

Melanie K. Leggett, PhD, CBSM, DBSM
Curriculum Vitae

CONTACT INFORMATION

Professional Address:

Psychology Service 116B
Durham VA Health Care System
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EDUCATION

- 2001 **Ph.D. in Clinical Psychology**
University of Memphis, Memphis, TN
Specialization: *Behavioral Medicine*
Dissertation title: *Psychosocial adjustment in obstructive sleep apnea patients treated with continuous positive airway pressure.*
Comprehensive Examination: Passed 10/01/97.
Cumulative GPA: 3.96
- 1997 **M.S. in Psychology**
University of Memphis, Memphis, TN
Thesis title: *Daytime functioning in insomnia.*
- 1989 **B.A. in Psychology, Distinction in General Scholarship**
University of California, Berkeley, Berkeley, CA
Cumulative GPA: 3.6

PROFESSIONAL CREDENTIALS

- 2019-present Licensed Clinical Psychologist (#0810006246)
Virginia Department of Health Professions, Commonwealth of Virginia
- 2003-present Licensed Psychologist (#2921)
North Carolina Psychology Board
- 2003-present Health Services Provider – Psychologist
North Carolina Psychology Board
- 2018 Diplomate in Behavioral Sleep Medicine (DBSM)
Board of Behavioral Sleep Medicine

- 2004 Certification in Behavioral Sleep Medicine (CBSM)
American Academy of Sleep Medicine
- 1993 Registered Polysomnographic Technologist (RPSGT)
Board of Registered Polysomnographic Technologists

CLINICAL SERVICE

- 2003-present **Clinical Psychologist**, Psychology Service, Durham VA Health Care System, Durham, NC.
Supervisors: Cindy Greenlee, Ph.D., R. Keith Shaw, Ph.D., Loretta Braxton, Ph.D., Jack Edinger, Ph.D.
Responsibilities: Provide full range of psychological services and specialized behavioral sleep medicine services to Veterans. Supervise psychology trainees. Served as a member on a multidisciplinary Preventative Ethics Team conducting root cause analysis on patient safety issue.
- 1998-1999 **Psychology Resident**, APA-Accredited Psychology Internship Program, Psychology Service, Durham VA Health Care System, Durham, NC.
Supervisors: Jack Edinger, Ph.D., Jill Hazlett, Psy.D., Loretta Braxton, Ph.D., H. Scott Swartzwelder, Ph.D., Tracey Carson, Ph.D.
Responsibilities: Provided psychological services as psychotherapist, psychodiagnostician, and consultant to varied medical and mental health populations. Received advanced clinical training in behavioral medicine (e.g., sleep disorders, smoking cessation, infectious diseases, chronic pain, cancer), geropsychology, outpatient mental health, and neuropsychological assessment. Supervised psychology trainees.
- 1996-1997 **Student Psychologist**, Behavioral Health Services, Saint Francis Hospital, Memphis, TN.
Supervisor: Patricia Kelley, Ph.D.
Responsibilities: Provided individual, group, couples, and family psychotherapy to adult and adolescent psychiatry inpatients and chemical dependency patients. Performed psychosocial assessments on adult inpatients. Administered and interpreted evaluations using objective and projective instruments to assess intellectual, achievement, and personality functioning in adolescents. Presented in-service to hospital staff on suicide prevention.
- 1995-1996 **Student Psychologist**, Insomnia Clinic and Psychological Services, Sleep Disorders Center, Methodist Hospitals of Memphis, Memphis, TN.
Supervisor: Kenneth Lichstein, Ph.D.
Responsibilities: Administered and interpreted assessment instruments (MMPI-2, BDI) to screen for psychological disorders, provided individual psychotherapy and insomnia treatment to adult outpatients, and attended

weekly staff meetings to make recommendations for psychological treatment. Organized and led a support group for sleep apnea patients.

- 1994-1998 **Student Therapist**, Psychological Services Center, University of Memphis, Memphis, TN.
Supervisors: Robert Neimeyer, Ph.D., Susan Ross, Ph.D., Andrew Meyers, Ph.D., Kenneth Lichstein, Ph.D., Alan Stewart, Ph.D., Katherine Kitzmann, Ph.D.
Responsibilities: Provided individual psychotherapy for university students and adults in the community. Experience with cognitive-behavioral therapy for mood and anxiety disorders and systematic desensitization for simple phobia. Co-facilitated weight loss groups for women. Provided stimulus control and progressive muscle relaxation training to adults with sleep disorders.

RESEARCH EXPERIENCE

- 2012-present **Associate Professor**, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center, Durham, NC.
Supervisors: Moira Rynn, M.D., Richard Weiner, M.D., Andrew Krystal, M.D., Jack Edinger, Ph.D.
Responsibilities: Clinical interviewer and therapist for multiple grant-funded insomnia research projects.
- 2008-2012 **Assistant Professor**, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center, Durham, NC.
Supervisors: Andrew Krystal, M.D., Jack Edinger, Ph.D.
Responsibilities: Clinical interviewer and therapist for multiple grant-funded insomnia research projects.
- 2003-2008 **Research Associate**, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center, Durham, NC.
Supervisor: Jack Edinger, Ph.D.
Responsibilities: Clinical interviewer and therapist for multiple grant-funded insomnia research projects.
- 1999-2003 **Research Psychologist**, Psychology Service, Durham VA Health Care System, Durham, NC.
Supervisor: Jack Edinger, Ph.D.
Responsibilities: Coordinated sleep research projects, recruited participants, and performed structured diagnostic interviews for psychiatric and sleep disorders. Presented research findings at national conferences and prepared manuscripts for publication.

- 1997-1998 **Graduate Research Assistant**, University of Memphis Prevention Center,
and University of Memphis, Memphis, TN.
1994-1995 Supervisors: Robert Klesges, Ph.D., Margaret DeBon, Ph.D., Andrew Meyers
Ph.D., Randy Pascale Ph.D.
Responsibilities: Assisted in data collection, quality control, participant
recruitment, and orientation seminars for two NIH-funded research
projects investigating the efficacy of behavioral treatments in conjunction
with phenylpropanolamine or nicotine replacement therapy for smoking
cessation. Co-led stop-smoking groups and provided individual
behavioral stop-smoking intervention to participants.
- 1996-1998 **Graduate Research Assistant**, Department of Psychology, University of
and Memphis, Memphis, TN.
1993-1995 Supervisor: Kenneth Lichstein, Ph.D.
Responsibilities: Assisted with recruitment of participants, data collection, and
data entry for research projects on obstructive sleep apnea syndrome,
insomnia, fatigue, and daytime alertness. Co-authored book chapter on
the treatment of late-life insomnia. Scored overnight polysomnographs for
sleep stages to provide reliability checks on data collected as part of a
NIH-funded grant investigating insomnia in elderly populations.

GRANTS

- 2011-2012 **Self -Management Materials for Sleep Disturbance in Recently Deployed
Veterans**
PI: Christi Ulmer, PhD
Funding Source: VISN 6 MIRECC Clinical Education Grant
Sponsor: Department of Veterans Affairs
Amount: \$7,000
Role: Co-Investigator on project translating evidence-based cognitive-behavioral
treatment for insomnia into a self management workbook format for
Veterans.
- 2011-2012 **Feasibility of a Nurse-Administered Insomnia Therapy for Improving
Adherence to HIV/AIDS Treatment.**
PI: Xavier Preud'homme, M.D
Funding Source: Duke Center for AIDS Research
Sponsor: Duke University
Amount: \$40,000
Role: Consultant and clinical trainer on a project testing the efficacy of insomnia
treatment provided by allied health professionals in individuals with HIV.

- 2005-2010 **Cognitive Behavioral Insomnia Therapy for Individuals with Fibromyalgia**
PI: Jack Edinger, PhD
Funding Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases
Sponsor: Duke University
Amount: \$1,621,430
Role: Study therapist on clinical trial of cognitive-behavioral insomnia therapy in individuals with fibromyalgia.
- 2008-2013 **Improving Depression Outcome by Adding CBT for Insomnia to Antidepressants**
PI: Jack Edinger, PhD
Funding Source: National Institute of Mental Health
Sponsor: Duke University
Amount: \$822,500
Role: Study therapist on a randomized controlled trial testing the benefit of adding cognitive-behavioral insomnia therapy to antidepressants in treating depression.
- 2008-2008 **Behavioral Insomnia Therapy for Those with Insomnia and Depression**
PI: Colleen Carney, PhD
Funding Source: National Institute of Mental Health
Sponsor: Duke University
Amount: \$427,126
Role: Study therapist on clinical trial of cognitive-behavioral insomnia therapy in individuals with major depressive disorder.
- 2003-2008 **Insomnia Classification Project**
PI: Jack Edinger, PhD
Funding Source: National Institute of Mental Health
Sponsor: Duke University
Amount: \$2,359,086
Role: Clinical interviewer/diagnostician on dual-site study investigating the validity and reliability of insomnia diagnostic systems.
- 2001-2007 **Combined Behavioral/Pharmacological Therapy for Insomnia**
PI: William Wohlgemuth, PhD
Funding Source: National Institute of Mental Health
Sponsor: Duke University
Amount: \$1,234,604
Role: Project coordinator on clinical effectiveness study of cognitive behavioral treatment for insomnia in a primary care population.

- 2001-2005 **Behavioral Insomnia Therapy in Primary Care**
PI: Jack Edinger, PhD
Funding Source: Department of Veterans Affairs Merit Review Program
Sponsor: Department of Veterans Affairs
Amount: \$750,000
Role: Project coordinator on clinical effectiveness study of cognitive behavioral treatment for insomnia in a primary care population.
- 2003-2003 **Improving Treatment Compliance in Veterans with Sleep Apnea**
PI: **Melanie Means, PhD**
Funding Source: Institute for Medical Research
Sponsor: Department of Veterans Affairs
Amount: \$15,000
Role: Primary investigator on a randomized trial of an intervention to enhance adherence to positive airway pressure treatment of sleep apnea.
- 1999-2002 **Comparing Laboratory and Home Sleep Testing in Insomniacs and Normal Sleepers**
PI: Jack Edinger, PhD
Funding Source: Department of Veterans Affairs Merit Review Program
Sponsor: Department of Veterans Affairs
Amount: \$214,370
Role: Project coordinator on study comparing laboratory and home sleep setting effects on young adults with and without insomnia.

CONSULTING EXPERIENCE

- 2020-present **Expert Consultant**, Veteran's Health Administration, national applicants for certification in Behavioral Sleep Medicine.
- 2019-present **Expert Consultant**, VA Group CBT for Insomnia Training Program (Pilot), Office of Mental Health and Suicide Prevention, VA Central Office, Department of Veterans Affairs.
- 2011-present **Expert Consultant**, VA Cognitive Behavioral Therapy Program for Insomnia Training Program, Office of Mental Health Services, VA Central Office, Department of Veterans Affairs.
- 2008-2009 **Expert Consultant**, Insomnia Interview Study, Clinilabs, Inc., New York, NY.
- 2004-2004 **Consultant/Author**, "Sleep and Health" ActivHealth Program, Duke Center for Living, Duke University Health System.

MENTORING EXPERIENCE

- 2015-present **Program Training Faculty**, Psychology Postdoctoral Fellowship Program, Durham VA Health Care System.
- 2006-present **Program Training Faculty**, Duke Neurology Sleep Medicine Fellowship Program, Department of Medicine, Duke University Medical Center.
- 2003-present **Program Training Faculty**, Psychology Internship Program, Durham VA Health Care System.
- 2004-present **Didactic Seminars for Trainees (selected topics):** *Group Supervision, Improving CPAP Adherence, Actigraphy in Sleep Medicine, Differential Diagnosis of Insomnia, Chronobiology of Sleep and Its Disorders, Behavior Therapy: Introduction, Theory, Application, and Techniques, Imagery Rehearsal Therapy for PTSD-Related Nightmares, Sleep-Related Breathing Disorders, Behavioral Sleep Assessment, Circadian Rhythm Disorders, Sleep Apnea and Mental Illness, Introduction to Behavioral Sleep Medicine, Central Disorders of Hypersomnolence, Introduction to Cognitive Behavioral Insomnia Therapy, Using a Sleep Diary to Determine Treatment Goals, CPAP Adherence in Veterans with Psychiatric Disorders, The Practice of Behavioral Sleep Medicine, The Treatment of Nightmare Disorder in Adults.*

ADMINISTRATIVE EXPERIENCE

- 2019-present **Director, Behavioral Sleep Medicine Track**, Psychology Postdoctoral Fellowship Program, Durham VA Health Care System. Accredited by the Society of Behavioral Sleep Medicine.
- 2015-present **Behavioral Medicine Track Coordinator**, Psychology Postdoctoral Fellowship Program, Durham VA Health Care System.
- 2011-present **Behavioral Sleep Medicine Clinic Coordinator**, Psychology Service, Durham VA Health Care System.

PROFESSIONAL SERVICE

- 2021 **Committee Member**, Graduate Education Awards Sub-Committee, Society of Behavioral Sleep Medicine
- 2020-present **Committee Member**, Accreditation Committee, Society of Behavioral Sleep Medicine
- 2020-present **Chair**, Quality Improvement Clinical Reminders Committee, Durham VA Health Care System

- 2019-present **Committee Member**, Healthy Living Sleep Messaging project, National Center for Health Promotion and Disease Prevention, U.S. Department of Veterans Affairs.
- 2019-present **Coordinator**, VA Behavioral Sleep Medicine Practitioners Special Interest Group, Society of Behavioral Sleep Medicine Scientific Conference, Birmingham, AL.
- 2011-present **Selection Committee**, Duke Neurology Sleep Medicine Fellowship Program, Department of Medicine, Duke University Medical Center.
- 2019-2020 **Faculty**, VISN 20 Sleep VA-ECHO (Veterans Administration Extension for Community Healthcare Outcomes).
- 2019 **Peer Reviewer**, *Obstructive Sleep Apnea Enduring Materials Course*, VA Talent Management System, Employee Education System, U.S. Department of Veterans Affairs.
- 2018-2019 **Reviewer**, *Group Cognitive Behavioral Therapy for Insomnia (CBT-I) in Veterans: Therapist Companion Guide*, Washington D.C., U.S. Department of Veterans Affairs.
- 2014-2015, 2019, 2021 **Selection Committee**, VA Cognitive Behavioral Therapy Program for Insomnia Training Program, Office of Mental Health Services, VA Central Office, U.S. Department of Veterans Affairs.
- 2018-2018 **CBT-I Planning Committee**, VA Cognitive Behavioral Therapy Program for Insomnia Training Program, Office of Mental Health and Suicide Prevention, VA Central Office, U.S. Department of Veterans Affairs.
- 2001-2017 and 1990 **Ad Hoc Reviewer**, *Clinical Case Studies, Journal of Sleep Research, Journal of Clinical Sleep Medicine, Sleep, Behavioral Sleep Medicine, Sleep and Hypnosis, Psychiatry Research, Journal of Consulting and Clinical Psychology, Sleep Medicine Reviews, Journal of Clinical Psychology, Psychosomatic Medicine, Journal of Contemporary Psychotherapy, Preventing Chronic Disease, Sleep Medicine, Behavior Research and Therapy, Journal of Polysomnographic Technology.*
- 2016-2017 **Content Contributor**, PAP adherence App, Phoenix VA Health Care System.
- 2015-2016 **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.
- 2005-2006 **CBSM Examination Writing Subcommittee**, American Academy of Sleep

Medicine Behavioral Sleep Medicine Examination.

HONORS AND AWARDS

2021	Outstanding Leader in Altruistic Delivery of BSM Award, Society of Behavioral Sleep Medicine
2019	Featured Member, Society of Behavioral Sleep Medicine
2018	I.C.A.R.E. Award (Integrity, Commitment, Advocacy, Respect, Excellence), Durham VA Health Care System
2002	Sleep Research Society Merit Travel Award
2001	Sleep Research Society Student Travel Award
1997	Phi Kappa Phi National Honor Society
1989	Baton Scholarship Award, University of California Marching Band
1988	Psi Chi National Honors Society
1984	Yale Book Award

PROFESSIONAL ASSOCIATION MEMBERSHIPS

2012-present	Society of Behavioral Sleep Medicine
1997 – 2014	American Academy of Sleep Medicine
1994 – 2007	American Psychological Association
1996 – 2003	Division of Clinical Psychology (APA Division 12)
1996 – 2001	Association for Advancement of Behavior Therapy Student Affiliate
1992 – 1995	Association of Polysomnographic Technologists
1993 – 1994	Sleep Research Society Student Affiliate
1986 – 1989	Association of Psychology Undergraduates

RELEVANT COMMUNITY SERVICE AND EMPLOYMENT

1990-1993	Sleep Disorders Technician , Sleep Disorders Center, California Pacific Medical Center, San Francisco, CA. Supervisor: Tom Pace, RPSGT. Responsibilities: Performed comprehensive sleep studies on patients with sleep disorders. Scored and analyzed data for sleep stages, respiratory disturbance, cardiac arrhythmias, and arousal activity. Prepared medical reports for physicians.
1989-1990	Sleep Research Technician , Psychiatry Service, Veterans Administration Medical Center, Martinez, CA. Supervisor: Fred Travis, Ph.D., Thomas Maloney, Ph.D. Responsibilities: Performed and analyzed sleep studies on research participants using computer data systems, coordinated research projects, trained new technicians.
1988-1989	Crisis Counselor Volunteer , Suicide Prevention of Alameda County, Berkeley, CA.

Responsibilities: Provided phone counseling to suicidal and mentally ill callers. Learned techniques for establishing effective communication. Training included familiarization with rescue procedures and community social service resources.

PEER REVIEWED PUBLICATIONS

Griffin SC, Ravyts SG, Bouchtein E, Ulmer CS, **Leggett MK**, Dzierzewski JM, Calhoun PS. Sleep disturbance and pain in U.S. adults over 50: evidence for reciprocal, longitudinal effects. *Sleep Med.* 2021 Aug 13;86:32-39. doi: 10.1016/j.sleep.2021.08.006.

Edinger JD, **Means MK**, Krystal AD. Does physiological hyperarousal enhance error rates among insomnia sufferers?. *Sleep.* 2013 Aug 1;36(8):1179-86. doi: 10.5665/sleep.2882.

Edinger JD, Ulmer CS, **Means MK**. Sensitivity and specificity of polysomnographic criteria for defining insomnia. *J Clin Sleep Med.* 2013 May 15;9(5):481-91. doi: 10.5664/jcsm.2672.

Edinger JD, Wyatt JK, Stepanski EJ, Olsen MK, Stechuchak KM, Carney CE, Chiang A, Crisostomo MI, Lineberger MD, **Means MK**, Radtke RA, Wohlgemuth WK, Krystal AD. Testing the reliability and validity of DSM-IV-TR and ICSD-2 insomnia diagnoses. Results of a multitrait-multimethod analysis. *Arch Gen Psychiatry.* 2011 Oct;68(10):992-1002. doi: 10.1001/archgenpsychiatry.2011.64. Epub 2011 Jun 6.

Berlin KL, **Means MK**, Edinger JD. Nightmare reduction in a Vietnam Veteran using imagery rehearsal therapy. *J Clin Sleep Med.* 2010 Oct 15;6(5):487-8.

Sánchez-Ortuño MM, Edinger JD, **Means MK**, Almirall D. Home is where sleep is: an ecological approach to test the validity of actigraphy for the assessment of insomnia. *J Clin Sleep Med.* 2010 Feb 15;6(1):21-9.

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.

Edinger JD, Olsen MK, Stechuchak KM, **Means MK**, Lineberger MD, Kirby A, Carney CE. Cognitive behavioral therapy for patients with primary insomnia or insomnia associated predominantly with mixed psychiatric disorders: a randomized clinical trial. *Sleep.* 2009 Apr;32(4):499-510.

Edinger JD, **Means MK**, Carney CE, Krystal AD. Psychomotor performance deficits and their relation to prior nights' sleep among individuals with primary insomnia. *Sleep.* 2008 May;31(5):599-607.

Calhoun PS, Wiley M, Dennis MF, **Means MK**, Edinger JD, Beckham JC. Objective evidence of sleep disturbance in women with posttraumatic stress disorder. *J Trauma Stress*. 2007 Dec;20(6):1009-18. doi: 10.1002/jts.20255.

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.

Lineberger MD, Carney CE, Edinger JD, **Means MK**. Defining insomnia: quantitative criteria for insomnia severity and frequency. *Sleep*. 2006 Apr;29(4):479-85.

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.

Edinger JD, **Means MK**, Stechuchak KM, Olsen MK. A pilot study of inexpensive sleep-assessment devices. *Behav Sleep Med*. 2004;2(1):41-9. doi: 10.1207/s15402010bsm0201_4.

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.

Lichstein KL, Peterson BA, Riedel BW, **Means MK**, Epperson MT, Aguillard RN. Relaxation to assist sleep medication withdrawal. *Behav Modif*. 1999 Jul;23(3):379-402. doi: 10.1177/0145445599233003.

Riedel B, Lichstein K, Peterson BA, Epperson MT, **Means MK**, Aguillard RN. A comparison of the efficacy of stimulus control for medicated and nonmedicated insomniacs. *Behav Modif*. 1998 Jan;22(1):3-28. doi: 10.1177/01454455980221001.

Lichstein KL, **Means MK**, Noe SL, Aguillard RN. Fatigue and sleep disorders. *Behav Res Ther*. 1997 Aug;35(8):733-40.

Travis F, Maloney T, **Means M**, March JD, Feinberg I. Acute deprivation of the terminal four hours of sleep does not increase delta (0-3-Hz) electroencephalograms: a replication. *Sleep*. 1991 Aug;14(4):320-4.

BOOK CHAPTERS AND REVIEW ARTICLES

Countryman A, **Leggett MK**. Imagery rehearsal therapy for PTSD-related nightmares. In: Vermetten E, Germain A, Neylan T, editors. *Sleep and Combat-Related Post Traumatic Stress Disorder*. New York: Springer; 2018:303-9.

Edinger JD, **Leggett MK**, Carney CE, Manber R. Psychological and behavioral treatments for insomnia II: Implementation and specific populations. In: Kryger M, Roth T, Dement WC, editors. *Principles and Practice of Sleep Medicine*. 6th ed. Philadelphia: Elsevier; 2016:814-31.

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.

Shah MT, **Leggett MK**. A review of interventions to enhance continuous positive airway pressure (CPAP) adherence for obstructive sleep apnea (OSA). *SM J Pulm Med*. 2016;2(1):1014.

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.

Edinger JD, **Means MK**, Carney CE, Manber R. Psychological and behavioral treatments for insomnia II: Implementation and specific populations. In: Kryger MH, Roth T, Dement WC, editors. *Principles and Practice of Sleep Medicine*. 5th ed. St. Louis: Elsevier Saunders; 2011:884-904.

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.

Lineberger MD, **Means MK**, Edinger JD. Sleep disturbance in fibromyalgia. *Sleep Med Clin*. 2007;2(1):31-9.

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

Edinger JD, **Means MK**. Overview of insomnia: Definitions, epidemiology, differential diagnosis, and assessment. In: Kryger MH, Roth T, Dement WC, editors. Principles and Practice of Sleep Medicine. 4th ed. Philadelphia: Elsevier Saunders; 2005:702-13.

Edinger JD, **Means MK**. Cognitive-behavioral therapy for primary insomnia. Clin Psychol Rev. 2005 Jul;25(5):539-58. doi: 10.1016/j.cpr.2005.04.003.

Loiselle, MM, **Means MK**, Edinger JD. Sleep disturbances in aging. In: Mattson MP, editor. Sleep and Aging: Advances in Cell Aging and Gerontology. Vol. 17. Amsterdam: Elsevier; 2005:33-60.

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

Lichstein KL, Riedel BW, **Means MK**. Psychological treatment of late-life insomnia. In: R. Schulz R, Maddox G, Lawton MP, editors. Annual review of gerontology and geriatrics. Vol. 18. New York: Springer; 1998:74-110.

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.

Ulmer CS, **Leggett MK**. Group-based cognitive-behavioral therapy for insomnia in a VA healthcare setting: treatment protocol development and evaluation. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2016 Jun; Denver, CO.

Preud'homme XA, **Means M**, Riordan P, Besnainou S, Fleenor J, Smith P, Bridgers J, Krystal A. Insomnia in people living with HIV/AIDS successfully treated by cognitive behavioral treatment. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2015 Jun; Seattle, WA.

Edinger JD, Lineberger MD, Coffman C, Stechuchak K, **Means MK**, Thakur M, Krystal AD. Comparison of cognitive behavioral insomnia therapy, sham therapy and treatment as usual for

managing sleep disturbances in fibromyalgia patients. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2013 Jun; Baltimore, MD.

Swinkels C, Ulmer CS, **Means MK**, Beckham JC, VISN-6 Registry Workgroup, Calhoun P. The association of sleep disturbance and suicidal ideation among OEF/OIF/OND Veterans. Paper presented at the annual meeting of the Associated Professional Sleep Societies; 2013 Jun; Baltimore, MD.

Edinger JD, **Means MK**, Krystal AD. Does hyperarousal increase daytime error proneness among insomnia sufferers? Paper presented at the annual meeting of the Associated Professional Sleep Societies; 2012 Jun; Boston, MA.

Edinger JD, **Means MK**, Krystal AD. Are insomnia sufferers' daytime deficits products of subjective distortions? Poster presented at the annual meeting of the Associated Professional Sleep Societies; 2012 Jun; Boston, MA.

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.

Carney CE, Edinger JD, Wyatt JK, Olsen MK, Stechuchak KM, Chiang A, Krystal AD, Lineberger MD, **Means MK**, Radtke RA. Should DSM-IV-TR primary insomnia be divided into specific subtypes? Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2009 Jun; Seattle, WA.

Edinger JD, Wyatt JK, Olsen MK, Stechuchak KM, Carney CE, Chiang A, Krystal AD, Lineberger MD, **Means MK**, Radtke RA. Comparative validity of the DSM-IV-TR and ICSD-2 insomnia nosologies: how many ways should we slice the insomnia pie? Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2009 Jun; Seattle, WA.

Edinger JD, Wyatt JK, Olsen MK, Stechuchak KM, Carney CE, Chiang A, Krystal AD, Lineberger MD, **Means MK**, Radtke R.A. Reliability and validity of the Duke Structured Interview for Sleep Disorders for insomnia screening. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2009 Jun; Seattle, WA.

Ulmer CS, Edinger JD, **Means MK**, Lineberger MD, Stechuchak KM, Olsen MK, Goodin A, Carney CE. Cognitive-behavioral therapy for insomnia versus sleep hygiene in Veterans with PTSD. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies; 2008 Nov; Orlando, FL.

Carney CE, Edinger JD, **Means MK**. The fickle nature of actigraphy: not all movement is the same. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2008 Jun; Baltimore, MD.

Edinger JD, **Means MK**, Carney CE. Home is where the sleep is: effects of in-lab and in-home sleep monitoring on those with and without insomnia. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2008 Jun; Baltimore, MD.

Edinger JD, Wyatt JK, Olsen MK, Stechuchak KM, Carney CE, Chiang A, Krystal AD, **Means MK**, Radtke RA. How valid are the DSM-IV-TR and ICSD-2 insomnia nosologies?: preliminary results from a multi-trait/multi-method diagnostic trial. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2008 Jun; Baltimore, MD.

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.

Olsen MK, Edinger JD, Stechuchak KM, **Means MK**, Lineberger MD. Healthcare utilization patterns predict insomnia treatment response. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2008 Jun; Baltimore, MD.

Edinger JD, **Means MK**, Carney CE. Daytime performance deficits and their relation to sleep among insomnia sufferers. Paper presented at the annual meeting of the Associated Professional Sleep Societies; 2007 Jun; Minneapolis, MN.

Edinger JD, **Means MK**, Lineberger MD, Stechuchak KM, Olsen MK, Goodin A, Carney CE. Efficacy of cognitive behavior therapy for primary and comorbid insomnia: final report. Paper presented at the annual meeting of the Associated Professional Sleep Societies; 2007 Jun; Minneapolis, MN.

Gehrman P, Edinger JD, **Means MK**, Husain AM. A multi-trait, multi-method approach to the assessment of insomnia. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2007 Jun; Minneapolis, MN.

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.

Edinger JD, **Means MK**, Lineberger MD, Stechuchak KM, Olsen MK, Goodin A, Carney CE. Effectiveness of cognitive behavior therapy for primary and comorbid insomnia. Poster session presented at the annual national meeting of VA HSR&D; 2007 Feb; Arlington, VA.

Edinger JD, **Means MK**, Lineberger MD, Stechuchak KM, Olsen MK, Carney CE. Relative effectiveness of cognitive behavior therapy for primary and comorbid insomnia: preliminary report. Paper presented at the annual meeting of the Associated Professional Sleep Societies; 2006 Jun; Salt Lake City, UT.

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.

Calhoun PS, Wiley M, Dennis MF, **Means M**, Edinger J, Beckham JC. Objective home assessment of sleep disturbance in women with PTSD. Poster session presented at the annual meeting of the International Society for Traumatic Stress Studies; 2005 Nov; Toronto, Canada.

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.

Gehrman P, Edinger JD, **Means MK**, Husain AM. Measurement of sleep in young insomniacs: a multi-trait, multi-method approach. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 2003 Jun; Chicago, IL.

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.

Toy KK, Lichstein KL, **Means MK**, Noe SL. Measuring daytime impairment in sleep apnea patients: Steer Clear vs. MSLT. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 1996 Jun; Washington, DC.

Riedel BW, Lichstein KL, Peterson BA, Epperson MT, **Means MK**, Aguillard RN. Stimulus control for medicated and non-medicated insomniacs. Paper presented at the annual meeting of the Midwestern Psychological Association; 1996 May; Chicago, IL.

Lichstein KL, Peterson BA, Riedel BW, **Means MK**, Epperson MT, Aguillard RN. Relaxation to treat medicated and nonmedicated insomniacs. Poster session presented at the annual meeting of the Association for Advancement of Behavior Therapy; 1995 Nov; Washington, DC.

Lichstein KL, **Means MK**, Noe SL, Aguillard RN. Fatigue and sleep disorders. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 1995 Jun; Nashville, TN.

Lichstein KL, Peterson BA, Riedel BW, **Means MK**, Epperson MT, Aguillard RN. Relaxation therapy to assist sleep medication withdrawal. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 1995 Jun; Nashville, TN.

Riedel BW, Lichstein KL, Peterson BA, Epperson MT, **Means MK**, Aguillard RN. Stimulus control and sleep medication withdrawal. Poster session presented at the annual meeting of the Associated Professional Sleep Societies; 1995 Jun; Nashville, TN.

Lee DW, **Means MK**, Afinowicz DJ, Bennett EL, Martinez Jr. JL. Enhancement of memory for a one-trial passive avoidance task in chicks given peripheral and central injections of naloxone. Society for Neuroscience Abstracts, 15 (p. 1169); 1989 Oct; Phoenix, AZ.

Rosenzweig MR, Lee DW, **Means MK**, Bennett EL, Martinez Jr. JL. Effects of varying training strength on short-, intermediate-, and long-term formation of memory (STM, ITM, LTM) for a one-trial passive avoidance task in chicks. Society for Neuroscience Abstracts, 15, (p. 1171); 1989 Oct; Phoenix, AZ.

OTHER PUBLICATIONS

Leggett MK. A front-line treatment. Duke Medicine Health News. 2019 Jan;25(1):1.

Ulmer CS, Farrell-Carnahan L, Hughes JM, Manber R, **Leggett MK**, Tatum J, and the Mid-Atlantic (VISN 6) Mental Illness Research, Education and Clinical Center (MIRECC). Improve your Sleep: A Self-Guided Approach for Veterans with Insomnia (Self-Help Workbook). 2018.

Manber R., Batdorf WH, **Leggett M**, Martin J, Gehrman P. VA Cognitive Behavioral Therapy for Insomnia (CBT-I): Handbook for Training Consultant using a Blended Model. 2016.

Means MK, Edinger JD. Cognitive behavior therapy (CBT) for insomnia. American Insomnia Association Newsletter. Spring 2005.

Means MK. Building a private psychotherapy practice. The Clinical Psychologist. 2002;55:16-21.

Means MK. Mind over matter: Optimizing CPAP compliance. Advance for Managers in Respiratory Care. 2002;11:10-13.

INVITED LECTURES

Leggett MK (August 2021). *Behavioral Sleep Medicine in the VA Healthcare System*. SBSM Early Career Consultation Webinar.

Leggett MK (November 2019). *Healthy Sleep*. Wellness Support Team Coping Skills Training, Durham VA Health Care System.

Leggett MK. (December 2019). *The Practice of Behavioral Sleep Medicine*. Cognitive Behavioral Therapy for Insomnia (CBT-I) Advanced Practice Call webinar, VA Cognitive Behavioral Therapy Program for Insomnia Training Program, Office of Mental Health Services, VA Central Office, Department of Veterans Affairs.

Leggett MK. (November 2019). *The Diagnosis and Treatment of Nightmare Disorder in Adults*. Community Based Outpatient Clinic (CBOC) Mental Health Grand Rounds webinar, South Central MIRECC (Mental Illness Research, Education, and Clinical Center).

Leggett MK. (September 2019). *Promoting Positive Airway Pressure (PAP) Usage*. VISN 20 Sleep VA-ECHO (Veterans Administration Extension for Community Healthcare Outcomes) webinar.

Leggett MK. (February 2019). *Clinical sleep assessment in Veterans*. VISN 20 Sleep VA-ECHO (Veterans Administration Extension for Community Healthcare Outcomes) webinar.

Leggett MK. (February 2019). *Cognitive behavioral therapy for insomnia*. VISN 20 Sleep VA-ECHO (Veterans Administration Extension for Community Healthcare Outcomes) webinar.

Leggett MK. (November 2018). *Diagnosis and treatment of nightmare disorder in adults*. Southern Regional Area Health Education Center (AHEC) cyberseminar.

Leggett MK. (October 2018). *Insomnia and serious mental illness*. Psychosocial Rehabilitation Fellowship Seminar Series, Durham VA Health Care System, Durham, NC.

Sowers R, Embree G, Everhart A, Fox L, Guthrie L, Tran T, Manning J, **Leggett M.** (September 2018). *Sleep is not all apnea – a comprehensive overview of the sleep paradigm at DVA HCS*. Interprofessional Grand Rounds, Durham VA Health Care System, Durham, NC.

Leggett MK. (July 2018). *CPAP adherence*. Society of Behavioral Sleep Medicine Practice and Consultation webinar.

Leggett MK. (March 2018). *Cognitive behavioral therapy (CBT) for insomnia*. CE seminar, Southern Regional Area Health Education Center (AHEC).

Leggett MK. (November 2017). *Navigating sleep apnea and CPAP*. Fearington Cares community lecture, Fearington Village, Pittsboro, NC.

Ulmer C, **Leggett MK,** Rose M, Pigeon W. (June 2015). *Current and future models of care in Behavioral Sleep Medicine*. Panel discussant, VHA Sleep Practitioners meeting, Seattle, WA.

Leggett MK. (November 2014). *Cognitive behavioral therapy for insomnia*. CME workshop, 2014 Psychiatry Symposium, Novant Health and Forsyth County Psychiatric Association, Winston Salem, NC.

Leggett MK. (September 2014). *Cognitive behavioral therapy for insomnia*. CME workshop, North Carolina Psychiatric Association Annual Meeting, Wilmington, NC.

Leggett MK. (June 2013 and June 2012). *Sleep apnea and mental illness*. VA Medical Center Community Based Outpatient Clinic Quarterly Social Work meeting, Greenville, NC.

Leggett MK. (February 2010). *The treatment of sleep apnea in Veterans with mental illness*. Duke University Medical School Sleep Research seminar, Durham, NC.

Leggett MK. (February 2009). *The treatment of sleep apnea in Veterans with mental illness*. Mid-Atlantic Mental Illness Research, Education, and Clinical Center conference, Durham, NC.

Leggett MK. (August 2006). *Obstructive sleep apnea and obesity*. Duke University Diet and Fitness Center Special Interest Group in Obesity and Obesity-Related Disorders, Durham, NC.

Edinger JD, **Leggett MK**. (April 2005). *Sleep disorders: methods of evaluation and treatment*. North Carolina Psychological Association Spring Conference, Raleigh, NC.

Leggett MK. (May 2004). *Promoting CPAP compliance in patients with obstructive sleep apnea syndrome*. North Carolina Society of Electrodiagnostic Technicians, Durham, NC.