

## CURRICULUM VITAE

Monique K. LeBourgeois, PhD

### PERSONAL INFORMATION

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### 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

2019- **Associate Investigator**  
Australian Research Council Life Course Center, Brisbane, Australia

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

- 2022 College Scholar Award, CU Boulder, College of Arts and Sciences
- 2019 NIH ECHO “Big Win” Award; *Better sleep, better life? How sleep quality influences children’s life satisfaction.*
- 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

	<b>Period</b>	<b>Direct Cost</b>
1. Impact of Sleep Duration on Immune Balance in Urban Children with Asthma (Daphne Koinis-Mitchell, PI) R01-HD057220; <b>NIH/NHLBI, Co-Investigator</b>	2021-2026	\$110,586 Sub-award
2. Advancing Engagement and Efficacy of Interventions for Co-Morbid Sleep and Behavior Problems in Young Children (Amanda Tarullo, PI) R01-HD095916; <b>NIH/NICHD, Co-Investigator</b>	2020-2025	\$107,920 Sub-award
3. Australian Research in Childcare and Sleep (Karen Thorpe, Simon Smith, Sally Staton, Co-PIs) <b>National Health &amp; Medical Research Council, Co-Investigator</b>	2020-2024	--

4. The Developing Brain: Influences and Outcomes (Sean Deoni, PI) UH3-0D023313; <b>NIH/ECHO, Co-Investigator</b>	2018-2023	\$525,385 Sub-award
5. Sensitivity of the Circadian Clock to Light in Early Childhood R01-HD087707; <b>NIH/NICHD, Principal Investigator</b>	2017-2022	\$2,455,482

**ACTIVE GRANT-BASED CONSULTING**

	<b>Period</b>	<b>Direct Cost</b>
1. Reducing maternal prenatal depression to improve offspring cardiovascular health (Ben Harkin, PI) R01-HD096110; <b>NIH/NICHD, Consultant</b>	2020-2025	--
2. Cumulative Risk of Substance Exposure and Early Life Adversity on Child Health, Development, and Outcomes (Sean Deoni, PI) R34-DA050284; <b>NIH/NHLBI, Consultant</b>	2019-2024	--
3. The Benefit of Naps on Cognitive, Emotional, and Motor Learning in Preschoolers (Rebecca Spencer, PI) R01-HL111695; <b>NIH/NHLBI, Consultant</b>	2017-2022	--
4. Pediatric Asthma Disparities: The Role of Sleep And Immune Balance (Daphne Koinis-Mitchell, PI) K24-HL130451; <b>NIH/NHLBI, Consultant</b>	2017-2022	--

**ACTIVE TRAINING GRANTS**

	<b>Period</b>	<b>Direct Cost</b>
1. Transdisciplinary Training in Sleep and Circadian Rhythms (Kenneth Wright, PI) T32-HL149646; <b>NIH/NHLBI, Mentor</b>	2020-2025	--
2. Beckman Scholars Program (Paul Muhlrad, PI) <b>Beckman Foundation, Undergraduate Mentor</b>	2020-2023	--

**PENDING GRANTS**

	<b>Period</b>	
1. Sensitivity to Light in Childhood R01; <b>NIH/NHLBI, Principal Investigator</b>	2022-2027	\$2,499,742
2. Physiological Mechanisms Underlying Adolescent Nighttime Media Use and Vulnerability to Insufficient Sleep <b>Children and Screens, Principal Investigator</b>	2022-2023	\$98,550
3. Data-driven mathematical modeling of sleep duration and timing in early childhood R21-HL165367; <b>NIH/NHLBI, Co-Investigator</b>	2022-2024	\$23,476 Sub-award

**GRANTS IN PROGRESS**

	<b>Period</b>	
1. Light, Melatonin in Breastmilk, and the Developing Circadian Clock R01; <b>NIH/NICHD, Principal Investigator</b>	2023-2028	--
2. Effects of Napping Strategies on Nighttime Sleep Consolidation in Preschoolers R01; <b>NIH/NICHD, Principal Investigator</b>	2023-2028	--

<b>COMPLETED RESEARCH GRANTS</b>	<b>Period</b>	<b>Direct Cost</b>
1. Sleep and the Neural Basis of Emotion Processing in Childhood R21-MH105735; <b>NIH/NIMH, Principal Investigator</b>	2016-2018	\$275,000
2. The Developing Brain: Influences and Outcomes (Sean Deoni, PI) UG3-0D023313; <b>NIH/ECHO Consortium, Co-Investigator</b>	2016-2018	\$332,480 Sub-award
3. Sleep and Emotion Regulation across Early Childhood R01-MH086566; <b>NIH/NIMH, Principal Investigator</b>	2010-2016	\$2,346,456
4. 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
5. Sleep and White Matter Maturation in Childhood and Early Adolescence (Sean Deoni, PI) <b>Jacobs Foundation Young Investigator Grant, Co-Investigator</b>	2012-2013	---
6. Sleep and Brain Connectivity in Early Childhood <b>Intermountain Neuroimaging Consortium Grant, Principal Investigator</b>	2012-2013	\$5,000
7. Sleep-Wake Regulation and Emotion in Early Childhood K01-MH074643; <b>NIH/NIMH, Principal Investigator</b>	2005-2010	\$680,679
8. Homeostatic and Circadian Regulation of Sleep in Early Human Development ERC027; <b>Sepracor, Inc., Principal Investigator</b>	2005-2009	\$74,555
9. 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. Quantifying Factors Associated with Healthy Brain and Cognitive Development (Sean Deoni, PI) <b>Bill &amp; Melinda Gates Foundation, Consultant</b>	2016-2018
2. The Benefit of Naps on Cognitive, Emotional, and Motor Learning in Preschoolers (Rebecca Spencer, PI) R01-HL111695; <b>NIH/NHLBI, Consultant</b>	2012-2017
3. A Microsocial Video-Coaching Intervention to Reduce Toxic Stress in EHS Families (Sarah Watamura, PI)	2011-2016

ACF-YR056; **ACF, Consultant**

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

**HONORS & AWARDS TO POSTDOCS & JUNIOR TRAINEES**

- 2021 Student/Postdoc Member Travel/Abstract Award, International Society for Developmental Psychobiology (**L Hartstein**)
- 2021 Christian Guilleminault Young Investigator Award, World Sleep Society (**L Hartstein**)
- 2021 PAC Travel Award, Postdoctoral Association of Colorado, Boulder (**L Hartstein**)
- 2021 Trainee Merit Award, Sleep Research Society (**L Hartstein**)
- 2020 American Academy for the Advancement of Sciences (AAAS) Science and Technology Policy Fellowship; National Center for Advancing Translational Science (**L Akacem**)
- 2019 Victoria S. Levin Award for Early Career Success in Young Children's Mental Health Research; Society for Research on Child Development (**S Brown**)
- 2018 Top 5 Poster Award; Digital Media and Developing Minds Conference (**L Hartstein**)
- 2015 Datablitz Award: Sleep Research Society; Annual SLEEP Conference (**S Kurth**)  
Datablitz Award: Psychoneuroimmunology Research Society; Annual Conference (**S Kurth**)  
Strategic Plan Poster Award: Society for Research on Child Development; Bi-annual Conference (**S Kurth**)
- 2014 Young Scientist Award: European Sleep Research Society; Bi-annual Conference (**S Kurth**)  
Travel Award: European Sleep Research Society; Bi-annual Conference (**S Kurth**)  
Merit Award, Gordon Research Conference: Sleep Regulation and Function (**S Kurth**)
- 2013 Late Breaking Abstract Award, Annual SLEEP 2013 Conference (**S Kurth**)  
Trainee Merit Award: Multi-Site Training for Basic Sleep Research Conference (**S Kurth**)

**PENDING PREDOC GRANTS**

- |                                                                                                                                                                                                                            | Period    | Direct Cost |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|
| 1. The Genetics Underlying Daytime Napping in Childhood (Leen Abbas, PI)<br><b>NSF, Graduate Research Fellowship Program, Primary Mentor</b>                                                                               | 2022-2024 | --          |
| 2. Understanding the Significance of Environmental Light Exposure on Children's Early Development (Emily Westwood, PI)<br><b>Fulbright Future Scholarship (funded by the Kinghorn Foundation), Co-Mentor &amp; US Host</b> | 2022-2023 | --          |

<b>ACTIVE PREDOC/POSTDOC GRANTS</b>	Period	Direct Cost
1. Biological Embedding of Childhood Obesity: Stress Responsive Systems and Sleep (Tiffany Phu, PI) F31-HD104377; <b>NIH/NHLBI, Co-Mentor</b>	2022-2024	--
2. Sensitivity of the Circadian Clock to the Spectrum of Evening Light in Early Childhood (Lauren Hartstein, PI) F32-HD103393; <b>NIH/NHLBI, Primary Mentor</b>	2021-2024	--
3. Reducing maternal prenatal depression to improve offspring cardiovascular health (Melissa Brewster, PI) R01-HD096110 Diversity Supplement; <b>NIH/NICHD, Co-Mentor</b>	2021-2025	--
4. Parent-Infant Co-regulation of Sleep and Physiology in Families with Neglect (Samantha Brown, PI) K01-HD098331; <b>NIH/NICHD, Primary Mentor</b>	2019-2024	---

<b>COMPLETED POSTDOC GRANTS</b>	Period	Direct Cost
1. Sensitivity of the Circadian Clock to the Spectrum of Evening Light in Early Childhood (Lauren Hartstein, PI) T32-HL149646; <b>NIH/NHLBI, Primary Mentor</b>	2020-2021	--
2. Sleep, Brain Development, and Gut Microbiota in Infancy (Salome Kurth, PI) <b>Clinical Research Priority Program (CRPP) Sleep and Health: University of Zurich, Co-Investigator</b>	2016-2020	---
3. Brain Connectivity and Sleep in Preschool Children (Salome Kurth, PI) <b>Swiss National Science Foundation Grant for Prospective Researchers, Mentor</b>	2011-2013	---

### **HONORS & AWARDS TO UNDERGRADUATE TRAINEES**

2020-2021	McNair Scholar Award ( <b>L Abbas</b> )
2020	Van Ek Award; CU Boulder, College of Arts and Sciences ( <b>W Canty</b> )
2019	Chancellor's Recognition Award; CU Boulder ( <b>S Schneider</b> ) Van Ek Award; CU Boulder, College of Arts and Sciences ( <b>S Gill</b> ) Fred Murphy Award; CU Boulder, Integrative Physiology ( <b>A Coy</b> ) Highest GPA; CU Boulder, Integrative Physiology ( <b>S Schneider</b> ) Brain Sciences Award; Associated Professional Sleep Societies ( <b>A Waddle</b> ) Trainee Sub-Committee Member; Associated Professional Sleep Societies ( <b>S Wong</b> )
2018	Van Ek Award; CU Boulder, College of Arts and Sciences ( <b>S Schneider</b> )
2016	Sigma Xi Undergraduate Research Award; CU Boulder ( <b>S Wong</b> ) Van Ek Award; CU Boulder, College of Arts and Sciences ( <b>I McClain</b> ) BSI Travel Award; CU Boulder ( <b>S Schneider</b> ) Merit Award; Sleep Research Society ( <b>L Akacem</b> ) Brown University Dement Summer Fellowship ( <b>C Kluckey</b> )

- 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 Kluckey**)
- 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 Akacem**)  
 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**)

#### **CURRENT UNDERGRADUATE FELLOWSHIPS (INTERNAL)**

- |    |                                                                                                                                                                                                           |                       |                          |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------------|
| 1. | Mary A Carskadon Sleep and Circadian Summer Research Fellowship<br>Summer research experience supporting undergraduate students (n=20)<br><b>NIH; BSI; UROP; University of Colorado Boulder, Director</b> | <b>Period</b><br>2022 | <b>Direct Cost</b><br>-- |
| 2. | Mary A Carskadon Sleep and Circadian Summer Research Fellowship<br>Summer research experience supporting undergraduate students (n=16)<br><b>NIH, BSI, UROP, University of Colorado Boulder, Director</b> | <b>Period</b><br>2000 | <b>Direct Cost</b><br>-- |
| 3. | Mary A Carskadon Sleep and Circadian Summer Research Fellowship<br>Summer research experience supporting undergraduate students (n=15)<br><b>NIH; BSI; UROP; University of Colorado Boulder, Director</b> | <b>Period</b><br>2019 | <b>Direct Cost</b><br>-- |

<b>CURRENT UNDERGRADUATE STUDENT GRANTS (CU)</b>	<b>Period</b>	<b>Direct Cost</b>
1. The Genetics of Napping in Childhood <b>BSI Continuation Scholars Award, Sponsor for L Abbas</b>	2021-2022	\$2500
2. Light at Night and Pupil Size in Children and Adolescents <b>BSI Continuation Scholars Award, Sponsor for S Choubai</b>	2021-2022	\$2500

<b>COMPLETED UNDERGRADUATE STUDENT GRANTS (CU)</b>	<b>Period</b>	<b>Direct Cost</b>
1. The Genetics of Napping in Childhood <b>BSI Continuation Scholars Award, Sponsor for L Abbas</b>	2021	\$2500
2. Light at Night and Pupil Size in Children and Adolescents <b>BSI Continuation Scholars Award, Sponsor for S Choubai</b>	2021	\$2500
3. The Effects of Evening Light Exposure on Bedtime Alertness in Preschool-Aged Children <b>BSI Initial Scholars Award, Sponsor for T Christensen</b>	2020-2021	\$2500
4. <b>UROP Assistantship, Sponsor for L Abbas</b>	2020	\$2000
5. <b>UROP Assistantship, Sponsor for M Aquino</b>	2020	\$2000
6. <b>UROP Assistantship, Sponsor for T Dutton</b>	2020	\$2000
7. <b>UROP Assistantship, Sponsor for M Facey</b>	2020	\$2000
8. <b>UROP Assistantship, Sponsor for I Frankel</b>	2020	\$2000
9. <b>UROP Assistantship, Sponsor for J Wild</b>	2020	\$2000
10. <b>UROP Assistantship, Sponsor for B Brounstein</b>	2020	\$2000
11. <b>UROP Assistantship, Sponsor for S Choubai</b>	2020	\$2000
12. <b>UROP Assistantship, Sponsor for M Aquino</b>	2020	\$2000
13. Chronotype and Circadian Clock Genes in Children <b>BSI Continuation Scholars Award, Sponsor for G Reis</b>	2019-2020	\$2500
14. Circadian Clock Genes and Obesity in Children <b>BSI Continuation Scholars Award, Sponsor for W Canty</b>	2019-2020	\$2500
15. <b>UROP Assistantship, Sponsor for M Monk</b>	2019	\$2000
16. <b>UROP Assistantship, Sponsor for T Christensen</b>	2019	\$2000
17. <b>UROP Assistantship, Sponsor for K Patal</b>	2019	\$2000
18. <b>UROP Assistantship, Sponsor for J Hoag</b>	2019	\$2000
19. Chronotype and Circadian Clock Genes in Children <b>BSI Initial Scholars Award, Sponsor for G Reis</b>	2019	\$2500
20. Circadian Clock Genes and Obesity in Children <b>BSI Initial Scholars Award, Sponsor for W Canty</b>	2019	\$2500
21. 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
22. 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
23. Early Developmental Changes in the Association between	2018-2019	\$2500



Slow Wave Activity and Processing Speed

**BSI Continuation Scholars Award, Sponsor for A Waddle**

24. Does Napping Moderate the Relationship between Circadian Physiology and Evening Settling Difficulties Across Early Childhood? <b>BSI Continuation Scholars Award, Sponsor for A Coy</b>	2018-2019	\$2500
25. How Does Experimental Sleep Extension in Children with Sleep Problems Effect Parental Stress? <b>BSI Initial Scholars Award, Sponsor for S Gill</b>	2018-2019	\$2500
26. Effects of Acute Sleep Restriction on Inhibitory Control in Preschool-Age Children <b>UROP Individual Grant, Sponsor for E Shalowitz</b>	2018-2019	\$2000
27. Effects of Acute Sleep Restriction on Inhibitory Control in Preschool-Age Children <b>BSI Initial Scholars Award, Sponsor for E Shalowitz</b>	2018	\$2500
28. Does Sleep Moderate the Association between the Cortisol Awakening Response and Stress Reactivity <b>BSI Initial Scholars Award, Sponsor for K Petersen</b>	2018	\$2500
29. Early Developmental Changes in the Association between Slow Wave Activity and Processing Speed <b>BSI Initial Scholars Award, Sponsor for A Waddle</b>	2018	\$2500
30. Does Napping Moderate the Relationship between Circadian Physiology and Evening Settling Difficulties Across Early Childhood? <b>BSI Initial Scholars Award, Sponsor for A Coy</b>	2018	\$2500
31. <b>UROP Assistantship, Sponsor for G Reis</b>	2018	\$2000
32. <b>UROP Assistantship, Sponsor for R Beck</b>	2018	\$2000
33. <b>UROP Assistantship, Sponsor for C Ossain</b>	2018	\$2000
34. Does Sleep Moderate the Relationship between Stress Reactivity and cognitive function in early childhood? <b>BSI Initial Scholars Award, Sponsor for T Jablin</b>	2017-2018	\$2500
35. Sleep and the Neural Basis of Emotion Processing in Childhood <b>UROP Individual Grant, Sponsor for M Nemomsa</b>	2017-2018	\$1500
36. Longitudinal Effects of Acute Sleep Restriction on Facial Emotion Expressions across Early Childhood <b>UROP Individual Grant, Sponsor for S Schneider</b>	2017-2018	\$1500
37. Are there Early Developmental Changes in Sleep-Dependent Stress Reactivity? <b>BSI Initial Scholars Award, Sponsor for A Saurini</b>	2017-2018	\$2500
38. Sleep and the Neural Basis of Emotion Processing in Childhood <b>UROP Summer Individual Grant, Sponsor for S Gill, A Waddle</b>	2017	\$6000
39. Sensitivity of the Circadian Clock to Light in Early Childhood <b>UROP Summer Individual Grant, Sponsor for O Abughalib, A Coy, A Saurini, E Shalowitz, T Teske</b>	2017	\$15000
40. Longitudinal Effects of Acute Sleep Restriction on Facial Emotion Expressions across Early Childhood <b>BSI Scholars Continuation Grant, Sponsor for S Schneider</b>	2016-2017	\$2400
41. Sleep, Rhythms, and Emotional Memory in Early Childhood	2016-2017	\$2400

<b>BSI Scholars Grant, Sponsor for M Gamage</b>		
42. UROP Assistantship, <b>Sponsor for K Saenz</b>	2016	\$800
43. The Effects of Acute Sleep Restriction on Inhibitory Control in Early Childhood <b>HHMI Individual Grant, Sponsor for S Wong</b>	2015-2016	\$2400
44. UROP Assistantship, <b>Sponsor for L Penegrine</b>	2015	\$800
45. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for Sophia Schneider</b>	2015-2016	\$2500
46. The Relationship Between Circadian Phase and Behavior <b>HHMI Individual Grant, Sponsor for K Thellman</b>	2014-2015	\$2400
47. 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
48. The Development of Sleep Spindles Across Early Childhood <b>UROP Individual Grant, Sponsor for I McClain</b>	2014-2015	\$2400
49. UROP Assistantship, <b>Sponsor for S Wong, C Kluckey</b>	2015	\$1600
50. Are there developmental changes in spindle activity across early childhood? <b>HHMI, Sponsor for I McClain</b>	2013-2014	\$2400
51. 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
52. Does Chronotype Influence Young Children's Sleep Patterns, Emotion, and Behavior? <b>HHMI Individual Grant, Sponsor for S Nau</b>	2013-2014	\$2400
53. 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
54. What is the Effect of Acute Sleep Restriction on Children's Eating Behavior? <b>UROP Individual Grant, Sponsor for E Mullins</b>	2013	\$2400
55. 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
56. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for I McClain</b>	2013	\$2500
57. UROP Assistantship, <b>Sponsor for I McClain</b>	2012-2013	\$800
58. The Bi-Directional Relationship Between Physical Activity and Sleep in Preschool Children <b>HHMI Individual Grant, Sponsor for S Cherian</b>	2012-2013	\$2400
59. 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
60. What is the Effect of Acute Sleep Restriction on Children's Eating Behaviors?	2012-2013	\$2400

<b>HHMI Individual Grant, Sponsor for E Mullins</b>		
61. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for K Johansen</b>	2012-2013	\$2500
62. Sleep and Brain Development in Early Childhood <b>BURST Grant, Sponsor for A Jones</b>	2012-2013	\$2500
63. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for S Nau</b>	2012-2013	\$2500
64. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for C Bazzanella</b>	2012	\$2500
65. What is the Effect of Acute Sleep Restriction on Children's Daytime Physical Activity Levels? <b>UROP Individual Grant, Sponsor for S Cherian</b>	2012	\$2400
66. UROP Assistantship, <b>Sponsor for A Jones, M Doucette</b>	2012	\$1600
67. 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
68. 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
69. 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
70. 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
71. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for E Mullins</b>	2011-2012	\$2500
72. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for S Cherian</b>	2011-2012	\$2500
73. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for D Eves</b>	2011-2012	\$2500
74. Sleep and Emotion Regulation Across Early Childhood <b>BURST Grant, Sponsor for E Mullins</b>	2011	\$2500
75. UROP Assistantship, <b>Sponsor for L Akacem</b>	2011	\$800
76. UROP Assistantship, <b>Sponsor for A Bielinski</b>	2011	\$800
77. UROP Assistantship, <b>Sponsor for S Cherian</b>	2011	\$800
78. UROP Assistantship, <b>Sponsor for H Craven</b>	2011	\$800
79. UROP Assistantship, <b>Sponsor for D Eves</b>	2011	\$800
80. UROP Assistantship, <b>Sponsor for T Hayes</b>	2011	\$800
81. UROP Assistantship, <b>Sponsor for E Mullins</b>	2011	\$800
82. UROP Assistantship, <b>Sponsor for C Simpkin</b>	2011	\$800

<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

**MANUSCRIPTS IN PROGRESS (5)**

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. Early developmental changes in the circadian clock and its relationship to sleep. To be submitted to *SLEEP*.
3. **Hartstein, L.E.**, Diniz Behn, C., Akacem, L.D., Wright, K.P., Jr., Stack, N., LeBourgeois, M.K. Evening light intensity and phase delay of the circadian clock in early childhood. To be submitted to *Journal of Biological Rhythms*.
4. **Hartstein, L.E.**, Akacem, L.D., & LeBourgeois, M.K. Impacts of the lunar cycle on young children's sleep and biological rhythms. To be submitted to *Clocks and Sleep*.
5. Morrison, C.L., Winiger, E.A., Rieselbach, M., Vetter, C., Wright, K.P., **LeBourgeois, M.K.**, Friedman, N.P. Sleep health at the genomic level: Six distinct factors and their relationships with psychopathology. To be submitted to *Sleep Health*.

**MANUSCRIPTS UNDER REVIEW (3)**

1. 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. *Psychoneuroendocrinology*.
2. Wong, S.D., Wright, K.P., Spencer, R., Vetter, C., Hicks, L., **LeBourgeois, M.K.** Development of the circadian clock in early life: Maternal and environmental factors. *Physiological Anthropology*.
3. Hartstein, L.E., Wong, S.D., Garrison, M.M., & **LeBourgeois, M.K.** Electronic media use is associated with poor sleep outcomes in early childhood. *Current Sleep Medicine Reports*.

**MANUSCRIPTS IN PRESS (2)**

1. **LeBourgeois, M.K.**, Wong, S.D.\*, Hartstein, L.E.\* Early Development of Sleep and Circadian Rhythms. *SLEEP*.
2. Hartstein, L.E.\*, Diniz Behn, C., Akacem, L.D., Wright, K.P., **LeBourgeois, M.K.** Evening light intensity and melatonin suppression in preschool-aged children. *Journal of Pineal Research*.

## PUBLISHED MANUSCRIPTS (70)

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65. 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.
66. 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.
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#### **PUBLISHED BOOK CHAPTERS (2)**

1. **LeBourgeois, M.K.**, Hartstein, L.E.\*, Wong, S.D.\*, Ricker, A.\* (2021). Optimal sleep habits in infants and children. *The Encyclopedia of Sleep and Circadian Rhythms in Reference Module in Neuroscience and Biobehavioral Psychology*, vol. 2, pp. 1-8; Elsevier.
2. **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 (89)**

1. Hartstein, L.E.\*, Akacem, L.D., Diniz Behn, C., Stowe, S.\*, Wright, K.P., Jr., & **LeBourgeois, M.K.** (2021). Evening light-induced circadian phase shift in preschool-aged children. *SLEEP*, 44: A64. [virtual oral and poster]
2. Waddle, A., Kurth, S. Harsh, J., Lassonde, J., Lee, D., **LeBourgeois, M.K.** (2020). Increased slow-wave activity (SWA) predicts slower processing speed in toddlers. *SLEEP*, 43: A122. [poster]
3. Shalowitz, E.L., Miller, A.L., Harsh, J.R., **LeBourgeois, M.K.** (2020). Napping, inhibitory control, and self-regulation in 2-year-old children. *SLEEP*, 43: A122. [poster]
4. Wong, S.D., Hartstein, L.E., **LeBourgeois, M.K.** (2020). Electronic media use is associated with poor sleep in 3- to 6-year-old children. *SLEEP*, 43: A126. [poster]
5. Jablin, T. **LeBourgeois, M.K.**, Harsh, J., Brown, S. (2020). Interactions between sleep, stress reactivity, and cognition in early childhood. *SLEEP*, 43: A128. [poster]
6. Hartstein, L.E., Akacem, L., Diniz Behn, C., Stack, N., Wright, K., **LeBourgeois, M.K.** (2019). Light-induced melatonin suppression in 3-4 year-old children. *Sleep Medicine*, 64: s147-s148. [poster]
7. Wong, S.D., Hartstein, L.E., **LeBourgeois, M.K.** (2019). Sleep and media use in 3- to 6-year-old children: Differences between good and poor sleepers. *Sleep Medicine*, 64: s422. [poster]
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9. Teske, T.L., Brown, S.M., Watamura, S.E., **LeBourgeois, M.K.** (2019). Age-related changes in the napping cortisol awakening response (CAR) during early childhood. *Sleep Medicine*, 64: s380. [poster]
10. Coy, A., Akacem, L.D., Harsh, J.R., **LeBourgeois, M.K.** (2019). Napping, circadian timing, and evening settling difficulties in early childhood. *Sleep Medicine*, 64: s81. [poster]
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12. Waddle, A., Kurth, S. Harsh, J., Lassonde, J., Lee, D., **LeBourgeois, M.K.** (2019). The association between slow-wave activity (SWA) and processing speed in toddlers. *Sleep Medicine*, 64: s344-s345. [poster]
13. Brown, S., **LeBourgeois, M.K.** (2019). Sleep problems among preschool-aged children investigated for maltreatment. *Sleep Medicine*, 64: s49-s350. [oral]

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15. Saurini, A., Brown, S., Harsh, J., **LeBourgeois, M.K.** (2019). Acute sleep restriction and cortisol reactivity in early childhood. *Sleep Medicine*, 64: s336-s337. [poster]
16. **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. [poster]
17. 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. [oral]
18. 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]
19. 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]
20. 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]
21. 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]
22. 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]
23. 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]
24. 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]
25. 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]
26. 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]
27. Johansen, K.M.\*, 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]
28. 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]
29. McClain, I.\*, Kurth, S.\*, Lustenberger, C., Achermann, P., Lassonde, J.M.\*, **LeBourgeois, M.K.** (2015). The development of sleep spindles across early childhood. *Sleep*, 38, A19. [poster]
30. Nau, S.A.\*, 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]
31. 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]

32. 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]
33. Lassonde, 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]
34. 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]
35. Olbrich, E., **LeBourgeois, M.K.**, Achermann, P. (2014). Developmental changes in sleep oscillations during early childhood. *Journal of Sleep Research*, 23 (S1), 19. [oral]
36. 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]
37. Mullins, E.N.\*, 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]
38. 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]
39. 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]
40. Cherian, S.C.\*, 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]
41. Schumacher, A.M.\*, Lassonde, 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]
42. 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]
43. Akacem, L.\*, 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]
44. Doucette, M.\*, 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]
45. 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]
46. 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]
47. 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.
48. Akacem, L.D.\*, 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]
49. Craven, H.J.\*, Seifer, R., **LeBourgeois, M.K.** (2012). Correspondence between actigraphy and PSG measures of sleep onset latency in young children. *Sleep*, 35, A127. [poster]

50. 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]
51. 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.
52. 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.
53. **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.
54. Pierpoint, L.A.\*, Lasseonde, 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.
55. Simpkin, C.T.\*, 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]
56. 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]
57. 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]
58. Hartman, V.A.\*, **LeBourgeois, M.K.** (2011). An objective measure of sleepiness in early childhood: facial analysis of children's expressed sleepiness (FACES). *Sleep*, 34, A272. [poster]
59. 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]
60. **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]
61. 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]
62. 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]
63. Crosby, B., **LeBourgeois, M.K.**, Harsh, J. (2009). Napping and psychosocial functioning in preschool children. *Sleep*, 32, A101. [poster]
64. Gebru, H.\*UTRA, **LeBourgeois, M.K.** (2009). Circadian assessment with urinary 6-sulfatoxymelatonin (amt6s) secretion in healthy preschool children. *Sleep*, 32, A91. [poster]
65. 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]
66. 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]
67. Cairns, A.A., Crosby, B., **LeBourgeois, M.K.**, Harsh, J. (2008). Prevalence of pediatric sleepiness. *Sleep*, 31, A278. [poster]
68. Crosby, B., Han, G., **LeBourgeois, M.K.**, Harsh, J.R. (2008). Timing of the nocturnal sleep period during early childhood. *Sleep*, 31, A243. [poster]

69. 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]
70. 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]
71. 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]
72. **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]
73. Cairns, A., **LeBourgeois, M.K.**, Harsh, J. (2007). Napping in children is related to later sleep phase. *Sleep*, 31, A100. [poster]
74. 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]
75. 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]
76. **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]
77. 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]
78. 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]
79. **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]
80. **LeBourgeois, M.K.**, Harsh, J. (2004). Construct validation of the Children's Sleep-Wake Scale (CSWS). *Journal of Sleep Research*, 13(S1), 439. [poster]
81. **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]
82. 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]
83. Harsh, J., Easley, A., **LeBourgeois, M.K.** (2002). An instrument to measure children's sleep hygiene. *Sleep*, 26, A316. [poster]
84. **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]
85. **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]
86. Harsh, J., Mixon, M., Avis [Thomas], K., **LeBourgeois, M.K.** (2001). Sleep, sleepiness, and ADHD subtypes. *Sleep*, 24, A14. [poster]
87. **LeBourgeois, M.K.**, Harsh, J. (2001). A new research instrument for measuring children's sleep. *Sleep*, 24, A213. [poster]

88. **LeBourgeois, M.K.**, Harsh, J., Hancock, M. (2001). Validation of the children's sleep-wake scale. *Sleep*, 24, A218. [poster]
89. **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 (20)

1. Hartstein, L.E.\*, Akacem, L.D., Diniz Behn, C., Stack, N., Stowe, S.\*, Wright, K.P., Jr., & **LeBourgeois, M.K.** (2021, November). *Sensitivity of the Circadian Clock to Evening Light Exposure in Early Childhood*. Paper presented at the International Society for Developmental Psychobiology meeting. [virtual]
2. Hartstein, L.E.\*, Akacem, L.D., Diniz Behn, C., Stack, N., Wright, K.P., Jr., **LeBourgeois, M.K.** (2020). Sensitivity of the circadian clock to the intensity of evening light in preschool-aged children. Society for Research in Biological Rhythms Conference. [oral]
3. Hartstein, L.E.\*, Akacem, L.D., Stack, N., Diniz Behn, C., Wright, K.P., **LeBourgeois, M.K.** (2019). *Light Before Bed and Melatonin Suppression in Preschool-Age Children*. 31st Annual Meeting of Society for Light Treatment and Biological Rhythms. Chicago, IL. [oral]
4. 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]
5. 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]
6. Miller, A., Lee, J., Retzlaff, 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]
7. Kurth, S.\*, Achermann, P., O'Muircheartaigh, J., 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]
8. 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]
9. 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]
10. **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]
11. 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]
12. 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]

13. 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]
14. 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]
15. 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]
16. **LeBourgeois, M.K.**, Garlo, K.\* , Crossin, R.\* , Carskadon, M.A. (2007). *Salivary dim light melatonin onset as a measure of circadian phase in preschoolers*. Society for Developmental Psychobiology Meeting. San Diego, CA. [poster]
17. **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]
18. Avis [Thomas], K., **LeBourgeois, M.K.** (2001). *Sleep in children with ADHD*. 33<sup>rd</sup> Annual Convention of the National Association of School Psychologists. Washington, D.C. [oral]
19. **LeBourgeois, M.K.** Harsh, J. (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]
20. **LeBourgeois, M.K.** Avis [Thomas], K. (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/PANELS

1. Wright, K.P. & **LeBourgeois, M.K.** (Discussion Group; 2021). *Team Science/Grants*. University of Colorado Sleep and Circadian Summer School. Boulder, CO.
2. 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.
3. **LeBourgeois, M.K.** (Symposium Chair; 2007). *Sleep and daytime functioning in children and adolescents*. Associated Professional Sleep Societies Annual Meeting, Minneapolis, MN.
4. **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. August 2020. *Actigraphy*. University of Colorado Sleep and Circadian Summer School, Boulder, CO.
2. 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.
3. October 2014. *The perfect storm: sleep, circadian rhythms, and the environmental context of the developing child*. CU Seminar, University of Colorado Boulder, Boulder, CO.
4. October 2014. *Sleep and circadian rhythms in early childhood*. Neurology Resident Seminar, Anschutz Medical School, University of Colorado, Denver, CO.

5. July 2014. *Development of circadian rhythms*. Sleep and Circadian Research Symposium, University of Colorado Boulder, Boulder, CO.
6. July 2014. *Cultivating nourishing sleep*. A community conversation, University of Colorado Boulder, Boulder, CO.
7. 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.
8. 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.
9. 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.
10. 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.
11. October 2008. *Sleep regulation and emotion in early childhood*. Providence Sleep Research Interest Group. Providence, RI.
12. 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.
13. October 2006. *Parental practice of sleep hygiene and children's temperament*. Occasional Temperament Conference, Brown University. Providence, RI.
14. February 2006. *Sleep-wake regulation and psychosocial functioning in early childhood*. Department of Psychology Annual Speaker Series, Stonehill College. Easton, MA.
15. October 2003. *Development and psychometric evaluation of an instrument to measure behavioral sleep quality in children*. Providence Sleep Research Interest Group. Providence, RI.
16. April 2001. *Sleep disorders in childhood and adolescence*. University of Southern Mississippi School Psychology Graduate Seminar Series. Hattiesburg, MS.

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

1. April 2021. *Sleep and Circadian Rhythms in Early Childhood: Concepts, Fundamentals and Links to Obesity*. NIH Workshop on Understanding Risk and Causal Mechanisms for Developing Obesity in Infants and Young Children. [virtual]
2. March 2021. *Sleep regulation in early childhood*. Department of Psychology, University of New Mexico. [virtual]
3. February 2021. *Sleep and the circadian clock in early childhood*. Sleep Research Society: Advances in Sleep and Circadian Science Conference. [virtual]
4. November 2019. *Technology use and sleep in childhood*. Pediatric Sleep Medicine Bi-Annual Conference, Naples, FL.
5. October 2018. *Digital media and developing bodies*. Digital Media and Developing Minds Congress, Cold Springs Harbor, NY.
6. July 2016. *The perfect storm: sleep, circadian rhythms, and the environmental context of the developing child*. Integrated Listening Systems (iLs) Annual Conference, Denver, CO.
7. June 2015. *Napping in early childhood*. October, 2015. Sleep Research Society 21<sup>st</sup> Annual Trainee Symposium Series, Denver, CO.



8. October 2015. *Sleep, circadian rhythms, and the environmental context of the developing child*. University of Massachusetts, Developmental Psychology Program Seminar Series, Amherst, MA.
9. September 2015. *Insights into sleep and circadian rhythms across the preschool years*. Montana Sleep Society Annual Meeting. Billings, MT.
10. September 2015. *Sleep across childhood and adolescence*. Montana Sleep Society Annual Meeting. Billings, MT.
11. June 2014. *Sleep and circadian rhythms across development*. Sleep Research Society 19<sup>th</sup> Annual Trainee Symposium Series, Minneapolis, MN.
12. March 2014. *Sleep regulation and function in early childhood*. Gordon Research Conference: Sleep Regulation and Function, Galveston, TX.
13. November 2013. *Early childhood sleep and development*. Seventh Bi-Annual Conference on Pediatric Sleep Medicine, Amelia Island, FL.
14. November 2013. *When worlds collide: sleep, circadian rhythms, and the environmental context of childhood*. Helmut S. Schmidt Memorial Keynote Symposium: Sleep Medicine, Columbus, OH.
15. June 2013. *Sleep regulation in early childhood*. Invited Symposium Speaker, SLEEP Annual Meeting, Baltimore, MD.
16. January 2013. *Sleep, circadian rhythms, and emotion in early childhood*. Penn State Child Study Center Seminar Series. State College, PA.
17. October 2012. *Sleep and mood*. Invited Panel Member, NIH-Sponsored Training Conference in Basic Sleep Research, Lake Arrowhead, CA.
18. June 2011. *Sleep regulation in early childhood*. Invited Symposium Speaker, Associated Professional Sleep Societies Annual Meeting, Minneapolis, MN.
19. June 2011. *Validity of actigraphy for longitudinal assessments of sleep*. Invited Discussant, Associated Professional Sleep Societies Annual Meeting, Minneapolis, MN.
20. 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.
21. August 2009. *Sleep and emotion states in early human development*. National Institute of Mental Health Research Meeting. Bethesda, MD.
22. October 2008. *Homeostatic regulation of sleep during early human development*. Sepracor, Inc. Research Forum. Salt Lake City, UT.
23. 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.
24. October 2007. *Circadian regulation of sleep during early human development*. Sepracor, Inc. Research Forum. Salt Lake City, UT.
25. September 2002. *Sleep and Provigil in children with attention-deficit/hyperactivity disorder*. Cephalon Investigator's Meeting – ADHD trials. Philadelphia, PA.
26. 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. December 2019. *Sleep Regulation in Early Childhood*. Invited talk at the Australian Research Council Life Course Center, Institute of Social Sciences Research, University of Queensland, Brisbane, Australia

2. November 2019. *Sleep and Circadian Rhythms in Young Children: A Goodness of Fit Perspective*. Keynote address at the British Sleep Society Biannual Conference, Birmingham, UK.
3. May 2018. *Sleep and Circadian Rhythms in Early Childhood*. Keynote address at the International Pediatric Sleep Association (IPSA), Paris, France.
4. December 2017. *Sleep, Circadian Rhythms, and the Environmental Context of the Developing Child*. University of Lisbon, Lisbon, Portugal [Given via internet].
5. September 2016. *Circadian timing in early childhood: sleep, napping, and light at night*. University Children's Hospital, Child Development Center. Zurich, Switzerland.
6. September 2014. *Sleep and emotion processing in early childhood*. European Sleep Research Society Biannual Meeting. Tallinn, Estonia.
7. April 2012. *Sleep regulation in early childhood*. University of Zurich, Department of Pharmacology and Toxicology. Zurich, Switzerland.
8. June 2008. *Association between circadian phase and sleep initiation in preschool children*. University Children's Hospital, Child Development Center. Zurich, Switzerland.
9. July 2007. *Ethnic differences in school readiness: the importance of sleep and rhythms*. University Children's Hospital, Child Development Center. Zurich, Switzerland.
10. July 2007. *Sleep-wake regulation and emotion in early childhood*. University of Zurich, Department of Pharmacology and Toxicology. Zurich, Switzerland.

## SELECTED MEDIA RELATIONS

- |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2021 | Sleep Research Society, Sleep Education Blog " <i>Kids, Tweens, Teens, and Screens</i> "                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 2018 | University of Colorado Boulder Press Release " <i>How bring light keeps preschoolers wired at night</i> " 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 " <i>Kids uniquely vulnerable to sleep disruption from electronics</i> " distributed by the Associated Press; featured in >200 national/international media outlets.                                                                                                                                                                                                                                                                                                                                                                  |
| 2016 | The New York Times " <i>Which came first? The behavior problems, or the poor sleep?</i> "<br>The New York Times " <i>Night Owls may face special challenges</i> "<br>University of Colorado Boulder Press Release " <i>Sleep deprived toddlers crave more calories</i> " distributed by the Associated Press; featured in >300 national/international media outlets<br>University of Zurich Press Release " <i>Developing brain regions in children hardest hit by sleep deprivation</i> " distributed by EurekAlert (AAAS); featured in >450 national/international media outlets |
| 2013 | University of Colorado Boulder Press Release " <i>Connections in the brains of young children strengthen during sleep</i> " distributed by the Associated Press; featured in >250 national/international media outlets<br>University of Colorado Boulder Press Release " <i>Bedtime for toddlers: Timing is everything</i> " distributed by the Associated Press, featured in >500 national/international media outlets                                                                                                                                                            |
| 2012 | University of Colorado Boulder Press Release " <i>Nap-deprived tots may be missing out on more than sleep</i> " featured in >250 national/international media outlets<br>KGNU Science Show Live Interview " <i>Sleep</i> "<br>Boulder Daily Camera " <i>CU-Boulder scientist: missing a nap makes toddlers anxious, 'flat'</i> "                                                                                                                                                                                                                                                   |

- 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)**

- 2021 **Professional Skills for the Research Scientist (IPHY 6830)**  
 24 graduate students
- 2020 **Sleep, Circadian Rhythms, and Health (IPHY 4780 / 5780)**  
 4 Undergraduate students / 8 graduate students
- 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**

- 2021 **Fostering Inclusion, Equity, and Diversity in Neuroscience Training**  
National Academy of Sciences  
Virtual Workshop
- 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*

- 2017- Sachi Wong, MS/PhD advisor  
*Development of the Circadian Clock in Early Life: Maternal and Environmental Factors*
- 2020- Georgia Reis, MS Advisor  
*Chronotype and Circadian Clock Genes in Children*

- 2020- Liam Canty, MS Advisor  
*Circadian Clock Genes and Obesity in Children*
- 2019-2021 Elise Shalowitz, MS Advisor  
*Effects of Acute Sleep Restriction on Inhibitory Control in Preschool-Age Children*
- 2019-2021 Anne Waddle, MS Advisor  
*Early Developmental Changes in the Association between Slow Wave Activity and Processing Speed*
- 2019-2021 Trace Jablin, MS Advisor  
*Does Sleep Moderate the Relationship between Stress Reactivity and Cognitive Function in Early Childhood?*
- 2018-2020 Alexandra Coy, BA/MS Advisor  
*Does Napping Moderate the Relationship between Circadian Physiology and Evening Settling Difficulties Across Early Childhood?*
- 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*
- 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**

2020-2021 Ashley Ricker, PhD  
2018-2019 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*

2022 Tell Kelley, Comprehensive Exam Committee  
2022 Shelby Hopkins, Comprehensive Exam Committee  
2021 Jessica Stockelman, Dissertation Committee  
2019-2021 Hilary Traut, Dissertation Committee  
2019-2020 Harry Smolker, Dissertation Committee  
2019 Hayden Kidshi, Undergraduate Honors Thesis Committee  
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/International 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. Leen Abbas	❖	UROP Assistantship; BSI Initial; BSI Continuation
2. Mikayla Aquino		UROP Assistantship
3. Saphie Potts		
4. Taylor Dutton		UROP Assistantship
5. Megan Facey		UROP Assistantship
6. Caroline O'Bryant		
7. Isobel Frankel		UROP Assistantship
8. Joshua Wild		UROP Assistantship
9. Brooke Brounstein		UROP Assistantship
10. Sophie Choubai		UROP Assistantship; BSI Initial; BSI Continuation
11. Georgia Reis	❖	UROP Assistantship; BSI Initial; BSI Continuation
12. William Canty	❖	BSI Initial; BSI Continuation
13. Ben Marshall		
14. McKenna Monk		UROP Assistantship
15. Brittany Marks		
16. Samantha Shilling		
17. Daniel Bush		
18. Elena Trujillo		
19. Kajal Patel		UROP Assistantship
20. Charlie Ruckman		
21. Taylor Christensen		UROP Assistantship; BSI Initial; Honors Thesis
22. Ashley Asamoah		
23. Carter Yang		
24. Jasper Hoag		UROP Assistantship
25. Karissa Lynaugh		
26. Shaiza Sinha		
27. Jonah Wilson		
28. Ryan Beck		UROP Assistantship
29. Cole Assian		UROP Assistantship
30. Grant Russum		
31. Mark Cohen		
32. Anne Waddle	❖	UROP Assistantship; BSI Initial; BSI Continuation
33. Sarena Gill	❖	UROP Assistantship; BSI Initial
34. Zoe Parisian-Jeppensen		UROP Individual; Honors Thesis
35. Katherine Petersen		UROP Assistantship; BSI Initial; BSI Continuation
36. Alexandra Coy	❖	UROP Assistantship; BSI Initial; BSI Continuation
37. Amy Bazzoni		Honors Thesis
38. Trace Jablin	❖	BSI Initial; BSI Continuation; UROP Individual
39. Elise Shalowitz	❖	UROP Assistantship & Individual; BSI Initial; Honors Thesis
40. Taylor Teske	❖	UROP Assistantship
41. Ambra Saurini	❖	UROP Assistantship; BSI Initial
42. Meskerem Nemomsa		UROP Assistantship
43. Taylor Shelafo		UROP Assistantship
44. Sophia Schneider	❖	UROP Assistantship & Individual; BURST; BSI Continuation

45. Minuri Gamage			UROP Assistantship; BSI Initial
46. Madeline Gardner			UROP Assistantship; UROP Individual
47. Katya Saenz			UROP Assistantship
48. Lauren Peregrine			UROP Assistantship
49. Corinna Cluckey			UROP Assistantship
50. Spencer Terzolo			UROP Assistantship
51. Mackenzie Whitcomb			UROP Assistantship
52. Katy Thellman	❖	*	HHMI
53. Hana Setterquist	❖		HHMI
54. Sachi Wong	❖		UROP Assistantship; HHMI
55. Alex Jones			UROP Assistantship; BURST
56. Cristin Bazzanella	❖		BURST; UROP; HHMI
57. Ian McClain	❖	*	UROP Assistantship; BURST; HHMI; UROP Individual Grant
58. Karlie Johansen	❖		UROP Assistantship; BURST; HHMI
59. Shane Nau	❖		UROP Assistantship; BURST; HHMI
60. Elsa Mullins	❖	*	UROP Assistantship; BURST; HHMI; UROP Individual Grant
61. Sherin Cherian	❖		UROP Assistantship; BURST; HHMI; UROP Individual Grant
62. Hannah Craven	❖		UROP Assistantship; UROP Individual Grant
63. Tyler Hays			UROP Assistantship
64. Danielle Eves			UROP Assistantship
65. Charlie Simpkin	❖	*	UROP Assistantship; HHMI
66. Lameese Akacem	❖	*	UROP Assistantship; HHMI
67. Rebekah Tribble	❖	*	NIH Minority Fellowship; HHMI
68. Margaret Doucette	❖	*	UROP Assistantship; HHMI
69. Jessica Ray			BURST
70. 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**

2020-	<b>Member, COVID-19 Task Force</b> National Institutes of Health / ECHO Consortium
2019-	<b>Workgroup Member</b> Media Impact Screening Toolkit (MIST): Children and Screens
2018	<b>Grant Reviewer</b> NIH, ECHO: OIF



2018 **Ad Hoc Reviewer**  
NIH, NIAAA: Neuroscience Review Panel

2018 **Ad Hoc Reviewer**  
NIH, ZRG1 BBBP-J 56: Mechanisms and Consequences of Sleep Disparities in the U.S. Special Emphasis Panel

2018 **Abstract Reviewer**  
Annual SLEEP Meeting (Associated Professional Sleep Societies)

2017- **Co-Chair, Wearables Task Force**  
National Institutes of Health / ECHO Consortium

2017- **Co-Chair, Sleep Health Workgroup**  
National Institutes of Health / ECHO Consortium

2017- **Pediatric Loan Repayment Program Ambassador**  
National Institutes of Health

2017- **Steering Committee Member (Positive Health Workgroup)**  
National Institutes of Health / ECHO Consortium

2017 **Ad Hoc Reviewer**  
NIH, NIAAA: Neuroscience Review Panel

2017 **Ad Hoc Reviewer**  
NIH, ZRG1 BBBP-J 56: Mechanisms and Consequences of Sleep Disparities in the U.S. Special Emphasis Panel

2017 **Sleep and Neurodevelopment Workshop Member: Electrophysiologic Sleep Phenotyping (ESP)**  
NIMH Division of Intramural Research Programs (IRP)

2016 **Sleep Workgroup Member**  
Bill and Melinda Gates Foundation

2015- **Digital Media and Sleep Workgroup Member**  
National Sleep Foundation; Partnership with the Institute of Digital Media and Child Development

2015-2016 **Vice-Chair, Scientific Offerings Committee**  
Sleep Research Society

2014-2017 **Steering Committee**  
Gordon Research Conference: Sleep Regulation and Function

2014-2017 **Faculty Advisor to GRS Trainee Steering Committee**  
Gordon Research Seminar: Sleep Regulation and Function

2014 **Ad Hoc Reviewer**  
NIH, NHLBI: Patient Oriented Research (K23/K24/K25) Career Enhancement Award Special Emphasis Panel

2013-2016 **Program Committee Member**  
Associated Professional Sleep Societies, Annual SLEEP Conference

2013-2015 **Scientific Advisory Board**  
A Life Course Patient Reported Outcome Measurement System for Sleep  
National Jewish Health  
Children's Hospital of Philadelphia

2013-2014 **Poll Task Force Member**  
Sleep in America  
National Sleep Foundation

2010, 2013 **Co-Chair, Trainee Day Grant Writing Workshop**  
SLEEP Annual Conference

2010-2013 **Trainee Education Advisory Committee Member**  
Sleep Research Society

2010-2013 **Abstract Reviewer**  
SLEEP Annual Conference

2013 **Ad-Hoc Reviewer**  
NIH, MESH: Mechanisms of Emotion, Stress, & Health SRG

2012 **Judge**  
Corden Pharma Regional Science Fair, Boulder, CO

2012 **Grant Reviewer**  
CCTSI CMH Pilot Grant Program, University of Colorado Denver

2012 **Grant Reviewer**  
Institute of Translational Health Sciences Pilot Grant Program, University of Washington

2006-2009 **Data Safety Monitor**  
NIMH F31; Stephanie Crowley (PI)

2005 **Pediatric Sleep Medicine Education Working Group Committee Head**  
American Academy of Sleep Medicine

2005 **Ad Hoc Reviewer**  
NIH, BBBP: Biobehavioral and Behavioral Processes IRG

2005 **Program Committee**  
Northeastern Sleep Society 2006 Meeting

2000-2003 **Communications Committee Head**  
Pediatric Section, American Academy of Sleep Medicine

#### **UNIVERSITY SERVICE**

2021 **IPHY Diversity, Equity, and Inclusion Committee**  
University of Colorado Boulder

2021 **IPHY Awards Committee**  
University of Colorado Boulder

2020 **Undergraduate Research Opportunity Program (UROP) Review Board**  
University of Colorado Boulder

2019 **Judge**  
Undergraduate Research Symposium, Integrative Physiology, University of Colorado

2018 **Panel Member**  
Communicating the Impact of Faculty Research, Scholarship, and Creative Work workshop (Research and Innovation Office)

2017 **Undergraduate Research Opportunity Program (UROP) Review Board**  
University of Colorado Boulder

2016-2018 **Dissertation Completion Fellowship Review Committee**  
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**

- 2021- *Journal of Physiological Anthropology*
- 2020- *Sleep Advances*
- 2018- *Clocks and Sleep*
- 2018 *Circadian Rhythms Specialty Section of Frontiers Neuroscience*
- 2018- *PISQE*

2017- *Sleep Health*  
2015-2019 *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  
Sleep Advances