

## Curriculum Vitae

### BIOGRAPHICAL

**Name:** Michele L Okun, PhD  
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### EDUCATION AND TRAINING

#### UNDERGRADUATE

9/87- 12/91 University of California, Santa Barbara B.A. (1991)  
Psychology/Sociology  
Santa Barbara, CA

#### GRADUATE

1/94-12/98 San Francisco State University M.A. (1998)  
Psychological Research  
San Francisco, CA

9/01-12/05 University of Colorado Denver Ph.D. (2005)  
Health and Behavioral Sciences  
Denver, CO adviser: Dr. Mary Coussons-Read

#### POSTGRADUATE

10/05-9/07 Western Psychiatric Institute and Clinic  
Pittsburgh, PA, Post-Doctoral Scholar  
Clinical Research Fellowship (MH16804), Director: Dr. Charles Reynolds III,  
Research Mentor: Dr. Martica Hall  
10/07-5/09 Western Psychiatric Institute and Clinic, Pittsburgh, PA, Post Doctoral Associate  
K99R00 (NR010813), Research Mentors: Drs. Martica Hall, Anna Marsland,  
James Roberts

#### Specialized Training

9/92-9/93 Hypnosis Motivation Institute (HMI)  
Tarzana, CA, Training in Hypnotherapy  
04/15- The Insomnia Clinic, Colorado Springs, CO, Cognitive Behavioral Therapy for  
Insomnia

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### APPOINTMENTS AND POSITIONS

#### ACADEMIC:

June 2009-June 2013 Department of Psychiatry Assistant  
Professor  
University of Pittsburgh School of Medicine  
July 2009 Pittsburgh Mind Body Center Faculty Member  
November 2009 Magee-Women's Research Institute Instructor

July 2011	Department of Psychology (Univ of Pitt)	Secondary Appointment
July 2013	School of Nursing-Health Promotion and Development	Assistant Professor
February 2014	University of Colorado at Colorado Springs	Sr Research Associate
January 2015	Department of Psychology (UCCS)	Lecturer
January 2016	The Insomnia Clinic	Sleep Education Director
February 2015	Trauma, Health, and Hazards Center (UCCS)	Professor Adjoint
December 2016	The Helen and Arthur E. Johnson Beth-EI College of Nursing and Health Sciences	Instructor
January 2017	Department of Psychology Community College of Aurora	Adjunct Professor
January 2017	Department of Psychology (UCCS)	Lecturer

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### **MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES**

American Psychological Association (APAGS), Student Membership	1994 -1999
Psychoneuroimmunological Research Society	1998 -
Sleep Research Society	1998 -
American Psychosomatic Society	2005 -
American Academy of Sleep Medicine	2007 -
2013	
American Psychological Association (Division 38)	2016 -
Sleep Research Society Scientific Review Committee	2018 -

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### **HONORS and AWARDS**

<b>Title of Award</b>	<b>Year</b>
CSU Student Research Competition (Runner-Up)	1998
PNIRS Trainee Scholars Award	2001-2005, 2008
APSS Trainee Travel Award	2002-2007
APS Scholar Award	2006
Amy Roberts Health Promotion Award	2007
Selected Young Investigator at Inaugural AASM Young Investigator Research Forum	2009
UCCS Online Teaching Certification	2018

## PUBLICATIONS

### I. Refereed articles

1. Nishino S, Ripley B, Overeem S, Nevsimalova S, Lammers GJ, Vankova J, **Okun M**, Rogers W, Brooks S, and Mignot E. (2001). Low cerebrospinal fluid hypocretin (Orexin) and altered energy homeostasis in human narcolepsy. *Ann Neurol*. 2001 Sep;50(3):381-8.
2. Hungs M, Lin L, **Okun M**, Mignot E. (2001). Polymorphisms in the vicinity of the hypocretin/orexin are not associated with human narcolepsy. *Neurology*. Nov 27;57(10):1893-1895.
3. Mignot E, Lin L, Rogers W, Honda Y, Qiu X, Lin X, **Okun M**, Hohjoh H, Miki T, Hsu SH, Leffell MS, Grumet F, Fernandez-Vina M, Honda M, Risch N. (2001). Complex HLA-DR and -DQ Interactions Confer Risk of Narcolepsy-Cataplexy in Three Ethnic Groups. *Am J Hum Gene*. Mar; 68(3):686-699. PMID: 11179016.
4. **Okun ML**, Lin L, Pelin Z, Hong S and Mignot E. (2002). Clinical and genetic aspects of narcolepsy and cataplexy across ethnic groups. *SLEEP*. Feb 1;25(1):27-35. PMID: 11833858.
5. Mignot E, Lammers GJ, Ripley B, **Okun M**, Nevsimalova S, Overeem S, Vankova J, Black J, Harsh J, Bassetti C, Schrader H, Nishino S. (2002). The role of cerebrospinal fluid hypocretin measurement in the diagnosis of narcolepsy and other hypersomnias. *Arch Neurol*. Oct; 59(10):1553-62. PMID: 12374492.
6. Hong SC, Leen-Kim, Park SA, Han JH, Lee SP, Lin L, **Okun M**, Nishino S, Mignot E. (2002) HLA and hypocretin studies in Korean patients with narcolepsy. *SLEEP*. Jun 25(4):440-444. PMID: 12071546.
7. Dauvilliers Y, Carlander B, Molinari N, Desautels A, **Okun M**, Tafti M, Montplaisir J, Mignot E, Billiard M. (2003). Month of birth as a risk for narcolepsy. *SLEEP*. Sep15; 26(6):663-5. PMID: 14572117.
8. Shumway M, Sentell T, Chouljian T, Tellier J, Rozewicz F, **Okun M**. (2003). Assessing preferences for schizophrenia outcomes: Comprehension and decision strategies in three assessment methods, *Mental Health Services Research*. 5(3): 121-135.
9. Coussons-Read, M, **Okun, M**, Simms, S. (2003). The psychoneuroimmunology of pregnancy. *Journal of Reproductive & Infant Psychology*, Vol 21(2). 103-112.
10. **Okun ML**, Giese S, Lin L, Einen M, Mignot E, Coussons-Read ME. (2004). Exploring the cytokine and endocrine involvement in narcolepsy. *Brain, Behavior and Immunity*. 18(4): 326-332.
11. Coussons-Read ME, **Okun ML**, Schmitt MP, Giese S. (2005). Prenatal stress alters cytokine levels in a manner that may endanger human pregnancy. *Psychosom Med*, 67(4): 625-31. PMID: 16046378.
12. Ohayon MM and **Okun ML**. (2006). Occurrence of sleep disorders in the families of narcoleptic patients. *Neurology*. 22;67(4):703-5. PMID: 16924030.
13. **Okun ML** and Coussons-Read ME (2007). Sleep Disruption during Pregnancy: How Does it Influence Serum Cytokines? *Journal of Reproductive Immunology* 73(2):158-65 PMID: 17074396.
14. Coussons-Read ME, **Okun ML** & Nettles C (2007). Psychosocial Stress Increases Inflammatory Markers and Alters Cytokine Production across Pregnancy. *Brain, Behavior & Immunity* 21:343-350 PMID: 17029703.
15. **Okun ML**, Hall M & Coussons-Read ME (2007). Sleep Disturbances Increase IL-6 Production during Pregnancy: Implications for Pregnancy Complications. *Reproductive Sciences* 14 (6):560-567. PMID: 17959884.
16. **Okun ML**, Hanusa BH, Hall M & Wisner KL (2009). Sleep Complaints in Late Pregnancy and the Recurrence of Postpartum Depression. *Beh Sleep Medicine* 7(2):106-17. PMID: 19330583.
17. **Okun ML**, Kravitz HM, Sowers MF, Moul DE, Buysse DJ & Hall M. (2009). Psychometric Evaluation of the Insomnia Symptom Questionnaire: a Self-report Measure to Identify Chronic Insomnia. *Journal of Clinical Sleep Medicine* 15:5(1):41-51. PMID: 19317380.
18. **Okun ML**, Coussons-Read ME & Hall M. (2009). Disturbed Sleep is Associated with Increased C-reactive protein in Young Women. *Brain, Behavior and Immunity* 23(3): 351-354. PMID: 19007876.

19. **Okun ML**, Roberts JM, Marsland AL, & Hall M (2009). How disturbed sleep may be a risk factor for adverse pregnancy outcomes. A Hypothesis. *Ob-Gyn Survey* 64(4):273-280. PMID: 20346686.
20. **Okun ML**, Krafty RT, Buysse DJ, Monk TH, Reynolds, CF, Begley A & Hall M. (2010). What constitutes too long of a delay? Determining the cortisol awakening response (CAR) using self-report and PSG-assessed wake time. *Psychoneuroendocrinology* 35(3): 460-468. PMID: 19762158.
21. Reynolds CF, Serody L, **Okun ML**, Hall M, Houck PR, Patrick S, Maurer J, Bensasi S, Mazumdar S, Bell B, Nebes RD, Miller MD, Dew MA, and Nofzinger EA. (2010). Protecting sleep, promoting health in later life: A randomized clinical trial. *Psychosomatic Medicine*, 72(2):178-186. PMID: 19995884.
22. **Okun ML**, Luther J, Prather AA, Perel JM, Wisniewski S, Wisner KL. (2011). Changes in sleep quality, but not hormones predict time to postpartum depression recurrence. *J Affective Disorders*. 130(3): 378-84. PMID: 20708275.
23. **Okun ML**, Reynolds CF, Buysse DJ, Monk TH, Mazumdar S, Begley A, Hall M. (2011). Sleep Variability, Health-Related Practices and Inflammatory Markers in a Community Dwelling Sample of Older Adults. *Psychosomatic Medicine*, 73(2): 142-50. PMID: 21097658.
24. **Okun ML** (2011). Biological consequences of disturbed sleep: Important mediators of health? *Japanese Psychological Research*, 53(2): 163-176. NIHMS459156. PMID: 23650604.
25. **Okun ML**, Levine MD, Houck P, Perkins K, Marcus M (2011). Subjective Sleep Disturbance during a Smoking Cessation Program: Associations with Relapse. *Addictive Behaviors*, 36(8): 861-864. NIMHMS 438399. PMID: 21482029.
26. **Okun ML**, Kiewra K, Luther JF, Wisniewski SR, Wisner KL (2011). Sleep Disturbances in Depressed and Nondepressed Pregnant Women. *Depression and Anxiety*, 28(8): 676-85. PMID: 21608086.
27. **Okun ML**, Luther JF, Wisniewski SR, Sit D, Prairie BA, Wisner KL (2011). Disturbed Sleep, a novel risk factor for preterm birth? *J Womens Health*, 21(1): 54-60. PMID: 21967121.
28. **Okun ML**, Schetter CD, Glynn LM (2011). Poor sleep quality is associated with preterm birth. *SLEEP*, 34(11): 1493-8. PMID: 22043120.
29. Hall M, **Okun ML**, Sowers MF, Matthews KA, Kravitz HM, Hardin K, Buysse DJ, Bromberger JT, Owens JF, Karpov I, and Sanders MH (2012). Sleep is associated with the metabolic syndrome in a multi-ethnic cohort of midlife women: The SWAN sleep study. *Sleep*, 35(6):783-790, PMID: 22654197.
30. **Okun ML**, Luther JF, Wisniewski SR, and Wisner KL (2013) Disturbed sleep and inflammatory cytokine in depressed and nondepressed pregnant women: An exploratory analysis of pregnant women. *Psychosomatic Medicine*, 75(7):670-81. PMID: 23864582.
31. **Okun ML**, Roberts JM, Begley A, Catov J, Patrick TE (2013). 24-Hour sleep duration in early gestation is associated with increased markers of inflammation among women with a history of preeclampsia. *The Open Sleep Journal*, 6 (Suppl 1:M2): 14-22.
32. **Okun ML**, Kline CE, Roberts JM, Wettlaufer B, Glover K, Hall M (2013). Prevalence of Sleep Deficiency in Early Gestation and its Associations with Stress and Depressive Symptoms. *J Womens Health*, 22(12):1028-37. PMID: 24117003.
33. Haney A, Buysse D, **Okun ML** (2014). Sleep and Pregnancy-Induced Hypertension: A Possible Target for Intervention? *Journal of Clinical Sleep Medicine*. 9(12):1349-56. PMID: 24340300.
34. **Okun ML**, Tolge M, Hall M (2014). Low Socioeconomic Status Negatively Affects Sleep in Pregnant Women. *Journal of Obstetric, Gynecologic and Neonatal Nursing*. 43(2):160-7. PMID: 24617761.
35. Haney A, Buysse DJ, Rosario BL, Chen Y, **Okun ML**. (2014). Sleep Disturbance and Cardiometabolic Risk Factors in Early Pregnancy: A Preliminary Study. *Sleep Medicine*. PMID:24657205.
36. Kline CE, Irish LA, Buysse DJ, Kravitz HM, **Okun ML**, Owens JF, Hall MH. 2014. Sleep hygiene behaviors among midlife women with insomnia or sleep-disordered breathing: the SWAN sleep study.. *J of Womens Health (Larchmt)*. 23(11):894-903. PMID: 25353709
37. **Okun ML**, Ebert R, Saini B. (2015). A review of sleep-promoting medications used in pregnancy. *American J of Obstetrics and Gynecology*. 212 (4):428-441. PMID: 25448509

38. **Okun ML**, Buysse DJ, Hall MH. (2015). Identifying Insomnia in Early Pregnancy: Validation of the Insomnia Symptoms Questionnaire (ISQ) in Pregnant Women. *Journal of Clinical Sleep Medicine*. 15;11(6):645-54. PMID: 25766716.
39. Ebert RM, Wood A, **Okun ML**. (2015). Minimal Effect of Daytime Napping Behavior on Nocturnal Sleep in Pregnant Women. *Journal of Clinical Sleep Medicine*. 11(6):635-643. PMID: 25766712.
40. **Okun ML**. (2015). Sleep and postpartum depression. *Curr Opin Psychiatry*. 28(6) 490-496. PMID: 26382160
41. Ghetti C, Lee M, Oliphant S, **Okun M**, Lowder JL. (2015) Sleep Quality in Women Seeking Care for Pelvic Organ Prolapse. *Maturitas*. 80: 155-161. PMID: 25465518.
42. Sit D, Luther J, Buysse D, Dills JL, Eng H, **Okun M**, Wisniewski S, Wisner KL. (2015). Suicidal ideation in depressed postpartum women: Associations with childhood trauma, sleep disturbance and anxiety. *J Psychiatric Res*. 66-67: 95-104. PMID: 26001587.
43. **Okun ML**. (2016). Disturbed Sleep and Postpartum Depression. *Curr Psychiatry Rep*. 18(7): PMID: 27222140.
44. Baker, JS. Rothenberger, SD. Kline, CE. **Okun ML**. (2016). Exercise during Early Pregnancy is Associated with Greater Sleep Continuity. *Behavioral Sleep Medicine*. 14:1-14
45. Hux, VJ. Roberts, JM. **Okun, ML**. (2017). Allostatic load in early pregnancy is associated with poor sleep quality. *Sleep Medicine*. 33:85-90. PMID: 28449913
46. **Okun ML** and O'Brien LM. (2018). Concurrent Insomnia and Habitual Snoring are Associated with Adverse Pregnancy Outcomes. *Sleep Medicine* 46:12-19. PMID: 29773206.
47. Bourjeily, G, Bublitz, MH, Carpenter, M, Millman, RP, **Okun, ML**, Amin, S(2018). The Role of Inflammation In the Association between Gestational Diabetes and Obstructive Sleep Apnea: A Pilot Study. *Obstetric Medicine*. 11(4):186-191. PMID:30574181.
48. **Okun ML**, Mancuso RA, Hobel CJ, Dunkel Schetter C, Coussons-Read, ME (2018). Poor Sleep Quality Increases Symptoms of Depression and Anxiety in Postpartum Women. *Journal of Behavioral Medicine* 41(5):703-710. PMID: 30030650.
49. Emamian F, Khazaie H, **Okun ML**, Tahmasian M, Sepehry AA (2019). Link between Insomnia and Perinatal Depressive Symptoms: A Meta-Analysis. *Journal of Sleep Research*.

## **II. Reviews, invited papers, monographs, and book chapters**

1. 2005 **Okun, M.L.**, and Coussons-Read, M.E. Neuroendocrine and Neuroimmune Correlates of Narcolepsy, In D.P, Cardinali, and S.R. Pandi-Perumal (Eds.), Neuroendocrine Correlates of Sleep/Wakefulness, 513-528.
2. 2007 **Okun ML** and Coussons-Read ME. Neuroimmunology of Pregnancy-Related Sleep Disturbances. In D.P, Cardinali, and S.R. Pandi-Perumal (Eds.), Neuroimmunology of Sleep, 207-220
3. 2007 Hall M, **Okun ML**, Atwood CW, and Strollo PJ. In L.J. Leucken and L.C. Gallo (Eds), Measurement of Sleep by Polysomnography, 341-367.
4. 2008 **Okun, M.L.** Book Review of *Human Psychoneuroimmunology*. 2005. Kavita Vedhara and Michael Irwin (editors). Oxford University Press. *Brain, Behavior and Immunity*
5. 2013 **Okun ML**. Sleep in Pregnancy and the Postpartum. In C.A. Kushida (ed.), *The Encyclopedia of Sleep* (vol. 2, pp. 674-679). Waltham, MA: Academic Press.
6. **Okun ML**: Postpartum depression. In: Encyclopedia of Behavioral Medicine, Gellman MD and Turner JR (Eds), Springer, New York City pp. 1518-1519, 2013a.
7. **Okun ML**: Pregnancy outcomes: Psychosocial aspect. In: Encyclopedia of Behavioral Medicine, Gellman MD and Turner JR (Eds), Springer Science+Business Media, New York pp. 1528-1529, 2013b.
8. Haney A, and **Okun ML**: Brain wave. In: Encyclopedia of Behavioral Medicine, Gellman MD and Turner JR (Eds), Springer, New York 2013.
9. Okun ML. Sleep in Pregnancy and the Postpartum. In: Reference Module in Neuroscience and Biobehavioral Psychology. Elsevier, UK 2016.

10. Feliciano L, Walden A and **Okun ML**. Insomnia, Sleep Disorders, and Healthy Aging. In: *Encyclopedia of Gerontology and Population Aging*. D. Gu, M. E. Dupre (eds.), Springer Nature, Switzerland 2019. [https://doi.org/10.1007/978-3-319-69892-2\\_622-1](https://doi.org/10.1007/978-3-319-69892-2_622-1)
11. **Okun ML**. (2019). Sleep Disturbances and Modulations in Inflammation: Implication for Pregnancy Health. *Social and Personality Psychol Compass*. 13:e12451. <https://doi.org/10.1111/spc3.12451>. Wiley.

### ***III. Published abstracts***

1. **Okun M**, Lin L, and Mignot E, (2000) Clinical and Genetic Aspects of Narcolepsy and Cataplexy Across Ethnic Groups. *Sleep*, 23. 298
2. **Okun ML**, Ohayon MM, and Mignot E. (2001). The Comparability of the Stanford Sleep Inventory and the Sleep- EVAL System in Narcolepsy Diagnosis. *Sleep*, 24
3. Black J, Ohayon M, **Okun M**, Guilleminault C, Mignot E, and Zarccone V. (2001). The Narcolepsy Diagnosis: Comparison Between the Sleep-EVAL System and Clinicians. *Sleep*, 24
4. Bassetti CL, Mathis J, Gugger M, Sturzenegger C, **Okun M**, Mignot E, Radaniv B. (2001) Idiopathic Hypersomnia and Narcolepsy without Cataplexy: A Multimodal Diagnostic Approach in 21 Patients including Cerebrospinal Fluid Hypocretin Levels. *Sleep*, 24
5. Nishino S, Ripley B, Overeem S, Nevsimalova S, Lammers GJ, Vankova J, **Okun M**, Rogers W, Brooks S, and Mignot E. (2001). Diagnostic Value of Low CSF Hypocretin/Orexin Levels in Human Narcolepsy. *Sleep*, 24
6. **Okun ML**, Giese S, Lin L, Mignot E, and Coussons-Read ME (2002). Cytokine Involvement in Narcolepsy: A Look at TNF- $\alpha$  and IL-6. *Brain, Behavior & Immunity*,
7. **Okun ML**, Colrain I, Lopez, A, Ginney C, Brooks S, Mignot E and Black J (2002). Stimulant Medication Usage and Satisfaction in a Large Cohort of Narcoleptic Subjects. *Sleep*, 25
8. Yoshida Y, **Okun M**, Mignot E, and Nishino S (2002). CSF Dynorphin A (1-8) Levels are not Altered in Hypocretin Deficient Human Narcoleptics. *Sleep*, 25
9. **Okun ML**, Giese S, Lin L, Mignot E, and Coussons-Read ME (2003). Cytokine and Endocrine Involvement in Narcolepsy: A Look at TNF- $\alpha$ , IL-6 and GH. *Sleep*, Abstract Supplement
10. **Okun ML** & Coussons-Read ME (2004). Neuro-Immunological Consequences of Stress During Pregnancy. *Brain, Behavior & Immunity*
11. **Okun ML** & Coussons-Read ME (2004). Immunological Consequences of Disturbed Sleep During Pregnancy. *Brain, Behavior & Immunity*
12. **Okun ML** & Coussons-Read ME (2004). Defining Sleep During Pregnancy. *Sleep*
13. **Okun ML** and Coussons-Read, ME. (2005) Sleep during pregnancy is linked to immune and endocrine alterations. American Psychosomatic Medicine Meeting, Vancouver, BC
14. Coussons-Read, ME and **Okun ML**. (2005) Neural-immune consequences of stress during pregnancy. American Psychosomatic Medicine Meeting, Vancouver, BC
15. **Okun ML** Ballard, R and Coussons-Read, ME (2005) Comparison of Actigraphy and Sleep Diaries in a Sample of Pregnant and Nonpregnant Women. *Sleep*, Abstract Supplement
16. **Okun ML** and Coussons-Read, ME (2005). The Influence of Sleep Disruption on Immune Parameters During Pregnancy. *Sleep*, Abstract Supplement
17. **Okun ML** and Coussons-Read, ME (2006) Disturbed Sleep during Pregnancy is Associated with Changes in in Vitro Cytokine Production. American Psychosomatic Meeting, Denver CO and APSS Salt Lake City
18. **Okun ML**, Robles, TF, Hall M (2006). Sleep Disturbance and Natural Killer Cell Activity in Caregivers. American Psychosomatic Meeting, Denver CO (Citation Poster) and APSS Salt Lake City
19. Hall M and **Okun ML**. (2006) Disturbed sleep is associated with increases in circulating IL-6 levels in dementia caregivers. International Congress of Behavioral Medicine, Bangkok, Thailand
20. **Okun ML** and Hall M (2007). Disturbed Sleep and Inflammation in Healthy Elders. American Psychosomatic Society, Budapest, Hungary
21. **Okun ML** and Hall M (2007). Sleep during Late-Life: Influence of Vulnerability and Co-morbidity American Psychosomatic Society, Budapest, Hungary

22. **Okun ML** Hanusa BH, Hall M and Wisner KL. (2007). Self-Reported Sleep Complaints in Late Pregnancy Predict Post-Partum Depression Reoccurrence. SLEEP, Minneapolis, MN
23. **Okun ML**, Coussons-Read M and Hall M (2007). Sleep Complaints in Healthy Women are Associated with Increases in C-Reactive Protein. SLEEP, Minneapolis, MN
24. **Okun ML**, Reynolds CF, and Hall M (2008). Moderate Use of Caffeine and Alcohol is Associated with Reduced Inflammation in the Healthy Old. American Psychosomatic Society, Baltimore, MD
25. **Okun ML**, Reynolds CF, Monk T, and Hall M (2008) Variability in Cortisol among the Aging: Relationships to Chronic Stress and Good Sleep. American Psychosomatic Society, Baltimore, MD, PNIRS, Madison, WI, and APSS, Baltimore, MD. PMID: 2791527
26. **Okun ML**, Prather AA, Hall M, Hanusa, B, Wisner KL (2008). The Relationship between Poor Sleep Quality and PPMD Recurrence is Not Mediated by IL-6. PNIRS, Madison, WI
27. **Okun ML**, Krafty RT, Buysse DJ, Monk TH, Reynolds CF, Begley A, Hall M (2009). What Constitutes Too Long of a Delay? Determining the Cortisol Awakening Response (CAR) Using Self-report and PSG-assessed Wake Time American Psychosomatic Society, Chicago, IL and SLEEP, Seattle, WA
28. **Okun ML**, Catov J, Patrick TD, Roberts JM. (2009). Sleep and Cytokines in Early Gestation. SGI, Glasgow Scotland; SLEEP, Seattle WA
29. **Okun ML**, Luther J, Prather AA, Perel JM, Wisniewski S and Wisner KL. (2010) Changes in Sleep Quality, but not Hormones Predict Time to Postpartum Depression Recurrence. APS, Portland OR and PNIRS, Dublin Ireland
30. **Okun ML**, Levine MD, Houck PR, Perkins KA and Marcus MD Subjective (2010) Sleep Disturbance during a Smoking Cessation Program: Associations with Relapse. APS, Portland OR.
31. Prather AA., **Okun ML**, Hall M, Miewald JM, Buysse DJ. The effect of a brief behavioral treatment of insomnia (BBTI) on the cortisol awakening response among a sample of late-life insomniacs. APS, Portland OR
32. Levine MD, **Okun, ML**, Houck P, Kalarchian, MA, Marcus MD. Sleep Problems and Smoking Cessation in Women. *Ann Behav Med.* 2010: 39(suppl):S220.
33. **Okun ML**, Wettlaufer B, Kiewra K, Wood A. (2010). Sleep in Early Gestation: A Preliminary Look. SLEEP, San Antonio, TX
34. **Okun ML**, Luther J, Wisniewski S, Wisner, K. (2011). Making the Biological Connection between Sleep and Preterm Birth: A Preliminary Look. APS, San Antonio, TX and PNIRS, Chicago, IL.
35. **Okun ML**. (2011). Sleep and Cytokines in Early Gestation: Possible Mechanisms for Adverse Pregnancy Outcomes. PNIRS, Chicago, IL.
36. **Okun ML**, Roberts JM, Patrick TE (2011). Sleep Duration in Early Gestation is Associated with Increased Markers of Inflammation in Women with a History of Preeclampsia. APSS, Minneapolis, MN
37. **Okun ML**. (2012). Self-report and Behaviorally Assessed Sleep In Early Gestation: Association with Patient Reported Outcomes. APS, Athens, Greece
38. **Okun ML**. (2013). Low Socioeconomic Status and Stress Negatively Impact Sleep in Pregnant Women. SLEEP, Baltimore MD
39. O'Brien LM, **Okun ML**. (2013). Correlates of Insomnia in Pregnant Women. SLEEP, Baltimore, MD
40. **Okun ML**, Hall M, Jenkins F, Roberts JM. (2013). Sleep Variability in Early Gestation is Associated with Inflammatory Cytokines. PNIRS, Stockholm, Sweden
41. Baker J. Rothenberger R. Kline C. **Okun ML**. (2014) The Effect of Exercise on Sleep During Pregnancy. APSS, Minneapolis, MN
42. Okun ML. Ebert, RM. Wood A. (2015) Daytime Napping Behavior Hardly Impacts Nocturnal Sleep in Pregnant Women. APS, Savannah GA.
43. Elkhodr S. O'Reilly, CL. **Okun ML**. Saini B. (2015). Postpartum depression screening by pharmacists in primary care: a literature review. APSA.
44. **Okun, ML**. Gavett, B. Jenkins, F. (2015). Does Deficient Sleep or Inflammation in Early Gestation affect pregnancy outcomes? Sleep, Seattle, WA.

45. **Okun ML**, Edwards KM. (2015). Exploration of Macrophage Migratory Inhibitory Factor (MIF) profile with sleep and pregnancy outcomes. PNIRS. Seattle, WA.
46. **Okun ML**, O'Brien LM. (2017). Co-Morbid Insomnia and Habitual Snoring is Associated with Adverse Pregnancy Outcomes. SLEEP. Boston, MA.
47. Spicher JM, Benton MJ, Silva-Smith AL, **Okun ML**. (2017). Influence of Gender on Hydration, Lean Mass, Strength and Blood Pressure in Older Adults. American Physiology Society. Westminster, CO.
48. Silva-Smith AL, **Okun ML**, Spicher JM, Benton MJ (2018). Differences in Body Composition and Physical Activity in Older Women Based on Sleep Quality. Gerontological Society of America. Boston. MA
49. Johanson K. A., Feliciano L. Obetz, V. Schneider L. M., Prue-Owens K., & **Okun ML**. (2019). Eat, sleep, and be merry: A health snapshot of postmenopausal women. Annals of Behavioral Medicine, 53, s24.
50. **Okun ML**, Irwin J, Hoble C, Mancuso R, Ross K, Dunkel Schetter C, Coussons-Read M. (2019). Postpartum Sleep Quality and Salivary Cortisol. American Psychosomatic Society, Vancouver BC.
51. Johanson K. A., Feliciano L. and **Okun ML**. (2019). Stimulus Control Therapy versus Sleep Hygiene Education in Older Adults with Insomnia. SLEEP, San Antonio, TX.

#### **IV. Other publications**

1. 2009 **Okun ML** and Hall M. Sleep in the Pregnant Woman. Written for the Division of Maternal Fetal Medicine, Department of Obstetrics, University of Rochester. Peri-FACTS chapter for CE of obstetric nurses and doctors.

#### **V. Seminars and invited lectureships related to research**

1. Invited lecture University of Birmingham, England March 26<sup>th</sup> 2009. "Sleep disturbances and cytokines in early gestation" given to the Department of Sport and Exercise Medicine
2. Invited lecture Forbes Family Practice, Monroeville, PA September 17<sup>th</sup>, 2009. "Sleep deprivation in medical residents" given to Family Medicine Residents.
3. Work in Progress (WIP) seminar Pittsburgh PA September 22<sup>nd</sup>, 2009. "What's sleep got to do with it?: Exploring sleep disturbances as a risk factor for adverse pregnancy outcomes", given to faculty and staff at Magee-Womens' Research Institute
4. West Virginia Sleep Society Meeting, Snowshoe WV October 10<sup>th</sup>, 2009 "What's sleep got to do with it?: Exploring sleep disturbances as a risk factor for adverse pregnancy outcomes".
5. Invited lecture Stanford University, Palo Alto CA October 16<sup>th</sup>, 2009. "What's sleep got to do with it?: Exploring sleep disturbances as a risk factor for adverse pregnancy outcomes" given to Stanford Sleep Disorders Research Center, Department of Psychiatry and Behavioral Sciences.
6. Invited lecture UCLA, Los Angeles CA, October 21<sup>st</sup>, 2009. "What's sleep got to do with it?: Exploring sleep disturbances as a risk factor for adverse pregnancy outcomes" given to the Psychology Department.
7. Invited lecture North Dakota State University, Fargo ND, November 5<sup>th</sup> 2010. "Fighting for sleep: Perinatal sleep disturbances are a risk factor for adverse pregnancy outcomes" given to the Department of Psychology.
8. Invited speaker Brown University, Providence, RI June 14, 2012. "Early Gestational Sleep: Relevance to Pathophysiology During Pregnancy" given at the Brown Perinatal Sleep Conference.
9. Invited lecture Penn State University, State College, October 8<sup>th</sup>, 2012 "Yearning for Sleep: Perinatal sleep disturbances and their association with adverse pregnancy outcomes" given to the Department of Biobehavioral Health.
10. Invited lecture West Virginia University, Morgantown, WV November 12, 2012. "To Dream, Perchance to Sleep\*": Perinatal sleep disturbances and adverse pregnancy outcomes" given to the Department of Psychology.



11. Invited lecture. University of Colorado Denver, Denver, CO March 30, 2015. "Is it bad that I cannot sleep?". Sleep and Health in Pregnancy and the Postpartum given to the Department of Psychology
12. Invited lecture. Denver, CO March 21, 2017. "It's last call...now what?" Sleep, shift work and health presented to Gentleman's Jack Bartender Wellness Workshop.
13. Invited lecture. Colorado Springs, CO June 3<sup>rd</sup> 2017. "Sleep Issues in Parkinson's Disease". Presented to Jeanne Taylor Parkinson's Support Group Annual Symposium
14. Invited lecture. Colorado Springs, CO April 13<sup>th</sup> 2018. "Under Pressure? Take the Lid Off". Presented to Curiosity Unlimited.
15. Invited lecture. Colorado Springs, CO Nov 7 2018, "Sleep in Later Life and Aging Gracefully". Presented to Pillar.
16. Invited lecture. Colorado Springs, CO Nov 12 2018 "Identifying sleep problems in primary care". Presented to GPE colloquium.
17. Invited talk. Colorado Springs, CO June 16<sup>th</sup> 2019 "Sweet Dreams. All you wanted to know about sleep in 30 minutes". Lost Friend Brewing STEM-talks.

## PROFESSIONAL ACTIVITIES

### TEACHING:

1. Intro Psychology University of Pittsburgh, Substitute for Dr. Natasha Tokowicz Nov 12<sup>th</sup>, 2009; Nov 11<sup>th</sup>, 2010. Topic Stress and Health
2. 2010 UPMC Videoconference Series CME eligible. Topic "Women and Depression" January 13<sup>th</sup>, 2010
3. Intro Psychology University of Pittsburgh, Substitute for Dr. Allan Zuckoff Oct 8<sup>th</sup> 2010. Topic: Basics of Sleep
4. Abnormal Psychology University of Pittsburgh, Substitute for Dr. Kathryn Roecklein Nov 15<sup>th</sup> 2010. Topic: Sleep Disorders
5. Research Methods University of Pittsburgh, Lab Instructor Spring 2011
6. Seminars in Health Psych 1057 Professor Fall 2011, Spring 2012, Fall 2012, Spring 2013. Topic: Sleep and Health
7. "Calming an Overactive Brain", Institute for Brain Potential. Speaker, Fall 2013, Spring 2014, Fall 2014
8. Special Topics: Psychology UCCS Professor Spring 2015. Topic: Sleep and Health
9. Biochemistry of Human Health and Development: Sleep: Chem 4890/5890 Guest Lecturer Spring 2015. Topic Sleep, Immunity and Endocrine Markers
10. Professions in Psychology. Psych 1100. Guest Lecture Spring 2016. Topic: Being a Health Psychology Research Faculty
11. Introduction to Psychology. Psych 101. Community College of Aurora. Spring 2017, Summer 2019
12. Special Topics: Psychology UCCS Professor Spring Weekend University 2018. Topic: Sleep and Health.
13. Seminars in Biopsychology. PSY 4720 UCCS, Fall 2018
14. Introduction to Psychology. Psych 102. CCA, Spring 2019; Fall 2019.
15. Introduction to Women's and Gender Studies. WST 200. CCA. Summer 2019
16. Health Psychology. PSY 3060 UCCS. Summer 2019 (ONLINE)
17. Introduction to Biopsychology, PSY 3760 UCCS, Fall 2019 (ONLINE)

### MENTORING:

#### Undergraduate Students

1. Deanna Matthews Honors Thesis 2012 (PITT)
2. Rebecca Ebert, Directed Studies 2012-2013 (PITT)
3. Joshua Baker, Directed Studies 2012-2013 (PITT)

#### Graduate Students

1. Paige Whitney, Thesis Committee 2016 (UCCS)
2. Katie Ventura, Thesis Chair, 2016 (UCCS)
3. Stephanie Patton, Research Project 2016 (UCCS)
4. Katie Johanson, Thesis Committee 2016 (UCCS)
5. Lauren Languido Ph.D. Committee 2014- (UCD)

#### Medical Students

1. Alyssa Haney
2. Vanessa Hux

#### High School students recruited through the Magee Women's Research Institute (MWRI) High School program

1. Madeline Tolge
2. Monica Menon

### RESEARCH ACTIVITY

#### Funded Grants

- |                |    |             |           |
|----------------|----|-------------|-----------|
| 1. K99NR010813 | PI | 2007 – 2009 | \$148,345 |
|----------------|----|-------------|-----------|

**(100% effort)** “Pregnancy-Related Sleep Disturbances May Increase Pregnancy Complications”

2. The Anthony Marchionne Foundation                      PI        2008-2010                      \$57,493  
    “Pregnancy-Related Sleep Disturbances May Increase Pregnancy Complications”
3. R00NR010813    PI        2009-2012                      \$249,000/yr  
    “Pregnancy-Related Sleep Disturbances May Increase Pregnancy Complications”
4. R01 HD073491    Coussons-Read and Dunkel Schetter (PIs) 2013-2017  
    National Institute of Child Health and Development  
    Mechanisms and Effects of Prenatal Maternal Affect on Pregnancy and Infant Development  
    Role: Co-I
5. Faculty Assembly Women’s Committee (FAWC)    2017    \$500  
    “Exploring the Role of Obstructive Sleep Apnea and Type 2 Diabetes on CVD Risk Among  
    Menopausal Women”  
    Role: Co-PI (Feliciano, **M. Okun**, and K. Prue-Owens)
6. BioFrontiers Seed Grant    2018    \$2000  
    “Sleep Disordered Breathing and Biomarkers in Obese Pregnant Women”  
    Role: PI (Okun)
7. Committee on Research and Creative Works (CRCW)    2019    \$7500  
    “Improving sleep, improving cognition: A pilot study”  
    Role: Co-PI (Feliciano and Okun)

Research Projects

1. Protocol Title: Multifrequency Bioelectrical Impedance Analysis and Evaluation of Hydration Status and Body Composition in Community-Dwelling Older Adults. 2016 - PI: M Benton, Ph.D.  
    ROLE: Co-I
2. Protocol Title: Idiopathic Hypersomnia: Is Stress an Accomplice? 2016-2017. Student PI.  
    Stephanie Patton  
    ROLE: Graduate Advisor/Co-I
3. Protocol Title: Assessing Workplace Wellness. 2016-2017. Student PI. Katie Ventura.  
    ROLE: Thesis advisor/Co-I
4. Protocol Title: Sleep Intensive Retraining (CBT-I) for Pregnant Women. 2017-2019  
    ROLE: PI
5. Protocol Title: Assessing Presenteeism in People With and Without Insomnia. 2017-  
    ROLE: Co-PI
6. Protocol: Exploring the Role of SDB, Insomnia and Type 2 Diabetes on CVD Risk Among  
    Menopausal Women 2017-  
    ROLE: MPI
7. Protocol: Sleep Disordered Breathing and Biomarkers in Obese Pregnant Women 2019  
    ROLE: PI
8. Protocol: Effectiveness of a Brief Single Contact Educational Class for Insomnia Symptoms in  
    Menopausal Women, 2019
9. ROLE: MPI  
    Protocol: Effectiveness of a Brief Single Contact Educational Class for Insomnia Symptoms,  
    2019-2020
10. ROLE: MPI  
    Protocol: Actigraphy Data Collection in Older Adults: A Feasibility Study Actigraphy Data  
    Collection in Older Adults: A Feasibility Study, 2019-

**RESEARCH: Submitted/Pending**

1. R15HD098701-AI “Insomnia phenotypes and their impact on maternal and infant health”.  
    Submitted February 2019; scored 33. Submit new October 2019

2. R21AG065882 "Improving Sleep, Improving Cognition: A Pilot Study. Submitted February 2019. ND Resubmit Nov 2019
3. "Insomnia and Type 2 Diabetes Among Menopausal Women: Implications for Cardiovascular Disease". LOI Submitted March 2019
4. WS00280674 "Improving Sleep and Reducing Depressive Symptoms in New Military Mothers: Utility of the SNOO®". Submitted April 2019
5. WS00280659 "Potential Causes of High Preterm Birth among Military Servicewomen: Exploration of Insomnia and the Vaginal Microbiome". Submitted April 2019

**RESEARCH: NIH Submitted (not funded)**

- R01HL150267 9/1/19- 8/31/25 (PROJECT PERIOD)  
Pathophysiology of sleep disordered breathing in pregnancy". OKUN, MICHELE L (MPD)
- R21HD099429 7/1/2019-6/30-2021 (Project Period) OKUN, MICHELE L (PD/PD)  
Sleep Disturbance and the Vaginal Microbiome During Pregnancy
- R15HL143543 7/1/2018-6/30/2021 (Project Period) OKUN, MICHELE L (MPI)
- R01NR016682 1 12/01/2016 - 11/30/2021 (Project Period) OKUN, MICHELE L (PD/PI)  
Perinatal Obesity and Sleep Disturbance: Effects on Maternal and Infant Outcomes (Title)
- R21HD088994 2 04/01/2017 - 03/31/2019 (Project Period) OKUN, MICHELE L (PD/PI)  
Perinatal Obesity: Effects on sleep disordered breathing, vascular function, and pregnancy outcomes
- R01NR016682 12/1/2016- 11/30/2021 (Project Period) OKUN, MICHELE L (PD/PI) Perinatal Obesity and Sleep Disturbance: Effects on Maternal and Infant Outcomes
- R03HD091669 1 12/01/2016 - 11/30/2018 (Project Period) OKUN, MICHELE L (PD/PI)  
Exploring the Impact of Prenatal Obesity and Obstructive Sleep Apnea on Maternal Vascular Function
- R01NR014469 1 07/01/2013 - 06/30/2018 (Project Period) OKUN, MICHELE L (PD/PI)  
Sleep Disturbance and Influenza in Pregnancy: Impact on Immunity and Outcomes
- R01HL114656 2 04/01/2013 - 03/31/2018 (Project Period) OKUN, MICHELE L (PD/PI)  
Sleep disordered breathing during pregnancy: Vascular and placental impact
- R01AI100984 1 07/01/2012 - 06/30/2017 (Project Period) OKUN, MICHELE L (PD/PI)  
Influenza during Pregnancy: Implications for Maternal and Fetal Health
- R21HD085001 1 06/01/2015 - 05/31/2017 (Project Period) OKUN, MICHELE L (PD/PI)  
Antenatal Sleep Disturbance and Biological Correlates of Adverse Maternal Outcomes
- R01HD068419 2 12/01/2011 - 11/30/2016 (Project Period) OKUN, MICHELE L (PD/PI)  
Prenatal Sleep and Depression Status: Risk Factors for Preterm Birth
- R03HD073414 1 07/01/2012 - 06/30/2014 (Project Period) OKUN, MICHELE L (PD/PI)  
Risk for Adverse Pregnancy Outcomes: Exploration of a Novel Biological Risk Profile
- R21MH093681 2 12/01/2011 - 11/30/2013 (Project Period) OKUN, MICHELE L (PD/PI)  
Prenatal/Postpartum Sleep and Biological Correlates of Postpartum Depression
- R00NR010813 3 06/01/2009 - 05/31/2013 (Project Period) OKUN, MICHELE L (PD/PI)  
Pregnancy-Related Sleep Disturbances May Increase Pregnancy Complications
- K99NR010802 1 04/01/2008 - 03/31/2013 (Project Period) OKUN, MICHELE L (PD/PI)  
Pregnancy-Related Sleep Disturbances May Increase Pregnancy Complications
- R21MH091465 1 07/01/2010 - 06/30/2012 (Project Period) OKUN, MICHELE L (PD/PI)  
Antenatal Sleep Disturbances and Exaggerated Inflammatory Responses
- K99NR010813 2 09/01/2007 - 05/31/2009 (Project Period) OKUN, MICHELE L (PD/PI)  
Pregnancy-Related Sleep Disturbances May Increase Pregnancy Complications

**Served as peer-reviewer for (not exhaustive):**

*Brain, Behavior and Immunity*

*Health Psychology*  
*International Journal of Behavioral Medicine*  
*Journal of Psychosomatic Research*  
*Journal of the American Geriatric Society*  
*Psychoneuroendocrinology*  
*Psychosomatic Medicine*  
*SLEEP*  
*Sleep Medicine*  
*Obesity*  
*Journal of Clinical Sleep Medicine*  
*Journal of Women's Health*  
*Biopsychology*  
*Behavioral Sleep Medicine*  
*Journal of Clinical Sleep Medicine*  
*Birth*  
*Journal of Psychosomatic Obstetrics and Gynecology*  
*Annals of Behavioral Medicine*  
*PLoS one*

### **Other Service Activities**

**Ad-hoc reviewer:** NIH study section (MESH) June 2014

**Reviewer:** Peer Reviewed Medical Research Program (PRMRP) for the Department of Defense Congressionally Directed Medical Research Programs (CDMRP) 2015, 2017  
Abstract Reviewer for APS and SLEEP annual meetings

### **CURRENT RESEARCH INTERESTS:**

1. Examination of pregnancy-related sleep disturbances and systemic inflammation and cortisol as a risk factor for pregnancy complications.
2. Examination of antenatal sleep disturbances, changes in inflammatory markers and risk for postpartum depression.
3. Examination of CBT-I intervention to improve sleep and reduce risk of adverse outcomes (i.e. depression).
4. Examination of the immunological implications of naturalistic influenza infection during pregnancy and how sleep modifies the relationship.
5. Examination of sleep disordered breathing (SDB) in pregnancy and its effects on maternal vasculature, pregnancy outcomes, and CVD risk.

### **SERVICE:**

1. **University and Medical School**
  - a. Reviewer for N-CTRC
  - b. IRB Reviewer (UCCS: 2014-2018)
2. **Other Community Activities**

2009 – 2011 6<sup>th</sup> grade mentoring program, The Pittsburgh Public Schools Promise Program
3. **Professional Societies**

2009 – 2012 Program Committee Member – American Psychosomatic Society  
2011 –2015 Sleep Research Network Resources Committee  
2015 - 2017 President, Colorado Sleep Society  
2015 - 2017 PNIRS, Membership Committee  
2018 - SRS, Scientific Review Committee