**Matthew R. Cribbet**

Assistant Professor

Department of Psychology

The University of Alabama

Box 870348, Tuscaloosa, Alabama 35487-0348

Email: mrcribbet@ua.edu

Education

2013-2016 ***University of Pittsburgh***

Postdoctoral Scholar Translational Research Training in Sleep Medicine (T32)

 Department of Psychiatry

2012-2013 ***University of Rochester School of Medicine and Dentistry***

Clinical Psychology Internship (APA Accredited)

 Department of Psychiatry

2009-2013 ***University of Utah, Department of Psychology***

Clinical/Health Psychology Doctoral Program (APA Accredited)

 Ph.D., Clinical Psychology July 2013

2006-2009 ***University of Utah, Department of Psychology***

 Clinical/Health Psychology Doctoral Program (APA Accredited)

Master of Science in Clinical Psychology: August 2010

2000-2004 ***The Ohio State University***

 Bachelor of Science with distinction in Psychology: June 2004

Graduation with Honors in Liberal Arts

Employment History

2018- Assistant Professor, Department of Psychology, The University of Alabama

2016-2018 Assistant Professor, Department of Psychological Sciences, Texas Tech University

Honors and Awards

2016 Young Scholar Award, American Psychosomatic Society

2015Young Investigator Colloquium, American Psychosomatic Society

2014 Young Investigator Research Forum, American Academy of Sleep Medicine

2013 Research Travel Award, University of Utah

2013 University of Rochester School of Medicine and Dentistry Research Award ($300)

2012 B. Jack White Award ($1,500), Department of Psychology, University of Utah

2012 Professional Development Award ($500), Department of Psychology, University of Utah

2012 Kevin Hawley Memorial Award ($1,500), Department of Psychology, University of Utah

2012 Honor Roll Scholarship ($4,000), College of Social and Behavioral Sciences, University of Utah

2012 Research Travel Award, University of Utah

2011-2012 University Teaching Assistantship (UTA-Full Tuition Remission), University of Utah

2011 Professional Development Award ($500), Department of Psychology, University of Utah

2011 Research Travel Award, University of Utah

2010 American Psychological Association, Division 38 (Health Psychology),

 Graduate Student Research Award ($ 1,500)

2010 Clayton Award for Excellence in Research, Department of Psychology,

University of Utah ($1,200)

2010 Commendation for Research Excellence, Department of Psychology, University of Utah

2010 Commendation for Teaching Excellence, Department of Psychology, University of Utah

2010 Research Travel Award, University of Utah

2009 Research Travel Award, University of Utah

2009 Commendation for Research Excellence, Department of Psychology, University of Utah

2006-2007 Clayton Fellowship, Department of Psychology, University of Utah

2004 Arts and Sciences Honors Research Scholarship ($2,000), The Ohio State University

Peer-Reviewed Publications

1. Tinajero, R., Williams, P.G., **Cribbet, M.R.,** Rau, H.K., Bride, D.L., Suchy, Y.S. (2018). Nonrestorative sleep in healthy, young adults without insomnia: Associations with executive functioning, fatigue, and pre-sleep arousal. *Sleep Health*, *4,* 284-291.
2. Brindle, R.C., **Cribbet, M.R**., Samuelsson, L.B., Gao, C., Frank, E., Krafty, R.T., Thayer, J.F., Buysse, D.J., Hall, M.H. (2018). The relationship between childhood trauma and poor sleep health in adulthood. *Psychosomatic Medicine, 80,* 200-207.
3. Brindle, R.C., Duggan, K.A., **Cribbet, M.R.,** Kline, C.E., Krafty, R.T., Thayer, J.F., Mulukutla, S.R., & Hall, M.H. (2018). Cardiovascular stress reactivity and carotid intima-media thickness: The buffering role of slow-wave sleep. *Psychosomatic Medicine, 80,* 301-306.
4. Lowery-Allison, A.E., Passik, S.D., **Cribbet, M.R.,** Reinsel, R.A., O’Sullivan, B., Norton, L., Kirsh, K.L., Kavey, N.B. (2018). Sleep problems in breast cancer survivors 1-10 years posttreatment. *Palliative and Supportive Care, 16,* 1-10. Doi:10.1017/S1478951517000311.
5. Gunn, H.E., Critchfield, K.L., Mackaronis, J.E., Rau, H.R., **Cribbet, M.R.,** Troxel, W.M., Williams, P.G. (2017). Affiliative interpersonal behaviors during stress are associated with sleep quality and presleep arousal in young, healthy adults. *Sleep Health*, *3(2)*, 98-101.
6. Barger, S. D., **Cribbet, M.R.**, Muldoon, M. F. (2017). Leukocyte telomere length and cardiovascular risk scores for prediction of cardiovascular mortality. *Epidemiology*, *28(2)*, pe13-e15.
7. Uchino, B. N., **Cribbet, M.R**., Kent de Grey, R.G., Cronan, S., Trettevik, R., Smith, T.W. (2017). Dispositional optimism and sleep quality: a test of mediating pathways. *Journal of Behavioral Medicine*, *40*, 360-365.
8. Barger, S. D., **Cribbet, M.R**., Muldoon, M. F. (2017). Participant-reported health status predicts cardiovascular and all-cause mortality independent of established and nontraditional biomarkers: evidence from a representative US sample. *Journal of the American Heart Association, 5*(9), e003741.
9. Gunn, H., Buysse, D., Matthews, K., Kline, C., **Cribbet, M.R**, Troxel, W. (2017). Sleep-wake concordance in couples is inversely associated with cardiovascular disease risk markers. *Sleep*, 40(1): zsw028.
10. Barger, S. D., **Cribbet, M.R.** (2016). Social support sources matter: Increased cellular aging among adults with unsupportive spouses. *Biological psychology, 115*, 43–49.
11. **Cribbet, M.R**., Logan, R. W., Edwards, M. D., Hanlon, E., Bien Peek, C., Stubblefield, J. J., Vasudevan, S., Ritchey, F., Frank, E. (2016). Circadian rhythms and metabolism: from the brain to the gut and back again. *Annals of the New York Academy of Sciences, 1385*(1), 21–40.
12. Rothenberger, S.D., Krafty, R.T., Milligan, B., **Cribbet, M.R.,** Thayer, J.F., Buysse, D.J., Kravitz, H.M., Buysse, E.D., & Hall, M.H. (2015) Time-varying correlations between delta EEG power and heart rate variability in midlife women: The Swan Sleep Study. *Psychophysiology*, 52, 572-584.
13. Kent, R.G. Uchino, B.N., **Cribbet, M.R.,** Bowen, K., & Smith, T.W. (2015). Social relationships and sleep quality. *Annals of Behavioral Medicine*, *49,* 912-917.
14. **Cribbet, M.R.,** Carlisle, M., Cawthon, R.M., Uchino, B.N., Williams, P.G., Smith, T.W., Gunn, H.E., & Light, K. C. (2014) Cellular aging and restorative processes: Telomere length is associated with sleep quality in a sample of middle-aged and older adults. *Sleep, 37,* 65-70.
15. Diamond, L.M. & **Cribbet, M.R.** (2013).Links between adolescent profiles of sympathetic and parasympathetic nervous system functioning, attachment style, and interpersonal behavior over time. *International Journal of Psychophysiology, 88(3),* 339-348.
16. **Cribbet, M.R.** & Pigeon, W.R. (2013) Cognitive behavioral therapy for insomnia: A case-based approach. *Journal of Clinical Outcomes Management, 12(6),* 281-288*.*
17. Williams, P.G., **Cribbet, M.R.**, Rau, H.K., Gunn, H.E., & Czajkowski, L.A. (2013). The effects of recent sleep quality on laboratory stress responses in healthy, young adults. *Annals of Behavioral Medicine, 46,* 40-51*.*
18. Carlisle, M., Uchino, B.N., Sanbonmatsu, D.M., Smith, T.W., **Cribbet, M.R.,** Birmingham, W., Light, K.C., Vaughn, A.A. (2012). Subliminal activation of social ties moderates cardiovascular reactivity during stress. *Health Psychology,* *31*, 217-225.
19. Diamond, L.M., Fagundes, C.P., & **Cribbet, M.R.** (2012).Individual differences in adolescent’s sympathetic and parasympathetic functioning moderate associations between family environment and psychosocial adjustment. *Developmental Psychology,48,*918-931.
20. Pigeon, W.R. & **Cribbet, M.R.** (2012) The Pathophysiology of Insomnia: From Models to Molecules (and Back). *Current Opinion in Pulmonary Medicine*, *18(6),* 546-553.
21. Smith, T.W., **Cribbet, M.R.**, Nealey-Moore, J., Uchino, B.N., Williams, P.G., McKenzie, J., Thayer, J.F. (2011). Matters of the variable heart: Respiratory sinus arrhythmia as an index of sex differences in self-regulation in marriage*. Journal of Personality and Social Psychology*, *100*, 103-119.
22. **Cribbet, M.R.,** Williams, P.G., Gunn, H.E., & Rau, H.K. (2011). Effects of tonic and phasic respiratory sinus arrhythmia on affective responses to stress. *Emotion, 11,* 188-193.
23. Williams, P.G., Rau, H.K., **Cribbet, M.R**., & Gunn, H.E. (2009). Openness to experience and stress regulation. *Journal of Research in Personality, 43,* 777-784.

Book Chapters

1. Pigeon, W.R. & **Cribbet, M.R.** (2015). Insomnia Treatments. In R.L. Cautin & S.O. Lilienfeld (Eds).*The Encyclopedia of Clinical Psychology*, New York: Wiley.
2. **Cribbet, M.R.** & Williams, P.G. (2012). Personality. In M.D. Gellman & J.R. Turner (Eds.) *Encyclopedia of Behavioral Medicine,* New York: Springer.
3. Williams, P. G., Smith, T. W., & **Cribbet, M. R.** (2008). Personality and health:  Current evidence, potential mechanisms, and future directions.  In G. J. Boyle, G. Matthews, & D. H. Saklofske (Eds.), *Handbook of personality theory and testing: Vol. 1 Personality theories and models*.  Sage Publications Limited.

Manuscripts Under Review

Conference Papers

\*Denotes student co-author

1. **Cribbet, M.R.,** Williams, P.G., & Rau, H.K. (2018, July). *Resting high-frequency heart rate variability is associated with affective responses during social interactions in daily life.* Paper presented at the annual meeting of the International Association of Relationships Research, Ft. Collins, CO.
2. **Cribbet, M.R.** (2018, April). Do sleep treatments last? In C.S. Richards (Chair) *Do Treatment Effects Last?* Panel conducted at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
3. **Cribbet, M.R.,** Brindle, R.C., Frank, E., Thayer, J.F., Krafty, R.T., Hall, M.H. (2018, March). *Early life adversity is associated with cortical activation during sleep.* Paper presented at the annual meeting of the American Psychosomatic Society, Louisville, KY.
4. \*Huizar, Y.P., Cundiff, J.M., & **Cribbet, M.R.** (2018, March). *A risky family environment, but not a gabaergic receptor single nucleotide polymorphism, is associated with metabolic dysregulation*. Paper presented at the annual meeting of the American Psychosomatic Society, Louisville, KY.
5. Brindle, R.C., **Cribbet, M.R.,** Samuelsson, L.B., Frank, E., Kupfer, D.J., Krafty, R.T., Thayer, J.F., Mulukutla, S., Buysse, D.J., Hall, M.H. (2017, March). *Remnants of the past: Childhood trauma exposure and age of first traumatic exposure relate to sleep health.* Paper presented at the annual meeting of the American Psychosomatic Society, Sevilla, Spain.
6. **Cribbet, M.R.,** Hall, M.H., Matthews, K., Troxel, W.M., Franzen, P., Reynolds III, C.F., Nofzinger, E.A., Goldstein, T., Monk, T., Kupfer, D.J., Buysse, D.J. (2016, June). A multidimensional construct of sleep health is associated with body mass and blood pressure. Paper presented at the annual meeting of the Associated Professional Sleep Societies, Denver, CO.
7. **Cribbet, M.R.,** Ahrendt, G., Belfer, I., Brufksy, Hall, M.H., Lowery-Allison, A., Samuelsson, L.B., Bovbjerg, D.H. (2016, March). Associations between sleep disturbance and the severity of persistent breast pain: An analysis of the role of anxiety, depression and pain catastrophizing in women with a history of breast cancer surgery. Paper presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
8. Williams, P.G., Butner, J., Rau, H.K., Bride, D., & **Cribbet, M.R** (2016, January). Individual differences in self-regulatory capacity and autonomic nervous system activation during the pre-sleep period: A dynamical systems examination.Symposium paper *The Other Third of Our Lives: A Self-Regulatory Perspective on Sleep and Social Behavior.* Symposium conducted at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
9. Williams, P.G., Rau, H.R., **Cribbet, M.R.**, Bride, D.L., Suchy, Y. (2015, March). *Individual differences reflecting neurovisceral integration: Composite scores on neuropsychological tests of executive function are significantly associated with resting high-frequency heart rate variability.* Paper presented at the annual meeting of the American Psychosomatic Society Association, Savannah, GA
10. **Cribbet, M.R.,** Thayer, J.F., Jarczok, M.N., Koenig, J., Hall, M.H., & Fischer, J.E. (2014, March). High Frequency Heart Rate Variability Prospectively Predicts Sleep Problems in a Healthy Working German Cohort. In M. Hall (Chair) *What's the Vagus Got to do With It?: Prospective Studies of Heart Rate Variability.* Symposium conducted at the annual meeting of the American Psychosomatic Association, San Francisco, CA.
11. **Cribbet, M.R.,** Williams, P.G., Rau, H.K., & Vaux, L. (2013, March). Associations among relationship quality, sleep quality, and high-frequency heart rate variability. In W. Troxel (Chair) *Lights Out: Sleep, Nocturnal Physiology, and the Social Context.* Symposium conducted at the annual meeting of the American Psychosomatic Association, Miami, FL.
12. Gunn, H.E., Critchfield, K.L., Mackaronis, J.E., McArthur, L.E., Rau, H.K., **Cribbet, M.R.,** & Williams, P.G. (2013, March). An interpersonal analysis of psychosocial stress and sleep. In W. Troxel (Chair) *Lights Out: Sleep, Nocturnal Physiology, and the Social Context.* Symposium conducted at the meeting of the American Psychosomatic Association, Miami, FL.
13. **Cribbet, M.R.,** Carlisle, M., Cawthon, R.M., Uchino, B.N., Williams, P.G., Smith, T.W., Gunn, H.E., & Light, K. C. (2012, June) Cellular aging and restorative processes: Telomere length is associated with sleep quality in a sample of middle-aged and older adults. Paper presented at the annual meeting of the Associated Professional Sleep Societies, Boston, MA
14. **Cribbet, M.R.,** Smith, T.W., Uchino, B.N., & Nealey-Moore, J.B.(2011, March). *Validity of high-frequency heart rate variability (HF-HRV) during marital conflict.* Paper presented at the annual meeting of the American Psychosomatic Society, San Antonio, TX.
15. Rau, H.K., **Cribbet, M.R.,** Vaux, L., & Williams, P.G. (2013, March). *Trait mindfulness is associated with affective stability, self-reported executive functioning, and lower pre-sleep arousal in daily life.* Paper presented at the annual meeting of the American Psychosomatic Society, Miami, FL.

Conference Posters

1. **Cribbet, M.R.,** Cundiff, J.M., & Taber, J.M. (2018, April) Short sleep duration and behavioral risk factors for premature morbidity and mortality. Poster presented at the annual meeting of The Society of Behavioral Medicine, New Orleans, LA.
2. Joran, K.D., **Cribbet, M.R.,** Smith, T.W., Barclay, M., Niehus, K., Gernand, A., & Feinstein, A. (2018, April). Self-reported sleep duration and cortisol reactivity to social evaluative threat. Poster presented at the annual meeting of The Society of Behavioral Medicine, New Orleans, LA.
3. Petrov, M.E., Long, L., Grandner, M.A., MacDonald, L., **Cribbet, M.R.,** Robbins, R., Cundiff, J.M., Howard, J.M. (June, 2017). Sleep duration by sociodemographic, socioeconomic and geographical status: The REGARDS study. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Boston, MA.
4. Hall, M.H., Kline, C.E., Gao, C.R., Samuelsson, L.B., **Cribbet, M.R.,** Taylor, B.J., Frank, E., Krafty, R.T., Thayer, J.F., Kupfer, D.J. (June, 2016). Sleep explains the association between depression and Framingham heart age in women. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Denver, CO
5. **Cribbet, M.R.,** Hall, M.H., Matthews, K., Troxel, W.M., Franzen, P., Reynolds III, C.F., Nofzinger, E.A., Goldstein, T., Monk, T., Kupfer, D.J., Buysse, D.J. (March, 2016). *Sleep health: We can define it and it matters for physical health.* Poster presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
6. Samuelsson, L.B., **Cribbet, M.R.,** Gao, C., Frank, E., Kupfer, D.J., Krafty, R.T., Thayer, J.F., Hall, M.H. (March, 2016). *Dynamic associations among dimensions of major depressive disorder and indices of objective sleep.* Poster presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
7. Tinajero, R., Rau, H.K., Suchy, Y., **Cribbet, M.R.,** Williams, P.G. (March, 2016). A history of childhood trauma and stress-related vulnerability: The role of emotion regulation and executive functioning. Poster presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
8. **Cribbet, M.R.,** Troxel, W.M., Buysse, D.J., Germain, A., Hall, M.H., Matthews, K.M. **(**2015, March). *Sleep EEG and Nocturnal HF-HRV are related to relationship functioning in Military Couples.* Poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA
9. **Cribbet, M.R.,** Hall, M.H., Thayer, J.F., Krafty, R.T., Kupfer, D.J., Mulukutla, S., Frank, E.(2015, April). Night shift work and the development of the Metabolic Syndrome: Does Depression Matter? Poster presented at the 3rd annual INSPIRE Meeting Viareggio, Italy.
10. Taylor, B.J., **Cribbet, M.R.** Krafty, R.T., Jenkins, F.J., Frank, E., Kupfer, D.J., Thayer, J.F., Hall, M.H. (2015, March). *Social rhythmicity and cellular aging: A preliminary evaluation of social contact patterns and telomere length*. Poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA. Abstract Citation Award
11. **Cribbet, M.R.,** Gunn, H.E., Rau, H.K. & Williams, P.G. (2014, June). *Vulnerability to insomnia: High-frequency heart rate variability moderates the association between Neuroticism and stress-related change in pre-sleep arousal.* Poster presented at the annual meeting of the Associated Professional Sleep Society, Minneapolis, MN
12. Rau, H.K., Williams, P.G., **Cribbet, M.R.,** Gunn, H.E., & Yant, K. (2011, March). *Meta-Awareness and Stress Regulation: Overestimation of attentional control abilities predicts poorer blood pressure recovery during stress.* Poster presented at the annual meeting of the American Psychosomatic Society, San Antonio, TX.
13. **Cribbet, M.R.,** Czajkowski, L., & Williams, P.G. (2010, June). *Confirmatory factor analysis of the pre-sleep arousal scale in a sample of insomniacs and in a sample of controls.* Poster presented at the annual meeting of the Associated Professional Sleep Societies, San Antonio, TX.
14. Czajkowski, L., **Cribbet, M.R.,** Williams, P.G., & Gunn, H.E. (2010, June). *The effect of gender on functional outcomes of sleep and anxiety in chronic insomnia*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, San Antonio, TX.
15. Rau, H.K., Williams, P.G., **Cribbet, M.R.,** & Gunn, H.E. (2010, April). *The role of subjective perceptions of reactivity in stress regulation*. Poster presented at the annual meeting of the Society for Behavioral Medicine, Seattle, WA.
16. Vaux, L.M., Williams, P.G., Rau, H.K., **Cribbet, M.R.,** & Gunn, H.E. (2010, March). *Executive attention moderates the association between trait worry and stress recovery.* Poster presented at the annual meeting of the American Psychosomatic Society, Portland, OR
17. Rau, H.K., Williams, P.G., Hazen, S., **Cribbet, M.R.,** Gunn, H.E., & Shinn, A. (2010, March). *Individual differences in stress appraisal accuracy: Associations with personality and stress recovery.* Poster presented at the annual meeting of the American Psychosomatic Society, Portland, OR
18. Carlisle, M., Uchino, B.N., Sanbonmatsu, D., Smith, T.W., **Cribbet, M.R.,** Birmingham, W. (2010, January). *Relationships and health: Subliminal activation of relational schemas and concurrent cardiovascular response.*  Poster presented at the annual meeting of the Society of Personality and Social Psychology, Las Vegas, NV.
19. **Cribbet, M.R.,** Williams, P.G., Curtis, C., Gunn, H.E., & Rau, H.K. (2009, March). *Respiratory sinus arrhythmia and regulatory deficits associated with depression.* Poster presented at the annual meeting of the American Psychosomatic Society, Chicago, IL.
20. Williams, P.G., Rau, H.K., **Cribbet, M.,** & Gunn, H. (2009, March). *Executive attentional control and parasympathetic activation during stress.* Poster presented at the annual meeting of the American Psychosomatic Society, Chicago, IL.
21. Gunn, H., Williams, P.G., **Cribbet, M.,** Curtis, C., & Rau, H.K. (2009, March). *Gender moderates the effects of hostile dominance on phasic respiratory sinus arrhythmia during stress.* Poster presented at the annual meeting of the American Psychosomatic Society, Chicago, IL.
22. Smith, T.W., **Cribbet, M.R.,** Nealy-Moore, J.B., Uchino, B.N., (2008, March) *Matters of the heart: respiratory sinus arrhythmia as an index of sex differences in self-regulation during stressful marital interaction.* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA
23. Rau, H.K., Williams, P.G., Gunn, H.E. **Cribbet, M.R.** &Curtis, C. (2008, March*) The role of openness in psychophysiological reactivity to stressful events.* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA
24. Williams, P.G. Gunn, H.E., **Cribbet, M.R.** & Rau, H.K. (2008, March) *Individual differences in stress-related perseverative cognition and pre-sleep arousal.* Poster presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD
25. Rau, H.K. Williams, P.G., Gunn, H.E., **Cribbet, M.R.** & Curtis, C. (2008, March) *Openness to experience and stress resilience.* Poster presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD Abstract Citation Award
26. Gunn, H.E. Williams, P.G. Smith, T.W. **Cribbet, M.R.** & Rau, H.K. (2008, March) *Gender differences in appraisal of and physiological recovery from agentic vs. communal laboratory stressors.* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA
27. Rau, H.K., Williams, P.G., Gunn, H.E., **Cribbet, M.R.,** & Curtis, C. (2008, March). *The role of openness to experience and stress resilience.* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA

Invited Talks

**Cribbet, M.R.** & Czajkowski, L.A. (March, 2011). *Chronic Insomnia and Relationship Quality,* Sleep Grand Rounds LDS Hospital, Salt Lake City, Utah

GRANT FUNDING

**Institutional**

2013-2016

Translational Research Training in Sleep Medicine, University of Pittsburgh

T32 HL082610-07

PI: Daniel J. Buysse, M.D.

**Consultant**

2015-2020 VA-Rehab R&D REAP D-1873-F

Center for Social and Community Reintegration Research, 05/01/2015 – 04/30/2020

PI: C. Drebing; PhD

Editorial Activities

*Associate Editor*

Behavioral Medicine

*Ad hoc Reviewer:*

Translational Issues in Psychological Science

Journal of Sleep Research

Biological Psychiatry

Stress and Health

Aging

Journal of Geriatric Oncology

Psychological Medicine

Biological Psychology

Psychophysiology

International Journal of Psychophysiology

Psycho-Oncology

Stress and Health

Social and Personal Relationships

PLOS One

Journal of the Neurological Sciences

Alcohol

Brain Behavior and Immunity

Physiology and Behavior

Sleep

Annals of Behavioral Medicine

Journal of Clinical Sleep Medicine

Professional Memberships

American Psychological Association-Division 38 (Health Psychology)

American Psychosomatic Society

Society for Psychophysiological Research

Associated Professional Sleep Societies

Sleep Research Society

Society of Personality and Social Psychology

Society for Behavioral Sleep Medicine