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TO: Society of Behavioral Sleep Medicine

RE: Sonia Ancoli-Israel - application for Fellow Status in SBSM

I am a Professor Emeritus in the Department of Psychiatry at the University of California, San Diego. I was active for almost 40 years, and even though 'retired' now, continue to teach, conduct research etc. I just do not see patients anymore. As a psychologist by training, everything I do is behaviorally oriented.

I would like to apply for Fellow Status in the Society for Behavioral Sleep Medicine. I am attaching my CV and here summarize my contributions to the field.

### Teaching

I am attaching a list of presentations from 1990 to the present that I have been invited to give over the years (at end of this letter as it is no longer included in my CV due to the length). As you can see, there are both classes I taught at UCSD, invited lectures at meetings, keynote addresses, grand rounds and lectures to lay audiences. Most of my talks have been about sleep in aging, insomnia, sleep/fatigue in cancer -all of which have behavioral components.

For many years, at UCSD, I taught an annual elective course for medical students in Sleep and Circadian Rhythms. Teaching cognitive behavioral therapy was always a part of these classes. But behavioral sleep medicine is so much more than CBT-I and behavioral approaches were always integrated with other clinical approaches.

I lectured yearly to the graduate students in the UCSD/SDSU Joint Doctoral Program in Clinical Psychology and to third year medical students as part of their psychiatry rotation.

I also lectured for many years on CBT-I (and insomnia and sleep/aging) in the American College of Chest Physicians Sleep Medicine Board Review Course,

### Clinical Service

For many years I was part of the UCSD Sleep Medicine Center. I was Director of Education at the Sleep Medicine Center for many years as well. I saw all type of sleep disorders but specialized in behavioral treatments of insomnia. I don't know how many patients I saw, but it was in the hundreds.

### Training

Since the inception of the UCSD/SDSU Joint Doctoral Program in Clinical Psychology until my retirement I was the co-chair of the Behavioral Medicine Track (1996 – 2012).

I have trained many graduate students in sleep medicine, including in CBT-I. The following were my graduate students all who have now made their own contributions to the field of BSM:

Jennifer Martin, PhD

Phil Gehrman, PhD

Mairav Cohen-Zion, PhD

Michelle Rissling, PhD (who won the SBSM Student Research Award in 2012, although it is not listed on the website).

Ariel Neikrug, PhD

Carl Stepnowsky, PhD

Lavinia Fiorentino, PhD

I also trained many students in the Sleep Medicine Center including (NOTE: I am only including a few names and only those who stayed in the field of Sleep):

Michael Grandner, PhD

Judi Profant, PhD

Tricia Haynes, PhD

Rena Fox, PhD

Henry Orff, PhD

Sean Drummond, PhD

Clete Kushida, MD

Jana Cooke, MD

Polly Moore, PhD

Jose Loreda, MD

### **Research and Publications**

As can be seen in my CV, I was funded by NIA for my entire career, studying sleep in aging, sleep in Alzheimer's disease, sleep in Parkinson's disease. My work included observations studies as well as interventional studies.

I was also funded by NCI from 2000-2012 to study sleep, fatigue and circadian rhythms in cancer. My work included conducting the first clinical trial testing the effect of light therapy on fatigue and sleep and rhythms in breast cancer. This work stimulated research in this area all of the world where colleagues have continued the investigations I started.

As part of my research, I was one of the first in the world to use actigraphy and home sleep studies.

I have over 520 peer-reviewed publications as well as many chapters in many of the major sleep textbooks.

I'd like to point out three that are particularly relevant and important for BSM:

The first revision of the Rechtschaffen and Kales scoring manual (Iber,C., Ancoli-Israel,S., Chesson,A. and Quan,S.F. *The Scoring of Sleep and Associated Events: Rules, Technical Specifications and Terminology*. Chicago: AASM, 2007)

The guide to actigraphy, sponsored by SBSM (Ancoli-Israel S, Martin JL, Blackwell T, Buenaver L, Liu L, Meltzer LJ, Sadeh A, Spira AP, Taylor DJ. The SBSM Guide to Actigraphy Monitoring: Clinical and Research Applications. *Behav Sleep Med*. 2015;13 Suppl 1:S4-S38).

The consensus sleep diary (Carney CE, Buysse DJ, Ancoli-Israel S, Edinger JD, Krystal AD, Lichstein KL, Morin CM. The consensus sleep diary: standardizing prospective sleep self-monitoring. *Sleep* 2012;35(2):287-302).

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### **Public Education**

I have always given talks to the general public, even now being "retired". The talks can all be found in the presentation list attached and in my CV.

### **SBSM service**

I was on the Program Committee for SBSM from 2011-2012 and on the editorial board of Behavioral Sleep Medicine from 2002-2012. As mentioned under publications, I chaired the SBSM task force on actigraphy which resulted in the publication of the SBSM Guide to Actigraphy Monitoring: Clinical and Research Applications.

### **Honors and Awards**

My full honors and awards can be found in the attached CV. I will just highlight the ones most directly related to sleep and BSM:

2019 American Academy of Sleep Medicine William C. Dement Academic Achievement Award

2014 Sleep Research Society Distinguished Scientist Award

2012 Society of Behavioral Sleep Medicine's Career Distinguished Achievement Award

2007 Sleep Research Society Mary A. Carskadon Outstanding Educator Award

2007 National Sleep Foundation Lifetime Achievement Award

Note that I was the first recipient of the SBSM Career Distinguished Achievement Award before it was named for Peter Hauri (who was a dear friend and colleague of mine and with whom I taught a sleep course at the Annual Meeting of the Biofeedback Society of America for many years).

I was one of the first to be certified in BSM (certificate number 5) and am a Diplomate in Behavioral Sleep Medicine.

Thank you for considering my application. Please note that I have requested letters of support from Dr. Charles Morin and from Dr. Michael Grandner. Please let me know if you need any additional information.

I look forward to your decision.

Sincerely,



Sonia Ancoli-Israel, Ph.D.  
Professor Emeritus of Psychiatry

Presentations and Invited Addresses (from 1990):

**1990**

1. Sleep Disorders in the Elderly. Recent Advances in Geriatric Medicine 1990: Strategies for Treating the Five Major Causes of Death and Disability in the '90's. San Diego, CA: February 18-21, 1990.
2. Critical Review of Epidemiological Studies on Sleep Apnea. Consensus Development Conference on Treatment of Sleep Disorders of Older People. Washington D.C.: March 26-28, 1990.
3. Sleep Disorders in the Elderly. Presented at the Western Psychological Association. Los Angeles, CA: April 26, 1990.
4. Sleep Apnea. Alvarado Hospital, San Diego, CA: September 17, 1990.
5. Sleep in Aging. Invited lecture in Graduate Class UCSD/SDSU Introduction and Orientation to Research (Clinical Psychology 295). Fall, 1990.
6. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor. November 1990.

**1991**

1. Sleep in the Nursing Home. Invited presentation: National Institute on Aging Symposium on Sleep and Respiration in Aging Adults. Texas: March 10, 1991.
2. Sleep in Elderly. New York Sleep Circle, New York, NY: May 3, 1991.
3. Managing Sleep Disorders. Invited address: Maintaining Function Among the Elderly: Clinical and Psychosocial Issues, Emory University School of Medicine, Atlanta, Georgia: May 4, 1991.
4. Workshop on Sleep Disorders. Invited address, Second International Conference on Biobehavioral Self-Regulation and Health. Munich, Germany: September 14, 1991.
11. Sleep Apnea: How Common Is It and What Happens Over Time? Invited address, Second International Conference on Biobehavioral Self-Regulation and Health. Munich, Germany: September 15, 1991.
12. Clinical Management of Sleep in the Elderly. Presented at the American Psychiatric Association's Symposium on Management of Insomnia in Psychiatric Populations. Los Angeles, CA: October 23, 1991.
13. Sleep in the Elderly. Pulmonary Grand Rounds at Cedars-Sinai Medical Center. Los Angeles, CA: October 23, 1991.
14. Sleep Disorders. Medicine Today: University of California, San Diego. San Diego, CA: October 26, 1991.
15. Sleep in Aging. Invited lecture in Graduate Class UCSD/SDSU Introduction and Orientation to Research (Clinical Psychology 295). Fall, 1991.
16. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor. November 1991.
17. Sleep Disorders in Elderly Patients. Grand Rounds, Mayo Clinic - Jacksonville. Jacksonville, FL: December 2, 1991.

**1992**

1. Sleep: Disorders of Excessive Sleepiness and Insomnia. Sharp Memorial Hospital: Internal Medicine Conference 1992. San Diego, CA: March 22, 1992.
2. Overcoming Elderly Sleep Disorders. Public Access Cable Television By and For Seniors. San Diego, CA: November 10, 1992.
3. Follow up of Sleep Apnea in an Elderly Population. Invited presentation, 3rd International Symposium on Sleep and Breathing. Australia: September 2, 1992.
4. The Impact of Sleep Disorders in Internal Medicine. University of California, San Diego and Veterans Medical Research Foundation of San Diego: Progress and Review in Internal Medicine. La Jolla, CA: September 13, 1992.
5. Sleep in Aging. Invited lecture in Graduate Class UCSD/SDSU Introduction and Orientation to Research (Clinical Psychology 295). Fall, 1992.
6. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction

and Mental Disorders, Dr. George Koob, Professor. November 1992.

7. Sleep Disorders. Sharp Memorial Hospital: Geriatrics Update Conference 1992. San Diego, CA: November 17, 1992.
8. Invited address: Sleep Disorders in Aging and Dementia. Emory University School of Medicine: National Institute on Aging Conference: Circadian Behaviors and Sleep in Dementia. Bethesda, MD: November 19, 1992.

### **1993**

1. Significance of Sleep Apnea in the Elderly. American Thoracic Society: Consensus Conference on Diagnosis and Management of Obstructive Sleep Apnea. New York, NY: February 26, 1993.
2. Sleepzzzzzz. Hadassah, California Southwest Region: Education Day. San Diego, CA: March 4, 1993.
3. Sleep Disorders. Sharp Memorial Hospital: Internal Medicine Conference 1993: A Comprehensive Review. San Diego, CA: March 21, 1993.
4. Workshop: Introduction to Sleep, Insomnia, and Disorders of Excessive Sleepiness. Association for Applied Psychophysiology and Biofeedback Annual Meeting. Los Angeles, CA: March 26, 1993.
5. Sleep Measurement and Sleep Physiology. UCSD Psychopharmacology and Psychobiology Lecture Series, May 12, 1993.
6. Sleep Findings Relevant to Aging and Sleep Disorders. UCSD Psychopharmacology and Psychobiology Lecture Series, May 19, 1993.
7. Mortality Associated With Sleep Disordered Breathing in Elderly Populations. Invited symposium: 7th Annual Association of Professional Sleep Societies Meeting. Los Angeles, CA: June 25, 1993.
8. Sleep Physiology. Advanced Clinical Pulmonary Physiology and Biology; UCSD, July 27, 1993
9. Sleep in Aging. Invited lecture in Graduate Class UCSD/SDSU Introduction and Orientation to Research (Clinical Psychology 295). Fall, 1993.
10. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor. November 1993.
11. Sleep Disorders. Sharp Memorial Hospital: Geriatrics Update Conference 1993. San Diego, CA: November 9, 1993.

### **1994**

1. Sleep Abnormalities in Elderly Patients: When Should Complaints be Taken Seriously? Breakthroughs in Geriatric Psychiatry, San Diego, Ca: January 28, 1994.
2. Sleep Physiology. Advanced Clinical Pulmonary Physiology and Biology; UCSD, July 14, 1994.
3. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. November 5, 1994.
4. Sleep in Aging. Invited lecture in Graduate Class UCSD/SDSU Introduction and Orientation to Research (Clinical Psychology 295). Fall, 1994.
5. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor. November 1994.
6. Sleep Disorders. Sharp Memorial Hospital: Geriatrics Update Conference 1994. San Diego, CA: November 8, 1994.
7. Sleep and Sleep Disorders. Consultation Liaison; Psychiatry Residents, UCSD. December 7, 14, 1994.

### **1995**

1. Does Sleep Change with Age? Alaska Geriatrics Institute Conference, Alaska Chapter Alzheimer's Association; Anchorage, Alaska: February 15, 1995.
2. Does Sleep Change with Age? Alaska Geriatrics Institute Conference: Session for Physicians, Anchorage, Alaska: February 16, 1995.
3. Sleep Disorders in Aging. Institute for Continued Learning, UCSD Extension, February 24, 1995.
4. Insomnia. Behavioral Medicine Class, UCSD/SDSU Graduate Program in Clinical Psychology, Jim Sallis, Ph.D. Professor, February 28, 1995.

5. Sleep: Disorders of Excessive Sleepiness and Insomnia. Internal Medicine 1995: A Comprehensive Review, Sharp Memorial Hospital CME, San Diego, CA: March 19, 1995.
6. Drowsy Driving: Scope of the Problem and At-Risk Groups. Traffic Crashes: Impact of Fatigue. California Office of Traffic Safety Summit. San Diego, Ca: March 9, 1995.
7. Sleep Measurement and Sleep Physiology. UCSD Psychopharmacology and Psychobiology Lecture Series, June 6, 1995
8. Sleep Findings Relevant to Aging and Sleep Disorders. UCSD Psychopharmacology and Psychobiology Lecture Series, June 15, 1995
9. Sleep Physiology. Advanced Clinical Pulmonary Physiology and Biology; UCSD, July 7, 1995
10. Sleep Disorders in Later Life and Their Treatments. UCSD Stein Institute for Research on Aging, August 16, 1995
11. Sleep Disorders in the Elderly: Why Can't Grandma Sleep? SDSU Psychology Colloquium Series: Topics in Cognitive and Health Psychology. September 20, 1995
12. All I Want is a Good Night's Sleep: Sleep Disorders in the Elderly. West Coast Geriatric Psychiatry Conference. San Diego, Ca.: October 1, 1995.
13. Sleep Disorders in the Aged. Geropsychiatry Lecture Series, UCSD. October 25, 1995.
14. Sleep in Aging. Invited lecture in Graduate Class UCSD/SDSU Introduction and Orientation to Research (Clinical Psychology 295). Fall, 1995.
15. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor. November 2, 1995
16. Sleep in Aging. Invited lecture in Graduate Class UCSD/SDSU Introduction and Orientation to Research (Clinical Psychology 295), November 8, 1995.
17. Rest/Activity Rhythms in the Elderly. Gerontological Society of America. Los Angeles, Ca.: November 18, 1995.

## **1996**

1. Sleep: Disorders of Excessive Sleepiness and Insomnia. Sharp Memorial Hospital: Internal Medicine Conference 1996. San Diego, CA: March 16, 1996.
2. Sleep Patterns in Seniors and Individuals with Lung Disease. UCSD Pulmonary Rehabilitation Program. April 24, 1996.
3. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. May 6, 1996.
4. Sleep in the Elderly. San Diego Chapter, American Society for Technion Israel Institute of Technology, La Jolla, Ca: May 16, 1996.
5. Sleep Physiology. Advanced Clinical Pulmonary Physiology and Biology; UCSD, July 24, 1996.
6. Sleep and the Elderly. National Association of Retired Federal Employees. Encinitas, California, September 10, 1996.
7. Sleep Problems in Aging. Senior Behavioral Health Services, Scripps Hospital East County, September 11, 1996.
8. Sleep Disorders and the Elderly. Grand Rounds, Behavioral Medicine Center at Pomerado Hospital, September 27, 1996.
9. Sleep Disorders. Board Review Course for the Examination for Added Qualifications in Geriatric Psychiatry, UCLA, October 3, 1996.
10. Disorders of Sleep: An Overview. Pulmonary Medicine Grand Rounds, UCSD/VAMC, October 10, 1996.
11. Sleep Disorders. Department of Neurology Grand Rounds. UCSD/VAMC, October 11, 1996.
12. Sleep Disorders in the Elderly. Restless Legs Syndrome Foundation, November 3, 1996.
13. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor. November 6, 1996
14. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. November 8, 1996.
15. Sleep Apnea. Sharp Memorial Hospital: Geriatrics Update Conference 1996. San Diego, CA: November 12, 1996.

16. Sleep and Sleep Disorders in the Elderly. Diagnosis and Treatment of Sleep Disorders, Harvard Medical School Department of Continuing Education, November 17, 1996.

### 1997

1. Sleep Disorders. UCLA 14th Annual Intensive Course in Geriatric Medicine, January 18, 1997.
2. Sleep Disorders: When Patients Come Looking for a Good Night's Sleep. 1997 Topics and Advances in Internal Medicine, February 20, 1997
3. Sleep Disorders. Psychiatry for Neurology Residents, UCSD. February 21, 1997.
4. Sleep and Sleep Disorders in the Elderly. Geropsychiatry Lecture Series, UCSD. February 26, 1997.
5. Older African-Americans with Hypertension and Sleep Apnea: Dippers vs. Non-Dippers. 8th Rappaport Symposium and 2nd Annual Meeting of the Israel Sleep Research Society - Sleep Medicine: Challenges for the 21st Century, Zichron Yaakov, Israel, March 12, 1997.
6. Evaluation and Treatment of Sleep Complaints. Internal Medicine 1997: A Comprehensive Review, Sharp Memorial Hospital CME, San Diego, CA: March 23, 1997.
7. Sleep Disorders. VAMC Psychiatry In-Service, Mental Health Clinic. March 23, 1997.
8. Insomnia. Behavioral Medicine Class, UCSD/SDSU Graduate Program in Clinical Psychology, Jim Sallis, Ph.D. Professor, February 21, 1997.
9. Sleep Disorders. VAMC Department of Psychology Assessment Unit In-Service. May 1, 1997.
10. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. May 8, 1997.
11. Medical Update: Sleep Disturbance in the Elderly. Annual Meeting of the American Psychiatric Association, San Diego, California, May 19, 1997
12. Invited address: Recognition and Treatment of Sleep Disorders in the Elderly. 52nd Annual Meeting of the California Society of Internal Medicine, La Jolla, California, May 24, 1997.
13. Women's Sleep/Wake Patterns: Research and Clinical Issues. Discussion Group, Association of Professional Sleep Societies 11th Annual Meeting, San Francisco, California, June 13, 1997.
14. Sleep Disorders. Psychiatry resident weekly lecture series. July 24, 1997
15. Sleep and Aging. Hadassah Galilee Group. September 23, 1997.
16. Sleep Disordered Breathing and Blood Pressure in African-Americans vs. Caucasians. Fifth International Symposium on Sleep and Breathing, October 6, 1997, Edinburgh, Scotland.
17. Invited address; Sleep Disorders in the Elderly. New Jersey Sleep Society Annual Educational Symposium, October 18, 1997.
18. Wake Up Call for the Tired - Management of Sleep Disorders. Neurology and Outpatient Psychiatry in Primary Care Continuing Education Course. San Diego, CA. October 20, 1997
19. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. November 5, 1997.
20. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor. November 6, 1997.
21. Sleep Apnea. Geriatrics Update Conference 1997. San Diego, CA: November 11, 1997.
22. Evaluation and Treatment of Sleeping Disorders. Behavioral and Health Grand Rounds, Mercy Healthcare San Diego, November 14, 1997.
23. Sleep Disorders and Aging. Women's Health Issues in Primary Care, UCSD CME, San Diego, CA., November 22, 1997

### 1998

1. Sleep Apnea. University of the Third Age, University of San Diego, January 6, 1998.
2. Sleep and Aging. Institute for Continued Learning, UCSD Extension, January 16, 1998.
3. Sleep Disorders. Topics and Advances in Internal Medicine, Lunch with the Professor, February 11, 1998.
4. Aged and Awake: Sleep Disorders in Older Patients. West Coast Geriatric Psychiatry Conference, February 22, 1998.
5. Sleep Disorders: Impact and Treatment. Geriatric Interest Group SOM, February 25, 1998.
6. Sleep Disorders in the Elderly. American Association for Geriatric Psychiatry Roundtable, March 9,

1998.

7. Sleep in Older Patients: What's Normal and What's Not. Senior Behavioral Health Program of UCSD Thornton Hospital, The Best and the Brightest 1998 Clinical Lecture Series, March 10, 1998.
8. Evaluation and Treatment of Sleeping Disorders. Internal Medicine 1998, March 22, 1998.
9. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. May 13, 1998.
10. Future Patterns of Prescribing Hypnotics - Discussant; in Pharmacological Management of Insomnia: Future Directions and Worldwide Perspectives, Discussant. Twelfth Annual Meeting of the Association of Professional Sleep Societies. New Orleans, La, June 18, 1998
11. Sleep Disorders in the Elderly. Beth El Seniors Club, July 12, 1998.
12. Sleep Physiology. UCSD Pulmonary Rehabilitation Program. July 23, 1998.
13. Sleep Disorders - part I; Psychiatry for Neurology Residents; October 2, 1998
14. All I Want is a Good Night's Sleep. UCSD Learn-at-Lunch, October 6, 1998
15. Sleep Disorders - Part II; Psychiatry for Neurology Residents, October 9, 1998
16. Sleep Disorders - The Size of the Problem. Pacific Sleep Medicine Series - The Practice of Sleep Medicine Today: Special Times, Unique Opportunities, October 17, 1998
17. Sleeping Changes with Aging. Pacific Sleep Medicine Series - The Practice of Sleep Medicine Today: Special Times, Unique Opportunities, October 17, 1998
18. Sleep Disorders. Consultation-Liaison Seminar Series, UCSD Department of Psychiatry, October 19, 1998
19. UCSD Hematology-Oncology Seminar - Evolving Strategies in Psycho-Oncology Research. Talk given with Drs. Joel Dimsdale, Paul Mills and Tom Patterson. November 2, 1998
20. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor, November 17, 1998

## 1999

1. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. January 20, 1999
2. Invited Keynote Address: Sleep Disorders in the Elderly: How to Help Grandmother Sleep Better. Fifth SGCOM Meeting on Sleep/Wake Disorders, Matsuyama, Japan January 30, 1999.
3. Zaleplon and Special Populations. Zaleplon Investigators Meeting, February 21, 1999.
4. Sleep in Older Adults. Sleep Grand Rounds, Rush-Presbyterian-St. Lukes Medical Center, Rush University, March 5, 1999.
5. Sleep Disorders. Neuropsychology Interns, UCSD and VASDHS, March 16, 1999.
6. Evaluation and Treatment of Sleep Complaints. Internal Medicine 1999: A Comprehensive Review, Sharp Memorial Hospital CME, San Diego, CA, March 21, 1999
7. Sleep Disorders. Anxiety Disorders Association of America, March 26, 1999
8. Sleep Apnea in the Aged. In Sleep Across the Age Spectrum: From Dawn to Dusk 1999 American Thoracic Society International Conference, San Diego, Ca. April 23, 1999.
9. UCSD Cancer Center Clinical Research Retreat. Fatigue and Breast Cancer. May 1, 1999
10. Managing Insomnia Risks in Older Adults. In Sleepless in American: Diagnosing and Treating Insomnia in Older Adults. American Geriatric Society Annual Meeting; May 19, 1999.
11. Trainee Day Meet-the-Mentor: Sleep Research in Geriatrics. Association of Professional Sleep Societies, June 20, 1999.
12. Sleep in Older Populations: Progression from the Old to the Old-Old. Keynote address at the 13<sup>th</sup> Annual Meeting of the Association of Professional Sleep Societies. June 21, 1999
13. Sleep in Older Populations: Progression from the Old to the Old-Old. Sleep/Chronobiology Seminar, July 28, 1999



14. Insomnia: Causes, Consequences and Cures. Grossmont Hospital Grand Rounds, October 1, 1999
15. Sleep Disorders in the Old. UCSD Department of Psychiatry Grand Rounds, October 14, 1999
16. Sleep Disorders in the Elderly - Nursing Home Issues. VASDHS 4S Inservice, October 18, 1999
17. Sleep Disorders. Consultation-Liaison Seminar Series, UCSD Department of Psychiatry November 1, 1999
18. Insomnia: Causes, Consequences and Cures. Grand Rounds, Palomar Hospital. November 4, 1999.
19. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor, November 9, 1999
20. Dealing with Sleep Disorders. The Boomers become Grandparents: The Changing Face of our Healthcare Population. UCSD Nursing Research and Education, November 9, 1999.

## 2000

1. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. January 13, 2000
2. Sleep Disorders: Causes, Consequences and Cures. Neuropsychiatry Today. UCLA Neuropsychiatric Institute and Hospital, February 6, 2000.
3. Insomnia: Causes, Consequences and Cures. Alvarado Hospital Medical Center Grand Rounds. February 8, 2000.
4. Insomnia. Behavioral Medicine Class, UCSD/SDSU Graduate Program in Clinical Psychology, Jim Sallis, Ph.D. Professor, February 9, 2000.
5. Sleep. San Diego Charity League Invited Address. February 24, 2000
6. Behavioral and Psychological Symptoms of Dementia. American Society on Aging. March 27, 2000.
7. Sleep and Sleep Disorders in the Elderly. Geropsychiatry Lecture Series, UCSD. March 29, 2000.
8. Sleep Research: A New Frontier for Behavioral Medicine, Symposium Discussant. Annual Meeting of the Society of Behavioral Medicine, April 7, 2000.
9. Sleep Disorders in the Elderly. UCSD/VA Medical Grand Rounds. April 12, 2000.
10. Helping the Elderly Sleep Through the Night. UCSD West Coast Geriatric Psychiatry Conference. San Diego, Ca. April 15, 2000.
11. Sleep in the Elderly. American Academy of Neurology. San Diego, Ca May 1, 2000.
12. Sleep in the Aged. Extended Care Unit, VASDHS. May 1, 2000.
13. Sleep in Older Patients: What's Normal and What's Not. Senior Behavioral Health Program of UCSD Thornton Hospital, The Best and the Brightest 2000 Clinical Lecture Series, San Diego, Ca. May 2, 2000.
14. All I Want is a Good Night's Sleep. Primary Care Update, Spokane, Washington. May 6, 2000.
15. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. May 15, 2000.
16. Sleep. Neuropsychology Interns, UCSD/VASDHS. May 16, 2000.
17. Light, Sleep, and Agitation in the Nursing Home. UCSD Challenging Dementia in the New Millennium. San Diego, Ca. May 25, 2000.
18. Insomnia: Causes, Consequences and Cures. Psychiatry Grand Rounds, UCLA/West Los Angeles VAHS. June 1, 2000.
19. Sleep in the Elderly. Rancho Bernardo Senior Center. June 5, 2000.
20. Insomnia: Causes, Consequences and Cures. Grand Rounds, UCLA Harbor General Hospital. Los Angeles, Ca. June 6, 2000.
21. Sleep Disorders in the Elderly. Meet the Professors Session, Association of Professional Sleep Societies 14<sup>th</sup> Annual Meeting, June 12, 2000.
22. Insomnia: Associated Risks in Elderly Patients. *New Perspectives in Treating Geriatric Insomnia*, U.S. Geriatric and Long-Term Care Congress, Las Vegas, Nv., June 14, 2000.
23. Issues in Sleep Disorders. UCSD Vice Chancellor John Woods/staff of Resource Management and Planning. June 16, 2000
24. Sleep Disorders and Aging: Assessment and Management. Advances in Health Care for Women

Over 40. Las Vegas, Nv, June 22, 2000.

25. Sleep Disorders in the Elderly. UCSD Pulmonary Rehabilitation Program. July 19, 2000.
26. Sleep and Aging. Annual Review Course for Board Certification. Atlanta School of Sleep Medicine and Technology. Sept 9, 2000.
27. Sleep Disorders. Invited lecture in UCSD Undergraduate Class Psychology 179, Drug Addiction and Mental Disorders, Dr. George Koob, Professor, November 1, 2000
28. Sleep Disorders. Current Trends in Women's Health: Caring for Your Patient and Yourself. San Diego, November 2, 2000.
29. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. November 6, 2000

## 2001

1. Sleep and Sleep Disorders in the Elderly. Geropsychiatry Lecture Series, UCSD. January 17, 2001
2. Insomnia: Causes, Consequences and Cures. Department of Medicine, Grand Rounds Hoag Hospital, Newport Beach. February 2, 2001.
3. Sleep Disorders in the Elderly - Invited Workshop. Portugese Sleep Society Annual Meeting. Oporto, Portugal. February 7, 2001.
4. Sleep Disorders and Aging. Invited Lecture; Portugese Sleep Society Annual Meeting. Oporto, Portugal. February 8, 2001.
5. Sleep Through the Life Cycles. Invited Lecture; Portugese Sleep Society Annual Meeting. Oporto, Portugal. February 8, 2001.
6. Non-pharmacological Treatments of Insomnia. Invited Lecture; Portugese Sleep Society Annual Meeting. Oporto, Portugal. February 9, 2001.
7. Behavioral Approaches to Treating Sleep Problems. Lecture for SDSU/UCSD Joint Doctoral Program in Clinical Psychology students and interns. Dr. Ariel Lang. March 15, 2001.
8. Sleep Disorders - part I; Psychiatry for UCSD Neurology Residents. March 23, 2001.
9. Sleep Disorders - part II; Psychiatry for UCSD Neurology Residents. March 30, 2001.
10. Insomnia: Causes, Consequences and Cures. Department of Psychiatry Grand Rounds. Long Beach Veterans Affairs Medical Center. April 18, 2001.
11. Sleep Disorders: Helping the Sandman. Geriatrics in Primary Care: Maintaining Function in Later Life. University of Nevada. Las Vegas, Nevada, April 27, 2001.
12. Sleep Disorders in Aging: When the Sandman Passes You By. SDSU Continuing Education. May 2, 2001.
13. Sleep Disorders and Sleep Apnea. 18<sup>th</sup> Annual Primary Care Update. Washington Academy of Family Physicians. Spokane, Wa. May 5, 2001.
14. Sleep in the Elderly. American Academy of Neurology. Philadelphia, PA. May 7, 2001
15. UCSD General Clinical Research Center Sleep In-service, May 24, 2001.
16. Sleep Disorders: Causes, Consequences and Cures. The Impact of Mental Illness in the Primary Care Setting and the Aging Veteran. First Annual MIRECC Conference. New York, NY. June 1, 2001.
17. Fatigue, sleep and circadian rhythms in cancer. Basic Biobehavioral Research Principal Investigator Meeting, NCI, Washington, D.C. July 9-10, 2001
18. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. July 17, 2001
19. Insomnia: Causes, Consequences and Cures. Hoag Hospital Grand Rounds, Newport Beach, Ca., July 18, 2001.
20. Balancing Life and Work. UCSD NIMH Summer Research Institute in Geriatric Psychiatry. San Diego, Ca. July 27, 2001.
21. Why Grandma can't Sleep: The Latest Information on Sleeping Disturbances. San Diego Oasis, San Diego, Ca. October 30, 2001
22. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. November 14, 2001

## 2002

1. Insomnia. Psychiatric Centers of San Diego. January 17, 2002
2. Sleep and Sleep Disorders in the Elderly. Geropsychiatry Lecture Series, UCSD. February 6, 2002
3. Helping the Elderly Sleep Through the Night. UCSD West Coast Geriatric Psychiatry Conference. San Diego, Ca. February 9, 2002
4. Sleep in Dementia - From Mild to Moderate to Severe Alzheimer's Disease. Visiting Professor, Sleep Training Grant Symposium, Center for Sleep and Circadian Biology; Northwestern University School of Medicine. February 28, 2002
5. Instrumentation for OSA diagnosis and treatment: Where we are and where we need to go: Chairperson. National VA Sleep Research Conference, Philadelphia, Pa. March 9, 2002
6. Insomnia. Behavioral Medicine Class, UCSD/SDSU Graduate Program in Clinical Psychology, Jim Sallis, Ph.D. Professor, March 19, 2002.
7. Effective Treatment of Insomnia without Rebound Effects in Elderly Patients; American Medical Directors Association Annual Meeting, San Diego, March 21, 2002.
8. Sleep and Aging. Clinical Polysomnography and Sleep Medicine Course, School of Sleep Medicine, Palo Alto, California. April 24, 2002
9. Sleep in Dementia. San Diego Neurology Society. San Diego, Ca. April 25, 2002
10. Sleep Disorders in the Elderly. Meet the Professors Session, Association of Professional Sleep Societies 16<sup>th</sup> Annual Meeting, Seattle, June 12, 2002
11. Presidential Address: Sleep, Light and Alzheimer's Disease. Society for Light Treatment and Biological Rhythms Annual Meeting, San Diego, Ca. June 15, 2002
12. Invited talk. Effect of Light and Melatonin on Sleep and Rhythms in Dementia. Sleep Problems in Older Adults Media Briefing. American Federation for Aging Research, New York City, July 17 2002.
13. Psychiatry Psychopharmacology Seminar Series: Psychopharmacology of Sleep, August 20, 2002
14. Sleep Disorders. New Research and Treatments for Dementia over the Continuum of Care. Sponsored by GRECC/MIRECC. Woodland Hills, Ca, September 11, 2002.
15. Sleep Disorders. PTSD: Present and Future Tense: Current Issues and Innovations for a Multidimensional Disorder. Portland, Oregon September 13, 2002.
16. Sleep Physiology. UCSD Medicine 434 - Advanced Clinical Pulmonary Physiology, September 25, 2002.
17. UCSD Behavioral Medicine Interns – Sleep, September 26, 2002.
18. Plenary Session: Pharmacologic and Non-pharmacologic Treatments for Common Sleep Disorders. 2<sup>nd</sup> Annual Psychopharmacology Conference for Primary Care Physicians and Allied Mental Health Professionals: Didactics and Dialogues. September 28, 2002.
19. UCSD Geropsychiatry Lecture Series – Sleep in Aging. October 2, 2002
20. Insomnia and Quality of Life. Invited participant at NIA sponsored Workshop on Sleep, Health and Longevity. Canyon Ranch, Tucson, Az. Oct 4, 2002.
21. Sleep in Aging. School of Sleep Medicine, Palo Alto. November 4, 2002
22. Sleep. Psychology 179 - Drugs, Addictions, and Mental Disorders, November 6, 2002
23. Sleep in Aging; Barcelona General Hospital, Invited address. Barcelona, Spain, October 10, 2002.
24. Sleep in Alzheimer's Disease; Panel at the International College of Geriatric Psychoneuropharmacology, Barcelona, October 13, 2002.
25. Sleep in the Bible. UCSD Sleep/Chronobiology Seminar, October 23, 2002.
26. Sleep Disorders. UCSD PGY 1 Didactic Seminar Series. November 14, 2002
27. Sleep Disorders. Current Trends in Men's and Women's Health. UCSD. November 8, 2002.
28. Sleep Disorders. UCSD PGY 2 Didactic Seminar Series. November 21, 2002.
29. The Golden Years - Aging and Sleep Disorders. VA Pulmonary/Sleep Medicine Seminar. Palo Alto, CA. November 22, 2002.
30. Why Grandma Can't Sleep. OASIS, San Diego, CA. December 3, 2002.

### 2003

1. What the Hebrew Tradition Says About Sleep. Stanford University Sleep Rounds, Palo Alto, CA January 31, 2003.

2. Sleep in the Bible. Scripps Hospital Sleep Rounds, San Diego, Ca., February 14, 2003.
3. Sleep in Aging. Psychiatry for Neurologists, UCSD February 21, 2003
4. Benefits of Treating Sleep Apnea in the Elderly. Effects of Sleep Disorders and Sleep Restriction on Adherence to Cardiovascular and Other Disease Treatment Regimens Workshop; National Heart, Lung and Blood Institute, NIH. Bethesda, Maryland, March 11-12, 2003.
5. Sleep Problems in Patients with Dementia. Translational Research: Sleep and Dementia. VISN 21 MIRECC, Palo Alto, Ca. March 13, 2003.
6. Insomnia in Aging. Topics and Advances in Internal Medicine. UCSD. San Diego, Ca. March 14, 2003.
7. Sleep Disorders in the Older Adult. Congress on Sleep, Health and Aging. National Sleep Foundation and NIA. Washington, D.C., March 30-31, 2003.
8. The Relationship between Sleep and Cancer. Congress on Sleep, Health and Aging. National Sleep Foundation and NIA. Washington, D.C., March 30-31, 2003.
9. Sleep in the Hebrew Tradition, Congregation Beth El Judaic Seminar Series, San Diego, Ca. April 7, 2003
10. What the Hebrew Tradition Tells us about Sleep Disorders. UCSD Psychiatry Grand Rounds, San Diego, Ca. April 10, 2003
11. Sleep disorders: Implications for Spouses and Families. 2003 MIRECC National Meeting, Providing Evidence-Based Mental Health Care to Veterans in the Community. Portland, Or, May 6, 2003.
12. Light Matters: The medical benefits of light - Dementia and Sleep. American Institute of Architects Annual Meeting, San Diego, Ca. May 8, 2003.
13. Sleep Disorders. VASDHS Psychiatry Emergency Clinic (PEC). May 21, 2003.
14. Management of Sleep Apnea in Dementia Patients. In, Sleep Apnea in Older Adults: Significance and Management - Symposium. 17<sup>th</sup> Annual Meeting of the Association of Professional Sleep Societies, Chicago, Ill. June 7, 2003.
15. Causes and Consequences of Sleep Disorders in the Elderly. In symposium - Bringing Light to the Issues in Managing Insomnia in the Elderly. 5<sup>th</sup> Annual U.S. Geriatric and Long-Term Care Congress. San Francisco, Ca. June 19, 2003.
16. Sleeplessness and Sleepiness. UCSD Family Medicine Grand Rounds. San Diego, Ca. June 25, 2003.
17. Fatigue and Sleep Loss. UCSD Residents Core Lecture Series. San Diego, Ca. July 16, 2003.
18. Sleep Physiology / Sleep Disorders, UCSD Medicine 434 - Advanced Clinical Pulmonary Physiology, August 25, 2003
19. Sleep Disorders. UCSD Psychiatry Resident Series, August 29, 2003
20. Insomnia: Causes, Consequences and Cures. Grand Rounds, Reno University Hospital, Oct 15, 2003
21. Sleep in Aging. UCSD Geropsychiatry Seminar Series, Oct 22, 2003
22. Sleep in the Bible; San Diego Psychiatric Centers Grand Rounds; Oct 23, 2003
23. Alzheimer's Disease and Sleep Apnea, UCSD Clinical Research Seminar, Nov 12, 2003
24. There is Nothing New Under the Sun - What the Hebrew Bible Tells Us About Sleep Disorders; Keynote Speaker, Scripps Mercy Hospital Annual Medical Staff Dinner; Dec 10, 2003

## 2004

1. Fatigue and Sleep Loss. UCSD Surgery Grand Rounds; January 17, 2004.
2. Sleep and Sleep Disorders in patients with Dementia. Keynote Speaker, Israel Medical Association and Sleep Research Society Annual Meeting, Emek Israel, Israel, February 16, 2004
3. Fatigue and Sleep Loss. UCSD Department of Ophthalmology Grand Rounds. February 23, 2004.
4. Sleep Disorders. UCSD/SDSU JDP Behavioral Medicine Pro-Seminar. February 24, 2004.
5. Sleep Disorders and the Dementia Patient. Paradise Valley Grand Rounds, San Diego, Ca. March 11, 2004.
6. Sleep and Insomnia. Behavioral Medicine Interns Seminar; VASDHS, March 25, 2004.
7. Sleep Methodology. SDSU/UCSD Joint Doctoral Program in Clinical Psychology, Psy 852

- Experimental Psychopathology Pro-Seminar, April 22, 2004.
8. All I Want is a Good Night's Sleep. Understanding Healthcare: The Bigger Picture; Philippine Nurses Association of San Diego County and UCSD GCRC. San Diego, Ca April 24, 2004.
  9. What the Old Testament Teaches About Sleep. UCSD Clinical Research Noon Seminar Series. San Diego, Ca. April 28, 2004.
  10. Sleep Disturbance is Cancer. 29<sup>th</sup> Annual Meeting of the Oncology Nursing Society. April 29, 2004.
  11. Emerging Concepts in Management of Elderly Insomnia: Prevalence and comorbidity of Insomnia and impact on functioning in elderly populations. American Geriatric Society Annual Meeting, Las Vegas, Nv May 19, 2004.
  12. Insomnia: Consequences, Causes and Cures. Grand Rounds CME, CommGenix, Los Angeles, Ca. May 25, 2004.
  13. Optimizing Insomnia Management in Special Populations: Considerations for Insomnia Therapy in the Elderly. Symposium at the Associated Professional Sleep Societies 18<sup>th</sup> Annual Meeting, Philadelphia, Pa, June 7, 2004
  14. Models and Strategies for the Long-Term Use of Hypnotics: Long-Term Dosing of Hypnotics in the Elderly Population. Symposium at the Associated Professional Sleep Societies 18<sup>th</sup> Annual Meeting, Philadelphia, Pa, June 9, 2004
  15. Obstructive Sleep Apnea Mortality: Sleep Apnea, CHF and Mortality in Older Veterans. Symposium at the Associated Professional Sleep Societies 18<sup>th</sup> Annual Meeting, Philadelphia, Pa, June 10, 2004
  16. Plenary Speaker: Sleep Problems and Dementia. In Updates on Dementia, Alzheimer's Association Meeting, Palo Alto, Ca. June 16, 2004.
  17. Fatigue in Residents. Naval Medical Center, San Diego, Ca. June 17, 2004.
  18. Sleep in Dementia. UCSD Stein Research Institute on Aging (SIRA) Grand Rounds. July 12, 2004.
  19. Sleep Disorders I. UCSD Psychiatry for Neurology Residents, Mark Kricshevsky, Course Director. San Diego, Ca August 6, 2004.
  20. Sleep Disorders II. UCSD Psychiatry for Neurology Residents, Mark Kricshevsky, Course Director. San Diego, Ca August 13, 2004.
  21. Sleep Physiology / Sleep Disorders, UCSD Medicine 434 - Advanced Clinical Pulmonary Physiology. August 18, 2004
  22. Sleep Psychopharmacology. UCSD PGY3 Psychopharmacology Lecture Series. August 23, 2004.
  23. Fatigue and Sleep Loss. UCSD Department of Pediatrics, Graduate Medical Education, Children's Hospital and Health Center, San Diego, Ca, September 3, 2004.
  24. Insomnia. CME Lecture Series, Phoenix, Az. September 23, 2004.
  25. Sleep Loss and Fatigue. UCSD Radiology Grand Rounds, October 12, 2004.
  26. Sleep in the Older Adult: Why Can't Grandma Sleep? Gaylord Rehabilitation Research Institute Annual Lecture 2004, Gaylord Hospital, New Haven, Ct. October 26, 2004.
  27. Sleep in the Elderly: What is Normal and What is Pathological? Yale Clinical Neuroscience Grand Rounds, 2004 Gaylord Lecture. New Haven, CT. October 27, 2004
  28. Sleep in Dementia. University of Connecticut School of Medicine Grand Rounds, Farmington, CT. October 27, 2004.
  29. Sleep in Aging and Dementia. UCSD AGS Student Club. November 3, 2004.
  30. Sleep in Aging. Stanford School of Sleep Medicine. Palo Alto, Ca. November 4, 2004.
  31. Sleep in the Elderly: Waking Up Insomnia. American Society of Consultant Pharmacists 35<sup>th</sup> Annual Meeting. San Francisco, Ca. November 5, 2004.
  32. Sleep and Aging. University of Michigan Neuroscience 520 Course Presentation. Ann Arbor, MI November 10, 2004.
  33. Sleep in Dementia. UCSD Internal Medicine Geriatric Fellows Lecture Series. November 17, 2004.
  34. Sleep in Aging. UCSD Geropsychiatry Lecture Series. November 17, 2004.
  35. Insomnia – A 24-hour disorder: Diagnostic Challenges and Evolving Solutions. 17<sup>th</sup> Annual U.S. Psychiatric and Mental Health Congress. San Diego, Ca. November 19, 2004.

1. Sleep Disorders in the Elderly. American Academy of Sleep Medicine Advanced Sleep Medicine Course. Miami, FL February 6, 2005.
2. The Advantages and Disadvantages of Using Actigraphy to Assess Sleep Quality. Sleep Research Society: A Primer of Sleep Research. Miami, FL February 6, 2005.
3. Insomnia. Scripps Family Practice Grand Round. Chula Vista, CA. February 9, 2005.
4. Changes in Sleep with Aging. West Coast College of Geriatric Psychiatry. San Diego, CA. February 12, 2005.
5. Resident Fatigue. UCSD Department of Psychiatry Grand Rounds. San Diego, Ca. February 24, 2005.
6. Quantitative Sleep Measures. Recommendations for a Standard Assessment of Insomnia Evaluation and Treatment Outcome Studies. Western Psychiatric Institute, University of Pittsburgh. Pittsburgh, PA March 10, 2005.
7. Natural History of Sleep in the Older Adult. Sleep: New Frontiers in Psychiatry and Primary Care. CME course, Chicago, IL. March 18, 2005.
8. Insomnia. CME Course. Salt Lake City, UT. April 8, 2005.
9. Resident Fatigue and Sleep Loss. UCSD Division of Family Medicine. San Diego, Ca. April 13, 2005.
10. Sleep Disturbances in Patients with Dementia. Sleep Disorders in the Geriatric Population: Implications for Health. American Geriatric Society Annual Meeting. Orlando, FL, May 13, 2005.
11. Sleep and Aging. School of Sleep Medicine, Palo Alto, CA. May 19, 2005.
12. Joining Night and Day: Insomnia and the Sleep/Wake Cycle: Special Concerns in Aging. American Psychiatric Association Annual Meeting, Atlanta, GA, May 22, 2005.
13. Insomnia in Special Populations: Is this Insomnia or Something Else; symposium. American Psychiatric Association Annual Meeting, Atlanta, GA, May 23, 2005.
14. Controversies in sleep disordered breathing Pro/Con: Sleep Apnea in the Elderly Should be Treated – Pro. Annual International Conference of the American Thoracic Society, San Diego, CA. May 24, 2005.
15. Sleep and fatigue in breast cancer. The First International Congress of Applied Chronobiology and Chronomedicine. Antalya, Turkey. June 4, 2005.
16. Circadian Rhythms in Dementia. Symposium Chair. The First International Congress of Applied Chronobiology and Chronomedicine. Antalya, Turkey. June 5, 2005.
17. Use of OTC, Complementary and Alternative Medicine and Alcohol in the Treatment of Chronic Insomnia. NIH State-of-the-Science Conference on Manifestations and Management of Chronic Insomnia in Adults. Bethesda, MD. June 13-15, 2005.
18. Sleep in Dementia. Geriatric Sleep Medicine Course. 19<sup>th</sup> Annual Meeting of the Association of Professional Sleep Societies. Denver, CO. June 18, 2005.
19. Perspectives on Insomnia in the New Millennium. Insomnia Complex Symptoms or Syndrome? 19<sup>th</sup> Annual Meeting of the Association of Professional Sleep Societies. Denver, CO June 21, 2005.
20. Manifestations and Management of Chronic Insomnia in Adults: A Report from the NIH State-of-the-Science Conference. 19<sup>th</sup> Annual Meeting of the Association of Professional Sleep Societies. Denver, CO. June 21, 2005.
21. CPAP Improves Cognitive Function in Alzheimer's Disease Patients with Sleep Apnea: Preliminary Results. 19<sup>th</sup> Annual Meeting of the Association of Professional Sleep Societies. Denver, CO. June 21, 2005.
22. Assessing a Clinical Need: Diagnosing and Treating Insomnia – The Current Perspective on Insomnia and the Need for Accurate Diagnosis. 2005 Issues in Aging Medical Congress, Conference and Exhibition. New Orleans July 15, 2005
23. Psychopharmacology of Sleep. UCSD Psychopharmacology Resident Seminar Series. UCSD

August 5, 2005

24. Tailoring treatment of insomnia in elderly patients. The Art of Good Sleep. Hudson Valley, NY. September 8, 2005
25. Sleep Issues in Older Adults: From Aging to Dementia. 3rd Annual Midwest Updates in Sleep Medicine. St. Louis, September 16, 2005
26. Sleep and Wellness Across the Lifecycle: Best Practice Considerations for Family Physicians. American Academy of Family Physicians; San Francisco, September 29, 2005
27. Fatigue. UCSD Internal Medicine Residents Rounds. San Diego VA October 14, 2005
28. Fatigue. UCSD Internal Medicine Residents Rounds. San Diego UCSD October 24, 2005
29. Insomnia and Psychiatric Disorders. CME Healthology, San Francisco, October 15, 2005
30. Efficacy and Safety of OTC, Complimentary, Alternative Medicines and Alcohol in the Treatment of Chronic Insomnia. Takeda SMART Lecture Series. Lincolnshire, Ill, October 19, 2005
31. Insomnia. PriMed Institute. Durham, NC. October 26, 2005
32. Sleep and Healthy Aging Scientific Consensus Conference. International Longevity Center-USA. New York, NY. November 2-4, 2005.
33. The Effect of Insomnia on Quality of Life: Consequences of Underdiagnosis. US. Psychiatry and Mental Health Congres. Las Vegas, November 9, 2005
34. Insomnia. PriMed Institute. Los Angeles, Ca. November 18, 2005
35. IMPACT: Insomnia Management – Providing Advances in Care and Treatment. San Diego, December 7, 2005

## 2006

1. Insomnia. UCSD Behavioral Medicine Rounds. January 19, 2006
2. Why Grandma Can't Sleep: The Latest Information on Sleep Disturbances. OASIS. San Diego, January 25, 2006
3. Sleep in Older Adults. Atlanta School of Sleep Medicine. San Diego, February 9, 2006
4. Actigraphy. Primer of Sleep Research Course. La Jolla, February 12, 2006
5. Grand Rounds: Sleep in Older Adults with Dementia. University Of Arizona February 15, 2006
6. Sleep in Older Adults. Neurology Rounds, University Of Arizona February 15, 2006
7. Sleep in Cancer. University of Washington Sleep Rounds. St. Louis, February 17, 2006.
8. The Neuropsychiatry of Sleep and its Disorders: Insomnia. American Neuropsychiatric Association. February 21, 2006
9. Sleep and Fatigue Problems in Cancer Patients. Moores UCSD Cancer Center Patient Education. San Diego, February 22, 2006.
10. Insomnia. UCSD Topics and Advances in Internal Medicine. San Diego. March 3, 2006
11. Managing Chronic Insomnia: Evaluating Current and Emerging Therapies. US Psychiatric and Mental Health Congress, Chicago, March 11, 2006
12. Discussant Treatments for Insomnia. American Academy of Neurology. San Diego, April 2, 2006
13. Nonpharmacologic Options for Sleep Disorders. American College of Physicians. April 7, 2006.
14. Clinical Disorders and Sleep in Advanced Biology of Sleep Oscillations, Salk Institute, San Diego, May 3, 2006.
15. Sleep in Aging. Mini Sleep Symposium: Sleep and Alertness Clinic; Med-West medical Center, Toronto, May 23, 2006.
16. Insomnia. Primed. Brooklyn, NY, May 25, 2006.
17. Sleep Disorders. Neurology Resident Lecture Series, UCSD. May 30, 2006.
18. Sleep in Aging. Stein Institute for Research on Aging: Lunch and Learn on Healthy Aging, May 31, 2006.
19. New Treatment Options for Managing Insomnia. Pri-Med Updates. Jacksonville, Fla, June 2, 2006.

20. Sleep and Behavior Research, 11 Annual Trainee Symposium Series, Salt Lake City, Utah. June 18, 2006
21. Fatigue. UCSD Internal Medicine Residents Rounds. San Diego UCSD, July 10, 2006.
22. Fatigue. UCSD Internal Medicine Residents Rounds. San Diego VASDHS, July 12, 2006.
23. Psychopharmacology of Sleep. UCSD Psychopharmacology Resident Seminar Series. UCSD, August 8, 2006.
24. Fatigue. Resident Core Lecture Series, UCSD. August 16, 2006.
25. Pfizer Scholar Invited Lectures: Fatigue. Northbrook University, Long Island, NY. Aug 23-25, 2006.
26. Insomnia. Regional Women's Health Conference. Burlingame, Ca. September 29, 2006.
27. Insomnia. Advances in Primary Care. Houston, Tx. October 8, 2006.
28. All I Want is a Good Night's Sleep. Learn-at-Lunch. UCSD. October 10, 2006.
29. Insomnia. Primed. Las Vegas, Nv. October 13, 2006.
30. Sleep and Aging. School of Sleep Medicine, Palo Alto, CA. November 9, 2006.
31. New Treatment Options for Managing Insomnia. Pri-Med Updates. San Jose, Ca. November 9, 2006, June 2, 2006.
32. Sleep in Aging. Advanced Psychiatry Colloquim, Harvard University, November 17, 2006.
33. Non-pharmacological Treatments of Insomnia. American Society for Health System Pharmacists Annual Meeting, Anaheim, Ca. December 4, 2006.
34. Sleep and Fatigue in Breast Cancer. Invited lecture, Providence Sleep Research Interest Group, Providence, RI. November 18, 2006.

## 2007

1. Sleep Disorders: Causes, Consequences and Cures. Hadassah Nurses and Health Professionals Council. January 21, 2007.
2. Dementia and problems with the circadian sleep cycle. WASM, Bangkok, Thailand, February 2007.
3. Assessment and Management of Insomnia. In, Advances in Sleep Medicine: Practical Approaches in Primary Care. Los Angeles, Ca. February 24, 2007.
4. Sleep in the Older Adult. Keynote Address: West Coast Geriatric Psychiatry Conference. San Diego, Ca March 8, 2007.
5. Christian Gillin Memorial Lecture: All I Want is a Good Night's Sleep. Advances in Psychopharmacology. San Diego, Ca. April 12, 2007.
6. Sleep-Wake Disturbances. CME Primary Care Networks. Anaheim, Ca. April 13, 2007.
7. AASM Scoring Rules Update. 3<sup>rd</sup> Congress of the Canadian Sleep Society, Montreal, Canada, April 19, 2007.
8. Keynote Speaker: Sleep and Fatigue in Women with Breast Cancer. 3<sup>rd</sup> Congress of the Canadian Sleep Society, Montreal, Canada, April 20, 2007.
9. Sleep Disorders in Dementia. In, Insomnia: Addressing the Special Needs of a Growing Geriatric Population. American Geriatric Society Annual Meeting, Seattle, Wa. May 2, 2007.
10. Why Can't Grandma Sleep? SIRA lecture series, San Diego, Ca. May 16, 2007.
11. Sleep Disorders. Basic Neurology Course. UCSD. May 29, 2007
12. Managing Fatigue and Cluster Overlap. In, Symptom Clusters in Supportive and Palliative Care: Moving Toward the New Frontier in Managing Cancer Patients. ASCO, Chicago, Ill, June 1, 2007.
13. Sleep Disorders in the Nursing Home Setting. In, Geriatric Sleep Medicine. Sleep 2007 Annual Meeting, Minneapolis, MN, June 9, 2007.
14. Sleep Issues in the Elderly, In, Best Practices in Sleep Medicine, 2007. Sleep 2007 Annual Meeting, Minneapolis, MN, June 9, 2007.
15. Treatment of insomnia and fatigue in patients with cancer. In, Evaluation and Management of Comorbid Insomnia in Medical and Neurological Disorders. Sleep 2007 Annual Meeting,



Minneapolis, MN, June 10, 2007.

16. Sleep in Aging. Atlanta School of Sleep Medicine, San Diego, Ca. August 5, 2007.
17. Managing Excessive Sleepiness Associated With Shift Work Disorder Among Health Care Personnel. LA County Hospital Grand Rounds. August 21, 2007.
18. Why Can't I Sleep as I Get Older. Patrician, San Diego, Ca. August 22, 2007.
19. How to Juggle Life and Work. World Federation of Sleep Research and Sleep Medicine Societies. Cairns, Australia, September 2, 2007.
20. Fatigue. UCSD Core Residents Lecture Series. San Diego, Ca. September 19, 2007.
21. Overcoming Challenges to Long Term Management of Sleep Disorders. UCSD PGY-3 Ambulatory Psychopharmacology Series. San Diego, Ca. September 24, 2007.
22. Causes, Consequences and Cures of Insomnia in the Elderly. Keynote Symposium. Cleveland, Oh. September 28, 2007.
23. Sleep Issues in Long Term Care. Keynote Symposium. Cleveland, Oh. September 28, 2007.
24. Sleep in Normal Aging and Pathological Populations. John Garcia Recognition of Excellence Lecture Series, CSULB. Long Beach, Ca. October 8, 2007.
25. Insomnia: Diagnostic Challenges and Quality of Life Implications. 2007 U.S. Psychiatric & Mental Health Congress. Orlando, Fl. October 11, 2007.
26. Sleep-Wake Disturbances: What You Need to Know to Recognize, Diagnose, and Manage them in Your Practice. Primary Care Network. San Diego, Ca. October 13, 2007.
27. Sleep in Aging. Atlanta School of Sleep Medicine, San Diego, Ca. October 19, 2007.
28. Sleep Disorders. Psychopharmacology of Aging. San Diego, Ca. November 4, 2007.
29. Sleep in the Older Adult: Why Can't Grandma Sleep? Invited address, National Healthcare Group Annual Scientific Congress, Singapore, November 11, 2007.
30. Health Manpower Development Plan (HMDP) Honorary Visiting Expert for Geriatric Medicine, Singapore, November 12-16, 2007:
  - a. Management of Sleep Disorders in the Hospitalized older Person: The mad, the sad, the confused and the restless. Alexander Hospital, November 12, 2007.
  - b. Sleep disorders in long-term care setting: Evaluation and Management. St Luke's Hospital, November 12, 2007.
  - c. Sleep disorders in demented elderly, Singapore General Hospital, November 13, 2007
  - d. Prevalence and Comorbidity of Insomnia and Impact of Functioning in Elderly Populations. Tan Tock Seng Hospital, November 14, 2007
  - e. Prevention of sleep disorders in long-term care institutions. Bright Vision Hospital, November 15, 2007
  - f. Sleep disorders in the demented elderly in long-term care institution. Peacehaven Nursing Home, November 15, 2007
  - g. Sleep disorders in cancer patients (in conjunction with Singapore Hospice Council), Tan Tock Seng Hospital, November 16, 2007
31. Sleep in Aging and Dementia. Department of Neurology Grand Rounds, Northwestern University, November 27, 2007.
32. Movement Rules. Interpreting Sleep Studies: Using the New AASM Scoring Manual, Austin, Texas, December 1-2, 2007.
33. Insomnia in Elderly. International Longevity Center, New York, Dec 6, 2007.

## 2008

1. Sleep in the Eldery; Invited Address. Mental Health Care Group Grand Rounds Presentation, VA Long Beach Medical Center, January 29, 2008
2. Why Grandma Can't Sleep; Invited Address. Osher Lifelong Learning Institute, UCSD January 31,

- 2008.
3. Sleep in Aging and Dementia; Invited Address. Stanford Sleep Grand Rounds, Palo Alto, February 1, 2008.
4. The Relationship Between Sleep Disturbances, Stroke and Head Injury. Invited Address. Rehab Grand Rounds, Scripps Encinitas, February 21, 2008.
5. The Effects of Fatigue and Sleep Deprivation on Performance and Mood. Psychiatry Child and Adolescent Grand Rounds, Rady Children's Hospital, San Diego, Ca. February 22, 2008.
6. Science of Sleep. UCSD Gelfand Lecturer, Phi Delta Epsilon International Medical Fraternity, February 21, 2008.
7. Updates on Insomnia Management. UCLA Advances in Sleep Medicine: Practical Approaches in Primary Care. Santa Monica, Ca. February 28, 2008.
8. Sleep and Fatigue in Women with Breast Cancer. American Psychosocial Oncology Society, Irvine, Ca, March 1, 2008.
9. Treatment of Sleep Disorders in Older Adults. Keystone Symposia: Genetics and Biochemistry of Sleep, Tahoe City, Ca. March 9, 2008.
10. Insomnia. SDSU/UCSD JDP Behavioral Medicine Pro-Seminar Series. San Diego, Ca. March 18, 2008.
11. Cytokines and Circadian Mechanisms in Insomnia. Society for Behavioral Medicine invited symposium: Behavioral Consequences of Cancer and its Treatment: Mechanisms of the Sixth Vital Sign. San Diego, Ca. March 27, 2008.
12. Maximizing Sleep Quality and Daytime Function: Overcoming the Challenges of Comorbid Conditions in the Management of Insomnia. 2008 US Psychiatric and Mental Health Congress, Los Angeles, Ca. April 5, 2008.
13. Sleep Disorders Part I – Insomnia Evaluation and Treatment. SDSU Student Health Grand Rounds. San Diego, Ca. April 10, 2008.
14. Sleep in Cancer. UCSD Moores UCSD Cancer Center Psycho-Oncology Seminar Series, April 16, 2008.
15. Sleep Disorders Part II – Non-Insomnia Sleep Disorders. SDSU Student Health Grand Rounds. San Diego, Ca. April 24, 2008.
16. Sleep Apnea Management in Dementia Patients, Practical Issues in Assessment and Treatment of Sleep Disorders. American Geriatrics Society, Washington DC, April 30, 2008.
17. Fibromyalgia and Sleep Impairment: How They Relate; Beyond Pain to Fibrofog and Sleep Impairments: Implications for Neurocircuitry and Treatments in Fibromyalgia. American Psychiatric Association, Washington DC, May 7, 2008.
18. Sleep in Aging and Dementia. UCSD Geropsychiatry Lecture Series. San Diego, Ca. June 18, 2008.
19. Effect of Bright Light on Fatigue in Breast Cancer. Society for Light Treatment and Biological Rhythms Invited Address. Vancouver, Canada. June 28, 2008.
20. Sleep in Cancer. CURE Summer Science Enrichment Program, UCSD, July 15, 2008.
21. Benefits of Treating Sleep Apnea in Patients with Dementia. Sleep Grand Rounds, Harvard, August 1, 2008.
22. Sleep Disorders: Tired of this Problem. Invited lecture, Sharp Rees Stealy Medical Group CME Symposium, October 12, 2008.
23. Therapeutic management of Chronic Insomnia. Albert Einstein College of Medicine CME course. Chicago, October 18, 2008.
24. Cancer/Chronic Pain and Insomnia. US Psychiatric and Mental Health Congress, October 30, 2008
25. Sleep and the Older Woman. Invited Speaker, Hadassah, San Diego, November 3, 2008
26. Sleep and Fatigue in Breast Cancer. Guest Lecturer, Le Centre de Recherche de L'Hotel-Dieu de

Quebec. November 14, 2008.

27. Treating Sleep Apnea in Dementia, Guest Lecturer, Charles Morin, PhD, University of Laval, Quebec, November 14, 2008.
28. Insomnia and Sleep Across the Stages of Adulthood and Aging. Cutting Edge of Sleep, Lake Beuna Vista, Fl. December 2, 2008.

## 2009

1. Sleep. Psychiatry Residency Didactic Lecture Series, January 8, 2009
2. Insomnia and the Talmud. Maimondies Society, San Diego, Ca February 15, 2009.
3. Updates of Insomnia Management. Advances in Sleep Medicine, UCLA, February 21, 2009
4. Sleep Disorders in the Older Adult. West Coast Geriatric Psychiatry Conference, San Diego, Feb 27, 2009
5. Sleep and Aging, AAGP, Hawaii, March 8, 2009
6. Treatment of Obstructive Sleep Apnea in Alzheimer's Disease. World Congress on Sleep Apnea, Korea, March 25, 2009
7. SuperWOMan: How to juggle life and work and still get a good night's sleep. UCSD Women in Science and Engineering (WISE), San Diego April 16, 2009
8. Sleep in the elderly. Satellite meeting of the ICACC, May 17, 2009, Tel Aviv, Israel.
9. Sleep and Circadian Rhythms in Cancer. International Congress of Applied Chronobiology and Chronomedicine, Akko, Israel, May 18, 2009
10. Sleep and Development: Adulthood to Old Age. APSS Sleep Meeting. June 7, 2009
11. Management of Sleep Problems in the Elderly. Meet the Professor, Sleep Meeting, June 8, 2009
12. Ethnicity and Sleep Disorders. APSS Sleep meeting, June 9, 2009
13. Actigraphy Monitoring of Sleep. APSS Sleep meeting. June 10, 2009
14. Light treatment in Cancer. Society for Light Treatment and Biological Rhythms, Berlin, June 25, 2009
15. Sleep Disorders in Older Persons. XIXth World Congress of Gerontology and Geriatrics. Paris, July 6, 2009
16. Sleep apnea and dementia. 11<sup>th</sup> International Symposium on Sleep and Breathing, Pittsburgh, Pa, Sept 11, 2009
17. Multidimensional Assessment and Ongoing Management of Sleep/ake Disorders. Albert Einstein College of Medicine CME course. San Diego, September 12, 2009
18. Insomnia: How to get a better night's sleep. UCSD Heart/Lung Transplant Support Group. San Diego, Ca September 14, 2009
19. Insomnia. Conversations on Health and Wellness, Los Angeles, October 10, 2009.
20. Multimodal Approach to the treatment of Insomnia. American Academy of Family Physicians. October 14, 2009
21. Sleep and Fatigue in Breast Cancer. UCSD Department of Medicine, Progress in Medical Research Lecture Series. October 26, 2009
22. Insomnia. US Psychiatric and Mental Health Congress, Las Vegas, November 3, 2009
23. CPAP in patients with Alzheimer's Disease and OSA. World Association of Sleep Medicine, Sao Paulo, Brazil, November 10, 2009
24. Sleep and Activity Rhythms in Breast Cancer. Center for Chronobiology Mini-Symposium on Circadian Rhythms, San Diego, November 13, 2009

## 2010

1. Fatigue in Residency. UCSD Division of Plastic Surgery Grand Rounds, Jan 6, 2010.

2. Sleep, Rhythms and Fatigue in Women with Breast Cancer. Invited Address. UCSF Psycho-Oncology Speaker Series. San Francisco, January 22, 2010.
3. Altered sleep patterns in Alzheimer's disease. Invited Address. 1<sup>st</sup> International Congress on Alzheimer's Disease and Advanced Neurotechnologies: A Meeting of the Minds in Monaco. Principality of Monaco, Feb 11-13, 2010.
4. Sleep Problems in the Elderly. Invited Address. Royal Society of Medicine Conference - Insomnia: Advances in Etiology and Treatment. London, Feb 17, 2010.
5. Contribution of Fatigue to Chemobrain in Women Undergoing Chemotherapy for Breast Cancer. Cognition and Cancer Conference: The International Cognition and Cancer Task Force. New York. March 8-9, 2010
6. Sleep like a baby? Invited Address. Daytimers Enrichment Program for Adults, Congregation Beth Israel, San Diego March 18, 2010
7. Insomnia: Co-morbidity, consequences and cure. Invited Address. Applied Psychophysiology and Biofeedback, San Diego, March 26, 2010
8. Trouble Sleeping? Sleep better to feel better. Invited Address. CancerCare, April 13, 2010
9. Sleep and Sleep Disorders. In UCSD Basic Neurology Course. May 27, 2010
10. What the Bible tells us about sleep. Invited Address. Association of Professional Sleep Societies, San Antonio June 5, 2010
11. Actigraphy in the Clinic. Association of Professional Sleep Societies, San Antonio, June 9, 2010
12. Sleep Dysfunction in Patients with Cancer. Association of Professional Sleep Societies, San Antonio, June 9, 2010
13. Sleep and Alzheimer's Disease. Invited Address. Dr. Naoko Tachibana, Osaka, Japan. June 20, 2010
14. Sleep in Aging. Invited Address. Mie University, Mie, Japan June 22, 2010
15. The Impact of Sleep Breathing Disorder on the Elderly with Cognitive Impairment. Invited Address. Osaka Sleep Health Network, Integrated Sleep Medicine Society. Osaka, Japan, June 24, 2010.
16. Fatigue in Residency. Invited Address. UCSD Ophthalmology Resident Series, July 12, 2010
17. Insomnia. Invited Address. UCSD Psychiatry Residents. July 22, 2010
18. Cognitive Deficits: Relationship to Sleep and Fatigue in Breast Cancer Patients. Southern California Cognitive Function in Cancer Workshop. August 5, 2010
19. Cognitive Behavioral Therapy of Chronic Insomnia. Invited Address. American College of Chest Physicians Sleep Medicine Board Review, Orlando, August 29, 2010
20. Normal sleep and sleep disorders in older people. Invited Address. American College of Chest Physicians, Sleep Medicine Board Review, Orlando, August 29, 2010
21. Insomnia Case conference, Sleep Medicine Board Review, Orlando, August 28-29, 2010
22. Sleep and Fatigue for Residents and Faculty. Mercy Hospital Medical Grand Rounds, San Diego, August 31, 2010
23. Clinical Evaluation of Chronic Insomnia. Invited Address. Mexican Academy of Neurology, Leon, Mexico, October 13, 2010
24. Circadian Rhythm changes in aging and dementia. Invited Plenary; 22<sup>nd</sup> Annual meeting of the Australasian Sleep Association, Christchurch, NZ. October 22, 2010
25. Sleep-wake changes associated with healthy aging. Invited Address. 22<sup>nd</sup> Annual meeting of the Australasian Sleep Association, Christchurch, NZ. October 23, 2010
26. Sleep and Cancer: Theory and Practice. Invited Address, 22<sup>nd</sup> Annual meeting of the Australasian Sleep Association, Christchurch, NZ. October 23, 2010
27. Cancer and Circadian Rhythms. Invited lecture in UCSD Undergraduate class Chronobiology. Nover 18, 2010.

**2011**

1. Sleep Case Conference; Discussant. UCSD Department of Psychiatry Grand Rounds. January 13, 2011
2. How to Juggle Career and Life. Invited Lecture. UCSD Stein Institute for Research on Aging, T32 Lecture Series. January 19, 2011.
3. Recognizing and Treating Sleep Disordered Breathing. 11<sup>th</sup> Annual UCSD Heart Failure Symposium for Primary Care and Internal Medicine. February 5, 2011
4. Sleep and Circadian Rhythms in Cancer Patients. 2<sup>nd</sup> Annual UCSD Center for Chronobiology Symposium: From Cells to Clinic. San Diego, February 11, 2011.
5. Sleep Disorders in the Older Adult. West Coast Geriatric Psychiatry Conference. San Diego, Ca Feb 16, 2011.
6. Sleep and Insomnia. Better Breather's Club. San Diego, February 21, 2011.
7. Sleep and the Bible. UCSD School of Medicine Maimonides Club. February 24, 2011.
8. Sleep and Breathing: Aging. 12<sup>th</sup> Annual International Symposium on Sleep and Breathing. Barcelona, March 9, 2011.
9. Insomnia. UCSD/SDSU Joint Doctoral Program Behavioral Medicine Pre-Seminar. San Diego, April 13, 2011.
10. Sleep and Academics. Invited Address. UC Riverside. April 26, 2011
11. Sleep and cancer. Invited Address; Department of Neurology, Northwestern University, Chicago, May 2, 2011.
12. Sleep in Aging and Dementia. Invited Address. Center for Research on Families Tay Gavin Erickson Lecture Series, Univeristy of Massachusetts, Amherst. May 4, 2011.
13. Sleep directed interventions to slow down deterioration of cognition in patients with dementia. NIA Sleep in Aging and Dementia Special Workshop. Bethesda, May 17, 2011.
14. Fatigue in Residency; Department of Ophthalmology, UCSD, August 8, 2011
15. Discussant; Sleeping Beauty Wakes; La Jolla Playhouse, August 14, 2011
16. Fatigue in Residency; Department of Psychiatry Grand Rounds, UCSD, August 18, 2011
17. Sleep and Cancer; Continuing Umbrella of Research Experience, CURE, August 22, 2011
18. Insomnia: Epidemiology, Risk Factors, Pathophysiology and Assessment. American College of Chest Physicians Sleep Medicine Board Review Course, San Antonio, Aug 26-29, 2011
19. Cognitive-Behavioral Therapy of Chronic Insomnia. American College of Chest Physicians Sleep Medicine Board Review Course, San Antonio, Aug 26-29, 2011
20. Normal Sleep and Sleep Disorders in Older People. American College of Chest Physicians Sleep Medicine Board Review Course, San Antonio, Aug 26-29, 2011
21. Insomnia Diagnosis and Management Case Presentations. American College of Chest Physicians Sleep Medicine Board Review Course, San Antonio, Aug 26-29, 2011
22. Fatigue in Residency. UCSD Family Medicine Grand Rounds. Sept 7, 2011.
23. Insomnia. San Diego Psychological Association. San Diego, Ca. Sept 9, 2011.
24. Sleep and Fatigue in Cancer. World Association of Sleep Medicine. Quebec, Canada. Sept 10-15, 2011.
25. Sleep, fatigue and circadian rhythms in cancer. Invited Plenary Lecture. World Sleep 2011. Kyoto, Japan. Oct 16-20, 2011.
26. Benefits of treating sleep apnea in patients with dementia. International College of Geriatric Psychoneuropharmacology. Irvine, Ca Nov 2-5, 2011.
27. Panel discussant. Center for Chronobiology Fall Workshop on Biological Timing, UCSD, Nov 9, 2011.
28. Sleep, fatigue and circadian rhythms in cancer. UCSD BMM 116 PSYC 133 - Circadian Rhythms-

- Biological Clocks, Susan Golden and Michael Gorman, professors. UCSD, Nov 10, 2011.
29. How to record and study sleep. JDP Behavioral Medicine Pro-Seminar. UCSD, Nov 17, 2011.
  30. Cognitive Behavioral Therapy for Insomnia. JDP Behavioral Medicine Pro-Seminar. UCSD, Nov 17, 2011.
  31. Sleep, fatigue and circadian rhythms in cancer. Invited Address. Mt Sinai School of Medicine, Cancer Center. New York, NY. Dec 5, 2011.
  32. Sleep Disorders. UCSD PGY 3 resident seminar series. San Diego, Ca. Dec 16, 2011.

## 2012

1. Why Can't Grandma Sleep? Stein Institute for Research on Aging lecture series, San Diego, Ca. January 18, 2012.
2. Why can't I sleep: Changes in sleep with age. San Diego Union Tribune Aging Seminar. February 11, 2012
3. Cognition and OSA. Advances in OSA and Snoring CME course. San Francisco, Ca. Feb 18, 2012
4. OSA in the Older Adult. Advances in OSA and Snoring CME course. San Francisco, Ca. Feb 18, 2012
5. Shift work sleep disorders in hospitals: reducing risk and improving outcomes. Hackensack University Medical Center. Hackensack, NJ. February 21, 2012
6. Shift work sleep disorders in hospitals: reducing risk and improving outcomes. Hackettstown Regional Medical Center, Hackettstown, NJ February 22, 2012
7. CBT for Insomnia. SDSU/UCSD JDP Behavioral Medicine Pro-Seminar. March 1, 2012
8. What happens to sleep with age?. UCSD Division of Geriatrics Grand Rounds. March 5, 2012
9. Influence of sleep on cognition in breast cancer. Invited address. International Cognition and Cancer Task Force Conference. Paris, France, March 16, 2012
10. Sleep and fatigue in residence. UCSD Department of Plastic Surgery. April 11, 2012
11. CBT-I course, Director and speaker; UCSD Department of Psychiatry, April 14, 2012
12. Sleep in the Older Adult; invited address, 21<sup>st</sup> Annual Meeting of the American Academy of Dental Sleep Medicine. Boston, June 8, 2012.
13. The influence of sleep on cognition in breast cancer. 2012 Biennial Cancer Survivorship Research Conference, Arlington, VA. June 15, 2012
14. Changes in Sleep with Age: Why is it Harder to Sleep? 37<sup>th</sup> Annual Meeting of the Japanese Society of Sleep Research, Yokohama, Japan, July 28, 2012
15. Sleep and Gender. 37<sup>th</sup> Annual Meeting of the Japanese Society of Sleep Research, Yokohama, Japan, June 28, 2012
16. Sleep and Aging. 54<sup>th</sup> Annual Meeting of the Japan Geriatrics Society. Tokyo, Japan, June 29, 2012
17. Sleep in Aging and Dementia. UCSD Department of Neurosciences Grand Rounds. August 3, 2012
18. Morning Edition interview on NPR with Patricia Neighmond, August 18, 2012
19. Sleep and fatigue. UCSD Department of Psychiatry Grand Rounds. August 30, 2012
20. Insomnia: Symptoms and Treatment. 9<sup>th</sup> Annual Mercy Sleep Center Afternoon Siesta Meeting. September 12, 2012
21. Sleep and Aging. 9<sup>th</sup> Annual Mercy Sleep Center Afternoon Siesta Meeting. September 12, 2012
22. How to record and study sleep. JDP Behavioral Medicine Pro-Seminar. UCSD. October 11, 2012

23. Ambulatory measurement of sleep – present and future. Postgraduate Education Course, Prince of Wales Hospital. Shatin, Hong Kong, Oct 18, 2012
24. Assessment of Insomnia in Clinical Practice. Postgraduate Education Course, Prince of Wales Hospital. Shatin, Hong Kong, Oct 18, 2012
25. Sleep, Circadian Rhythms and medical illness. Invited address. Biennial Sleep Symposium, Chinese University of Hong Kong, Oct 20, 2012
26. Sleep in elderly and dementia – does sleep matter? Invited address. Biennial Sleep Symposium, Chinese University of Hong Kong, Oct 20, 2012
27. Sleep and Cancer – What is the Concern? Invited address. Biennial Sleep Symposium, Chinese University of Hong Kong, Oct 20, 2012
28. Sleep Education Forum: Sleep education – does it work across ages and cultures? Biennial Sleep Symposium, Chinese University of Hong Kong, Oct 20, 2012

### 2013

1. San Diego Police Department: Sleep and Fatigue and Shiftwork January 10, 23, Feb 7, 19, Mar 4, 8, 2013
2. Sleep and Aging. West Coast College of Geriatric Psychiatry, San Diego, Feb 20, 2013
3. Why can't I sleep: Changes in sleep with age. San Diego Union Tribune Aging Seminar. Feb 24, 2013
4. Sleep Apnea and Aging, American Association of Geriatric Psychiatry, Los Angeles, March 17, 2013
5. Insomnia: Causes, Consequences and Cures, UCSD Library Lecture Series, March 21, 2013
6. Sleep in Parkinson's Disease. American Academy of Neurology. San Diego, March 21, 2013.
7. Sleep in the Older Adult. New York University Psychiatry Grand Rounds. New York, April 11, 2013.
8. Sleep in Parkinson's Disease. New York University, Sleep Medicine Grand Rounds, April 11, 2013.
9. Discussion on Sleep. KPBS Producer's Club, San Diego, April 19, 2013.
10. Insomnia. SDSU/UCSD JDP in Clinical Psychology Behavioral Medicine Seminar. April 25, 2013.
11. Sleep, Circadian Rhythms and Fatigue in Patients with Cancer. University of Nebraska, Cancer Prevention and Control Grand Rounds. Omaha, May 14, 2013.
12. Sleep in Dementia. Northwestern University, Sleep Medicine Grand Rounds. Chicago, May 17, 2013.
13. Invited Lecture - Sleep Apnea in the Older Adult: To treat or not to treat? American Academy of Dental Sleep Medicine. Baltimore, May 30, 2013.
14. Invited Lecture - Sleep, Circadian Rhythms and Fatigue in Patients with Cancer. Association of Professional Sleep Societies, Annual Meeting, Baltimore, June 4, 2013.

### 2010

28. Fatigue in Residency. UCSD Division of Plastic Surgery Grand Rounds, Jan 6, 2010.
29. Sleep, Rhythms and Fatigue in Women with Breast Cancer. Invited Address. UCSF Psycho-Oncology Speaker Series. San Francisco, January 22, 2010.
30. Altered sleep patterns in Alzheimer's disease. Invited Address. 1<sup>st</sup> International Congress on Alzheimer's Disease and Advanced Neurotechnologies: A Meeting of the Minds in Monaco. Principality of Monaco, Feb 11-13, 2010.
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- Advances in Etiology and Treatment. London, Feb 17, 2010.
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  48. Insomnia Case conference, Sleep Medicine Board Review, Orlando, August 28-29, 2010
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  51. Circadian Rhythm changes in aging and dementia. Invited Plenary; 22<sup>nd</sup> Annual meeting of the Australasian Sleep Association, Christchurch, NZ. October 22, 2010
  52. Sleep-wake changes associated with healthy aging. Invited Address. 22<sup>nd</sup> Annual meeting of the Australasian Sleep Association, Christchurch, NZ. October 23, 2010
  53. Sleep and Cancer: Theory and Practice. Invited Address, 22<sup>nd</sup> Annual meeting of the Australasian Sleep Association, Christchurch, NZ. October 23, 2010
  54. Cancer and Circadian Rhythms. Invited lecture in UCSD Undergraduate class Chronobiology. November 18, 2010.

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33. Sleep Case Conference; Discussant. UCSD Department of Psychiatry Grand Rounds. January 13, 2011
34. How to Juggle Career and Life. Invited Lecture. UCSD Stein Institute for Research on Aging, T32 Lecture Series. January 19, 2011.



35. Recognizing and Treating Sleep Disordered Breathing. 11<sup>th</sup> Annual UCSD Heart Failure Symposium for Primary Care and Internal Medicine. February 5, 2011
36. Sleep and Circadian Rhythms in Cancer Patients. 2<sup>nd</sup> Annual UCSD Center for Chronobiology Symposium: From Cells to Clinic. San Diego, February 11, 2011.
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55. Insomnia. San Diego Psychological Association. San Diego, Ca. Sept 9, 2011.
56. Sleep and Fatigue in Cancer. World Association of Sleep Medicine. Quebec, Canada. Sept 10-15, 2011.
57. Sleep, fatigue and circadian rhythms in cancer. Invited Plenary Lecture. World Sleep 2011. Kyoto, Japan. Oct 16-20, 2011.
58. Benefits of treating sleep apnea in patients with dementia. International College of Geriatric Psychoneuropharmacology. Irvine, Ca Nov 2-5, 2011.
59. Panel discussant. Center for Chronobiology Fall Workshop on Biological Timing, UCSD, Nov 9, 2011.
60. Sleep, fatigue and circadian rhythms in cancer. UCSD BIMM 116 PSYC 133 - Circadian Rhythms-Biological Clocks, Susan Golden and Michael Gorman, professors. UCSD, Nov 10, 2011.
61. How to record and study sleep. JDP Behavioral Medicine Pro-Seminar. UCSD, Nov 17, 2011.
62. Cognitive Behavioral Therapy for Insomnia. JDP Behavioral Medicine Pro-Seminar. UCSD, Nov 17, 2011.
63. Sleep, fatigue and circadian rhythms in cancer. Invited Address. Mt Sinai School of Medicine, Cancer Center. New York, NY. Dec 5, 2011.

64. Sleep Disorders. UCSD PGY 3 resident seminar series. San Diego, Ca. Dec 16, 2011.

## 2012

1. Why Can't Grandma Sleep? Stein Institute for Research on Aging lecture series, San Diego, Ca. January 18, 2012.
2. Why can't I sleep: Changes in sleep with age. San Diego Union Tribune Aging Seminar. February 11, 2012
3. Cognition and OSA. Advances in OSA and Snoring CME course. San Francisco, Ca. Feb 18, 2012
4. OSA in the Older Adult. Advances in OSA and Snoring CME course. San Francisco, Ca. Feb 18, 2012
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6. Shift work sleep disorders in hospitals: reducing risk and improving outcomes. Hackettstown Regional Medical Center, Hackettstown , NJ February 22, 2012
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What happens to sleep with age?. UCSD Division of Geriatrics Grand Rounds. March 5, 2012
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11. Sleep in the Older Adult; invited address, 21<sup>st</sup> Annual Meeting of the American Academy of Dental Sleep Medicine. Boston, June 8, 2012.
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14. Sleep and Gender. 37<sup>th</sup> Annual Meeting of the Japanese Society of Sleep Research, Yokohama, Japan, June 28, 2012
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17. Morning Edition interview on NPR with Patricia Neighmond, August 18, 2012
18. Sleep and fatigue. UCSD Department of Psychiatry Grand Rounds. August 30, 2012  
Insomnia: Symptoms and Treatment. 9<sup>th</sup> Annual Mercy Sleep Center Afternoon Siesta Meeting. September 12, 2012
19. Sleep and Aging. 9<sup>th</sup> Annual Mercy Sleep Center Afternoon Siesta Meeting. September 12, 2012
20. How to record and study sleep. JDP Behavioral Medicine Pro-Seminar. UCSD. October 11, 2012
21. Ambulatory measurement of sleep – present and future. Postgraduate Education Course, Prince of Wales Hospital. Shatin, Hong Kong, Oct 18, 2012
22. Assessment of Insomnia in Clinical Practice. Postgraduate Education Course, Prince of Wales Hospital. Shatin, Hong Kong, Oct 18, 2012
23. Sleep, Circadian Rhythms and medical illness. Invited address. Biennial Sleep Symposium, Chinese University of Hong Kong, Oct 20, 2012

24. Sleep in elderly and dementia – does sleep matter? Invited address. Biennial Sleep Symposium, Chinese University of Hong Kong, Oct 20, 2012
25. Sleep and Cancer – What is the Concern? Invited address. Biennial Sleep Symposium, Chinese University of Hong Kong, Oct 20, 2012
26. Sleep Education Forum: Sleep education – does it work across ages and cultures? Biennial Sleep Symposium, Chinese University of Hong Kong, Oct 20, 2012

## 2013

1. San Diego Police Department: Sleep and Fatigue and Shiftwork January 10, 23, Feb 7, 19, Mar 4, 8, 2013
2. Sleep and Aging. West Coast College of Geriatric Psychiatry, San Diego, Feb 20, 2013
3. Why can't I sleep: Changes in sleep with age. San Diego Union Tribune Aging Seminar. Feb 24, 2013
4. Sleep Apnea and Aging, American Association of Geriatric Psychiatry, Los Angeles, March 17, 2013
5. Insomnia: Causes, Consequences and Cures, UCSD Library Lecture Series, March 21, 2013
6. Sleep in Parkinson's Disease. American Academy of Neurology. San Diego, March 21, 2013.
7. Sleep in the Older Adult. New York University Psychiatry Grand Rounds. New York, April 11, 2013.
8. Sleep in Parkinson's Disease. New York University, Sleep Medicine Grand Rounds, April 11, 2013.
9. Discussion on Sleep. KPBS Producer's Club, San Diego, April 19, 2013.
10. Insomnia. SDSU/UCSD JDP in Clinical Psychology Behavioral Medicine Seminar. April 25, 2013.
11. Sleep, Circadian Rhythms and Fatigue in Patients with Cancer. University of Nebraska, Cancer Prevention and Control Grand Rounds. Omaha, May 14, 2013.
12. Sleep in Dementia. Northwestern University, Sleep Medicine Grand Rounds. Chicago, May 17, 2013.
13. Invited Lecture - Sleep Apnea in the Older Adult: To treat or not to treat? American Academy of Dental Sleep Medicine. Baltimore, May 30, 2013.
14. Invited Lecture - Sleep, Circadian Rhythms and Fatigue in Patients with Cancer. Association of Professional Sleep Societies, Annual Meeting, Baltimore, June 4, 2013.
15. Insomnia and Other Sleep Disorders. Council of Community Clinics Webinai, June 13, 2013, San Diego, Ca.
16. Insomnia Case Conference; Sleep Medicine Board Review Course, American College of Chest Physicians, Aug 23, 24, 25, 2013, San Antonio, Tx.
17. Normal Sleep and Sleep Disorders in Older People; Sleep Medicine Board Review Course, American College of Chest Physicians, Aug 24, 2013, San Antonio, Tx
18. Insomnia: Epidemiology, Risk Factors, Pathophysiology and Assessment. Sleep Medicine Board Review Course, American College of Chest Physicians, Aug 25, 2013, San Antonio, Tx.
19. Cognitive Behavioral Treatment of Chronic Insomnia; Sleep Medicine Board Review Course, American College of Chest Physicians, Aug 25, 2013, San Antonio, Tx.
20. Effect of Poor Sleep, Sleep Loss and Shift Work/Jet Lag on Performance and Health. Qualcomm, Aug 27, 2013, San Diego, Ca.
21. Insomnia – Causes, Consequences (and Cures) – Part 1. Qualcomm, Sept 10, 2013, San Diego, Ca.
22. Insomnia – (Causes, Consequences) and Cures – Part 2. Qualcomm, Sept 24, 2013, San Diego, Ca.

23. Sleep and Circadian Rhythms and Management in Alzheimer's Disease, World Association of Sleep Medicine, Sept 28, 2013, Valencia, Spain
24. Aging and sleep: clinical aspects. World Association of Sleep Medicine, Sept 29, 2013, Valencia, Spain
25. Obstructive Sleep Apnea is a Predictor of Impaired Cognitive Function in Parkinson's Disease. Sleep and Breathing, Oct 19, 2013, Montreal, Canada
26. Impact of Sleep, Fatigue and Circadian Rhythms on Patients with Cancer. Bellin Health 12<sup>th</sup> Annual Sleep Conference, Nov 7, 2013 Green Bay, WI.
27. Aging and Sleep: Clinical Aspects. French Sleep Research Society Congress, Nov 21, 2013, Marseilles, France
28. Insomnia and Cancer. French Sleep Research Society Congress, Nov 22, 2013, Marseilles, France
29. Sleep in the Bible: Nothing New Under the Sun. UCSD Judaic Studies Program, Dec 3, 2013. San Diego, Ca

## 2014

1. Insomnia: Consequences and Cures. Center for Circadian Biology, Workshop on Circadian Rhythms and Shiftwork. February 5, 2014. San Diego, Ca.
2. Sleep, Fatigue and Circadian Rhythms in Cancer. Invited address, Gordon Sleep Conference, March 16-21, 2014, Galveston, Texas.
3. Sleep and Aging. Keynote address. Taiwan Sleep Research Society. March 29, 2014, Taipei, Taiwan.
4. Sleep, Fatigue and Circadian Rhythms in Cancer. Invited address, Inspire Conference, April 23, 2014, Italy.
5. Future Treatment of Insomnia: Exploring the Mechanisms of Action for Current and Emerging Therapies. Roundtable discussion for American Osteopathic Association. May 23, 2014.
6. Sleep and Parkinson's Disease. Invited lecture. APSS Sleep Meeting, June 4, 2014, Minneapolis, MN
7. Circadian Based Approaches to Improve Treatment Outcomes. APSS Sleep Meeting, June 4, 2014, Minneapolis, MN
8. Sleep and Aging. Invited lecture. Institute of Medicine Committee on the Public Health Issues of Cognitive Aging. June 9, 2014, Irvine, CA
9. The Impact of Sleep, Fatigue and Circadian Rhythms on Patients with Cancer. Invited Keynote address at the Society for Integrative Oncology. October 26-28, 2014, Houston, Texas.
10. OTC Sleep Aids: A Sleep Health Perspective. Invited Discussant in Session on Sleep Health and the Appropriate Use of OTC Sleep Aids in Older Adults: Results from a GSA Summit. Gerontology Society of America. November 6, 2014, Washington D.C.
11. Insomnia in the Elderly: Causes, Consequences and Cures. Invited Keynote speaker at the 30<sup>th</sup> Incomnia Conference in Tokyo. December 6, 2014. Tokyo, Japan.

## 2015

1. Sleep Disorders and Shiftwork - Consequences of Poor Sleep and Treatment Strategies. Center for Circadian Biology, Workshop on Circadian Rhythms and Shiftwork. February 25, 2015. San Diego, Ca.
2. Circadian rhythms and disorders. Invited speaker. World Association of Sleep Medicine. March 21, 2015. Seoul, Republic of Korea.
3. Clinical Use of Actigraphy. World Association of Sleep Medicine. March 22, 2015. Seoul, Republic of Korea.

4. Sleep and Cancer: Implications for evaluations and Interventions. 6<sup>th</sup> World Congress on Sleep Medicine. March 23, 2015. Seoul, Republic of Korea.
5. Clinical Use of Actigraphy. World Association of Sleep Medicine. March 22, 2015. Seoul, Republic of Korea.
6. Sleep experience. Invited lecture in Embodied Performance – Body and Mind Intergration for the Musician. UCSD. April 1, 2015
7. Why Can't Grandma Sleep? Invited lecture to Congregation Beth El's Young at Heart Lunch and Learn Series. April 14, 2015. San Diego, Ca.
8. Sleep and Aging: Helping Elders Get a Good Night's Sleep. A. T. Still University Annual Lecture on Aging. April 24, 2015. Mesa, Arizona.
9. The Problem of Sleep Maintenance Insomnia. In Challenges and Progress in Treating Sleep Maintenance Insomnia. APSS, June 9, 2015. Seattle, WA.
10. Mentoring: Effective Ways to Work with your Mentor and How to Develop Good Mentoring Skills. APSS, June 6, 2015. Seattle, WA.
11. Effect of Light Treatment on Fatigue, Sleep and Rhythms in Cancer. Society for Light Treatment and Biological Rhythms. June 28, 2015. San Diego, CA.
12. Sleep, Fatigue and Circadian Activity in Cancer. Invited address, 6<sup>th</sup> Annual Conference of Chinese Associated Professional Sleep Societies. July 10-12, 2015. Qingdao, China.
13. Normal Sleep and Sleep Disorders in Older People; Sleep Medicine Board Review Course, American College of Chest Physicians, August 23, 2015. Washington, D.C.
14. Insomnia: Epidemiology, Risk Factors, Pathophysiology and Assessment. Sleep Medicine Board Review Course, American College of Chest Physicians, August 23, 2015. Washington, D.C.
15. Cognitive Behavioral Treatment of Chronic Insomnia; Sleep Medicine Board Review Course, American College of Chest Physicians, August 23, 2015. Washington, D.C.
16. The Bottom Line: Insomnia Board Review Questions. Sleep Medicine Board Review Course, American College of Chest Physicians, August 23, 2015. Washington, D.C.
17. Sleep and Brain Injury Focus Group: Discussant. September 18, 2015. Santa Monica, CA.
18. Sleep Deprived: Doctors are Human - They Need Sleep. Invited address 59<sup>th</sup> Annual T. Hart Baker OB/GYN Symposium, Kaiser Permanente, September 25, 2015. Coronado, CA.
19. Sleep, Aging and Dementia. Invited address. World Federation of Sleep and Sleep Medicine Research. November 3, 2015. Istanbul, Turkey.
20. Sleep Disorders in Older Age. UCLA State of the Art in Sleep Medicine. December 5, 2015. Los Angeles, CA.
20. Sleep in Parkinson's Disease. Northwestern Univeristy. Dec 12, 2015. Chicago, ILL

## 2016

1. Changes in Sleep with Age: Causes and Consequences. Invited address. Duke-NUS Signature Seminar Series. January 19, 2016. Sinagpore.
2. Changes in Sleep with Age: Causes and Consequences. Invited address. Tan Tock Seng Hospital, January 20, 2016. Singapore
3. Sleep, aging and dementia. Invited address. NBD Distinguished Overseas Speaker Seminar. January 21, 2016. Singapore
4. Cognitive Behavioral Therapy for Insomina. Mt. Sinai, February 1, 2016. New York, NY.
5. Insomnia Comorbid with Cancer. Mt. Sinai, February 1, 2016. New York, NY.
6. Insomnia: Causes, Consequences and Cures. Invited address. Temple Sha'arey Shalom. February 3, 2016. Livingston, New Jersey
7. Sleep, Alertness and Fatigue in Residency. Scripps/Mercy Hospital Grand Rounds. February 23, 2016. San Diego, CA.

8. Sleep disorders - consequences of poor sleep and treatment strategies. Center for Circadian Biology, Workshop on Circadian Rhythms and Shiftwork. February 24, 2015. San Diego, Ca.
9. Circadian Timing, clocks and Alzheimer's disease. In Sleep, Clocks and Alzheimer's Disease Symposium. American Academy of Neurology. April 19, 2016. Vancouver, Canada
10. Is CPAP forever? How should we manage patients over 80 years? In Obstructive Sleep Apnea in the Elderly: A Discussion of Key Clinical Questions. ATS Annual Meeting. May 15, 2016. San Francisco, CA.
11. Clinical Applications of Actigraphy in Adult Populations. In Actigraphy and Fitness/Sleep Trackers in Adults and Children. Fundamentals and Applications Course. APSS. June 11, 2016. Denver, CO
21. Insomnia: Epidemiology, Risk Factors, Pathophysiology and Assessment. Sleep Medicine Board Review Course, American College of Chest Physicians, August, 2016. Phoenix, AZ
22. Cognitive Behavioral Treatment of Chronic Insomnia; Sleep Medicine Board Review Course, American College of Chest Physicians, August, 2016. Phoenix, AZ
23. The Bottom Line: Insomnia Board Review Questions. Sleep Medicine Board Review Course, American College of Chest Physicians, August, 2016. Phoenix, AZ
24. Fatigue, Sleep and Circadian Rhythms in Cancer; Mayo Clinic, Rochester, MN, September 6, 2016
25. Light Treatment for Fatigue in Cancer; in Systematic light exposure to treat negative sequela of cancer and its treatment; 18<sup>th</sup> International Psycho-Oncology Society Congress; Dublin, Ireland, Oct 21, 2016
26. Insomnia and Other Sleep Disorders; Invited address Congregation Beth Israel, San Diego, CA, November 17, 2016
27. Sleep in Aging, UCSD Retirement Association Speakers Series, San Diego, CA, December 1, 2016
28. Insomnia and Sleep Disorders in Older Age and Dementia; UCLA Sleep Medicine Updates, Los Angeles, CA, December 3, 2016

## **2017**

1. Insomnia. UCSD Student Health Services, San Diego, CA. February 23, 2017
2. Sleep, Fatigue and Circadian Rhythms in Cancer. UCSD Sleep Medicine Rounds. San Diego, CA March 21, 2017
3. Cognitive Behavioral Therapy – Case Presentations. Applying Cognitive Behavioral and Related Interventions in Cancer Supportive Care Workshop. City of Hope, CA. April 6, 2017
4. Sleep, Fatigue, Circadian Rhythms and Cognition: What we know about their relationships and changes over time. In Sleep Disturbances and Cancer: An Emerging Relationship. A course at Sleep (APSS) 2017, Boston MA. June 3, 2017.
5. Insomnia in Geriatric Patients. A round-table discussion. Sleep (APSS) 2017, Boston, MA. June 5, 2017.
6. Insomnia. Invited address. Khon Kaen University, Khon Kaen, Thailand. June 26, 2017.
7. CBT-I. Invited address. Khon Kaen University, Khon Kaen, Thailand. June 26, 2017.
8. Sleep in Aging. Invited address. Khon Kaen University, Khon Kaen, Thailand. June 26, 2017.
9. Sleep in Alzheimer's and Parkinson's Disease. Invited address. Khon Kaen University, Khon Kaen, Thailand. June 26, 2017.
10. Sleep, Fatigue and Circadian Rhythms in Cancer. Invited address. Khon Kaen University, Khon Kaen, Thailand. June 26, 2017.
11. Sleep deprivation and fatigue: What's a doctor to do? Invited address. Khon Kaen University, Khon Kaen, Thailand. June 26, 2017.
12. Changes in Sleep with Age. In Sleep and Wellness in Aging, a symposium at 21<sup>st</sup> IAGG 2017.

San Francisco, CA. July 24, 2017.

13. Sleep, fatigue and circadian rhythms in cancer. Philips Workshop: Biological Timing and Human Health. UCSD Center for Circadian Biology. San Diego, CA. July 25, 2017.

14. Why does sleep change with age? LIFE (Learning is for Everyone). MiraCosta College, Oceanside, CA. August 11, 2017.

15. Insomnia: Epidemiology, Risk Factors, Pathophysiology and Assessment. Sleep Medicine Board Review Course, American College of Chest Physicians, Orlando, FL. August 19, 2017

16. Cognitive Behavioral Treatment of Chronic Insomnia; Sleep Medicine Board Review Course, American College of Chest Physicians, Orlando, FL. August 19, 2017

17. The Bottom Line: Insomnia Board Review Questions. Sleep Medicine Board Review Course, American College of Chest Physicians, Orlando, FL. August 19, 2017

18. Sleep, fatigue and circadian rhythms in cancer. San Diego Osher Institute. UCSD. November 16, 2017.

## 2018

1. Sleep Monitoring Systems: PSG, Sleep Stages and Actigraphy. Invited address. Mayo Clinic, Rochester, MN. January 19, 2018

2. Sleep Deprivation / Sleep Loss and Health. Invited address. Mayo Clinic, Rochester, MN. January 19, 2018

3. Cognitive Behavioral Therapy and Sleep Hygiene: Ways to Increase Sleep Duration. Invited address. Mayo Clinic, Rochester, MN. January 19, 2018

4. Sleep In the Bible: Nothing New Under the Sun. Invited address. San Diego Center for Jewish Culture (CJC) and Coronado Friends of the CJC, Mandelbaum Family Lecture Series, Coronado Public Library, Coronado, Ca, February 21, 2018.

5. Sleep Deprived: Doctors are Human – They Need Sleep! UCSD Psychiatry Resident Training Program, February 22, 2018.

6. Getting Older and Sleep: Do They Go Hand-in-Hand? Invited address and chair of panel on The Science of Sleep; Athena (non-profit that empowers progress advancing women in the STEM fields) Signature Series. San Diego, Ca. March 1, 2018.

7. Sleep, fatigue and circadian rhythms in cancer. Roswell Cancer Center, Population Sciences Program Grand Rounds Seminar Series, Roswell Park Comprehensive Cancer Center. Buffalo, NY. March 5, 2018.

8. Expert Witness, Belmont House re: 100 Davenport Road. Toront, Ontario, Ontario Municipal Board File No. PL160330; Weir Foulds LLP. March 7, 2018.

9. Cognitive Behavioral Therapy for Insomnia (CBT-I): The Nuts and Bolts - Interventions for Insomnia. Applying Cognitive Behavioral and Related Interventions in Cancer Supportive Care Workshop; City of Hope, CA, March 23, 2018.

10. Sleep Deprived: Doctors are Human – They Need Sleep! UCSD Psychiatry Resident Training Program; August 9, 2018.

11. Cognitive Behavioral Therapy for Insomnia (CBT-I), PGY 1; UCSD Psychiatry Resident Training Program; August 9, 2018.

12. Sleep Apnea and Cognition, Invited address, International Psychogeriatric Association Symposium on Sleep and Health in Aging, Hoboken, NJ, September 14, 2018

13. Sleep, fatigue and circadian rhythms in cancer. Keynote Address, International Psychogeriatric Association Symposium on Sleep and Health in Aging, Hoboken, NJ, September 14, 2018

14. The Science of Sleep. Invited address. Annual George “Woody” Clarke Science and the Law Lecture San Diego Superior Court, San Diego, CA, September 25, 2018

15. Sleep, fatigue and circadian rhythms in cancer. Invited address. California Sleep Society 11th

Annual Symposium; San Diego, CA, September 28, 2018

16. Non-Laboratory Based Sleep/Wake Measures in Drug Development Panel. Invited address. Sleep Research Society and Sleep Research Society Foundation, Sleep and Circadian Research, New Developments and Regulatory Issues. Alexandria, VA, October 11, 2018

17. Sleep in Older Adults. Invited address. Sleep: the Fourth Pillar of Health. B-DEBATE International Center for Scientific Debate Barcelona and the Global Observatory for Healthy Sleep Conference on Sleep: The Fourth Pillar of Health. Barcelona, Spain, October 19, 2018.

18. Sleep in Pre-Clinical Alzheimer's Disease. Alzheimer's Association Research Roundtable, Washington, D.C. November 27, 2018.

19. Sleep, Circadian Rhythms and Fatigue in Cancer; Invited address, Center for Circadian and Sleep Medicine, Feinberg School of Medicine, Northwestern University, Chicago, Dec 14, 2018

## 2019

1. Sleep Problems in Women. 12<sup>th</sup> Annual UCLA Sleep Medicine Course, UCLA, Los Angeles, January 12, 2019

2. Sleep in Older Age. 12<sup>th</sup> Annual UCLA Sleep Medicine Course, UCLA, Los Angeles, January 12, 2019

3. Sleep, Circadian Rhythms and Fatigue in Cancer. 2019 Association of Applied Psychophysiology and Biofeedback 50<sup>th</sup> Annual Scientific Meeting. Denver, CO, March 15, 2019.

4. Sleep in Alzheimer's Disease. Sleep Workshop, Eli Lilly. Indianapolis, IN March 21, 2019.

5. Sleep, Circadian Rhythms and Fatigue in Cancer. Invited lecture. Departments of Psychology and Oncology, Aarhus University, Aarhus, Denmark, May 7, 2019.

6. Insomnia: Causes, Consequences, Causes. Invited lecture. Departments of Psychology and Oncology, Aarhus University, Aarhus, Denmark, May 8, 2019.

7. Sleep, OSA and Dementia. Sleep Research Society Trainee Workshop, Sleep 2019 Annual Meeting, San Antonio, TX, June 9, 2019

8. An Age-Old Problem: Treating Insomnia in the Elderly. Sleep Symposium, Sleep 2019 Annual Meeting, San Antonio, TX, June 9, 2019

9. Sleep and Aging. Life Project Brain Boot Camp. San Diego, CA. July 20, 2019

10. Sleep and the Aging Brain. World Sleep Annual Meeting, Course on Aging, Neurodegeneration and Sleep. Vancouver, Canada, September 22, 2019.

11. Sleep, Circadian Rhythms and Fatigue in Cancer. World Sleep Annual Meeting, Course on Sleep health in women. Vancouver, Canada, September 22, 2019.

12. Insomnia: Impact on daily life, mental health and cognition. World Sleep Annual Meeting Vancouver, Canada, September 23, 2019

## 2020

1. Sleep Disorders for the Mature Sleeper-Why doesn't Grandma sleep? American Society of Geriatric Otolaryngology Annual Meeting, Coronado, Ca January 24, 2020

2. Sleep in Alzheimer's Disease, ASPIPRE Webinars, January 28, 2020 virtual

3. Sleep in Cancer. Circadian Biology Course UCSD NEU233 Feb 4, 2020

4. What, Why,When: Sleep and Circadian Rhythms. Keynote address; The Better Sleep Summit Savannah, Ga Feb 6, 2020

5. Getting older and good sleep: do they go hand in hand? Well Connected. Invited lecture Feb 25, 2020 virtual

6. Sleep disorders and dementia: Sleep and the Aging Brain, Invited address, 61<sup>st</sup> Annual Meeting of the Japanese Society of Neurology, May 20, 2020, virtual



7. Changes in Sleep with Age: Causes, Consequences, and Remedies. Osher Lifelong Learning Institute, UCSD, July 16, 2020 virtual
8. Actigraphy. Invited lecture U Colorado Sleep and Circadian Summer School, Aug 5, 2020 virtual
9. Fatigue, sleep and circadian rhythms in cancer. Invited lecture. University of Arizona Behavioral Sleep Medicine Seminar. Aug 6, 2020 virtual
10. Sleep and Aging: Past and Future, Keynote Address. Aging and Sleep 2020 conference, U Penn. Nov 9, 2020 virtual
11. Fatigue, sleep and circadian rhythms in cancer. Invited lecture, Well-Connected. Nov 24, 2020 virtual

2021

1. The importance of sleep in aging women: Why can't Grammie Sleep? Howell Foundation Health Lecture Series Webinar, March 26, 2021, virtual
2. Sleep and its Effects on Health. Longevity Physical Therapy Education Series. March 27, 2021, virtual.
3. Impact of OSA on Alzheimer's Disease. Invited Address. 62<sup>nd</sup> Annual meeting of the Japanese Society of Neurology. May 19, 2021, virtual
4. Lessons from a long career in Sleep. APSS Trainee Course, May 24, 2021, virtual
5. Sleep in Older Age & Dementia, Glenner Alzheimer's Family Center and San Diego/Imperial Geriatric Education Center, June 10, 2021, virtual
6. Sleep in Older Age & Dementia. San Diego Healthcare Association, July 29. 2021. virtual