CURRICULUM VITA

**Jesse D. Cook, M.S.**

July 2021

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Personal Research Email: [JesseCookResearch@gmail.com](mailto:JesseCookResearch@gmail.com)

**CURRENT POSITIONS**

**Clinical Psychology Doctoral Student,** University of Wisconsin-Madison

**Research Assistant,** Plante Lab – UW Madison

**Psychology Practicum Trainee,** Madison VA Behavioral Sleep Clinic & Memory Assessment Clinic

**Communications Committee Member,** Sleep Research Society

**EDUCATION**

**Ph.D. (Clinical Psychology) University of Wisconsin-Madison** (expected 2023)

Clinical Internship *To Be Determined* (expected 2023)

M.S. (Psychology) University of Wisconsin-Madison 2019

**B.S. (Psychology, *Cum Laude*) University of Arizona** 2012

**RESEARCH AIM**

The overarching aim of my research work is to advance the clinical assessment, classification, and treatment of unexplained excessive daytime sleepiness (i.e. Idiopathic Hypersomnia), as well as determine the utility and capabilities of wearable sleep technology for both the clinical and research domains. Currently, my research investigates the cortical and biological underpinnings of Idiopathic Hypersomnia.

**HONORS AND AWARDS**

Trainee Member At-Large, Sleep Research Society 2020-2021

Trainee Member At-Large-Elect, Sleep Research Society 2019-2020

Trainee Merit Award, Sleep Research Society 2020

Student Research Travel Award, University of Wisconsin-Madison 2019

Trainee Merit Award, Sleep Research Society 2019

Trainee Education and Advisory Subcommittee Member, Sleep Research Society 2018-2019

Trainee Merit Award, Sleep Research Society 2018

First Year Excellence Award, University of Wisconsin-Madison 2018

Trainee Merit Award, Sleep Research Society 2017

Nathaniel Kleitman Award (Distinguished Undergraduate), University of Arizona Sleep Laboratory 2012

Dean’s List with Distinction, University of Arizona Fall 2012

Academic Year Academic Distinction, University of Arizona 2011-2012

Dean’s List with Distinction, University of Arizona Fall 2010

**RESEARCH FUNDING**

**PROFESSIONAL AFFILATIONS**

Trainee Member, World Sleep Society October 2021 - present

Trainee Member, Society of Behavioral Sleep Medicine (SBSM) August 2019 – present

Trainee Member, Sleep Research Society (SRS) Feb 2014 – present

**SERVICE**

Communications Committee, Sleep Research Society June 2021 – present

Trainee Member At-Large, Sleep Research Society June 2020 – June 2021

Board of Directions, Sleep Research Society June 2020 – June 2021

* Liaison for Sleep Research Society Trainee Education Advisory Committee
* Liaison for Sleep Research Society Trainees

Volunteer Meal Preparer and Distributor, [Savory Sundays (Madison, WI)](http://savorysunday.org/) January 2020 – Sep 2020

* Organization serving the homeless community in Madison, WI

Trainee Education Advisory Committee, Sleep Research Society June 2020 – June 2021

Trainee Member At-Large Elect, Sleep Research Society June 2019 – June 2020

Ad-hoc reviewer of scientific manuscripts Sep 2018 - present  
 *SLEEP, Sleep Health, J Clin Sleep Med*

Little League Baseball Coach, East Madison Little League March 2015 – Oct 2016

**PUBLICATIONS AND PRESENTATIONS**

**Total citations as of 1/13/2021 (Google Scholar):** 163

**h-index:** 7

***Manuscripts under review (0)***

***Manuscripts in Preparation (1)***

**Cook JD**, Ferry DG. Associations of Short-and-Long Sleep Duration and Daily Sedentary Activity with Depressive Symptom Severity: A population-based study

***Peer-reviewed articles (19 total, 8 first authored)***

20. **Cook JD**, Peppard PE, Blair EE, Tran KM, Plante DT. Associations of School Night Sleep Duration and Circadian Preference with Middle School-aged Student Attendance, Tardiness, and Suspension. *Sleep Health*. In Press.

19. Plante D, Papale L, Madrid A, **Cook J**, Prairie M, Reid D (2021). PAX8/PAX8-AS1 DNA methylation levels are associated with objective sleep duration in persons with unexplained hypersomnolence using a deep phenotyping approach. *SLEEP*. doi: 10.1093/sleep/zsab108

18. Plante DT, **Cook JD**, Prairie ML (2020). Multimodal Assessment Increases Objective Identification of Hypersomnolence in Patients Referred for Multiple Sleep Latency Testing. *J Clin Sleep Med*. doi: 10.5664/jcsm.8470

17. **Cook JD**, Rumble ME, Tran KM, Plante DT (2020). Potential Maladaptive Sleep-Related Cognitions in Depression with Comorbid Hypersomnolence: An exploratory investigation. *Behav Sleep Med*. doi: 10.1080/15402002.2020.1732390

16. **Cook JD**, Ferry DG, Tran KM (2019). Sleep’s Role in Preventing and Treating Alzheimer’s Disease: Are we moving towards slow wave assessment and enhancement? *SLEEP*. doi: 10.1093/sleep/zsz304

15. **Cook JD,** Rumble ME, Plante DT (2019). Identifying Subtypes of Hypersomnolence Disorder: A cluster analysis. *Sleep Med.* Available Online. doi: 10.1016/j.sleep.2019.06.015

14. **Cook JD** and Plante DT (2019). Wearable Technology as a Tool for Sleep-Wake Estimation in Central Disorders of Hypersomnolence. *Curr Sleep Med Reports*. doi: 10.1007/s40675-019-00156-9

13. Tan X, **Cook JD**, Cedernaes J, Benedict D (2019). Consumer sleep trackers: a new tool to fight the hidden epidemic of obstructive sleep apnoea? *Lancet Resp Med*. doi: 10.1016/S2213-2600(19)30407-2

12. Kaplan KA, Plante DT, **Cook JD**, Harvey AG (2019). Development and Validation of the Hypersomnia Severity Index (HSI): A Measure to Assess Hypersomnia Severity and Impairment in Psychiatric Disorders. *Psychiatry Res*. doi: 10.1016/j.psychres.2019.112547

11. Plante DT, **Cook JD**, Barbosa L, Goldstein M, Prairie M, Smith R, Riedner BA (2019). Establishing the Objective Sleep Phenotype in Hypersomnolence Disorder with and without Comorbid Major Depression. *SLEEP*. doi: 10.1093/sleep/zsz060

10. Forscher E, Prairie ML, **Cook JD**, Notermann SL, Plante DT (2019). Utility of the Compensatory Tracking Task for Objective Differentiation of Hypersomnolence in Depression: A High-Density EEG Investigation. *Sleep and Vigilance*. doi: 10.1007/s41782-019-00062-8

9. **Cook JD**, Eftekari SC, Leavitt LA, Prairie ML, Plante DT (2019). Optimizing Actigraphic Estimation of Sleep Duration in Suspected Idiopathic Hypersomnia. *J Clin Sleep Med*. doi: 10.5664/jcsm.7722

8. **Cook JD**, Eftekari SC, Dallmann D, Sippy M, Plante DT (2018). Ability of the Fitbit Alta HR to Quantify and Classify Sleep in Patients with Suspected Central Disorders of Hypersomnolence: A comparison against polysomnography. *J Sleep Res*. doi: 10.1111/jsr.12789

7. **Cook JD**, Prairie ML, Plante DT (2018). Ability of Multisensory Jawbone UP3 to Quantify and Classify Sleep in Patients with Suspected Central Disorders of Hypersomnolence: A comparison against polysomnography and actigraphy. *J Clin Sleep Med*. doi: 10.5664/jcsm.7120

6. **Cook JD**, Prairie ML, Plante DT (2017). Utility of the Fitbit Flex to evaluate sleep in major depressive disorder: A comparison against polysomnography and wrist-worn actigraphy. *J Affect Disord*. doi: 10.1016/j.jad.2017.04.030

5. Plante DT, **Cook JD**, Goldstein MR (2017). Objective Measures of Sleep Duration and Continuity in Major Depressive Disorder with Comorbid Hypersomnolence: A Primary Investigation with Contiguous Systematic Review and Meta-Analysis. *J Sleep Res*. doi: 10.1111/jsr.12498

4. Plante DT, Goldstein MR, **Cook JD**, Smith R, Riedner BA, Rumble ME, Jelenchick L, Roth A, Tononi G, Benca RM, Peterson MJ (2016). Effects of Oral Temazepam on Slow Waves During Non-Rapid Eye Movement Sleep in Healthy Young Adults: A high-density EEG Investigation. *Int J Psychophysiol*. doi: 10.1016/j.ijpsycho.2016.01.003

3. Plante DT, Goldstein MR, **Cook JD**, Smith R, Riedner BA, Rumble ME, Jelenchick L, Roth A, Tononi G, Benca RM, Peterson MJ (2016). Effects of Partial Sleep Depreivation on Slow Waves During Non-Rapid Eye Movement Sleep: A high density EEG Investigation. *Clin Neurophysiol*. doi: 10.1016/j.clinph.2015.10.040

2. Goldstein MD, **Cook JD**, Plante DT (2016). The 5α-reductase inhibitor finasteride is not associated with alterations in sleep spindles in men referred for polysomnography. *Hum Psychopharmacol*.doi: 10.1002/hup.2502

1. Plante DT, Goldstein MR, **Cook JD**, Smith R, Riedner BA, Rumble ME, Jelenchick L, Roth A, Tononi G, Benca RM, Peterson MJ (2015). Effects of oral temazepam on sleep spindles during non-rapid eye movement sleep: A high-density EEG investigation. *Eur Neuropsychopharmacol*. doi: 10.1016/j.euroneuro.2015.06.005

***Book Chapters (1)***

1. **Cook JD** and Cheng P (2021). Measuring Sleep in the Bedroom Environment. *Encyclopedia of Sleep, 2nd Edition*. In Press

***Conferences – Symposia Chair (0)***

***Conferences – Oral Presentations (3)***

3. **Cook JD** and Plante DT (2021). Neurofunctional and Neuroanatomical Correlates of Unexplained Excessive Daytime Sleepiness. *Annual meeting of the Associated Professional Sleep Societies (APSS)- Sleep Research Society Data Blitz*. Remote. June 2021

2. **Cook JD**, Rumble ME, Plante DT (2019). Identifying Subtypes of Hypersomnolence Disorder: A cluster analysis. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. San Antonio, TX. June 2019

1. **Cook JD**, Eftekari SC, Leavitt LA, Plante DT. Defining Optimal Actigraphic Parameters to Quantify Total Sleep Duration in Idiopathic Hypersomnia. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Baltimore, MD. June 2018

***Conferences – Poster Presentations (20)***

20. **Cook JD** and Plante DT (2021). Neurofunctional and Neuroanatomical Correlates of Unexplained Excessive Daytime Sleepiness. *Annual meeting of the Associated Professional Sleep Societies (APSS).* Remote. June 2021

19. **Cook JD,** Peppard PE, Blair EE, Tran KE, Plante DT. School Night Sleep Duration Effect on Risk for In-and-Out of School Suspensions: An investigation in a middle-school aged sample. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Philadelphia, PA. June 2020

18. Tran KE, **Cook JD**, Blair EE, Peppard PE, Plante DT. Effects of School Night Sleep Duration and Circadian Preference on Student Tardiness: An investigation in a middle-school aged sample. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Philadelphia, PA. June 2020

17. Plante DT, **Cook JD**, Blair EE, Tran KM, Peppard PE. Associations Between Habitual Sleep Duration and Circadian Preference with School Attendance among Middle School Students. *World Sleep*. Vancouver, CA. September 2019

16. **Cook JD**, Rumble ME, Plante DT. Identifying Subtypes of Hypersomnolence Disorder: A cluster analysis. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. San Antonio, TX. June 2019

15. **Cook JD**, Eftekari SC, Leavitt LA, Plante DT. Defining Optimal Actigraphic Parameters to Quantify Total *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Baltimore, MD. June 2018

14. Plante DT, **Cook JD**, Prairie ML. Multimodal Hypersomnolence Assessment Substantially Increases Objective *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Baltimore, MD. June 2018

13. **Cook JD**, Prairie ML, Plante DT. Ability of the Jawbone UP3 to Quantify Sleep in Patients with Hypersomnolence: A comparison against polysomnography. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Boston, MA. June 2017

12. **Cook JD**, Goldstein MR, Plante DT. Utility of the Fitbit Flex to Evaluate Sleep in Major Depressive Disorder: A comparison against polysomnography and wrist-worn actigraphy. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Denver, CO. June 2016

11. Prairie ML, **Cook JD**, Plante DT. Diurnal Patterns of Insomnia Internet Search Queries: An Analysis of Google Trends Data. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Denver, CO. June 2016

10. Plante DT, **Cook JD**, Goldstein MR, Prairie ML, Smith R, Riedner BA. Reduced Centroparietal Slow Wave Activity During Non-Rapid Eye Movement Sleep in Hypersomnolence Disorder: A Transdiagnostic High-Density EEG Study. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Denver, CO. June 2016

9. Notermann S, Castelnovo A, Benca RM, **Cook JD**, Riedner B, Jones S. Sleep and Emotion Processing in Pediatric Post-Traumatic Stress Disorder. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Denver, CO. June 2016

8. **Cook JD**, Goldstein MR, Plante DT. Subjective and Objective Measures of Sleep Duration and Quality in Major Depressive Disorder with Comorbid Hypersomnolence. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Seattle, WA. June 2015

7. Forscher EC, **Cook JD**, Notermann SL, Prairie ML, Plante DT. Alterations in Waking EEG Theta Activity in Major Depressive Disorder with Comorbid Hypersomnolence: A High-Density EEG Investigation. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Seattle, WA. June 2015

6. Prairie ML, **Cook JD**, Forscher EC, Plante DT. Performance on a Continuous Compensatory Tracking Task in Major Depressive Disorder with Comorbid Hypersomnolence. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Seattle, WA. June 2015

5. Plante DT, Goldstein MR, **Cook JD,** Smith R, Riedner BA, Rumble ME, Jelenchick L, Roth A, Tononi G, Benca RM, Peterson MJ. Effects of Partial Sleep Deprivation on Slow Waves During Non-Rapid Eye Movement Sleep: A High Density EEG Investigation. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Seattle, WA. June 2015

4. Kaplan KA, Plante DT, **Cook JD**, Soehner AM, Harvey AG. Validation of the Hypersomnia Severity Index (HSI). *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Minneapolis, MN. June 2014

3. Plante DT, Goldstein MR, **Cook JD**, Smith R, Riedner BA, Rumble ME, Jelenchick L, Tononi G, Benca RM, Peterson MJ. Alterations in Sleep EEG Waveforms induced by Temazepam: a high-density EEG investigation. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. Minneapolis, MN. June 2014

2. Plante DT, Goldstein MR, **Cook JD**, Smith R, Riedner BA, Rumble ME, Jelenchick L, Tononi G, Benca RM, Peterson MJ. Effects of Oral Temazepam on Spectral Activity and Sleep Spindles During Non-rapid Eye Movement Sleep: A High-density EEG investigation. *Annual meeting of the Society of Biological Psychiatry*. New York, NY. May 2014

1. Krietsch KN, Dawson S, **Cook JD**, Sbarra DA, Mehl MR, Bootzin R. Time Since Separation Predicts Changes in TST in Recently Separated Men. *Annual meeting of the Associated Professional Sleep Societies (APSS)*. San Antonio, TX. June 2013

***Additional Academic Oral Presentations (6)***

6. **Cook JD.** Advancing the Clinical Care of Unexplained Hypersomnolence Using a Biopsychosocial Framework. *Mount Sinai – Sleep Data Club*. June 2021

5. **Cook JD**, Peppard PE, Plante DT. Effects of School Night Sleep Duration and Circadian Preference on Middle School-aged Students Attendance, Tardiness, and Suspension Risk: A Madison Metropolitan School District investigation. *University of Wisconsin-Madison Department of Psychology: Clinical Research Symposium.* March 2020

4. **Cook JD.** Clinical and Research Domains of Sleep. *Psi Chi Psychology Honor’s Society Brown Bag Series*. February 2020

3. **Cook JD,** Forger D, Kline, CE. Utility of Wearable Sleep Technology for Research. *Sleep Research Society Trainee Symposia Series*. San Antonio, TX. June 2019

2. **Cook JD**, Rumble ME, Plante DT. Sleep-Related Cognitions in Depression with Comorbid Hypersomnolence. *University of Wisconsin-Madison Department of Psychology: Clinical Research Symposium.* April 2019

1. **Cook JD**, Eftekari SC, Leavitt LA, Plante DT. Defining Optimal Actigraphic Parameters to Quantify Total Sleep Duration in Idiopathic Hypersomnia. *University of Wisconsin-Madison Department of Psychology:* *Clinical Spring Symposium*. April 2018

***Presentations for Community Audiences (3)***

3. **Cook JD**. Sleep: A weapon to optimize athletic performance. *Madison Heist Women’s Ultimate Frisbee Club Team*. June 29 2019

2. **Cook JD**, Jones SG. High-Density Electroencephalography and Sleep. *Wisconsin Science Festival*. November 2016

1. **Cook JD**, Jones SG. High-Density Electroencephalography and Sleep. *Wisconsin Science Festival*. November 2015

***Media Coverage/Appearances (6)***

6. **Cook JD.** Some Serious Talk About Sleep. *Pondering Monkeys Podcast* - <https://www.iheart.com/podcast/269-pondering-monkeys-podcast-76015626/episode/some-serious-talk-about-sleep-with-83376681/>. Released July 21 2021

5. **Cook JD.**Sleep Supplements: Science or snake oil (Part 2). *Sleep Junkies Podcast* - <https://sleepjunkies.com/sleep-supplements-part-2/>. Released April 20 2021

4. **Cook JD.**Sleep Supplements: Science or snake oil (Part 1). *Sleep Junkies Podcast* - <https://sleepjunkies.com/sleep-supplements-part-1/>. Released April 12 2021

3. [University of Wisconsin-Madison, Department of Psychology News](https://psych.wisc.edu/news/go-to-bed/). Go to Bed: Making Sleep a Priority. Released April 04 2020

2. **Cook JD.**The Great Sleep Tracker Debate (Part 1). *Sleep Junkies Podcast* - <https://sleepjunkies.com/the-great-sleep-tracker-debate-part-1/>. Released April 08 2019

1. **Cook JD.**The Great Sleep Tracker Debate (Part 2). *Sleep Junkies Podcast* - <https://sleepjunkies.com/the-great-sleep-tracker-debate-part-2/>. Released April 11 2019

**RESEARCH EXPERIENCE**

**Graduate Research Assistant, University of Wisconsin-Madison**

*Plante Lab, Dept of Psychiatry, Madison, WI* **September 2017 - present**

Projects: Multiple federally-funded projects related to the advancement of the classification, assessment, and treatment of Hypersomnia, as well as additional projects related the relationship between Alzheimer’s Disease and sleepiness and sleep’s impact on middle school-aged student absenteeism.

Duties: Data collection, preparation, and management; Analyses performed in MATLAB and R Studio; Training and mentoring of research assistants (N = 12)

Measures: 6-channel and high-density EEG; salivary DNA (genetics and epigenetics); psychomotor vigilance task; Multiple Sleep Latency Test; Actigraphy and commercially-available wearable sleep trackers; Sleep Diaries; Psychomotor Vigilance Task and Pupiliographic Sleepiness Test

Mentors: David Plante, MD, PhD; Meredith Rumble, PhD

**Research Specialist, University of Wisconsin-Madison**

*Plante Lab, Dept of Psychiatry, Madison, WI* **June 2013 – August 2017**

Project: Federally-funded protocol focused on establishing sleep-and-wake neurophysiological correlates of Hypersomnia with and without Depression using high-density EEG

Duties: Lab manager and project coordinator, aided in study design, performed data collection, preparation, and analyses, and provided research assistant training; Executed 24-hour sleep-and-wake protocol; Conducted > 500 phone screens assessing sleep and depressive symptoms

Assessment and Measures: Observed SCID, HAM-D, and HAM-A & collected/interpreted various questionnaires (BDI-II, POMS, ISI, HSI, PSQI, ESS, SIQ, DBAS); high-density EEG, spectral and topographic EEG analyses, and source localization from EEG; Actigraphy and commercially-available wearable sleep trackers; Sleep Diaries; Compensatory Tracking Task, Psychomotor Vigilance Task, and Sustained Attention Response Task

Mentors: David Plante, MD, PhD; Michael R. Goldstein, PhD

**Undergraduate Research Assistant, University of Arizona**

*Sleep Research Laboratory, Dept of Psychology, Tucson, AZ* **June 2012 – May 2013**

Projects: Assisted on multiple studies:

1. Relationships among divorce, psychosocial functioning, and sleep
2. Meditation’s effect on micro-and-macro sleep variable

Duties: Participant recruitment, polysomnographic application and collection, sleep diary database management, and research assistant training

Skills Developed: Sleep Diary collection and analysis, 6-channel polysomnographic application and interpretation; electronically activated recorded (EAR)

Mentors: Richard R. Bootzin, PhD; Michael R. Goldstein, PhD

**CLINICAL EXPERIENCE**

**External Clinical Practicum, Madison Veterans Affairs: September 2021 – September 2022**

*Behavioral Sleep Clinic*

Population: Military Veterans with a range of presenting concerns that spanned depressive, anxiety, and sleep-related issues

Modality: Utilized Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Desensitization strategies, and Exposure, Relaxation, and Rescription Therapy for Nightmares to treat Veteran sleep-related issues. Delivered via telehealth (phone and video). Provided individual care as well as served as a leader for multiple CBT-I groups.

Supervisor: Dr. James Lickel, PhD

**External Clinical Practicum, Madison Veterans Affairs: September 2021 – September 2022**

*Geriatrics Research Education and Clinical Center*

Population: Military Veterans with concerns for neurodegenerative disorders (i.e., Dementia and Alzheimer’s Disease)

Modality: Assessed Veterans using a standardized neurocognitive battery that included *The Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)*, *Wide Range Achievement Test – Fourth Edition (WRAT-4), Mini Mental Status Examination (MMSE), Trail Making Test – A and B (TMT – A&B), and a Clock Drawing Task*. Interpreted and organized findings into a formal report, which was delivered in a feedback session to the Veteran. These assessments were provided in person and results were utilized to direct appropriate patient care for the Veterans while working in an integrative team setting.

Supervisors: Carey Gleason, PhD

**External Clinical Practicum, Madison Veterans Affairs: September 2020 – September 2021**

*Mental Health Clinic* & *Behavioral Sleep Clinic*

Population: Military Veterans with a range of presenting concerns that spanned depressive, anxiety, and sleep-related issues

Modality: Integration of evidence-based practices including Cognitive Behavioral Therapy (CBT) for Depression (CBT-D), Anxiety (CBT-A), Cognitive Processing Therapy (CPT) and Insomnia (CBT-I), as well as Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), and additional sleep-related interventions (i.e., Exposure, Relaxation, and Rescription Therapy for Nightmares). Delivered via telehealth (phone and video). Provided individual care as well as served as a leader for multiple CBT-I groups.

Supervisor: Dr. James Lickel, PhD

**Internal Clinical Practicum, University of Wisconsin-Madison: September 2018 – March 2020**

*Psychology Research and Training Clinic*

Population: Predominantly University of Wisconsin-Madison undergraduate and graduate students, with some community-based clients

Modality: Integration of evidence-based practices that includes CBT, DBT, and ACT; SCID and personality assessments (PAI & MMPI-II) administered, interpreted, and reported

Supervisors: Dr. Linnea Burk, PhD; Dr. Chris Gioia, PhD

**TEACHING EXPERIENCE**

***Instructor/\*Co-Instructor***

***Graduate Student Teaching Assistantships***

***Graduate Student Grading Appointments:***

PSY 601 **Fundamentals of Clinical Psychology**, Rhonda Reinholtz, PhD

*Fall 2019, Spring 2020, Fall 2020*

***Guest Lectures:***

NSCI 420 **Sleep and Circadian Rhythms Spring 2021**

*Clinical and Research Use of Wearable/Nearable Sleep Technology for  
 Sleep and Circadian Measurement*

PSY 601 **Fundamentals of Clinical Psychology** **Spring 2020**  
 *Sleep’s Role in Psychopathology*

PSY 601 **Fundamentals of Clinical Psychology Fall 2020**

*Psychology Graduate Programs: Choosing the one for you*

**INDUSTRY RELATIONS**

**Sleep Consultant, Bodymatter Inc.**  November 2019 – November 2020

Project: Development of digitized brief behavioral treatment for insomnia surrogate for SleepWatch users

**Sleep Consultant, Cerno Health Inc.**  September 2021 – Current

**Sleep Consultant, Scientific Writer, and Sleep Scientist, Somni Corporation.** September 2021 – Current