

**CURRICULUM VITAE**  
**DO NOT USE FOR PROPOSALS**  
**BIOGRAPHICAL**

<b>Name:</b>	Wendy M. Troxel, Ph.D.	<b>E-Mail Address:</b>	wtroxel@rand.org
<b>Business Address (as of September 24, 2012):</b>	RAND Corporation 4570 Fifth Avenue Suite 600 Pittsburgh, PA 15213		
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**EDUCATION AND TRAINING**

**UNDERGRADUATE:**

September 1991- August 1995	Bucknell University Lewisburg, PA	Bachelor of Arts with High Distinction 1995	Psychology and Theatre
September 1993 - December 1993	University of Pittsburgh Pittsburgh, Pennsylvania	Semester at Sea	

**GRADUATE:**

September 1999 – March 2001	University of Pittsburgh Pittsburgh, Pennsylvania	Master of Science, 2001	Clinical and Biological and Health Psychology
April 2001 – April 2006	University of Pittsburgh Pittsburgh, Pennsylvania	Doctorate, 2006	Clinical and Biological and Health Psychology
September 2005- September 2006	Western Psychiatric Institute and Clinic 3811 O'Hara Street Pittsburgh, PA	Predoctoral Clinical Psychology Internship	Paul Pilkonis, Ph.D. and Marsha Marcus, Ph.D.
1999-2004	University of Pittsburgh Pittsburgh, Pennsylvania	Predoctoral Fellowship in Cardiovascular Behavior Medicine	
September 2004 – May 2005	University of Pittsburgh Pittsburgh, Pennsylvania	Mellon Predoctoral Fellowship	

**POSTGRADUATE:**

September 2006- September 2008	Western Psychiatric Institute & Clinic 3811 O'Hara Street Pittsburgh, PA	Postdoctoral Scholar, University of Pittsburgh	Daniel J. Buysse, M.D., Karen A. Matthews, Ph.D., and Martica Hall, Ph.D.
September 2006- April 2008	University of Pittsburgh Pittsburgh, Pennsylvania	NIMH Postdoctoral Fellowship in Psychiatry MH016804	Daniel J. Buysse, M.D., Karen A. Matthews, Ph.D., and Martica Hall, Ph.D.
April 2008 – September 2008	University of Pittsburgh Pittsburgh, Pennsylvania	NHLBI Postdoctoral Fellowship in Sleep Medicine HL082610	Daniel J. Buysse, M.D., Karen A. Matthews, Ph.D.

## APPOINTMENTS AND POSITIONS

<b>Years Inclusive</b>	<b>Institution</b>	<b>Title</b>	<b>Mentors/ Supervisors</b>
December 1998- May 1999	University of California Los Angeles, CA	Research Assistant	Shelley Taylor, Ph.D, Margaret Kemeny, Ph.D., and Laura C. Klein, Ph.D.
May 2004- August 2004	University of Pittsburgh Pittsburgh, PA	Graduate Student Teacher	Anna Marsland, Ph.D.
October 2008- August 31, 2012	University of Pittsburgh Pittsburgh, PA	Assistant Professor Department of Psychiatry and Psychology University of Pittsburgh	Daniel J. Buysse, M.D. Karen A. Matthews, Ph.D.
October 2008- August 31, 2012	Western Psychiatric Institute & Clinic Pittsburgh, PA	Co-Director, Founder Sleep Medicine Clinic	
May 2009- August 31, 2012	Western Psychiatric Institute & Clinic Pittsburgh, PA	WPIC Predoctoral Internship Faculty	Melissa Kalarchian, Ph.D. Jill M. Cyranowski, Ph.D.
September 2012- Present	RAND Corporation Pittsburgh, PA	Senior Behavioral and Social Scientist	Paul Koegel, Ph.D
September 2012- Present	University of Pittsburgh Pittsburgh, PA	Adjunct Assistant Professor Department of Psychiatry and Psychology	Daniel J. Buysse, M.D. Karen A. Matthews, Ph.D.

## HONORS

1991-1995	Dean's List, Bucknell University
1995	Graduate with Honors, Department of Psychology, Bucknell University
1995	Summa Cum Laude, Bucknell University
2001	American Psychosomatic Society (APS) Scholarship Award
2003	Bassell Student Publication Award, University of Pittsburgh
2003	Lazovik Dissertation Award, University of Pittsburgh
2004	Huey Dissertation Award, University of Pittsburgh
2004	Arts and Sciences Travel Award, University of Pittsburgh
2004	Bassell Student Publication Award, University of Pittsburgh
2008	Early Career Distinguished Research Award, Behavioral Sleep Medicine
2008	Outstanding Poster Award, Junior Faculty Category, WPIC Research Day
2009	Invited Attendee, American Academy of Sleep Medicine Young Investigator Forum
2017	American Academy of Sleep Medicine Behavioral Treatment Guidelines for Insomnia, Task Force Member
2018	NIH Sleep Disorders Research Advisory Board, Ad Hoc Member

## PROFESSIONAL LICENSURE

2008	Commonwealth of Pennsylvania License Type: Clinical Psychologist License # PS016433
2012	Certified Behavioral Sleep Medicine Specialist American Academy of Sleep Medicine

## PEER-REVIEWED PUBLICATIONS

Bold indicates senior or corresponding authorship.

1. Gallo LC, Troxel WM, Matthews KA, McWilliams L, Kuller L, Sutton-Tyrrell K. Occupation and subclinical cardiovascular disease in postmenopausal women: Are clerical workers at greater risk? Health Psychology, 22:19-29, 2003. PubMed PMID: 12558198.
2. Troxel WM, Matthews KA, Bromberger JT, Sutton-Tyrrell K. Chronic stress burden, discrimination, and subclinical carotid artery disease in African American and Caucasian women. Health Psychology, 22:300-9, 2003. PubMed PMID: 12790258.
3. Gallo LC, Troxel WM, Matthews KA, Kuller LH. Marital status and quality in middle-aged women: Associations with levels and trajectories of cardiovascular risk factors. Health Psychology, 22(5):453-63, 2003. PubMed PMID: 14570528.
4. Gallo LC, Troxel WM, Kuller L, Sutton-Tyrrell K, Edmundowicz D, Matthews KA. Marital status, marital quality, and atherosclerotic burden in postmenopausal women. Psychosomatic Medicine, 65(6):952-62, 2003. PubMed PMID: 14645772.
5. Troxel WM, Matthews KA. What are the costs of marital conflict and dissolution to children's physical health? Clinical Child and Family Psychology Review, 7:29-57, 2004. PubMed PMID: 15119687.
6. Troxel WM, Gallo LC, Matthews KA, Kuller LH. Marital quality and occurrence of the metabolic syndrome. Archives of Internal Medicine, 165:1022-7, 2005. PubMed PMID: 15883241.
7. Troxel WM, Cyranowski J, Hall M, Frank E, Buysse DJ. Attachment anxiety, relationship context, and sleep in major depressive disorder. Psychosomatic Medicine, 69:692-9, 2007. PMID: PMC2723846
8. Troxel WM, Robles T, Hall M, Buysse DJ. Marital quality and the marital bed: Examining the covariation between relationship quality and sleep. Sleep Medicine Reviews, 11:389-404, 2007. PMID: 17854738; PMID: PMC2644899.
9. Troxel WM, Buysse DJ, Hall M, Matthews, KA.. Marital Happiness and Sleep Disturbances in a Multi-Ethnic Sample of Middle-Aged Women. Behavioral Sleep Medicine, 7: 2-19, 2009. PMID: PMC2654623
10. Troxel WM, Buysse DJ, Hall M, Kamarck T, Owens JF, Strollo PJ, Reis SE, Matthews KA. Social integration, social contacts, and nocturnal blood pressure in African Americans and Caucasians. Journal of Hypertension, 28: 265-271, 2010. PMID: PMC2864490
11. Troxel WM. It's more than Sex: Exploring the dyadic nature of sleep and its implications for health. Psychosomatic Medicine, 72:578-586, 2010. PMID: PMC2903649
12. Troxel WM, Buysse DJ, Matthews KA, Kravitz HM, Bromberger JT, Sowers MF, Hall M. Marital/Cohabitation Status and History in Relation to Sleep in Midlife Women. Sleep, 33:973-81, 2010. PMID: PMC2894440.
13. Hasler BP and **Troxel WM**. Couples' Nighttime Sleep Efficiency and Concordance: Evidence for Bidirectional Associations with Daytime Relationship Functioning. Psychosomatic Medicine, 72: 794-801, 2010. PMID: PMC2950886
14. Troxel WM, Buysse DJ, Monk TE, Begley A, Hall M. Does social support differentially affect sleep in older adults with versus without insomnia? Journal of Psychosomatic Research, 69:459-466, 2010. PMID: PMC2958100.

15. Troxel WM, Buysse DJ, Matthews KA, Kip KE, Strollo PJ, Hall M, Drumheller O, Reis SE. Sleep symptoms predict the development of the metabolic syndrome. Sleep, 33:1633-1640, 2010. PMID: 21120125. PMCID: PMC2982733
16. Troxel WM, and Germain A: Insecure attachment is an independent correlate of objective sleep disturbances in military veterans. Sleep Medicine, 12:860-865, 2011. PMCID: PMC3367508
17. Troxel WM, Kupfer DJ, Reynolds CF, Frank E, Thase M, Miewald J, and Buysse DJ. Insomnia and objectively measured sleep disturbances predict treatment outcome in depressed patients treated with psychotherapy or psychotherapy-pharmacotherapy combinations. The Journal of Clinical Psychiatry, 73(4):478-85, 2012. PMCID: PMC3310298
18. Grandner MA, Hale L, Jackson N, Patel NP, Goonerante NS, **Troxel WM**. Perceived racial discrimination as an independent predictor of sleep disturbance and daytime fatigue. Behavioral Sleep Medicine, 10:235-249, 2012. PMCID: PMC3434973
19. Troxel WM, Germain A, Buysse DJ. Clinical management of insomnia with Brief Behavioral Treatment (BBTI). Behavioral Sleep Medicine, 10(4):266-79, 2012. PMCID: PMC3622949.
20. Troxel WM, Trentacosta CJ, Forbes EE, Campbell SB. Negative emotionality moderates associations among attachment, toddler sleep, and later problem behaviors. Journal of Family Psychology. 27(1):127-36, 2013. PMCID: PMC3579637.
21. Levenson JC, Troxel WM, Begley A, Hall M, Germain A, Monk TH, and Buysse DJ: A quantitative approach to distinguishing older adults with insomnia from good sleep controls. Journal of Clinical Sleep Medicine, 9(2):125-31, 2013. PMCID: PMC3544379
22. Troxel WM, Buysse D. Primary care intervention for primary insomnia. Journal of Primary Health Care. 5(1):4, 2013. PMID: 23457688.
23. Lewis TL, Troxel WM, Kravitz HM, Bromberger JT, Matthews KA, and Hall M. Chronic Exposure to Everyday Discrimination and Sleep in a Multi-Ethnic Sample of Middle-Aged Women. Health Psychology, 32(7):810-19, 2013. PMCID: PMC3654016
24. Troxel WM, Conrad TS, Germain A, and Buysse DJ. Predictors of Treatment Response to Brief Behavioral Treatment of Insomnia (BBTI) in Older Adults. Journal of Clinical Sleep Medicine. 9(12): 1281-9, 2013. PMCID: PMC3836339.
25. Troxel WM, Lee L, Hall M, Matthews KA. Single-parent family structure and sleep problems in black and white adolescents. Sleep Medicine. 15(2): 255-61, 2014. PMCID: PMC3933955.
26. Hale L, Troxel WM, Kravitz HM, Hall MH, Matthews KA. Acculturation and Sleep among a Multiethnic Sample of Women: The Study of Women's Health Across the Nation (SWAN). Sleep. 37(2):309-17, 2014. PMID: 24497659; PMCID: PMC3900614.
27. Gunn HE, Troxel WM, Hall MH, Buysse DJ. Interpersonal distress is associated with sleep and arousal in insomnia and good sleepers. Journal of Psychosomatic Research. 76(3):242-8, 2014; doi: 10.1016/j.jpsychores.2013.11.010. PMCID: PMC4018775.
28. Grandner MA, Knutson. KL, Troxel WM, Hale L, Jean-Louis G, Miller KE. Implications of sleep and energy drink use for health disparities. Nutrition Reviews. 72(S1):14-22, 2014. doi: 10.1111/nure.12137. PMID: 25293540; PMCID: PMC4264529.
29. Troxel WM, Booth M, Buysse DJ, Elliott MN, Suskind A, Clemens JQ, et al. Sleep disturbances and nocturnal symptoms: relationships with quality of life in a population-based sample of women with interstitial cystitis/bladder pain syndrome. Journal of Clinical Sleep Medicine. 10(12):1331-7, 2014. doi: 10.5664/jcsm.4292. PMID: 25325604; PMCID: PMC4237527.
30. Pedersen ER, **Troxel WM**, Shih RA, Pinder E, Lee D, Geyer L. Increasing resilience through promotion of healthy sleep among service members. Military Medicine. 180(1):4-6, 2015. doi: 10.7205/MILMED-D-14-00264. PMID: 25562849; PMCID: PMC4356633.

31. Ellis JG, Deary V, Troxel WM. The role of perceived partner alliance on the efficacy of CBT-I: Preliminary findings from the Partner Alliance in Insomnia Research Study (PAIRS). Behavioral Sleep Medicine. 13(1):64-72, 2015. PMID: 24527869; PMCID: PMC4425373.
32. Gunn HE, Buysse DJ, Hasler BP, Begley A, **Troxel WM**. Sleep concordance in couples is associated with relationship characteristics. Sleep. 38(6):933-9, 2015. doi: 10.5665/sleep.4744. PMID: 25581920; PMCID: PMC4434560.
33. Creswell KG, Wright AG, Troxel WM, Ferrell RE, Flory JD, Manuck SB. OXTR polymorphism predicts social relationships through its effects on social temperament. Social Cognitive Affective Neuroscience. 10(6):869-76, 2015. doi: 10.1093/scan/nsu132. PMID: 25326040; PMCID: PMC4448032.
34. Troxel WM, Ewing BA, D'Amico EJ. Examining racial/ethnic disparities in the association between adolescent sleep and alcohol or marijuana use. Sleep Health. 1(2):104-8, 2015. doi: 10.1016/j.sleh.2015.03.005. PMID: 26436131; PMCID: PMC4591872.
35. Hall MH, Casement MD, Troxel WM, Matthews KA, Bromberger JT, Kravitz HM, et al. Chronic Stress is Prospectively Associated with Sleep in Midlife Women: The SWAN Sleep Study. Sleep. 2015. PMID: 26039965; PMCID: PMC4576339.
36. Troxel WM, Hunter G, Scharf D. Say "GDNT": Frequency of Adolescent Texting at Night. Sleep Health. 2015;1(4):300-3. doi: 10.1016/j.sleh.2015.09.006. PMID: 26981583; PMCID: PMC4789161.
37. Troxel WM, Trail TE, Jaycox LH, Chandra A. Preparing for Deployment: Examining Family- and Individual-Level Factors. Mil Psychol. 2016;28(3):134-46. doi: 10.1037/mil0000110.
38. Troxel WM, Braithwaite SR, Sandberg JG, Holt-Lunstad J. Does Improving Marital Quality Improve Sleep? Results from a Marital Therapy Trial. Behavioral Sleep Medicine. 2016:1-14. doi: 10.1080/15402002.2015.1133420. PMID: 27110636.
39. Burg MM, King RB, Stoney CM, **Troxel WM**. Insights from the OppNet initiatives on psychosocial stress and sleep: themes for multidisciplinary team science research. Sleep Health: Journal of the National Sleep Foundation. 2016;2(1):8-11. doi: 10.1016/j.sleh.2016.01.002.
40. Holliday SB, Haas A, Shih RA, **Troxel WM**. Prevalence and consequences of sleep problems in military wives. Sleep Health: Journal of the National Sleep Foundation. 2016;2(2):116-22. doi: 10.1016/j.sleh.2016.03.004.
41. Troxel WM, Tucker JS, Ewing B, Miles J, D'Amico EJ. Sleepy Teens and Energy Drink Use: Results From an Ethnically Diverse Sample of Youth. Behavioral Sleep Medicine. 2016:1-14. doi: 10.1080/15402002.2016.1188390. PMID: 27322869; PMCID: PMC5173439.
42. Gunn HE, Buysse DJ, Matthews KA, Kline CE, **Troxel WM**. Sleep-wake concordance in couples is inversely associated with cardiovascular disease risk markers. Sleep. 2016. PubMed PMID: 27634809.
43. Tucker JS, Troxel WM, Ewing BA, D'Amico EJ. Alcohol Mixed with Energy Drinks: Associations with Risky Drinking and Functioning in High School. Drug and Alcohol Dependence. 2016. doi: 10.1016/j.drugalcdep.2016.07.016. PMID: 27522534.
44. DeSantis A, **Troxel WM**, Beckman R, Ghosh-Dastidar B, Hunter G, Hale L, Buysse DJ, Dubowitz T. Is the Association between Neighborhood Characteristics and Sleep Quality Mediated by Psychological Distress? An analysis of Perceived and Objective Measures of Two Pittsburgh Neighborhoods. Sleep Health. 2016;2(4):277-82. doi: 10.1016/j.sleh.2016.08.001, NIHMSID: 819113.
45. Troxel WM, DeSantis A, Germain A, Buysse DJ, Matthews KA. Marital Conflict and Nocturnal Blood Pressure Dipping in Military Couples. Health Psychology. 2017;36(1):31-4. doi: 10.1037/hea0000434. PMID: 27819459.
46. Richardson AS, Troxel WM, Ghosh-Dastidar MB, Beckman R, Hunter GP, DeSantis AS, Colabianchi N, Dubowitz T. One Size Doesn't Fit All: Cross-Sectional Associations Between Neighborhood Walkability, Crime and Physical Activity Depends on Age and Sex of Residents. BMC Public Health. 2017;17(1):97. doi: 10.1186/s12889-016-3959-z. PubMed PMID: 28103842; PMCID: 5248471.

47. **Troxel WM**, Shih RA, Ewing B, Tucker JS, Nugroho A, D'Amico EJ. Examination of Neighborhood Disadvantage and Sleep in a Multi-Ethnic Cohort of Adolescents. Health and Place. 2017;45:39-45. doi: 10.1016/j.healthplace.2017.03.002. PubMed PMID: 28285183.
48. Gunn HE, Critchfield KL, Mackaronis JE, Rau HK, Cribbet MR, Troxel WM, Williams PG. Affiliative Interpersonal Behaviors During Stress are Associated with Sleep Quality and Presleep Arousal in Young, Healthy Adults. Sleep Health. 2017;3(2):98-101. doi: 10.1016/j.sleh.2016.12.004. PubMed PMID: 28346164.
49. Holliday SB, DeSantis A, Germain A, Buysse DJ, Matthews KA, **Troxel WM**. Deployment Length, Inflammatory Markers, and Ambulatory Blood Pressure in Military Couples. Military Medicine. 2017; 182: e1892-e1899. doi: 10.7205/MILMED-D-16-00327. PMID: 28810987
50. Owens J, Troxel WM, Wahlstrom K. Commentary on Healthy School Start Times. Journal of Clinical Sleep Medicine. 2017;13(5):761. doi: 10.5664/jcsm.6602. PubMed PMID: 28212695.
51. Fillo J, Holliday SB, DeSantis A, Germain A, Buysse DJ, Matthews KA, Troxel WM. Observed Relationship Behaviors and Sleep in Military Veterans and Their Partners. Annals of Behavioral Medicine. 2017;51(6):879-889. doi:10.1007/s/12160-017-9911-3. PubMed PMID: 28488231.
52. Shih RA, Parast L, Pedersen ER, et al. Individual, peer, and family factor modification of neighborhood-level effects on adolescent alcohol, cigarette, e-cigarette, and marijuana use. Drug Alcohol Dependence. 2017;180:76-85. doi: 10.1016/j.drugalcdep.2017.07.014. PubMed PMID: 28886395.
53. Troxel WM. Commentary on Keller et al, 2017: The problem with interpreting low base rate behaviors. Sleep Health. 2017;3(4):227. doi: 10.1016/j.sleh.2017.05.003. PubMed PMID: 28709504.
54. Troxel WM, Wolfson A. Sleep science and policy: a focus on school start times. Sleep Health. 2017;2(3):186. doi: 10.1016/j.sleh.2016.07.001. PubMed PMID: 2907342.
55. Hafner M, Stepanek M, Troxel WM. The economic implications of later school start times in the United States. Sleep Health. 2017;3(6):451-457. doi: 10.1016/j.sleh.2017.08.007. PubMed PMID: 29157639.
56. Richardson AS, Troxel WM, Ghosh-Dastidar M, et al. Pathways through which higher neighborhood crime is longitudinally associated with greater body mass index. International Journal of Behavioral Nutrition and Physical Activity. 2017;14(1):155. doi: 10.1186/S12966-017-0611-Y. PubMed PMID: 29121957.
57. Brooks Holliday S, Dubowitz T, Haas A, Ghosh-Dastidar B, DeSantis, A, & Troxel, WM. (in press). The association between discrimination and PTSD in African Americans: Exploring the role of gender. Ethnicity and Health.
58. Richardson AS, Troxel WM, Ghosh-Dastidar MB, et al. (2017). One size doesn't fit all: cross-sectional associations between neighborhood walkability, crime and physical activity depends on age and sex of residents. BMC Public Health;17:97. PMC5248471
59. Troxel WM, DeSantis A, Richardson AS, Beckman R, Ghosh-Dastidar B, Nugroho A, et al. Neighborhood disadvantage is associated with actigraphy-assessed sleep continuity and short sleep duration. Sleep. 2018
60. Berger AT, Widome R, Troxel WM. School Start Time and Psychological Health in Adolescents. Curr Sleep Medicine Rep (2018) 4: 110.
61. Hale L, Troxel WM. Embracing the School Start Later Movement: Adolescent Sleep Deprivation as a Public Health and Social Justice Problem. Am J Public Health. 2018; 108:599-600.

#### **RAND PUBLICATIONS**

1. Troxel WM, Shih RA, Adamson DM, Buryk P, Gore K, Geyer L, et al. Sleep in the Armed Forces. Santa Monica, CA: RAND Corporation; WR-1042-OSD, 2014.

2. Troxel WM, Shih RA, Pedersen E, Geyer L, Fisher MP, Griffin BA, et al. Sleep in the Military: Promoting Healthy Sleep Among U.S. Servicemembers. Santa Monica, CA: RAND Corporation; RR-739-OSD. 2015.
3. Troxel WM, Shih RA. Sleep Problems and Their Impact on U.S. Servicemembers: Results of a Cross-Service Survey. Santa Monica, CA: RAND Corporation; RB-9823-OSD. 2015.
4. Shih RA, Troxel WM. Improving Sleep Health for U.S. Servicemembers: Policies, Programs, Barriers to Implementation, and Recommendations. Santa Monica, CA: RAND Corporation; RB-9824-OSD. 2015.
5. Troxel WM, Helmus TC, Tsang F, Price CC. Evaluating the Impact of Whole-Body Vibration (WBV) on Fatigue and the Implications for Driver Safety. Santa Monica, CA: RAND Corporation; RR-1057-BOSE. 2015.
6. Meadows SO, Tanielian T, Karney BR, Schell TL, Griffin BA, Jaycox LH, et al. How Military Families Respond Before, During and After Deployment: Findings from the RAND Deployment Life Study. Santa Monica, CA: RAND Corporation; RB-9906-A/OSD. 2016.
7. Meadows SO, Tanielian T, Karney BR, Schell TL, Griffin BA, Jaycox LH, et al. The Deployment Life Study: Longitudinal Analysis of Military Families across the Deployment Cycle. Santa Monica, CA: RAND Corporation; RR-1388-A/OSD. 2016.
8. Hafner M, Stepanek M, Taylor J, Troxel WM, van Stolk C. Why Sleep Matters — The Economic Costs of Insufficient Sleep: A Cross-Country Comparative Analysis. Santa Monica, CA: RAND Corporation; RR-1791-VH. 2016.
9. Hafner M, Stepanek M, Troxel WM. Later School Start Times in the U.S.: An Economic Analysis. Santa Monica, CA: RAND Corporation, RR-2109-RE. 2017.

#### **INVITED MANUSCRIPTS AND BOOK CHAPTERS**

1. Troxel WM, Buysse DJ. Measuring subjective sleep quality: The Pittsburgh Sleep Quality Index. In: Perumal, Monti, Lader & Langer (Eds.), Sleep Disorders: Diagnosis and Therapeutics. London: Informa Healthcare, UK, Ltd., 2008.
2. Troxel WM, Buysse DJ. Principles of Insomnia. In: Winkelman JW, Plante D (Eds.) Foundations of Psychiatric Sleep Medicine, Cambridge University Press, Cambridge, pp. 203-215, 2010.
3. Troxel WM: Comment: Butler and Randall's "Emotional Coregulation in Close Relationships". Emotion Review, 5(2): 211-12, 2013.
4. Troxel WM: Insomnia. In: Encyclopedia of Behavioral Medicine, Gellman MD and Turner JR (Eds), Springer Science + Business Media, New York, 2012.
5. Troxel WM, Drerup M. Behavioral Sleep Medicine. In: Gellman MD, Turner JR, (Eds.), Encyclopedia of Behavioral Medicine. Springer Science + Business Media, New York, 2012.
6. Troxel WM: Marital Quality and Health. In: Encyclopedia of Behavioral Medicine, Gellman MD and Turner JR (Eds), Springer Science + Business Media, New York, 2012.
7. Brooks Holliday S., Troxel W. (2017) Relationship Quality: Implications for Sleep Quality and Sleep Disorders. In: McHale S., King V., Buxton O. (eds) Family Contexts of Sleep and Health Across the Life Course. National Symposium on Family Issues, vol 8. Springer, Cham

#### **INVITED ACADEMIC LECTURES**

Lecture Title: Sleeping Better and Sleeping Together: Integrating the Bedpartner into Sleep Research  
 Date: February 5, 2014  
 Location: Israeli Sleep Society, Tel Aviv, Israel

Lecture Title: Thinking Beyond the Lone Sleeper: Considering Bed Partners in Sleep Research  
 Date: June 12, 2011  
 Location: Sleep Research Society's 16th Annual Trainee Symposia Series, Minneapolis, MN

Lecture Title: Sleeping Together: Examining the Dynamic Links between Relationships, Sleep, and Health  
 Date: March 23, 2011  
 Location: Western Psychiatric Institute and Clinic, Mood Brain and Behavior Meeting

Lecture Title: Sleeping Together: Biopsychosocial Model of Relationships, Sleep, and Health  
 Date: February 11, 2011  
 Location: University of Pittsburgh, Pittsburgh Mind-Body Center Idea Seminar

Lecture Title: Examining the Dynamic Coupling Between Relationship Functioning and Sleep  
 Date: September 14, 2009  
 Location: Department of Psychology, Stony Brook University, Stony Brook, NY

Lecture Title: Couples and Sleep: It's not all about Sex  
 Date: October 13, 2009  
 Location: Department of Psychology, Clinical Science Program Colloquia Berkeley University, Berkeley, CA

Lecture Title: Social Relationships and Health  
 Date: June 17, 2010  
 Location: Pittsburgh Mind-Body Center Summer Institute University of Pittsburgh, Pittsburgh, PA

### CONFERENCE SYMPOSIA AND CLINICAL WORKSHOPS

Troxel WM. Close relationship quality: Implications for sleep quality and sleep disorders. Presentation at the Pennsylvania State University 24th Annual National Symposium on Family Issues; University Park, PA, 2016.

Burg M, Troxel WM. Stress and Sleep: Integration of behavioral, social, environmental and physiological processes, an NIH OppNet Grantees Conference. Conference co-chair. Paper presented: *Security and vigilance in military couples: A dynamic model of sleep, interpersonal relationships, and health*. Rockville, MD, 2014, May.

Troxel WM. Lights out: Sleep, nocturnal physiology, and the social context. Symposium Chair at the Annual Meeting of the American Psychosomatic Society. Miami, FL, 2013, March.

Hasler BP, Troxel WM. The use of sleep and circadian methodology in relationship research: A means to study novel pathways to psychological and physiological co-regulation. Paper to be presented in the *Methodological and Statistical Advances in the Study of Health, Emotions, and Relationships* symposium. International Association of Relationship Research's (IARR) 2011 Mini-Conference, University of Arizona, Tucson, AZ, October 2011.

Troxel WM (Course Director). *Sleep Disorders Treatment Program*. Clinical training in sleep disorders assessment and treatment offered by Western Psychiatric Institute & Clinic Office of Education and Regional Programming. Wexford, PA. 2011, April.

Trentacosta, CJ, Troxel WM, Forbes EE, Dahl R. E. & Campbell SB. *Sleep in Toddlers: Relation to Infant Attachment Security and Later Mood and Behavior Problems*. Symposium presented at the Biennial Meeting of the Society for Research in Child Development, Montreal, Canada, 2011, April.



- Troxel WM and Taylor, D. *Behavioral Sleep Interventions 101*. Clinical Roundtable presented at the Annual Meeting of the American Psychosomatic Society. San Antonio, TX, 2011, March.
- Troxel WM, Kupfer DJ, Reynolds CF, Frank E, Thase M, and Buysse DJ. Insomnia with Objective Sleep Disturbances Predicts Poor Treatment Outcome in Depression. Paper presented in the *Sleep and Health in Psychosomatic Medicine: Understanding Causal Mechanisms, Implementing Interventions* symposium. Annual Meeting of the American Psychosomatic Society. San Antonio, TX, 2011, March.
- Troxel WM, Buysse DJ, Hall M, Kamarck T, Owens JF, Strollo PJ, Reis SE, Matthews KA. Social Network Diversity and Nocturnal Blood Pressure Dipping in African American and Caucasian men and women. Paper presented in the *Sleep and Health Across the Lifespan* symposium. Annual Meeting of the American Psychosomatic Society, Chicago, IL, 2009, March.
- Troxel WM (Discussant). The Physiology of Close Relationships: Research on Attachment and Biobehavioral Coregulation. Symposium presented at Society for Behavioral Medicine (SBM) Conference, San Diego, CA, 2008, March.

### SELECTED CONFERENCE PRESENTATIONS AND POSTERS

- Troxel WM, Buman MP, Beckman R, Ghosh-Dastidar B, DeSantis A, Buysse DJ, Hale L, and Dubowitz T. *Perceived Neighborhood Disadvantage is Associated with Poorer Objectively Measured Sleep Efficiency in a Probability Sample of African American Adults*; Paper to be presented at the Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain; 2017, March 15-18.
- Campbell, R, Germain, A, Buysse, D, Matthews, K and Troxel, WM. *Sleep in Military Couples during and after Deployment: A Preliminary Qualitative Study*; Poster presented at the Annual Meeting of the Associated Professional Sleep Societies. Seattle, WA; 2015, June.
- Troxel WM, Ewing B, and D'Amico LJ. *Sleepy Teens and Energy Product Use: Risk Factors for Teen Alcohol Use*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies. Seattle, WA; 2015, June.
- Troxel, WM, Matthews, KA, Germain, A, and Buysse DJ. *Physiological Hyperarousal in Military Couples: Associations with PTSD and Sleep Quality*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies. Seattle, WA; 2015, June.
- Troxel, WM, Matthews, KA, Germain, A, and Buysse DJ. *Marital Distress is Associated with Nocturnal Blood Pressure Nondipping in Women in Part Through Short Sleep*. Paper presented at the Annual Meeting of the American Psychosomatic Society, Savannah, GA; 2015, March.
- Cribbet, MR, Troxel, WM, Buysse, DJ, Germain, A, Hall, MH, & Matthews, KA. *Sleep EEG and High-Frequency Heart Rate Variability are Related to Relationship Functioning in Military Couples*. Poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA; 2015, March.
- Troxel WM, Buysse DJ, Begley AE, and Matthews KA. *Adult Attachment, Close Relationships, and Nocturnal Blood Pressure*. Paper presented at the Annual Meeting of the American Psychosomatic Society, Miami, FL, 2013, March.
- Troxel WM, Hall M, Lee A., and Matthews KA. *Single-Parent Status is an Independent Risk Factor for Poor Sleep in Adolescents*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA, 2012, June.
- Troxel WM, Hasler BP, Matthews KA, Glover K, Buysse, DJ. *Sleepless Nights and Marital Strife? Examining the Bidirectional Links Between Nightly Sleep and Daily Marital Interactions*. Poster presented at the 25th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN, 2011, June.

- Troxel WM, Buysse DJ, Kamarck T, Hall M, Matthews KA. *Social Roles and Sleep: Too Many or Too Few Social Roles are Linked with Sleep Disturbance in Community Adults*. Poster presented at the 25th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN, 2011, June.
- Grandner MA, Hale L, Jackson N, Patel NP, Gooneratne NS, Troxel WM. *Perceived Racial Discrimination as an Independent Predictor of Sleep Disturbance and Daytime Fatigue*. Poster presented at the meeting of the Population Association of America, Washington, DC. 2011, March.
- Lewis TT, Troxel WM, Kravitz H, Bromberger J, Matthews KA, Hall M. *Do Chronic Experiences of Discrimination Keep Women Awake at Night?* Poster presented at the Science of Research on Discrimination and Health conference, Bethesda, MD. 2011, February.
- Troxel WM and Germain, A. Attachment anxiety is an independent correlate of slow-wave sleep in military veterans with post-traumatic stress disorder. Poster presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA. 2010, November.
- Lewis TT, Troxel WM, Kravitz H, Bromberger J, Matthews KA, Hall M. Chronic Exposure to Everyday Discrimination and Sleep in a Multi-Ethnic Sample of Women. Poster presented at the Office of Research on Women's Health 20th Anniversary Scientific Symposium, Bethesda, MD. 2010, September.
- Troxel WM, Buysse DJ, Matthews KA, Kip KE, Strollo PJ, Hall M, Drumheller O, Reis SE. Sleep symptoms predict the development of the metabolic syndrome. Paper presented at the Associated Professional Sleep Societies 24<sup>th</sup> Annual Meeting, San Antonio, TX, 2010, June.
- Troxel WM, Buysse DJ, Matthews KA, Kip KE, Strollo PJ, Hall M, Drumheller O, Reis SE. Sleep symptoms predict the development of the metabolic syndrome. Paper presented at the American Academy of Sleep Medicine Young Investigators Forum, Washington, D.C., 2010, April.
- Troxel WM, Matthews KA, Buysse DJ, Bromberger J, Kravitz H, Sowers MF, Gold E, & Hall M. The ups and downs of marriage: A bumpy road for sleep? Poster presented at the Associated Professional Sleep Societies 23<sup>rd</sup> Annual Meeting, Seattle, WA, 2009, June.
- Hasler BP, Troxel WM. Nightly sleep disturbance and daily relationship quality in couples: evidence for bidirectional associations. Poster presented at the Associated Professional Sleep Societies 23<sup>rd</sup> Annual Meeting, Seattle, WA, 2009, June.
- Troxel WM, Buysse DJ, Hall M, & Matthews KA. Marital happiness and sleep in a multi-ethnic sample of middle-aged women. Paper presented at the International Association for Relationships Research Biannual Meeting, Providence, RI, 2008, July.
- Trentacosta CJ, Troxel WM, Forbes EE, & Campbell SB. Distal and proximal social influences on sleep problems in toddlers. Poster presented at the 116<sup>th</sup> Annual Convention of the American Psychological Association, Boston, MA, 2008, August.
- Troxel WM, Buysse DJ, Hall M, & Matthews KA. Marital happiness and sleep quality in women: Results from the Study of Women's Health Across the Nation. Paper presented at the Associated Professional Sleep Societies, 22<sup>nd</sup> Annual Meeting, Baltimore, MD, 2008, June.
- Troxel WM, Hall M, Monk TH, & Buysse DJ. Social Support and Sleep in Elderly Insomnia Patients and Good Sleeper Controls. Paper presented at the Associated Professional Sleep Societies, 22<sup>nd</sup> Annual Meeting, Baltimore, MD, 2008, June.
- Moul DE, Troxel WM, Shablesky M, & Buysse DJ. The 20-item Pittsburgh Insomnia Rating Scale (PIRS20) and Pittsburgh Sleep Quality Index (PSQI) studied as a single scale. Paper presented at the Associated Professional Sleep Societies, 22<sup>nd</sup> Annual Meeting, Baltimore, MD, 2008, June.

- Buysse DJ, Germain A, Moul DE, Franzen PL, Troxel WM, Fletcher M, Cheng Y, & Monk TH. Sleep variability and its response to brief behavioral treatment in late life insomnia. Paper presented at the Associated Professional Sleep Societies, 22<sup>nd</sup> Annual Meeting, Baltimore, MD, 2008, June.
- Troxel WM, Cyranowski J, Hall M, Frank E & Buysse DJ. Attachment style, marital status, and sleep. Poster presented at the meeting of the Society of Behavioral Medicine, Washington, D.C., 2007, March.
- Troxel WM, Cyranowski J, Hall M, Frank E, & Buysse DJ. Attachment anxiety, relationship context, and sleep in major depressive disorder. Paper presented at the meeting of the Associated Professional Sleep Society, Minneapolis, 2007, June.
- Troxel WM, Clark M, & Matthews KA. Higher spousal responsiveness to needs is associated with better mental and physical health. Poster presented at the meeting of the Association for Psychological Science, New York City, 2006, May.
- Troxel WM, Matthews KA, Kuller LH, & Sutton-Tyrrell K. Taking care of your health: Behavioral involvement in health care and subclinical carotid disease. Poster presented at the meeting of the American Psychosomatic Society, Vancouver, BC, 2005, March.
- Troxel WM, Matthews KA, & Kuller LH. Marriage matters for the Metabolic Syndrome. Paper presented at the meeting of the American Psychosomatic Society, Orlando, FL, 2004, March.
- Troxel WM, Matthews KA, Bromberger JT, & Sutton-Tyrrell K. Chronic stress, discrimination, and subclinical carotid disease in African American and Caucasian women. Poster presented at the meeting of the Society of Behavioral Medicine. Washington, D.C., 2002, April.
- Troxel WM, Gallo LC, Matthews KA, Kuller LH, Sutton-Tyrrell K, & Edmundowicz D. Marital quality and health: Opportunities for intervention in primary care settings. Paper presented at West Penn Allegheny Health System, Pittsburgh, PA, 2001, April.
- Troxel WM, Gallo LC, Matthews KA, Kuller LH, Sutton-Tyrrell, K., & Edmundowicz D. Beyond marital status: Does relationship quality influence women's cardiovascular health? Paper presented at the meeting of the American Psychosomatic Society, Monterey, CA, 2001, March.
- Gallo L.C, Troxel WM, Matthews KA, McWilliams L., Kuller L., & Sutton-Tyrrell K. Occupation and subclinical cardiovascular disease in postmenopausal women: Are clerical workers at greater risk? Citation poster presentation at the meeting of the American Psychosomatic Society, Monterey, CA, 2001, March.

## TEACHING

Course Name:	Career Development Institute
Description:	Meet the Expert: Early Career Transitions
Year(s):	2012
Frequency:	Once
Location:	University Club, University of Pittsburgh
Course Name:	Clinical Psychology Graduate Student Course (TMM)
Description:	Cognitive-Behavioral Therapy for Insomnia; Lecture to Clinical Psychology Graduate Students
Year(s):	2012
Frequency:	Once; Annually
Location:	University of Pittsburgh, Sennott Square

Course Name: Behavioral Treatment of Insomnia  
 Description: Behavioral Sleep Treatment lecture for Clinical Psychology Interns  
 Year(s): 2012  
 Frequency: Once; Annually  
 Location: University of Pittsburgh, Bellefield Towers

Course Name: Thinking Beyond the Lone Sleeper: How does sleeping together affect our sleep, our relationships, and our health?  
 Description: Sleep Grand Rounds  
 Year(s): 2011  
 Frequency: Once  
 Location: UPMC Montefiore Hospital, Pittsburgh, PA

Course Name: Sleep in Psychiatry  
 Description: Insomnia and Hypersomnia  
 Year(s): 2011  
 Frequency: Once  
 Location: Western Psychiatric Institute and Clinic, Pittsburgh, PA

Course Name: Research on Sleep and Family Functioning in Military Families  
 Description: Sleep Grand Rounds  
 Year(s): 2011  
 Frequency: Once  
 Location: UPMC Montefiore Hospital, Pittsburgh, PA

Course Name: Behavioral Medicine  
 Description: Facilitator of small group seminar (~10 students) on Behavioral medicine for first year medical students  
 Year(s): 2011  
 Frequency: Weekly; Spring Semester  
 Location: University of Pittsburgh School of Medicine, Pittsburgh, PA

Course Name: Sleep and Mood Disorders  
 Description: Lecture to Clinical Psychology Graduate Students  
 Year(s): 2010, 2011  
 Frequency: Once; Annually  
 Location: University of Pittsburgh, Pittsburgh, PA

Course Name: Sleep and Psychiatric Disorders  
 Description: Lecture to sleep medicine fellows  
 Year(s): 2010  
 Frequency: Once; Annually  
 Location: University of Pittsburgh School of Medicine, Pittsburgh, PA

Course Name: Behavioral Medicine  
 Description: Facilitator of small group seminar (~10 students) on Behavioral medicine for first year medical students  
 Year(s): 2010  
 Frequency: Weekly; Spring Semester  
 Location: University of Pittsburgh School of Medicine, Pittsburgh, PA

Course Name: Research Seminar in Alcohol & Psychiatric Epidemiology  
 Description: Lecture on Couples, Sleep, and Health  
 Year(s): 2009  
 Frequency: Once  
 Location: University of Pittsburgh School of Public Health, Pittsburgh, PA

Course Name: Pain and Suffering  
 Description: Facilitated small group seminar (~10 students) on Biopsychosocial models of pain and palliative care for first year medical students  
 Year(s): 2009  
 Frequency: Weekly; Spring Semester  
 Location: University of Pittsburgh School of Medicine, Pittsburgh, PA

Course Name: Behavioral Treatments for Insomnia Part 2: What's the "C" in CBT-I?  
 Description: Tuesday Sleep Conference Lecture to ~ 6 sleep medicine fellows and clinical psychology interns  
 Year(s): 2008  
 Frequency: Once; November 25, 2008  
 Location: Montefiore Hospital, University of Pittsburgh, Pittsburgh, PA

Course Name: Behavioral Treatments for Insomnia: Part 1  
 Description: Tuesday Sleep Conference Lecture to ~ 6 sleep medicine fellows and clinical psychology interns  
 Year(s): 2008  
 Frequency: Once; November 11, 2008  
 Location: Montefiore Hospital, University of Pittsburgh, Pittsburgh, PA

Course Name: How to Give A Scientific Talk  
 Description: Health Psychology Brown Bag Lecture to ~ 15 psychology graduate students  
 Year(s): 2008  
 Frequency: Once; March 25, 2008  
 Location: University of Pittsburgh, Pittsburgh, PA

Course Name: Fibromyalgia and Sleep Disturbances  
 Description: Sleep Grand Rounds  
 Year(s): 2008  
 Frequency: Once; January 18, 2008  
 Location: UPMC Montefiore Hospital, Pittsburgh, PA

Course Name: Marital Quality and the Marital Bed  
 Description: Sleep Grand Rounds  
 Year(s): 2007  
 Frequency: Once; May 15, 2007  
 Location: UPMC Montefiore Hospital, Pittsburgh, PA

Course Name: Healthy Behaviors for Healthy Sleep and Healthy Lives  
 Description: Invited Speaker  
 Year(s): 2007  
 Frequency: Once; April 9, 2007  
 Location: Soldiers and Sailors Museum, Pittsburgh, PA

Course Name: Sleep Medicine Seminar  
 Description: Lecture to ~10 nurses, residents, and staff on sleep hygiene and sleep problems in the inpatient setting.  
 Year(s): 2006-Present; once annually  
 Location: University of Pittsburgh, Department of Psychiatry

Course Name: Introduction to Clinical Psychology  
 Description: Upper-level undergraduate course  
 Year(s): 2004  
 Frequency: June – August  
 Audience: Undergraduate  
 Location: University of Pittsburgh, Pittsburgh, PA

Program: Personality and Intelligence Testing  
 Description: Lecture to ~20 interns / residents  
 Date(s): 2001  
 Frequency: April – July; once weekly  
 Location: West Penn General Hospital, Pittsburgh, PA

Program: Marital quality and health: Opportunities for intervention in primary care settings.  
 Description: Lecture to ~20 interns / residents  
 Date(s): April 2001  
 Frequency: Once  
 Location: West Penn Allegheny Health System, Pittsburgh, PA  
 Program: Office of Education and Regional Programming (WPIC/UPMC)  
 Description: Treatment of Sleep Disorders  
 Date(s): April 19, 2011  
 Frequency: Once  
 Audience: MDs, PhDs, RNs, and other health care professionals  
 Location: Pittsburgh, PA

### **CLINICAL TEACHING/ SUPERVISION**

Student: Deepa Burman, M.D., Sleep Medicine Fellow  
 Affiliation of Student: University of Pittsburgh School of Medicine  
 Clinical Focus: Sleep Disorders and Behavioral Sleep Medicine Rotation  
 Date: January 2012- May 2012

Student: Kasey Griffin Creswell, M.A., Clinical Psychology Intern  
 Affiliation of Student: Western Psychiatric Institute and Clinic  
 Clinical Focus: Behavioral Sleep Medicine Rotation  
 Date: February 2012 – August 2012

Student: Bitu Shaghghi, M.D., 3rd year Resident  
 Affiliation of Student: University of Pittsburgh School of Medicine  
 Clinical Focus: Sleep Disorders and Behavioral Medicine  
 Date: September 2011 – December 2011

Student: Caris Fitzgerald, M.D., Sleep Medicine Fellow  
 Affiliation of Student: University of Pittsburgh School of Medicine  
 Clinical Focus: Sleep Disorders and Behavioral Sleep Medicine Rotation  
 Date: July 2011 – May 2012

Student: Rebecca Price, M.A., Clinical Psychology Intern  
 Affiliation of Student: Western Psychiatric Institute and Clinic  
 Clinical Focus: Behavioral Sleep Medicine Rotation  
 Date: March 2011 – August 2011

Student: Jessica Levenson, M.A., Clinical Psychology Graduate Student  
 Affiliation of Student: University of Pittsburgh  
 Clinical Focus: Clinical Externship in Behavioral Sleep Medicine  
 Date: January 2011 – May 2011

Student: Kyle De Young, M.A., Clinical Psychology Intern  
 Affiliation of Student: Western Psychiatric Institute and Clinic  
 Clinical Focus: Behavioral Sleep Medicine Rotation/ Longitudinal Psychotherapy  
 Date: August 2010 – August 2011

Student: Jay Fournier, M.A., Clinical Psychology Intern  
 Affiliation of Student: Western Psychiatric Institute and Clinic  
 Clinical Focus: Behavioral Sleep Medicine Rotation  
 Date: February 2010 – August 2010

Student: Signi Page, M.D., 3rd year Resident  
 Affiliation of Student: University of Pittsburgh School of Medicine  
 Clinical Focus: Sleep Disorders and Behavioral Sleep Medicine Rotation  
 Date: January 2010- March 2010

Student: Leslie Brown, M.A., Clinical Psychology Intern  
 Affiliation of Students: Western Psychiatric Institute and Clinic

Clinical Focus: Behavioral Sleep Medicine Rotation and Longitudinal Psychotherapy  
 Date: September 2009 – August 2010  
 Student: Jodi Glance, M.D., 3rd year Resident  
 Affiliation of Student: University of Pittsburgh School of Medicine  
 Clinical Focus: Sleep Disorders and Behavioral Sleep Medicine Rotation  
 Date: August 2009- October 2009  
 Student: Benjamin Mullin, M.A., Predoctoral Clinical Psychology Intern  
 Affiliation of Student: Western Psychiatric Institute & Clinic  
 Clinical Focus: Behavioral Sleep Medicine Rotation  
 Date: May 2009- September 2009  
 Student: Tracey Javaherian, M.D., 3rd Year Psychiatry Resident  
 Affiliation of Student: University of Pittsburgh School of Medicine  
 Clinical Focus: Sleep Disorders and Behavioral Sleep Medicine Rotation  
 Date: March 2009- May 2009  
 Student: ahan Nagshin, M.D., Sleep Medicine Fellow  
 Affiliation of Student: University of Pittsburgh School of Medicine  
 Clinical Focus: Sleep Disorders and Behavioral Sleep Medicine Rotation  
 Date: March 2009- May 2009  
 Student: Brant Hasler, M.A., Clinical Psychology Intern  
 Affiliation of Student: Western Psychiatric Institute and Clinic  
 Clinical Focus: Behavioral Sleep Medicine Rotation and Longitudinal Psychotherapy  
 Date: September 2008 – August 2009  
 Student: Sonia Grehian, 3rd Year Psychiatry Resident  
 Affiliation of Student: University of Pittsburgh School of Medicine  
 Clinical Focus: Sleep Disorders and Behavioral Sleep Medicine  
 Date: October 2008- January 2009

### **POSTDOCTORAL CLINICAL SUPERVISION**

Student: Deborah Scharf, Ph.D., Associate Behavioral and Social Scientist  
 Affiliation of Student: RAND Corporation  
 Clinical Focus: Group Psychotherapy/ Behavioral Modification  
 Date: Behavioral Sleep Medicine  
 September 2009 – present  
 Student: Brant Hasler, Ph.D., Postdoctoral Fellow in Sleep Medicine  
 Affiliation of Student: University of Pittsburgh, Department of Psychiatry  
 Clinical Focus: Behavioral Sleep Medicine  
 Date: September 2009 – October 2011  
 Student: Benjamin Mullins, Ph.D., Postdoctoral Fellow in Sleep Medicine  
 Affiliation of Student: University of Pittsburgh, Department of Psychiatry  
 Clinical Focus: Behavioral Sleep Medicine  
 Date: September 2009 – August 2011  
 Student: Tyler Conrad, B.A., Research Associate  
 Affiliation of Student: Penn State University  
 Research Project: Military Couples Sleep Study  
 Frequency: 40 hours per week  
 Date: September 2011- present

Student: Justin Eppley, B.A., Research Assistant  
Affiliation of Student: University of Pittsburgh  
Research Project: Helped to pilot equipment and collect pilot data for study of couples, sleep, and cardiovascular risk  
Frequency: Student completed 5-10 hours of work per week; 1 hour supervision/ week  
Date: May 2008 – August 2008

Student: Khaleelah Glover, Research Assistant  
Affiliation of Student: University of Pittsburgh, Department of Biostatistics  
Research Project: Participated in recruitment, data collection, data cleaning, and manuscript preparation  
Frequency: 25 hours per week; 1 hour of supervision per week  
Date: February 2009 – present

Student: Sara Strollo, Undergraduate Summer Research Associate  
Affiliation of Student: Virginia Technical Institute  
Research Project: Literature review on biological synchrony/ desynchrony as a pathway linking close relationships with physical health outcomes  
Frequency: 10 hours per week; 1 hour of supervision per week  
Date: June 2009 – August 2009

Student: Brant Hasler, Ph.D.  
Affiliation of Student: University of Pittsburgh, Department of Psychiatry (Anne Germain, Ph.D., Mentor)  
Research Project: Preparation of manuscript examining bidirectional influences between relationship quality and sleep in dating couples  
Frequency: 1 hour of research supervision biweekly  
Date: September 2009 – December 2010

Student: Brian Wymbs, Ph.D.,  
Affiliation of Student: University of Pittsburgh, Department of Psychiatry  
Research Project: Co-mentor on Early Career Award (K award): Submission on couples' intervention for adults with attention-deficit hyperactivity disorder.  
Date: September 2009 – present

Student: Michael Grandner, Ph.D.,  
Affiliation of Student: University of Pennsylvania, Department of Psychiatry  
Research Project: Preparation and submission of manuscript on discrimination and sleep using data from the BRFSS  
Date: September 2010 – April 2011

## RESEARCH

Grants/ Contracts Received	Grant Title	Role in Project	Years Inclusive	Source \$ Amount
<b><i>Current Support:</i></b>				
R01 HL122460	Neighborhood Change: Impact on Sleep and Obesity-Related Health Disparities	Principal Investigator (MPI)	Dec 2014-2019	NIH \$2,498,416 (Total DC)
R01 HL131531	Natural Experiment of Neighborhood Revitalization and Cardiometabolic Health	Principal Investigator (MPI)	April 2016-2020	NIH \$2,713,888 (Total DC)



R01MD012190	Examining the Role of Sleep Disturbances in Contributing to Health Risk Behaviors and Cardiometabolic Outcomes in Urban Native American Youth	Principal Investigator (MPI)	July 2017-2022	NIH \$3,386,923 (Total DC)
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***Pending Grant Support:***

R01HD092843	Family Economic Insecurity, Biobehavioral Rhythmicity, and Educational Outcomes among Disadvantaged Children in California	Principal Investigator (MPI)	August 2017-2022	NIH \$3,387,555 (Total DC)
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R21	Neighborhood Improvements, PTSD and Perceived Discrimination, and Health: A Natural Experiment	Co-Investigator	September 2017-2019	NIH \$519,448
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***Prior Grant Support:***

US Department of Defense Contract	Sleep in the Military: An Evaluation of Military Programs and Policies	Co-Principal Investigator	2012-2015	DoD \$1,000,000
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	Evaluating the Impact of Whole-Body Vibration (WBV) on Fatigue and the Implications for Driver Safety		November 2014-2015	AIG and BOSE Corporation \$100,000 (Total DC)
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K23HL093220	Dynamic Perspective on Marital Functioning, Sleep, and Cardiovascular Risk	Principal Investigator	2008-2014	NHLBI \$573,607 (Total DC)
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1R01HL112646	Security and Vigilance in Military Couples: A Dynamic Model of Sleep, Interpersonal Relationships, and Health	Principal Investigator	2011-2015	NIH \$1,339,053 (Total DC)
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2 P01 AG20677	Aging Well, Sleeping Efficiently: Core B	Co-Investigator	2010-2012	NIA \$313,827 (Core DC)
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HL076852/ 076858	Dynamic Association between Marital Quality, Sleep, and Nocturnal Blood Pressure	Principal Investigator	2007-2010	Pittsburgh Mind Body Center Pilot Project, NIH \$13,366 (Total DC)
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HL65111/ 65112	Marital Quality, Communal Strength, and Physical Health	Principal Investigator	2003-2005	Pittsburgh Mind Body Center Pilot Project \$8,497 (Total DC)
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**OTHER RESEARCH RELATED ACTIVITIES**

<b>Years Inclusive</b>	<b>Institution</b>	<b>Title of Project</b>	<b>Members and Consultants</b>
November 1998 – May 1999	University of California, Los Angeles (UCLA), Department of Psychology	UCLA Women and Family Project	Shelley Clark, Ph.D., Margaret Kemeny, Ph.D., and Laura C. Klein, Ph.D.
August 1999– August 2005	University of Pittsburgh, Department of Psychology	Healthy Women Study	Karen A. Matthews, Ph.D.
August 1999– August 2005	University of Pittsburgh, Department of Psychology	CHD Risk, Stress, and Reproductive Hormones	Karen A. Matthews, Ph.D.
August 2005– Present	University of Pittsburgh, Department of Psychiatry	Social Support and Actigraphy-assessed Sleep in Older Patients with Insomnia and Good Sleeper Controls	Daniel J. Buysse, M.D., Martica Hall, Ph.D.
August 2001– August 2005	University of Pittsburgh, Department of Psychology	Longitudinal Study of Childhood Onset Depression	Jeffrey Cohn, Ph.D., Maria Kovacs, Ph.D.
August 2005– Present	University of Pittsburgh, Department of Psychology	Maternal Sensitivity, Attachment Security, and Sleep in Early Childhood	Susan B. Campbell, Ph.D.

#### SELECTED ALTERNATIVE MEDIA/ PRESS RELATED TO RESEARCH

<b>Type</b>	<b>Outlet</b>	<b>Date</b>	<b>Description</b>
News Article	Reuters Online	2/14/2017	<a href="#">Preteens in chaotic households may miss out on sleep</a>
News Article	International Business Times UK	2/2/2017	<a href="#">No sleep, no sex - Menopausal women with sleep problems are less satisfied with their sex lives</a>
Already on Commentary tab	Thrive Global	12/20/2016	<a href="#">How Businesses Can Take the Lead in Getting People to Sleep More</a>
Video Presentation	<a href="#">TEDxManhattanBeach</a>	12/1/2016	<a href="#">Sleepy Teens: A Public Health Epidemic</a>
Already on Commentary tab	Washington Post	11/30/2016	<a href="#">Americans don't sleep enough, and it's costing us \$411 billion</a>
Commentary	Pittsburgh Post-Gazette Online	9/21/2016	<a href="#">Let the kids sleep in</a>
Already on Commentary tab	Pittsburgh Post-Gazette	9/21/2016	<a href="#">Students Shouldn't Lose Sleep Over the Liberty Bridge Fire</a>
News Article	The Wall Street Journal	9/20/2016	<a href="#">In Men, Depression is Different</a>
News Article	Ob. Gyn. News Online	7/13/2016	<a href="#">Screen military spouses for sleep problems</a>
News Article	Medscape	6/17/2016	<a href="#">Sleep Problems Common in Military Spouses</a>
News Article	military.com	6/13/2016	<a href="#">Study: Military Spouses Are Sleep Deprived</a>
Already on Commentary tab	Huffington Post	5/9/2016	<a href="#">A New Prescription for Sleepless Americans: Take Advice Not a Pill</a>

Type	Outlet	Date	Description
Audio Interview	KPCC-FM AirTalk - Southern California Public Radio	1/20/2016	<a href="#">Maintaining a healthy relationship despite having mismatched sleep schedules</a>
News Article	Motherboard - VICE	1/18/2016	<a href="#">Veterans Are Fighting the War on Sleep</a>
Dr. Troxel is quoted	Book	2016	Huffington, Arianna, <i>The Sleep Revolution: Transforming Your Life, One Night at a Time</i> : Harmony, 2016.
Video Interview	National Geographic Channel	January, 2015	<a href="#">Sleepless in America January, 2015</a>
Dr. Troxel is quoted	Book	2012	Randall, David K., <i>Dreamland: Adventures in the Strange Science of Sleep</i> : WW Norton & Company, 2012.

### CURRENT RESEARCH INTERESTS

1. Bidirectional influences between close relationship quality and sleep in civilian and military couples.
2. Sleep and the social context
3. Sleep and cardiovascular health
4. Sleep as a mechanism linking the quality of close relationships with cardiovascular health
5. Social factors underlying ethnic disparities in health outcomes
6. Behavioral treatment of insomnia and its dissemination

### MEMBERSHIPS IN PROFESSIONAL AND SCIENTIFIC SOCIETIES

2000 - Present	American Psychosomatic Society
2000 - Present	Society of Behavioral Medicine
2005 - 2006	Association for Psychological Science
2006- Present	Association for Behavioral and Cognitive Therapies
2006 - Present	Sleep Research Society
2006 - Present	Associated Professional Sleep Societies
2007- 2009	International Association for Relationship Research
2010- Present	Society of Behavioral Sleep Medicine

### DEPARTMENTAL SERVICE

2006- 2012	Western Psychiatric Institute & Clinic, Research Committee Reviewer
2009- 2012	Predocrotal Internship Review Committee, Western Psychiatric Institute & Clinic
2010 - 2012	Clinical and Translational Neuroscience, Scientific Review Committee Member

### NATIONAL SERVICE

2003- Present	Ad hoc reviewer, <i>Acta Neuropsychiatrica</i> , <i>American Psychosomatic Society</i> , <i>Associated Professional Sleep Societies</i> , <i>Health Psychology</i> , <i>Psychosomatic Medicine</i> , <i>International Journal of Behavioral Medicine</i> , <i>International Journal of Sociology of the Family</i> , <i>Archives of Pediatrics and Adolescent Medicine</i> , <i>International Journal of Sleep</i>
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*and Wakefulness, Sleep, Hormones and Behavior, Journal of Applied Biobehavioral Research, Journal of Psychosomatic Research, Sleep Medicine, Child Development, Psychiatry Research, Sleep, Social Science and Medicine*

2009- Present American Academy of Sleep Medicine, Behavioral Sleep Medicine Fellowship Training Committee (1 of 5 appointed committee members)

June 2010 External Grant Reviewer, Wayne State University

2010- Present Membership Chair, Society of Behavioral Sleep Medicine

January 2011 Abstract Reviewer, Sleep Research Society

March 2012 Member, NIH Special Emphasis for RFA on Sleep and the Social Environment

2012- 2014 Section Head, Sleep and Behavior, Sleep Research Society

2016- Present Associate Editor, Sleep Health journal

2016- Present Task Force Member for the American Academy of Sleep Medicine, Clinical Practice Guidelines for the Behavioral Treatment of Insomnia

### INTERNATIONAL SERVICE

February 2011 Grant Reviewer, Research fund for the Control of Infectious Diseases and Health and Health Services Research, The Government of Hong Kong, People's Republic of China

### CLINICAL TRAINING

May 1999-May 2005	University of Pittsburgh Pittsburgh, PA	Individual and Couples Outpatient Psychotherapy	Ray Naar, Ph.D., Tom Kamarck, Ph.D., Judy F. Grumet, Ph.D., Lin Ewing, Ph.D., and Andrew Koffmann, Ph.D.
June 2001–January 2002	West Penn Family Health Center, Pittsburgh, PA	Functional Family Therapy Practicum	Michael Madonia, M.S.W.
May 2002-September 2002	Western Psychiatric Institute and Clinic Pittsburgh, PA	Psychiatric Emergency and Intake Services	Vineeth John, M.D.
September 2002- February 2004	University of Pittsburgh Pittsburgh, PA	Group Outpatient Psychotherapy	Ray Naar, Ph.D.
May 2005-Present	Children's Hospital of Pittsburgh, Pittsburgh, PA	Pediatric Sleep Clinic	Lawrence Newman, Ph.D., and Sangeeta Chakravorty, M.D.
September 2005-Present	Western Psychiatric Institute and Clinic Pittsburgh, PA	Clinical Sleep Medicine Center: Training in Cognitive Behavioral Treatments for Insomnia and nightmares; Assessment/ Diagnosis of circadian rhythm disorders, parasomnias, and narcolepsy	Daniel J. Buysse, M.D. Anne Germain, Ph.D. Allison Harvey, Ph.D.

### REFERENCES

Daniel J. Buysse, M.D.  
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