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Chief Executive Officer
John Lopos

May 15, 2024

Michael Nadorff, PhD, FSBSM
President
Society for Behavioral Sleep Medicine

Dear Dr. Nadorff:

Please accept my nomination for consideration for the Society of Behavioral Sleep Medicine **Outstanding BSM Advocate Award**. I believe my accomplishments and contributions across (1) public education, (2) policy, and (3) relationship building make me a competitive applicant for this important recognition.

My application package includes the following:

1. Cover letter
2. Three letters of support:
 - a. John Lopos, CEO, National Sleep Foundation
 - b. Temitayo Oyegbile-Chide, MD, PhD, Chair, Board of Directors, National Sleep Foundation; Associate Professor, UC Davis School of Medicine
 - c. Susanna Hastings, Director of Advocacy and Public Affairs, Harmony Biosciences
3. Curriculum Vitae

If any additional information would be helpful as you review applications, please do not hesitate to contact me at jdzierzewski@thensf.org.

Sincerely,



Joseph Dzierzewski, PhD
Vice President | Research and Scientific Affairs
National Sleep Foundation®
703-965-2064 | jdzierzewski@thensf.org
www.TheNSF.org | [Sleep Health](http://SleepHealth)

Helping anyone and everyone be their Best Slept Self®.

Board of Directors

May 15, 2024

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Temitayo Oyegbile-Chidi, MD, PhD
UC Davis
Georgetown University Hospital

Michael Nadorff, PhD, FSBSM

President

Society for Behavioral Sleep Medicine

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Thomas C. DiSalvi, CDS
Schneider National, Inc.

Dear Dr. Nadorff:

Secretary

David Neubauer, MD
Johns Hopkins University
School of Medicine

Supporting the nomination of Joseph Dzierzewski, PhD for the Outstanding Advocacy Award from Society of Behavioral Sleep Medicine (SBSM), I am pleased I can send this letter of recommendation. Dr. Dzierzewski's (Joe) nomination has personal significance to me since, over the years, I have had the privilege of knowing and working with several of SBSM's early leadership and active members.

Treasurer

Steven E. Lerman, MD, MPH
S & W LLC

Joe is VP, Research & Scientific Affairs at National Sleep Foundation (NSF), where he oversees one of the core areas driving our mission, goals, and advocacy. For note, to grow NSF's impact on public sleep health through this position, it was critical for us to find an established professional with three of Joe's intrinsic qualities: scientific and academic rigor, a keen ability to creatively translate insights and experiences from practice, and a passion for helping "everyday people" improve their sleep health in step with NSF's promise to the public.

Helen Chang, RPh
HCH Consulting

Paul Doghramji, MD
Collegeville Family Practice

Nana Duncan, MPA
Thatcher Duncan Group

Lauren Hale, PhD
Stony Brook School of Medicine

His academic accomplishments before joining NSF were numerous and impressive along a career arc that still is ascending; and, in just over two years at NSF, Joe's leadership, his collegial style, and his insightful application of relevant BSM research and clinical fundamentals have helped deeply inform NSF's work (even though we principally are not a clinical organization). Joe's perspective speaks volumes to BSM's fit to help us advance public sleep health.

Jerrold A. Kram, MD
California Center
for Sleep Disorders

Matt Mellott
Brightree LLC

Maurice M. Ohayon, MD, DSc, PhD
Stanford University
School of Medicine

Rafael Pelayo, MD
Stanford University
School of Medicine

By the numbers, Joe's effect on NSF's impact is undeniable. In public education, under Joe's watch NSF's 25+-year-old Sleep in America® Poll transformed in topic and design to fuel over 7.5Bn media impressions in its two respective weeks in 2023 and 2024. He's served as a public face of NSF over 80 times during campaigns to translate science and research for mass media. Literally, hundreds of millions of people have heard from Joe about the importance of sleep to health and safety. Importantly, Joe also designed new research and delivered compelling current messages to support our advocacy for drowsy driving prevention in adults and teens.

Gina Pervall, MD
Maryland Department of
Transportation

Kristen E. Prinz, JD
Prinz Law Firm

Desmar Walkes, MD
A+ Lifestyle Medical Group

Chief Executive Officer
John Lopes

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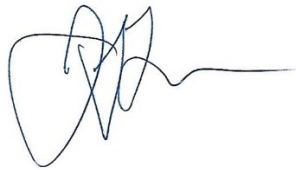
Chief Executive Officer
John Lopus

In NSF's policy work, Joe has guided the design and execution of our first two Hill Briefings for Congress (Sleep Health Equity and Sleep Health is Mental Health, respectively) plus two other NSF policy statements (Drowsy Driving and Sleep and Mental Health, respectively).

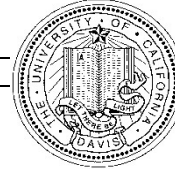
As the new Coalition for Permanent Standard Time was launched (NSF advocates to eliminate clock change and for PST), Joe represents NSF there, as he has done in focused outreach with other organizations who can benefit from NSF's expertise (and Joe's experience). These include the likes of American Psychological Association, NAMI, Mental Health America, American Academy of Pediatrics, and National Center for Sleep Disorders Research. In sharing NSF's research output, guidelines and recommendations for sleep health, Joe is an invited presenter for national and regional organizations across academia, industry, clinical care, and policy.

In the end, honoring Joe with SBSM's Outstanding Advocacy Award doesn't just fit his past and current accomplishments, it features his compelling example of the range of contributions a BSM professional can make while advocating for sleep health. Both our organizations can be excited by the work Joe does each day to advance our respective missions.

Best,



John Lopus
CEO
National Sleep Foundation



May 10, 2024

Dear Members of the Review Committee,

Re: Society of Behavioral Sleep Medicine Outstanding BSM Advocate Award 2024 – Support for Dr. Joseph Dzierzewski

It is my absolute pleasure to write this exceptionally enthusiastic letter in support of Dr. Joseph Dzierzewski's application for the Society of Behavioral Sleep Medicine Outstanding BSM Advocate award. I have been a board-certified sleep specialist since 2011 and have been involved with National Sleep Foundation (NSF) and sleep health advocacy for almost a decade. In my role as Chair of NSF Board of Directors, I have a keen appreciation for Dr. Dzierzewski's (Joe's) dedication towards, and achievement in, sleep advocacy. In Joe's role as Vice President of Research and Scientific affairs at NSF, he is responsible for overseeing and guiding the organization's advocacy efforts. He also serves as a primary spokesperson for NSF media outreach. In all these roles, Joe consistently surpasses his goals. He has and continues to conduct excellent research and advocacy work to advance the field of behavioral sleep medicine. Below I highlight some of the many accomplishments in the realms of (1) contributions to public education, (2) contributions to policy, and (3) relationships with other organizations to advance behavioral sleep medicine.

Joe has done much to advance public education. He organizes, supervises, and executes NSF's Sleep in America® Poll, which serves as the basis for the annual Sleep Awareness Week campaign. Joe eloquently translates science to the public through serving as a spokesperson during both Sleep Awareness Week and Drowsy Driving Prevention Week. He has been interviewed on outlets such as Fox New, NBC, ABC, and Scripps News. The national polls he directs have been featured in countless popular media articles. Joe has been quoted in articles from Better Homes and Garden to New York Times. In total, over just the past two years, Joe has done over 80 interviews for radio, TV, and news outlets. His words and efforts to increase awareness have reached several million people and have resulted in over 7.5 billion impressions. It is clear, Joe is a leading force for public education related to sleep.

Joe's contributions to sleep-focused policy have been equally impressive. He has planned and executed two Congressional Briefings, one focused on sleep health equity and one focused on the important link between sleep and mental health. Joe also organized presentations for the Florida state legislature on age-appropriate school start times. Remarkably, a bill was introduced and passed the very next day requiring all high schools in Florida to start no earlier than 8:30am. Joe and NSF are founding members of the Coalition for Permanent Standard Time, he has delivered two new official NSF position statements, and has engaged in conversations with both NIH and PCORI leadership—having direct impact on federal funding priorities for sleep.

Finally, Joe is an accomplished consensus builder, demonstrating a unique ability to identify and connect with colleagues from adjacent fields of study. In a relatively short period of time, Joe has built an impressive network of executive-level professionals from other nonprofit organizations, membership

groups, industry partners, and patient advocacy groups—all with the explicit goal of advancing the mission of improving health and well-being through sleep. Several notable relationships include: the American Psychological Association, National Alliance for Mental Illness, Harmony Biosciences, Rural Minds, American Heart Association, and American Cancer Society.

It is my sincerest hope that Dr. Dzierzewski's achievements in behavioral sleep medicine advocacy are clear. I cannot imagine a more worthy recipient for this important recognition. Thank you for considering Joe for this award. If I can provide any more information about Dr. Dzierzewski's advocacy efforts, please do not hesitate to contact me. It has been my pleasure to recommend him with extraordinary enthusiasm and without an ounce of reservation for this honorable advocacy award.

Sincerely,

A handwritten signature in black ink, appearing to read "T Oyejile". The signature is fluid and cursive, with the first letter "T" being large and prominent.

Temitayo Oyejile-Chidi, M.D., Ph.D., F.A.A.N., F.A.E.S., F.A.N.A.
Associate Professor of Neurology
Neurology, Epilepsy and Sleep Medicine
UC Davis School of Medicine
Department of Neurology
4860 Y Street
Sacramento CA 95817
Office: 916-734-3588
oyejilechidi@ucdavis.edu

SUSANNA. A. HASTINGS
SHASTINGS@HARMONYBIOSCIENCES.COM
202-701-7123

Dr. Michael Nadorff
President, Society of Behavioral Sleep Medicine
1522 Player Drive
Lexington, KY 40511

May 8, 2024

Dear Dr. Nadorff and Members of the Selection Committee,

I am writing to express my enthusiastic support for Dr. Joseph Dzierzewski, Vice President of Research and Scientific Affairs at the National Sleep Foundation (NSF), to be honored with the Society of Behavioral Medicine's BSM Outstanding Advocate Award. I currently work at Harmony Biosciences as the Director of Advocacy and Public Policy after working for Dr. Dzierzewski for two years. It is rare to encounter a leader who not only excels at guiding their team and organization but also passionately commits to advancing the field of BSM on multiple fronts including education, public awareness, and public policy.

I met Dr. Dzierzewski in 2022 when he joined the NSF as my supervisor, though I had long been familiar with his published work on CBT and sleep health. Dr. Dzierzewski transformed our organization with his ability to build relationships in the sleep health ecosystem and his steadfast commitment to synthesizing scientific research for the public. As a boss, Dr. Dzierzewski was instrumental in my career development as a supportive and inspiring mentor.

Dr. Dzierzewski has taken the National Sleep Foundation's education initiatives to new heights. His commitment extends beyond professional education as he understands the power of an informed public. He develops and executes the annual Sleep in America® Poll and serves as primary spokesperson for the annual Drowsy Driving Prevention Week® and Sleep Awareness Week® campaigns, totaling over 7.5 billion impressions and reaching several hundred million individuals across the previous two years. Also in the past two years, Dr. Dzierzewski has participated in over 80 popular media interviews to educate the public.

Dr. Dzierzewski's contributions to public policy have been equally consequential. He is actively engaged with policymakers to stress the necessity of integrating sleep health into public health agendas. He developed and executed two Congressional Briefings on Sleep Health Equity and Sleep and Mental Health. Both briefings included bipartisan participation from members of the Congressional Sleep Health and Mental Health Caucuses. In his first two years at NSF, he developed two new position statements and testified before the Florida legislature on age-appropriate school start times with a bill introduced the next day.

Dr. Dzierzewski also engages with agencies and external stakeholders on behalf of NSF, presenting to the NHLBI's Sleep Disorders Research Advisory Council and participating as a founding member of the Coalition for Permanent Standard Time, among other activities with patient advocacy organizations, leading nonprofit organizations, and industry—all to advance sleep-related causes.

I can speak first-hand to Dr. Dzierzewski's passion for and commitment to advancing behavioral sleep medicine. It is engrained in his professional training, and he brings that to everything he does.

I cannot imagine a more worthy recipient for this award or a better advocate for the great work being done in the field of behavioral sleep medicine.

Thank you for considering my nomination. Please feel free to reach out if I may provide any additional information.

Sincerely,

Susanna

Susanna A. Hastings

Joseph M. Dzierzewski, Ph.D.

Vice President | Research and Scientific Affairs | National Sleep Foundation®

- 2001 Massachusetts Ave NW • Washington, DC 20036 •
- Phone: (703) 965-2064 • jdzierzewski@thensf.org •
- www.TheNSF.org •

EDUCATIONAL HISTORY

2012 – 2015	Advanced Fellow in Geriatrics Geriatric Research, Education, and Clinical Center (GRECC) Greater Los Angeles Veterans Affairs Healthcare System
2006 – 2012	Ph.D. University of Florida, Clinical and Health Psychology Public Health and Health Professions NIA Predoctoral Fellow (T32 & F31) Concentration: Health Psychology & Clinical Geropsychology Graduate Certificate: Gerontology Graduate Certificate: Methodology and Statistics
2007	M. S. University of Florida Psychology
2005 – 2006	Doctoral Student in Counseling Psychology. University of Florida, Department of Psychology. UF Predoctoral Aging Trainee
2005	B. A. University of Nevada, Las Vegas <i>Magna cum Laude</i> Major: Psychology

CLINICAL CERTIFICATIONS

Licensed Clinical Psychologist	Virginia	License #0810005189
Resources for Enhancing All Caregivers Health (REACH)		
-Veterans Affairs Certified Group Interventionist.		
-Veterans Affairs Certified Individual Interventionist		

PROFESSIONAL POSITIONS HELD

2022 – Current	Vice President, Research and Scientific Affairs National Sleep Foundation
2022 – Current	Associate Professor (affiliate) Department of Psychology

	Virginia Commonwealth University
2020 – 2022	Associate Professor (tenured) Department of Psychology Virginia Commonwealth University
2016 – 2020	Assistant Professor Department of Psychology Virginia Commonwealth University
2016 – Current	Quality Improvement Coach Geriatric Scholars Program Department of Veterans Affairs
2015 – 2018	Research Scientist Geriatric Research, Education, and Clinical Center (GRECC) Greater Los Angeles Veterans Affairs Healthcare System
2013 – 2016	Assistant Professor David Geffen School of Medicine University of California, Los Angeles
2012 – 2015	Advanced Fellow in Geriatrics Geriatric Research, Education, and Clinical Center (GRECC) Greater Los Angeles Veterans Affairs Healthcare System
2012 – 2013	Assistant Researcher David Geffen School of Medicine University of California, Los Angeles

GRANTSMANSHIP/CONTRACTS/RESEARCH SUPPORT

[TOTAL CURRENT AND COMPLETED RESEARCH SUPPORT= \$6,793,669]

Current Support

R34DA058494 *Martin (PI) 12/01/23 – 11/30/26

Health Equity Informed Delivery of Cognitive Behavioral Therapy for Insomnia Adapted for Individuals with Opioid Use Disorder.

The goal of this study is to develop and test the efficacy of a culturally adapted CBT-I intervention in people with comorbid insomnia and opioid use disorder.

Source: National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH)

Direct Costs: \$698,625

Role: Consultant *Dzierzewski was MPI prior to resigning from his faculty position at VCU

Completed Support

No Contract Number Dzierzewski (PI) 1/1/22 – 12/31/23

Performance Evaluation of the Samsung Galaxy Watch against Polysomnography, Actigraphy, and Self-Report for Sleep-Wake Determination and Sleep-Depth Estimation.

The goal of this performance evaluation study was to test the performance of the Samsung Galaxy Watch against wrist-worn actigraphy and in-lab polysomnography.

Source: Samsung Electronics Co., Ltd.

Direct Costs: \$1,064,000

No Contract Number	Dzierzewski (PI)	12/01/22 – 12/31/22
<i>Beliefs and Attitudes About Sleep Technology in a Probability-Based, Nationally Representative US Sample.</i>		
The goal of this study was to investigate rates of use, beliefs, and attitudes about sleep technology among a nationally representative sample of US adults.		
Source: ASleep Inc.		
Direct Costs: \$58,500		
Role: Primary Investigator		

No Contract Number	Dzierzewski (PI)	02/01/23 – o02/28/23
<i>Beliefs and Attitudes About Sleep Technology in a Probability-Based, Nationally Representative South Korean Sample.</i>		
The goal of this study was to investigate rates of use, beliefs, and attitudes about sleep technology among a nationally representative sample of South Korean adults.		
Source: ASleep Inc.		
Direct Costs: \$50,000		
Role: Primary Investigator		

R01AG057929	Fung (PI)	09/15/18 – 05/31/23
<i>A Novel Mechanism for Helping Older Adults Discontinue Use of Sleeping Pills.</i>		
The goal of this RCT is to test the impact of a novel mechanism to help older adults discontinue sleeping pills and improve sleep.		
Source: National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH)		
Direct Costs: \$2,397,256		
Role: Co-Investigator		

IIR 17-234	Fung (PI)	09/01/18 – 08/31/23
<p><i>The Efficacy of Masked Tapering on Discontinuation of Hypnotics in Older Veterans.</i></p> <p>The goal of this trial is to test the efficacy of masked tapering on aiding older veterans discontinue their use of hypnotic medications.</p> <p>Source: VA Health Services Research and Development Service (VA HSR&D), Department of Veteran's Affairs</p> <p>Direct Costs: \$1,098,456</p> <p>Role: Co- Investigator</p>		

K23AG049955	Dzierzewski (PI)	7/01/16 – 03/31/22
<i>Cognitive and Inflammatory Consequences of Sleep Disorders in Older Adults.</i>		
The primary goal of this project is to investigate inflammation as a potential mechanism through which sleep apnea and insomnia may impact late-life cognitive functioning.		
Source: National Institute on Aging (NIA), National Institutes of Health (NIH)		
Direct Costs: \$759,125		
Role: Principal Investigator		

UL1TR002649	Moeller (PI)	05/01/19 – 04/30/21
Diversity Supplement	Agyemang (PI)	
<i>Examining the Influence of Sleep Quality on Cognitive Functioning in the Context of mTBI.</i>		
The primary goal of this supplemental project is to examine the potential mediation of mTBI effects on cognitive functioning through sleep quality.		
Source: National Institutes of Health (NIH)		

Direct Costs: \$148,236

Role: Co-Mentor

Varela Research Grant

Raldiris (PI)

6/01/18 – 05/31/20

Eudaimonia and sleep: Effects of a mindfulness intervention in caregivers of people with dementia.

The purpose of this study is to examine the effects of a mindfulness-based intervention compared to a structurally equivalent relaxation-based intervention on well-being and sleep in caregivers of people with dementia.

Source: Mind & Life Institute

Direct Costs: \$15,000

Role: Co-Principal Investigator and faculty mentor

19-1

Dzierzewski (PI)

07/01/18 – 06/30/19

Cognitive and inflammatory consequences of sleep disorders in older adults with Alzheimer's disease and their caregivers.

The purpose of this investigation is to examine the relationships among sleep, inflammation, and cognition in caregiver – care recipient dyads.

Source: Alzheimer's and Related Diseases Research Award Fund (ARDRAF), Commonwealth of Virginia, Virginia Center on Aging

Direct Costs: \$44,970

Role: Principal Investigator

5P30AG028748

Reuben (PI)

07/01/13 – 06/30/16

UL1TR000124

Dubinett (PI)

Cognitive Response to Improved Sleep in Late-life: The Role of Inflammation.

The goal of this study was to collect preliminary data on the cognitive and inflammatory consequences of comorbid sleep apnea and insomnia in late-life, along with the cognitive and inflammatory responses of improvements in sleep.

Direct Cost: \$225,000

Source: UCLA Claude Pepper Older Americans Independence Center, UCLA National Center for Advancing Translational Sciences CTSI

Role: Principal Investigator (subaward)

001JP13

Dzierzewski (PI)

06/01/14 – 11/31/15

Long-term Clinical Outcomes of Hypersomnia in At-Risk Older Adults.

The goal of this study was to examine the longitudinal relationships between sleep, inflammatory factors, and cognitive functioning in an at-risk group of older adults.

Source: Sleep Research Society Foundation

Direct Costs: \$49,939

Role: Principal Investigator

F31AG032802

Dzierzewski (PI)

05/01/09 – 04/30/11

Predicting Cognitive Inconsistency from Physical Activity and Sleep in Late-Life.

The purpose of this study was to investigate intraindividual variability (IIV) in cognition, sleep, and physical activity in a group of sedentary older adults.

Source: National Institute on Aging (NIA), National Institutes of Health (NIH)

Direct Costs: \$64,229

Role: Principal Investigator

R21HL087831-Supplement McCrae (PI) 07/01/09 – 06/01/11
Sleep in Patients with Implantable Cardioverter Defibrillators (ICDs).
The goal of this administrative supplement was to identify the cognitive sequela of poor sleep in patients with implantable cardioverter defibrillators.
Source: National Heart, Lung, and Blood Institute (NHLBI), National Institutes of Health (NIH)
Direct costs: \$95,373
Role: Co-Investigator

T32AG020499 Marsiske (PI) 05/01/06 – 04/30/09
Physical, Cognitive and Mental Health in a Social Context.
Source: National Institute on Aging (NIA), National Institutes of Health (NIH)
Direct Costs: \$75,000
Role: Predoctoral Fellow

No Grant Number McCrae (PI) 07/1/07 – 06/30/08
Trial of a Multi-Component Exercise Promotion Intervention for Older Adults.
This study aimed to test the impact of peer-led lifestyle intervention on exercise behavior in sedentary older adults.
Source: Aging Network Research Enhancement Fund, University of Florida (UF)
Direct Costs: \$4,960
Role: Co-Investigator

Biomedical Research Fellowship Dzierzewski (PI) 05/01/03 – 04/30/04
Presentation Modality of Health Information as a Predictor of Recall and Recall Confidence in Young and Older Adults.
The purpose of this investigation was to determine the relationship between presentation modality and recall of health information in healthy, community-dwelling older adults.
Source: National Institutes of Health (NIH)
Direct Costs: \$15,000
Role: Principal Investigator

EPSCoR Fellowship Dzierzewski (PI) 05/01/04 – 08/01/04
Health information recall, recall self-efficacy, and recall confidence in young and older adults.
The purpose of this study was to investigate the role of memory self-efficacy beliefs in older adults' ability to accurate recall health-related information.
Source: National Science Foundation (NSF)
Direct Costs: \$5,000
Role: Principal Investigator

PUBLICATIONS

Note: * indicates mentee co-author; + indicates co-first author.

Total publications = 139 [peer reviewed (127) + in-press peer reviewed (3) + book chapters (9)]

“Dzierzewski JM is the most published author and has played an important role in guiding the development of [the field of sleep in older adults]”

Liu, H., Liu, F., Ji, H., Dai, Z., & Han, W. (2023). A Bibliometric Analysis of Sleep in Older Adults. *Frontiers in Public Health*, 11: 1055782. Doi: 10.3389/fpubh.2023.1055782

Peer Reviewed Publications (n=127)

1. Badami, V., Abaalkhali, N., Petro, A., Alessi, C., Martin, J. L., Sanchez, C., **Dzierzewski, J. M.**, Suarez, A., & Fung, C. H. (2024). Didge you Sleep: A Feasibility Study of Didgeridoo Training for Obstructive Sleep Apnea. *Sleep Science and Practice*, 8, 1.
Impact Factor: Pending doi: 10.1186/s41606-023-00095-z
2. Erickson, A. J., *Ravyts, S. G., **Dzierzewski, J. M.**, Carlson, G. C., Kelly, M. R., Song, Y., McGowan, S. K., Mitchell, M. N., Washington, D. L., Yano, E. M., Alessi, C.A., & Martin, J. L. (2024). Pain in Your Day? Get Sleep Treatment Anyway! The Role of Pain in Insomnia Treatment Efficacy in Women Veterans. *Journal of the Sleep Research*, e14147.
Impact Factor: 4.4 doi: 10.1111/jsr.14147
3. [†]Huang, M., [†]Ma, H., [†]Spruyt, K., [†]**Dzierzewski, J. M.**, Jiang, C., He, J., Yang, N., Ying, Y., Ola, B. A., & Runtang, M. (2024). Assessing Psychometric Properties and Measurement Invariance of the Sleep Quality Questionnaire among Healthcare Students. *BMC Psychology*, 12, 41.
Impact Factor: 3.6 doi: 10.1186/s40359-023-01276-2
4. Zhu, Y., Meng, R., Jiang, C., Yang, N., Huang, M., Wang, X., Zou, W., Lou, C., Xiao, R., Lu, J., Xu, J., Correa, U. J., Ma, H., Spruyt K., & **Dzierzewski, J. M.** (2023). Sleep Quality and Subjective Well-Being in Healthcare Students: Examining the Role of Anxiety and Depression. *Frontiers Public Health.*, 11, 1281571.
Impact Factor: 5.2 doi: 10.3389/fpubh.2023.1281571
5. Kay, D. B. & **Dzierzewski, J. M.** (2023). How are Psychological Factors Involved in the Evaluation and Treatment of Sleep and Circadian Rhythm Disorders? *Research Directions: Sleep Psychology*. 1, e2, 1-2.
Impact Factor: N/A doi: 10.1017/slp.2023.2
6. Kay, D. B. & **Dzierzewski, J. M.** (2023). What Role Do Sleep and Circadian Rhythms Play in Psychological Functioning Including Motivation, Emotion, Cognition, and Performance? *Research Directions: Sleep Psychology*. 1, e4, 1-2.
Impact Factor: N/A doi: 10.1017/slp.2023.5
7. *Nielson, S. A., Dautovich, N. D., & **Dzierzewski, J. M.** (2023). Race as a Potential Moderator of the Association between Dysfunctional Beliefs about Sleep and Global Sleep Health. *Behavioral Sleep Medicine*. Advance online publication.
Impact Factor: 3.1 doi: 10.1080/15402002.2023.225532
8. *Nielson, S. A., Kay, D. B., & **Dzierzewski, J. M.** (2023). Sleep and Depression in Older Adults: A Narrative Review. *Current Psychiatry Reports*. Advance online publication.
Impact Factor: 8.9 doi: 10.1007/s11920-023-01455-3
9. *Nielson, S. A., *Perez, E., *Soto, P., *Boyle, J. T., & **Dzierzewski, J. M.** (2023). Challenging Beliefs for Quality Sleep: A Systematic Review of Maladaptive Sleep Beliefs and Treatment Outcomes Following Behavioral Therapy for Insomnia. *Sleep Medicine Reviews*. Advance online publication.
Impact Factor: 10.5 doi: 10.1016/j.smr.2023.101856
10. Koffel, E., Ancoli-Israel, S., Zee, P., & **Dzierzewski, J. M.** (2023). Sleep health and aging: Recommendations for promoting healthy sleep among older adults: A National Sleep Foundation report. *Sleep Health*. Advance online publication.
Impact Factor: 4.1 doi: 10.1016/j.sleh.2023.08.018

11. Eglovitch, M., Parlier-Ahmad, A.B., Legge, C., Chithranjan, S., Kolli, S., Violante, S., **Dzierzewski, J.M.**, Huhn, A.S., Wilkerson, A., & Martin, C.E. (2023). Patient Reported Preferences for Sleep Interventions Among Women Receiving Buprenorphine for Opioid Use Disorder. *Frontiers in Psychiatry, Sleep Disorders*, 14; 1244156.
Impact Factor: 4.7 doi: 10.3389/fpsyt.2023.1244156
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- Publications in Press** (n=3)
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 2. Boyle, J. T., Nielson, S. A., Perlis, M. L., & **Dzierzewski, J. M.** (*in press*). Move Your Feet and Sleep: A Longitudinal Dynamic Analysis of Self-Reported Exercise, Sedentary Behavior, and Insomnia Symptoms. *Sleep Health*.
 3. Hartstein, L. E., Mathew, G. M., Reichenberger, D. A., Rodriguez, I., Allen, N., Chang, A. M., Chaput, J. P., Chistakis, D. A., Garrison, M., Gooley, J. J., Koos, J. A., Bulck, J. V. D., Woods, H., Zeitzer, J. M., **Dzierzewski, J. M.**, & Hale, L. The Impact of Screen Use on Sleep Health Across the Lifespan: A National Sleep Foundation Consensus Statement. *Sleep Health*.
- Publications under Review** (n=8)
1. **Dzierzewski, J. M.** & Nielson, S. A. Drowsy Driving Prevalence and Beliefs Among a Nationally Representative US Sample: A Report from the National Sleep Foundation. *Sleep Health*.
 2. Hale, L. & **Dzierzewski, J. M.** Screens and Sleep Health: It's Almost Bedtime. Time to Put Your Phone Away. *JAMA Pediatrics*.
 3. Robbins, R., Malow, B., Czeisler, C., Ejikeme, C., Barnes, C., Reuther, D., Klerman, E., **Dzierzewski, J. M.**, Reuther, K., Johnson, K. G., Hale, L., Rosekind, M., Weaver, M., Osea, G., Ramanadhan, S., Ziporyn, T., & Troxel, W. Applying Design Thinking to Identify Strategies for Enacting Evidence-Based Time Zone Legislation. *Implementation Science Communications*.
 4. Meng, R., Huang, M., Miller, C. B., Fong, D. Y. T., Gregory, A. M., Pakpour, A. H., **Dzierzewski, J. M.**, Henry, A., Voinescu, B. I., Yang, N., Ma, H., Lau, E. Y. Y., Spruyt, K., &

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6. Zhu, Y., Meng, R., Jiang, C., **Dzierzewski, J. M.**, Wang, M., Yang, N., Liu, X., Guo, L., Ping, Y., Zhou, C., Xu, J., Zou, W., Wang, X., Lu, L., Ma, H., & Spruyt, K. Advancing the Understanding of the 4-Item Patient Health Questionnaire Through Longitudinal Measurement Invariance and Psychometric Properties. *BMC Psychology*.
7. *Nielson, S. A., Dautovich, N. D., & **Dzierzewski, J. M.** Biopsychosocial Predictors of Sleep Health in Black, Asian, and Hispanic/Latinx Samples. *Behavioral Sleep Medicine*.
8. Eglovitch, M., Parlier-Ahmad, A. B., Patev, A., Cook, B., Shi, V., Violante, S., **Dzierzewski, J. M.**, James, M., & Martin, C. E. Perspectives and Experiences with Sleep and Recovery Among Women Receiving Buprenorphine for Opioid Use Disorder. *Behavioral Sleep Medicine*.

Publications in Progress (n=7)

Note: All manuscripts are at least 75% complete.

1. Gay, S., Bakker, J., Berent, J., Buhl, D., **Dzierzewski, J. M.**, Kabiri, N. S., Kramer, F., Kremliovsky, M., Onorati, F., Placek, K., Riedmann, K., Seitz, C., Testelmans, D., Thomas, K., de Vries, H., Fromy, P. A Systematic Literature Review of Qualitative Research to Identify Meaningful Aspects of Health and Concepts of Interest Relating to Sleep and Sleep Disturbance Across a Range of Therapeutic Areas. *Quality of Life Research*.
2. Kremliovsky, M., Fromy, P., Aloia, M., Bakker, J., Berent, J., Bolinger, E., **Dzierzewski, J. M.**, Gay, S., Kramer, F., O'Sullivan, K., Ratitch, B., Seitz, C., Simeonov, I., Sullivan, S., Testelmans, D., Vandendriessche, B., & Buhl, D. Objective Clinical Measures of Sleep in Real-World Settings.
3. Lott, S. A., Aloia, M., Bakker, J., Berent, J., **Dzierzewski, J. M.**, Kabiri, N. S., Kramer, F., Kremliovsky, M., Simeonov, I., Sullivan, S., Thomas, K., Vandendriessche, B., & Fromy, P. Digital Health Technologies for Sleep Assessment in the Natural Environment: A Systematic Landscape Review and Community Collaborative Effort.
4. *Soto, P., *Ramos, M. S., *Sabet, S. M., *Nielson, S., Dautovich, N. D., Corona, R., & **Dzierzewski, J. M.** Latinx Cultural Orientation and Sleep Outcomes: The Role of General and Cultural-Specific Stress.
5. *Soto, P., *Ramos, M. S., *Nielson, S., *Perez, E., Dautovich, N. D., Corona, R., & **Dzierzewski, J. M.** COVID-19 and Racial/Ethnic Risk Factors: An Unfavorable Paring for Sleep in Hispanic/Latinx Emerging Adults.
6. **Dzierzewski, J. M.**, Dautovich, N. D., *Sabet, S. M., *Soto, P., & *Donovan, E. K. Is Healthy Sleep Possible for Professional Firefighters? A Comparison of “On-Duty” and “Off-Duty” Sleep.

7. Grandner, M. A., **Dzierzewski, J. M.**, Gozal, D., Lopos, J. G., & Redline, S. Screen Time and Sleep Health in Children, Adolescents, and Adults: National Sleep Foundation Consensus Considerations and Practical Suggestions. *Sleep Health*.

Edited Books (*n=1*)

1. **Dzierzewski, J. M.**, Kay, D. B., Aton, S. J., & Badr, S. (*in preparation*). Cambridge Handbook of Sleep Theories and Models. Cambridge University Press.

Book Chapters (*n=9*)

1. **Dzierzewski, J.M.**, Rodriguez, J.C., & Alessi, C.A. (2022). Sleep Disorders in the Elderly. In C. Durso, M. Fiatarone-Singh, L. Mosqueda & D. Swagerty (Eds.), *Reichel's Care of the Elderly, 8th Edition*. Cambridge University Press.
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3. Dautovich, N. D., **Dzierzewski, J.M.**, *MacPherson, A. (2021). Chapter 11: Bedroom Environment and Sleep Health. In F. J. Nieto and D. J. Peterson (Eds.) *Foundations of Sleep Health*. Elsevier.
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CONFERENCE PRESENTATIONS

*Note: * indicates mentee co-author.*

Total N = 211 (164 poster presentations; 45 oral presentations; 2 submissions)

Conference Submissions (*n*=2)

1. *Macias, A., *Ramos, M. S., *Soto, P., Dautovich, N. D., **Dzierzewski, J. M.**, Corona, R. (October 2024). Culturally Based Experiences and Political Activism among Latinx Young Adults. Annual Meeting of the National Latinx Psychological Association (NLPA). San Juan, Puerto Rico.
2. *Eglovitch, M., *Parlier-Ahmad, A. B., Patev, A., Cook, B., Shi, C., *Violante, S., **Dzierzewski, J. M.**, James, M., & Martin, C. E. (September 2024). Sleep Health Behaviors among Women with Insomnia Receiving Buprenorphine for Opioid Use Disorder. 26th Annual Scientific Meeting of the International Society of Addiction Medicine (ISAM). Istanbul, Turkey.

Conference Posters (*n*=164)

1. Sparks, C., Carlson, S., **Dzierzewski, J. M.**, & Baron, K. (June 2024). Association between Technology Use and Sleep: Examination of Population Data from National Sleep Foundation. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
2. McNeil, K., Kennedy, K. E. R., Gorovov, S., Kilgore, W., **Dzierzewski, J. M.**, & Grandner, M. A. (June 2024). Sleep Health and Daytime Cognitive Function: Data from the National Sleep Foundation Sleep In America Poll. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
3. Schickner, A., Kennedy, K. E. R., Kilgore, W., **Dzierzewski, J. M.**, & Grandner, M. A. (June 2024). Racial/Ethnic Sleep Health Related to Mental Health: Data from the National Sleep Foundation Sleep In America Poll. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
4. **Dzierzewski, J. M.**, *Nielson, S., & Lopos, J. (June 2024). National Sleep Foundation's 2024 Sleep in America Poll: Sleep Health and Depressive Symptoms in Teenagers. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
5. **Dzierzewski, J. M.**, *Nielson, S., & Lopos, J. (June 2024). Population-Based Estimates of Drowsy Driving Among US Teens: A National Sleep Foundation Study. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
6. *Boyle, J. T., *Nielson, S. A., & **Dzierzewski, J. M.** (June 2024). Tired and Lonely: An Examination of Insomnia Symptoms and Loneliness Across the Adult Lifespan. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
7. *Nielson, S. A., *Boyle, J. T., & **Dzierzewski, J. M.** (June 2024). Rested and Connected: An Exploration of Sleep Health and Loneliness Across the Adult Lifespan. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
8. Erickson, A. J., Kelly, M., Fung, C. H., Stepnowsky, C., Zeidler, M., Song, Y., **Dzierzewski, J. M.**, Mitchell, M., Baretto, B. C., Partch, L., Rodriguez, A., Pearson, L., Josephson, K., Martin, J. L., & Alessi, C. (June 2024). Retirement, Health-Rated Quality of Life, and Sleep In Older Adult Veterans. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.

9. Ann, L., Mitchell, M., Alessi, C., Martin, J., **Dzierzewski, J. M.**, Josephson, K., Naeem, S., Der-Mcleod, E., Ghadimi, S., Zeidler, M., Badr, S., Moore, A. A., & Fung, C. H. (June 2024). Does Benzodiazepine Receptor Agonist Use, Insomnia, and OSA Explain Variation in Cognitive Performance? Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
10. Gupta, S., Mitchell, M., Alessi, C., Martin, J., **Dzierzewski, J. M.**, Josephson, K., Naeem, S., Der-Mcleod, E., Ghadimi, S., Zeidler, M., Badr, S., Moore, A. A., & Fung, C. H. (June 2024). Is 3+ Nocturia Episodes Too High a Bar to Define Nocturia? Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
11. *Nielson, S. A. & **Dzierzewski, J. M.** (June 2024). Sleep and Cognition in Older Adults: The Role of Subjective Cognitive Beliefs. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
12. Alessi, C., Martin, J., **Dzierzewski, J. M.**, Josephson, K., Mitchell, M., Naeem, S., Der-Mcleod, E., Ghadimi, S., Zeidler, M., Badr, S., Moore, A. A., & Fung, C. H. (June 2024). Masked Tapering and Augmented CBTI Improve Benzodiazepine Receptor Agonist Discontinuation in Middle-Aged and Older Adults: Results of a Multi-Site Randomized Clinical Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
13. *Eglovitch, M., *Parlier-Ahmad, A. B., Patev, A., Cook, B., Shi, C., *Violante, S., **Dzierzewski, J. M.**, James, M., & Martin, C. E. (June 2024). Perspectives and Experiences with Sleep and Recovery Among Women Receiving Buprenorphine for Opioid Use Disorder. 86th Annual Scientific Meeting of the College on Problems of Drug Dependence (CPPD). Montreal, Quebec, Canada.
14. Ghadimi, S., Alessi, C., Martin, J. L., **Dzierzewski, J. M.**, Moore, A. A., Zeidler, M., Josephson, K., Badr, S., Der-Mcleod, E., Naeem, S., Smith, J. P., Mitchell, M. N., & Fung, C. H. (May 2024). Depression and Benzodiazepine Receptor Agonist Deprescribing. American Geriatrics Society. Virtual Meeting.
15. Hurtado, J., Erickson, A. J., Mitchell, M. N., Martin, J. L., Alessi, C. **Dzierzewski, J. M.**, Ghadimi, S., Der-Mcleod, E., Perdomo, C., Naeem, S., Moore, A. A., Badr, S., Zeidler, M., & Fung, C. H. (May 2024). Perceived Pain Following Hypnotic Deprescribing. American Geriatrics Society. Virtual Meeting.
16. **Dzierzewski, J.M.**, Jung, D., Lee, D., Jeon, S., Hong, J., Lee, S., Yang, H. & Lopes, J. (October 2023). Sleep technology use and beliefs in the United States and South Korea. World Sleep. Rio de Janeiro, Brazil.
17. **Dzierzewski, J.M.**, Jung, D., Lee, D., Jeon, S., Hong, J., Lee, S., Yang, H. & Lopes, J. (October 2023). Population-based estimates of sleep characteristics and disruptors in the United States and South Korea. World Sleep. Rio de Janeiro, Brazil.
18. **Dzierzewski, J.M.**, Hendren, L., & Langer, G. (August 2023). Sleep Health and Depressive Symptoms in America: A Population Study from National Sleep Foundation. American Psychological Association Annual Convention. Washington DC.

19. Martin, C.E., Patel, H., **Dzierzewski, J.M.**, Moeller, F., Bierut, L., Grucza, R., & Xu, K. (June 2023). Benzodiazepine, Z-Drug and Sleep Medication Prescriptions in Male and Female People with Opioid Use Disorder and Comorbid Insomnia: An Analysis of Multi-State Insurance Claims. 15th International Women's and Children Health and Gender Conference. Denver, CO.
20. Martin, C.E., Patel, H., **Dzierzewski, J.M.**, Moeller, F., Bierut, L., Grucza, R., & Xu, K. (June 2023). Benzodiazepine, Z-Drug and Sleep Medication Prescriptions in Male and Female People with Opioid Use Disorder and Comorbid Insomnia: An Analysis of Multi-State Insurance Claims. College of Problems on Drug Dependence 85th Annual Scientific Meeting. Denver, CO.
21. *Eglovitch, M., *Parlier-Ahmad, A.B., Chithranjan, S., Kolli, S., *Violante, S., **Dzierzewski, J.M.**, & Martin, C.E. (June 2023). Patient Reported Insights to Guide Development and Implementation of Sleep Interventions in the Opioid Use Disorder Treatment Setting. College of Problems on Drug Dependence 85th Annual Scientific Meeting. Denver, CO.
22. White, A., *Eglovitch, M., *Parlier-Ahmad, A.B., **Dzierzewski, J.M.**, Moeller, G., & Martin, C.E. (June 2023). Neurofunction and Insomnia Symptoms Among Women in Treatment for Opioid Use Disorder. College of Problems on Drug Dependence 85th Annual Scientific Meeting. Denver, CO.
23. *Soto, P., *Ramos, M., Dautovich, N.D., Corona, R., & **Dzierzewski, J.M.** (June 2023). Sleep across the Lifespan in Hispanic/Latinx Adults. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
24. *Nielson, S.A., Dautovich, N.D., & **Dzierzewski, J.M.** (June 2023). Sleep Characteristics Predict Metacognitive Functioning Above-and-Beyond Age, Education, and Mood. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
25. Martin, C.E., Patel, H., **Dzierzewski, J.M.**, Moeller, F., Bierut, L., Grucza, R., Xu, K. (June 2023). Sleep Medication Prescribing Among Patients Receiving Opioid Use Disorder Treatment with Comorbid Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
26. *Nielson, S.A., *Boyle, J.T., Perlis, M.L., & **Dzierzewski, J.M.** (June 2023). Move Your Feet and Sleep: A Longitudinal Dynamic Analyses if Physical Activity, Sedentary Behavior, and Insomnia Symptoms. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
27. Erickson, A. J., Ravyts, S., Mitchell, M. N., **Dzierzewski, J. M.**, Alessi, C., McGowan, S. K., Carlson, G. C., Kelly, M., Lee, D., Song, Y., Fung, C. H., & Martin, J. L. (June 2023). Pain in your day? Get sleep treatment anyway! The benefits of behavioral treatments for insomnia despite pain. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
28. Fung, C.H., Ghadimi, S., Mitchell, M.N., Maertins, J.L., **Dzierzewski, J.M.**, Moore, A.A., Zaidler, M.R., Badr, S., Guzman, A., Der-Mcleod, E., Naeem, S., Perdomo, C., Smith, J., & Alessi, C.A. (June 2023). Depression and Pain are Barriers to Benzodiazepine and Z-Drug Deprescribing. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.

29. **Dzierzewski, J. M.**, Hendren, L., & Langer, G. (June 2023). Sleep Health in America: Update from the National Sleep Foundation's 2022 Sleep Health Index®. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
30. Erickson, A. J., Kelly, M., Fung, C. H., Stepnowsky, C., Ryden, A., Zeidler, M., Song, Y., **Dzierzewski, J. M.**, Mitchel, M. N., Barretto, B. C., Partch, L., Rodriguez, A., Pearson, L., Josephson, K., Martin, J. L., & Alessi, C. (May 2023). Dysfunctional beliefs that interfere with sleep in middle to old age: The role of age, pain, and other factors. Annual Scientific Meeting of the American Geriatrics Society, Long Beach, CA.
31. Kaula, A., Ghadimi, Taptiklis, N., Cormack, F., **Dzierzewski, J. M.**, Alessi, C., Martin, J. L., Guzman, A., Kremen, S., Naeim, A., & Fung, C. H. (May 2023). Reliability of voice, smartphone-based cognitive assessment in a natural environment. Annual Scientific Meeting of the American Geriatrics Society, Long Beach, CA.
32. *Williams, C. M., Dautovich, N. D., & **Dzierzewski, J. M.** (June 2022). Functional Limitations and Well-Being Throughout the Adult Lifespan: The Moderating Role of Sleep. Annual Meeting of the Associated Professional Sleep Societies (APSS). Charlotte, NC.
33. Barretto, B., Martin, J. L., Fung, C. H., **Dzierzewski, J. M.**, Stepnowsky, C., Song, Y., Zeidler, M., Enamorado, D., Schnurrenberger, J., Josephson, K., Mitchell, M., & Alessi, C. (June 2022). Behavioral Determinants of PAP Use in Veterans with COMISA: Results of a Randomized Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Charlotte, NC.
34. Ghadimi, S., Alessi, C. A., Kelly, M., Martin, J. L., Moore, A., Grinberg, A., Zeidler, M., **Dzierzewski, J. M.**, Mitchell, M., Guzman, A., Armendariz, J., Badr, S., & Fung, C. H. (June 2022). Is Poor Sleep Associated with Use of Multiple Benzodiazepine Receptor Agonists in Older Veterans? Annual Meeting of the Associated Professional Sleep Societies (APSS). Charlotte, NC.
35. *Nielson, S. A., Dautovich, N. D., & **Dzierzewski, J. M.** (June 2022). Biopsychosocial Predictors of Sleep Helth in Black, Asian, and Hispaniz/Latinx Samples. Annual Meeting of the Associated Professional Sleep Societies (APSS). Charlotte, NC.
36. *Perez, E., *Sabet, S. M., *Soto, P., & **Dzierzewski, J. M.** (June 2022). Sleeping In to Avoid Acting Out: The Association between Sleep Regularity and Emotion Regulation. Annual Meeting of the Associated Professional Sleep Societies (APSS). Charlotte, NC.
37. Barretto, B., Martin, J. L., Fung, C. H., **Dzierzewski, J. M.**, Stepnowsky, C., Song, Y., Zeidler, M., Enamorado, D., Schnurrenberger, J., Josephson, K., Mitchell, M., & Alessi, C. (May 2022). Behavioral Treatment for Comorbid Insomnia and OSA in Older Versus Middle-Aged Adults. Annual Meeting of the American Geriatrics Society (AGS). Orlando, FL.
38. Ghadimi, S., **Dzierzewski, J. M.**, Alessi, C. A., Martin, J. L., Guzman, A., Kremen, S., Naeim, A., & Fung, C. H. (May 2022). Use of a Smart Phone App to Assess Cognition: Preliminary Interviews with Participants. Annual Meeting of the American Geriatrics Society (AGS). Orlando, FL.
39. Martin, C.E., **Dzierzewski, J.M.**, Keyser-Marcus, L., *Donovan, E.K., Ramey, T., Svikis, D., & Moeller, F.G. (December 2021). Sex-Specific Sleep Characteristics among Adults with Opioid, Cannabis, and Cocaine Use Disorder. American College of Neuropsychopharmacology 60th Annual Meeting. San Juan, PR.

40. *Ramos, M. S., *Soto, P., **Dzierzewski, J. M.**, Dautovich, N. D., & Corona, R. (May 2021). COVID-19 Racial/Ethnic Bias and Depressive Symptoms: Exploring the Role of Perceived Social Support. Annual Meeting of the Association for Psychological Science (APS). Virtual Meeting.
41. *Perez, E., *Donovan, E. K., Rybarczyk, B., & **Dzierzewski, J. M.** (September 2021). Insomnia Treatment Preference in Safety Net Primary Care Patients. Annual Scientific Conference of the Society for Behavioral Sleep Medicine (SBSM). Nashville, TN.
42. *Soto, P., *Ramos, M. S., *Sabet, S.M., Dautovich, N. D., Corona, R., & **Dzierzewski, J. M.** (September 2021). Latinx Behavioral Cultural Orientation and Sleep Outcomes: The Role of General and Cultural-Specific Stress. Annual Scientific Conference of the Society for Behavioral Sleep Medicine (SBSM). Nashville, TN.
43. Martin, C. E., **Dzierzewski, J. M.**, Keyser-Marcus, L., Donovan, E. K., Ramey, T., Svikis, D. S., & Moeller, F. G. (December 2021). Sex-Specific Sleep Characteristics among Adults with Opioid, Cannabis, and Cocaine Use Disorder. Annual Meeting of the American College of Neuropsychopharmacology. San Juan, PR.
44. **Dzierzewski, J. M.**, *Perez, E., *Soto, P., West, E. G., & Nord, R. (October 2021). Impact of Hypoglossal Nerve Stimulator Implantation on Daytime Functioning in Older Adults with Obstructive Sleep Apnea. Annual Meeting of the Virginia Academy of Sleep Medicine. Richmond, VA.
45. *Ramos, *Soto, P., *Miller, A. A., Dautovich, N. D., Corona, R., & **Dzierzewski, J. M.** (September 2021). Familismo and Negative Health Behaviors: The Moderating Role of Sleep. Annual Scientific Conference of the Society for Behavioral Sleep Medicine (SBSM). Nashville, TN.
46. *Williams, C. M., *Ghose, S.M., Reid, M.P., *Sabet, S.M., MacPherson, A.R., Dautovich, N. D., & **Dzierzewski, J. M.** (June 2021). Predicting Perceived Functional Limitation in Midlife and Older Adulthood: The Role of Sleep and Perceived Control. Annual Meeting of the Associated Professional Sleep Societies (APSS). Virtual Meeting.
47. *Soto, P., **Dzierzewski, J. M.**, *Ramos, M. S., Dautovich, N. D., & Corona, R. A. (June 2021). Insomnia Symptoms in Latinx Emerging Adults: The Role of Perceived Discrimination. Annual Meeting of the Associated Professional Sleep Societies (APSS). Virtual Meeting.
48. *Ghose, S. M., **Dzierzewski, J. M.**, *MacPherson, A. R., & Dautovich, N. D. (June 2021). Sleep and Self-Efficacy: The Role of Domain Specificity in Predicting Sleep. Annual Meeting of the Associated Professional Sleep Societies (APSS). Virtual Meeting.
49. *Nielson, S. A., **Dzierzewski, J. M.**, & Kay, D. B. (June 2021). Anxiety is a Potential Mediating Factor in the Insomnia-Aggression Association. Annual Meeting of the Associated Professional Sleep Societies (APSS). Virtual Meeting.
50. *Sabet, S. M., **Dzierzewski, J. M.**, & Dautovich, N. D. (June 2021). Refining the Subjective Assessment of Sleep: An SEM Approach. Annual Meeting of the Associated Professional Sleep Societies (APSS). Virtual Meeting.

51. Fung, C. H., Mitchell, M. N., Josephson, K., Markland, A., Huang, A., Alessi, C. Martin, J. L., Zeidler, M., **Dzierzewski, J. M.**, Moore, A., Kierlin, L., & Vaughan, C. P. (May 2021). Preliminary Evidence that Benzodiazepine Receptor Agonist Deprescribing Improves Nocturia in Older Adults with Chronic Insomnia. Annual Meeting of the American Geriatrics Society (AGS). Virtual Meeting.
52. *Velasquez, T. D., *Lawate, S., *Torres, E., *Kim, J., *Soto, P., *Perez, E., & **Dzierzewski, J. M.** (April 2021). Pain with no Gain: A Mediation Analysis of Sleep Quality, Pain, and Aggression. Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity. Richmond, VA.
53. *Miller, A. A., *Tsai, J., *Victoria, F., *Robinson, X., *Soto, P., *Perez, E., & **Dzierzewski, J. M.** (April 2021). Move Your Feet, Get Better Sleep: An Examination of Age, Sedentary Behavior, and Insomnia Symptoms. Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity. Richmond, VA.
54. *Torres, E. M., *Lawate, S., *Russell, H., *Donovan, E. K., *Soto, P., & **Dzierzewski, J. M.** (April 2020). There's More to Sleep than Counting Sheep: A Cross-Sectional Analysis of Sleep Health. Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity. Richmond, VA.
55. Grinberg, A. M., Kelly, M. R., Martin, J. L., Alessi, C. A., Badr, S. M., Cook, I. A., **Dzierzewski, J. M.**, Jakle, K., McGowan, S. K., Mitchell, M., Moore, A., Smith, J. P., Song, Y., Zeidler, M., & Fung, C. H. (April 2020). Early Results from an Ongoing Trial of a Novel Method to Discontinue Hypnotic Medication among Chronic Users. Annual Meeting of the Society of Behavioral Medicine (SBM). San Francisco, CA.
56. **Dzierzewski, J. M.**, Zhu, R., *Donovan, E. K., *Perez, E., Song, Y., Kelly, M., Carlson, G., Fung, C., Alessi, C. A., & Martin, J. L. (June 2020). Cognitive Functioning Before and After Insomnia Treatment in Women Veterans. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
57. Fung, C. H., Martin, J. L., **Dzierzewski, J. M.**, Fiorentino, L., Stepnowsky, C., Song, Y., Zeidler, M., Mitchell, M., Vaughan, E. C., Huang, A., Markland, A., Josephson, K., & Alessi, C. A. (June 2020). An Integrated Behavioral Treatment for Obstructive Sleep Apnea and Coexisting Insomnia Reduces Nocturia Frequency. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
58. Song, Y., Kelly, M., Fung, C. H., **Dzierzewski, J. M.**, Grinberg, A. M., Mitchell, M., Josephson, K., Fiorentino, L., Martin, J. L., & Alessi, C. A. (June 2020). Reducing Dysfunctional Sleep-Related Cognitions Improves Nighttime Sleep and Daytime Consequences in Older Adults with Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
59. *Donovan, E. K., & **Dzierzewski, J. M.** (June 2020). The Sleep Regularity Questionnaire: Development and Preliminary Psychometric Properties. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
60. *Ravyts, S. G., & **Dzierzewski, J. M.** (June 2020). The Association among Diagnosed and Suspected Sleep Disorders and Pain. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.

61. *Sabet, S. M., Dautovich, N. D., & **Dzierzewski, J. M.** (June 2020). Sleep Behaviors and Thoughts as Links Between Social Rhythmicity and Depressive Symptoms. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
62. *Perez, E., Perrin, P. B., Lageman, S. K., Villasenor, T., & **Dzierzewski, J. M.** (June 2020). Sleep, Caregiver Burden, and Life Satisfaction in Parkinson's Disease Caregivers from Mexico and the US. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
63. *Soto, P., **Dzierzewski, J. M.**, Dautovich, N. D., *Ravyts, S. G., *Perez, E., & *Donovan, E. K. (June 2020). The Association between Work-Related Job Demands and Daytime Impairment in Professional Firefighters. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
64. Dautovich, N. D., **Dzierzewski, J. M.**, *Sabet, S. M., *Soto, P., *Donovan, E. K., & *Kleva, C. (June 2020). Is Healthy Sleep Possible for Professional Firefighters? A Comparison of "On-duty" and "Off-duty" Sleep Quality and Quantity. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
65. Gutierrez, L., Krall, A. Hampson, E., Grinberg, A. M., Alessi, C., Martin, J. L., Moore, A. A., **Dzierzewski, J. M.**, & Fung, C. H. (May 2020). Association between PTSD and Benzodiazepine Dependence in Older Veterans with Insomnia Symptoms. Annual Meeting of the American Geriatrics Society (AGS). Long Beach, CA.
66. Fung, C. H., Martin, J. L., Liang, L., Hays, R. D., Col, N., Zeidler, M. R., Patterson, E. S., Josephson, K. R., Huang, Y., **Dzierzewski, J. M.**, Song, Y., Mitchell, M. N., Alessi, C. (May 2020). Decide2Rest: A Program for Promoting Person-centered Obstructive Sleep Apnea (OSA) Treatment in Older Adults. Annual Meeting of the American Geriatrics Society (AGS). Long Beach, CA.
67. *Donovan, E. K., **Dzierzewski, J. M.**, Fung, C. H., Josephson, K. R., Alessi, C. A., & Martin, J. L. (April 2020). Nightly Sleep Quality is Associated with Daily Cognition in Late-Life. Annual Meeting of the Society of Behavioral Medicine (SBM). San Francisco, CA.
68. *Ravyts, S. G., **Dzierzewski, J. M.**, *Perez, E., & *Donovan, E. (November 2019). Validation and Clinical Usefulness of a Sleep Health Scale in Late-Life. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.
69. *Raldiris, T. & **Dzierzewski, J. M.** (November 2019). Which Came First, Well-Being or Physical Health? A Longitudinal Investigation in Mid- to Late-Life. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.
70. *Perez, E., **Dzierzewski, J. M.**, & *Ravyts, S. G. (November 2019). Discrimination and Depression in Mid-to-Late Life: The Role of Optimism. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.

71. *Griffin, S., *Ravyts, S. G., **Dzierzewski, J. M.**, & Rybarczyk, B. R. (November 2019). Loneliness Predicts Reductions in Sleep Quality in Older Americans. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.
72. Song, Y., Fung, C. H., **Dzierzewski, J. M.**, Mitchell, M. N., Josephson, K., Fiorentino, L., Martin, J. L., & Alessi, C. A. (November 2019). Reducing Dysfunctional Beliefs About Sleep Provides Long-Term Benefit in Older Adults with Insomnia. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.
73. Curtis, A. F., Williams, J. M., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R. B., McCoy, K., Marsiske, M., McCrae, C. S. (September 2019). Associations between pain reduction and cognitive improvement in older adults following brief behavioral treatment for insomnia. Inaugural Meeting of the Society for Behavioral Sleep Medicine (SBSM). Birmingham, AL.
74. McCrae, C., Curtis, A., Williams, J., Dautovich, N., McNamara, J., Stripling, A., **Dzierzewski, J.**, Berry, R., McCoy, K., Marsiske, M., (June 2019). Impact of Brief Behavioral Treatment for Insomnia (BBTi) on Meta-Cognition in Older Adults. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
75. Fung, C. H., Martin, J. L., Liang, L. J., Hays, R. D., Col, N., Zeidler, M., Patterson, E. S., Josephson, K., **Dzierzewski, J. M.**, Mitchell, M. M., Song, Y., Huang, D., & Alessi, C. (June 2019). Decide2Rest: A Program for Promoting Person-Centered OSA treatment. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
76. Curtis, A. F., Roth, A. J., Sears, S. F., Conti, J. B., Berry, R. B., **Dzierzewski, J. M.**, & McCrae, C. S. (June 2019). Higher Sleep Efficiency Improves Attention and Processing Speed in Patients with Severe Pain and Implantable Cardioverter Defibrillators. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
77. *Ravyts, S. G., **Dzierzewski J. M.**, *Perez E, *Grah. S. C. (June 2019). Sleep Health as a Predictor of Mental Health and Quality-of-Life Among Informal Caregivers. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
78. *Ghose, S., **Dzierzewski, J.M.**, Dautovich, N.D., Schreiber, D.R., MacPherson, A.R., Reid, M.P., Imel, J.L., & Sabet, S.M. (June 2019). Intraindividual variability in objective and subjective sleep longitudinally predicts social acceptance. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
79. *Ghose, S., Dautovich, N.D., **Dzierzewski, J.M.**, Sabet, S.M., Imel, J.L., Schreiber, D.R., MacPherson, A.R., & Reid, M.P. (June 2019). The association between discrimination and sleep is exacerbated in individuals with comorbid chronic health conditions. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.

80. *Sabet, S.M., Dautovich, N.D., **Dzierzewski, J.M.**, *Grah, S.C., *Imel, J.L., *Schreiber, D.R., *MacPherson, A.R., *Reid, M.P., & *Ghose, S.M. (June 2019). Sleep health mediates the association between social rhythmicity and anxiety. Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
81. *Perez, E., **Dzierzewski, J. M.**, *Ravyts, S. G., & *Grah, S. C. (June 2019). Objective and Subjective Sleep Characteristics of Male Older Adults Who Experienced Cerebrovascular Events. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
82. *Burns, B. A., *Perera B. N., *Robinson, X. M., *Donovan, E. K., *Ravyts, S. G., & **Dzierzewski, J. M.** (April 2019). Trading in Likes for Sleepless Nights: An Exploration of Gender Differences. Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity. Richmond, VA.
83. *Davis, A.H., *Russell, H., *Ramos, E., *Raldiris, T., *Perez, E., & **Dzierzewski, J.M.** (April 2019). Better Sleep, Better Life: The Role of Affect. Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity. Richmond, VA.
84. *Griffin, S., *Baylor, A., **Dzierzewski, J. M.**, & Rybarczyk, B. R. (November 2018). Lonely Nights: The Relationship between Loneliness and Restless Sleep in Older Americans. Annual Meeting of the Gerontological Society of America (GSA). Boston, MA.
85. *Grah, S. C., **Dzierzewski, J. M.**, *Ravyts, S. G., *Raldiris, T. L., & *Perez, E. (November 2018). Subjective Age Bias as a Psychological Protective Factor in the Aging Process. Annual Meeting of the Gerontological Society of America (GSA). Boston, MA.
86. *Perez, E., **Dzierzewski, J. M.**, Aiken-Morgan, A. T., McCrae, C. S., Buman, M. P., Giacobbi, P. R., Roberts, B. L., & Marsiske, M. (June 2018). Does Good Sleep Efficiency Protect Against the Cognitive Consequences of Anxiety Symptoms in Older Adults? Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.
87. *Ravyts, S. G., **Dzierzewski J. M.**, *Perez E., *Grah S. C., & *Raldiris T. L. (June 2018). Sleep Disturbance and Pain Interference in Older Adults: The Role of Negative and Positive Affect. Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.
88. *Ravyts, S. G., **Dzierzewski J. M.**, *Schreiber D. R., *Grah S. C., *Perez E., & *Raldiris T. L. (June 2018). Avoidant Coping as a Mediator of the Sleep-Pain Relationship in Mid- to Late-Life. Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.
89. Alessi, C., Martin, J. L., Fung, C. H., **Dzierzewski, J. M.**, Fiorentino, L., Stepnowsky, C., Song, Y., Rodriguez, J., Zeidler, M., Mitchell, M., Jouldjian, S., & Josephson, K. (June 2018). Randomized-Controlled Trial of an Integrated Behavioral Treatment in Veterans with Obstructive Sleep Apnea and Coexisting Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.
90. **Dzierzewski, J. M.**, Dautovich, N. D., Rybarczyk, B., Alattar, M., & Taylor, S. A. (June 2018). Is a Single Night Sleep Study Sufficient for the Accurate Diagnosis of Sleep Apnea? An Exploration of Multi-Night Sleep Studies. Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.

91. Alessi, C., Martin, J. L., Fung, C. H., **Dzierzewski, J. M.**, Fiorentino, L., Stepnowsky, C., Song, Y., Rodriguez, J., Zeidler, M., Mitchell, M., Jouldjian, S., & Josephson, K. (May 2018). Randomized-Controlled Trial of Behavioral Treatment for Coexisting Insomnia and Obstructive Sleep Apnea: Results in Middle-aged and Older Veterans. Annual Meeting of the American Geriatrics Society (AGS). Orlando, FL.
92. Alessi, C. A., Martin, J. L., Fung, C., **Dzierzewski, J. M.**, Rodriguez, J. C., Song, Y., Fiorentino, L., Stepnowsky, C., Zeidler, M., Mitchell, M., Josephson, K. (June 2017). Insomnia Prevalence among Veterans Referred for Diagnostic Testing for Sleep Disordered Breathing. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.
93. Petro, A., **Dzierzewski, J. M.**, Martin, J. L., Alessi, C. A., Jouldjian, S., Josephson, K., Suarez, A., & Fung, C. (June 2017). A Survey to Assess Patients' Interest in the Digeridoo as an Alternative Therapy for Obstructive Sleep Apnea. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.
94. Chan, W. S., Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R. B., McCoy, K., Marsiske, M., & McCrae, C. S. (June 2017). Sleep Variability in Older Adults with Chronic Insomnia: A Randomized Controlled Trial of Brief Behavioral Therapy (BBT-I). Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.
95. *Grah, S. C., **Dzierzewski, J. M.**, *Ravyts, S. G., Buman, M. P., Aiken-Morgan, A. T., Giacobbi, P. R., Roberts, B. L., Marsiske, M., & McCrae, C. S. (June 2017). General and Domain-Specific Self-Efficacy and Sleep in Older Adults. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.
96. *Ravyts, S. G., **Dzierzewski, J. M.**, *Grah, S. C., Buman, M. P., Aiken-Morgan, A. T., Giacobbi, P. R., Roberts, B. L., Marsiske, M., & McCrae, C. S. (June 2017). Is Pain Inconsistency or Average Pain More Associated with Sleep in Older Adults? Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.
97. McCrae, C. S. Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R. B., McCoy, K., & Marsiske, M. (June 2017). Impact of a Brief Behavioral Treatment for Insomnia (BBT-I) on Sleep and Cognition in Older Adults: The REST Randomized Controlled Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.
98. Song, Y., **Dzierzewski, J. M.**, Fung, C., Rodriguez, J. C., Jouldjian, S., Josephson, K., Alessi, C. A., & Martin, J. L. (July 2017). Sleep and Caregiving among Adult Day Health Care Program Caregivers: A Pilot Study. Annual Meeting of the International Association of Gerontology and Geriatrics (IAGG). San Francisco, CA.
99. Alessi, C. A., Martin, J. L., Fiorentino, L., Fung, C., **Dzierzewski, J. M.**, Rodriguez, J. C., Song, Y., & Mitchell, M. (July 2017). Complex Comorbidity among Older US Veterans with Insomnia. Annual Meeting of the International Association of Gerontology and Geriatrics (IAGG). San Francisco, CA.
100. Alessi, C. A., Martin, J. L., Fiorentino, L., Fung, C., **Dzierzewski, J. M.**, Rodriguez, J. C., Song, Y., & Mitchell, M. (July 2017). Nonclinician Sleep Coaches for Insomnia: Secondary Outcomes

from a Randomized Controlled Trial. Annual Meeting of the International Association of Gerontology and Geriatrics (IAGG). San Francisco, CA.

101. Adachi, M., Fung, C. H., Song, Y., **Dzierzewski, J.M.**, Rodriguez, J. C., Mitchell, M. N., Jouldjian, S., Washington, D. L., Yano, E. M., Badr, S., Alessi, C. A., & Martin, J. L. (June 2016). OSA and Psychiatric Symptoms in a National Sample of Women Veterans. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.
102. Song, Y., **Dzierzewski, J. M.**, Fung, C. H., Rodriguez, J. C., Mitchell, M. N., Josephson, K., Jouldjian, S., Alessi, C. A., & Martin, J. L. (June 2016). Living Arrangement as a Predictor of Poor Sleep-Related Daytime Consequences in Female Caregivers. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.
103. Ryden, A. M., Matsuwaka, S., Fung, C. H., Song, Y., Mitchell, M. N., **Dzierzewski, J. M.**, Martin, J. L., & Alessi, C. A. (June 2016). Predictors of Talking to a Doctor about Sleep Problems in Older Veterans with Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.
104. Fung, C. H., Martin, J. L., Josephson, K., Fiorentino, L., **Dzierzewski, J. M.**, Jouldjian, S., Song, Y., Rodriguez, J. C., Mitchell, M. N., & Alessi, C. A. (June 2016). Predictors of Sleeping Medication Use and Impact of Cognitive Behavioral Therapy for Insomnia on Sleeping Medication use among Older Adults with Chronic Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.
105. McGowan, S. K., Culver, N., Kay, M., Fiorentino, L., Fung, C. H., Song, Y., **Dzierzewski, J. M.**, Rodriguez, J. C., Mitchell, M. N., Jouldjian, S., Josephson, K., Alessi, C. A., & Martin, J. L. (June 2016). Depression, Anxiety, and trauma Predict Sleep Difficulties beyond Demographics and Physical Characteristics. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.
106. Culver, N., McGowan, S. K., Fiorentino, L., Fung, C. H., Song, Y., **Dzierzewski, J. M.**, Rodriguez, J. C., Mitchell, M. N., Jouldjian, S., Josephson, K., Washington, D. L., Yano, E. M., Alessi, C. A., & Martin, J. L. (June 2016). Treatment Preferences among Women Veterans with Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.
107. Rodriguez, J. C., **Dzierzewski, J.M.**, Fung, C. H., Jouldjian, S., Martin, J. L., Josephson, K., Mitchell, M. N., Song, Y., & Alessi, C. A. (March 2016). Association between Pain and Functional Independence in Older Adults During and After Inpatient Rehabilitation. Annual Meeting of the Society of Hospital Medicine (SHM). San Diego, CA.
108. Rodriguez, J. C., Alessi, C. A., Martin, J. L., Hays, R. D., **Dzierzewski, J.M.**, Col, N., Patterson, E. S., Jouldjian, S., Josephson, K., Song, Y., & Fung, C. H. (May 2016). Association between Pain and Difficulty Setting Up Positive Airway Pressure Device among Older Adults with Sleep-Disordered Breathing. Annual Meeting of the American Geriatrics Society (AGS). Long Beach, CA.
109. Williams, M.W., Jones, J.D., **Dzierzewski, J.M.**, Pa., J., Jones, R.N. (February 2016). Computerized Speed Training Reduces Falls in Older Adults. Annual Meeting of the International Neuropsychological Society (INS). Denver, CO.

110. Song, Y., **Dzierzewski, J. M.**, Fung, C. H., Rodriguez, J. C., Jouldjian, S., Mitchell, M. N., Josephson, K., Alessi, C. A., & Martin, J. L. (June 2015). Older Veterans with Low Physical Function Benefit from Behavioral Sleep Interventions. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.
111. Fung, C. H., Rodriguez, J. C., Song, Y., **Dzierzewski, J. M.**, Truong, C., Jouldjian, S., Josephson, K., Alessi, C. A., & Martin, J. L. (June 2015). Worse Ratings of PAP Design are Associated with Lower Self-Efficacy for PAP Therapy. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.
112. Song, Y., **Dzierzewski, J. M.**, Fung, C. H., Rodriguez, J.C., Jouldjian, S., Alessi, C. A., & Martin, J. L. (November 2014). Sleep Disruption due to Caregiving in Women Veterans is Associated with Worse Mental Health Condition and Impaired Daily Life. Annual Meeting of the Gerontological Society of America. Washington, D.C.
113. Hughes, J., **Dzierzewski, J. M.**, Fung, C. H., Jouldjian, S., Mitchell, M., Vandenberg, T.Z., Alessi, C. A., & Martin, J. L. (November 2014). Predictors of Discrepancies Between Patient-reported and Objectively-Measured Sleep in VA Adult Day Health Care Participants. Annual Meeting of the Gerontological Society of America. Washington, D.C.
114. **Dzierzewski, J. M.**, Martin, J. L., Fiorentino, L., Fung, C. H., Jouldjian, S., Rodriguez, J. C., Mitchell, M., Josephson, K., & Alessi, C. A. (June 2014). Cognitive-Behavioral Therapy for Insomnia in Older Adults: Improving Sleep Quality Reduces Sleep Discrepancy. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.
115. **Dzierzewski, J. M.**, Martin, J. L., Fung, C. H., Rodriguez, J. C., Mitchell, M., Jouldjian, S., Josephson, K., & Alessi, C. A. (June 2014). Patterns and Predictors of Sleep Quality Before, During and After Hospitalization in Older Adults: A Latent Class Analysis and Logistic Regression Approach. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.
116. Fiorentino, L., Vandenberg, T., Jouldjian, S., Martinez, S., **Dzierzewski, J. M.**, Fung, C. H., Alessi, C. A., & Martin, J. L. (June 2014). Acceptance and the Behavioral Changes to Treat Insomnia (ABC-I): Pilot Testing of a New Behavioral Treatment for Insomnia in Women Veterans. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.
117. Hughes, J., Jouldjian, S., Mitchell, M., **Dzierzewski, J. M.**, Fung, C. H., Alessi, C. A., & Martin, J. L. (June 2014). Sleep Disturbance Predicts Lower Quality-of-Life and Greater Depression in Older Veterans Attending Adult Day Health Care. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.
118. Fung, C. H., Martin, J. L., Josephson, K., Fiorentino, L., **Dzierzewski, J. M.**, Jouldjian, S., Rodriguez, J. C., Mitchell, M., & Alessi, C. A. (May 2014). Untreated Mild Sleep Disordered Breathing does not Reduce the Efficacy of Cognitive Behavioral Therapy for Insomnia in Older Adults. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.
119. Fung, C. H., Martin, J. L., Hays, R. D., Rodriguez, J. C., Igodan, U., Jouldjian, S., **Dzierzewski, J. M.**, Josephson, K., Kramer, J., & Alessi, C. (June 2014). Development of the USE-SA Questionnaire for Measuring Patient-Reported Ratings of Positive Airway Pressure Equipment

Usability. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

120. Josephson, K., Martin, J. L., Fiorentino, L., Kramer, J., Fung, C. H., **Dzierzewski, J. M.**, Jouldjian, S., Rodriguez, J. C., & Alessi, C. (June 2014). Patient Perception and Experience of a Novel Model for Cognitive Behavioral Therapy for Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.
121. Crew, E. C., Sears, S. F., Roth, A. J., **Dzierzewski, J. M.**, Conti, J. B., Berry, R. R., & McCrae, C. S. (June 2014). Variability in Duration of Nocturnal Awakenings Predicts Task-dependent Cognitive Performance in Cardiac Patients with Implantable Cardioverter Defibrillators (ICDs). Associated Professional Sleep Societies (APSS). Minneapolis, MN.
122. Crew, E. C., Sears, S. F., Roth, A. J., **Dzierzewski, J. M.**, Conti, J. B., Berry, R. R., & McCrae, C. S. (June 2014). Shock Anxiety Predicts Sleep Onset Latency and Sleep Quality in Patients with Implantable Cardioverter-Defibrillators (ICDs). Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.
123. Floegel, T., Giacobbi, Jr., P. R., **Dzierzewski, J. M.**, Aiken Morgan, A. T., Roberts, B. L., Marsiske, M., McCrae, C. S., & Buman, M. P. (June 2014). A Mixed-Method Approach to Identifying Intervention-Related Markers of Long-Term Physical Activity Maintenance in Older Adults. Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. San Diego, CA.
124. Fung, C. H., Igodan, U., Alessi, C., Martin, J. L., **Dzierzewski, J. M.**, Josephson, K., & Kramer, J. (May 2014). A Qualitative Study of Human Factors Barriers to Positive Airway Pressure Therapy in Older Adults. American Geriatrics Society Annual Meeting. Orlando, FL.
125. Fung, C. H., Martin, J. L., Jouldjian, S., **Dzierzewski, J. M.**, Rodriguez, J. C., Mitchell, M., Josephson, K., & Alessi, C., (May 2014). Medical, Mental Health, and Demographic Factors Associated with a Strong Belief in Using Sleeping Pills to Improve Sleep and Daytime Function. American Geriatrics Society Annual Meeting. Orlando, FL.
126. *De Cruz, S. J., **Dzierzewski, J. M.**, Martin, J. L., & Zeidler, M. R. (May 2014). Improved Continuous Positive Airway Pressure Adherence Following Cognitive Behavioral Therapy. American Thoracic Society Annual Meeting. San Diego, CA.
127. Crew, E. C., Sears, S. F., Roth, A. J., **Dzierzewski, J. M.**, Conti, J. B., Berry, R. R., & McCrae, C. S. (April 2014). Wake Time during the Night Predicts Task-dependent Cognitive Performance in Cardiac Patients with Implantable Cardioverter Defibrillators. Cognitive Aging Conference. Atlanta, GA.
128. **Dzierzewski, J. M.**, Alessi, C. A., Irwin, M. R., & Martin, J. L., (April 2014). Sleep, Inflammation, and Cognitive Functioning in At-Risk Older Adults. Presentation at the Annual Meeting of the Claude D Pepper Older Adult Independence Centers (OAIC). Bethesda, MD.
129. **Dzierzewski, J. M.**, Fung, C. H., Jouldjian, S., Alessi, C. A., Irwin, M. R., & Martin, J. L. (November 2013). Daytime Sleep is Associated with 6-month Change in Cognitive Functioning in At-Risk Older Adults. The Gerontological Society of America. New Orleans, LA.

130. Hughes, J. M., Jouldjian, S. **Dzierzewski, J. M.**, Vandenberg, T. Z., Fung, C. H., Alessi, C. A., Martin, J. L. (June 2013). Sleep Disturbance is Related to Poor Quality of Life, Depression and Pain in VA Adult Day Health Care. SLEEP. Baltimore, MD.
131. Fung, C. H., Martin, J. L., **Dzierzewski, J. M.**, Park, M., Jouldjian, S., Josephson, K., & Alessi, C. A. (June 2013). Prevalence and Symptoms of Unrecognized Sleep-Disordered Breathing among Older Veterans. SLEEP. Baltimore, MD.
132. Giacobbi, P. R., Jr., Floegel, T., **Dzierzewski, J. M.**, Aiken-Morgan, A., Roberts, B., McCrae, C., Marsiske, M., & Buman, M. (June, 2013). Evaluation of need satisfaction as an intervention strategy in a peer-assisted physical activity trial. 5thInternational Conference on Self-Determination Theory, Rochester, NY.
133. Fung, C. H., Martin, J. L., Jouldjian, S., **Dzierzewski, J. M.**, Josephson, K., & Alessi, C. A. (May 2013). Mental Health and Sleep Characteristics among Older Veterans with Untreated Obstructive Sleep Apnea and Comorbid Insomnia. Annual meeting of the American Geriatrics Society. Grapevine, TX.
134. Gonzalez, B., **Dzierzewski, J. M.**, Wallace, D. M., & Wohlgemuth, W. K. (March 2013). Higher CPAP Pressure, Better Adherence: Interaction with Self-Efficacy. Annual meeting of the Society of Behavioral Medicine. San Francisco, CA.
135. **Dzierzewski, J. M.**, Marsiske, M., Buman, M. P., Aiken Morgan, A. T., Giacobbi, P. R., Roberts, B. L., & McCrae, C. S. (November 2012). Intensive Cognitive Practice in Older Adults: Gains, Structure, Predictors, and Transfer. The Gerontological Society of America. San Diego, CA.
136. Vatthauer, K. E., Craggs, J. G., **Dzierzewski, J. M.**, & McCrae, C. S. (2012). Increased Nightly Wake Time Predicts Increased Inconsistency in Executive Functioning Performance in Older Adults. Southeastern Student Mentoring Conference in Gerontology and Geriatrics. Atlanta, GA.
137. Roth, A. J., Sears, S. F., Conti, J. B., Berry, R. B., **Dzierzewski, J. M.**, & McCrae, C. S. (June 2012). The Effects of Sleep on Cognition in Patients with Implantable Cardioverter Defibrillators (ICDs). SLEEP. Boston, MA.
138. Kay, D., **Dzierzewski, J.M.**, Rowe, M., & McCrae, C. (April 2011). Sleep discrepancy and its correlates among older adults. 2nd Annual Spotlight on Research in Aging, University of Florida Pepper Center.
139. Dautovich, N.D., **Dzierzewski, J.M.**, & Gum, A.M. (March 2011). Association Between Fluctuations in the Number of Stressors and Depressive Symptoms: A Microlongitudinal Study of Community-Dwelling Adults. Annual Meeting for the American Association for Geriatric Psychiatry. San Antonio, TX.
140. Dautovich, N.D., **Dzierzewski, J.M.**, & Gum, A.M. Fluctuations in Stressful Life Events Predict changes in Depressed Mood: A Micro-longitudinal Study in Older Adults. (November 2010). The Gerontological Society of America. New Orleans, LA.
141. **Dzierzewski, J. M.**, McCrae, C. S., Marsiske, M., Aiken Morgan, A. T., Buman, M. P., Giacobbi, P. R., & Roberts, B. L. (August 2009). A Growth Model Approach to the Examination

of Cognitive Intraindividual Variability in Older Adults: Does Cognitive Inconsistency Reflect Cognitive Vulnerability or Adaptability? American Psychological Association. Toronto, Canada.

142. **Dzierzewski, J. M.**, McCrae, C.S., Marsiske, M., McCoy, K.J.M., McNamara, J. P. H., Dautovich, N., Ross, A., & Stripling, A. (November 2009). Nocturnal Sleep and Daytime Cognitive Functioning in Older Adults with Insomnia. The Gerontological Society of America. Atlanta, GA.
143. Kay, D.B., **Dzierzewski, J.M.**, McCrae, C.S., & Rowe, M.A. (June 2009). Predictors of Sleep Misperception in Older Adults. SLEEP. Seattle, WA.
144. Dautovich, N.D., Kay, D., McCrae, C., Rowe, M., & **Dzierzewski, J.M.** (June 2009). Variability in Nap Length Predicts Health Status in a Sample of Community-Dwelling Older Adults. SLEEP. Seattle, WA.
145. **Dzierzewski, J. M.**, McCrae, C. S., Marsiske, M., Aiken Morgan, A. T., Buman, M. P., Giacobbi, P. R., & Roberts, B. L. (November 2008). A Growth Model Approach to the Examination of Cognitive Intraindividual Variability in Older Adults. The Gerontological Society of America. National Harbor, MD.
146. **Dzierzewski, J. M.**, McCrae, C. S., Marsiske, M., Aiken Morgan, A. T., Buman, M. P., Giacobbi, P. R., & Roberts, B. L. (April 2008). Does Cognitive Inconsistency Reflect Cognitive Vulnerability in Older Adults? PPHP Research Day. Gainesville, FL.
147. Dubyak, P., McCrae, C. S., Rowe, M., & **Dzierzewski, J. M.** (June 2008). Within-person Variation in Sleep and Affect in Spousal Caregivers of Individuals with Alzheimer's Disease. SLEEP. Baltimore, MD.
148. **Dzierzewski, J.M.**, McCrae, C.S., Rowe, M., Marsiske, M., McCoy, K.J.M., McNamara, J.P.H., and Dautovich, N. (June 2008). Nightly Sleep Patterns in Older Adults: Night-to-Night Fluctuations in the Sleep of Older Good-Noncomplaining, Good-Complaining, Poor-Noncomplaining, Poor-Complaining/Insomnia, and Caregivers. SLEEP. Baltimore, MD.
149. Giacobbi, P. R., Buman, M. P., Tuccitto, D. & **Dzierzewski, J. M.** (March 2008). Predicting Exercise Behavior from Stress Appraisals and Coping Responses. The Society of Behavioral Medicine. San Diego, CA.
150. Buman, M. P., Giacobbi, P. R., **Dzierzewski, J. M.**, Marsiske, M., Aiken Morgan, A. T., Roberts, B. L. & McCrae, C. S. (March 2008). Predicting Daily Reports of Leisure-Time Exercise from Pain and Fatigue in Community-Dwelling Older Adults. The Society of Behavioral Medicine. San Diego, CA.
151. Aiken-Morgan, A.T., Buman, M. P., **Dzierzewski, J. M.**, Marsiske, M., Roberts, B. L., McCrae, C. S., & Giacobbi, P. R. (November 2007). Relationship between Aerobic Fitness and Executive Cognitive Function in Sedentary, Community-dwelling Older Adults. The Gerontological Society of America. San Francisco, CA.
152. **Dzierzewski, J. M.**, McCrae, C.S., Marsiske, M., McCoy, K.J.M., McNamara, J. P. H., Dautovich, N., Ross, A., & Stripling, A. (November 2007). Intraindividual Variability in Affect and Cognition in Older Adults with Insomnia. The Gerontological Society of America. San Francisco, CA.

153. **Dzierzewski, J. M.**, McCrae, C.S., Marsiske, M., McCoy, K.J.M., McNamara, J. P. H., Dautovich, N., Ross, A., & Stripling, A. (June 2007). Variability in Objective and Subjective Sleep and Cognition in Older Adults with Insomnia. SLEEP. Minneapolis, MI.
154. **Dzierzewski, J. M.**, McCrae, C.S., Marsiske, M., McCoy, K.J.M., McNamara, J. P. H., Dautovich, N., Ross, A., & Stripling, A. (April 2007). Intraindividual Variability in Sleep and Cognition in Older Adults with Insomnia. PPHP Research Day. Gainesville, FL.
155. **Dzierzewski, J.M.**, McCrae, C.S., Lichstein, K.L., Nau, S.D., Wilson, N.M., Aguillard, R.N., Lester, K.W. & Bush, A.J.. (June 2006). Associations Between Sleep And Memory In Hypnotic Dependent Older Adults. SLEEP. Salt Lake City, Utah.
156. **Dzierzewski, J.M.** & Kemtes, K.A.. (April 2006). Presentation Modality Influences Younger and Older Adults' Recall and Recall Confidence for Health Information. Cognitive Aging Conference. Atlanta, GA.
157. Reinheimer, M.L., **Dzierzewski, J. M.**, & Kemtes, K.A.. (May 2005). Young and Older Adults' Auditory, Visual, and Auditory + Visual Processing. American Psychological Society, Los Angeles, CA.
158. Jetha, S. S., **Dzierzewski, J. M.**, Randall, C., & Kemtes, K. A.. (May 2005). Self-Reported Cognitive Interference During Text Processing in Younger and Older Adults. American Psychological Society, Los Angeles, CA.
159. Zlatar, Z. Z., **Dzierzewski, J. M.**, & Kemtes, K. A.. (August, 2005). Recall of Health Information in Bilingual Younger and Older Adults. American Psychological Association, Washington D.C.
160. Zlatar, Z. Z., **Dzierzewski, J. M.**, & Kemtes, K.A..(March, 2005). Age Differences in Bilingual Working Memory Tasks. Western Psychological Association, Portland, OR.
161. **Dzierzewski, J. M.** & Kemtes, K. A.. (August, 2005). Young and Older Adults' Memory Self-Efficacy, Confidence, and Health Information Recall. American Psychological Association, Washington D.C.
162. **Dzierzewski, J. M.**, Zlatar, Z. Z., & Kemtes, K. A.. (March, 2005). Memory Self-Efficacy, Modality and Working Memory in Young and Older Adults. Western Psychological Association, Portland, OR.
163. **Dzierzewski, J. M.** & Kemtes, K. A.. (August, 2004). Health Information Recall, Recall Self-Efficacy, and Recall Confidence in Young and Older Adults. Summer Research Opportunity Symposium, Las Vegas, NV.
164. **Dzierzewski, J. M.**, & Kemtes, K. A.. (March, 2004). Self-report cognitive workload and objective memory performance in younger and older adults. Western Psychological Association, Scottsdale, AZ.

Conference Talks (*n=45*)

1. Hale, L. E., Mathew, G. M., Reichenberger, D. R., & **Dzierzewski, J. M.** (June 2024). Screens and Sleep: New Insights and the 2024 National Sleep Foundation Consensus Panel

Recommendations. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.

2. Alessi, C., Martin, J., **Dzierzewski, J. M.**, Josephson, K., Mitchell, M., Naeem, S., Der-Mcleod, E., Ghadimi, S., Zeidler, M., Badr, S., Moore, A. A., & Fung, C. H. (June 2024). Masked Tapering and Augmented CBTI Improve Benzodiazepine Receptor Agonist Discontinuation in Middle-Aged and Older Adults: Results of a Multi-Site Randomized Clinical Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
3. Saravanan, P., Gorovov, S., Fernandez, F., Kilgore, W., **Dzierzewski, J. M.**, & Grandner, M. A. (June 2024). Sleep Health and Suicide Ideation in the US: Data from the National Sleep Foundation Sleep In America Poll. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
4. **Dzierzewski, J. M.**, *Nielson, S., & Lopos, J. (June 2024). National Sleep Foundation's 2024 Sleep in America Poll: Sleep Health and Depressive Symptoms in Teenagers. Annual Meeting of the Associated Professional Sleep Societies (APSS). Houston, TX.
5. **Dzierzewski, J.M.**, *Nielson, S.A., & Dautovich, N.D. (November 2023). National Sleep Foundation's Best Slept Self® Questionnaire (BSSQ): A New Tool Designed to Assess the Nation's Practice of Healthy Sleep Behaviors. Annual Meeting of the Society of Behavioral Medicine. San Diego, CA.
6. *Nielson, S.A., Dautovich, N.D., & **Dzierzewski, J.M.** (June 2023). Sleep Characteristics Predict Metacognitive Functioning Above-and-Beyond Age, Education, and Mood. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
7. Martin, C.E., Patel, H., **Dzierzewski, J.M.**, Moeller, F., Bierut, L., Grucza, R., Xu, K. (June 2023). Sleep Medication Prescribing Among Patients Receiving Opioid Use Disorder Treatment with Comorbid Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
8. Nielson, S.A., Boyle, J.T., Perlis, M.L., & **Dzierzewski, J.M.** (June 2023). Move Your Feet and Sleep: A Longitudinal Dynamic Analyses if Physical Activity, Sedentary Behavior, and Insomnia Symptoms. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
9. Fung, C.H., Ghadimi, S., Mitchell, M.N., Martin, J.L., **Dzierzewski, J.M.**, Moore, A.A., Zaidler, M.R., Badr, S., Guzman, A., Der-Mcleod, E., Naeem, S., Perdomo, C., Smith, J., & Alessi, C.A. (June 2023). Depression and Pain are Barriers to Benzodiazepine and Z-Drug Deprescribing. Annual Meeting of the Associated Professional Sleep Societies (APSS). Indianapolis, IN.
10. Martin, C.E., **Dzierzewski, J.M.**, Huhn, A., & Wilson, A. (April 2023). Addressing Insomnia Among Patients Receiving Medication Treatment for Opioid Use Disorder. American Society of Addiction Medicine 54th Annual Conference. Washington DC.
11. *Sabet, S. M., **Dzierzewski, J. M.**, & Dautovich, N. D. (November 2022). Sleep RIDE (Regularity, Impairment, Disturbance, and Enhancement): Development and Initial Validation of a Multidimensional Sleep Measure. Annual Meeting of the Society of Behavioral Sleep Medicine (SBSM). Washington DC.

12. *Nielson, S. A., Dautovich, N. D., & **Dzierzewski, J. M.** (November 2022). Dysfunctional Beliefs about Sleep and Overall Sleep Health: Potential Moderation by Race. Annual Meeting of the Society of Behavioral Sleep Medicine (SBSM). Washington DC.
13. *Soto, P., *Ramos, M. S., Dautovich, N. D., Corona, R. & **Dzierzewski, J. M.** (November 2022). Discrimination and Sleep in Hispanic/Latinx Emerging Adult. Annual Meeting of the Society of Behavioral Sleep Medicine (SBSM). Washington DC.
14. *Miller, A. A., *Soto, P., *Ramos, M. S., Dautovich, N. D., Corona, R. & **Dzierzewski, J. M.** (November 2022). Sleep and Eating Behavior in Hispanic/Latinx Emerging Adults: An Exploration of Culture-Specific Factors. Annual Meeting of the Society of Behavioral Sleep Medicine (SBSM). Washington DC.
15. *Nielson, S. A., Dautovich, N. D., & **Dzierzewski, J. M.** (June 2022). Biopsychosocial Predictors of Sleep Health in Black, Asian, and Hispanic/Latinx Samples. Annual Meeting of the Associated Professional Sleep Societies (APSS). Charlotte, NC.
16. Ghadimi, S., Alessi, C. A., Kelly, M., Martin, J. L., Moore, A., Grinberg, A., Zeidler, M., **Dzierzewski, J. M.**, Mitchell, M., Guzman, A., Armendariz, J., Badr, S., & Fung, C. H. (June 2022). Is Poor Sleep Associated with Use of Multiple Benzodiazepine Receptor Agonists in Older Veterans? Annual Meeting of the Associated Professional Sleep Societies (APSS). Charlotte, NC.
17. *Perez, E., *Sabet, S. M., *Soto, P., & **Dzierzewski, J. M.** (June 2022). Sleeping In to Avoid Acting Out: The Association between Sleep Regularity and Emotion Regulation. Annual Meeting of the Associated Professional Sleep Societies (APSS). Charlotte, NC.
18. **Dzierzewski, J. M.** (October 2019). Integrating Cognitive-Behavioral Treatment for Insomnia with PAP Adherence Treatment for Individuals with Comorbid Insomnia and Sleep Apnea. Virginia Academy of Sleep Medicine (VASM). Richmond, VA.
19. Fung, C. H., Martin, J. L., Liang, L. J., Hays, R. D., Col, N., Zeidler, M., Patterson, E. S., Josephson, K., **Dzierzewski, J. M.**, Mitchell, M. M., Song, Y., Huang, D., & Alessi, C. (June 2019). Decide2Rest: A Program for Promoting Person-Centered OSA treatment. Annual Meeting of the Associated Professional Sleep Societies (APSS), Club Hypnos Data Blitz. San Antonio, TX.
20. *Perez, E., **Dzierzewski, J. M.**, Aiken-Morgan, A. T., McCrae, C. S., Buman, M. P., Giacobbi, P. R., Roberts, B. L., & Marsiske, M. (June 2018). Does Good Sleep Efficiency Protect Against the Cognitive Consequences of Anxiety Symptoms in Older Adults? Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.
21. Song, Y., Martin, J. L., Fung, C. H., **Dzierzewski, J. M.**, Rodriguez, J., Jouldjian, S., Josephson, K., Mitchell, M., & Alessi, C. (April 2018). Insomnia Severity is Associated With Depression Among Male Veteran Caregivers. Western Institute of Nursing's 51st Annual Communicating Nursing Research Conference (WIN). Spokane, WA.
22. McCrae, C. S. Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R. B., McCoy, K., & Marsiske, M. (June 2017). Impact of a Brief Behavioral

Treatment for Insomnia (BBT-I) on Sleep and Cognition in Older Adults: The REST Randomized Controlled Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.

23. Gross, A., **Dzierzewski, J. M.**, Farias, S., Giovannetti, T., Ip, E., Marsiske, M., Payne, B., Rebok, G., Casanova, R., Davoudzadeh, P., Schaie, K. W., Thomas, K., Willis, S., & Jones, R. N. (November 2015). The ACTIVE Conceptual Framework Operationalized as a Structural Equation Model. Annual Meeting of the Gerontological Society of America (GSA). Orlando, FL.
24. Ryden, A. M., Matsuwaka, S., Mitchell, M. N., Fung, C. H., **Dzierzewski, J. M.**, Song, Y., Martin, J. L., & Alessi, C. A. (June 2015). Prevalence of Sleep Disorders Decreases with Age Among Older veterans. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.
25. **Dzierzewski, J. M.**, Fung, C. H., Truong, C., Rodrigues, J. C., Song, Y., Jouldjian, S., Josephson, K., Kulick, A. D., Irwin, M. R., Small, G., Alessi, C. A., & Martin, J. L. (June 2015). Cognitive Functioning in Older Adults with Comorbid Insomnia and Sleep Apnea. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.
26. Rodriguez, J. C., Alessi, C. A., Martin, J. L., Hays, R. D., **Dzierzewski, J. M.**, Col, N., Patterson, E. S., Jouldjian, S., Josephson, K., Song, Y., & Fung, C. H. (June 2015). Association between Pain and Difficulty Setting Up Positive Airway Pressure Device Among Community-Dwelling Older Adults with Sleep Disordered Breathing. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.
27. Martin, J. L., Hughes, J., Jouldjian, S., Vandenberg, T., **Dzierzewski, J. M.**, Fung, C. H., Rodrigues, J. C., & Alessi, C. A. (June 2014). A Behavioral Intervention Improves Sleep Quality Among Adult Day Health Care Participants: Results of a Randomized Controlled Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.
28. Alessi, C. A., Martin, J. L., Fiorentino, L., Fung, C. H., **Dzierzewski, J. M.**, Rodrigues, J. C., Josephson, K., Jouldjian, S., & Mitchell, M. (June 2014). Cognitive-Behavioral Therapy for Insomnia in Older Veterans: Final Results of a Randomized Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.
29. Alessi, C. A., Martin, J. L., Fiorentino, L., Fung, C. H., **Dzierzewski, J. M.**, Rodriguez, J. C., Josephson, K., Jouldjian, S., & Mitchell, M. (May 2014). A Randomized Controlled Trial of Behavioral Treatment for Chronic Insomnia in Older Veterans. American Geriatrics Society Annual Meeting. Orlando, FL.
30. Rodriguez, J. C., **Dzierzewski, J. M.**, Jouldjian, S., Martin, J. L., Fiorentino, L., Fung, C. H., Josephson, K., Mitchell, M., & Alessi, C. A. (May 2014). The Impact of Pain on the Efficacy of Cognitive Behavioral Therapy for Insomnia in Older Adults. American Geriatrics Society Annual Meeting. Orlando, FL.
31. **Dzierzewski, J. M.**, Jouldjian, S., Fung, C. H., Alessi, C. A., Irwin, M. R., & Martin, J. L. (June 2013). Daytime Sleep and Nighttime Wakefulness Predict Worse Cognitive Functioning in At-Risk Older Adults. SLEEP. Baltimore, MD.
32. Martin, J. L., Fiorentino, L., Fung, C. H., **Dzierzewski, J. M.**, Jouldjian, S., Josephson, K. R., Alessi, C. A. (June 2013). Cognitive-Behavioral Therapy for Insomnia Improved Sleep Quality in

an Older Veteran Population: Preliminary Results of the Healthy Sleep Study. SLEEP. Baltimore, MD.

33. Alessi, C. A., Martin, J. L., Jouldjian, S., Fung, C. H., **Dzierzewski, J. M.**, Fiorentino, L., & Josephson, K. (June 2013). A Postal Survey of Insomnia Prevalence in Older Adults. SLEEP. Baltimore, MD.
34. **Dzierzewski, J. M.**, Marsiske, M., Aiken Morgan, A. T., Buman, M. P., Giacobbi, P. R., Roberts, B. L., & McCrae, C. S. (June 2013). Sleep and Practice-Related Learning in Community-Dwelling Older Adults. SLEEP. Baltimore, MD.
35. **Dzierzewski, J.M.** & Gregg, J. J. (November 2012). Clinical, Research, and Service with Diverse Elders: What Students Should Know. Symposium at The Gerontological Society of America. San Diego, CA.
36. Gregg, J. J. & **Dzierzewski, J.M.** (November 2012). Planning for the Future in Clinical Geropsychology: Avenues for Success. Symposium at The Gerontological Society of America. San Diego, CA.
37. Buman, M. P., Giacobbi, P. R., **Dzierzewski, J. M.**, Marsiske, M., McCrae, C. S., Aiken Morgan, A. T., & Roberts, B. L. (April 2011). Older Adult Peer Volunteers Improve Long-term Maintenance of Physical Activity in the Community: A Randomized Controlled Trial. 32nd Annual Meeting for the Society of Behavioral Medicine. Washington D.C.
38. **Dzierzewski, J.M.** & Foster, S. M. (November 2010). Tips for Successful Careers in Clinical Geropsychology: Research, Practice, and Public Policy. Symposium at The Gerontological Society of America. New Orleans, LA.
39. Kay, D., **Dzierzewski, J.M.**, Rowe, M., and McCrae, C.s. (June 2010). Sleep Discrepancy and Its Correlates Among Older Adults. SLEEP. San Antonio, TX.
40. **Dzierzewski, J. M.**, Buman, M. P., Giacobbi, P. R., Roberts, B. L., Aiken Morgan, A. T., Marsiske, M., & McCrae, C. S. (June 2010). Exercise Behavior Predicts Daily Self-Reported Sleep in Community-Dwelling Elders. SLEEP. San Antonio, TX.
41. Buman, M. P., Giacobbi, P. R., **Dzierzewski, J. M.**, Marsiske, M., Aiken Morgan, A. T., McCrae, C. S., & Roberts, B. L. (April 2009). A Peer-Assisted Social Cognitive Based Physical Activity Intervention for Older Adults. The Society of Behavioral Medicine. Montreal, Quebec.
42. Dautovich, N., McCrae, C. S., Rowe, M., & **Dzierzewski, J. M.** (June 2008). How Variable is Napping Behavior in Older Adults? Within-person Variability in Napping in Older Adults in Relation to Sleep. SLEEP. Baltimore, MD.
43. McNamara, J.P.H., McCrae, C.S., Rowe, M.A., & **Dzierzewski, J.M.** (November 2006). Intraindividual Variability in Objective Sleep and Affect in Older Caregivers. Symposium at The Gerontological Society of America. Dallas, TX.
44. McCrae, C.S., McNamara, J.P.H., Rowe, M.A., Dirk, J., & **Dzierzewski, J.M.** (November 2006). Intraindividual Variability in Daily Objective and Subjective Sleep Patterns and Affect in Community Dwelling Older Adults. Symposium at The Gerontological Society of America. Dallas, TX.

45. **Dzierzewski, J.M.**, McCrae, C.S., Rowe, M.A., & McNamara, J.P.H.. (November 2006). Intraindividual Variability in Subjective Sleep and Affect in Older Caregivers. Symposium at The Gerontological Society of America. Dallas, TX.

PROFESSIONAL SERVICE EXPERIENCE

Editorial Experience

2023 – Current	Advisory Council – <i>Sleep Psychology</i> Cambridge University Press
2022 – Current	Editorial Board – <i>Frontiers in Sleep</i> <i>Insomnia</i> (specialty section)
2022 – Current	Editorial Board – <i>Frontiers in Aging Neuroscience</i> <i>Neurocognitive Aging and Behavior</i> (specialty section)
2017 – Current	Editorial Board – <i>Clinical Gerontologist</i>
2021	Guest Editor – <i>International Journal of Environmental Research & Public Health</i> Special Issue: Sleep Quality, Well-Being, and Mental Health Among Adults
2017	Guest Editor – <i>Clinical Gerontologist</i> Special Issue: Late-Life Sleep
2013	Guest Editor – <i>Clinical Gerontologist</i> Special Issue: Late-Life Diversity
Ad hoc Reviewer	<i>Sleep Science, Translational Issues in Psychological Science, Journal of Aging and Physical Activity, Health & Social Care in the Community, Journal of Sleep Research, International Journal of Geriatric Psychiatry, Journal of American Geriatrics Society, Research Quarterly for Exercise and Sport, Behavioral Sleep Medicine, Journal of Aging and Health, Journal of Clinical Sleep Medicine, Journal of Clinical Psychology, BMC Psychiatry, Rehabilitation Psychology, Journal of Women's Health, Psychoneuroendocrinology, Sleep Health, Clinical Gerontologist, Psychosomatic Medicine, Applied Sciences, Sleep Health</i>

Professional Community Presentations

Spring 2024	Presenter: National Sleep Foundation, Sleep Health <u>is</u> Mental Health. Congressional Briefing. Washington, DC.
Spring 2024	Presenter: Standard Time vs DST: Effects on the Transportation Workforce Webinar. Coalition for Permanent Standard Time.
Spring 2024:	Presenter: Advancing Sleep Research: New Core Digital Measures and Resources. Digital Medicine (DiMe) Society.

- Fall 2023 **Presenter:** Physician self-care: a primer on National Sleep Foundation's Best Slept Self® framework for healthy sleep.
Florida, Michigan, and Puerto Rican Chapters, American Academy of Pediatrics.
- Summer 2023 **Presenter:** National Sleep Foundation's Best Slept Self® Framework: Sleep and Safety Considerations.
New Jersey Chapter: Associated Builders and Contractors.
- Summer 2023 **Presenter:** National Sleep Foundation, Sleep Health Equity Congressional Briefing. Washington, DC.
- Summer 2023 **Presenter:** Translating Science to the Public
Sleep Disorders Research Advisory Board, National Institutes of Health.
Bethesda, MD.
- Fall 2022 **Panelist:** *Midcareer Transitions*. Sponsored by the Society of Behavioral Sleep Medicine.
- Spring 2022 **Panelist:** *Career Pathways in Aging*. Sponsored by the American Psychological Association Committee on Aging and Council of Professional Geropsychology Training Programs.
- Spring 2019 **Presenter:** *Self-Care & Caregiving Sleep* to multiple Richmond, VA Alzheimer Association support groups
- Spring 2019 **Presenter:** *Sleep in Alzheimer's Disease and Caregiving* to Richmond Caregiver Workshop hosted by the Alzheimer Association.

Leadership and Professional Experience

- 2023 – Present **Member:** Consumer Technology Association (CTA), Consumer Sleep Standards Working Group
- 2023 – Present **Founding Member and Steering Committee:** Coalition for Permanent Standard Time.
- 2023 – 2024 **Member:** Core Measure of Sleep, Digital Measures Development. Digital Medicine Society (DiMe)
- 2022 **Study Section Member** (ad hoc) – ZAG1 ZIJ-3 (M2)
Study Section: National Institutes of Health
- 2021 **Co-Chair** – Search Committee
Assistant Professor Clinical Psychology
Virginia Commonwealth University
- 2021 **Study Section Member** (ad hoc) – MESH
Study Section: National Institutes of Health
- 2021 **Study Section Member** (ad hoc) – ZRG1 BBBP J(55)
Study Section: National Institutes of Health

2021	Member: Department Strategic Hiring Plan Committee Department of Psychology, Virginia Commonwealth University
2021 – 2022	Member: CPSD Oversight Committee Department of Psychology, Virginia Commonwealth University
2020 – 2021	Planning Committee – BRIDGES Conferences International conference focused on training pipeline issues in clinical geropsychology (held March 2 and 4, 2021)
2021 – 2023	Member – Investigator Initiated Awards Review Committee American Academy of Sleep Medicine
2020	Member – Neuroscience Review Panel Value and Efficiency Teaching and Research (VETAR) School of Medicine, Virginia Commonwealth University
2020 – 2023	Member - Career Development Awards Review Committee American Academy of Sleep Medicine
2020 – 2022	Member – Institutional Review Board (IRB) Virginia Commonwealth University
2019 – 2022	Director – Behavioral Medicine Concentration Virginia Commonwealth University
2019	Faculty Member – Search Committee Assistant Professor Clinical Psychology Virginia Commonwealth University
2018 – 2019	Faculty Member – Search Committee Assistant Professor Clinical Psychology (two positions) Virginia Commonwealth University
2018 – 2022	Faculty Adviser – Rams for Memory (student organization) Virginia Commonwealth University
2017 – 2021	Preliminary Exam Coordinator Department of Psychology, Virginia Commonwealth University
2017 – 2020	Faculty Member - Scientific Advisory Committee CCTR Endowment Fund, Virginia Commonwealth University
2017 – 2019	Faculty Member – Clinical Area Diversity Committee Department of Psychology, Virginia Commonwealth University
2017 – 2022	Founding Member – Richmond Geropsych Network Richmond, VA
Summer 2017	Grant Reviewer – UK Alzheimer’s Association

2014 – 2017	Newsletter Editor – APA Division 12, Section II Society of Clinical Geropsychology
2013 – 2016	Continuing Education (CE) Committee VA Greater Los Angeles Healthcare System
Fall 2013	Grant Reviewer – Alzheimer’s Association
2010 – 2013	Student Representative – APA Division 12, Section II Society of Clinical Geropsychology
Fall 2009	Graduate Student Representative – Aging Training Program University of Florida

TEACHING AND MENTORING EXPERIENCE

Graduate Mentorship

Doctoral Student Advisees: (5 completed, 2 continuing)

2020	Tarah Raldiris, Social Psychology (completed 2020)
2021	Scott Ravyts, Clinical Psychology (completed 2021)
2023	Elliottneil Perez, Clinical Psychology (completed 2024)
2024	Sarah Ghose, Counseling Psychology (secondary mentor; completed 2024)
2024	Emily Donovan, Clinical Psychology (completed 2024)
2024	Sahar Sabet, Counseling Psychology (secondary mentor; completed 2024)
2025	Pablo Soto, Clinical Psychology (anticipated defense)
2026	Spencer Nielson, Clinical Psychology (anticipated defense)

Master’s Student Advisees: (7 completed)

2016	Tarah Raldiris, Social Psychology
2017	Scott Ravyts, Clinical Psychology
2019	Stephanie Grah, Clinical Psychology (withdrew from program)
2019	Sahar Sabet, Counseling Psychology (secondary mentor)
2020	Emily Donovan, Clinical Psychology
2021	Claire Williams, Counseling Psychology (secondary mentor)
2022	Amber Fox, Clinical Psychology
2022	Spencer Nielson, Clinical Psychology

Member of Dissertation Committee: (9 completed)

2019	David Rothman (defended)
2019	Rachel Weiskittle (defended)
2019	Sarah Clark (defended)
2019	Sarah Griffin (defended)
2019	Dana Schreiber (defended)
2018	Nour Al Ghriwati (defended)
2019	Richard Henry (defended)
2019	Alyssa Rudy (defended)
2023	Morgan Reid (defended)

Member of Thesis Committee: (1 completed)

2019	Morgan Reid (defended)
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Undergraduate Honors Thesis: (1 completed)

2022 Ainsley Miller (defended)

Student Grantsmanship:

2017 Nour Al Ghriwati: NIH F31, unfunded.
Role: Other significant contributor.

2019 Alyssa Rudy: NIH F31, unfunded.
Role: Other significant contributor.

2018 - 2021 Elliottneil Perez: Southern Regional Education Board Fellowship, funded.
Role: Primary mentor.

2019 - 2022 Pablo Soto: Southern Regional Education Board Fellowship, funded.
Role: Primary mentor.

2021 Emily Donovan: NIH F31, unfunded.
Role: Mentor.

Informal Mentoring:

Meet with numerous graduate students to discuss work/life balance, career options, funding applications, etc.

Undergraduate Mentorship

Mentorship and supervision of 35 (cumulative total) undergraduates at VCU in the SAGE Research Laboratory. Students attend regular lab meetings and participate in discussions regarding lab projects. Students are involved in active study recruitment, data collection, data entry and coding, and data analyses. Students collaborate with graduate students on presentations at local, regional, and national conferences. Mentorship also entails discussion of career options and professional development issues.

Faculty Adviser

2018 – 2022 **Rams for Memory (R4M)** – VCU-sanctioned undergraduate student organization with a mission for advocacy and increased awareness about Alzheimer's disease and related dementias.

Courses Taught

Spring 2022 PSYC 627: Research Methods in Clinical Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University

Spring 2021 PSYC 627: Research Methods in Clinical Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University

Spring 2019 PSYC 627: Research Methods in Clinical Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University

Fall 2018 PSYC 627: Research Methods in Clinical Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University

Fall 2018 - Current PSYC 494: Research Internship in Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University

- Spring 2018 PSYC 627: Research Methods in Clinical Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University
- Fall 2016 PSYC 407: Abnormal Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University
- Fall 2010 PSY 7934: Psychotherapy with Older Adults (Co-Instructor)
Department of Clinical & Health Psychology, University of Florida

Invited/Guest Lectures

- Fall 2020 **Continuing Education Presentation.** Nevada Psychological Association.
Treatment of Insomnia: An Introduction and Step-by-Step Guide to Cognitive-Behavioral Therapy for Insomnia.
- Fall 2018 PSYC 101: Introductory Psychology. **Guest Lecturer:** Sleep.
Psychology Department, Virginia Commonwealth University
- Spring 2018 PSYC 700: Grant Writing. **Guest Discussant:** Grants from an Inside Perspective.
Psychology Department, Virginia Commonwealth University
- Fall 2017 PSYC 306: Psychology of Adult Development. **Guest Lecturer:** Sleep.
Psychology Department, Virginia Commonwealth University
- Fall 2017 ADHC Clinic Supervision. **Guest Lecturer:** Working with Older Adults.
Psychology Department, Virginia Commonwealth University
- Fall 2015 Sleep Medicine Fellowship Program.
Instructor: The Scientific Method: Research Methods for Medical Providers.
Greater Los Angeles Veterans Affairs Healthcare System
- Fall 2015 Clinical Psychology Intern Seminar Series.
Instructor: Sleep Apnea: What Psychologists Need to Know.
Greater Los Angeles Veterans Affairs Healthcare System (Sepulveda Clinic)
- Fall 2014 19th Annual Review of Psychiatry and Psychopharmacology.
Instructor: Psychological and Behavioral Approaches to Chronic Insomnia.
Semel Institute, University of California, Los Angeles.
- Spring 2014 PSYC 619: Psychological Intervention. **Guest Lecturer:** Psychological Interventions for Sleep Disorders.
Psychology Department, University of Southern California
- Spring 2014 Sleep Medicine Fellowship Program.
Instructor: The Scientific Method: Research Methods for Medical Providers.
Greater Los Angeles Veterans Affairs Healthcare System
- Spring 2014 Clinical Psychology Intern Seminar Series.
Instructor: Sleep Apnea: Definitions, Consequences, and Treatment.
Greater Los Angeles Veterans Affairs Healthcare System (Sepulveda Clinic)

Fall 2013	Geriatric Evaluation and Management (GEM) Unit Didactics Instructor: Dementia and Delirium. Greater Los Angeles Veterans Affairs Healthcare System (West LA Clinic)
Spring 2013	PSYC 619: Psychological Intervention. Guest Lecturer: Psychological Interventions for Sleep Disorders. Psychology Department, University of Southern California
Spring 2013	Clinical Psychology Intern Seminar Series. Instructor: Sleep Apnea: Information for Psychologists. Greater Los Angeles Veterans Affairs Healthcare System (Sepulveda Clinic)
Fall 2010	PSY 4302: Introduction to Clinical Psychology. Guest Lecturer: Clinical Geropsychology: History, theory, assessment, intervention, and research. Department of Clinical & Health Psychology, University of Florida
Spring 2009	Clinic Staffing Presentation. Instructor: Normal versus Pathological Aging: How to distinguish pathological cognitive aging from normal cognitive aging and how to assess for dementia in primary care. Veterans Affairs Community Based Outpatient Clinic (CBOC), Ocala, FL
Spring 2009	PSY 4314: Introduction into Health Psychology. Guest Lecturer: Health Psychology of Aging: Background, epidemiology, theory, assessment, research, and clinical work. Department of Clinical & Health Psychology, University of Florida
Spring 2009	PSY 4404: Psychology of Aging. Guest Lecturer: Cognitive Aging: Theories, Decline, and Growth. Department Psychology, University of Florida
Spring 2006	PSY 4404: Psychology of Aging. Teaching Assistant. Guest Lecturer: Activities of Daily Living & Instrumental Activities of Daily Living. Guest Lecturer: Cognitive Decline and Growth in Late-Life. Department Psychology, University of Florida
Fall 2005	PSY 3213L: Laboratory Methods of Psychology. Teaching Assistant. Department Psychology, University of Florida
Fall 2004	PSY 416: Cognitive Psychology. Guest Lecturer: Intelligence (Historical Perspective, Testing Procedures, and Current Conceptualization). Department of Psychology, University of Nevada, Las Vegas

HONORS AND AWARDS

2023	Outstanding Alumni: Career Achievement and Service College of Public Health and Health Professions University of Florida
2019-2020	Faculty Scholarship Award Department of Psychology, Virginia Commonwealth University

October 2018	Funded Faculty Participant: 25 th Annual Institute on Teaching and Mentoring. Southern Regional Education Board. Arlington, VA
July 2018	Funded Participant: 18 th Annual Summer Research Institute on Randomized Behavioral Clinical Trials. NIH/NHLBI/OBSSR
October 2015	Funded Participant (Competitive Application Process) 8 th Annual Bedside to Bench Conference: Sleep, Circadian Rhythms, and Aging: New Avenues for Improving Brain Health, Physical Health and Functioning National Institute on Aging & American Geriatrics Society Bethesda, MD
July 2015	Best Faculty Poster (Health Sciences Section) Research Conference on Aging Department of Medicine, UCLA
June 2014	Funded Participant (NIA R13 AG 030995: Competitive Application Process) - Advanced Psychometrics Methods Workshop in Cognitive Aging; Friday Harbor, WA
July 2013	Funded Participant (NIA: Competitive Application Process) – National Institute on Aging Butler-Williams Scholar Program (formerly the Summer Institute on Aging Research); National Institute of Health, Bethesda, MD
July 2013	Funded Participant (NIMH: Competitive Application Process) – Summer Research Institute on Geriatric Mental Health; Cornell University, Weill Medical College, New York, NY
June 2013	Funded Participant (NIA R13 AG 030995: Competitive Application Process) - Advanced Psychometrics Methods Workshop in Cognitive Aging; Friday Harbor, WA
April 2013	Funded Participant (Competitive Application Process) – Young Investigator Research Forum; American Academy of Sleep Medicine; Bethesda, MD
June 2012	Funded Participant (NIA R13 AG 030995: Competitive Application Process) - Advanced Psychometrics Methods Workshop in Cognitive Aging; Friday Harbor, WA
Summer 2012, Spring 2012 Fall 2011	Supplemental Retention Program Award UF, Office of Graduate Minority Programs (\$2000 total)
Spring 2010	Outstanding Research Award (top score) UF, College of Public Health and Health Professionals (\$500)
Fall 2009	Most Outstanding Student Researcher Department of Clinical & Health Psychology

	University of Florida (\$500)
Summer 2009	Completed Doctoral Research Award, Division 20 (Adult Development and Aging), American Psychological Association and the Retirement Research Foundation (\$1500)
Summer 2009	Best Student Poster Award, Division 12, Section II (Clinical GeroPsychology), American Psychological Association (\$100)
Summer 2009	Conference Travel Stipend UF Graduate Student Council (\$250)
Summer 2009	Office for Research, University of Florida Graduate Student Travel Grant (\$300)
Summer 2009	National Finalist, Elderhostel K. Patricia Cross Doctoral Research Grant
Summer 2008	Excellence in Research by a Student Member, Division 12, Section II (Clinical GeroPsychology), American Psychological Association (\$250)
Spring 2008	Graduate Student Research Grant UF, College of Public Health and Health Professionals (\$1000)
Fall 2007	Travel Scholarship Behavioral and Social Science Section (BSS), Gerontological Society of America (GSA; \$200)
Summer 2007	Honorable Mention: Excellence in Research by a Student Member Division 12, Section II (Clinical GeroPsychology), American Psychological Association
Spring 2007	Outstanding Research Award UF, College of Public Health and Health Professionals (\$500)
Summer 2006 – Spring 2009	T32 Funded NIA Predoctoral Aging Trainee University of Florida
Summer 2006	Thesis Proposal Award, Division 20 (Adult Development and Aging), American Psychological Association and the Retirement Research Foundation (\$750)
Spring 2006	Conference Travel Award UF Department of Psychology (\$150)
Spring 2006	Conference Travel Stipend UF Graduate Student Council (\$250)
Spring 2005	Alumni License Plate Scholarship UNLV Department of Psychology (\$250)

Spring 2005	John & Mary Hughes Alumni Scholarship UNLV Department of Psychology (\$250)
Spring 2004	Alumni Foundation Outstanding Student Award UNLV Department of Psychology (\$500)
Fall 2000 – Spring 2005	Dean's Honor List
Fall 2000 – Spring 2005	Full Tuition Scholarship: Millennium Scholarship UNLV (\$10,000)

PROFESSIONAL CLINICAL EXPERIENCE

09/2012 – 08/2015 **Advanced Geriatrics Fellow**
Geriatric Research, Education, and Clinical Center (GRECC)
Greater Los Angeles Veterans Affairs Healthcare System

Behavioral Sleep Medicine for common late-life sleep disturbances (group treatment of insomnia, group treatment of poor compliance with prescribed PAP therapy, treatment of comorbid insomnia and OSA, and group treatment for caregiver burden in older adults). Supervision of practicum students, predoctoral psychology interns, and post-doctoral psychology fellows.

07/2011 – 07/2012 **Predoctoral Internship in Clinical Psychology**
Geropsychology Emphasis
Miami VA Healthcare System
Bruce W. Carter VA Medical Center
1201 NW 16th Street - #116-B
Miami, Florida 33125

This is a year-long, APA-approved internship in Clinical Psychology. Area of concentration is Clinical Geropsychology. Main rotations include: Home-Based Primary Care, Extended Care/Palliative Care, Community-Living Center, Behavioral Sleep Medicine, and Substance Abuse Residential Rehabilitation Treatment Program. This internship also includes comprehensive psychodiagnostic assessments and individual psychotherapy.

08/2009 – 06/2010 **Advanced Practicum in Geropsychology**
Ocala Community Based Outpatient Clinic (CBOC)
North FL/South GA Veteran's Health System
Supervisor: Angela E. Steep, Psy.D.

The focus of this year-long advanced practicum in Geropsychology was in the assessment and treatment of older adults presenting with a variety of psychological disturbances. Approximately ¼ of the rotation occurred in a Specialty Mental Health Clinic, while the other ¾ took place in a Primary Care facility.

05/2007 – 08/2010 **Psychology Clinic**
University of Florida & Shands Hospital
Gainesville, Florida

Graduate school clinical experience engaged in a hospital-based psychology clinic. Experiences included multiple practicum experiences, including: (1) Medical/Health Psychology: Adult Transplantation, (2) Child Psychology, (3) General Mental Health, (4) Neuropsychology, and (5) Advanced Therapy. Experiences included: (1) Pre-transplantation and donor evaluations, (2) ADHD, learning disorder, and developmental disorder evaluations, (3) Evaluation and treatment of mood and anxiety disorders across the life-span, (4) Evaluation of dementing illnesses, pre-surgical and post-operative evaluations, (5) Treatment of psychological disturbances across the age-range (though focusing on late-life) through Evidence-based Treatments.

RESEARCH INTERESTS

- Sleep health and sleep health equity.
- Consequences and correlates of sleep. Daytime functioning.
- Sleep in underserved and special populations (i.e., disparities, sleep in first responders, sleep in caregivers and individuals with Alzheimer's disease, women, historically excluded communities).
- Measurement of sleep.
- Sleep technology.
- Translation of science to the public.

SPECIALIZED TRAINING

- Programming and trouble shooting using DirectRT; Windows experiment generation program.
- Use of wrist actigraphy and home sleep testing for the measurement of sleep.
- Biological specimen collection and analyses for the measurement of inflammatory factors.
- Working knowledge of SPSS, AMOS, STATA, G-Power, LISREL, MPLUS, and NCSS statistical software programs.

PROFESSIONAL MEMBERSHIP

2004 – Current	American Psychological Association
2012 – Current	American Academy of Sleep Medicine
2021 – Current	Society of Behavioral Sleep Medicine
2005 – Current	Sleep Research Society
2023 – Current	World Sleep Society
2006 – 2018	Gerontological Society of America
2006 – 2018	American Psychological Association, Division 12, Section II
2016 – 2018	American Psychological Association, Division 12
2010 – 2013	American Geriatrics Society
2005 – 2013	American Psychological Association, Division 20