
- Advanced evidence synthesis through systematic reviews and meta-analyses.
- Supervision of bachelor's and master's theses.

04/2021 – 07/2021
Research Fellow – IRCCS Ospedale Pediatrico Bambino Gesù, UOC Clinical Neuropsychiatry of Children and Adolescents, Rome, Italy

- Focus on sleep-related processes in children and adolescents.
- Design and implementation of multimethod sleep assessments, including EEG.
- Data collection in multidisciplinary research settings.

2018 – 2021
PhD Candidate in Human Sciences, XXXIII cycle – University of Study "Guglielmo Marconi", Rome, Italy

- Doctoral research on sleep quality and cognitive/emotion regulation processes.
- Methodological training in actigraphy, Ecological Momentary Assessment, and meta-analytic techniques.

OTHER SKILLS

Communication skills

- Experience in teaching and supervising students at Bachelor's, Master's, and PhD levels.
- Invited seminars, workshops, and keynote lectures at international conferences.

Organisational / managerial skills

- Coordination of research groups and international projects.
- Supervision of Bachelor's and Master's theses.
- Participation in grant proposal preparation (ERC Starting Grant, UKRI Cross-research Council Pilot Scheme).

Job-related skills

- Expertise in sleep research, circadian rhythms, adolescent development, and emotion regulation.
- Experience with longitudinal, experimental, and actigraphic research methods.
- Advanced systematic review and meta-analysis skills.

Qualifications and memberships

National Scientific Qualification (Abilitazione Scientifica Nazionale) as Associate Professor
Italian higher education system (Ministry of University and Research)
Disciplinary field: 11/E1 – General Psychology, Psychobiology, and Psychometrics
(2024–2036)

European Association for Research on Adolescence
Member (2025 –)

Gruppo tematico ONIRI Sonno, ritmi, e benessere biopsicosociale
Member (2024 –)

Professional of Psychologists (Albo degli Psicologi)
Member of the order of Lazio (ID: 24507), Section A (2019 –)

European Association of Personality Psychology
Member (2022 –)

European Insomnia Network (EIN)
Member (2019 –)

Associazione Italiana di Psicologia (AIP) [Italian Association of Psychology]
Member (2018 –)

European Sleep Research Society (ESRS)
Member (2018-)

SCIENTIFIC PUBLICATIONS[1]

Biometric indexes (Scopus, February 9th, 2026**)**
Articles = 39
Total citations = 963
H-index **= 16**

Pre-print records

Bacaro, V., Mastrotheodoros, S., Natale, V., & Crocetti, E. (2025). *Sleeping through adversity: Sleep moderates adolescents' resilient adaptation after a natural disaster*. PsyArXiv Preprints. https://doi.org/osf.io/preprints/psyarxiv/h4gfw_v1

Articles in peer-reviewed journals[1]

- **International**

Accepted for publication / Online first

1. De Lise, F., **Bacaro, V.,** & Crocetti, E. (2025). Don't sleep on identity: Longitudinal associations between identity and sleep quality in adolescents with different cultural backgrounds. *Applied Developmental Science*, 1–20. https://doi.org/10.1080/10888691.2024.2435392 (WoS: IF: 1.5, Q4; SJR: Q1)

2025

2. Paggetti, A., Lazzaro, G., **Bacaro, V**., Vanacore, N., Vicari, S., & Menghini, D. (2025). Sleep characteristics in children, adolescents, and adults with Specific Learning Disorders: A systematic review and a meta-analysis. *Sleep Medicine*, *136*, 106817. https://doi.org/10.1016/j.sleep.2025.106817 (WoS: IF: 3.4, Q2; SJR: Q1).
3. **Bacaro, V.,** De Lise, F., Natale, V., Tonetti, L., & Crocetti, E. (2025). Night owls and early birds: The role of adolescents' chronotype on educational identity trajectories. *International Journal of Psychology*, *60*(5), e70108. https://doi.org/10.1002/ijop.70108 (WoS: IF: 1.6, Q2; SJR: Q1).

[1] For each publication, bibliometric indicators from both Web of Science (WoS) and Scopus are reported when available. For WoS-indexed publications, the Impact Factor (IF) and Journal Citation Reports (JCR) quartile for the year of publication are indicated (for recent publications, the latest available IF and quartile are reported). For Scopus-indexed publications, the SCImago Journal Rank (SJR) quartile for the year of publication are indicated (for recent publications, the most recent quartile is reported).

4. Natale, V., Andreose, A., **Bacaro, V.**, Giovagnoli, S., Giudetti, F., Grimaldi, M., Tonetti, L., Crocetti, E. (2025). Dissecting circadian and homeostatic processes in adolescents: An actigraphic study. *Sleep Medicine*, *134*, 106738. https://doi.org/10.1016/j.sleep.2025.106738 (WoS: IF: 3.4, Q2; SJR: Q1)
5. Crocetti, E., De Lise, F., Pagano, M., Bobba, B., Maratia, F., Meeus, W., & **Bacaro, V.** (2025). What's your vocation? A meta-analysis of interventions tackling youth educational and professional identity. *Identity*, *25*(2), 197-215. https://doi.org/10.1080/15283488.2024.2394861 (WoS: IF: 1.9, Q3; SJR: Q1)
6. Crocetti, E., Pagano, M., De Lise, F., Maratia, F., Bobba, B., Meeus, W., & **Bacaro, V.** (2025). Promoting adolescents' personal and social identities: A meta-analysis of psychosocial interventions. *Identity*, *25*(2), 167-196. https://doi.org/10.1080/15283488.2024.2394888 (WoS: IF: 1.9, Q3; SJR: Q1)
7. Lazzaro, G., Galassi, P., **Bacaro, V.,** Vicari, S., & Menghini, D. (2025) Clinical characterization of children and adolescents with ADHD and sleep disturbances. *European Archives of Psychiatry and Clinical Neuroscience*, *275*, 1913–1924 https://doi.org/10.1007/s00406-024-01921-w (WoS: IF: 3.7, Q1; SJR: Q1)

2024

8. Natale, V., Andreose, A., **Bacaro, V.,** Giovagnoli, S., Giudetti, F., Grimaldi, M., Tonetti, L., & Crocetti, E. (2024). Morningness–eveningness preference and motor wake–sleep inertia in adolescents. *Sensors*, *24*(23), 7668. https://doi.org/10.3390/s24237668 (WoS: IF: 3.5, Q2; SJR: Q1)
9. **Bacaro, V.,** Miletic, K., Crocetti, E., (2024). A meta-analysis of longitudinal studies on the interplay between sleep, mental health, and positive well-being in adolescents. *International Journal of Clinical and Health Psychology, 24*(1)*,* 100424. https://doi.org/10.1016/j.ijchp.2023.100424 (WoS: IF: 4.4, Q1; SJR: Q1).
10. Tonetti, L., Andreose, A., **Bacaro, V**., Grimaldi, M., Natale, V., & Crocetti, E. (2024). External validity of the reduced Morningness–Eveningness Questionnaire for Children and Adolescents: an actigraphic study. *Journal of Sleep Research*, *33*,e13948. https://doi.org/10.1111/jsr.13948 (WoS: IF: 3.9, Q1; SJR: Q1).

2023

11. Zagaria, A., Vacca, M., Cerolini, S., Terrasi, M., **Bacaro, V**., Ballesio, A., Baglioni, C., Spinhoven, P., & Lombardo, C. (2023). Differential Associations of Cognitive Emotion Regulation Strategies with Depression, Anxiety, and Insomnia in Adolescence and Early Adulthood. *International Journal of Environmental Research and Public Health*, *20*(10), 5857. https://doi.org/10.3390/ijerph20105857 (SJR: Q2)
12. Mombelli, S., **Bacaro, V.,** Curati, S., Berra, F., Sforza, M., Castronovo, V., Ferini Strambi, L., Galbiati, A., Baglioni, C. (2023). Non-pharmacological and melatonin interventions for pediatric sleep initiation and maintenance problems: A systematic review and network meta-analysis. *Sleep Medicine Reviews*, *70*, 101806. https://doi.org/10.1016/j.smrv.2023.101806 (WoS: IF: 10.5, Q1; SJR: Q1).
13. Pagano, M., **Bacaro, V**., & Crocetti, E. (2023). "Using digital media or sleeping… that is the question". A meta-analysis on digital media use and unhealthy sleep in adolescence. *Computers in Human Behavior*, *146*, 107813. https://doi.org/10.1016/j.chb.2023.107813 (WoS: IF: 9.9, Q1; SJR: Q1).
14. Grimaldi, M., **Bacaro, V.,** Natale, V., Tonetti, L., & Crocetti, E. (2023). The longitudinal interplay between sleep, anthropometric indices, eating behaviors, and nutritional aspects: A systematic review and meta-analysis. *Nutrients*, *15*(14), 3179. https://doi.org/10.3390/nu15143179 (WoS: IF: 4.8, Q1; SJR: Q1).
15. Meneo, D., **Bacaro, V.,** Curati, S., Russo, P. M., Martoni, M., Gelfo, F., & Baglioni, C. (2023). A systematic review and meta-analysis of the association between young adults' sleep habits and substance use, with a focus on self-medication behaviours. *Sleep Medicine Reviews*, *70*, 101792. https://doi.org/10.1016/j.smrv.2023.101792 (WoS: IF: 10.5, Q1; SJR: Q1).
16. **Bacaro V,** Carpentier L, Crocetti E. (2023). Sleep well, study well: A systematic review of longitudinal studies on the interplay between sleep and school experience in adolescence. *International Journal of Environmental Research and Public Health*. *20*(6), 4829. https://doi.org/10.3390/ijerph20064829 (SJR: Q2).
17. Maratia F, **Bacaro V,** Crocetti E. (2023). Sleep is a family affair: A systematic review and meta-analysis of longitudinal studies on the interplay between adolescents' sleep and family Factors. *International Journal of Environmental Research and Public Health*. *20*(5), 4572. https://doi.org/10.3390/ijerph20054572 (SJR: Q2).
18. Bobba, B., **Bacaro, V.**, Crocetti, E. (2023) Embedded in contexts: A systematic review of the longitudinal associations between contextual factors and sleep. *Adolescent Research Review*. *8*(4), 403-422. https://doi.org/10.1007/s40894-023-00204-0 (WoS: IF:4.7, Q1; SJR: Q1).
19. De Lise, F., **Bacaro, V.**, Crocetti, E. (2023) The social side of sleep: A systematic review of the longitudinal associations between peer relationships and sleep quality. *International Journal of Environmental Research and Public Health. 20*(3), 2017. https://doi.org/10.3390/ijerph20032017 (SJR: Q2).

20. **Bacaro, V.,** Andreose, A., Grimaldi, M., Natale, V., Tonetti, L., Crocetti, E. (2023) The association between sleep patterns, educational identity, and school performance in adolescents. *Brain Sciences*. *13*(2), 178. https://doi.org/10.3390/brainsci13020178 (WoS: IF:2.7; Q3; SJR: Q2).
21. Tonetti, L., Andreose, A., **Bacaro, V**., Grimaldi, M., Natale, V., & Crocetti, E. (2023). Different effects of social jetlag and weekend catch-up sleep on well-being of adolescents according to the actual sleep duration. *International Journal of Environmental Research and Public Health*, *20*(1), 574. https://doi.org/10.3390/ijerph20010574 (SJR: Q2).

2022

22. **Bacaro,** V., Meneo, D., Curati, S., Buonanno, C., De Bartolo, P., Riemann, D., Mancini, F., Martoni, M., & Baglioni, C. (2022). The impact of COVID-19 on Italian adolescents' sleep and its association with psychological factors. *Journal of Sleep Research*, 31(*6*),1– 8. https://doi.org/10.1111/jsr.13689 (WoS: IF: 4.4, Q2; SJR: Q1).
23. **Bacaro, V.,** Curati, S., Baglioni, C. Validation study of the Italian version of the Sleep Hygiene Index. *Journal of Sleep Research. 31*(1), e13445 https://doi.org/10.1111/jsr.13445 (WoS: IF: 4.4, Q2; SJR: Q1)
24. Ballesio, A., Vacca, M., **Bacaro, V.,** Benazzi, A., De Bartolo, P., Alivernini, F., Lucidi, F., Lombardo, C. & Baglioni, C. (2022). Psychological correlates of insomnia in professional soccer players: An exploratory study. *European Journal of Sport Science*, *22*(6), 897-905. https://doi.org/10.1080/17461391.2021.1892197 (WoS: IF: 3.2, Q2; SJR: Q1).

2021

25. Ballesio, A., **Bacaro, V.,** Vacca, M., Chirico, A., Lucidi, F., Riemann, D., Baglioni, C. & Lombardo, C. (2021). Does cognitive behaviour therapy for insomnia reduce repetitive negative thinking and sleep-related worry beliefs? A systematic review and meta-analysis. *Sleep Medicine Reviews,* 55, 101378. (WoS: IF: 11.401, Q1; SJR: Q1)
26. **Bacaro, V.,** Buonanno, C., Mancini, F., & Baglioni, C. (2021). Efficacy of interventions for improving health in patients with multiple sclerosis on insomnia symptoms and sleep quality: A systematic review of randomized controlled trials. *Journal of Behavioral and Cognitive Therapy*, *31*(2), 137-145. https://doi.org/10.1016/j.jbct.2020.12.001 (SJR: Q3).
27. **Bacaro, V.,** Gavriloff, D., Lombardo, C., & Baglioni, C. (2021). Sleep characteristics in the Italian pediatric population: a systematic review. *Clinical Neuropsychiatry*, *18*(3) https://doi.org/10.36131/cnfioritieditore20210302 (SJR: Q1).
28. **Bacaro, V.,** Chiabudini, M., Buonanno, C., De Bartolo, P., Riemann, D., Mancini, F., Baglioni, C. Sleep characteristics in Italian children during home confinement due to Covid-19 outbreak. *Clinical Neuropsychiatry. 18*(1), 13 https://doi.org/10.36131/cnfioritieditore20210102 (SJR: Q1).

2020

29. **Bacaro, V**., Chiabudini, M., Buonanno, C., De Bartolo, P., Riemann, D., Mancini, F., & Baglioni, C. (2020). Insomnia in the Italian population during Covid-19 outbreak: A snapshot on one major risk factor for depression and anxiety. *Frontiers in Psychiatry*, *11*, 1479. https://doi.org/10.3389/fpsyt.2020.579107 (WoS: IF: 4.157, Q2; SJR: Q1).
30. **Bacaro, V.,** Feige, B., Benz, F., Johann, A. F., De Bartolo, P., Devoto, A., Lombardo, C., Riemann, D. & Baglioni, C. (2020). The association between diurnal sleep patterns and emotions in infants and toddlers attending nursery. *Brain Sciences*, *10*(11), 891. https://doi.org/10.3390/brainsci10110891 (WoS: IF: 3.394, Q3; SJR: Q3).
31. Benz, F., Knoop, T., Ballesio, A., **Bacaro, V**., Johann, A. F., Rücker, G., Feige, B., Riemann, D., & Baglioni, C. (2020). The efficacy of cognitive and behavior therapies for insomnia on daytime symptoms: A systematic review and network meta-analysis. *Clinical Psychology Review*, *80*, 101873. https://doi.org/10.1016/j.cpr.2020.101873 (WoS: IF: 12.792, Q1; SJR: Q1).
32. Baglioni, C., Bostanova, Z., **Bacaro, V.,** Benz, F., Hertenstein, E., Spiegelhalder, K., Rucker, G., Frase, L., Riemann, D. & Feige, B. (2020). A systematic review and network meta-analysis of randomized controlled trials evaluating the evidence base of melatonin, light exposure, exercise, and complementary and alternative medicine for patients with insomnia disorder. *Journal of Clinical Medicine*, *9*(6), 1949. https://doi.org/10.3390/jcm9061949 (WoS: IF: 4.242, Q1; SJR: Q1).
33. **Bacaro, V.,** Ballesio, A., Cerolini, S., Vacca, M., Poggiogalle, E., Donini, L. M., Lucidi, F., & Lombardo, C. (2020). Sleep duration and obesity in adulthood: An updated systematic review and meta-analysis. *Obesity*

Research & Clinical Practice, *14*(4), 301-309. https://doi.org/10.1016/j.orcp.2020.03.004 (WoS: IF: 2.288, Q3; SJR: Q2).

34. **Bacaro, V**., Benz, F., Pappaccogli, A., De Bartolo, P., Johann, A. F., Palagini, L., Lombardo, C., Feige, B., Riemann, D., & Baglioni, C. (2020). Reply to Zhang et al.: Commentary interventions for sleep problems during pregnancy. *Sleep Medicine Reviews*, *51*, 101284. https://doi.org/10.1016/j.smrv.2020.101284 (WoS: IF: 11.609, Q1; SJR: Q1).
35. **Bacaro, V.,** Benz, F., Pappaccogli, A., De Bartolo, P., Johann, A.F., Palagini, L., Lombardo, C., Feige, B., Riemann, D., Baglioni, C. (2020). Interventions for sleep problems during pregnancy: A systematic review, *Sleep Medicine Reviews, 50*, 101234. https://doi.org/10.1016/j.smrv.2019.101234 (WoS: IF: 11.609, Q1; SJR: Q1).

2019

36. **Bacaro, V.,** Feige, B., Ballesio, A., De Bartolo, P., Johann, A. F., Buonanno, C., Mancini, F., Lombardo, C., Riemann, D., & Baglioni, C. (2019). Considering Sleep, Mood, and Stress in a Family Context: A Preliminary Study. *Clocks & Sleep*, *1*(2), 259-272. https://doi.org/10.3390/clockssleep1020022

- **National**

2023

Meneo, D., **Bacaro, V**., Buonanno, C., Baglioni, C. (2023). La valutazione del sonno in psicoterapia: una proposta di intervista clinica semistrutturata. *Cognitivismo Clinico. 20*, 1, 69-98.

Bacaro, V., Baglioni, C. (2021). Insomnia during pregnancy in the time of Covid-19 Pandemic: A case report of an adapted digital intervention based on Cognitive-Behavior Therapy for Insomnia (CBT-I). *Psicoterapia Cognitiva e Comportamentale*. *27*(3), 335-350.

2020

Bacaro, V., Baglioni, C. Una rassegna narrativa sull'efficacia della melatonina, della fototerapia, dell'esercizio fisico, della medicina complementare e della mindfulness per il disturbo di insonnia. *Cognitivismo Clinico*. *18* (1), 108-131

2019

Cerolini, S., Terrasi, M., Ballesio, A., Devoto, A., Bacaro, V., Vacca, M., & Lombardo, C. (2019). Efficacia di un training di regolazione delle emozioni in un gruppo di studenti universitari. *Cognitivismo clinico 16*, 1, 33-44

- **Conference proceedings**

Bacaro, V., Miletic, K., Crocetti, E. A meta-analysis of longitudinal studies on the interplay between sleep, mental health, and positive well-being in adolescents. *Journal of Sleep Research*, *33*(S1), S474. https://doi.org/10.1111/jsr.14291

Bacaro V., Pagano, M., Crocetti, E. Sleeping in multicultural societies: The longitudinal interplay between adolescents' sleep health and interethnic interactions. *Journal of Sleep Research*, *33*(S1), S572. https://doi.org/10.1111/jsr.14291

Bacaro, V., De Lise, F., Natale, V., Tonetti, L. Night owls and early birds: The role of adolescents' chronotype on educational identity trajectories. *Journal of Sleep Research*, *33*(S1), S572. https://doi.org/10.1111/jsr.14291

Bacaro, V., Bobba, B., Carpentier, L., de Lise, F., Golfieri, F., Karatas, S., Maratia, F., Pagano, M., Tonetti, L., Natale, V., & Crocetti, E. (2022). The interplay between sleep quality and adolescents' psychosocial development: a systematic review and meta-analysis of longitudinal studies. *Sleep Medicine*, *100*, S97–S98. https://doi.org/10.1016/j.sleep.2022.05.272 (IF:4.8, Q1)

Bacaro, V., Carpentier, L., Natale, V., Tonetti, L., & Crocetti, E. (2022). The relationship between ecological contexts of adolescents and sleep quality. *Sleep Medicine*, *100*, S99. https://doi.org/10.1016/j.sleep.2022.05.276 (IF:4.8, Q1)

International book chapters

2025

Bacaro, V. (2025). Alternative Treatment Modalities for Peripartum Insomnia. In Sharma, V., Palagini, L. (eds) *Sleep and perinatal psychiatric disorders* (pp. 185-190). Springer, Cham. https://doi.org/10.1007/978-3-031-95948-6_14

2022

Gavriloff, D., **Bacaro, V.,** Schlarb, A., & Baglioni, C. (2022). Protocols for Sleep Initiation and Maintenance

Problems in Paediatric Populations. In C. Baglioni & C. Schlarb (eds) *Cognitive-Behavioural Therapy For Insomnia (CBT-I) across the life span: Guidelines and clinical protocols for health professionals* (pp. 81-107). Wiley. https://doi.org/10.1002/9781119891192.ch

CONFERENCE ORGANIZATION AND PARTICIPATION IN SCIENTIFIC COMMITTEES

2026-2028

Member of the Scientific Committee, 21st Biennial Conference of the European Association for Research on Adolescence (EARA), Bologna, Italy

CONFERENCE PRESENTATIONS

• **International**

Presentations at conferences

2025

Bacaro, V., Mastrotheodoros, S., Natale, V., & Crocetti, E. (2025, September 24–26). *Sleeping through adversity? Sleep moderates adolescents' resilient adaptation after a natural disaster* [Poster presentation]. 11th International Symposium on Resilience Research, Mainz, Germany. Leibniz Institute for Resilience Research.

2024

Bacaro, V., Pagano, M., Crocetti, E. (2024, September 24-27). *Sleeping in multicultural societies: The longitudinal interplay between adolescents' sleep health and interethnic interactions* [Poster presentation]. Congress of the European Sleep Research Society (ESRS), Sleep Europe 2024, Seville, Spain.

Bacaro, V., De Lise, F., Natale, V., Tonetti, L., Crocetti, E. (2024, September 24-27). *Night owls and early birds: The role of adolescents' chronotype on educational identity trajectories* [Poster presentation]. Congress of the European Sleep Research Society (ESRS), Sleep Europe 2024, Seville, Spain.

Bacaro, V., Miletic, K., Crocetti, E. (2024, September 24-27). *A meta-analysis of longitudinal studies on the interplay between sleep, mental health, and positive well-being in adolescents* [Poster presentation]. Congress of the European Sleep Research Society (ESRS), Sleep Europe 2024, Seville, Spain.

2023

Bacaro V., De Lise, F., Grimaldi, M., Andreose, A., Natale, V., Tonetti, L., Crocetti, E. (2023, November 4). Tell me how you sleep, and I'll tell you who you are: the longitudinal associations between identity processes and sleep quality in adolescents. Re-discovering Youths Today: Identity, Subculture, Psychosocial Functioning, and Service Needs, Social Research Centre, Hong Kong Shue Yan University (HKSYU), Hong Kong [Oral presentation]

2022

Bacaro, V., Bobba, B., Carpentier, L., De Lise, F., Golfieri, F., Karataş, S., Maratia, F., Pagano, M., Tonetti, L., Natale, V., & Crocetti, E. (2022, March). The interplay between sleep quality and adolescents' psychosocial development: A systematic review and meta-analysis of longitudinal studies. Poster presented at the World Sleep Congress, Rome, Italy.

Bacaro, V., Natale, V., Tonetti, L., Crocetti, E. (2022, March). The relationship between ecological contexts of adolescents and sleep quality. Poster presented at the World Sleep Congress, Rome, Italy.

2020

Bacaro, V., Chiabudini, M., Buonanno, C., De Bartolo, P., Riemann, D., Mancini, F., & Baglioni, C. (2020, September). *Insomnia severity and mental health in the Italian adult population during home confinement due to Covid-19 pandemic.* [Poster] European Sleep Research Society Congress, online.

2018

Bacaro, V., Nesi, S., Johann, A. F., Feige, B., Devoto, A., Lombardo, C., ... & Baglioni, C. (2018, September). *The relationship between sleep habits and positive and negative emotions in infants and toddlers: a preliminary study*. [Poster] European Sleep Research Society Congress, Basel, Switzerland.

Invited presentation at conference:

Bacaro, V. (2023, November) *Sleep health and psychosocial variables during adolescence.* European Insomnia Network Annual Meeting (EIN 2023) [Oral presentation]

Bacaro, V. (2022, October) *Insomnia prevalence around the world during Covid-19: sex and age differences.* European Insomnia Network Annual Meeting (EIN 2022) [Oral presentation]

• **National**

Presentations at conferences

Bacaro, V., De Lise, F., Natale, V., Tonetti, L., Crocetti, E. (2025, June 13). *Gufi e allodole: il ruolo del cronotipo nella costruzione dell'identità scolastica degli adolescenti e le implicazioni per il rendimento scolastico* [Oral presentation]. 2nd Edition of the Study Day on Sleep Psychology (2025), AIP ONIRI Thematic Group, Rome, Italy

2022

Bacaro, V. (2022, September 27-30). The relationship between adolescents' school experience and subjective and objective sleep quality. In Cellini N., *Qualitative and quantitative assessment of sleep in daily life* [Oral presentation in symposium]. Italian Association of Psychology (AIP) 30th National Congress, Padova, Italy.

2021

Bacaro, V., Gavriloff, D., Lombardo, C., & Baglioni, C. (2021, October*). Sleep characteristics in the italian pediatric population: a systematic review*. [Oral Presentation] XXX National Virtual Congress of Associazione Italiana di Medicina del Sonno.

2019

Bacaro, V., Feige, B., Ballesio, A., De Bartolo, P., Johann, A. F., Buonanno, C., ... & Baglioni, C. (2019, October). *Considering sleep, mood, and stress in a family context: a preliminary study.* [Oral Presentation] Associazione di psicoterapia cognitiva, Assisi

TEACHING AND LECTURES

Courses in Bachelor's and Master's programs in Italian universities

2025-2026	Adjunct professor, Laboratory 1 – F (7 CFU), Second cycle degree program (LM) in Clinical psychology, University of Bologna, Cesena.
2025-2026	Adjunct professor, Practicum training – Module 18 (2 CFU), First cycle degree program (LT) in Psychological sciences, University of Bologna, Cesena.

Lecturers in PhD programs

2024-2025	**Systematic Reviews: Guidelines and Best Practices** (12 hours) PhD Program in Psychology, Alma Mater Studiorum – University of Bologna, Department of Psychology "Renzo Canestrari", Bologna, Italy **January 23–24, 2025**
2023-2024	Systematic Reviews: Guidelines and Best Practices (12 hours) PhD Program in Psychology, Alma Mater Studiorum – University of Bologna, Department of Psychology "Renzo Canestrari", Bologna, Italy January 10–17, 2024
2022-2023	Systematic Reviews: Validity and Best Practices (8 hours) PhD Program in Psychology, Alma Mater Studiorum – University of Bologna, Department of Psychology "Renzo Canestrari", Bologna, Italy January 12–19, 2023

Academic tutor in PhD programs

2025-2026	**Systematic Reviews: Guidelines and Best Practices** (12 hours) PhD Program in Psychology, Alma Mater Studiorum – University of Bologna, Department of Psychology "Renzo Canestrari", Bologna, Italy **January 27–28, 2026**

Other Academic Activities

- **Supervision of Bachelor's (**L-24 - SCIENZE E TECNICHE PSICOLOGICHE; N = 5**)** and **Master's theses** (LM-51 – PSICOLOGIA; N= 3**)**
  Department of Psychology "Renzo Canestrari", Alma Mater Studiorum – University of Bologna, Bologna, Italy
  November 2021 – present

Invited Keynote, Seminars, and Workshops

- *Invited keynote:*
  "The Interplay Between Sleep Quality and Adolescents' Psychosocial Development"
  7th International Workshop on Time Studies in Childhood and Youth.
  Online
  June 11, 2025
- *Invited seminar*:
  "Multimethod Approach for Studying Sleep in Adolescence"
  Department of Psychology, University of Crete, Greece
  October 13, 2024
- *Workshop leader*:
  Workshop on the Use of Actigraphy in Adolescent Research
  Sapienza University of Rome
  February 17, 2023

Advanced Training Modules in Sleep Science and Intervention Research

- *Lecturer, online course*:
  "Cognitive Behavioral Treatment for Pediatric Insomnia"
  Association for Cognitive Psychotherapy, School of Cognitive Psychotherapy
  Module title: **"From sleep health to sleep initiation and maintenance disorders: epidemiology, etiology, gender and age differences"**
  Online
  September 14, 2025
- *Lecturer*:
  Advanced course *"Cognitive Behavioral Therapy for Insomnia (CBT-I) Across the Lifespan"*, XXVII Residential Course in Sleep Medicine (Italian Association of Sleep Medicine)
  Module title: **"Stimulus Control Technique"**
  Bertinoro, Italy
  April 8, 2024
- *Lecturer, online course*:
  "Cognitive Behavioral Treatment for Insomnia"
  Association for Cognitive Psychotherapy, School of Cognitive Psychotherapy
  Module title: **"Sleep Hygiene and Clinical Case Exercises"**
  Online
  May 9, 2021

Luogo e data: Bologna, 09/02/2026

Firma

Valeria Bacaro

Curriculum Vitae

Personal Data

Title	Prof. (apl.) Dr. phil. Dr. med.
First name	Kai
Last name	Spiegelhalder
Current position	Head of the Section for Psychiatric Sleep Research and Sleep Medicine (tenured position)
Current institution/site, country	Department of Psychiatry and Psychotherapy, Medical Center - University of Freiburg, Germany
Identifiers/ORCID	0000-0002-4133-3464

Qualifications and Career

Stages	Periods and Details
Degree programme	Psychology, 1998-2004, University of Freiburg, Germany Medicine, 2001-2008, University of Freiburg, Germany
Doctorate	Dr. phil., 2008, supervisor: Prof. D. Riemann, Attentional bias in primary insomnia, University of Freiburg, Germany Dr. med., 2008, supervisor: Prof. M. Berger, Neuroimaging studies in restless legs syndrome, University of Freiburg, Germany
Stages of academic/professional career	2024, Head of the Section of Psychiatric Sleep Research and Sleep Medicine, Department of Psychiatry and Psychotherapy, Medical Center – University of Freiburg, Germany 2018, Extraordinary professor, Department of Psychology, University of Freiburg, Germany 2015-2016, Director of the Department of Medical Psychology and Medical Sociology (as visiting professor), University of Freiburg, Germany 2015, research stay, Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden 2013, Habilitation, Department of Psychology, University of Freiburg, Germany 2009-2018 Postgraduate psychotherapy training at the Freiburg Training Institute for Behavioral Therapy 2008, research stay, Section of Psychological Medicine, University of Glasgow, Scotland 2006, research stay, Department of Psychiatry, University of Cambridge, UK

Supplementary Career Information

Career breaks:
2016-2017 Paternal leave (Anton Frosch, *14.10.2016), 12 months
2009-2018 Limited time for research due to clinical training in psychotherapy (corresponds officially to 36 months of full-time training)

Activities in the Research System

2020-2024 Co-chair (2020-2022) and member (2022-2024) of the Scientific Committee of the European Sleep Research Society
2018-2022 Board member of the German Sleep Society
2017-present Chair of the workgroup insomnia of the German Sleep Society
2014-2022 Member of the Scientific Committee of the German Sleep Society
2000-2002 Senator, University of Freiburg (elected twice as a student representative)
2000-2001 President of the students' union executive committee, University of Freiburg

2021-present Editorial Board, Sleep Medicine Reviews
2020-present Review Board, Hans Böckler Foundation
2019-present Editorial Board, Clocks & Sleep
2019-present Editorial Board, Behavioral Sleep Medicine
2017-present Associate Editor, Journal of Sleep Research
2017-present Editor-in-Chief, Somnologie
2017-present Grant reviews for German Research Foundation, Austrian Science Fund, Dutch Research Council, Canadian Institutes of Health Research
2016-present 416 verified peer reviews according to Web of Science

Supervision of Researchers in Early Career Phases

2009-present Supervision of 10 PhD students and 14 MD students at the University of Freiburg
2019-present Member of PhD Examining Committees in Rotterdam (2019), Sydney (2019, 2022), Oxford (2020), Eindhoven (2020), Hong Kong (2025), and Amsterdam (2020, 2021, 2022, 2024)

Scientific Results

Category A

1. Steinmetz, L., Simon, L., Feige, B., Riemann, D., Johann, A. F., Ell, J., Ebert, D. D., Baumeister, H., Benz, F., & **Spiegelhalder, K.** (2024). Network meta-analysis examining efficacy of components of cognitive behavioural therapy for insomnia. *Clinical Psychology Review, 114*, 102507. DOI: 10.1016/j.cpr.2024.102507
2. Ell, J., Brückner, H. A., Johann, A. F., Steinmetz, L., Güth, L. J., Feige, B., Järnefelt, H. Vallières, A., Frase, L., Domschke, K., Riemann, D., Lehr, D., & **Spiegelhalder, K.** (2024). Digital cognitive behavioural therapy for insomnia reduces insomnia in nurses suffering from shift work disorder: a randomised-controlled pilot trial. *Journal of Sleep Research, 33*, e14193. DOI: 10.1111/jsr.14193
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Academic Distinctions

2024 Third place to fill the W3 professorship for Clinical Psychology and Psychotherapy of older adults, University of Konstanz

2023 Third place to fill the W3 professorship for Psychosomatic Health Services Research, University of Heidelberg

2022 Offer of a W2 professorship for Clinical Psychology, University of Lübeck (rejected)

2022 Second place to fill the W2 professorship for Clinical Psychological Intervention, University of Duisburg-Essen

2022 Second place to fill the W2 professorship for Experimental Psychopathology, University of Hildesheim

2020 Third place to fill the W2 professorship for Behavioral Health Technology, University of Erlangen-Nürnberg

2016 Fourth place to fill the Full Professorship for Psychobiological Sleep Research, Stress Research Institute, Stockholm University, Sweden

2015 Teaching award „Fascination of Science", University College Freiburg, Germany

2008 Young Investigator Award, German Sleep Society

2006 International Restless Legs Syndrome Study Group Young Investigator Award