

CURRICULUM VITAE*University of Pittsburgh**School of Medicine***BIOGRAPHICAL INFORMATION**

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EDUCATION AND TRAINING**UNDERGRADUATE:**

2004-2008 **Carnegie Mellon University**; Pittsburgh, PA
B.S., Honors, 2008, Biological Sciences & Psychology, Minor: Neuroscience
Honors Thesis Advisors: Erik Theissen, PhD & Timothy Monk, PhD, DSc

GRADUATE:

2008-2014 **University of California, Berkeley** (APA and PCSAS Accredited); Berkeley, CA
M.A., 2010, Psychology
Ph.D., 2014, Clinical Science
Primary Academic and Research Advisor: Allison Harvey, PhD

2013-2014 **Western Psychiatric Hospital Clinical Psychology Internship** (APA Accredited); Pittsburgh, PA
Clinical Psychology Intern, 2014, General Adult
Program Directors: Jill Cyranowski, PhD & Michele Levine, PhD

POSTGRADUATE:

2014-2016 **University of Pittsburgh/Western Psychiatric Hospital**; Pittsburgh, PA
Postdoctoral Scholar, 2016, Affective Neuroscience & Translational Sleep Medicine
Primary Mentor: Mary Phillips, MD, MD (Cantab), Co-Mentor: Daniel J. Buysse, MD

APPOINTMENTS AND POSITIONS**ACADEMIC**

2005 **Research Assistant**, Center for Visual Science, Department of Neuroscience, University of Rochester, Rochester, NY, Supervisor: Michael Weliky, PhD

2005-2006 **Research Assistant**, Center for the Neural Basis of Cognition, Department of Biological Sciences, Carnegie Mellon University, Pittsburgh, PA, Supervisor: Justin Crowley, PhD

2006-2008 **Research Assistant**, Infant Language & Learning Lab, Department of Psychology, Carnegie Mellon University, Pittsburgh, PA, Supervisor: Erik Thiessen, PhD

2006-2008 **Research Assistant**, Human Chronobiology Research Program, Department of Psychiatry, University of Pittsburgh Medical Center, Pittsburgh, PA, Supervisor: Timothy Monk, PhD, DSc

2006-2007 **NIMH R25 Undergraduate Fellow**, R25MH054318: *Recruitment of Undergraduates to Mental Health Research* (PI: Gretchen Haas, PhD), Department of Psychiatry, University of Pittsburgh Medical Center, Pittsburgh, PA, Supervisor: Timothy Monk, PhD, DSc

2008-2009	Graduate Student Instructor , Department of Psychology, University of California, Berkeley, Berkeley, CA, Courses: Psychology of Sleep, Clinical Psychology.
2009-2011	Graduate Student Researcher , R34MH080958: <i>CBT-I for Bipolar Disorder</i> (PI: Allison Harvey, PhD), Department of Psychology, University of California, Berkeley, Berkeley, CA
2011-2013	NIMH T32 Predoctoral Fellow , T32MH089919: <i>From Mechanisms to Treatment of Mental Illness: Translational Research Training</i> (PI: Allison Harvey, PhD), Department of Psychology, University of California, Berkeley, Berkeley, CA, Supervisor: Allison Harvey, PhD.
2013-2014	Clinical Psychology Predoctoral Intern , Western Psychiatric Hospital, University of Pittsburgh School of Medicine, Pittsburgh, PA
2014-2016	NIMH T32 Postdoctoral Fellow , T32 MH018269: <i>Clinical Research Training for Psychologists</i> (PI: Paul Pilkonis, PhD), Department of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA, Supervisors: Mary Phillips, MD & Dan Buysse, MD
2016	NHLBI T32 Postdoctoral Fellow , T32 HL082610: <i>Translational Research Training in Sleep Medicine</i> (PI: Daniel J. Buysse, MD), Department of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA, Supervisors: Mary Phillips, MD & Dan Buysse, MD
2016-2024	Assistant Professor , Department of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA
2018-present	Affiliated Faculty , Center for the Neural Basis of Cognition, Carnegie Mellon University & University of Pittsburgh, Pittsburgh, PA
2024-present	Director, Office of Data Management , Department of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA
2024-present	Associate Professor , Department of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA

MEMBERSHIPS IN PROFESSIONAL AND SCIENTIFIC SOCIETIES

Sleep Research Society (SRS), Member	2007-present
Association of Behavioral and Cognitive Therapies (ABCT), Student Member	2008-2012
American Psychological Association (APA), Student Member	2008-2013
Association for Psychological Science (APS), Member	2010-2022
Society of Biological Psychiatry (SOBP), Member	2018-present
Flux Society, Member	2018-present
Society for Light, Rhythms, and Circadian Health, Member	2023-present
International Pediatric Sleep Association, Member	2023-present
European Sleep Research Society, Member	2024-present
American College of Neuropsychopharmacology, Associate Member	2025-present

HONORS

Undergraduate

Judith Resnik Challenger Scholarship for Women in Science, Carnegie Mellon University (half tuition)	2004-2008
Science and Humanities Scholars Program, Carnegie Mellon University	2004-2008
Undergraduate Research Grant, Howard Hughes Medical Institute (\$1000)	2005-2006
NIMH Undergraduate Mental Health Research Fellowship (R25MH054318, PI: Gretchen Haas, PhD)	2007-2008
Award for Excellence in Undergraduate Research - Biological Sciences, Carnegie Mellon University	2008

Graduate

William V. Power Graduate Award, UC Berkeley (\$2000)	2008
Sigma Xi Grant-in-Aid-of-Research, Sigma Xi (\$800)	2009

Summer Research Fellowship, UC Berkeley (\$3500)	2010
Merit Based Trainee Travel Award, Sleep Research Society (\$300)	2012
Summer Research Fellowship, UC Berkeley (\$5250)	2011
NIMH Predoctoral T32 Fellowship (T32MH089919 PI: Allison Harvey, PhD)	2011-2013
Sheldon J. Korchin Dissertation Prize, UC Berkeley (\$1250)	2012
Summer Research Fellowship, UC Berkeley (\$1750)	2012
Merit Based Trainee Travel Award, Sleep Research Society (\$500)	2014

Postdoctoral/Faculty

Participant, American Academy of Sleep Medicine Young Investigator Research Forum	2015
Participant, NIMH Career Development Institute for Bipolar Disorder	2015
Best Poster Award (Postdoctoral), Western Psychiatric Hospital 15 th Annual Research Day	2015
Travel Award, Sleep Research Network (\$1000)	2015
Participant, Oxford Sleep and Circadian Neuroscience Summer School	2016
Best Poster Award – Sleep Medicine, Oxford Sleep and Circadian Neuroscience Summer School	2016
Domestic Travel Fellowship, Society of Biological Psychiatry	2019
Travel Fellowship, American College of Neuropsychopharmacology	2020
Rising Star Award, Association for Psychological Science	2021

PUBLICATIONS

1. Original Peer Reviewed Articles:

1. **Soehner AM**, Kennedy KS, Monk TH. Personality correlates with sleep-wake variables. *Chronobiol Int*. 2007;24(5):889-903. PubMed PMID: 17994344.
2. Monk TH, Burk LR, Klein MH, Kupfer DJ, **Soehner AM**, Essex MJ. Behavioral circadian regularity at age 1 month predicts anxiety levels during school-age years. *Psychiatry Res*. 2010 Jul 30;178(2):370-3. PMCID: PMC2902574.
3. **Soehner AM**, Kennedy KS, Monk TH. Circadian preference and sleep-wake regularity: associations with self-report sleep parameters in daytime-working adults. *Chronobiol Int*. 2011 Nov;28(9):802-9. PMCID: PMC4143130.
4. **Soehner AM**, Harvey AG. Prevalence and functional consequences of severe insomnia symptoms in mood and anxiety disorders: results from a nationally representative sample. *Sleep*. 2012 Oct 1;35(10):1367-75. PMCID: PMC3811969.
5. Harvey AG, **Soehner A**, Lombrozo T, Bélanger L, Rifkin J, Morin CM. 'Folk theories' about the causes of insomnia. *Cognit Ther Res*. 2013 Oct 1;37(5). PubMed PMID: 24187398.
6. **Soehner AM**, Kaplan KA, Harvey AG. Prevalence and clinical correlates of co-occurring insomnia and hypersomnia symptoms in depression. *J Affect Disord*. 2014;167:93-7. PubMed PMID: 24953480.
7. Harvey AG, Bélanger L, Talbot L, Eidelman P, Beaulieu-Bonneau S, Fortier-Brochu É, Ivers H, Lamy M, Hein K, **Soehner AM**, Mérette C, Morin CM. Comparative efficacy of behavior therapy, cognitive therapy, and cognitive behavior therapy for chronic insomnia: a randomized controlled trial. *J Consult Clin Psychol*. 2014 Aug;82(4):670-83. PMCID: PMC4185428.
8. Kaplan KA, McGlinchey EL, **Soehner A**, Gershon A, Talbot LS, Eidelman P, Gruber J, Harvey AG. Hypersomnia subtypes, sleep and relapse in bipolar disorder. *Psychol Med*. 2015 Jun;45(8):1751-63. PMCID: PMC4412779.
9. Harvey AG, **Soehner AM**, Kaplan KA, Hein K, Lee J, Kanady J, Li D, Rabe-Hesketh S, Ketter TA, Neylan TC, Buysse DJ. Treating insomnia improves mood state, sleep, and functioning in bipolar disorder: a pilot randomized controlled trial. *J Consult Clin Psychol*. 2015;83(3):564-77. PMCID: PMC4446240.
10. Kanady JC, **Soehner AM**, Harvey AG. A Retrospective Examination of Sleep Disturbance across the Course of Bipolar Disorder. *J Sleep Disord Ther*. 2015 Mar 30;4(2). PMCID: PMC4662555.
11. Bélanger L, Harvey AG, Talbot L, Eidelman P, Beaulieu-Bonneau S, Fortier-Brochu É, Ivers H, Lamy M, Hein K, **Soehner AM**, Mérette C, Morin CM. Impact of Comorbid Anxiety and Depressive Disorders on Treatment Response to Cognitive Behavior Therapy for Insomnia. *J Consult Clin Psychol*. 2016 Aug; 84(8):659-67. PMCID: PMC4949114.

12. **Soehner AM**, Bertocci MA, Manelis A, Bebeko G, Ladouceur CD, Graur S, Monk K, Bonar LK, Hickey MB, Axelson D, Goldstein BI, Goldstein TR, Birmaher B, Phillips ML. Preliminary investigation of the relationships between sleep duration, reward circuitry function, and mood dysregulation in youth offspring of parents with bipolar disorder. *J Affect Disord.* 2016 Jul 1;205: 144-153. PMID: PMC5129838.
13. Kay DB, Karim HT, **Soehner AM**, Hasler BP, Wilckens KA, James JA, Aizenstein HJ, Price JC, Roasrio BL, Kupfer DJ, Germain A, Hall MH, Franzen PL, Nofzinger EA, Buysse DJ. Sleep-Wake Differences in Relative Regional Cerebral Metabolic Rate for Glucose among Patients with Insomnia Compared to Good Sleepers. *Sleep.* 2016 Oct 1;39(10):1779-1794. PMID: PMC5020360.
14. Kanady JC, **Soehner AM**, Klein AB, Harvey AG. The association between insomnia-related sleep disruptions and cognitive dysfunction during the inter-episode phase of bipolar disorder. *J Psychiatr Res.* 2017 Jan 5;88:80-88. PMID: PMC5527335.
15. Levenson JC, **Soehner A**, Rooks B, Goldstein TR, Diler R, Merranko J, Axelson D, Goldstein BI, Brent DA, Hafeman D, Hickey MB, Monk K, Sakolsky D, Kupfer DJ, Birmaher B. Longitudinal sleep phenotypes among offspring of bipolar parents and community controls. *J Affect Disord.* 2017 Jun; 215:30-36. PMID: PMC5500225.
16. Dolsen MR, **Soehner AM**, Morin CM, Bélanger L, Walker M, Harvey AG. Sleep the Night Before and After a Treatment Session: A Critical Ingredient for Treatment Adherence? *J Consult Clin Psychol.* 2017 Jun;85(6):647-652. PMID: PMC5568544.
17. **Soehner AM**, Kaplan KA, Saletin J, Talbot LS, Gruber J, Hairston IS, Eidelman P, Walker MP, Harvey AG. You'll feel better in the morning: Slow wave activity and overnight mood regulation in interepisode bipolar disorder. *Psychol Med.* 2018 Jan;48(2):249-260. PMID: PMC5736461.
18. Dolsen MR, **Soehner AM**, Harvey AG. Pro-inflammatory cytokines, mood, and sleep in interepisode bipolar disorder and insomnia: A pilot study with implications for psychosocial interventions. *Psychosom Med.* 2018 Jan;80(1):87-94. PMID: PMC5741462.
19. Kay DB, Karim HT, **Soehner AM**, Hasler BP, James JA, Price JC, Germain A, Hall MH, Franzen PL, Price JC, Nofzinger EA, Buysse DJ. Subjective-Objective Sleep Discrepancy is Associated with Alterations in Regional Glucose Metabolism in Patients with Insomnia and Good Sleeper Controls. *Sleep.* 2017 Nov 1;40(11). PMID: PMC5819841.
20. *Dong L, ***Soehner AM**, Bélanger L, Morin CM, Harvey AG. Treatment agreement, adherence, and outcome in cognitive behavioral treatments for insomnia. *J Consult Clin Psychol.* 2018 Mar;86(3):294-299. PMID: PMC5837913. *co-first authors.
21. **Soehner AM**, Goldstein TR, Grazmiller SM, Franzen PL. Cognitive control under stressful conditions in transitional age youth with bipolar disorder: Diagnostic and sleep-related differences in fronto-limbic activation patterns. *Bipolar Disord.* 2018 May;20(3):238-247. PMID: PMC6002960.
22. **Soehner AM**, Bertocci MA, Levenson JC, Goldstein TR, Rooks B, Merranko J, Hafeman D, Diler R, Axelson D, Goldstein BI, Hickey MB, Monk K, Phillips ML*, Birmaher B*. Longitudinal associations between sleep patterns and psychiatric symptom severity in high-risk and community comparison youth. *J Am Acad Child Adolesc Psychiatry.* 2019 Mar 6. PMID: PMC6733405. *co-senior authors.
23. **Soehner AM**, Chase HW, Bertocci MA, Greenberg T, Stiffler R, Lockovich JC, Aslam HA, Graur S, Bebeko G, Phillips ML. Unstable wakefulness during resting-state fMRI and its associations with network connectivity and affective psychopathology in young adults. *J Affect Disord.* 2019 Nov 1;258:125-132. PMID: PMC6710159.
24. Hasler BP, **Soehner AM**, Wallace ML, Logan R, Ngari W, Forbes EE, Buysse DJ, Clark DB. Experimentally-imposed circadian misalignment alters the neural response to monetary rewards and response inhibition in healthy adolescents. *Psychol Med.* 2021 Mar 17;1-9. PMID: PMC8935965.
25. Manelis A, **Soehner A**, Halchenko YO, Satz S, Ragozzino R, Lucero M, Swartz HA, Phillips ML, Versace A. White matter abnormalities in adults with bipolar disorder type-II and unipolar depression. *Sci Rep.* 2021 Apr 6;11(1):7541. PMID: PMC8024340.
26. Jalbrzikowski M, Hayes R, Scully KE, Franzen PL, Hasler NP, Siegle GJ, Buysse DJ, Dahl RE, Forbes EE, Ladouceur CD, McMakin DL, Ryan ND, Silk JS, Goldstein TR, **Soehner AM**. Associations between brain structure and sleep patterns across adolescent development. *Sleep.* 2021 May 10. PMID: PMC8503824

27. Wescott DL, Franzen PL, Hasler BP, Miller MA, **Soehner AM**, Smagula SF, Wallace ML, Hall MH, Roecklein KA. Elusive Hypersomnolence in Seasonal Affective Disorder: Actigraphic and self-reported sleep in and out of depressive episodes. *Psychol Med*. 2023 Mar;53(4):1313-1322. PMID: PMC10071357.
28. Wallace ML, Kissel N, Hall MH, Germain A, Matthews KA, Troxel WM, Franzen PL, Buysse DJ, Reynolds C, Monk TH, Roecklein KA, Gunn HE, Hasler BP, Goldstein TR, McMakin DL, Szigethy E, **Soehner AM**. Age Trends in Actigraphy and Self-Report Sleep Across the Lifespan: Findings from the Pittsburgh Lifespan Sleep Databank. *Psychosom Med*. 2022 May 1;84(4):410-420. PMID: PMC9064898.
29. Hasler BP, Wallace M, Graves G, **Soehner AM**, Clark DB. Preliminary Evidence that Circadian Alignment Predicts Neural Response to Monetary Reward in Late Adolescent Drinkers. *Front Neurosci*. 2022 Feb 16;16:803349. PMID: PMC8888521.
30. Hartman AG, McKendry S, **Soehner A**, Bodison S, Akcakaya M, DeAlmeida D, Bendixen R. Characterizing sleep differences in children with and without sensory sensitivities. *Front Psychol*. 2022 Jun 22;13: 875766. PMID: PMC9257069.
31. Williamson AA, **Soehner AM**, Boyd RC, Buysse DJ, Harvey AG, Jonassaint CR, Franzen PL, Goldstein TR. A protocol for applying health equity-informed implementation science models and frameworks to adapt a sleep intervention for adolescents at risk for suicidal thoughts and behaviors. *Frontiers in Public Health*. *Front Public Health*. 2022 Oct 12; 10:971754. PMID: PMC9597692.
32. **Soehner AM**, Hayes R, Franzen PL, Goldstein TR, Hasler NP, Siegle GJ, Buysse DJ, Dahl RE, Forbes EE, Ladouceur CD, McMakin DL, Ryan ND, Silk JS, Jalbrzikowski M. Naturalistic sleep patterns are linked to global structural brain aging in adolescence. *J Adolesc Health*. 2023 Jan;72(1):96-104. PMID: PMC9881228.
33. Hartman AG, McKendry S, Akcakaya M, **Soehner A**, Bodison SC, DeAlmeida D, Bendixen R. Characterizing rest-activity rhythms and sleep for children with and without tactile sensitivities: An observational study. *Sleep Med*. 2023 Jun;106:8-16. PMID: PMC10159915.
34. Asarnow L, **Soehner AM**, Dolsen M, Dong L, Harvey AG. Report from a Randomized Control Trial: Improved Alignment Between Circadian Biology and Sleep-Wake Behavior as a Mechanism of Depression Symptom Improvement in Evening-Type Adolescents with Depressive Symptoms. *J Child Psychol Psychiatry*. 2023 Dec;64(12):1652-1664. PMID: PMC10840628.
35. **Soehner AM**, Wallace M, Edmiston K, Chase H, Lockovich J, Aslam H, Stiffler R; Graur S, Skeba A, Bebeko G; Benjamin OE, Wang Y, Phillips ML. Neurobehavioral reward and sleep-circadian profiles predict present and next-year mania/hypomania symptoms. *Biol Psychiatry Cogn Neurosci Neuroimaging*. 2023 May 23:S2451-9022(23)00122-2. PMID: PMC10665544.
36. Hartman AG, Caspero K, Bodison SC, **Soehner A**, Akcakaya M, DeAlmeida D, Bendixen R. Pediatric occupational therapists' perspectives on sleep: A qualitative descriptive study. *Am J Occup. Ther*. 2024 May 1;78(3):7803205010.
37. Brandeis BO, Siegle GJ, Franzen P, **Soehner A**, Hasler B, McMakin, D., Young, K., Buysse, D.J. Subjective and neural reactivity during savoring and rumination. *Cogn Affect Behav Neurosci*. 2023 Dec;23(6):1568-1580. PMID: PMC10684651.
38. Lima Santos JP, Hayes R, Franzen PL, Goldstein TR, Hasler NP, Siegle GJ, Buysse DJ, Dahl RE, Forbes EE, Ladouceur CD, McMakin DL, Ryan ND, Silk JS, Jalbrzikowski M*, **Soehner AM***. The association between cortical gyrification and sleep patterns in adolescents and young adults. *Sleep*. 2024 Jan 11;47(1):zsad282. PMID: PMC10782503. *co-senior authors
39. Palatine E, Phillips ML, **Soehner AM**. Effect of selective slow wave sleep deprivation on mood in adolescents with depressive symptoms: A pilot study. *J Affect Disord*. 2024 Jun 1;354:347-355.
40. Tracy E, Xie Y, Buysse DJ, Smagula S, **Soehner AM**, Hasler BP. An Exploratory Pilot Study on Social Rhythm Regularity and Its Associations with Sleep, Circadian, Affective, and Alcohol Use Outcomes in Late Adolescents. *J Sleep Res*. *In press*.
41. Lima Santos JP, Versace A, Ladouceur CD, **Soehner AM**. The impact of sleep problems during late childhood and early adolescence on future internalizing problems. *Behav Sleep Med*. *In press*.
42. Lima Santos JP, **Soehner AM**, Ladouceur CD, Versace A. The impact of insufficient sleep on white matter development in late childhood and early adolescence. *J Adol Health*. *In press*.

43. Ricketts EJ, Karcanski K, Joyce DS, Rissman AJ, Ottenberg J, **Soehner AM**. Age of Onset in Insomnia: A Latent Profile Analysis. *J Sleep Res*. In Press.
44. Lima Santos JP, Pachgade M, **Soehner AM**. Slow Wave Sleep and Emotion Regulation in Adolescents with Depressive Symptoms: An Experimental Pilot Study. *J Sleep Res*. In Press.
45. Zaheed AB, Tapia AL, Oryshkewych N, Wheeler BJ, Butters MA, Buysse DJ, Leng Y, Barnes LL, Lim A, Yu L, **Soehner AM**, Wallace ML. Trajectories of sleep amount, regularity and timing across three cognitive-aging pathways in community dwelling older adults. *Alzheimers Dement*. In press.
46. Lima Santos JP, **Soehner A**, Biernesser C, Ladouceur CD, Versace A. Screen time and depressive symptoms in adolescents: The role of sleep and white matter organization. *JAMA Pediatrics*. In Press.

Original Peer Reviewed Articles – SUBMITTED

1. Kocanaogullari D, Akcakaya M, Bendixen R, **Soehner A**, Hartman AG. What goes on when the lights go off? Using machine learning techniques to characterize a child's settling down period.
2. Gillette EL, Wilckens KA, **Soehner AM**. Effects of Slow Wave Sleep Deprivation on Memory Consolidation in Adolescents with Depressive Symptoms: A Pilot Study.
3. Hartman AG, Crown M., Northrup J., MacKenzie KT, Ionadi A, **Soehner AM**, Mazefsky, C. Navigating Sleep and Emotion in Autism: Insights from Mediation Analyses on Bidirectional Relationships.
4. **Soehner AM**, Keller LS, Kanady JC, Harvey AG. Dissociable sleep-circadian correlates of affective lability and intensity in bipolar I disorder.
5. Huynh QL, Tortora C, Punzo A, **Soehner AM**, Wallace ML. Mixture Clustering of Generalized Hyperbolic Distribution and Multinomial Distribution.

2. Other Peer Reviewed Publications

1. Harvey AG, Murray G, Chandler RA, **Soehner A**. Sleep disturbance as transdiagnostic: consideration of neurobiological mechanisms. *Clin Psychol Rev*. 2011 Mar;31(2):225-35. PMID: PMC2954256.
2. **Soehner AM**, Kaplan KA, Harvey AG. Insomnia comorbid to severe psychiatric illness. *Sleep Med Clin*. 2013 Sep;8(3):361-371. PMID: PMC4187404.
3. Asarnow LD, **Soehner AM**, Harvey AG. Circadian rhythms and psychiatric illness. *Curr Opin Psychiatry*. 2013 Nov;26(6):566-71. PMID: PMC4000560.
4. Asarnow LD, **Soehner AM**, Harvey AG. Basic sleep and circadian science as building blocks for behavioral interventions: a translational approach for mood disorders. *Behav Neurosci*. 2014 Jun;128(3):360-70. PMID: PMC4164530.
5. Hasler BP, **Soehner AM**, Clark DB. Circadian rhythms and risk for substance use disorders in adolescence. *Curr Opin Psychiatry*. 2014 Nov;27(6):460-6. PMID: PMC4227308.
6. Hasler BP, **Soehner AM**, Clark DB. Sleep and circadian contributions to adolescent alcohol use disorder. *Alcohol*. 2014 Nov 7. PMID: PMC4424185.
7. Harvey AG, Kaplan KA, **Soehner A**. Interventions for sleep disturbance in bipolar disorder. *Sleep Med Clin*. 2015 Mar 1;10(1):101-105. PMID: PMC4347516.
8. Wescott DL, **Soehner AM**, Roecklein KA. Sleep in seasonal affective disorder. *Curr Opin Psychol*. 2019 Aug 26; 34:7-11. PMID: PMC8733859.

3. Other Non-Peer Reviewed Publications

1. Kanady JC, **Soehner AM**, Klein AB, Harvey AG. Reply to: Insomnia-related sleep disruptions, cognition and detailed concurrent anxiety testing during the inter-episode phase of bipolar disorder: A Herculean task or a necessity? *J Psychiatr Res*. 2017 Dec;95:78-79. PMID: 28803144.

4. Books, Book Chapters, and Monographs

1. **Soehner AM**, Kaplan KA, Kanady J, Harvey AG. Encyclopedia of Sleep. Vol. 2. Waltham (MA): Academic Press; 2013. Cognitive therapy for insomnia; p. 290-5.

2. Harvey AG, Kaplan KA, **Soehner AM**. Interventions for Sleep Disturbance in Bipolar Disorder. *Sleep Med Clin*. 2015 Mar;10(1):101-5. PMID: PMC4347516.
3. Buysse DJ, **Soehner A**, Abbott S, Kapur VK, Mahowald MW, Parker KP, Redline S, Schenck CH, Zee PC. *Psychiatry*. 4th ed. Chichester(UK): John Wiley & Sons, Ltd; 2015. Chapter 66, Sleep and Sleep–Wake Disorders; p.1264-1310.
4. Harvey AG, **Soehner AM**, Buysse DJ. *Principles and Practice of Sleep Medicine*. 6th ed. Philadelphia (PA): Elsevier; 2016. Chapter 138, Bipolar Disorder, p.1363-1369.
5. Manelis A, **Soehner AM**, Phillips ML. *Bipolar II Disorder: Recognition, Treatment, and Management*. 1st ed. Washington, DC: American Psychiatric Association Publishing; 2019. Chapter 5, Functional Brain Imaging and Neural Determinants of Bipolar II Disorder. p. 139-164.
6. **Soehner AM**, Kaplan KA, Kanady J, Harvey AG. *Encyclopedia of Sleep*. Vol. 2. Waltham (MA): Academic Press; 2023. Cognitive therapy for insomnia; p. 167-173.
7. **Soehner AM**, Keller LS. CBT-I in the context of Comorbid Mental Health Conditions. Vol. 1. Washington, DC: American Psychiatric Association; *In Press*. Insomnia Presentations and Implementation of CBT-I/Behavioral Interventions in Common Comorbid Psychiatric Disorders: Bipolar and Related Disorders.

5. Published Abstracts

1. Poster Presentation: Harvey AG, Morin CM, Belanger L, Lombrozo T, Rifkin JB, Talbot LS, Eidelman P, Beaulieu-Bonneau S, Fortier-Brochu E, **Soehner A**. Patients' attributions about the causes of insomnia. *Sleep*. 2011 Jun; 34(Suppl): A188.
2. Oral Presentation: **Soehner A**, Harvey AG. Insomnia symptoms and cardiovascular risk among respondents with bipolar disorder in the national comorbidity survey-replication. *Sleep*. 2011 Jun; 34(Suppl): A246.
3. Poster Presentation: **Soehner A**, Harvey AG. Co-existing mood and anxiety disorders are associated with an elevated prevalence of insomnia symptoms in the National Comorbidity Survey-Replication. *Sleep*. 2011 Jun; 34(Suppl): A257.
4. Poster Presentation: Kanady JC, **Soehner A**, Eidelman P, Lee J, Hein K, Harvey AG. Sleep in bipolar disorder: An examination of sleep disturbance across the course of the illness. *Sleep*. 2011 Jun; 34(Suppl): A258.
5. Poster Presentation: Kanady JC, **Soehner AM**, Lee J, Hein K, Li D, Harvey AG. Sleep disturbance across the life course in bipolar disorder. *Sleep*. 2012 Jun; 35(Suppl): A330.
6. Poster Presentation: Kanady JC, **Soehner AM**, Lee J, Hein K, Tessier J, Li D, Harvey AG. The relationship between insomnia and cognitive dysfunction in bipolar disorder. *Sleep*. 2012 Jun; 35(Suppl): A330.
7. Poster Presentation: **Soehner AM**, Kanady JC, Lee J, Kaplan KA, Hein K, Li D, Harvey AG. Trait emotional intensity and lability are associated with sleep problems in inter-episode bipolar I disorder. *Sleep*. 2012 Jun; 35(Suppl): A329.
8. Poster Presentation: **Soehner AM**, Gruber J, Gershon A, Talbot LS, Eidelman P, Hairston IS, Harvey AG. Does sleeping too little make you feel too much? An investigation of sleep duration and emotion reactivity in inter-episode bipolar disorder and healthy adults. *Sleep*. 2012 Jun; 35(Suppl): A329.
9. Oral Presentation: **Soehner AM**, Saletin J, Kaplan KA, Talbot LS, Hairston IS, Eidelman P, Gruber J, Walker MP, Harvey AG. You'll feel better in the morning: Slow wave activity and overnight mood regulation in bipolar disorder. *Biol Psychiatry*. 2014 May; 75(S9):199S.
10. Poster Presentation: Kaplan KA, Eidelman P, **Soehner AM**, Gruber J, Talbot LS, Gershon A, McGlinchey E, Harvey AG. Hypersomnia in Bipolar Disorder: Clarifying a Diagnostic Dilemma. *Sleep*. 2014;37(Suppl): A229.
11. Oral Presentation: **Soehner AM**, Bertocci MA, Ladouceur CD, Graur S, Monk K, Bonar LK, Hickey MB, Axelson D, Goldstein BI, Goldstein TR, Bebko G, Hafemen DM, Gill MK, Birmaher B, Phillips ML. Associations between sleep duration, neural activity and connectivity during an fMRI reward paradigm, and emerging manic symptoms in youth at risk for bipolar disorder. *Biol Psychiatry*. 2015 May; 77(S9):330S.
12. Poster Presentation: Kay DB, **Soehner AM**, Hasler BP, Nofzinger E, Wilckens K, James JA, Kupfer DJ, Germain A, Price JC, Rosario B, Hall MH, Franzen P, Buysse DJ. Regional Glucose Metabolism in the Anterior Cingulate Cortex and Insula correlates with Subjective-Objective Sleep Discrepancy in Patients with Insomnia. *Sleep*. 2015; 38(Suppl):A243.
13. Poster Presentation: Kay DB, **Soehner AM**, Hasler BP, Nofzinger E, Wilckens K, James JA, Kupfer DJ, Germain A, Price JC, Rosario B, Hall MH, Franzen P, Buysse DJ. Neurobiological Basis for Insomnia Disorder: Smaller Wake-

NREM Sleep Reductions in Regional Brain Glucose Metabolism Compared to Good Sleepers. *Sleep*. 2015; 38(Suppl): A242

14. Poster Presentation: **Soehner AM**, Goldstein TR, Phillips ML, Siegle GJ, Franzen PL. Sleep duration variability predicts altered BOLD response to a stressful cognitive interference task in adolescents with bipolar disorder. *Biol Psychiatry*. 2016 May; 79(S9):249S.
15. Oral Presentation: **Soehner AM**, Siegle GJ, Franzen PL, Hasler BP, Hafer B, Cao T, Buysse DJ. Differential relationships between categorical versus dimensional measures of insomnia and reward circuitry function. *Sleep*. 2017 Apr; 40(Suppl): A107.
16. Poster Presentation: **Soehner AM**, Hanford L, Bertocci MA, Ladouceur CD, Graur S, Mccaffrey A, Monk K, Bonar L, Hickey M, Axelson D, Diler R, Goldstein B I, Goldstein TR, Birmaher B, Phillips ML. Fronto-temporo-occipital cortical thickness measures predict poor sleep quality in at-risk youth. *Sleep*. 2018 Apr; 41(Suppl):A98.
17. Poster Presentation: **Soehner A**, Hanford L, Bertocci M, Ladouceur C, Graur S, Mccaffrey A, Monk K, Bonar L, Hickey MB, Axelson D, Diler RS, Goldstein B, Goldstein T, Birmaher B, Phillips M. Fronto-temporo-occipital cortical thickness measures predict poor sleep quality in at-risk youth. *Biol Psychiatry*. 2018 May; 83(S9):S446.
18. Poster Presentation: Hasler B, Clark D, **Soehner A**, Rosario B, Ngari W, Forbes E. Experimentally imposed circadian misalignment alters neural response to anticipating and winning monetary rewards in healthy adolescents. *Sleep*. 2019 Apr; 42(S10).
19. Poster Presentation: **Soehner A**, Franzen P, Siegle G, Hasler B, Fletcher M, Hafer B, Cao T, Sarah G, Buysse D. Too tired to care: A combination of sleepiness and poor sleep continuity attenuate reward-related brain activation. *Biol Psychiatry*. 2019 May; 85(S10): S291.
20. Symposium Presentation: **Soehner A**, Bertocci M, Manelis A, Bebko G, Ladouceur C, Graur S, Monk K, Bonar L, Hickey M, Axelson D, Goldstein B, Goldstein T, Birmaher B, Phillips M. Identifying sensitive periods for the impact of insufficient sleep on reward-related brain function and future depression among at-risk youth. *Biol Psychiatry*. 2019 May; 85(S10):S39-40.
21. Symposium Presentation: Hasler B, Clark D, **Soehner A**, Rosario B, Ngari W, Forbes E. Experimentally imposed circadian misalignment alters neural response to monetary reward in healthy adolescents. *Biol Psychiatry*. 2019 May; 85(S10): S39.
22. Poster Presentation: **Soehner A**, Chase H, Greenberg T, Stiffler R, Lockovich J, Aslam H, Graur S, Bebko G, Phillips M. Resting-state connectivity signatures of longitudinal change in mood spectrum rhythmicity. *Neuropsychopharm*. 2019 Dec; 44(Suppl 1):353-354.
23. Symposium Presentation: Hasler BP, **Soehner AM**, Ngari W, Clark DB. Circadian alignment predicts neural response to monetary reward in late adolescent drinkers. *Sleep*. 2020 Apr; 43(Suppl): A27-A28.
24. Poster Presentation: Roecklein KA, Wescott DL, Smagula SF, **Soehner AM**, Franzen PL, Hasler BP. Melanopsin driven pupil responses and physical activity: stability of activity from day-to-day in winter in seasonal affective disorder. *Sleep*. 2020 Apr; 43(Suppl):A15.
25. Symposium Presentation: **Soehner A**, Franzen P, Hasler B, Buysse D, Jalbrzikowski M. Age-associated variation in brain maturation: relationships with sleep and mood symptoms across adolescent development. *J Sleep Res*. 2020 Sep; 29(Suppl 1):67-67.
26. Poster Presentation: **Soehner A**, Phillips M. Rapid antidepressant effects of selective slow wave sleep deprivation in depressed adolescents: Preliminary findings. *Neuropsychopharm*. 2020 Dec; 45(Suppl 1):184-185.
27. Poster Presentation: **Soehner AM**, Franzen PL, Hasler BP, Buysse DJ, Jalbrzikowski, M. Individual differences in brain morphology are associated with rest-activity rhythms in youth and young adults. *Biol Psychiatry*. 2020; 87(9): S255.
28. Poster Presentation: Wallace M, Kissel N, Hall M, Germain A, Matthews K, Troxel W, Franzen P, Buysse D, Roecklein K, Gunn H, Hasler B, Goldstein T, McMakin D, Szigethy E, **Soehner A**. Age trends in sleep across the lifespan: findings from the Pittsburgh Lifespan Sleep Databank. *Sleep*. 2021 May; 44(Suppl): A213.
29. Poster Presentation: Hartman A, **Soehner A**, Smagula S, McKendry S, Bendixen R. Parent and child perception of sleep for children with sensory processing difficulties. *Sleep*. 2022 Jun; 45(Suppl): A225.
30. Poster Presentation: Stepan M, Buysse D, Siegle G, Hasler B, **Soehner A**, Franzen P. Sleep disturbance is associated with dysregulation of positive and negative affect systems. *Sleep*. 2022 Jun; 45(Suppl): A111.

31. Poster Presentation: Tracy E, Buysse D, **Soehner A**, Hasler B. Social rhythm regularity: associations with sleep, circadian, mental health, and alcohol use outcomes in adolescents. *Sleep*. 2022 Jun; 45(Suppl): A96.
32. Oral Presentation: **Soehner AM**, Phillips M. Effect of selective slow wave sleep deprivation on mood in depressed adolescents: Preliminary findings. *J Sleep Res*. 2022 Oct; 31(Suppl): 64.
33. Poster Presentation: **Soehner AM**, Phillips M. Effect of selective slow wave sleep deprivation on mood in depressed adolescents: Preliminary findings. *Neuropsychopharm*. 2022 Dec; 47(Suppl 4): 211-12.
34. Poster Presentation: **Soehner AM**, Palatine E, Phillips M. Effect of selective slow wave sleep deprivation on mood in depressed adolescents. *Biol Psychiatry* 2023 Apr.
35. Poster Presentation: Hartman A, Kocanaogullari, **Soehner A**, Bendixen R, Akcakaya M. Applying machine learning to examine settling down period for children with and without sensory hypersensitivities. *Sleep*. 2023 May; 46(Suppl 1): A335–A336.
36. Poster Presentation: Ricketts EJ, Kircanski K, Rissman AJ, Joyce D, Ottenberg J, **Soehner AM**. (June 2023). Age at Onset in Adults with Insomnia: A Latent Profile Analysis. *Sleep*. 2023 May; 46(Suppl 1).
37. Oral Presentation: **Soehner AM**, Keller L, Fray-Witser M, Elia NV, Caswell A, Chan S, Wescott D, Roecklein K. Melanopsin driven pupil responses and vulnerability to mania. *Clocks & Sleep* 2023 Jun.
38. Symposium Presentation: **Soehner AM**, Hayes R, Franzen PL, Jalbrzikowski M. Wearable Sleep EEG to Detect Sleep Biomarkers in Adolescents. *J Acad Adolesc Child Psychiatry*. 2023 Oct; 62 (10 Suppl): S373.
39. Poster Presentation: **Soehner AM**, Keller L, Fray-Witser M, Elia NV, Caswell A, Chan S, Wescott D, Roecklein K. Melanopsin driven pupil responses and vulnerability to mania. *Neuropsychopharm* 2023 Dec.
40. Symposium Presentation (chair): **Soehner AM**, Hine KC, Chase, HW. Neuro-affective response to light in adolescents and young adults with depression. *J Sleep Res*. 2024 Sep.
41. Oral Presentation: Hartman AG, Joseph H, Northrup J, Murray T, Brovender I, Wong V, **Soehner A**. (2025) The Power Down: A new sensory-based bedtime intervention for children with ADHD. Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA. [to be presented June 2025]
42. Oral Presentation: Keller L, Kuzemchak M, Wallace M, Sollie B, Elia N, Caswell A, Chan S, Hasler BP, Roecklein KA, **Soehner AM**. Melanopsin-Driven Light Responsivity and Reward Motivation in Young People at Risk for Mania. Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA. [to be presented June 2025]
43. Poster Presentation: Lima Santos JP, Soehner AM. The Association Between Sleep Architecture and White Matter Microstructure During Early Adolescence. Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA. [to be presented June 2025]

6. Abstracts (not published in Scientific Journals)

1. Poster Presentation: **Soehner AM**, Kennedy KS, Monk TH. (May 2007) *Personality correlates with sleep-wake variables*. Clinical and Translational Science Day. University of Pittsburgh Medical Center. Pittsburgh, PA.
2. Poster Presentation: **Soehner AM**, Kennedy KS, Monk TH. (June 2007) *Personality correlates with sleep-wake variables*. Western Psychiatric Hospital Research Day, University of Pittsburgh Medical Center. Pittsburgh, PA.
3. Oral Presentation: **Soehner AM**, Monk TH. (May 2008). *Effects of daily regularity in the lives of mothers and their infants*. Meeting of the Minds Undergraduate Research Symposium, Carnegie Mellon University. Pittsburgh, PA.
4. Oral Presentation: **Soehner AM***, Caponigro J*, Chen SH*, Lee EH*, Moran EK*, Sapozhnikova A*, Johnson SL, Kring A. (June 2010). *Strategies for translating science into practice: Specialty clinic training model*. World Congress of Behavioral and Cognitive Therapies. Boston, MA. *denotes equal contribution
5. Oral Presentation: Harvey AG, **Soehner AM**, Kaplan KA, Hein K, Kanady JC, Lee JY, Li D, Buysse DJ, Ketter T, Neylan T. (June 2012). *Treating insomnia in bipolar disorder: Preliminary data*. 26th Anniversary Meeting of the Associated Professional Sleep Societies. Boston, MA.
6. Oral Presentation: Harvey AG, **Soehner AM**, Kaplan KA, Hein K, Kanady JC, Lee JY, Li D, Buysse DJ, Ketter T, Neylan T. (November 2013). *Treating insomnia improves sleep, mood and functioning in bipolar disorder: A randomized controlled trial*. Association of Behavioral and Cognitive Therapies Annual Convention. Nashville, TN.
7. Poster Presentation: Sims B, **Soehner AM**, Harvey AG. (January 2013). *Sleep reactivity in chronic insomnia*. Society for Personality and Social Psychology. New Orleans, LA.

8. Oral Presentation: **Soehner AM**, Saletin J, Kaplan KA, Talbot LS, Gruber J, Hairston IS, Eidelman P, Walker MP, Harvey A.G (June 2014). *You'll feel better in the morning: Slow wave activity and overnight mood regulation in bipolar disorder*. 28th Anniversary Meeting of the Associated Professional Sleep Societies. Minneapolis, MN.
9. Poster Presentation: **Soehner AM**, Saletin J, Kaplan KA, Talbot LS, Hairston IS, Eidelman P, Gruber J, Walker MP, Harvey AG. (June 2014). *You'll Feel Better in the Morning: Slow Wave Activity and Overnight Mood Regulation in Bipolar Disorder*. University of Pittsburgh Medical Center Western Psychiatric Hospital Annual Research Day, Pittsburgh, PA.
10. Poster Presentation: **Soehner AM**, Bertocci MA, Ladouceur CD, Graur S, Monk K, Bonar LK, Hickey MB, Axelson D, Goldstein BI, Goldstein TR, Bebkko G, Hafemen DM, Gill MK, Birmaher B, Phillips ML. (June 2015). *Associations between sleep duration, neural activity and connectivity during an fMRI reward paradigm, and emerging manic symptoms in youth at risk for bipolar disorder*. University of Pittsburgh Medical Center Western Psychiatric Hospital Annual Research Day, Pittsburgh, PA.
11. Poster Presentation: **Soehner AM**, Goldstein TR, Franzen PL. (October 2015). *Sleep duration variability is associated with altered neural response to a stressful cognitive interference task in adolescents with bipolar disorder*. Developmental Affective Neuroscience Symposium. Pittsburgh, PA.
12. Poster Presentation: **Soehner AM**, Goldstein TR, Phillips ML, Siegle GJ, Franzen PL. (June 2016). *Sleep duration variability predicts altered BOLD response to a stressful cognitive interference task in adolescents with bipolar disorder*. University of Pittsburgh Medical Center Western Psychiatric Hospital Annual Research Day, Pittsburgh, PA.
13. Poster Presentation: **Soehner AM**, Bertocci MA, Ladouceur CD, Graur S, Monk K, Bonar LK, Hickey MB, Axelson D, Goldstein BI, Goldstein TR, Bebkko G, Hafeman DM, Gill MK, Birmaher B, Phillips ML. (June 2016). *Associations between sleep duration, neural activity and connectivity during an fMRI reward paradigm, and emerging manic symptoms in youth at risk for bipolar disorder*. Oxford Sleep and Circadian Neuroscience Summer School. Oxford, UK.
14. Poster Presentation: **Soehner AM**, Siegle GJ, Franzen PL, Hasler BP, Hafer B, Cao T, Gratzmiller SM, Buysse DJ. (November 2017). *Relationships between categorical versus dimensional measures of insomnia and reward circuitry function*. University of Pittsburgh Center for Sleep and Circadian Science Research Day. Pittsburgh, PA.
15. Poster Presentation: **Soehner AM**, Hanford LC, Bertocci MA, Ladouceur CD, Graur S, Mccaffrey A, Monk K, Bonar LK, Hickey MB, Axelson D, Diler R, Goldstein BI, Goldstein TR, Birmaher B, Phillips ML. (August 2018). *Thalamic volume and posterior default-mode cortical thickness predict poor sleep quality in youth*. Flux Society Congress. Berlin, Germany.
16. Symposium Presentation: **Soehner AM**, Bertocci M, Levenson JC, Phillips ML, Birmaher B. (May 2018). *Longitudinal Associations between Sleep Patterns and Psychiatric Symptom Severity in High-Risk and Community Comparison Youth*. Association for Psychological Science Annual Convention. San Francisco, CA.
17. Poster Presentation: **Soehner AM**, Hanford L, Bertocci MA, Ladouceur CD, Graur S, Mccaffrey A, Monk K, Bonar LK, Hickey MB, Axelson D, Diler R, Goldstein BI, Goldstein TR, Birmaher B, Phillips ML (June 2018). *Fronto-temporo-occipital cortical thickness measures predict poor sleep quality in at-risk youth*. University of Pittsburgh Medical Center Western Psychiatric Hospital Annual Research Day, Pittsburgh, PA.
18. Poster Presentation: Catalano S, **Soehner A**, Hayes R, Bachman P, Jalbrzikowski MJ. (October 2019). *Age-associated disruptions in the brainstem in psychosis spectrum youth*. Developmental Affective Neuroscience Symposium. Pittsburgh, PA.
19. Symposium Presentation (chair): **Soehner AM**. (August 2020). *Age-Associated Deviation in Brain Structure, Sleep Behavior, and Mood in Adolescence*. SLEEP Annual Meeting. (virtual).
20. Poster Presentation: Palatine E, Phillips M, **Soehner AM**. (November 2021). *Effects of Selective Slow Wave Sleep Deprivation on Anxiety and Rumination in Depressed Adolescents: Preliminary Findings*. University of Pittsburgh Center for Sleep and Circadian Science Research Day. Pittsburgh, PA.
21. Poster Presentation: Shah A, **Soehner AM**. (November 2021). *Actigraphy-assessed light exposure during nighttime sleep and sub-clinical depression severity in adolescents*. University of Pittsburgh Center for Sleep and Circadian Science Research Day. Pittsburgh, PA.
22. Poster Presentation: Stepan ME, Buysse DJ, Siegle GJ, Hasler BP, **Soehner AM**, Franzen PL. (November 2022). *Sleep Disturbance is Associated with Dysregulation of Positive and Negative Affect Systems*. University of Pittsburgh Center for Sleep and Circadian Science Research Day. Pittsburgh, PA.

23. Poster Presentation: Hartman AG, Northrup JB, MacKenzie KT, **Soehner A**, Mazefsky CA. (May 2023). *Sleepy tots: Contributors to sleep disturbance in young children with and without autism*. International Society for Autism Research Annual Meeting. Stockholm, Sweden.
24. Post-Graduate Course Presentation: **Soehner AM**. (June 2023) *Transdiagnostic Intervention for Sleep and Circadian Dysfunction*. Associated Professional Sleep Societies Annual Meeting. Indianapolis, IN.
25. Poster Presentation: Fray-Witser M, Luo B, Willoughby KA, Caswell A, Chan S, Roecklein K, **Soehner AM**. (November 2023). *Human Circadian Phase Shift in Response to Short Light Flashes*. University of Pittsburgh Center for Sleep and Circadian Science Research Day. Pittsburgh, PA.
26. Poster Presentation: Keller L, Caswell A, Chan S, Elia N, **Soehner AM**. (November 2023). *Sleep-Circadian Contributions to Aggressive Behavior Across the Subclinical Mania Spectrum*. University of Pittsburgh Center for Sleep and Circadian Science Research Day. Pittsburgh, PA.
27. Poster Presentation: Hine KM, Keller L, Fray-Witser M, Elia N, Caswell A, Chan S, Roecklein K, **Soehner AM**. (November 2023). *Circadian dysregulation and mood symptoms in young people at-risk for mania*. University of Pittsburgh Center for Sleep and Circadian Science Research Day. Pittsburgh, PA.
28. Oral Presentation: Hartman AG, Crown M, Northrup J, MacKenzie K, Ionadi A, **Soehner A**, Mazefsky C. (June 2024) *Navigating Sleep and Emotion in Autism: Insights from mediation analyses on bidirectional relationships*. Occupational Therapy Summit of Scholars, Gainesville, FL, USA.
29. Poster Presentation: Keller L, Hine KM, Fray-Witser M, Elia N, Caswell A, Chan S, Hasler BP, Roecklein K, **Soehner AM**. (June 2024). *Circadian dysregulation and mood symptoms in young people at-risk for mania*. University of Pittsburgh Western Psychiatric Hospital Research Day. Pittsburgh, PA.
30. Symposium Presentation: Williamson AA, **Soehner AM**, Hamm ME, Luiggi-Hernandez JG, Teresi GI, Good K, Wilkinson DM, Franzen PL, Goldstein TR. (August 2024). *Equitable sleep intervention for primary care: Adolescent, caregiver, and clinician perspectives*. In (A.A. Williamson, chair), "Reach and equity in pediatric integrated primary care: Divergent challenges and potential solutions." Symposium for the American Psychological Association annual meeting, Seattle, WA.
31. Poster Presentation: Lokhandwala S, Hayes R, Fray-Witser M, Keller L, **Soehner AM**, Jalbrzikowski M. (September 2024) *Using normative development of sleep macro- and microarchitecture as a foundation for understanding atypical neurodevelopment*. Conference presentation. FLUX, Baltimore, MD.
32. Oral Presentation: Soehner, AM; Hayes R; Jalbrzikowski M. (September 2024). *Wearable Sleep EEG to Detect Sleep Biomarkers in Young People At-Risk for Bipolar Disorder*. 26th Annual Conference for the International Society for Bipolar Disorders. Reykjavik, Iceland.
33. Poster Presentation: Keller L, Kuzemchak M, Wallace ML, Sollie B, Elia N, Caswell A, Chan S, Hasler BP, Roecklein K, **Soehner AM**. (Nov 2024). *Melanopsin-Driven Light Responsivity and Reward Motivation in Young People at Risk for Mania*. University of Pittsburgh Center for Sleep and Circadian Science Research Day. Pittsburgh, PA.

PROFESSIONAL ACTIVITIES

TEACHING:

Undergraduate Student Teaching:

Spring 2008	Teaching Assistant	Introduction to Psychology; Carnegie Mellon University	Undergraduate Students / 70-85 Learners	20 hr/wk
Fall 2008	Teaching Assistant	Psychology of Sleep; University of California, Berkeley	Undergraduate Students / 70-85 Learners	20 hr/wk
Spring 2009	Teaching Assistant	Clinical Psychology; University of California, Berkeley	Undergraduate Students / 70-85 Learners	20 hr/wk
Fall 2008	Guest Lecture	Psychology of Sleep, <i>PTSD and Sleep</i> , University of California, Berkeley	Undergraduate Students / 175 Learners	1hr Session
Spring 2011	Guest Lecture	Psychology of Sleep, <i>Consequences of sleep deprivation: Metabolism and the immune system</i> , University of California, Berkeley	Undergraduate Students / 220 Learners	1hr Session
Fall 2011	Guest Lecture	Psychology 2, <i>The Basics of Sleep</i> , University of California, Berkeley	Undergraduate Students / 175 Learners	1hr Session
Fall 2013	Guest Lecture	Psychology of Sleep, <i>Consequences of sleep deprivation: Metabolism and the immune system</i> , University of California, Berkeley	Undergraduate Students / 220 Learners	1hr Session

Medical Student Teaching:

2/16/2022	Small Group Leader	Behavioral Medicine, <i>Stress and Medicine</i> , University of Pittsburgh	Medical Students / 10 Learners	1hr Session
2/23/2022	Small Group Leader	Behavioral Medicine, <i>Substance Use</i> , University of Pittsburgh	Medical Students / 10 Learners	1hr Session
3/30/2022	Small Group Leader	Behavioral Medicine, <i>Behavior Modification</i> , University of Pittsburgh	Medical Students / 10 Learners	1hr Session
5/9/2022	Small Group Leader	Intro to Psychiatry, <i>Depression</i> , University of Pittsburgh	Medical Students / 10 Learners	1hr Session

Graduate Student Teaching:

09/22/2020	Guest Lecture	PSY 2575-1080 Sleep and Circadian Rhythms in Health and Disease, <i>Sleep and Mental Health: An Overview</i>	Graduate Students / 10 Learners	1.5hr Session
11/4/2022	Guest Lecture	Community of Advanced Methodology Learning (CAMEL), <i>Regularized regression for sparse predictor selection</i> , University of Pittsburgh	Graduate Students / 10 Learners	1.5hr Session
04/09/2024	Guest Lecture	Adult Psychopathology, <i>Sleep and Circadian Rhythm Disorders</i> , University of Colorado-Boulder	Graduate Students / 15 Learners	1hr Session

Resident Teaching:

7/22/2021	Guest Lecture	PGY3 Sleep Course, <i>Behavioral Sleep Interventions: Insomnia and Beyond</i>	PGY3 Psychiatry Residents / 10 Learners	1hr Session
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7/28/2022	Guest Lecture	PGY3 Sleep Course, <i>Behavioral Sleep Interventions: Insomnia and Beyond</i>	PGY3 Psychiatry Residents / 10 Learners	1hr Session
8/24/2023	Guest Lecture	PGY3 Sleep Course, <i>Behavioral Sleep Interventions: Insomnia and Beyond</i>	PGY3 Psychiatry Residents / 10 Learners	1hr Session
8/15/2024	Guest Lecture	PGY3 Sleep Course, <i>Behavioral Sleep Interventions: Insomnia and Beyond</i>	PGY3 Psychiatry Residents / 10 Learners	1hr Session

Fellow Teaching:

Spring 2016	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Polysomnographic assessment of sleep</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	3hr Session
Fall 2017	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Preventing adverse effects of research procedures</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1.5hr Session
Spring 2018	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Polysomnography Visual Staging and Quantitative EEG</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	3hr Session
Fall 2018	Guest Lecture	IMPACT T32 Postdoctoral Seminar, <i>Creating a career development plan (and living it)</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1.5hr Session
Fall 2018	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>K-Award Panel</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1.5hr Session
Spring 2020	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Polysomnography Visual Staging and Quantitative EEG</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	7.5hr Session
Spring 2020	Guest Lecture	IMPACT T32 Postdoctoral Seminar, <i>Establishing Meaningful Collaborations</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1.5hr Session
Spring 2021	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Regularized regression for sparse predictor selection: Applications to sleep and circadian science</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1.5hr Session
Spring 2021	Guest Lecture	IMPACT T32 Postdoctoral Seminar, <i>Work-Life Balance</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1.5hr Session
Spring 2022	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Polysomnography Visual Staging and Quantitative EEG</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	7.5hr Session
Spring 2022	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Actigraphy</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1.5hr Session
Spring 2023	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Polysomnography Visual Staging and Quantitative EEG</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	7.5hr Session
Spring 2023	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Actigraphy</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1.5hr Session
Fall 2023	Guest Lecture	Seminar on Addictions Research (SOAR), <i>Sleep, Circadian Rhythms, and Alcohol Use: An Overview</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1hr Session
Spring 2024	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Actigraphy</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1hr Session

Spring 2024	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Good Clinical Practice</i> , U. of Pittsburgh	Postdoctoral Fellows / 10 Learners	1hr Session
Spring 2024	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Quantitative Sleep EEG: Real-World Research Applications</i> , U. of Pittsburgh	Postdoctoral Fellows / 10 Learners	1hr Session
Fall 2024	Guest Lecture	Sleep Medicine T32 Postdoctoral Seminar, <i>Actigraphy</i> , University of Pittsburgh	Postdoctoral Fellows / 10 Learners	1hr Session
Fall 2022 – Spring 2025	Co-Taught	Career and Research Development Postdoctoral Seminar, U. of Pittsburgh	Postdoctoral Fellows / 20 Learners	1hr / wk (30hr/yr)

Faculty Development Teaching:

11/11/2021	Guest Lecture	NP Weekly Case Conference, “Behavioral Sleep Interventions for Insomnia”, University of Pittsburgh	Nurse Practitioners / 10 Learners	1.5hr Session
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Mentoring/Advising:

Postdoctoral Fellows

Mentees:

2022-24 Amy Hartman, PhD, T32HL082610 Translational Research Training in Sleep Medicine

Psychiatry K Review Committee Membership:

2021 Michele Stepan, PhD, University of Pittsburgh

Graduate Students

Committee Membership:

2020-22 Member – Dissertation Committee, Amy Hartman, Occupational Therapy, University of Pittsburgh

2022-23 Member – Master’s Thesis Committee, Hui Shi, Public Health, University of Pittsburgh

2023 Reader – Dissertation Committee, Rebecca Cooper, Psychology, University of Melbourne

Undergraduate Education

Undergraduate Directed Research Students in the Sleep, Affective Neuroscience, and Development Lab (including NROSCI 1901 and NROSCI 1961):

Olivia Bartholomew (F19-S21), Rachel Bayer (F19-S21), Alexander Fried (F19-S21), Reema Jadhav (S22), Kaitlyn Huntley (S22-S23), Elise Palatine (F20-S23), Avant Shetty (F21-S23), Anjali Shah (S21-F23), Samantha Turley (S22-S24), Mahi Pachgade (S22-S24), Dhruv Patel (F22-present), Elizabeth Gillette (F22-S24), Cassidy Burke (S23), Prabhjot Jattana (S23-present), Brock (Cal) Sollie (S23-S24), Al Gribov (S23), Kayla Piper (S23-S24), Mansi Patel (F23-S24), Despina (Demi) Hassiotis (F23-S24), Aditi Wadwha (F23-present), Trevor Staab (S24-present), Danielle Armstrong (F24-present), Lara Labardini (F24-present), Harshal Shah (F24-present)

Undergraduate Directed Research Students on the Center for Adolescent Reward, Rhythms, and Sleep (including NROSCI 1901 and NROSCI 1961):

Jack Noto (F21-S22), Sarth Shah (F21), Natalie Ward (F21-present), Riya Patel (S22-present), Niket Fadadu (S22-present), Radhika Misra (F22-present), Grace Van Valkenburg (F22-present), Neha Yerramreddy (F22-present), Maren McChesney (S23-present)

Undergraduate Honors Thesis Students:

- 2012 Melanie Hill, University of California, Berkeley, Psychology, *Sleep and affective functioning in bipolar disorder* (A Grade)
- 2022 Elise Palatine, University of Pittsburgh, Neuroscience, *Impact of slow wave sleep deprivation on rumination in depressed adolescents* (F22, A+ Grade)
- 2023 Anjali Shah, University of Pittsburgh, Neuroscience, *Effects of nighttime light on depressed mood and reward-related brain function in adolescents* (F23, A+ Grade)

- 2024 Mahi Pachgade, University of Pittsburgh, Neuroscience, *Impact of slow wave sleep deprivation on emotion regulation in depressed adolescents* (S24, A Grade)
- 2024 Elizabeth Gilette, University of Pittsburgh, Neuroscience, *Impact of slow wave sleep deprivation on overnight memory consolidation in depressed adolescents* (S24, A+ Grade)
- 2024 Dhruv Patel, University of Pittsburgh, Neuroscience, *Sleep physiological predictors of executive functioning among children with sleep disordered breathing: A data driven approach* (S25, ongoing)

Undergraduate Research Paper Reader:

- 2024 Cal Sollie, University of Pittsburgh, Neuroscience, *Avatar Therapy: A Novel Therapeutic Approach for Treating Auditory Hallucinations among Individuals with Schizophrenia*

Mentoring in programs designed to support students from underrepresented backgrounds:

- 2013 Brooke Sims, Summer Research Opportunity Program, University of California, Berkeley
- 2019 Alex Bowes, Summer Research Opportunity Program, University of Pittsburgh
- 2023 Alaina Kunich, Summer Research Opportunity Program, University of Pittsburgh

Mentored Research Grants & Trainee Awards:

Primary Mentor-Awards

- 2022 Undergraduate Chancellor's Undergraduate Research Fellowship, *Effects of light at night on sleep on depressive symptoms in adolescents*, Anjali Shah (undergraduate)
- 2023 Invited Participant, American Academy of Sleep Medicine Young Investigator Research Forum, Amy Hartman, PhD (postdoctoral fellow)
- 2023 Travel Awardee, International Society for Autism Research Annual Meeting (Stockholm, Sweden), Amy Hartman, PhD (postdoctoral fellow)
- 2023 Neuroscience Research Excellence Award, University of Pittsburgh Department of Neuroscience, Elise Palatine (undergraduate)
- 2023 Travel Awardee, SLEEP Annual Meeting (Indianapolis, IN), Amy Hartman, PhD (postdoctoral fellow)
- 2023 Best Poster Award – Postdoctoral Category, University of Pittsburgh School of Medicine Department of Psychiatry Annual Research Day, Amy Hartman, PhD (postdoctoral fellow)
- 2023 Best Poster Award – Staff Category, University of Pittsburgh Sleep and Circadian Science Research Day, Maya Fray-Witzer (staff member/postbac mentee)
- 2024 Best Poster Award – Staff/Postbac Category, University of Pittsburgh School of Medicine Department of Psychiatry Annual Research Day, Lauren Keller, BS (staff member/postbac mentee)
- 2024 Best Poster Award – Staff/Postbac Category, University of Pittsburgh School of Medicine Center for Sleep and Circadian Science Annual Research Day, Lauren Keller, BS (staff member/postbac mentee)

Primary Mentor-Grants

- 2024-26 Klingenstein Third Generation Foundation Fellowship-ADHD Track, *Settling down for sleep: The impact of sensory and arousal systems in ADHD*. Amy Hartman, PhD (postdoctoral fellow, Psychiatry, Primary Mentor: Adriane Soehner, PhD; Co-Mentor: Heather Joseph, MD)
- 2025-26 Sleep Research Society Foundation Career Development Award, *"Settle down for sleep: Optimizing bedtime for improved sleep and emotion regulation for autistic children"*. Amy Hartman, PhD (postdoctoral fellow, Psychiatry, Primary Mentors: Adriane Soehner, PhD; Carla Maszefsky, PhD; A.J. Switchtenberg, PhD)

Co-Mentor-Grants

- 2021-22 Sensory Integration Education Grant, *Understanding Multidimensional Sleep Health in Children with Sensory Processing Disorder*, Amy Hartman (graduate student, Occupational Therapy, Primary Mentor: Roxanna Bendixen, PhD)

- 2022-24 Brain Behavior Research Foundation Young Investigator Award, *Social media use, sleep, and white matter development in youth*, Joao-Paulo Lima-Santos, MD, (postdoctoral fellow, Psychiatry, Primary Mentor: Amelia Versace, MD)
- 2022-24 Center for Adolescent Reward, Rhythms, and Substance Risk Pilot Grant, *Deep Learning Methods to Identify Novel Accelerometry Phenotypes*, Brad Wheeler, BS, (graduate student, Information Science, Primary Mentor: Meredith Wallace, PhD)

RESEARCH:**Current Grant Support**

Principal Investigator						
Grant Number	Grant Title	Role in Project	Years Inclusive	Direct Costs All Years	Indirect Costs All Years	Total Costs All Years
R01MH124828 NIMH	<i>Locomotor Activation and Mania Spectrum Risk: Circadian and Reward Mechanisms</i>	PI 40% Effort 4.8 CM	2021-2026	\$2,289,498	\$1,187,943	\$3,477,441
R21MH127294 NIMH	<i>Neuro-affective response to light in depressed adolescents and young adults</i>	PI 20% Effort 2.4 CM	2022-2024 (NCE)	\$275,000	\$119,274	\$394,274
U01MH136020 NIMH	<i>The Pediatric Precision Sleep Network</i>	Contact M- PI 20% Effort 2.4 CM	2024-2029	\$14,885,637	\$2,905,697	\$17,791,334
R01HL169318 NHLBI	<i>Developing Accessible Sleep EEG Growth Charts in Young People</i>	Contact M-PI 15% Effort 1.8 CM	2024-2029	\$3,417,889	\$784,640	\$4,202,529

Co-Investigator				
Grant Number	Grant Title	Role in Project	Years Inclusive	Total Costs Attributable to Co-I Effort All Years
P50DA046346- Project 1 NIDA	<i>Circadian Rhythms and Homeostatic Sleep Regulation During Adolescence: Implications for Reward, Cognitive Control, and Substance Use Risk</i>	Co-I 15% Effort 1.8 CM	2020-2025	\$99,285
P50MH115838 NIMH	<i>ETUDES Center: Brief Intervention for the Treatment of Sleep (BITS)</i>	Co-I 5% Effort 0.6 CM	2022-2027	\$52,748
Baszucki Brain Research Funds	<i>Elucidating Neurobiological Mechanisms Underlying the Therapeutic Effect of the Ketogenic Diet in Bipolar Disorder: A Multidisciplinary Mechanistic Study</i>	Co-I 10% Effort 1.2 CM	2023-2026	\$50,446

R01DA061223 NIDA	<i>Cannabis effects on sleep, circadian rhythms, and light sensitivity in young people</i>	Co-I 5% 0.6 CM	2024-2029	TBD
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Pending Grant Support

Principal Investigator						
Grant Number	Grant Title	Role in Project	Years Inclusive	Direct Costs All Years	Indirect Costs All Years	Total Costs All Years
P50DA046346- Project 2 NIDA (center grant renewal A0 score: 18)	<i>Leveraging Sleep-Circadian Signatures to Predict Substance Use Outcomes in Adolescence: A Multi-Cohort Study</i>	M-PI 15% Effort 1.8 CM	2025-2030	\$1,101,725	\$650,020	\$1,751,745
University of Pittsburgh Integrative Neuroscience Institute	<i>From Raw Sleep-Circadian Signals to Actionable Insights: Novel Methods for Upscaling Sleep-Circadian Data Harmonization, Processing, and Feature Detection</i>	M-PI 5% Effort 0.6 CM	2025-2028	\$500,000	\$0	\$500,000

Co-Investigator				
Grant Number	Grant Title	Role in Project	Years Inclusive	Total Costs Attributable to Co-I Effort All Years
R01MH135864 NIMH (A0 Score: Not Discussed)	<i>Within Person Instability of Functional Networks in Young People with Bipolar Disorder</i>	Co-I 10% 1.2 CM	2024-2029 A0 submitted 06/2023	\$113,176
R33MH139857 NIMH (A0 Score: 22)	<i>Transdiagnostic Sleep and Circadian Intervention to Reduce Suicidal Thoughts and Behaviors in Currently Suicidal Adolescents</i>	Co-I 5% 0.6 CM	2025-2028 A0 submitted 06/2024	TBD
R01MH140890 NIMH (A0 Score: 50)	<i>Brain, Adolescence, Sleep and Social Media</i>	Co-I 10% 1.2 CM	2025-2028 A0 submitted 10/2024	TBD

Prior Grant Support

Principal Investigator						
Grant Number	Grant Title	Role in Project	Years Inclusive	Direct Costs All Years	Indirect Costs All Years	Total Costs All Years
SBIR Phase II; 192-001-S2-0633 DoD	<i>Enhancing Performance of Elite U.S. Army Soldiers Through Sleep Restoration: A Targeted Circadian Alignment Approach</i>	Site PI 5% Effort 0.6 CM	2021-2024	\$338,801	\$193,966	\$338,801
U. of Pittsburgh Clinical & Translational Science Institute Existing Data Resources Pilot Award	<i>Effects of Outdoor Artificial Light at Night on Circadian Activity Rhythms in Adolescents versus Adults</i>	PI 1% Effort 0.12 CM	2023-2024	\$25,000	\$0	\$25,000
K01MH111953 NIMH	<i>Vulnerability to Bipolar Disorder in Adolescence: Interactions among Sleep Variability, Familial Risk, and Reward-Control Processes</i>	PI 100% Effort 12 CM	2016-2022 (NCE)	\$744,221	\$59,032	\$803,253
FKL00026 Klingenstein Third Generation Foundation	<i>Rapid Antidepressant Effects of Selective Slow-Wave Sleep Deprivation in Depressed Youth</i>	PI 10% Effort 1.2 CM	2018-2022 (NCE)	\$60,000	\$0	\$60,000
University of Pittsburgh Clinical & Translational Science Institute REAL Pilot Award	<i>Quantifying changes in sleep health across the lifespan: Establishing the Pittsburgh Lifespan Sleep Databank</i>	M-PI 1% Effort 0.12 CM	2019-2020	\$25,000	\$0	\$25,000
Fellow						
Grant Number	Grant Title	Role in Project	Years Inclusive	Total Costs Attributable to Co-I Effort All Years		
T32 MH089919 NIMH	<i>From mechanisms to treatment of mental illness: Translational research training</i>	Fellow 100% Effort 12 CM	2011-2013	N/A		
T32 MH018269 NIMH	<i>Clinical research training for psychologists</i>	Fellow 100% Effort 12 CM	2014-2016	N/A		
T32 HL082610 NHLBI	<i>Translational Research Training in Sleep Medicine</i>	Fellow 100% Effort 12 CM	2016	N/A		

Non-Funded Research

Pittsburgh Lifespan Sleep Databank (PLSD)
www.sleep.pitt.edu/plsd/

Supported by pilot funding from the University of Pittsburgh Clinical and Translational Science Institute (CTSI; M-PIs Meredith Wallace, Adriane Soehner), the PLSD consists of harmonized participant-level demographic, clinical, and actigraphic sleep data from existing sleep studies conducted at the University of Pittsburgh.

Neuroimaging and Pediatric Sleep Databank (NAPS)
www.sleepneuro.pitt.edu/research/naps/

Developed by Drs. Adriane Soehner and Maria Jalbrzikowski, the NAPS databank initiative is comprised of harmonized sleep actigraphy, polysomnography, and structural MRI data from multiple University of Pittsburgh research studies, along with standard demographic and clinical information when available.

Editorial Positions

Frontiers in Neuroscience, Sleep and Circadian Section, Review Editor

2021-present

Ad Hoc Manuscript Reviews

Clinical Psychology Reviews, SLEEP, Chronobiology International, Behavioral Sleep Medicine, Bipolar Disorders, Sleep Medicine Reviews, Pediatrics, Journal of Affective Disorders, Psychological Medicine, Depression and Anxiety, Psychopathology, Psychiatry Research, Journal of Psychiatric Research, Scientific Reports, Psychopharmacology, Sleep Health, Clinical Psychological Science, Social, Cognitive, and Affective Neuroscience; JAMA Psychiatry, Neuroscience & Biobehavioral Reviews, Developmental Cognitive Neuroscience; Biological Psychiatry, JAACAP Open, SLEEP Advances, Frontiers in Psychology

Grant Reviews

2012	Graduate Student Awards Volunteer Reviewer, Association of Psychological Science
2016-present	Ad-hoc reviewer, WPIC Research Review Committee
2022-2023	Scientific Reviewer, Discovery Panel, Department of Defense
2022	Scientific Reviewer, Ad Hoc, Air Force
2022	Scientific Reviewer, Ad Hoc, Wellcome Trust
2023	Scientific Reviewer, Ad Hoc, Swiss National Science Foundation
Feb, Nov 2024	Scientific Reviewer, Ad Hoc, NIH Neural Basis of Psychopathology, Addictions and Sleep Disorders (NPAS) Study Section Meeting

CURRENT RESEARCH INTERESTS:

1. The role of sleep-circadian processes in brain maturation and mood disorders over adolescent development.
2. Effects of therapeutic sleep interventions (experimental and clinical) on brain function and mood.

INVITED SEMINARS AND LECTURESHIPS:

Local Presentations

05/2008	<i>Effects of daily regularity in the lives of mothers and their infants: A novel risk pathway for postpartum depression.</i> NIMH Undergraduate Fellowship in Mental Health Research Symposium. Pittsburgh, PA.
10/2010	<i>Insomnia symptoms and cardiovascular risk among respondents with bipolar disorder in the National Comorbidity Survey-Replication.</i> UC Berkeley Clinical Science Colloquium. Berkeley, CA.
04/2012	<i>Spectral analysis of REM sleep EEG in bipolar I disorder: Preliminary findings.</i> UC Berkeley Clinical Science Colloquium. Berkeley, CA.
04/2013	<i>The balm of hurt minds? Understanding the role of sleep in bipolar disorder.</i> UC Berkeley Clinical Science Colloquium. Berkeley, CA.

- 12/2013 *Sleep and circadian disturbances in bipolar disorder: Impact on mood regulation and course of illness.* University of Pittsburgh Medical Center Multidisciplinary Sleep Conference. Pittsburgh, PA.
- 10/23/2014 *Identifying pathways linking sleep disturbance to mood dysregulation in bipolar disorder,* Multidisciplinary Sleep Grand Rounds, University of Pittsburgh, Pittsburgh, PA
- 11/19/2015 *Risk for affective disorders in adolescence: Sleep-wake, familial, & neural processes,* Multidisciplinary Sleep Grand Rounds, University of Pittsburgh, Pittsburgh, PA
- 05/04/2017 *Sleep, Neurodevelopment, and Psychopathology in Youth: A Transdiagnostic Perspective,* Multidisciplinary Sleep Grand Rounds, University of Pittsburgh, Pittsburgh, PA
- 02/14/2019 *Too tired to care: Sleep, sensitive periods, and depression risk in youth,* Developmental Affective Neuroscience Collective, University of Pittsburgh, Pittsburgh, PA
- 05/2019 *Sleep Health Across the Lifespan: Establishing the Pittsburgh Lifespan Sleep Databank.* University of Pittsburgh Clinical and Translational Science Institute Epigenomics Across the Lifespan Conference, Pittsburgh, PA
- 09/25/2019 *Sleep and Neurobehavioral Vulnerability to Mood Disorders in Adolescence,* Department of Psychiatry Researchers on the Rise Lecture, University of Pittsburgh, Pittsburgh, PA
- 10/25/2019 *Sleep and Neurobehavioral Vulnerability to Mood Disorders in Adolescence,* Department of Psychology Clinical Psychology Brown Bag Lecture Series, University of Pittsburgh, Pittsburgh, PA
- 03/11/2020 *Sleep & Brain Maturation in Adolescence: Creating the Neuroimaging and Pediatric Sleep (NAPS) Databank from Existing Studies,* Multidisciplinary Sleep Grand Rounds, University of Pittsburgh, Pittsburgh, PA
- 07/21/2020 *Sleep, Rhythms, and Mental Health,* Sleep and Circadian Workshop on Indispensable Methods, University of Pittsburgh, Pittsburgh, PA
- 02/16/2023 *Sleep Physiology in Adolescent Depression: Building a Developmentally-Sensitive Framework,* Multidisciplinary Sleep Grand Rounds, University of Pittsburgh, Pittsburgh, PA
- 04/13/2023 *Sleep, Rhythms, and Mental Health,* Sleep and Circadian Workshop on Indispensable Methods, University of Pittsburgh, Pittsburgh, PA
- 04/13/2023 *Actigraphy: The Basics,* Sleep and Circadian Workshop on Indispensable Methods, University of Pittsburgh, Pittsburgh, PA

National Presentations

- 03/16/2021 *Sleep, Neurodevelopment, and Vulnerability to Mood Disorders in Adolescence,* Brown Sleep Grand Rounds, Brown University, Providence, RI (Virtual Presentation)
- 11/30/2023 *Sleep, Neurodevelopment, and Mood Disorder Risk in Adolescence,* Boston Children's Hospital Department of Psychiatry, Boston, MA

International Presentations

- 10/24/2023 *Novel treatments for depression in children and adolescents living with HIV: Harnessing sleep and chronotherapeutic strategies,* International Maternal Pediatric Adolescent AIDS Clinical Trials (IMPAACT) Network, Washington, DC

Media Interviews and Features

- 11/16/2012 [*Surprising Toll Insomnia Exacts*](#), American Psychiatric Association's Psychiatric News.
- 03/16/2018 [*What's The Deal with Depression Naps? They may seem good for you, but they're far from it.*](#) Huffington Post.
- 12/02/2020 [*Sleep Dysfunction Tied to Teen Psychiatric Disorders*](#), American Psychiatric Association's Psychiatric News.
- 03/17/2021 [*Why do we dream and what does it mean? Sleep experts explain*](#), Today.com
- 11/07/2021 [*The end of daylight saving time is good for our brains*](#), Pittsburgh Post Gazette.
- 08/07/2023 [*What Do Snake Dreams Mean? Dream Interpreter Breaks It Down \(today.com\)*](#), Today.com

12/19/2023 [Dreaming of Dead Person Talking to You Meaning \(today.com\)](https://www.today.com/health/dreaming-dead-person-talking-you-meaning/story.html), Today.com

SERVICE:

University and Medical School Service

2010-2011	Clinical Program Representative	Clinical Science Program Committee, UC Berkeley
2010-2011	Member	Clinical Science Program Selection Committee, UC Berkeley
2014-2020	Member	Sleep and Chronobiology Group Social Planning Committee, University of Pittsburgh
2019-2021	Chair	Center for Sleep & Circadian Science Research Day Planning Committee, University of Pittsburgh
2023	Poster Judge	Western Psychiatric Hospital Research Day, University of Pittsburgh
2024	Round Table Host, <i>Data Management Best Practices</i>	Western Psychiatric Hospital Research Day, University of Pittsburgh

Diversity, Equity, and Inclusion Activities

Spring 2021	Mentorship Training Workshop, University of Pittsburgh
2022-2024	Diversity and Inclusion Certificate Program, University of Pittsburgh
2023-present	Department of Psychiatry Diversity, Equity, and Inclusion Committee – Advocacy Workgroup, University of Pittsburgh
2024	DSM-5 Cultural Formulation Interview Online Training, New York State Psychiatric Institute

Local/Community Service Activities

2010-2013	Student Volunteer	Northern California Cognitive Behavioral Therapy Network
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National Service

2010	Member, Volunteer Coordinator	Local Organizing Committee, Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA
2016-2019	Member	Trainee Education Advisory Committee [<i>implements career development activities at the annual SLEEP meeting</i>], Sleep Research Society <i>Subcommittees:</i> 2018-Mentorship Program; 2019-Leadership Workshop
2019-2020	Member	Pipeline Development Committee [<i>implements career development activities for trainees year-round</i>], Sleep Research Society
2025-2027	Member	Program Committee, Society of Biological Psychiatry