

University of Alabama at Birmingham
School of Medicine Faculty
Department of Psychiatry & Behavioral Neurobiology

Date: August 30, 2021

PERSONAL INFORMATION:

Name: S. Justin Thomas, PhD

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Foreign Language(s): None

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ASSISTANT PROFESSOR

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HOSPITAL AND OTHER (NON-ACADEMIC) APPOINTMENTS:

2017-Present University of Alabama at Birmingham (UAB) Health Services Foundation and
UAB Hospital, Birmingham, AL

2017-Present UAB Sleep/Wake Disorders Center

2014-2015 Staff Psychologist, Birmingham VA Medical Center, Birmingham, AL

EDUCATION:

2014 Doctorate of Philosophy, Clinical Psychology, University of Alabama

2011 Master of Arts, Clinical Psychology, University of Alabama

2011 Behavioral Sleep Medicine Clinical Fellowship, University of Alabama

2008 Bachelor of Science, Psychology with Honors, UAB

2004 Bachelor of Science, Biology, UAB

LICENSURE:

2015-Present Alabama Board of Examiners in Psychology

BOARD CERTIFICATION:

2019-Present Diplomate, Board of Behavioral Sleep Medicine

POSTDOCTORAL TRAINING:

2020 International Chronobiology Summer School

2020 Case Studies in Mentoring, CCTS, UAB

2019-2020 Health Disparities Research Education Program, UAB

2015-2017 UAB Hypertension Research Center, Department of Epidemiology, UAB

2014-2015 Clinical Fellowship, Birmingham VA Medical Center

ACADEMIC APPOINTMENTS: (In reverse chronological order)

- 2020-Present Associate Scientist, Comprehensive Neuroscience Center, Sleep and Circadian and Mental Health Pillars
- 2020-Present Associate Scientist, Minority Health and Health Disparities Research Center
- 2020-Present Associate Scientist, Hypertension Research Center
- 2017-Present Assistant Professor, Division of Pulmonary, Allergy, and Critical Care Medicine, Sleep Wake Disorders Center (Secondary Appointment),
- 2017-Present Assistant Professor, Department of Psychiatry (Primary Appointment), University of Alabama at Birmingham

AWARDS/HONORS:

- 2020 Arthur J. Spielman Early Career Distinguished Achievement Award, Society of Behavioral Sleep Medicine
- 2019 Meritorious Abstract Travel Award, Sleep Research Society/Society for Research on Biological Rhythms, *Advances in Sleep and Circadian Science*
- 2016 Sleep Research Network Travel Award, Sleep Research Network
- 2016 Young Investigator Research Forum, American Academy of Sleep Medicine
- 2014 Research Travel Award, Graduate School, University of Alabama
- 2014 Research Travel Award, Department of Psychology, University of Alabama
- 2011 Meritorious Abstract Travel Award, Sleep Research Society
- 2011 Research Travel Award, Graduate School, University of Alabama
- 2011 Research Travel Award, Department of Psychology, University of Alabama
- 2010 Research Travel Award, Graduate School, University of Alabama
- 2010 Research Travel Award, Department of Psychology, University of Alabama
- 2009 Research Travel Award, Department of Psychology, University of Alabama
- 2008 Ost Undergraduate Research Award, 1st Place, Department of Psychology, UAB

PROFESSIONAL SOCIETIES:

- 2018-Present Society for Research on Biological Rhythms
- 2015-Present American Heart Association
- 2011-Present Society of Behavioral Sleep Medicine, Founding Member
- 2010-Present American Academy of Sleep Medicine
- 2001-Present Sleep Research Society

COUNCILS AND COMMITTEES:

- 2020-Present Member, Scientific Offerings Committee, Sleep Research Society
- 2019-Present Board of Directors, Society of Behavioral Sleep Medicine
- 2019 Invited Member, Circadian Rhythms Disorders Workshop, Sleep Research Society and Society for Research on Biological Rhythms
- 2018-2019 Chair, Practice Committee, Society of Behavioral Sleep Medicine
- 2018-2019 Co-Chair, Society of Behavioral Sleep Medicine 2019 1st Annual Scientific Meeting
- 2017-2018 Co-Chair, Society of Behavioral Sleep Medicine 2018 Fall Course
- 2016-2018 Practice Committee, Society of Behavioral Sleep Medicine
- 2016-2018 Education Subcommittee, Society of Behavioral Sleep Medicine

2015-Present Hypertension Council, American Heart Association
2009-2011 Trainee Symposium Series Subcommittee, Trainee Education Advisory Committee, Sleep Research Society

UNIVERSITY ACTIVITIES:

2020-Present Member, Department of Psychiatry Diversity and Inclusion Committee
2020-Present Member, Department of Psychiatry Return to Research Operations Implementation Committee
2019-Present Co-Director, Sleep and Circadian Research Core
2018-Present Member, Psychology Training Consortium Committee, University of Alabama at Birmingham
2017-Present Center for Clinical and Translational Science (CCTS) Grant Review Panels
2017-Present Graduate School Admissions Committee, Department of Psychology, University of Alabama at Birmingham
2016-2017 Scientific Peer-Mentoring and Advisory Program for Renal and Cardiovascular Fellows (SPARC)
2012-2013 Research Mentor for Undergraduate Psychology Honors Thesis titled *Impact of Social Media on Sleep*, Department of Psychology, University of Alabama
2012 Graduate Teaching Fellow, Department of Psychology, University of Alabama
2011-2013 Clinical Speaker Committee, Department of Psychology, University of Alabama
2011-2012 Student Representative, Faculty Search Committee, Department of Psychology, University of Alabama
2010-2012 Psychology Clinic Advisory Committee, Department of Psychology, University of Alabama

EDITORIAL BOARD MEMBERSHIPS:

2020-Present Editorial Board, American Journal of Hypertension
2019-Present Editorial Board, Current Hypertension Reports
2017-Present Sleep Section Editor, Current Hypertension Reports

GRANT REVIEW COMMITTEES:

2019, 2020, 2021 Ad Hoc Reviewer, Grants for Early Medical/Surgical Specialists' Transition to Aging Research (GEMSSTAR), National Institute on Aging Study Section
2021 Ad Hoc Reviewer, American Academy of Sleep Medicine Foundation Research Award
2020 Ad Hoc Reviewer, National Institute on Aging – C Study Section

MAJOR RESEARCH INTERESTS:

My research program is translational and seeks to examine the impact of disparities in sleep and circadian rhythms on a variety of health outcomes, as well as developing and testing interventions to reduce these disparities.

TEACHING EXPERIENCE:

2020 Small Group Leader, MS2 Neuroscience Module

- 2018-Present Director, Behavioral Sleep Medicine Training Program, Department of Psychiatry and UAB Sleep/Wake Disorders Center
- 2018-Present Co-Course Director, Advanced CBT, Department of Psychiatry, UAB
- 2018 Behavioral Sleep Medicine lecture – Health Psychology (PY 731), Department of Psychology, UAB
- 2017 Sleep Medicine Medical Student Elective
- 2017 Psychiatry Residents CBT Course – CPT and CBT-I
- 2012 Practicum in Psychology Peer Mentor (PY 631), Department of Psychology, University of Alabama
- 2012 Psychology of Learning (PY 361), Department of Psychology, University of Alabama
- 2011 Practicum in Psychology Peer Mentor (PY 631), Department of Psychology, University of Alabama
- 2011 Introduction to Psychology (PY 101), Department of Psychology, University of Alabama

MAJOR LECTURES AND VISITING PROFESSORSHIPS:

- 2021 Lifespan Comprehensive Sickle Cell Center, *Sleep and Circadian Rhythms in Adolescents and Young Adults with Sickle Cell Disease*, 35 attendees
- 2021 Vascular Biology & Hypertension Symposium, *Sleep and Circadian Contributions to Blood Pressure*, 30 attendees
- 2020 Society of Behavioral Sleep Medicine, *Cannabis and Sleep*, Discussant, 40 attendees
- 2020 Society of Behavioral Sleep Medicine, *Opportunities, Connections, and Creative Ideas to Adapt to COVID 19: Ways to Connect with Community*, Panel, 55 attendees
- 2019 Session Co-Chair, *Circadian Misalignment and Its Treatment Across Diverse Populations*, 33rd Annual Meeting of the Associated Professional Sleep Societies
- 2019 Alabama Association of Sleep Professionals Annual Meeting, *Behavioral Sleep Medicine: Treatment Without Unpleasant Side Effects*, 200 attendees
- 2019 Center for Psychiatric Medicine Lunch and Learn, *Diagnosis and Treatment of Sleep Apnea and Insomnia: The Two Most Common Sleep Disorders*, 60 attendees
- 2018 Veteran’s Affairs, Advanced Cognitive-Behavioral Therapy for Insomnia, *Applying Circadian Biology to Clinical Populations*, 67 attendees
- 2018 American Heart Association Strategically Focused Research Network Training Program, *Experience as an SFRN Fellow: Before, During, and After*, 80 attendees
- 2018 Visiting Faculty, Columbia University Medical Center
- 2018 Session Co-Chair, *Current Issues in the Delivery of Cognitive Behavioral Therapy for Insomnia*, 32nd Annual Meeting of the Associated Professional Sleep Societies
- 2018 12th Annual Research Symposium, *Sleep as a Target to Reduce Racial Disparities in Hypertension*, Department of Psychiatry, UAB
- 2018 6th Annual UAB Innovations in Wellness Conference
- 2017 Society of Behavioral Sleep Medicine, Panel Discussion on Telemedicine
- 2017 Vascular Biology & Hypertension Symposium, *Sleep More and Stress Less: An Opportunity for Intervention*
- 2016 Vascular Biology & Hypertension Seminar Series, *Sleep and Hypertension*
- 2016 Health Psychology Seminar Series, *Hypertension: Diagnosis and Intervention*, Department of Psychology, University of Alabama

- 2016 Nephrology Research & Training Center Noon Conference, *Overview and Update of the AHA SFRN UAB Hypertension Center*, Division of Nephrology
- 2016 Core Concepts in Kidney Research, *Circadian Rhythms in Blood Pressure: Potential Mechanisms and Clinical Implications*, Division of Nephrology

COMMUNITY LECTURES:

- 2021 Neuroscience Café, *Sleep and Circadian Rhythms During a Pandemic* (XX attendees)
- 2019 Neuroscience Café, *Why are time changes so difficult?* (30 attendees)
- 2018 Neuroscience Café, *You are when you sleep: how sleep deprivation affects the brain* (100 attendees)
- 2016 Alabama Association of Sleep Professionals, *Circadian rhythms, sleep, and your health* (150 attendees)
- 2015 Alabama Association of Sleep Professionals, *Assessment and treatment of insomnia* (150 attendees)

CURRENT GRANT SUPPORT:

- 2020-2024 Site Principal Investigator (5% effort plus per participant effort), *Comparative Effectiveness Study of Zolpidem and Cognitive Behavioral Therapy for Insomnia (COZI)*, CER-2018C2-13262 funded by the Patient Centered Outcomes Research Institute (PIs: Stone & Buysse)
- 2019-2024 Co-Investigator (20% effort), *The Impact of Insomnia on Pain, Physical Function and Inflammation in HIV*, R01HL147603 funded by the National Heart, Lung, and Blood Institute (PI: Goodin)
- 2019-2022 Principal Investigator (10% effort), *Central and Peripheral Circadian Mechanisms Underlying Non-Dipping Blood Pressure in Blacks*, 19CDA34660139 funded by the American Heart Association
- 2019-2020 Principal Investigator, *Insomnia, Hypnotic Medication Use, and Fall Risk*, Jackson Heart Study Hypertension Working Group Pilot Study
- 2020-2025 Co-Investigator (15% effort), *Racial Differences in Circadian and Sleep Mechanisms for Nicotine Dependence, Craving, and Withdrawal*, 1R01DA047297 funded by the National Institute on Drug Abuse (PIs: Cropsey & Gamble)
- 2020-2024 Co-Investigator (20% effort), *Determinants and Cardiovascular Consequences of Disparities in Sleep and Circadian Rhythms between Black and White Adults*, 1R01HL152442 funded by the National Heart, Lung, and Blood Institute, R01 (PIs: Carnethon & Knutson)
- 2020-2021 Co-Investigator (15% effort), *Determining True Versus Apparent Treatment-Resistant Hypertension Among African Americans in the Jackson Heart Study*, R01 (PI: Tanner)

PENDING GRANT SUPPORT:

- 2021-2026 Principal Investigator, *Inflammation as a Mechanism in Circadian Rhythms and Pain Sensitivity in Adolescents and Young Adults with Sickle Cell Anemia*, NHLBI, R01

COMPLETED GRANT SUPPORT:

- 2019-2020 Principal Investigator, *Mechanisms of Nocturnal Hypertension and Non-Dipping Blood Pressure Pattern*, 15SFRN239002 funded the American Heart Association
- 2018-2019 Principal Investigator, *Ambulatory Blood Pressure Among Individuals with Insomnia*, Jackson Heart Study Hypertension Working Group Pilot Study
- 2017-2019 Co-Investigator, *Mechanisms of Nocturnal Hypertension and Non-Dipping Blood Pressure Pattern*, 15SFRN239002 funded the American Heart Association (PI: Calhoun)
- 2015-2017 Postdoctoral Scholar, *Mechanisms of Nocturnal Hypertension and Non-Dipping Blood Pressure Pattern*, 15SFRN239002 funded the American Heart Association (PI: Calhoun)

RESEARCH CONSULTATION:

- 2019-Present SABRE Study at Columbia University (PI: Shimbo)
- 2019-2020 NFL Player Study at Harvard University (PI: Bertisch)

OTHER:

- 2016-Present Frequent reviewer (3 or more completed reviews per year) for the following journals: Behavioral Sleep Medicine, American Journal of Hypertension, Journal of Clinical Hypertension
- 2016-Present Less frequent reviewer (2 or fewer completed reviews per year) for 8 journals, including Journal of Clinical Sleep Medicine, Clinical Gerontologist, and Circulation
- 2019-Present Manuscript Reviewer for Coronary Artery Risk Development in Young Adults (CARDIA) Publications and Presentations Committee

BIBLIOGRAPHY

979 Citations, H-Index 13, i10-Index 14

MANUSCRIPTS:

Published

1. Abdalla M, Sakhujia S, Akinyelure OP, **Thomas SJ**, Schwartz JE, Lewis CE, et al. The association of actigraphy-based sleep duration with sleep blood pressure, nocturnal hypertension, and non-dipping blood pressure: the Coronary Artery Risk Development in Young Adults (CARDIA) Study. *J Hypertens*. 2021. In Press.
2. Pierpaoli-Parker C, Bolstad CJ, Szkody E, Amara AW, Nadorff MR, **Thomas SJ**. The impact of imagery rehearsal therapy on dream enactment in a patient with REM-sleep behavior disorder: a case study. *Dreaming*. 2021. In press.
3. Santillan MK, Becker R, Calhoun D, Cowley AW, Flynn JT, Grobe JL, Kotchen TA, Lackland DT, Leslie K, Liang M, Mattson DL, Meyers K, Mitsnefes M, Muntner P, Pierce GL, Pollock JS, Sigmund C, **Thomas SJ**, Urbina E, Kidambi S. Team science – American Heart Associations’ HTN Strategically Focused Research Network Experiences. *Hypertension*. 2021. In Press.
4. **Thomas SJ**. Sleep deprivation: time to intervene. Invited Editorial. *Sleep Medicine*. 2021. In Press.
5. Cody SL, Hobson JM, Gilstrap SR, Gloston GF, Riggs K, Thomas SJ, Goodin BR. Insomnia severity and depressive symptoms in people living with HIV and chronic pain:

- associations with opioid use. *AIDS Care: Chronic Pain in People Living with HIV*. 2021. In Press.
6. Duffy JF, Abbott SM, Burgess H, Crowley SJ, Emens JS, Epstein LJ, Gamble KL, Hasler BP, Kristo D, Malkani RG, Rahman SA, **Thomas SJ**, Wyatt JK, Zee PC, Klerman EB. Workshop Report. Circadian Rhythm Sleep-Wake Disorders: Gaps and Opportunities. *Sleep*. 2020. In Press.
 7. Bundy JD, Jaeger BC, Huffman MD, Knox SS, **Thomas SJ**, Shimbo D, Booth JN III, Lewis CE, Edwards LJ, Schwartz JE, Muntner P. Twenty-five-year changes in office and ambulatory blood pressure: Results from the Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Am J Hypertens*. 2020. In Press.
 8. Butler MJ, Spruill TM, Johnson D, Sims M, Jenkins B, Booth JN III, **Thomas SJ**, Abdalla M, O'Brien E, Mentz R, Ogedegbe O, Williams N. Suboptimal sleep and incident cardiovascular disease among African Americans in the Jackson Heart Study. *Sleep Med*. 2020. In Press.
 9. **Thomas SJ**, Siddiqui M, Judd E, Moore D, Harding SM, Oparil S, Calhoun D. Obstructive sleep apnea is more severe in men but not women with refractory hypertension compared to controlled resistant hypertension. *J Hypertens*. 2020. In Press. doi:10.1097/HJH.0000000000002631.
 10. **Thomas SJ**, Johnson D, Guo N, Abdalla M, Booth III JN, Spruill TM, Jackson CL, Yano Y, Sims M, Calhoun D, Muntner P, Redline S. Association of objective sleep apnea with nighttime blood pressure in African Americans: the Jackson Heart Study. *Am J Hypertens*. 2020. In Press. doi:10.1093/ajh/hpaa088.
 11. Rhoads M, Balagee V, **Thomas SJ**. Circadian control of blood pressure: Of mice and men. *Curr Hypertens Rep*. 2020;22:40. doi:10.1007/s11906-020-01043-3.
 12. **Thomas SJ**, Booth III JN, Jaeger B, Hubbard D, Sakhuja S, Abdalla M, Lloyd-Jones DM, Buysse DJ, Lewis CE, Shikany JM, Schwartz JE, Shimbo D, Calhoun DA, Muntner P, Carnethon MR. Association of sleep characteristics with nocturnal hypertension and non-dipping blood pressure in the Coronary Artery Risk Development in Young Adults (CARDIA) study. *J Am Heart Assoc*. 2020;9:e015062. doi:10.1161/JAHA.119.015062.
 13. Spruill TM, Butler MJ, **Thomas SJ**, Tajeu GS, Kalinowski J, Cataneda SF, et al. Association between high perceived stress over time and incident hypertension in Black Adults: Findings from the Jackson Heart Study. *J Am Heart Assoc*. 2019;8(21):e012139. doi:10.1161/JAHA.119.012139.
 14. Sakhuja S, Booth III JN, Lloyd-Jones DM, Lewis CE, **Thomas SJ**, Schwartz JE, et al. Health behaviors, nocturnal hypertension and non-dipping blood pressure: the Coronary Artery Risk Development in Young Adults and Jackson Heart Study. *Am J Hypertens*. 2019;32(8):759-768. doi:10.1093/ajh/hpz017.
 15. Johnson DA, **Thomas SJ**, Abdalla M, Guo N, Yano Y, Rueschman M, et al. Association between sleep apnea and blood pressure control among African Americans: the Jackson Heart Sleep Study. *Circulation*. 2019;139(10):1275-1284. doi:10.1161/CIRCULATIONAHA.118.036675.
 16. Booth III JN, Anstey DE, Bello NA, Jaeger B, Pugliese D, **Thomas SJ**, et al. Race and sex differences in sleep blood pressure: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *J Clin Hypertens*. *J Clin Hypertens*. 2019;21(2):184-192. doi:10.1111/jch.13474.

17. **Thomas SJ**, Booth III JN, Dai C, Li X, Allen N, Calhoun D, et al. Cumulative incidence of hypertension by 50 years of age: the CARDIA study. *J Am Heart Assoc.* 2018;7(14). doi:10.1161/JAHA.117.007988.
18. Scogin F, Lichstein K, DiNapoli EA, Woosley J, **Thomas SJ**, LaRocca MA, et al. Effects of integrated, telehealth delivered cognitive-behavioral therapy for depression and insomnia in rural, older adults. *J Psychother Integr.* 2018;28(3):292-309. doi:10.1037/int0000121.
19. Bromfield SG, Booth III JN, Loop M, Schwartz JE, Seals SR, **Thomas SJ**, et al. Evaluating different criteria for defining a complete ambulatory blood pressure monitoring reading: data from the Jackson Heart Study. *Blood Press Monit.* 2018;23(2):103-111. doi:10.1097/MBP.0000000000000309.
20. **Thomas SJ**, Gamble K. Overview of actigraphy. *UpToDate.* 2017.
21. **Thomas SJ**, Booth III JN, Bromfield S, Seals S, et al. Prevalence of ambulatory blood pressure monitoring phenotypes in a community-based sample of African Americans: the Jackson Heart Study. *J Am Soc Hypertens.* 2017;11(4):204-212. doi:10.1016/j.jash.2017.02.001.
22. **Thomas SJ**, Calhoun DA. Sleep, insomnia, and hypertension: Current findings and future directions. *J Am Soc Hypertens.* 2017;11(2):122-129. doi:10.1016/j.jash.2016.11.008.
23. Muntner P, Becker RC, Calhoun D, **et al.** Introduction to the American Heart Association's hypertension strategically focused research network. *Hypertension.* 2016;67(4):674-680. doi:10.1161/HYPERTENSIONAHA.115.06433.
24. Lichstein KL, Scogin FR, **Thomas SJ**, DiNapoli EA, Dillon HR, McFadden A. Telehealth cognitive behavior therapy for co-occurring insomnia and depression symptoms in older adults. *J Clin Psychol.* 2013;69:1056-65.
25. Lichstein KL, **Thomas SJ**, Woosley JA. Co-occurring insomnia and obstructive sleep apnea. *Sleep Med.* 2013;14:824-9.
26. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Epidemiology of bedtime, arising time, and time in bed: Analysis of age, gender, and ethnicity. *Behav Sleep Med.* 2013;12:169-82.
27. Dillon HA, **Thomas SJ**, Lichstein KL. Cognitive arousal and sleep complaints in chronic pain. *Cognit Ther Res.* 2012;36:149-55.
28. Gaddam K, Pimenta E, **Thomas SJ**, Cofield SS, et al. Spironolactone reduces severity of obstructive sleep apnea in patients with resistant hypertension: A preliminary report. *J Hum Hypertens.* 2010;24:532-37.
29. Gonzaga CC, Gaddam K, Ahmed MI, Pimenta E, **et al.** Severity of obstructive sleep apnea is related to aldosterone status in subjects with resistant hypertension. *J Clin Sleep Med.* 2010;6:363-68.
30. **Thomas SJ.** The basic principles of polysomnography including electrical concepts. *Respir Care Clin N Am.* 2005;11:587-95.

Submitted/Under Review

1. Siddiqui M, Jaeger BC, Tekumalla VS, **Thomas SJ**, Judd EK, Zhang B, Moore DW, Harding SM, Oparil S, Calhoun DA. Obstructive sleep apnea is highly prevalent in patients with masked uncontrolled hypertension. *J Hypertens.* 2021. Under review.

2. Gilstrap S, Hobson J, Goodin B, Thomas SJ. Disordered Sleep and Its Association with Academic Performance. *Nat Sci Sleep*. 2021. Under review.

In Preparation

1. Hobson JM, Gilstrap SR, Owens MA, Gloston GF, Ho MD, Gathright JM, Dotson HF, White DM, Cody SL, **Thomas SJ**, Goodin BR. Intersectional HIV and chronic pain stigma: Implications for mood, sleep, and pain severity. *Psychosom Med*. 2021
2. Hobson J, Gilstrap S, Goodin B, Thomas SJ. Chronotype and mental health. 2021.
3. Swati S, et al. Subjective and objective measures of disturbed sleep and short-term blood pressure variability: Data from the Coronary Artery Risk Development in Young Adults (CARDIA) Study. 2021.
4. **Thomas SJ**, Swati S, Colantonio LD, Muntner P, Reynolds K, Bowling CB. Insomnia, hypnotic medication use, and risk for serious fall injuries in the Reasons for Geographic and Racial Differences in Stroke (REGARDS) study linked with Medicare claims data. 2021.
5. Schlenz AM, **Thomas SJ**, Gloston G, Lebensburger J, Maxwell SL, Kanter J. Sleep quality and pain in adolescents and young adults with sickle cell disease. 2021.

BOOK CHAPTERS:

1. Moore D, **Thomas SJ**. *Multiple sleep latency test and maintenance of wakefulness test*. In C. Mattice, R. Brooks, & T. Lee-Chiong (Eds.), *Fundamentals of Sleep Technology*, 3rd Edition. Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins. 2019.
2. **Thomas SJ**, Avis KT, Lichstein KL. *Behavioral sleep medicine: Training, credentialing, and the role in sleep laboratories*. In A. Wolfson & H. Montgomery-Downs (Eds.), *The Oxford Handbook of Infant, Child, and Adolescent Sleep: Development and Problems*. Oxford Press. 2013.
3. Moore D, **Thomas SJ**. *Multiple sleep latency test and maintenance of wakefulness test*. In C. Mattice, R. Brooks, & T. Lee-Chiong (Eds.), *Fundamentals of Sleep Technology*, 2nd Edition (pp. 467-473). Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins. 2012.
4. Lichstein KL, Taylor DJ, McCrae CM, **Thomas SJ**. *Relaxation for insomnia*. In M. Perlis, M. Aloia, & B. Kuhn (Eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions*. (pp. 45-54). Burlington, MA: Academic Press. 2011.
5. Lichstein KL, **Thomas SJ**, McCurry SM. *Sleep compression*. In M. Perlis, M. Aloia, & B. Kuhn (Eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions*. (pp. 45-54). Burlington, MA: Academic Press. 2011.
6. **Thomas SJ**. *Multiple sleep latency test and maintenance of wakefulness test*. In N. Butkov & T. Lee-Chiong (Eds.), *Fundamentals of Sleep Technology* (pp. 406-412). Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins. 2007.

PUBLISHED ABSTRACTS:

1. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. Anxiety and sleep as potential mechanisms underlying heightened sympathetic tone in patients with refractory hypertension. *J Am Soc Hypertens*. 2016.

POSTER EXHIBITS:

1. Patel N, Ensor A, Hays K, Hogue M, Patel S, Balagee V, Gloston G, Thomas SJ. Circadian mechanisms underlying non-dipping blood pressure in African Americans. 2021. Poster presented at the 2021 UAB Expo.
2. **Thomas SJ**, Nelson J, Cropsey K, Gamble KL. Social jetlag and sleep disruption in dayshift nurses. 2019. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), San Antonio, TX.
3. **Thomas SJ**, Johnson DA, Guo N, Abdalla M, Booth JN 3rd, Spruill T, Yano Y, Sims M, Calhoun D, Wilson J, Redline S, Muntner P. Associations of sleep apnea with nocturnal hypertension and non-dipping systolic blood pressure in African Americans: the Jackson Heart Study. 2019. Poster presented at the Sleep Research Society's Advances in Sleep and Circadian Science Meeting.
4. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. Polysomnographic characteristics of patients with refractory hypertension compared with controlled resistant hypertension. 2017. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Boston, MA.
5. **Thomas SJ**, Booth JN 3rd, Bromfield S, Seals SR, Spruill T, Ogedegbe G, Kidambi S, Shimbo D, Calhoun DA, Muntner P. Prevalence of Ambulatory Blood Pressure Monitoring Phenotypes in a Population-Based Sample of African Americans: the Jackson Heart Study. 2016. Poster presented at the American Heart Association's Council on Hypertension Scientific Sessions, Orlando, FL.
6. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. Anxiety and sleep as potential mechanisms underlying heightened sympathetic tone in patients with refractory hypertension. 2016. Poster presented at the American Society of Hypertension, New York City, NY.
7. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. The role of obstructive sleep apnea in refractory hypertension: preliminary findings. 2015. Poster presented at the Vascular Biology & Hypertension Symposium, Birmingham, AL.
8. LaRocca M, Scogin F, Lichstein KL, Woosley JA, et al. Predictors of sleep symptoms in quality of life among rural older adults. 2014. Poster presented at the Gerontological Society of America's 67th Annual Scientific Meeting, Washington DC.
9. **Thomas SJ**, Lichstein KL. The prevalence and impact of sleep disorders in college students. 2014. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Minneapolis, MN.
10. Neuhauser AM, **Thomas SJ**, Lichstein KL. Technology use and sleep in college students. 2013. Poster presented at the Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Nashville, TN.
11. **Thomas SJ**, Lichstein KL. Sleep disorders and mental health, physical health, and academic outcomes in college students. 2013. Poster presented at the Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Nashville, TN.
12. DiNapoli EA, **Thomas SJ**, Dillon HR, Woosley JA, Scogin FR, Lichstein KL. Impact of using teleconferencing cognitive behavior therapy on working alliance and treatment

outcomes for co-occurring insomnia and depression in older adults. 2013. Poster presented at the Gerontological Society of America's 66th Annual Scientific Meeting, New Orleans, LA.

13. Lichstein KL, **Thomas SJ**, Woosley JA, Geyer JD. Presentation of insomnia alone compared to insomnia comorbid with obstructive sleep apnea. 2013. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Baltimore, MD.
14. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Sleep, daytime functioning, and pain in older adults. 2012. Poster presented at the Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), National Harbor, MD.
15. **Thomas SJ**, Lichstein KL, Sellbom M, Taylor DJ, Reidel BW, Bush AJ. The relationship between sleep quality, psychopathology, and daytime functioning. 2012. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Boston, MA.
16. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Epidemiology of bedtime, arising time, and time in bed: Analysis of age, ethnicity, and gender. 2011. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Minneapolis, MN.
17. Woosley JA, Lichstein KL, **Thomas SJ**, Taylor DJ, Reidel BW, Bush AJ. Sleep variables related to sleep quality rating. 2011. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Minneapolis, MN.
18. Lichstein KL, Geyer JD, **Thomas SJ**, Woosley JA. Co-occurring insomnia and obstructive sleep apnea. 2010. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), San Antonio, TX.
19. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Epidemiology of bedtime, arising time, and time in bed: Analysis of age, ethnicity, and gender. 2010. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), San Antonio, TX.
20. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Epidemiology of bedtime, arising time, and time in bed: Analysis of age, ethnicity, and gender. 2009. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Seattle, WA.
21. **Thomas SJ**, DeWolfe JL. Sleep behaviors in people with epilepsy. 2008. Poster presented at the Meeting of the American Epilepsy Society (AES), Seattle, WA.

Oral Presentations

1. Muntner P, **et al.** Racial differences in nocturnal hypertension and non-dipping blood pressure: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. 2017. Presented at the Joint Scientific Sessions, a collaborative effort with the American Heart Association's Council on Hypertension, Council on the Kidney in Cardiovascular Disease and the American Society of Hypertension, San Francisco, CA.
2. **Thomas SJ**, et al. Mechanisms of nocturnal hypertension and non-dipping blood pressure. 2016. Presented at the Annual Meeting of the American Heart Association's Strategically Focused Research Network, Orlando, FL.
3. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. Anxiety and sleep as potential mechanisms underlying heightened sympathetic tone in patients with refractory hypertension.
4. Lichstein KL, Scogin F, Dillon HR, DiNapoli E, **Thomas SJ**. Innovative dissemination strategies for CBT for insomnia. 2012. Symposium presented at the Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), National Harbor, MD.

MISCELLANEOUS:

Press Coverage

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