



*Our Veterans. Our Heroes. Our Mission.*

**Melanie K. Leggett, PhD, DBSM**

Director, Behavioral Sleep Medicine Clinic  
Durham VA Health Care System  
Psychology Service 116B  
508 Fulton St.  
Durham, NC 27705  
(919) 286-0411 x177025  
melanie.leggett@va.gov

Date: September 7, 2021

To: Dr. Christina McCrae  
Dr. Fiona Barwick  
SBSM Executive Committee

Thank you for considering my application for Society of Behavioral Sleep Medicine (SBSM) Fellow status. My professional experience in the field, spanning three decades, predates the recognition of Behavioral Sleep Medicine as a discipline and the founding of the SBSM. My contributions to the field of Behavioral Sleep Medicine are summarized on the following pages.

Sincerely,

Melanie K. Leggett, PhD, DBSM  
Director, Behavioral Sleep Medicine Clinic

### Credentials:

- Licensed Psychologist
- Certification in Behavioral Sleep Medicine
- Diplomate in Behavioral Sleep Medicine
- Registered Polysomnographic Technologist

### SBSM Service:

- Accreditation Committee Member, Society of Behavioral Sleep Medicine
- Graduate Education Awards Sub-Committee, Society of Behavioral Sleep Medicine

### Clinical BSM Service:

- Behavioral Sleep Medicine Clinic Staff Psychologist, Durham VA Medical Center
- CBT-I Research Interventionist, Duke University Medical Center

### Other Professional Service:

- Committee Member, Healthy Living Sleep Messaging project, National Center for Health Promotion and Disease Prevention, U.S. Department of Veterans Affairs
- Coordinator, VA Behavioral Sleep Medicine Practitioners Special Interest Group, Society of Behavioral Sleep Medicine Scientific Conference, Birmingham, AL
- Selection Committee, Duke Neurology Sleep Medicine Fellowship Program, Department of Medicine, Duke University Medical Center
- Faculty, VISN 20 Sleep VA-ECHO (Veterans Administration Extension for Community Healthcare Outcomes)
- Peer Reviewer, Obstructive Sleep Apnea Enduring Materials Course, VA Talent Management System, Employee Education System
- Reviewer, Group Cognitive Behavioral Therapy for Insomnia (CBT-I) in Veterans: Therapist Companion Guide, U.S. Department of Veterans Affairs
- Selection Committee, VA Cognitive Behavioral Therapy Program for Insomnia Training Program, Office of Mental Health Services, VA Central Office
- CBT-I Planning Committee, VA Cognitive Behavioral Therapy Program for Insomnia Training Program, Office of Mental Health and Suicide Prevention, VA Central Office
- Ad Hoc Reviewer (selected journals: *Behavioral Sleep Medicine*, *Journal of Sleep Research*, *Journal of Clinical Sleep Medicine*, *Sleep*, *Sleep and Hypnosis*, *Sleep Medicine Reviews*, *Sleep Medicine*, *Journal of Polysomnographic Technology*)
- Content Contributor, PAP adherence App, Phoenix VA Health Care System
- Blended Learning Model Workgroup, VA Cognitive Behavioral Therapy Program for Insomnia Training Program, Office of Mental Health Services, VA Central Office, U.S. Department of Veterans Affairs
- CBSM Examination Writing Subcommittee, American Academy of Sleep Medicine

### Research:

- Duke University Medical Center Academic Appointments (Associate Professor/Assistant Professor/Research Associate)
- Durham VA Research Psychologist

### Consulting:

- Expert Consultant, VA Cognitive Behavioral Therapy Program for Insomnia Training Program, Office of Mental Health Services, VA Central Office
- Expert Consultant for national VA providers seeking DBSM eligibility

### Training:

- Program Training Faculty, Durham VA Health Care System
  - Psychology Internship Program
  - Psychology Postdoctoral Fellowship Program
- Program Training Faculty, Duke Neurology Sleep Medicine Fellowship Program, Department of Medicine, Duke University Medical Center

### Invited Lectures/Seminars/Webinars:

- National:
  - *Behavioral Sleep Medicine in the VA Healthcare System*
  - *The Practice of Behavioral Sleep Medicine*
  - *The Diagnosis and Treatment of Nightmare Disorder in Adults*
  - *Promoting Positive Airway Pressure (PAP) Usage*
  - *Clinical sleep assessment in Veterans*
  - *Cognitive behavioral therapy for insomnia*
  - *CPAP adherence*
- Regional & Local:
  - *Healthy Sleep*
  - *Diagnosis and treatment of nightmare disorder in adults*
  - *Cognitive behavioral therapy for insomnia*
  - *Sleep apnea and mental illness*
  - *The treatment of sleep apnea in Veterans with mental illness*
  - *Sleep disorders: methods of evaluation and treatment*
  - *Promoting CPAP compliance in patients with obstructive sleep apnea syndrome*
  - *Insomnia and serious mental illness*
  - *Obstructive sleep apnea and obesity*

### Public Education:

- *Navigating sleep apnea and CPAP* (2017). Fearington Cares community lecture, Fearington Village, Pittsboro, NC.
- Consultant/Author, "Sleep and Health" ActivHealth Program, Duke Center for Living, Duke University Health System (2004).

### Selected Peer Reviewed Publications:

**Means MK**, Ulmer CS, Edinger JD. Ethnic differences in continuous positive airway pressure (CPAP) adherence in Veterans with and without psychiatric disorders. *Behav Sleep Med.* 2010;8(4):260-73. doi: 10.1080/15402002.2010.509255.

**Means MK**, Edinger JD. Graded exposure therapy for addressing claustrophobic reactions to continuous positive airway pressure: a case series report. *Behav Sleep Med.* 2007;5(2):105-16. doi: 10.1080/15402000701190572.

**Means MK**, Edinger JD, Husain AM. CPAP compliance in sleep apnea patients with and without laboratory CPAP titration. *Sleep Breath.* 2004 Mar;8(1):7-14. doi: 10.1007/s11325-004-0007-5.

**Means MK**, Edinger JD, Glenn DM, Fins AI. Accuracy of sleep perceptions among insomnia sufferers and normal sleepers. *Sleep Med.* 2003 Jul;4(4):285-96.

**Means MK**, Lichstein KL, Edinger JD, Taylor DJ, Durrence HH, Husain AM, Aguillard RN, Radtke RA. Changes in depressive symptoms after continuous positive airway pressure

treatment for obstructive sleep apnea. *Sleep Breath*. 2003 Mar;7(1):31-42. doi: 10.1007/s11325-003-0031-x.

**Means MK**, Lichstein KL, Epperson MT, Johnson CT. Relaxation therapy for insomnia: nighttime and day time effects. *Behav Res Ther*. 2000 Jul;38(7):665-78.

#### Selected Book Chapters and Reviews:

**Leggett MK**. A brief review of claustrophobia and continuous positive airway pressure (CPAP) therapy for sleep apnea. *J Sleep Med Disord*. 2016 Mar;3(2):1043.

**Leggett, MK**. Cognitive-behavioral therapy for insomnia. In: McCall WV, editor. *Advances in the Management of Primary and Secondary Insomnia*. London: Future Medicine Ltd.; 2014:56-70.

**Means MK**, Edinger JD. Exposure therapy for claustrophobic reactions to continuous positive airway pressure. In: Perlis M, Aloia M, Kuhn B, editors. *Behavioral Treatments for Sleep Disorders: a Comprehensive Primer of Behavioral Sleep Medicine Interventions*. London: Elsevier; 2011:183-193.

**Means MK**, Lineberger MD. Nonpharmacological treatments. In: Overeem S, Reading P, editors. *Sleep Disorders in Neurology*. Oxford: Blackwell; 2010:74-83.

**Means MK**, Edinger JD. Nonpharmacologic therapy of insomnia. In: Lee-Chiong TL, editor. *Sleep Medicine Essentials*. Hoboken, NJ: Wiley-Blackwell; 2009:43-46.

**Means MK**, Lineberger MD, Edinger JD. Nonpharmacologic treatment of insomnia. *Curr Treat Options Neurol*. 2008 Sep;10(5):342-9.

**Means MK**, Edinger JD. Nonpharmacologic therapy of insomnia. In: Lee-Chiong TL, editor. *Sleep: A Comprehensive Handbook*. Hoboken, NJ: Wiley; 2006:133-6.

**Means MK**, Edinger JD. Behavioral treatment of insomnia. *Expert Rev Neurother*. 2002 Jan;2(1):127-37.

#### Selected Presentations at Professional Meetings:

**Leggett MK**, DePesa N, Ulmer C, Swinkels C. Impact of a novel group intake approach on wait times in a U.S. Veterans Health Administration Behavioral Sleep Medicine (BSM) clinic. Poster session presented at: Society of Behavioral Sleep Medicine Scientific Conference; 2019 Sep; Birmingham, AL.

**Leggett MK**, DePesa N, Ulmer C, Swinkels C. Treatment engagement in Veterans completing group intake in a U.S. Veterans Health Administration Behavioral Sleep Medicine (BSM) clinic. Poster session presented at: Society of Behavioral Sleep Medicine Scientific Conference; 2019 Sep; Birmingham, AL.

**Leggett MK**, Ulmer C, Swinkels C. Implementation of a group intervention for CPAP adherence in a VA behavioral sleep medicine clinic. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2016 Jun; Denver, CO.

**Means MK**, Ulmer CS, Edinger JD, Meyers J, Crowley G, Young M, Husain A. CPAP adherence in military Veterans with and without psychiatric disorders. Poster presented at the annual meeting of the Associated Professional Sleep Societies; 2010 Jun; San Antonio, TX.

**Means MK**, Edinger JD, Derrenbacher S, Meyers J, Young M, Husain A. CPAP adherence in Veterans with psychiatric disorders – an update. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2008 Jun; Baltimore, MD.

**Means MK**, Edinger JD. CPAP adherence in Veterans with psychiatric disorders – preliminary findings. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2007 Jun; Minneapolis, MN.

**Means MK**, Edinger JD, Carney CE. Use of actigraphy for predicting insomnia therapy response. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2007 Jun; Minneapolis, MN.

**Means MK**, Edinger JD, Stechuchak KM, Olsen MK, Lineberger MD, Kirby AC. Comparison of sleep assessment devices within groups of sleep disordered patients – final report. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2006 Jun; Salt Lake City, UT.

**Means MK**, Edinger JD. Treating CPAP-related claustrophobic symptoms with a behavioral intervention. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2005 Jun; Denver, CO.

**Means MK**, Edinger JD, Stechuchak KM, Olsen MK, Lineberger MD, Kirby AC. Comparison of sleep assessment devices within groups of sleep disordered patients. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2005 Jun; Denver, CO.

**Means MK**, Edinger JD, Stechuchak KM, Olsen MK. Comparison of sleep assessment devices in a mixed sample of sleep disordered patients – an update. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2004 Jun; Philadelphia, PA.

**Means MK**, Edinger JD, Husain AM. CPAP compliance in apnea patients diagnosed via attended (split-night) versus unattended polysomnography. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2003 Jun; Chicago, IL.

**Means MK**, Edinger JD, Stechuchak KM, Olsen MK. Comparison of sleep assessment devices in a mixed sample of sleep disordered patients. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2003 Jun; Chicago, IL.

**Means MK**, Edinger JD, Husain AM. Comparison of home and laboratory actigraphy in young adults with and without primary insomnia. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2002 Jun; Seattle, WA.

**Means MK**, Lichstein KL, Edinger JD, Taylor DJ, Durrence HH, Husain AM, Radtke RA. Changes in Beck Depression Inventory (BDI) symptoms after Continuous Positive Airway Pressure (CPAP) treatment for obstructive sleep apnea (OSA). Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2002 Jun; Seattle, WA.

**Means MK**, Lichstein KL, Edinger JD, Taylor DJ, Durrence HH. Psychosocial improvements after Continuous Positive Airway Pressure (CPAP) treatment for sleep apnea. Poster session presented at the Life of the Sleepy Person Conference; 2002 Mar; Chicago, IL.

**Means MK**, Lichstein KL, Edinger JD, Taylor DJ, Durrence HH. Psychosocial improvements after Continuous Positive Airway Pressure (CPAP) treatment for sleep apnea. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2001 Jun; Chicago, IL.

**Means MK**, Edinger JD, Glenn DM, Fins AI. Persistence of sleep perceptions in insomniacs and normal sleepers. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2000 Jun; Las Vegas, NV.

**Means MK**, Lichstein KL, Epperson MT, Johnson CT. Daytime functioning and relaxation therapy in college students with insomnia. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 1997 Jun; San Francisco, CA.

**Means MK**, Lichstein KL, Epperson MT, Johnson CT. Daytime functioning in insomnia. Poster session presented at the annual meeting of the Association for Advancement of Behavior Therapy; 1996 Nov; New York, NY.