

## CURRICULUM VITAE

Monique K. LeBourgeois, PhD

### PERSONAL INFORMATION

Address: **Department of Integrative Physiology**  
354 UCB, Boulder, CO 80309

Phone: 303.492.4584 (lab)  
303.492.7663 (office)  
303.492.6778 (fax)

Email: [monique.lebourgeois@colorado.edu](mailto:monique.lebourgeois@colorado.edu)

### EDUCATION

2003 **PhD, Experimental Psychology**  
The University of Southern Mississippi

2001 **MA, Experimental Psychology**  
The University of Southern Mississippi

1998 **MS, Counseling Psychology**  
The University of Southern Mississippi

1995 **BS, Psychology (Honors)**  
The University of Southern Mississippi, Gulf Park Campus

### GRADUATE and POSTGRADUATE TRAINING

2003-2005 **Postdoctoral Fellow in Child Mental Health (NIMH T32)**  
Brown University Clinical Psychology Training Consortium, Providence, RI

2002-2003 **Ruth L. Kirschstein NRSA Individual Predoctoral Fellowship (NIMH F31)**  
University of Southern Mississippi, Hattiesburg, MS

1998 **Pediatric Psychology Intern**  
Children's Hospital, New Orleans, LA

### PROFESSIONAL POSITIONS

2018- **Associate Instructor**  
Australian Research Council Life Course Center

2017- **Associate Professor**  
Department of Integrative Physiology  
University of Colorado Boulder, Boulder, CO

2010-2017 **Assistant Professor**  
Department of Integrative Physiology  
University of Colorado Boulder, Boulder, CO

2010- **Core Faculty**  
Center for Neuroscience  
University of Colorado Boulder, Boulder, CO

2010- **Director, Sleep and Development Laboratory**  
University of Colorado Boulder, Boulder, CO

2010- **Adjunct Assistant Professor (Research)**  
Department of Psychiatry and Human Behavior  
The Warren Alpert Medical School of Brown University, Providence, RI

- 2007-2010 **Assistant Professor (Research)**  
Department of Education  
Brown University, Providence, RI
- 2005-2007 **Assistant Professor (Research)**  
Center for the Study of Human Development  
Brown University, Providence, RI
- 2005-2010 **Assistant Professor (Research)**  
Department of Psychiatry and Human Behavior  
The Warren Alpert Medical School of Brown University, Providence, RI

## HONORS & AWARDS

- 2018 Recognition of Scientific Contribution to Society: Made on behalf of Colorado Senator Steve Fenberg, District 18
- 2008-2012 NIH Pediatric Loan Repayment Award
- 2009 Brown University Curriculum Development Award for a New First-Year Seminar: "The Mind, Brain, and Education"
- 2008 Late Breaking Abstract Award – Associated Professional Sleep Societies Annual Meeting
- 2005 American Academy of Sleep Medicine/Pfizer Scholars Grants in Sleep Medicine Award
- 2005 Postdoctoral Fellow Research Award, Medical School of Brown University 9th Annual Research Symposium on Mental Health Sciences
- 2004 Research Merit Award, European Sleep Research Society
- 2003-2007 NIH Pediatric Loan Repayment Award
- 2003 Research Merit Award, New York Academy of Sciences
- 2003 American Academy of Sleep Medicine Young Investigator Award
- 2003 USM Research, Scholarly, & Creative Graduate Student Research Award
- 2000-2004 Sleep Research Society Research Trainee Merit Award
- 1999-2002 Multi-Site Training for Basic Sleep Research Trainee Merit Award

## ACTIVE RESEARCH GRANTS

	Period	Direct Cost
1. Sensitivity of the Circadian Clock to Light in Early Childhood R01-HD087707; <b>NIH/NICHD, Principal Investigator</b>	2017-2022	\$2,455,482
2. Sleep and the Neural Basis of Emotion Processing in Childhood R21-MH105735; <b>NIH/NIMH, Principal Investigator</b>	2016-2018	\$275,000
3. The Developing Brain: Influences and Outcomes (Sean Deoni, PI) UH3-0D023313; <b>NIH/ECHO Consortium, Co-Investigator</b>	2018-2023	\$525,385 Sub-award
4. Australian Research in Childcare and Sleep (Simon Smith, PI) <b>National Health &amp; Medical Research Council, Co-Investigator</b>	2018-2021	--

## ACTIVE GRANT-BASED CONSULTING

	Period	Direct Cost
1. Quantifying Factors Associated with Healthy Brain and Cognitive Development (Sean Deoni, PI)	2016-2018	--

**Bill & Melinda Gates Foundation, Consultant**

- |  |           |    |
|--|-----------|----|
| 2. The Benefit of Naps on Cognitive, Emotional, and Motor Learning in Preschoolers<br>(Rebecca Spencer, PI); Competing Renewal<br>R01-HL111695; <b>NIH/NHLBI, Consultant</b> | 2017-2022 | -- |
| 3. Pediatric Asthma Disparities: The Role of Sleep And Immune Balance<br>(Daphne Koinis-Mitchell, PI)<br>K24-HL130451; <b>NIH/NHLBI, Consultant</b>                          | 2017-2022 | -- |

**ACTIVE TRAINEE GRANTS**

- |  | <b>Period</b> | <b>Direct Cost</b> |
|--|---------------|--------------------|
| 1. Beckman Scholars Program<br>(Mark Winey, PI)<br><b>Beckman Foundation, Undergraduate Mentor</b> | 2016-2019     | --                 |

**PENDING RESEARCH GRANTS**

- |  | <b>Period</b> | <b>Direct Cost</b>     |
|--|---------------|------------------------|
| 5. Promoting Behavioral and Sleep Health in Diverse Toddlers<br>(Amanda Tarullo, PI)<br>R01-HD095916; <b>NIH/NICHD, Co-Investigator</b>  | 2018-2023     | \$107,920<br>Sub-award |
| 6. The Role of Sleep in Cognitive and Stress System Functioning in Maltreated Children from Low-Income Families<br>(Samantha Brown, PI)<br>R03-HD096110; <b>NIH/NICHD, Co-Investigator</b>                   | 2018-2020     | \$19,380<br>Sub-Award  |
| 7. Impact of Sleep Duration on Immune Balance in Urban Children with Asthma<br>(Daphne Koinis-Mitchell, PI)<br>R01-HD057220; <b>NIH/NHLBI, Co-Investigator</b>   | 2019-2024     | \$110,586<br>Sub-award |
| 8. Sleep patterns, cognitive achievement and school timetables in Grammar School children<br>(João Hipólito, PI)<br>SFRH/BPD/86618; <b>Portuguese Foundation for Science and Technology, Co-Investigator</b> | 2018-2023     | --                     |

**PENDING GRANT-BASED CONSULTING**

- |   | <b>Period</b> | <b>Direct Cost</b> |
|---|---------------|--------------------|
| 1. Impact of Jail Incarcerations on Maternal and Child Outcomes<br>(Sarah Watamura & Sami Brown, Co-PIs)<br>2017-91558-CO-IJ; <b>DOJ Colorado, Consultant</b>   | 2018-2020     | --                 |
| 2. Parenting and Family Practices in Immigrant Families with Adolescents: Leveraging Cultural Differences in Order to Understand Resilience<br>(Julia Dmitrieva, PI)<br>R21-MD012632; <b>NIH/NIMH, Consultant</b> | 2018-2020     | --                 |

**GRANTS IN PROGRESS**

- |  | <b>Period</b> |    |
|--|---------------|----|
| 1. Sleep and Emotion Regulation across Early Childhood<br>R01 Competing Renewal; <b>NIH/NIMH, Principal Investigator</b> | 2019-2024     | -- |
| 2. Sleep and the Neural Basis of Appetitive Drive in Childhood<br>R01; <b>NIH/NHLBI, Co-Principal Investigator</b>       | 2019-2024     | -- |
| 3. Light-Emitting Devices, Sleep, and Rhythms in Early Childhood   | 2019-2024     | -- |

**R01; NIH/NICHD, Principal Investigator**

<b>COMPLETED RESEARCH GRANTS</b>	<b>Period</b>	<b>Direct Cost</b>
1. The Developing Brain: Influences and Outcomes (Sean Deoni, PI) UG3-0D023313; <b>NIH/ECHO Consortium, Co-Investigator</b>	2016-2018	\$332,480 Sub-award
2. Sleep and Emotion Regulation across Early Childhood R01-MH086566; <b>NIH/NIMH, Principal Investigator</b>	2010-2016	\$2,346,456
3. Asthma and Academic Functioning in Urban Children (Daphne Koinis-Mitchell, PI) R01-HD057220; <b>NIH/NHLBI, Co-Investigator</b>	2009-2015	\$24,080 Sub-award
4. Sleep and White Matter Maturation in Childhood and Early Adolescence (Sean Deoni, PI) <b>Jacobs Foundation Young Investigator Grant, Co-Investigator</b>	2012-2013	---
5. Sleep and Brain Connectivity in Early Childhood <b>Intermountain Neuroimaging Consortium Grant, Principal Investigator</b>	2012-2013	\$5,000
6. Sleep-Wake Regulation and Emotion in Early Childhood K01-MH074643; <b>NIH/NIMH, Principal Investigator</b>	2005-2010	\$680,679
7. Homeostatic and Circadian Regulation of Sleep in Early Human Development ERC027; <b>Sepracor, Inc., Principal Investigator</b>	2005-2009	\$74,555
8. Validation of a New Measure of Children's Sleep F31-MH65831; <b>NIH/NIMH, Principal Investigator</b>	2001-2003	\$18,156
<b>COMPLETED OUTREACH GRANTS</b>	<b>Period</b>	<b>Direct Cost</b>
1. Bringing Cutting-Edge Neuroscience Research to Elementary Classrooms to Improve Public Health <b>CU Boulder Outreach Program, Co-Principal Investigator</b>	2016-2017	\$24,000
2. Bringing Cutting-Edge Neuroscience Research to Elementary Classrooms to Improve Public Health <b>CU Boulder Outreach Program, Co-Principal Investigator</b>	2015-2016	\$24,000
3. Bringing Cutting-Edge Neuroscience Research to Elementary Classrooms to Improve Public Health <b>CU Boulder Outreach Program, Co-Principal Investigator</b>	2014-2015	\$24,000
4. Bringing Cutting-Edge Neuroscience Research To Elementary Classrooms to Improve Public Health <b>CU Boulder Outreach Program, Co-Principal Investigator</b>	2013-2014	\$23,600
<b>COMPLETED GRANT-BASED CONSULTING</b>	<b>Period</b>	
1. The Benefit of Naps on Cognitive, Emotional, and Motor Learning in Preschoolers (Rebecca Spencer, PI) R01-HL111695; <b>NIH/NHLBI</b>	2012-2017	
2. A Microsocial Video-Coaching Intervention to Reduce Toxic Stress in EHS Families (Sarah Watamura, PI) ACF-YR056; <b>Administration for Children and Families</b>	2011-2016	

- |    |  |           |
|----|--|-----------|
| 3. | Disadvantaged Children: Predictors and Outcomes of Sleep Behaviors<br>(Lauren Hale, PI)<br>R21-HD060208; <b>NIH/NICHD</b>                | 2009-2011 |
| 4. | Habitual Napping in Kindergarten: Implications for Sleep, AM Cortisol, and Diet<br>(Alyssa Cairns, PI)<br>F31-HD057765; <b>NIH/NICHD</b> | 2008-2011 |
| 5. | Young Adolescent Sleep-Start Pacesetter Program<br>(Wolfson, PI)<br>R01-HD047928; <b>NIH/NICHD</b>                                       | 2005-2009 |

**HONORS & AWARDS TO POSTDOCS**

- |      |   |
|------|---|
| 2018 | Top 5 Poster Award; Digital Media and Developing Minds conference ( <b>L Hartstein</b> )  |
| 2015 | Datablitz Award: Sleep Research Society; annual SLEEP conference ( <b>S Kurth</b> )<br>Datablitz Award: Psychoneuroimmunology Research Society; annual conference ( <b>S Kurth</b> )<br>Strategic Plan Poster Award: Society for Research on Child Development; bi-annual conference ( <b>S Kurth</b> ) |
| 2014 | Young Scientist Award: European Sleep Research Society; bi-annual conference ( <b>S Kurth</b> )<br>Travel Award: European Sleep Research Society; bi-annual conference ( <b>S Kurth</b> )<br>Merit Award, Gordon Research Conference: Sleep Regulation and Function ( <b>S Kurth</b> )                  |
| 2013 | Late Breaking Abstract Award, SLEEP 2013 ( <b>S Kurth</b> )<br>Trainee Merit Award: Multi-Site Training for Basic Sleep Research Conference ( <b>S Kurth</b> )  |

**PENDING TRAINEE GRANTS**

- |   | <b>Period</b> | <b>Direct Cost</b> |
|---|---------------|--------------------|
| 1. Parent-Infant Co-regulation of Sleep and Physiology in Families with Neglect<br>(Samantha Brown, PI)<br><b>NIH/NICHD; Primary Mentor</b> | 2019-2024     | ---                |

**ACTIVE POSTOC GRANTS [TRANSITION TO INDEPENDENCE]**

- |  | <b>Period</b> | <b>Direct Cost</b> |
|--|---------------|--------------------|
| 1. Sleep, brain development, and gut microbiota in infancy<br>(Salome Kurth, PI)<br><b>Clinical Research Priority Program (CRPP); "Sleep and Health" of the University of Zurich</b> | 2016-2018     | \$300,000          |

**COMPLETED POSTDOC GRANTS**

- |   | <b>Period</b> | <b>Direct Cost</b> |
|---|---------------|--------------------|
| 1. Brain Connectivity and Sleep in Preschool Children<br>(Salome Kurth, PI)<br><b>Swiss National Science Foundation Grant for Prospective Researchers, Mentor</b> | 2011-2013     | \$60,000           |

**HONORS & AWARDS TO STUDENTS / TRAINEES**

- |      |   |
|------|---|
| 2018 | Van Ek Award; CU Boulder, College of Arts and Sciences ( <b>S Schneider</b> ) |
|------|---|

- 2016 Sigma Xi Undergraduate Research Award, CU Boulder (**S Wong**)  
 Van Ek Award; CU Boulder, College of Arts and Sciences (**I McClain**)  
 BSI Travel Award, CU Boulder (**S Schneider**)  
 Merit Award, Sleep Research Society (**L Akacem**)  
 Brown University Dement Summer Fellowship (**C Kluckey**)
- 2015 Graduate Summer Fellowship [for dissertation research], CU Boulder (**L Akacem**)  
 Merit Award, Sleep Research Society (**K Gray, J Lassonde, A Schumacher, M Doucette**)  
 Graduate Travel Award, CU Boulder (**L Akacem, S Nau, K Johansen, I McClain**)  
 Brown University Dement Summer Fellowship (**C Klucky**)
- 2014 Graduate Travel Award, CU Boulder (**L Akacem, R Tribble, S Cherian**)  
 Undergraduate Research Award, Sleep Research Society (**E Mullins**)  
 Brown University Dement Summer Fellowship (**K Thellman**)
- 2013 Fellowship, Society for Research on Biological Rhythms, Vanderbilt Chronobiology Summer School (**L Akacem**)  
 Merit Award, Sleep Research Society (**L Akacem, M Doucette**)  
 Datablitz Awardee, Sleep Research Society, Circadian Rhythms Section (**L Acakem**)  
 Graduate Travel Award, CU Boulder (**L Akacem, R Tribble, C Simpkin, J Calihan**)  
 First Time Travel Award, Sleep Research Society (**J Calihan**)  
 Multi-Site Training for Basic Sleep Research – Trainee Merit Award (**M Doucette, L Pierpoint**)
- 2012 BSI Travel Award, CU Boulder (**L Akacem, C Simpkin**)  
 Professional and Academic Conference Endowment Travel Award (**H Craven**)  
 Merit Award, Sleep Research Society (**C Simpkin**)  
 Van Ek Award; CU Boulder, College Arts and Sciences (**S Cherian**)
- 2010 L. Carpenter Award for Outstanding Achievement in Cognitive Science (Brown) (**C Kleeman**)
- 2009 Brown Undergraduate Teaching and Research Travel Award (**C Gribbin, V Hartman, R Crossin**)
- 2009 Brown University RAB Travel Award (**H Gebru**)
- 2008 Brown Undergraduate Teaching and Research Travel Award (**R Crossin**)

<b>CURRENT UNDERGRADUATE STUDENT GRANTS (CU)</b>	<b>Period</b>	<b>Direct Cost</b>
1. Does Sleep Moderate the Relationship between Stress Reactivity and Cognitive Function in Early Childhood? <b>BSI Continuation Scholars Award, Sponsor for T Jablin</b>	2018-2019	\$2500
2. Does Sleep Moderate the Association between the Cortisol Awakening Response and Stress Reactivity <b>BSI Continuation Scholars Award, Sponsor for K Petersen</b>	2018-2019	\$2500
3. Early Developmental Changes in the Association between Slow Wave Activity and Processing Speed	2018-2019	\$2500



17. Is electronic media use associated with decreased sleep quality in preschool aged children? <b>HHMI Individual Grant, Sponsor for H Setterquist</b>	2014-2015	\$2400
18. The Development of Sleep Spindles Across Early Childhood <b>UROP Individual Grant, Sponsor for I McClain</b>	2014-2015	\$2400
19. UROP Assistantship, <b>Sponsor for S Wong, C Kluckey</b>	2015	\$1600
20. Are there developmental changes in spindle activity across early childhood? <b>HHMI, Sponsor for I McClain</b>	2013-2014	\$2400
21. Expression and Emotion Regulation in Response to Acute Sleep Restriction across Early Childhood <b>HHMI Individual Grant, Sponsor for K Johansen</b>	2013-2014	\$2400
22. Does Chronotype Influence Young Children's Sleep Patterns, Emotion, and Behavior? <b>HHMI Individual Grant, Sponsor for S Nau</b>	2013-2014	\$2400
23. What is the Effect of Acute Sleep Restriction on Toddler's Expression and Regulation of Emotion? <b>UROP Individual Grant, Sponsor for C Bazzanella</b>	2013-2014	\$2400
24. What is the Effect of Acute Sleep Restriction on Children's Eating Behavior? <b>UROP Individual Grant, Sponsor for E Mullins</b>	2013	\$2400
25. What is the Effect of Acute Sleep Restriction on Toddler's Expression and Regulation of Emotion? <b>UROP Individual Grant, Sponsor for C Bazzanella</b>	2013	\$2400
26. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for I McClain</b>	2013	\$2500
27. UROP Assistantship, <b>Sponsor for I McClain</b>	2012-2013	\$800
28. The Bi-Directional Relationship Between Physical Activity and Sleep in Preschool Children <b>HHMI Individual Grant, Sponsor for S Cherian</b>	2012-2013	\$2400
29. The Relationship Between Slow Wave Activity Topography and Speed of Processing in Preschoolers <b>HHMI Individual Grant, Sponsor for M Doucette</b>	2012-2013	\$2400
30. What is the Effect of Acute Sleep Restriction on Children's Eating Behaviors? <b>HHMI Individual Grant, Sponsor for E Mullins</b>	2012-2013	\$2400
31. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for K Johansen</b>	2012-2013	\$2500
32. Sleep and Brain Development in Early Childhood <b>BURST Grant, Sponsor for A Jones</b>	2012-2013	\$2500
33. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for S Nau</b>	2012-2013	\$2500
34. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for C Bazzanella</b>	2012	\$2500
35. What is the Effect of Acute Sleep Restriction on Children's Daytime Physical Activity Levels?	2012	\$2400



**UROP Individual Grant, Sponsor for S Cherian**

36. UROP Assistantship, <b>Sponsor for A Jones, M Doucette</b>	2012	\$1600
37. Does Misalignment between Circadian Melatonin Phase and Parent-Selected Bedtimes Influence Young Children's Sleep Quality, Sleepiness, and Behavior? <b>HHMI Individual Grant, Sponsor for L Akacem</b>	2011-2012	\$2400
38. Individual Differences in Chronotype during Early Childhood: Do Developmental Changes Exist and are they Associated with Physiological and Behavioral Outcomes? <b>HHMI Individual Grant, Sponsor for C Simpkin</b>	2011-2012	\$2400
39. Correspondence between Actigraphy and PSG Measures of Sleep Onset Latency in Young Children <b>UROP Individual Grant, Sponsor for H Craven</b>	2011-2012	\$2400
40. Sleep, Circadian Rhythms, and Emotion Processing in Early Childhood NIH Scholars Program for Diversity in the Biosciences <b>BSI Scholarship, Sponsor for R Tribble</b>	2011-2012	\$2500
41. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for E Mullins</b>	2011-2012	\$2500
42. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for S Cherian</b>	2011-2012	\$2500
43. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for D Eves</b>	2011-2012	\$2500
44. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for E Mullins</b>	2011	\$2500
45. UROP Assistantship, <b>Sponsor for L Akacem, A Bielinski, S Cherian, H Craven, D Eves, T Hayes, E Mullins, C Simpkin</b>	2011	\$6400

<b>COMPLETED UNDERGRADUATE STUDENT GRANTS (BROWN)</b>	<b>Period</b>	<b>Direct Cost</b>
1. The Effects of Sleep Deprivation on Preschooler's Probabilistic Reasoning Abilities <b>UTRA, Sponsor for C Kleeman</b>	2009-2010	\$1000
2. The Cortisol Awakening Response in 2-to-4-year-old Children <b>UTRA, Sponsor for C Gribbin</b>	2008-2009	\$1000
3. Validation of Actigraphy in the Evaluation of Sleep in Toddlers <b>UTRA, Sponsor for A Rao</b>	2008-2009	\$1000
4. Urinary Melatonin (aMT6s) Secretion in Preschool Children <b>UTRA, Sponsor for H Gebru</b>	2008-2009	\$1000
5. The Effects of Nap Deprivation on Emotion Regulation <b>UTRA, Sponsor for R Crossin</b>	2007-2008	\$1000

**PUBLICATIONS**

*	Author is/was a trainee
UTRA	Resulted from Undergraduate Teaching and Research Award (Brown)
UROP	Resulted from Undergraduate Research Opportunities Program (CU)
HHMI	Resulted from Howard Hughes Medical Institute / Biological Sciences Initiative (CU)

**MANUSCRIPTS IN PROGRESS (6)**

1. **LeBourgeois, M.K.**, Rusterholz, T.\*, Carskadon, M.A., Jenni, O.J., Dmitrieva, J., Lasseonde, J.M.\*, Achermann, P. Developmental changes in sleep homeostasis across early childhood. To be submitted to *SLEEP*.
2. **LeBourgeois, M.K.**, Akacem, L.D.\*, Simpkin, C.\*, Dmitrieva, J., Thellman, K.\*, Carskadon, M.A., Jenni, O.J., Achermann, P. Developmental changes in the circadian clock and its relationship to sleep across early childhood. To be submitted to *SLEEP*.
3. Nau, S.\*HHMI, Akacem, L.\*, Schumaker, A.\*, **LeBourgeois, M.K.** Chronotype-specific deficits in executive function following sleep restriction in early childhood. To be submitted to *SLEEP*.
4. Cherian, S.\*HHMI, Mullins, E.N.\*, Miller, A.L., Doucette, M.\*, Seifer, R., **LeBourgeois, M.K.** Bi-directional associations between sleep and physical activity in healthy toddlers: Insights from actigraphy and the sleep EEG. To be submitted to *Sleep Health*.
5. Lee, J., Retzliff, L., **LeBourgeois, M.K.**, Lumeng, J.C., Vazquez, D.M., Sturza, J., Kaciroti, N., Miller, A.L. Sleep duration and timing are associated with diurnal cortisol patterns in young, low-income children. To be submitted to *Psychoneuroendocrinology*.

**MANUSCRIPTS UNDER REVIEW (3)**

1. Jansen, E.C., Peterson, K.E., Lumeng, J.C., Kaciroti, N., **LeBourgeois, M.K.**, Chen, K., Miller, A.L. Sleep Timing and Duration in Relation to Dietary Patterns Among Low-Income Preschool Children. *Journal of the Academy of Nutrition and Dietetics*.
2. Miller, A.L., Miller, S.E., **LeBourgeois, M.K.**, Sturza, J., Rosenblum, K.L., & Lumeng, J.C. Sleep duration and quality are associated with eating behavior in low-income toddlers. *Appetite*
3. **LeBourgeois, M.K.**, Dean, D.C., Deoni, S.C.L., Kohler, M., Kurth, S. A simple sleep EEG marker in childhood predicts brain myelin several years later. *Neuron*.

**MANUSCRIPTS IN PRESS (1)**

1. Julian, M.M., Leung, C.Y.Y., Rosenblum, J.L., **LeBourgeois, M.K.**, Lumeng, J.C., Kaciroti, N., Miller, A.L. Parenting and toddler self-regulation in Low-Income Families: What does sleep have to do with it? *Infant Mental Health Journal*.

**PUBLISHED MANUSCRIPTS (60)**

1. Hartstein, L.E.\*, **LeBourgeois, M.K.**, Berthier, N.E. (2018). Light correlated color temperature positively impacts task switching performance in preschool-age children. *PLoS ONE*, Oct 4; 13(10): e0205542.
2. Schoch, S.F., Riedner, B., Deoni, S.C., Huber, R., **LeBourgeois, M.K.**, Kurth, S\*. (2018). Across-night dynamics in traveling sleep slow waves throughout childhood. *SLEEP*, Nov 1;41(11). doi: 10.1093/sleep/zsy165.
3. Hale, L., Kirschen, G.W., **LeBourgeois, M.K.**, Gradisar, M., Garrison, M.M., Montgomery-Downs, H., Chang, A.M., Buxton, O.M. (2018). What we know about screen-based digital media and sleep: Messages for Clinicians, Educators, Parents, and Youth. *Pediatric Clinics of North America*, 27(2), 229-245.
4. Akacem, L.D.\*, Wright Jr., K.P., **LeBourgeois, M.K.** (2018). Sensitivity of the circadian system to evening bright light in preschool-age children. *Physiological Reports*, March 6(5).
5. Kurth, S.\*, Riedner, B.A., Dean, D.C., O'Muircheartaigh, J., Deoni, S.C., LeBourgeois, M.K. (2017). Traveling slow oscillations during sleep - a marker of brain connectivity in childhood. *SLEEP*, 40(9). doi: 10.1093/sleep/zsx121.

6. LeBourgeois, M.K., Hale, L., Akacem, L.D.\*, Chang, A.M., Montgomery-Downs, H., Buxton, O.M. (2017). Digital media and sleep in childhood and adolescence. *Pediatrics*, 140(Suppl 2), S92-S96.
7. Olbrich, E., Rusterholz, T.\*, **LeBourgeois, M.K.**, Achermann, P. (2017). Developmental trajectories in sleep oscillations across early childhood. *Neural Plasticity*, Epub Aug 15. doi: 10.1155/2017/6160959.
8. Thellman, K.\*HHMI, Harsh, J.R., Wright, K.P., **LeBourgeois, M.K.** (2017). Sleep timing is associated with dietary patterns in 9- to 15-year-olds. *Sleep Health*, 3(4), 269-275.
9. Koinis-Mitchell, D., Kopel, S.J., Seifer, R., **LeBourgeois, M.K.**, McQuaid, E.L., Esteban, C.A., Boergers, E., Nassaue, J., Fritz, G.K., & Klein, R.B. (2017). Asthma-related lung function, sleep quality, and sleep duration in urban children. *Sleep Health*, 3(3), 148-156.
10. Lopp, C.S., Navidi, W., Achermann, P., **LeBourgeois, M.K.**, Diniz Behn, C. (2017). Developmental changes in ultradian sleep cycles across Early Childhood. *Journal of Biological Rhythms*, 32(1), 64-74.
11. Martin, S.R. Boergers, J., Kopel, S.J., McQuaid, E.L., Seifer, R. **LeBourgeois, M.K.**, Klein, R.B., Esteban, C.A., Fritz, G.K., Koinis-Mitchell, D. (2017). Sleep Hygiene and Sleep Outcomes in a Sample of Urban Children with and without Asthma. *Journal of Pediatric Psychology*, 42(8), 825-836. doi: 10.1093/jpepsy/jsx052.
12. Stothard, E.R., McHill, A.W., Depner, C.M., Birks, B.R, Moehlman, T.M., Ritchie, H.K., Guzzetti, J.R., Chinoy, E.D., **LeBourgeois, M.K.**, Axelsson, J., Wright, K.P. (2017). Circadian Entrainment to the Natural Light-Dark Cycle Across Seasons and the Weekend. *Current Biology*, 27(4), 508-513.
13. Cremone, A., de Jong, D.M., Kurdziel, L.B.F., Desrochers, P., Sayer, A., **LeBourgeois, M.K.**, McDermott, J.M, Spencer, R.M.C. (2017). Sleep Tight, Act Right: Negative Affect, Sleep and Behavior Problems During Early Childhood. *Child Development*, Jan 27. doi: 10.1111/cdev.12717.
14. Schumacher, A.\*, Miller, A., Watamura, S.E., Kurth, S.\*, Lassonde, J.M.\*, **LeBourgeois, M.K.** (2017). Sleep moderates the association between executive function and self-regulation in early childhood. *Journal of Clinical Child and Adolescent Psychology*, 46(2):222-235.
15. Akacem, L.A.\*, Wright Jr. K.P., **LeBourgeois, M.K.** (2016). Evening light exposure influences circadian timing in young children: A field study. *Neurobiology of Sleep and Circadian Rhythms*, 1(1), 27-31.
16. **LeBourgeois, M.K.**, Harsh, J.R. (2016). Development and psychometric evaluation of the Children's Sleep Wake Scale (CSWS). *Sleep Health*, 2(3), 198-204.
17. Lassonde, J.M.\*, Achermann, P., Rusterholz, T., Kurth, S.\*, Pierpoint, L.\*, **LeBourgeois, M.K.** (2016). Sleep homeostasis in toddlers: effects of a missed nap on subsequent nighttime sleep. *Neurobiology of Sleep and Circadian Rhythms*, 1(1), 19-26.
18. Kurth, S.\*, Dean, D.C., Deoni, S.D., Achermann, P., **LeBourgeois, M.K.** (2016). Increased sleep depth in developing neural networks: new insights from sleep restriction in children. *Frontiers in Neuroscience*. 10, 456.
19. Mullins, E.M.\*HHMI, Cherian, S.C.\*, Doucette, M.R.\*, Wright, K.P., Kurth, S., Lumeng, J.C., Miller, A.L., **LeBourgeois, M.K.** (2016). Acute Sleep Restriction Effects on Dietary Intake in Preschool Children. *Journal of Sleep Research*, 26(1):48-54.
20. Kurth, S.\*, Lassonde, J.\*, Pierpoint, L.A.\*, Rusterholz, T., Jenni, O.G., Achermann, P., **LeBourgeois, M.K.** (2016). Development of nap physiology: preliminary insights into the regulation of sleep. *Journal of Sleep Research*, 25(6):646-54.
21. McClain, I.\*, Lustenberger, C., Achermann, P., Lassonde J.M.\*, Kurth, S.\*, **LeBourgeois, M.K.** Developmental changes in sleep spindle characteristics across early childhood. (2016). *Neural Plasticity*, <http://dx.doi.org/10.1155/2016/3670951>

22. de Jong, D.M., Cremone, A., Kurdziel, L.B.F., Desrochers, P., **LeBourgeois, M.K.**, Sayer, A., Ertel, K., Spencer, R.M.C. (2016). Maternal depressive symptoms and household income in relation to sleep in early childhood. *Journal of Pediatric Psychology*, 41(9):961-70.
23. Chevalier, N., Kurth, S.\* , Doucette, M.R.\* , Wiseheart, M., Deoni, S., Dean, D.C., O’Muircheartaigh, J., Blackwell, K.A., Munakata, Y., **LeBourgeois, M.K.** (2015). Myelination is associated with processing speed in early childhood: preliminary insights. *PLoS One*, 10(10): e0139897.
24. Tribble, R.C.\* , Dmitrieva, J., Watamura, S.E., **LeBourgeois, M.K.** (2015). The cortisol awakening response (CAR) in toddlers: nap dependent effects on the diurnal secretory pattern. *Psychoneuroendocrinology*, 60: 46-56.
25. Doucette, M.R.\* , Kurth, S.\* , Chevalier, N., Munakata, Y., **LeBourgeois, M.K.** (2015). Topography of slow sigma power during sleep is associated with processing speed in preschool children. *Brain Sciences*, 5(4): 494-508.
26. Akacem, L.D.\* , Simpkin, C.T.\* , Carskadon, M.A., Wright Jr. K.P., Jenni, O.G., Achermann, P., **LeBourgeois, M.K.** (2015). The timing of the circadian clock and sleep differ between napping and non-napping toddlers. *PLoS One*, 10(4): e0125181.
27. Lundsford, J.\* , **LeBourgeois, M.K.**, Gupata, T., Mittal, V.A. (2015). Actigraphic-Measured Sleep Disturbance Predicts Increased Positive Symptoms in Adolescents at Ultra-High-Risk for Psychosis: A Longitudinal Study. *Schizophrenia Research*, 164(1-3): 15-20.
28. Kurth, S.\* , Olini, N., Huber, R., **LeBourgeois, M.K.** (2015). Sleep and early cortical development. *Current Sleep Medicine Reports*, 1(1):64-73.
29. Koinis-Mitchell, D., Kopel, S.J., Bourgers, J., Fritz, G., Beltran, A.J., Klein, R.B., **LeBourgeois, M.K.** (2015). Good Sleep Health in Urban Children with Asthma: A Risk and Resilience Approach. *Journal of Pediatric Psychology*, 40(9): 888-903.
30. Miller, A.L., Lumeng, J.C., **LeBourgeois, M.K.** (2015). Sleep patterns and obesity in childhood. *Current Opinions in Endocrinology, Diabetes, and Obesity*, 22(1): 41-7.
31. Koinis-Mitchell, D., Kopel, S.J., Boergers, J., Ramos, K., **LeBourgeois, M.K.**, McQuaid, E.L., Esteban, C.A., Seifer, R., Fritz, G.K., Klein, R. (2015). Asthma, Allergic Rhinitis, and Sleep Problems in Urban Children. *Journal of Clinical Sleep Medicine*, 11(2): 101-10.
32. Miller, A.L., Seifer, R., Crossin, R., **LeBourgeois, M.K.** (2015). Toddler’s self-regulation strategies in a challenge context are nap-dependent. *Journal of Sleep Research*, 24(3): 279-87.
33. Wilson, K.E., Lumeng, J.C., Kaciroti, N., Chen, S.Y., **LeBourgeois, M.K.**, Chervin, R.D., Miller, A.L. (2015). Sleep hygiene practices and bedtime resistance in low-income preschoolers: does temperament matter? *Behavioral Sleep Medicine*, 13(5): 412-23.
34. Crowley, S.J., Van Reen, E., **LeBourgeois, M.K.**, Acebo, C., Tarokh, L., Seifer, R., Barker, D.H., Carskadon, M.A. (2014). A longitudinal assessment of sleep timing, circadian phase, and phase angle of entrainment across human adolescence. *PLoS One*, 9(11), e112199.
35. Bölsterli, B.K., Fattinger, S., Kurth, S., **LeBourgeois, M.K.**, Ringli, M., Bast, T., Critelli, H., Schmitt, B., Huber, R. (2014). Spike wave location and density disturb sleep slow waves in patients with CSWS (continuous spike waves during sleep). *Epilepsia*, 55(4): 584-91.
36. Miller, A., Kaciroti, N., **LeBourgeois, M.K.**, Chen, Y., Sturza, J., Lumeng, J. (2014). Sleep timing moderates the sleep duration-body mass index association in low-income preschool-age children. *Academic Pediatrics*, 14(2): 207-13.
37. Simpkin, C.\*HHMI, Jenni, O., Carskadon, M.A., Wright, K.P., Akacem, L.\* , Garlo, K.\* , **LeBourgeois, M.K.** (2014). Chronotype is associated with the timing of the circadian clock and sleep in toddlers. *Journal of Sleep Research*, 23(4): 397-405.
38. Kurth, S.\* , Achermann, P., **LeBourgeois, M.K.** (2013). Development of brain EEG connectivity across early childhood – does sleep play a role? *Brain Sciences*, 3(4): 1445-1460.

39. **LeBourgeois, M.K.**, Wright, K.P., LeBourgeois, H.B.\* , Jenni, O. (2013). Dissonance between parent-selected bedtimes and young children's circadian physiology influences nighttime settling difficulties. *Mind, Brain, and Education*, 7(4): 234-242.
40. **LeBourgeois, M.K.**, Carskadon, M.A., Akacem, L.\* , Simpkin, C.\* , Wright, K.P., Achermann, P., Jenni, O. (2013). Circadian phase and its relationship to nighttime sleep in toddlers. *Journal of Biological Rhythms*, 28(5): 322-331.
41. Mauss, I., Troy, A.S., **LeBourgeois, M.K.** (2013). Poorer sleep quality is associated with lower emotion regulation ability. *Cognition and Emotion*, 27(3): 567-576.
42. Storfer-Isser, A., **LeBourgeois, M.K.**, Harsh, J., Tompsett, C.J., Redline, S. (2013). Psychometric properties of the adolescent sleep hygiene scale (ASHS). *Journal of Sleep Research*. May 18 (ePUB).
43. Berger, R.H.\* , Miller, A.L., Seifer, R., Cares, S.R.\* , **LeBourgeois, M.K.** (2012). Acute sleep restriction effects on emotion responses in 30- to 36-month old children. *Journal of Sleep Research*, 21(3): 235-246.
44. Gribbin, C.\*UTRA, Watamura, S.E., Cairns, A., Harsh, J., **LeBourgeois, M.K.** (2012). The cortisol awakening response (CAR) in 2- to 4-year-old children: effects of acute nighttime sleep restriction, wake time, and daytime napping. *Developmental Psychobiology*, 54(4): 412-422.
45. Tarokh, L., Van Reen, E., Acebo, C., **LeBourgeois, M.K.**, Seifer, R., Fallone, G., Carskadon, M.A. (2012). Adolescence and parental history of alcoholism: insights from the sleep EEG. *Alcohol: Clinical and Experimental Research*, 36(9): 1530-1541.
46. Kurth S., Ringli M., Geiger A., **LeBourgeois, M.K.**, Buchmann A., Jenni O., Huber R. (2012). Mapping the electrophysiological marker of sleep depth reveals skill maturation in children and adolescents. *NeuroImage*, 63(2): 959-965.
47. Wright, K.P., Lowry, C.A., **LeBourgeois, M.K.** (2012). Circadian and wakefulness-sleep modulation of cognition in humans. *Frontiers in Molecular Neuroscience*, Apr 18; 5:50 (ePUB).
48. Hale, L., Berger, L.M., **LeBourgeois, M.K.**, Brooks-Gunn, J. (2011). A longitudinal study of preschoolers' language-based bedtime routines, sleep duration and well-being. *Journal of Family Psychology*, 25(3): 423-433.
49. Tarokh, L., Van Reen, E., **LeBourgeois, M.K.**, Carskadon, M.A. (2011). Sleep EEG provides evidence that cortical changes persist into late adolescence. *Sleep*, 34(10): 1385-1393.
50. Kurth, S., Ringli, M., Geiger, A., **LeBourgeois, M.K.**, Jenni, O., Huber, R. (2010). Mapping of cortical activity in the first two decades of life: a high-density sleep electroencephalogram study. *Journal of Neuroscience*, 30(40): 13211-13219.
51. Hale, L., Berger, L.M., **LeBourgeois, M.K.**, Brooks-Gunn, J. (2009). Social and demographic predictors of preschoolers' bedtime routines. *Journal of Developmental and Behavioral Pediatrics*, 30(5): 394-402.
52. Werner, H., **LeBourgeois, M.K.**, Geiger, A., Jenni, O. (2009). Assessment of chronotype in 4- to 11-year-old children: Reliability and validity of the Children's ChronoType Questionnaire (CCTQ). *Chronobiology International*, 26(5): 992-1014.
53. Fortunato, V., **LeBourgeois, M.K.**, Harsh, J. (2008). Development of a five-dimensional measure of sleep quality. *Educational and Psychological Measurement*, 68(3): 488-514.
54. Acebo, C., **LeBourgeois, M.K.** (2006). Actigraphy. *Respiratory Care Clinics*, 12: 23-30.
55. Jenni, O., **LeBourgeois, M.K.** (2006). Understanding sleep-wake behavior and sleep disorders in children: The value of a model. *Current Opinions in Psychiatry*, 19: 282-287.
56. Crosby, B., **LeBourgeois, M.K.**, Harsh, J. (2005). Racial differences in reported napping and nighttime sleep in 2- to 8-year old children. *Pediatrics*, 115(1): 225-232.

57. **LeBourgeois, M.K.**, Giannotti, F., Cortesi, F., Wolfson, A., Harsh, J. (2005). Sleep hygiene and sleep quality in Italian and American adolescents. *Annals of the New York Academy of Sciences*, 1021: 352-355
58. **LeBourgeois, M.K.**, Giannotti, F., Cortesi, F., Wolfson, A., Harsh, J. (2005). The relationship between reported sleep quality and sleep hygiene in Italian and American adolescents. *Pediatrics*, 115(1): 257-265.
59. **LeBourgeois, M.K.**, Avis, K., Mixon, M., Harsh, J., Olmi, J. (2004). Snoring, sleep quality, and sleepiness across attention-deficit/hyperactivity disorder (ADHD) subtypes. *Sleep*, 27(3): 520-525.
60. Mueller, M., Edwards, R., **LeBourgeois, M.K.** (2000). Using direct behavioral consultation to train multiple teachers to lower noncompliance in the classroom. *Proven Practice: Prevention and Remediation Solution for Schools*, 3(1): 3-8.

#### **PUBLISHED (NOT PEER-REVIEWED) BOOK CHAPTERS**

1. **LeBourgeois, M.K.**, Schuwer, J.\* (2013). Optimal sleep habits in infants and children. In: Kushida, C. (Ed.). *The Encyclopedia of Sleep*, vol. 1, pp. 77-81. Waltham, MA: Academic Press.

#### **PUBLISHED (PEER-REVIEWED) ABSTRACTS**

1. **LeBourgeois, M.K.**, Deoni, S.C.L., Dean, D., Kurth, S. (2018). Slow wave activity topography predicts development of brain myelin in children. *Journal of Sleep Research*, 27(S1): e12751. <https://doi.org/10.1111/jsr.1275>. [poster].
2. Kurth, S., Huber, R., **LeBourgeois, M.K.** (2018). Sigma power topography maturation across the first two decades of life. *Journal of Sleep Research*, 27(S1): e12751. <https://doi.org/10.1111/jsr.1275>. [oral].
3. Akacem, L.D.\* , Wright, K.P., **LeBourgeois, M.K.** (2018). Evening bright light and melatonin suppression in preschool children. *Journal of Sleep Research*, 25(S1), 108. [poster].
4. Kurth, S., Riedner, B., Dean, D.C., O’Muircheartaigh, J., Deoni, S.C., Huber, R., **LeBourgeois, M.K.** (2016). Mapping brain connectivity with spatio-temporal patterns of sleep slow oscillations across childhood. *Journal of Sleep Research*, 25(S1), 59. [oral].
5. Akacem, L.D.\* , Schneider, S.\* , Wright, K.P., **LeBourgeois, M.K.** (2016). Evening bright light suppresses melatonin in preschool-age children. *Sleep*, 39, A49. [oral & poster]
6. Thellman, K.\* , Simpkin, C.T., Akacem, L.D.\* , **LeBourgeois, M.K.** (2016). Longitudinal assessment of circadian phase and chronotype across early childhood. *Sleep*, 39, A49. [oral & poster]
7. Wong, S.\* , Schumacher, A.M.\* , Miller, A.L., Watamura, S.E., **LeBourgeois, M.K.** (2016). Acute sleep restriction reduces inhibitory control in preschool children. *Sleep*, 39, A17. [poster]
8. Johansen, K.M.\* , Schumacher, A.M.\* , Miller, A.L., Watamura, S.E., **LeBourgeois, M.K.** (2016). Sleep dependent effects on the association between stress reactivity and facial emotion expressions in preschool children. *Sleep*, 39, A16. [poster]
9. Stothard, E.R., Moehlman, T.M., Guzzetti, J., Depner, C.M., Ritchie, H.K., Birks, B.R., Axelsson, J., **LeBourgeois, M.K.**, Wright, K.P. (2016). Impact of weekend exposure to the modern versus natural light-dark cycle on circadian timing in humans. *Sleep*, 39, A52. [poster]
10. Kurth, S., Dean, D.C., Achermann, P., O’Muircheartaigh, J., Huber, R., Deoni, S.C., **LeBourgeois, M.K.** (2016). Region-specific response to shortened sleep in childhood: associations with performance and myelination. *Brain, Behavior, and Immunity*, 49, e20. [oral & poster]
11. Akacem, L.D.\* , Harsh, J., **LeBourgeois, M.K.** (2015). Light exposure is associated with circadian phase when controlling for bedtime in toddlers. *Sleep*, 38, A66. [oral]

12. Johansen, K.M.\*HHMI, Schumacher, A.M.\*, Bazanella, C.L.\*HHMI, Miller, A.L., **LeBourgeois, M.K.** (2015). Sex differences in toddler's emotional responses to sleep restriction. *Sleep*, 38, A15. [poster]
13. Kurth, S.\*, Riedner, B., Benca, R., Douglas, D., O'Muircheartaigh, J., Deoni, S., **LeBourgeois, M.K.** (2015). Travelling sleep slow oscillations and myelination in preschool children. *Sleep*, 38, A11. [oral]
14. McClain, I.\*HHMI, Kurth, S.\*, Lustenberger, C., Achermann, P., Lasseonde, J.M.\*, **LeBourgeois, M.K.** (2015). The development of sleep spindles across early childhood. *Sleep*, 38, A19. [poster]
15. Nau, S.A.\*HHMI, Akacem, L.D.\*, Schumacher, A.M.\*, **LeBourgeois, M.K.** (2015). Chronotype is associated with sleep-dependent executive function in healthy toddlers. *Sleep*, 38, A15. [poster]
16. Schumacher, A.M.\*, Miller, A.L., Watamura, S.E., Harsh, J., **LeBourgeois, M.K.** (2015). Sleep moderates the association between executive function and self-regulation in early childhood. *Sleep*, 38, A11. [poster]
17. Doucette, M.R.\*, Kurth, S., Chevalier, N., Munakata, Y., **LeBourgeois, M.K.** (2015). Topographical relationship between processing speed and sleep sigma activity in preschoolers. *Sleep*, 38, A11. [poster]
18. Lasseonde, J.\*, Acherman, P., Kurth, S.\*, Rusterholz, T.\*, **LeBourgeois, M.K.** (2015). Sleep homeostasis in toddlers: EEG regional aspects in response to a missed nap. *Sleep*, 38, A14. [poster]
19. Gray, K.N.\*, Schumacher, A.M.\*, Chevalier, N., Munakata, Y., **LeBourgeois, M.K.** (2015). Nighttime sleep restriction in early childhood: effects on emotion regulation. *Sleep*, 38, A15. [poster]
20. Olbrich, E., **LeBourgeois, M.K.**, Achermann, P. (2014). Developmental changes in sleep oscillations during early childhood. *Journal of Sleep Research*, 23 (S1), 19. [oral]
21. Kurth, S., Deoni, S.C., Achermann, P., Dean, D.C., Doucette, M.R., O'Muircheartaigh, J., **LeBourgeois, M.K.** (2014). Region-specific response to sleep restriction in children: associations with performance and myelination. *Journal of Sleep Research*, 23 (S1), 5. [oral]
22. Mullins, E.N.\*HHMI, Cherian, S.S.\*HHMI, Doucette, M. R.\*HHMI, Write, K.P., Lumeng, J.C., Miller, A.L., **LeBourgeois, M.K.** (2014). Acute sleep restriction effects on dietary intake in preschool children. *Sleep*, 37, A79. [poster]
23. Akacem, L.\*, Simpkin, C.T.\*, Carskadon, M.A., Wright, K.P., **LeBourgeois, M.K.** (2014). Circadian phase and sleep timing differ between napping and non-napping toddlers. *Sleep*, 37, A40. [oral]
24. Tribble, R.\*, Dmitrieva, J., Watamura, S.E., **LeBourgeois, M.K.** (2014). The effect of napping on the diurnal secretory pattern of cortisol in toddlers. *Sleep*, 37, A13. [poster]
25. Cherian, S.C.\*HHMI, Mullins, E.N.\*HHMI, Wright, K.P., **LeBourgeois, M.K.** (2014). Physical activity levels in sleep and wakefulness are associated in healthy toddlers. *Sleep*, 37, A49. [poster]
26. Schumacher, A.M.\*, Lasseonde, J.M.\*, Rusterholz, T.\*, Acherman, P., Miller, A.L., Watamura, S.E., Seifer, R., **LeBourgeois, M.K.** (2014). Sensitivity to sleep loss in toddlers: individual differences in recovery sleep are associated with working memory and self-regulation. *Sleep*, 37, A86. [poster]
27. Pierpoint, L.A.\*, Achermann, P., Rusterholz, T.\*, Jenni, O.G., **LeBourgeois, M.K.** (2014). Sleep pressure at parent-determined bedtime is associated with sleep onset latency in preschool children. *Sleep*, 37, A10. [oral]
28. Akacem, L.\*HHMI, Simpkin, C.T.\*, Wright, K.P., **LeBourgeois, M.K.** (2013). Associations between morning light levels and circadian phase in young children. *Sleep*, 36, A54. [poster]
29. Doucette, M.\*HHMI, Kurth, S., Chevalier, N., Munakata, Y., Achermann, P., Huber, R., **LeBourgeois, M.K.** (2013). The relationship between slow wave activity (SWA) topography and speed of processing in preschoolers. *Sleep*, 36, A21. [poster]

30. Kurth, S.\*, Achermann, P., Rusterholz, T., **LeBourgeois, M.K.** (2013). Early developmental changes and across-night dynamics in sleep EEG coherence. *Sleep*, 36, A17. [oral]
31. Lassonde, J.\*, Achermann, P., Rusterholz, T.\*, Kurth, S.\*, Pierpoint, L.A.\*, **LeBourgeois, M.K.** (2013). Sleep homeostasis in toddlers: effects of missing a nap on subsequent nighttime sleep. *Sleep*, 36, A342. [oral]
32. Tribble, R.\*, Watamura, S.E., Calihan, J.\*, Akacem, L.\*, **LeBourgeois, M.K.** (2013). The relationship between daytime napping and the cortisol awakening response (CAR) in toddlers. *Sleep*, 36, A21.
33. Akacem, L.D.\*HHMI, Simpkin, C.T., Jenni, O., Carskadon, M.A., Wright, K.P., **LeBourgeois, M.K.** (2012). Wake time and its relationship to dim light melatonin onset (DLMO) are associated with sleep duration in young children. *Sleep*, 35, A21. [poster]
34. Craven, H.J.\*UROP, Seifer, R., **LeBourgeois, M.K.** (2012). Correspondence between actigraphy and PSG measures of sleep onset latency in young children. *Sleep*, 35, A127. [poster]
35. Imbach, L., Werth, E., Kurth, S., **LeBourgeois, M.K.**, Huber, R., Baumann, CR. (2012). Dynamic properties of sleep states in children and adults. *Journal of Sleep Research*, 21 (S1), 135-136. [poster]
36. Kurth, S.\*, Ringli, M., Geiger, A., Buchmann, A., Jenni, O., **LeBourgeois, M.K.**, Huber, R. (2012). The maturation of specific skills is predicted by the topographical distribution of sleep slow wave activity. *Journal of Sleep Research*, 21 (S1), 67.
37. Kurth, S.\*, Rusterholz, T., Achermann, P., **LeBourgeois, M.K.** (2012). Brain connectivity assessed by sleep EEG coherence spectra: region- and frequency-specific maturation during early childhood. *Journal of Sleep Research*, 21 (S1), 135.
38. **LeBourgeois, M.K.**, Rusterholz, T., Jenni, O.G., Carskadon, M.A., Achermann, P. (2012). Do the dynamics of sleep homeostasis changes across early childhood? *Sleep*, 35, A21.
39. Pierpoint, L.A.\*, Lassonde, J.M., Achermann, P., Jenni, O.G., Rusterholz, T., **LeBourgeois, M.K.** (2012). Developmental changes in daytime nap physiology across early childhood. *Sleep*, 35, A20.
40. Simpkin, C.T.\*HHMI, Garlo, K.G.\*, Jenni, O.G., Akacem, L.D\*., **LeBourgeois, M.K.** (2012). Chronotype in early childhood: associations with dim light melatonin onset (DLMO), phase angle of entrainment, and parent reports of sleep. *Sleep*, 35, A20. [poster]
41. Storfer-Isser, A., **LeBourgeois, M.K.**, Harsh, J., Redline, S. (2012). Confirmatory factor analysis of the adolescent sleep hygiene scale (ASHS). *Sleep*, 35, A388. [poster]
42. Cairns, A., **LeBourgeois, M.K.**, Harsh, J. (2011). Changes in the awakening cortisol response (ACR) as children transition from preschool to kindergarten. *Sleep*, 34, A26. [poster]
43. Hartman, V.A.\*UTRA, **LeBourgeois, M.K.** (2011). An objective measure of sleepiness in early childhood: facial analysis of children's expressed sleepiness (FACES). *Sleep*, 34, A272. [poster]
44. Kurth, S., Ringli, M., Geiger, A., **LeBourgeois, M.K.**, Jenni, O.G., Huber, R. (2011). Age-related changes of EEG power and coherence in the sleep slow-wave frequency range. *Sleep*, 34, A26. [poster]
45. **LeBourgeois, M.K.**, Cairns, A., Gribbin, C.\*UTRA, Watamura, S. (2011). Effects of acute sleep restriction and wake time on the awakening cortisol response (ACR) in young children. *Sleep*, 34, A42. [oral]
46. Kurth, S., Ringli, M., Geiger, A., Jenni, O. G., **LeBourgeois, M.K.**, Huber, R. (2010). Sleep EEG topography during childhood: a reflection of cortical maturation? *Journal of Sleep Research*, 19 (Suppl.2), 32. [poster]
47. Berger, R.\*, Cares, S.R.\*, Miller, A., Seifer, R., **LeBourgeois, M.K.** (2009) Sleep restriction (nap deprivation) impacts emotional responses in 2-3 year-old children. *Sleep*, 32, A94. [poster]



48. Crosby, B., **LeBourgeois, M.K.**, Harsh, J. (2009). Napping and psychosocial functioning in preschool children. *Sleep*, 32, A101. [poster]
49. Gebru, H.\***UTRA, LeBourgeois, M.K.** (2009). Circadian assessment with urinary 6-sulfatoxymelatonin (amt6s) secretion in healthy preschool children. *Sleep*, 32, A91. [poster]
50. Han, G., **LeBourgeois, M.K.**, Harsh, J. (2009). 2- to 6-year-old nappers have different sleep period duration and sleep quality than non-nappers. *Sleep*, 32, A112. [poster]
51. Badanes, L., **LeBourgeois, M.K.**, Dascher, K., Watamura, S.E. (2008). Developing mature stress systems in 30 to 72 month olds: relations with sleep and attention. *Sleep*, 31, A151. [poster]
52. Cairns, A.A., Crosby, B., **LeBourgeois, M.K.**, Harsh, J. (2008). Prevalence of pediatric sleepiness. *Sleep*, 31, A278. [poster]
53. Crosby, B., Han, G., **LeBourgeois, M.K.**, Harsh, J.R. (2008). Timing of the nocturnal sleep period during early childhood. *Sleep*, 31, A243. [poster]
54. Crossin, R.\***UTRA, Seifer, R., Carskadon, M., LeBourgeois, M.K.** (2008). Nap deprivation effects on emotion regulation strategies in preschool children. *Sleep*, 31, A282. [poster]
55. Garlo, K.G.\*, Crossin, R.A.\*, Carskadon, M.A., **LeBourgeois, M.K.** (2008). Assessment of salivary dim light melatonin onset (DLMO) and reported sleep in preschool children. *Sleep*, 31, A146. [poster]
56. Han, G., Cairns, A.A., **LeBourgeois, M.K.**, Harsh, J.R. (2008). Preschool/day care attendance and sleep patterns of 2- to 5- years-old children. *Sleep*, 31, A271. [poster]
57. **LeBourgeois, M.K.**, Garlo, K.G.\*, Carskadon, M.A. (2008). Salivary dim light melatonin onset (DLMO) and phase angles are associated with sleep initiation in preschool children. *Sleep*, 31, A192. [poster]
58. Cairns, A., **LeBourgeois, M.K.**, Harsh, J. (2007). Napping in children is related to later sleep phase. *Sleep*, 31, A100. [poster]
59. Crosby, B., Gryczkowski, M., **LeBourgeois, M.K.**, Olmi, J., Rabian, B., Harsh, J. (2006). Mid-sleep time and psychosocial functioning in black and white preschool children. *Sleep*, 30, A78. [poster]
60. Jacobs, L., Crosby, B., **LeBourgeois, M.K.**, Harsh, J. (2006). Age and racial differences in the sleep distribution of 2- to 12-year-old children. *Sleep*, 30, A85. [poster]
61. **LeBourgeois, M.K.**, Maxwell, J., Roux, D., Carskadon, M.A. (2005). Comparison of actigraphic sleep measures in adolescents with and without a parental history of alcohol abuse/dependence. *Sleep*, 29, A86. [poster]
62. Baroni, E.M., Naku, K., Spaulding, N., Gavin, M., Finalborgo, M., **LeBourgeois, M.K.**, Wolfson, A.R. (2004). Sleep habits and daytime functioning in students attending early versus late starting middle schools. *Sleep*, 28, A396. [poster]
63. Giannotti F., Cortesi F., **LeBourgeois, M.K.**, Sebastiani, T. Vagnoni, C., Carta, F. (2004). Sleep hygiene in Italian preschoolers and school-aged children. *Sleep*, 28, A94. [poster]
64. **LeBourgeois, M.K.**, Crosby, B., Harsh, J. (2004). Racial differences in reported napping and nighttime sleep in 2- to 8-year-old children. *Sleep*, 28, A105. [poster]
65. **LeBourgeois, M.K.**, Harsh, J. (2004). Construct validation of the Children's Sleep-Wake Scale (CSWS). *Journal of Sleep Research*, 13(S1), 439. [poster]
66. **LeBourgeois, M.K.**, Giannotti, F., Cortesi, F., Hopkins, S., Clarke, E., Sebastiani, T., Vagnoni, C., Wolfson, A., Harsh, J. (2003). The relationship between sleep hygiene and sleep quality in Italian and American adolescents. *Sleep*, 27, A138. [poster]
67. Antal, H., **LeBourgeois, M.K.**, Harsh, J. (2002). The relationship between parental involvement and behavioral sleep quality in preschool aged children. *Sleep*, 26, A313. [poster]

68. Harsh, J., Easley, A., **LeBourgeois, M.K.** (2002). An instrument to measure children's sleep hygiene. *Sleep*, 26, A316. [poster]
69. **LeBourgeois, M.K.**, Acebo, C., Seifer, R., Carskadon, M. (2002). Comparing estimates of adolescent sleep and wake from two activity systems. *Sleep*, 25, A273. [poster]
70. **LeBourgeois, M.K.**, Crosby, B., Lestage, S., East, A., Sellinger, J., Antal, H., Olmi, J., Harsh, J. (2002). Sleep quality and psychosocial functioning in a community sample of preschool children. *Sleep*, 25, A52. [oral]
71. Harsh, J., Mixon, M., Avis [Thomas], K., **LeBourgeois, M.K.** (2001). Sleep, sleepiness, and ADHD subtypes. *Sleep*, 24, A14. [poster]
72. **LeBourgeois, M.K.**, Harsh, J. (2001). A new research instrument for measuring children's sleep. *Sleep*, 24, A213. [poster]
73. **LeBourgeois, M.K.**, Harsh, J., Hancock, M. (2001). Validation of the children's sleep-wake scale. *Sleep*, 24, A218. [poster]
74. **LeBourgeois, M.K.**, Harsh, J., Baxter, C., Ward, C. (2000). Children's sleep and parental practice: Timing, order, and composition of bedtime routines. *Sleep*, 23, A200. [poster]

#### OTHER CONFERENCE PRESENTATIONS

1. Schoch, S.F., Riedner, B., Dean, D.C., O'Muircheartaigh, J., Deoni, S.C., Huber, R., Jenni, O.G., **LeBourgeois, M.K.**, Kurth, S.\* (2017). *EEG signatures of brain maturation in children: Age-related and across-night dynamics in spatial propagation of slow oscillations*. World Sleep Biennial Meeting. Prague, Czech Republic. [oral].
2. Tribble, R.\*, Dmitrieva, J., Watamura, S.E., **LeBourgeois, M.K.** (2017). *Nap deprivation effects on cortisol reactivity in toddlers*. Society for Research in Child Development Biennial Meeting. Austin, TX. [oral]
3. Miller, A., Lee, J., Retzliff, L., Lumeng, J., **LeBourgeois, M.K.** (2017). Sleep parameters and diurnal cortisol pattern in low-income preschoolers. Society for Research in Child Development Biennial Meeting. Austin, TX. [oral]
4. Kurth, S.\*, Achermann, P., O'Muircheartaigh., Huber, R., Deoni, S., Dean, D., **LeBourgeois, M.K.** (2015). *Region-specific response to shortened sleep in childhood: Associations with performance and myelination*. Society for Research in Child Development Biennial Meeting. Philadelphia, PA. [poster]
5. Tribble, R.\*, Dmitrieva, J., Watamura, S.E., **LeBourgeois, M.K.** (2015). *The cortisol awakening response (CAR) in toddlers: nap-dependent effects on the diurnal secretory pattern*. Society for Research in Child Development Biennial Meeting. Philadelphia, PA. [poster]
6. Kurth, S.\*, Rusterholz, T.\*, Achermann, P., **LeBourgeois, M.K.** (2012). *Brain connectivity assessed by sleep EEG coherence spectra: region- and frequency specific maturation during early childhood*. Rocky Mountain Regional Neuroscience Group (RMRNG) Annual Meeting. Denver, CO. [poster]
7. **LeBourgeois, M.K.**, Seifer, R. (2012). *Sleep in preschool children: effects of acute nap deprivation on self-regulatory behaviors in a challenge context*. International Society for Developmental Psychobiology Annual Conference. New Orleans, LA. [oral]
8. Kurth, S., Ringli, M., Geiger, A., **LeBourgeois, M.K.**, Jenni, O.G., Huber, R. (2011). *A need for sleep to facilitate the development of skills?* Annual Conference of the Swiss Society of Sleep Research, Sleep Medicine and Chronobiology (SSSSC) and Swiss Neurological Society (SNS). St. Gallen, Switzerland. [poster]
9. Kurth, S., Ringli, M., Geiger, A., **LeBourgeois, M.K.**, Jenni, O.G., Huber, R. (2011). *Local slow-wave sleep: a marker of the maturation of specific performance skills in children*. Annual Meeting of the Swiss Society for Neuroscience (SSN). Basel, Switzerland. [poster]

10. Kurth, S., Ringli, M., Geiger, A., Jenni, O.G., **LeBourgeois, M.K.**, Huber, R. (2010). *Sleep EEG topography from early childhood to late adolescence*. Joint meeting of the Swiss Society for Neuroscience (SSN) & Swiss Society of Sleep Research, Sleep Medicine and Chronobiology (SSSSC). Lausanne, Switzerland. [poster]
11. Berger, R.\*, Cares, S.R.\*, Miller, A., Seifer, R., **LeBourgeois, M.K.** (2009). *Sleep restriction (nap deprivation) increases negative emotional responses in early childhood*. Biennial Meeting of the Society for Research in Child Development. Denver, CO. [poster]
12. Kurth, S., Ringli, M., Geiger, A., Jenni, O.G., **LeBourgeois, M.K.**, Huber, R. (2009). *Sleep EEG activity from early childhood to late adolescence*. Zurich Center for Integrative Human Physiology 5th Annual Symposium. Zurich, Switzerland. [poster]
13. **LeBourgeois, M.K.**, Garlo, K.\*, Crossin, R.\*, Carskadon, M.A. (October, 2007). *Salivary dim light melatonin onset as a measure of circadian phase in preschoolers*. Society for Developmental Psychobiology Meeting. San Diego, CA. [poster]
14. **LeBourgeois, M.K.**, Seifer, R., Dickstein, S. (2006). *Early sleep-wake development: the influence of maternal sleep expectations, tiredness, and nighttime caretaking*. Associated Professional Sleep Societies Annual Meeting. Salt Lake City, UT. [oral]
15. Avis [Thomas], K., **LeBourgeois, M.K.** (April, 2001). *Sleep in children with ADHD*. 33<sup>rd</sup> Annual Convention of the National Association of School Psychologists. Washington, D.C. [oral]
16. **LeBourgeois, M.K.** Harsh, J. (October, 2001). *Age-related changes in the sleep quality of preschool and early school-age children*. World Federation Sleep Research Society Meeting. Punta del Este, Uruguay. [poster]
17. **LeBourgeois, M.K.** Avis [Thomas], K. (April, 2000). *Behavior and learning: The significance of assessing sleep in children*. 32<sup>nd</sup> Annual Convention of the National Association of School Psychologists. New Orleans, LA. [oral]

#### CHAired SESSIONS

1. Dahl, R., Garvey, M., **LeBourgeois, M.K.** (Discussion Group Co-Chair; 2011). *Dysregulated sleep/circadian systems in children and adolescents with affective disorders: the chicken or the egg?* Associated Professional Sleep Societies Annual Meeting, Minneapolis, MN.
2. **LeBourgeois, M.K.** (Symposium Chair; 2007). *Sleep and daytime functioning in children and adolescents*. Associated Professional Sleep Societies Annual Meeting, Minneapolis, MN.
3. **LeBourgeois, M.K.** Wolfson, A.R. (Discussion Group Co-Chair; 2006). *The meaning, measurement, and significance of sleep hygiene*. Associated Professional Sleep Societies Annual Meeting, Salt Lake City, UT.

#### INVITED PRESENTATIONS (LOCAL)

1. March, 2016. *When worlds collide: sleep, circadian rhythms, and evening settling problems in preschool children*. Institute for Cognitive Sciences, University of Colorado Boulder, Boulder, CO.
2. October, 2014. *The perfect storm: sleep, circadian rhythms, and the environmental context of the developing child*. CU Seminar, University of Colorado Boulder, Boulder, CO.
3. October, 2014. *Sleep and circadian rhythms in early childhood*. Neurology Resident Seminar, Anschutz Medical School, University of Colorado, Denver, CO.
4. July, 2014. *Development of circadian rhythms*. Sleep and Circadian Research Symposium, University of Colorado Boulder, Boulder, CO.
5. July, 2014. *Cultivating nourishing sleep*. A community conversation, University of Colorado Boulder, Boulder, CO.

6. September, 2013. *The perfect storm: sleep, circadian rhythms, and the environmental context of the developing child*. Colloquium in Integrative Physiology, University of Colorado Boulder, Boulder, CO.
7. January, 2013. *Time for sleep little one: clues about the determinants and importance of sleep in early childhood*. Sigma Xi, Café Sci Seminar, Boulder, CO.
8. October, 2012. *Sleep and circadian physiology in early childhood: developmental trajectories, associations with sleep problems, and emotion-related effects*. Interdepartmental Neuroscience Seminar, Center for Neuroscience, University of Colorado Boulder, Boulder, CO.
9. April, 2011. *Sleep regulation in early childhood: Implications for health and development*. Developmental Psychobiology Research Group Seminar, Department of Psychiatry, University of Colorado Anschutz Medical School, Aurora, CO.
10. October, 2008. *Sleep regulation and emotion in early childhood*. Providence Sleep Research Interest Group. Providence, RI.
11. October, 2008. *Snooze or lose: The role of inadequate sleep in school readiness, psychosocial functioning, and emotion regulation*. Department of Education Brown Bag Seminar Series, Brown University. Providence, RI.
12. October, 2006. *Parental practice of sleep hygiene and children's temperament*. Occasional Temperament Conference, Brown University. Providence, RI.
13. February, 2006. *Sleep-wake regulation and psychosocial functioning in early childhood*. Department of Psychology Annual Speaker Series, Stonehill College. Easton, MA.
14. October, 2003. *Development and psychometric evaluation of an instrument to measure behavioral sleep quality in children*. Providence Sleep Research Interest Group. Providence, RI.
15. April, 2001. *Sleep disorders in childhood and adolescence*. University of Southern Mississippi School Psychology Graduate Seminar Series. Hattiesburg, MS.

#### **INVITED PRESENTATIONS (NATIONAL)**

1. July 2016. *The perfect storm: sleep, circadian rhythms, and the environmental context of the developing child*. Integrated Listening Systems (iLs) Annual Conference, Denver, CO.
2. June 2015. *Napping in early childhood*. October, 2015. Sleep Research Society 21<sup>st</sup> Annual Trainee Symposium Series, Denver, CO.
3. October 2015. *Sleep, circadian rhythms, and the environmental context of the developing child*. University of Massachusetts, Developmental Psychology Program Seminar Series, Amherst, MA.
4. September, 2015. *Insights into sleep and circadian rhythms across the preschool years*. Montana Sleep Society Annual Meeting. Billings, MT.
5. September, 2015. *Sleep across childhood and adolescence*. Montana Sleep Society Annual Meeting. Billings, MT.
6. June 2014. *Sleep and circadian rhythms across development*. Sleep Research Society 19<sup>th</sup> Annual Trainee Symposium Series, Minneapolis, MN.
7. March, 2014. *Sleep regulation and function in early childhood*. Gordon Research Conference: Sleep Regulation and Function, Galveston, TX.
8. November 2013. *Early childhood sleep and development*. Seventh Bi-Annual Conference on Pediatric Sleep Medicine, Amelia Island, FL.
9. November 2013. *When worlds collide: sleep, circadian rhythms, and the environmental context of childhood*. Helmut S. Schmidt Memorial Keynote Symposium: Sleep Medicine, Columbus, OH.
10. June, 2013. *Sleep regulation in early childhood*. Invited Symposium Speaker, SLEEP Annual

Meeting, Baltimore, MD.

11. January, 2013. *Sleep, circadian rhythms, and emotion in early childhood*. Penn State Child Study Center Seminar Series. State College, PA.
12. October, 2012. *Sleep and mood*. Invited Panel Member, NIH-Sponsored Training Conference in Basic Sleep Research, Lake Arrowhead, CA.
13. June, 2011. *Sleep regulation in early childhood*. Invited Symposium Speaker, Associated Professional Sleep Societies Annual Meeting, Minneapolis, MN.
14. June, 2011. *Validity of actigraphy for longitudinal assessments of sleep*. Invited Discussant, Associated Professional Sleep Societies Annual Meeting, Minneapolis, MN.
15. September, 2010. *Snooze or lose: The role of sleep in young children's emotion regulation and school readiness*. University of Michigan Center for Human Growth and Development, Noon Lunch Seminar. Ann Arbor, MI.
16. August, 2009. *Sleep and emotion states in early human development*. National Institute of Mental Health Research Meeting. Bethesda, MD.
17. October, 2008. *Homeostatic regulation of sleep during early human development*. Sepracor, Inc. Research Forum. Salt Lake City, UT.
18. June, 2008. *Sleep homeostasis in preschool children: Effects of 3 hours extended wakefulness on sleep and EEG spectra*. Late Breaking Abstract Session, Associated Professional Sleep Societies Annual Meeting, Baltimore, MD.
19. October, 2007. *Circadian regulation of sleep during early human development*. Sepracor, Inc. Research Forum. Salt Lake City, UT.
20. September, 2002. *Sleep and Provigil in children with attention-deficit/hyperactivity disorder*. Cephalon Investigator's Meeting – ADHD trials. Philadelphia, PA.
21. October, 2000. *The importance of assessing sleep in children and adolescents in the school psychology setting*. Georgia Association of School Psychologists. Pine Mountain, GA.

#### **INVITED PRESENTATIONS (INTERNATIONAL)**

1. May 2018. *Sleep and Circadian Rhythms in Early Childhood*. Keynote address at the International Pediatric Sleep Association (IPSA), Paris, France.
2. December 2017. *Sleep, Circadian Rhythms, and the Environmental Context of the Developing Child*. University of Lisbon, Lisbon, Portugal [Given via internet].
3. September 2016. *Circadian timing in early childhood: sleep, napping, and light at night*. University Children's Hospital, Child Development Center. Zurich, Switzerland.
4. September 2014. *Sleep and emotion processing in early childhood*. European Sleep Research Society Biannual Meeting. Tallinn, Estonia.
5. April, 2012. *Sleep regulation in early childhood*. University of Zurich, Department of Pharmacology and Toxicology. Zurich, Switzerland.
6. June, 2008. *Association between circadian phase and sleep Initiation in preschool children*. University Children's Hospital, Child Development Center. Zurich, Switzerland.
7. July, 2007. *Ethnic differences in school readiness: the importance of sleep and rhythms*. University Children's Hospital, Child Development Center. Zurich, Switzerland.
8. July, 2007. *Sleep-wake regulation and emotion in early childhood*. University of Zurich, Department of Pharmacology and Toxicology. Zurich, Switzerland.

#### **SELECTED MEDIA RELATIONS**

- 2018 University of Colorado Boulder Press Release “*How bring light keeps preschoolers wired at night*” distributed by the Associated Press; featured in >500 national/international media outlets. Selected as one of the top 5 CU Boulder news stories of 2018.
- 2017 University of Colorado Boulder Press Release “*Kids uniquely vulnerable to sleep disruption from electronics*” distributed by the Associated Press; featured in >200 national/international media outlets.
- 2016 The New York Times “*Which came first? The behavior problems, or the poor sleep?*”  
The New York Times “*Night Owls may face special challenges*”  
University of Colorado Boulder Press Release “*Sleep deprived toddlers crave more calories*” distributed by the Associated Press; featured in >300 national/international media outlets.  
University of Zurich Press Release “*Developing brain regions in children hardest hit by sleep deprivation*” distributed by EurekAlert (AAAS); featured in >450 national/international media outlets.
- 2013 University of Colorado Boulder Press Release “*Connections in the brains of young children strengthen during sleep*” distributed by the Associated Press; featured in >250 national/international media outlets.  
University of Colorado Boulder Press Release “*Bedtime for toddlers: Timing is everything*” distributed by the Associated Press, featured in >500 national/international media outlets.
- 2012 University of Colorado Boulder Press Release “*Nap-deprived tots may be missing out on more than sleep*” featured in >250 national/international media outlets.  
KGNU Science Show Live Interview “*Sleep*”  
Boulder Daily Camera “*CU-Boulder scientist: missing a nap makes toddlers anxious, ‘flat’*”
- 2011 The New York Times “*A child’s nap is more complicated than it looks*”
- 2009 “*Nurture Shock*” by Po Bronson and Ashley Merryman, page 33
- 2007 New York Magazine “*Snooze or lose*”  
The Providence Journal “*Unlocking the secrets of sleep*”

#### TEACHING (UNIVERSITY OF COLORADO BOULDER)

- 2018 **Sleep, Circadian Rhythms, and Health (IPHY 3580)**  
48 Undergraduate students
- 2017 **Professional Skills for the Research Scientist (IPHY 6830)**  
10 graduate students
- 2017 **Sleep, Circadian Rhythms, and Health (IPHY 3580)**  
40 Undergraduate students
- 2016 **Sleep Medicine Seminar (IPHY 4010/6010)**  
6 graduate students; 1 undergraduate student
- 2015 **Sleep Medicine Seminar (IPHY 4010/6010)**  
2 graduate students; 7 undergraduate students  
**Professional Skills for the Research Scientist (IPHY 6830)**  
21 graduate students  
**Introduction to Statistics (IPHY 2800-100)**  
82 undergraduate students

- Introduction to Statistics (IPHY 2800-200)**  
85 undergraduate students
- 2014 **Introduction to Statistics (IPHY 2800-100)**  
78 undergraduate students
- Sleep Medicine Seminar (IPHY 4010/6010)**  
3 graduate students; 5 undergraduate students
- 2013 **Professional Skills for the Research Scientist (IPHY 6830)**  
7 graduate students
- Sleep Medicine Seminar (IPHY 4010/6010)**  
2 graduate students; 6 undergraduate students
- Introduction to Statistics (IPHY 2800)**  
82 undergraduate students
- 2011 **Introduction to Statistics (IPHY 2800)**  
130 undergraduate students
- Sleep Medicine Seminar (IPHY 4010/6010)**  
4 graduate students; 7 undergraduate students
- 2010 **Sleep Medicine Seminar (IPHY 4010/6010)**  
4 graduate students; 8 undergraduate students

#### **TEACHING (BROWN UNIVERSITY)**

- 2006-2010 **Special Topics in Psychology – Independent Study (PY 0197)**  
12 undergraduate students
- 2010 **The Mind, Brain, and Education (ED 1440)**  
18 undergraduate students
- 2009 **Social Context of Learning & Development (ED 1860)**  
19 undergraduate students

#### **TEACHING (UNIVERSITY of SOUTHERN MISSISSIPPI)**

- 2003 **Instructor**  
Advanced Data Analysis (PSY 460)
- 2002 **Instructor**  
Introduction to Behavioral Statistics (PSY 360)
- 2002 **Instructor**  
Child Psychology (PSY 370)
- 2001 **Teaching Assistant**  
Physiological Psychology (PSY 470)
- 1997-1999 **Teaching Assistant**  
Introduction to Behavioral Statistics (PSY 360)
- 1997 **Teaching Assistant**  
Counseling Microskills Laboratory (PSY 650)

#### **TRAINING/WORKSHOPS**

- 2013 **LEAP Leadership Workshop**  
University of Colorado Boulder  
Carole Capsalis, Director

- 2011      **FTEP Lunch Workshop**  
University of Colorado Boulder  
Tarek Sammakia, Faculty Leader
- 2011      **LEAP Women Faculty Lunch**  
University of Colorado Boulder
- 2010      **New Faculty Workshop**  
University of Colorado Boulder

## ADVISORY/SUPERVISORY RESPONSIBILITIES

### Graduate Trainees

#### *University of Colorado Boulder*

- 2018-2020      Taylor Teske, MS Advisor  
*Developmental changes in the cortisol awakening response*
- 2017-2019      Sophia Schneider, BA/MS advisor  
*Longitudinal changes in sleep-dependent facial emotion expressions in early childhood*
- 2017-2019      Sachi Wong, MS advisor  
*Sleep and the neural basis of emotion processing in childhood*
- 2014-2016      Katy Thellman, BA/MS concurrent advisor  
*Chronotype differences in eating preferences in school-age children*
- 2014-2016      Allyson Schumacher, MS advisor  
*Sleep moderates the association between response inhibition and self-regulation in early childhood*
- 2014-2016      Jonathon Lassonde, MS advisor  
*Sleep physiology in toddlers: effects of missing a nap on subsequent night sleep*
- 2014-2016      Karlie Johansen, MS advisor  
*Sex differences in toddler's emotional responses to sleep restriction*
- 2013-2015      Shane Nau, BA/MS advisor  
*Chronotype is associated with sleep-dependent executive function in healthy toddlers*
- 2013-2015      Margaret Doucette, MS advisor  
*The relationship between slow wave activity (SWA) topography and processing speed in preschoolers*
- 2013-2014      Sherin Cherian, BA/MS advisor  
*The bi-directional relationship between physical activity and sleep in preschool children*
- 2012-2016      Lameese Akacem, MS/PhD advisor  
*Understanding circadian physiology in early childhood: the role of napping and bright light*
- 2012-2014      Rebekah Tribble, MS advisor  
*The relationship between daytime napping and the cortisol awakening response (CAR) in toddlers*
- 2012-2013      Charlie Simpkin, BA/MS advisor  
*Chronotype is associated with the timing of the circadian clock and sleep in toddlers*



2011-2013 Jessica Calihan, MS advisor  
*Urban school-aged children with asthma: does sleep quality differ as a function of symptomatic and asymptomatic periods?*

### **Postdoctoral Trainees**

2018- Daniel Lee, PhD  
 2017- Lauren Hartstein, PhD  
 2012-2015 Salome Kurth, PhD  
 2011-2013 Thomas Rusterholz, PhD

### **Supervised Trainees (not Primary Mentor)**

#### *University of Colorado Boulder*

2018 Hannah Kent Ritchie, Dissertation Committee  
 2018 Amy Bazonni, Undergraduate Honors Thesis Committee  
 2017 Hannah Kent Ritchie, Comprehensive Exam Committee  
 2016 Aggie Mika, Dissertation Committee  
 2016 Ruth Sanchez, Honors Thesis Committee  
 2015 Aggie Mika, Comprehensive Exam Committee  
 Stacey Simon, PhD, Executive Mentorship Committee  
 2014 Andrew McHill, Dissertation Committee  
 2013 Evan Chinoy, Dissertation Committee  
 Jessica Lundsford, Dissertation Committee  
 Kenzie Doyle, Visiting Summer Research Assistant from Grinnell College  
 Kristin Gray, Honors Thesis Co-Mentor  
 University of Colorado Boulder, Department of Psychology and Neuroscience, Cognitive Development Center, Yuko Munakata (Co-Mentor)  
 2012 Andrew McHill, Comprehensive Exam Committee  
 Evan Chinoy, Comprehensive Exam Committee  
 Whitney Melroy, Comprehensive Exam Committee  
 2011 Tina Burke, Dissertation Committee

### **Undergraduate Trainees**

❖ Presented undergraduate research at National scientific conference  
 \* Undergraduate research published / in press / under review in peer-reviewed journal  
 UROP Undergraduate Research Opportunities Program (CU)  
 BURST Biological Undergraduate Research Skills and Training (CU)  
 BSI Biological Sciences Initiative (CU)  
 HHMI Howard Hughes Medical Institute Biological Sciences Initiative (CU)  
 UTRA Undergraduate Teaching and Research Award (Brown)

#### ***University of Colorado Boulder***

1. Georgia Reis UROP Assistantship  
 2. Karissa Lynaugh

3. Shaiza Sinha		
4. Jonah Wilson		
5. Liam Canty		
6. Ryan Beck		UROP Assistantship
7. Cole Assian		UROP Assistantship
8. Grant Russum		
9. Mark Cohen		
10. Anne Waddle		UROP Assistantship; BSI Initial; BSI Continuation
11. Sarena Gill		UROP Assistantship; BSI Initial
12. Zoe Parisian-Jeppensen		UROP Individual
13. Katherine Petersen		UROP Assistantship; BSI Initial; BSI Continuation
14. Alexandra Coy		UROP Assistantship; BSI Initial; BSI Continuation
15. Amy Bazzoni		
16. Trace Jablin		BSI Initial; BSI Continuation; UROP Individual
17. Elise Shalowitz		UROP Assistantship; UROP Individual; BSI Initial
18. Taylor Teske		UROP Assistantship
19. Ambra Saurini		UROP Assistantship; BSI Initial Scholars Award
20. Meskerem Nemomsa		UROP Assistantship
21. Taylor Shelafo		UROP Assistantship
22. Sophia Schneider	❖	UROP Assistantship & Individual; BURST; BSI Continuation
23. Minuri Gamage		UROP Assistantship; BSI Initial
24. Madeline Gardner		UROP Assistantship; UROP Individual
25. Katya Saenz		UROP Assistantship
26. Lauren Peregrine		UROP Assistantship
27. Corinna Cluckey		UROP Assistantship
28. Spencer Terzolo		UROP Assistantship
29. Mackenzie Whitcomb		UROP Assistantship
30. Katy Thellman	❖ *	HHMI
31. Hana Setterquist	❖	HHMI
32. Sachi Wong	❖	UROP Assistantship; HHMI
33. Alex Jones		UROP Assistantship; BURST
34. Cristin Bazzanella	❖	BURST; UROP; HHMI
35. Ian McClain	❖ *	UROP Assistantship; BURST; HHMI; UROP Individual Grant
36. Karlie Johansen	❖	UROP Assistantship; BURST; HHMI
37. Shane Nau	❖	UROP Assistantship; BURST; HHMI
38. Elsa Mullins	❖ *	UROP Assistantship; BURST; HHMI; UROP Individual Grant
39. Sherin Cherian	❖	UROP Assistantship; BURST; HHMI; UROP Individual Grant
40. Hannah Craven	❖	UROP Assistantship; UROP Individual Grant
41. Tyler Hays		UROP Assistantship
42. Danielle Eves		UROP Assistantship
43. Charlie Simpkin	❖ *	UROP Assistantship; HHMI
44. Lameese Akacem	❖ *	UROP Assistantship; HHMI
45. Rebekah Tribble	❖ *	NIH Minority Fellowship; HHMI
46. Margaret Doucette	❖ *	UROP Assistantship; HHMI
47. Jessica Ray		BURST
48. Matthew Nier		UROP Assistantship

**Brown University**

Caroline Kleeman	❖	UTRA; Honors Thesis Advisor
Anajli Rao		UTRA; Honors Thesis Advisor
Rebecca Crossin	❖ *	UTRA
Herma Gebru	❖ *	UTRA
Colleen Gribbin	❖ *	UTRA
Victoria Hartman	❖	

Jamie Firth

**Student Interns**

Rebecca Berger	❖ *	Undergraduate Summer Intern, University of Michigan
Jessica Schuwer	*	Undergraduate Academic Year Intern, University of Surrey, UK
Melinda Jones		Undergraduate Summer Fellow, University of San Diego

**PROFESSIONAL SERVICE**

2018	<b>Grant Reviewer</b> NIH, ECHO: OIF
2018	<b>Ad Hoc Reviewer</b> NIH, NIAAA: Neuroscience Review Panel
2018	<b>Ad Hoc Reviewer</b> NIH, ZRG1 BBBP-J 56: Mechanisms and Consequences of Sleep Disparities in the U.S. Special Emphasis Panel
2018	<b>Abstract Reviewer</b> Annual SLEEP Meeting (Associated Professional Sleep Societies)
2017-	<b>Co-Chair, Wearables Task Force</b> National Institutes of Health / ECHO Consortium
2017-	<b>Co-Chair, Sleep Health Workgroup</b> National Institutes of Health / ECHO Consortium
2017-	<b>Pediatric Loan Repayment Program Ambassador</b> National Institutes of Health
2017-	<b>Steering Committee Member (Positive Health Workgroup)</b> National Institutes of Health / ECHO Consortium
2017	<b>Ad Hoc Reviewer</b> NIH, NIAAA: Neuroscience Review Panel
2017	<b>Ad Hoc Reviewer</b> NIH, ZRG1 BBBP-J 56: Mechanisms and Consequences of Sleep Disparities in the U.S. Special Emphasis Panel
2017	<b>Sleep and Neurodevelopment Workshop Member: Electrophysiologic Sleep Phenotyping (ESP)</b> NIMH Division of Intramural Research Programs (IRP)
2016	<b>Sleep Workgroup Member</b> Bill and Melinda Gates Foundation
2015-	<b>Digital Media and Sleep Workgroup Member</b> National Sleep Foundation; Partnership with the Institute of Digital Media and Child Development
2015-2016	<b>Vice-Chair, Scientific Offerings Committee</b> Sleep Research Society
2014-2017	<b>Steering Committee</b> Gordon Research Conference: Sleep Regulation and Function
2014-2017	<b>Faculty Advisor to GRS Trainee Steering Committee</b> Gordon Research Seminar: Sleep Regulation and Function
2014	<b>Ad Hoc Reviewer</b>

	NIH, NHLBI: Patient Oriented Research (K23/K24/K25) Career Enhancement Award Special Emphasis Panel
2013-2016	<b>Program Committee Member</b> Associated Professional Sleep Societies, Annual SLEEP Conference
2013-2015	<b>Scientific Advisory Board</b> A Life Course Patient Reported Outcome Measurement System for Sleep National Jewish Health Children's Hospital of Philadelphia
2013-2014	<b>Poll Task Force Member</b> Sleep in America National Sleep Foundation
2010, 2013	<b>Co-Chair, Trainee Day Grant Writing Workshop</b> SLEEP Annual Conference
2010-2013	<b>Trainee Education Advisory Committee Member</b> Sleep Research Society
2010-2013	<b>Abstract Reviewer</b> SLEEP Annual Conference
2013	<b>Ad-Hoc Reviewer</b> NIH, MESH: Mechanisms of Emotion, Stress, & Health SRG
2012	<b>Judge</b> Corden Pharma Regional Science Fair, Boulder, CO
2012	<b>Grant Reviewer</b> CCTSI CMH Pilot Grant Program, University of Colorado Denver
2012	<b>Grant Reviewer</b> Institute of Translational Health Sciences Pilot Grant Program, University of Washington
2006-2009	<b>Data Safety Monitor</b> NIMH F31; Stephanie Crowley (PI)
2005	<b>Pediatric Sleep Medicine Education Working Group Committee Head</b> American Academy of Sleep Medicine
2005	<b>Ad Hoc Reviewer</b> NIH, BBBP: Biobehavioral and Behavioral Processes IRG
2005	<b>Program Committee</b> Northeastern Sleep Society 2006 Meeting
2000-2003	<b>Communications Committee Head</b> Pediatric Section, American Academy of Sleep Medicine

**UNIVERSITY SERVICE**

2018	<b>Panel Member</b> Communicating the Impact of Faculty Research, Scholarship, and Creative Work workshop (Research and Innovation Office)
2017	<b>Undergraduate Research Opportunity Program (UROP) Review Board</b> University of Colorado Boulder
2016-2018	<b>Dissertation Completion Fellowship Review Committee</b> College of Arts & Sciences, University of Colorado Boulder

- 2016 **Primary Evaluation Unit Committee (PUEC) Member**  
University of Colorado Boulder; Charles Hoeffler
- 2015 **Norlin Scholars Reader: Special Undergraduate Enrichment Program**  
University of Colorado Boulder
- 2014-2015 **IPHY Search Committee Member**  
University of Colorado Boulder
- 2013 **Primary Evaluation Unit Committee (PUEC) Member**  
University of Colorado Boulder; Heidi Bustamante
- 2013 **Women in Science Panel Member**  
University of Colorado Boulder
- 2013- **IPHY Graduate Student Admissions Committee Member**  
University of Colorado Boulder
- 2012 **IPHY Undergraduate Degree Day Committee Chair**  
University of Colorado Boulder
- 2011- **IPHY Diversity Committee Member**  
University of Colorado Boulder
- 2010-2012 **IPHY Statistics Committee Member**  
University of Colorado Boulder
- 2008-2010 **First Year & Sophomore Advisor**  
Brown University
- 2009 **First Year Academic Seminar Leader**  
Brown University
- 2009 **Fulbright Committee Member**  
Brown University
- 2005-2009 **Visiting Faculty**  
William C. Dement Summer Behavior Sciences Research Apprenticeship,  
Bradley Hospital Sleep and Chronobiology Laboratory, Medical School of Brown  
University
- 2007-2009 **Postdoctoral Mock Grant Reviewer**  
Department of Psychiatry & Human Behavior, Medical School of Brown  
University
- 2004-2005 **Admissions Committee Member**  
William C. Dement Summer Behavior Sciences Research Apprenticeship,  
Bradley Hospital Sleep and Chronobiology Laboratory, Medical School of Brown  
University
- 2003-2005 **Organizer**  
Providence Sleep Research Interest Group, Bradley Hospital Sleep and  
Chronobiology Laboratory, Medical School of Brown University
- 2002 **Developmental Psychology Search Committee Member**  
The University of Southern Mississippi

**EDITORIAL BOARD MEMBER**

- 2018- *Clocks and Sleep*
- 2018- *Circadian Rhythms Specialty Section of Frontiers Neuroscience*
- 2018- *PISQE*

2017- *Sleep Health*  
2015- *Neurobiology of Sleep and Circadian Rhythms*  
2013- *Behavioral Sleep Medicine*  
2007-2010 *Chronobiology International*

**JOURNAL REVIEWER**

Current Biology  
Brain Sciences  
Scientific Reports  
Neurobiology of Sleep and Circadian Rhythms  
PNAS  
Science  
Neural Plasticity  
Nature and Science of Sleep  
PLos One  
Cerebral Cortex  
Neuron  
Nature Neuroscience  
Sleep Medicine  
Developmental Psychobiology  
Child Development  
Hormone Research  
Pediatrics  
Developmental Psychology  
Journal of Developmental and Behavioral Pediatrics  
European Journal of Developmental Psychology  
Sleep Medicine Reviews  
Journal of Sleep Research  
Chronobiology International  
Journal of Adolescent Health  
SLEEP  
Behavioral Sleep Medicine