

Devon Asia Hansen (Grant), MS, PhD, LMHC
Sleep and Performance Research Center
Department of Translational Medicine and Physiology
Elson S. Floyd College of Medicine
Washington State University Health Sciences Spokane
412 E. Spokane Falls Blvd. Spokane, WA, 99202, U.S.A.
Phone: +1-509-358-7754; email: devon.hansen@wsu.edu

EDUCATIONAL BACKGROUND:

2016 PhD Experimental Psychology, Washington State University, Pullman, WA
2002 MS Clinical Psychology, Eastern Washington University, Cheney, WA
2000 BA Psychology, Western Washington University, Bellingham, WA

CLINICAL EXPERIENCE:

2003-2014 Group Therapist, Sleep Institute of Spokane, Spokane, WA
2003-2006 Individual Therapist, Sleep Institute of Spokane, Spokane, WA
2001-2002 Individual/Group Counseling Trainee, Counseling and Psychological Services,
Eastern Washington University, Cheney, WA

EMPLOYMENT HISTORY AND RESEARCH EXPERIENCE:

2021-present Active Affiliate Faculty, Experimental Psychology Graduate Program, Washington
State University, Pullman, WA
2020-present Assistant Professor (tenure track), Sleep and Performance Research Center, Elson S.
Floyd College of Medicine, Washington State University Health Sciences Spokane,
WA
2020-present Core Faculty Member, Sleep and Performance Research Center, Elson S. Floyd
College of Medicine, Washington State University Health Sciences Spokane, WA
2019-2020 Assistant Research Professor, Sleep and Performance Research Center, Elson S. Floyd
College of Medicine, Washington State University Health Sciences Spokane, WA
2016-2018 Postdoctoral Research Fellow, Sleep and Performance Research Center, Elson S. Floyd
College of Medicine, Washington State University Spokane, Spokane, WA
2016-2017 Mentored Trainee, Grant writing Uncovered: Maximizing Strategies, Help,
Opportunities, Experiences, Professional Development Core of the National Research
Mentoring Network, Spokane, WA
2011-2016 Graduate Student, Sleep and Performance Research Center, Washington State
University Spokane, Spokane, WA
2009-2016 Senior Study Coordinator, Sleep and Performance Research Center, Washington State
University Spokane, Spokane, WA

2006-2009 Study Coordinator, Sleep and Performance Research Center, Washington State University Spokane, Spokane, WA

2001-2002 Graduate Student, Eastern Washington University, Cheney, WA

GRANTS AND CONTRACTS:

Principal Investigator:

Trackthatssleep, *Postpartum Maternal Sleep Project*, June 2022-November 2023. (PI: Hansen, DA). (Award Amount \$78,284)

National Safety Council (subcontract under Pulsar Informatics, LLC), *Collecting Empirical Data to Provide Quantitative, Objective Framework to Aid in the Interpretation of Alertness Impairments Related to Fatigue, Alcohol, Marijuana, and Opioids*, April 2022-March 2023. (PI: Hansen, DA). (Award Amount \$122,576)

Defense University Research Instrumentation Program (Department of Defense), *Clinical Sleep Research to Characterize, Predict, and Ameliorate Operationally Relevant Sleep and Performance Deficits in Sleep Disordered Populations*, March 2022-February 2023. (PI: Hansen, DA), (Award Amount \$270,903)

Jazz Pharmaceuticals, *Solriamfetol's Effect on Cognitive Health in Apnea Participants During a Randomized Placebo-Controlled Study (SHARP)*, July 2021-June 2022. (PI: Hansen, DA). (Award Amount \$87,879)

Washington State University, Health Equity Research Center, *Sleep Health Disparities Pilot Project*, July 2021-June 2022. (PI: Hansen, DA). (Award Amount \$40,000)

Cowles Foundation, *Clinical Sleep Research Facility* (PIs: Van Dongen, HPA and Hansen, DA). (Award Amount \$150,000)

Sunderland Foundation, *Clinical Sleep Research Facility* (PIs: Van Dongen, HPA and Hansen, DA). (Award Amount \$150,000)

Translational Sciences of the National Institute of Health KL2TR002317-04, *Naturalistic Monitoring and Treatment of Chronic Insomnia*, March 2018-February 2021. (Award Amount: \$410,202)

MARS INC, *Effect of Mastication on Sustained Attention*, December 2018-November 2019. (Award Amount: \$206,848)

Department of Defense (subcontract under Office of Naval Research), *A Double-blind, Placebo-controlled, Crossover Investigation of Caffeine Pharmacodynamics during 48 hours of Sleep Loss*, May 2014-December 2017. (Award Amount: \$532,626)

Office of Naval Research (subcontract under Pulsar Informatics), *Unobtrusive, Wearable Sensor Array to Collect Actigraphy, Ship Motion, Vibration, Noise and Temperature, Phase II*, May 2013–October 2016. (Award Amount: \$208,260)

Co-Investigator:

Washington State University, Alcohol and Drug Abuse Research Program, *Mirtazapine for the Treatment of Methamphetamine Use in Opioid Use Disorder Patients Receiving Medication Assisted Treatment*, (PI: McPherson, SM), March 2023-July 2025. (Award Amount: \$35,000)

Washington State University, Alcohol and Drug Abuse Research Program, *Hyperbaric Oxygen Treatment (HBOT) during Methadone Tapering in Human Subjects with Opioid Use Disorder*, (PI: Layton, ME), December 2022-November 2024. (Award Amount: \$30,000)

June 2023

Sleep Score Labs, *At-home, Naturalistic Study of Sleep and Effects of Permanent Daylight Savings Time*, (PI: Honn, KA), October 2022- September 2024) (Award Amount: *Sleep Monitoring Devices Provided*)

National Institutes of Health, National Center for Complementary and Integrative Health, *Hypnosis and Meditation for Pain Management in Veterans, Efficacy and Mechanisms* (PI: Wilson, ML), July 2016-June 2020. (Award amount: \$161,026)

Washington Research Foundation, *Clinical Sleep Research Facility* (PI: Van Dongen, HPA), September 2018-August 2019. (Award Amount: \$125,000)

Congressionally Directed Medical Research Programs (Department of Defense), *Sleep Deprivation Effects on Cognitive Flexibility in Dynamic Decision-Making Environments* (PI: Van Dongen, HPA), July 2016-July 2019. (Award Amount \$1,729,430)

Washington State Alcohol and Drug Abuse Research Program, *Influence of Hyperbaric Oxygen on Sleep in Human Subjects with Opioid Use Disorder* (PI: Layton, M), August 2017-February 2019. (Award Amount: \$30,000)

Defense University Research Instrumentation Program (Department of Defense), *Instrumentation for Physiological and Neurobehavioral Measurement in Around-the-Clock, High-Fidelity Laboratory Studies of the Impact of Fatigue on Warfighter Performance* (PI: Van Dongen, HPA), September 2017-September 2018. (Award Amount \$280,972)

Pending:

Google, *Objective Fatigue Measurement with Phone-Based Tracking*, (PI: Hansen, DA). (Submitted Award Amount \$251,828)

Other Extramural Support (completed):

Jazz Pharmaceuticals, *FACT: Flexible Attention Control Task* (PI: Van Dongen, HPA), September 2017–April 2019. (Award Amount \$145,000)

Washington State University College of Pharmacy, *Understanding Mechanisms Responsible for Carcinogenesis by Shift Work in Humans* (PI: Gaddameedhi, S), March 2015-January 2016. (Award Amount \$30,000)

Office of Naval Research (Department of Defense), *Enabling the Identification of Biomarkers for Individual Susceptibility to Fatigue: Scaling Up from Attentional Processes to Operational Performance* (PI: Van Dongen, HPA), November 2014-November 2015. (Award Amount \$100,000)

HHS NIH NCI, *Information Throughput in Risky Decision Making Underlying Self-Regulation* (PI: Hinson, J), May 2012-August 2014. (Award Amount \$155,035)

HHS NIH NHLBI, *Mechanisms of Sleep Loss Effects on Cognitive Components of Decision Making* (PI: Jackson, M), July 2010-December 2013. (Award Amount \$1,179,406)

Office of Naval Research, *Impact of Work-Related Fatigue on Deadly Force Judgement and Decision-Making Performance and Driving Performance Among Day vs. Nigh Sleepers* (PI: Vila, B), 2009-2011. (Award Amount: \$243,997)

DOT Federal Motor Carrier Safety Administration, *Investigation of Split Sleep Schedules on Commercial Vehicles Driver Safety and Health* (PI: Belenky, G), October 2007-June 2010. (Award Amount \$510,300)

W.M. Keck Foundation, *New Theoretical, Technical, and Experimental Approaches to Brain Organization of Sleep and Performance*. (PI: Belenky, G), January 2007-December 2009. (Award Amount \$1,494,057)

Federal Motor Carrier Safety Administration (subcontract under Virginia Tech Transportation Institute), *Effectiveness of 34-Hour Restart Provision for Recycling with Optimal Performance* (PI: Van Dongen, HPA), September 2008– November 2009. (Award Amount \$ 493,001)

HHS NIH NHLBI, *Individual Differences in Response to Sleep Deprivation* (PI: Van Dongen, HPA), April 2002-March 2007. (Award Amount \$336,818)

PUBLICATIONS:

Peer-Reviewed Journal Articles

1. Denney JT, Zamora-Kapoor A, **Hansen DA**, Whitney P. Race/Ethnicity, sleep duration, and mortality risk in the United States. *SSM Popul Health*, 2023; <https://doi.org/10.1016/j.ssmph.2023.101350>.
2. Stinson AR, Whitney P, Hinson JM, **Hansen DA**, Lawrence-Sidebottom D, Skeiky L, Riedy SM, Kurinec CA, Van Dongen HPA. Effects of total sleep deprivation on components of top-down attentional control using a flexible attentional control task. *Journal of Sleep Research*, 2022; doi.org/10.1111/jsr.13744.
3. Finlay M, Wilson M, Erwin JE, Skeiky L, **Hansen DA**, Layton ME, Quock R, Van Dongen HPA. Nighttime sleep and respiratory disturbances in individuals receiving methadone to treat opioid use disorder. *Journal of Addictions Nursing*, in press.
4. Kurinec CA, Whitney P, Hinson JM, **Hansen DA**, Van Dongen HPA. Sleep deprivation impairs binding of information with its context. *Sleep*, 2021; doi.org/10.1093/sleep/zsab113
5. **Hansen DA**, Satterfield BC, Layton ME, Van Dongen HPA. Sleep deprivation and sleep-onset insomnia are associated with blunted physiological reactivity to stressors. *Military Medicine*, 2021; doi.org/10.1093/milmed/usaa464.
6. Erwin JA, Skeiky L, Satterfield BC, Paech GM, Layton ME, Van Dongen HPA, **Hansen DA**. Robustness of inter-individual differences in slow wave sleep for daytime sleep periods after total sleep deprivation with or without caffeine administration: potential implication for around-the-clock operations. *Chronobiology International*, 2020; doi:10.1080/07420528.2020.1817931.
7. Hudson AN, **Hansen DA**, Hinson JM, Whitney P, Layton ME, DePriest DM, Van Dongen HPA, Honn KA. Speed/accuracy trade-off in the effects of acute total sleep deprivation on a sustained attention and response inhibition task. *Chronobiology International*, 2020; doi:10.1080/07420528.2020.1811718.
8. Abdelnaby K, Gaddameedhi S, Crooks E, Zhang C, Li Y, Qia Z, Trzepizur W, Kay S, Andrade J, Satterfield B, **Hansen D**, Kheirandish-Gozal L, Van Dongen H, Gozal D. Circulating exosomal miRNAs signal circadian misalignment to peripheral metabolic tissues. *International Journal of Molecular Sciences*, 2020; doi:10.3390/ijms21176396.
9. Skeiky L, Brager AJ, Satterfield BC, Petrovick M, Balkin TJ, Capaldi VF, Ratcliffe RH, Van Dongen HPA, **Hansen DA**. TNF α G308A Genotype, Resilience to Sleep Deprivation, and the Effect of Caffeine on Psychomotor Vigilance Performance in a Randomized, Double-Blind, Placebo-Controlled, Crossover Study. *Chronobiology International*, 2020; doi: 10.1080/07420528.2020.1821044.

10. **Hansen DA**, Layton ME, Riedy SM, Van Dongen HPA. Psychomotor vigilance impairment during total sleep deprivation is exacerbated in sleep-onset insomnia. *Nature and Science of Sleep*, 2019; doi: 10.2147/NSS.S224641.
11. Crooks E, **Hansen DA**, Layton ME, Van Dongen HPA. Cardiac autonomic activity during sleep deprivation with and without caffeine administration. *Physiology and Behavior*, 2019; doi.org/10.1016/j.physbeh.2019.112643.
12. **Hansen DA**, Ramakrishnan S, Satterfield BC, Wesensten NJ, Layton ME, Reifman J, Van Dongen HPA. Randomized, double-blind, placebo-controlled, cross-over study of repeated-dose caffeine during 48 hours of total sleep deprivation. *Psychopharmacology*, 2018; doi: 10.1007/s00213-018-5140-0.
13. Fournier LR, **Hansen DA**, Stubblefield AM, Van Dongen HPA. Action plan interrupted: resolution of proactive interference while coordinating execution of multiple action plans during sleep deprivation. *Psychological Research*, 2018; doi:10.1007/s00426-018-1054-z.
14. Honn KA*, **Grant DA***, Hinson JM, Whitney P, Van Dongen HPA. Total sleep deprivation does not significantly degrade semantic encoding. *Chronobiology International*, 2018; doi:10.1080/07420528.2017.1411361. *Co-first authorship
15. Whitney P, Hinson JM, Satterfield BC, **Grant DA**, Honn KA, Van Dongen HPA. Sleep deprivation diminishes attentional control effectiveness and impairs flexible adaptation to changing conditions. *Scientific Reports*, 2017; 7:16020 doi:10.1038/s41598-017-16165-z.
16. **Grant DA**, Honn KA, Layton ME, Riedy SM, Van Dongen HPA. 3-minute smartphone-based and tablet-based psychomotor vigilance tests for the assessment of reduced alertness due to sleep deprivation. *Behavior Research*, 2016; doi:10.375/s13428-016-0763-8.
17. Sorta DM, Whitney P, Van Dongen HPA, Satterfield BC, Wesensten NJ, Layton ME, **Grant DA**. Impact of sleep deprivation and caffeine on working memory management. *Sleep-Wake Research in the Netherlands*, 2016; 27:35-38.
18. Honn KA, Riedy SM, **Grant DA**. Validation of a portable, touch-screen psychomotor vigilance test. *Aerospace Medicine and Human Performance*, 2015; doi.org/10.3357/AMHP.4165.2015.
19. Riedy SM, **Grant DA**, Van Dongen HPA. Comparison of the spane and panas scales for measuring self-reported affect during total sleep deprivation. *Sleep-Wake Research in the Netherlands*, 2013; 24:102-105.
20. McDonald J, Potyk D, Fischer D, Parmenter B, Lillis T, Tompkins L, Bowen A, **Grant D**, Lamp A, Belenky G. Napping on the night shift: a study of sleep, performance, and learning in physicians- in-training. *Journal of Graduate Medical Education*, 2013; doi.org/10.4300/JGME-D-12-00324.1.
21. Gazendam JAC, Van Dongen HPA, **Grant DA**, Freedman NS, Zwaveling JH, Schwab R. Altered circadian rhythmicity in ICU patients. *CHEST*, 2013; doi.org/10.1378/chest.12-2405.
22. Waggoner LB, **Grant DA**, Van Dongen HPA, Belenky G, Vila BJ. A combined field and laboratory design for assessing the impact of night shift work on police officer operational performance. *SLEEP*, 2012; doi.org/10.5665/sleep.2214.

23. **Grant DA**, Van Dongen HPA. A comparison of the distribution of chronotypes in two geographical locations. *Sleep-Wake Research in the Netherlands*, 2012; 23:49-52.

BOOK CHAPTERS

Grant DA, Van Dongen HPA, 2013. Individual differences in sleep duration and responses to sleep loss. *The genetic basis of sleep and sleep disorders*. P Shaw, M Tafti, MJ Thorpy (Eds.) New York, NY: Cambridge Press.

TECHNICAL REPORTS:

Grant DA, Van Dongen HPA. Unobtrusive, Wearable, Sensor Array to Collect Actigraphy, Ship Motion, Vibration, Noise and Temperature Noise and Temperature – Phase II Option I. Pulsar Informatics, Seattle, Washington, 2015.

Grant DA, Van Dongen HPA. Unobtrusive, Wearable Sensor Array to Collect Actigraphy, Ship Motion, Vibration, Noise and Temperature – Phase II. Pulsar Informatics, Seattle, Washington, 2014.

DISSERTATION

Grant DA (2016). Investigating the Role of Hyperarousal in Sleep-Onset Insomniacs. Washington State University.

ORAL PRESENTATIONS:

Hansen DA, Goldschmeid J, Hilditch C, Satterfield BC. *Are in-lab human sleep research studies going extinct?* Discussion group presentation at the Associated Professional Sleep Societies Meeting, SLEEP 2023; Indianapolis, IN, June 2023.

Sherick CM, Skeiky L, **Hansen DA**. *Assessing the impact of race and income on children's sleep habits*. Oral presentation at the Associated Professional Sleep Societies Meeting, SLEEP 2023; Indianapolis, IN, June 2023.

Denney JT, Zamora-Kapoor A, **Hansen DA**, Whitney P. *Race/ethnicity, sleep duration, and all-cause mortality risk in the United States*. Oral presentation at the Associated Professional Sleep Societies Meeting, SLEEP 2022; Charlotte, NC, June 2022.

Hansen DA, et al. *Differentiation of naturalistic sleep in chronic insomnia vs. healthy controls using a non-contact measurement device*. Oral presentation at the Associated Professional Sleep Societies Meeting, SLEEP 2022; Charlotte, NC, June 2022.

Teeter N,... & **Hansen, DA**. *Comparison of a non-contact sleep monitoring device with wrist actigraphy in a sample of individuals with chronic insomnia*. Oral presentation at the Associated Professional Sleep Societies Meeting, SLEEP 2022; Charlotte, NC, June 2022.

Hansen DA. *Repeated-Dose caffeine pharmacodynamics during 48 hours of total sleep deprivation*. Oral presentation at the Associated Professional Sleep Societies Meeting, SLEEP 2018; Baltimore, MD, June 2018.

Grant DA. *Sleep disorders and shift work: performance impairment in the workplace*. Post-graduate course at the Associated Professional Sleep Societies Meeting, SLEEP 2017; Boston, MA, June 2017.

Grant DA, Satterfield BC, Van Dongen HPA. *Impact of stress reactivity on affect during total sleep deprivation*. Oral presentation at Associated Professional Sleep Societies Meeting, SLEEP 2015; Seattle, WA, June 2015.

Grant DA, Honn KA, Layton ME, Van Dongen HPA. *Validation of smartphone-based and iPad-based psychomotor vigilance tests.* Oral presentation at Associated Professional Sleep Societies Meeting, SLEEP 2014; Minneapolis, MN, June 2014.

Grant DA. *Impact of stress reactivity on affect during total sleep deprivation.* Oral presentation at the Wiley Research Symposium, Pullman, WA, February 2014.

Grant D, Van Dongen HPA. *Examining the discrepancy between objective and subjective performance impairment during sleep deprivation.* Oral presentation at the Intercollegiate Nursing Symposium; Spokane, WA, April 2007.

PEER-REVIEWED ABSTRACTS:

Fanson FL, **Hansen DA**, Gottlieb E, Raymann RJEM, Danoff-Burg S, Buchwald D, Van Dongen, H, Watson NF. Increased engagement with a tailored sleep guide is associated with reduced variability in sleep efficiency in chronic insomnia. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2023; June 2023.

Fluke SK, **Hansen DA**, Van Dongen HPA, Satterfield BC. *ADA functional polymorphism modulates REM sleep following total sleep deprivation.* Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2023; June 2023.

Lundholm KR, Delane S, James SJ, Honn KA, **Hansen DA**, Van Dongen HPA, Satterfield BC. *Sleep deprivation differentially alters two physiological systems' responses to repeated stressors.* Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2023; June 2023.

Delane S, Lundholm KR, James SJ, Honn KA, **Hansen DA**, Van Dongen HPA, Satterfield BC. *Sleep deprivation dampens salivary cortisol response to repeated stressors.* Poster presented at the WSU Academic Showcase, March 2023.

Hansen DA, Finlay M, Peterson ME, Gottlieb E, Raymann R, Buchwald D, Van Dongen H, Watson NF. *Differentiation of naturalistic sleep in chronic insomnia vs. healthy controls using a non-contact measurement device.* Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2022; June 2022.

Lundholm KR, James SM, Honn KA, Van Dongen HPA, **Hansen DA**, Satterfield BC. *Salivary α -amylase response to repeated exposure to acute stressors is altered by sleep deprivation.* Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2022; June 2022.

Sherick CM, Skeiky L, Pacheco-Arcaya M, **Hansen DA**. *Assessing the impact of race and income on children's sleep habits.* Poster presented at the Inland Northwest Research Symposium; Spokane, WA, March 2022.

Hansen D, Peterson ME, Raymann RJ, Buchwald D, Van Dongen HPA, Watson NF. *Naturalistic characterization of sleep in chronic insomnia using a non-contact sleep measurement device.* Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2021; June 2021.

Finlay M, **Hansen D**, Skeiky L, Van Dongen H. *Non-REM eeg spectral power at baseline and after total sleep deprivation in individuals with sleep-onset insomnia.* Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2021; June 2021.

Kurinec C, Whitney P, Hinson J, **Hansen D**, Van Dongen H. *Sleep deprivation disrupts binding of information with its context.* Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2021; June 2021.

Peterson M, Lundholm K, Skeiky L, Van Dongen H, **Hansen D**. *Impact of Washington state COVID-19 lockdown on sleep.* Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2021; June 2021.

Skeiky L, **Hansen D**, Layton M, Quock R, Van Dongen H, Wilson M. *Naturalistic measurement of sleep/wake disturbance in adults receiving methadone treatment for opioid use disorder.* Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2021; June 2021.

- Erwin JA, Wilson M, Finlay M, **Hansen DA**, Little-Gott A, Reynolds D, Quock RM, Layton ME, Van Dongen HPA. *Sleep architecture in individuals receiving methadone for medication-assisted treatment of opioid use disorder*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2020; August 2020.
- Finlay M, Wilson M, Erwin JA, **Hansen DA**, Layton M, Quock RM, Van Dongen HPA. *Individuals receiving methadone for medication-assisted treatment of opioid use disorder show evidence of respiratory depression*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2020; August 2020.
- Hansen DA**, Hudson AN, Lawrence-Sidebottom D, Maislin G, Miquel S. *The effect of mastication on psychomotor vigilance performance*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2020; August 2020.
- Hudson AN, Whitney P, Hinson JM, **Hansen DA**, Van Dongen HPA, Honn KA. *Effect of total sleep deprivation on word recognition of previously studied words with different emotional valence*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2020; August 2020.
- Skwara AK, Skeiky L, Van Dongen HPA, **Hansen DA**. *Relationship between sleepiness symptoms questionnaire ratings and psychomotor vigilance test performance in a laboratory-based sleep deprivation study*. Poster presented at the Inland Northwest Research Symposium; Spokane, WA, March 2020.
- Hansen DA**, Satterfield BC, Layton ME, Van Dongen HPA. *Stressor reactivity in sleep-deprived normal sleepers and sleep-onset insomniacs*. Poster presented at the Military Health System Research Symposium; Orlando, FL, August 2019.
- Salih R, Stenson A, Sidebottom D, Hinson J, Whitney P, Van Dongen HPA, **Hansen DA**. *Acute total sleep deprivation impairs the ability to manage response conflict*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2019; June 2019.
- Hansen DA**, Ramakrishnan S, Satterfield BC, Wesensten NJ, Layton ME, Reifman J, Van Dongen HPA. *Randomized, double-blind, placebo-controlled, cross-over study of repeated-dose caffeine pharmacodynamics during 48 hours of total sleep deprivation*. Poster presented at the Military Health System Research Symposium; Orlando, FL, August 2018.
- Stubblefield AM, Fournier LR, **Grant DA**, Van Dongen HPA. *Action plan interrupted: coordinating action plans during sleep deprivation*. Poster presented at the Psychonomic Society Meeting; Vancouver, BC, November 2017.
- Grant DA**, Satterfield BC, Layton ME, Van Dongen HPA. *Stressor reactivity in sleep-deprived normal Sleepers and sleep-onset insomniacs*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2017; Boston, MA, June 2017.
- Grant DA**, Layton M, Riedy S, Van Dongen H. *Neurobehavioral impairment during total sleep deprivation is exacerbated in sleep-onset insomniacs*. Poster presented at the European Sleep Research Society Meeting; Bologna, Italy, September 2016.
- Grant DA**, Layton ME, Riedy SM, Van Dongen HPA. *Psychomotor vigilance impairment during total sleep deprivation is exacerbated in sleep-onset insomniacs*. Poster presented at the Gordon Research Conference, Sleep Regulation and Function, Galveston, TX, March 2016.
- Grant DA**, Satterfield BC, Van Dongen H. *Impact of stress reactivity on affect during total sleep deprivation*. Poster presented at the Inland Northwest Research Symposium, Spokane, WA, March 2015.
- Riedy SM, Honn KA, Layton ME, Van Dongen HPA, **Grant DA**. *Validation of a prototype wrist actigraph developed as part of a physiological and environmental sensor array for use in naval operations*. Poster presented at the Associated Professional Sleep Societies Meetings, SLEEP 2014; Minneapolis, MN, June 2014.
- Grant DA**, Honn KA, Layton ME, Van Dongen HPA. *Validation of smartphone-based and ipad-based psychomotor vigilance tests*. Poster presented at the Inland Northwest Research Symposium, Spokane, WA, March 2014.
- Grant DA**, Whitney P, Hinson JM, Layton ME, Van Dongen H. *The effect of total sleep deprivation on semantic encoding*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2013; Baltimore, MD, June 2013.

Grant DA, Jackson ML, Van Dongen HPA. *Subjective symptoms during acute total sleep deprivation*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2012; Boston, MA, June 2012.

Jackson ML, **Grant DA**, Belenky G, Van Dongen HPA. *Changes in positive and negative affect across two weeks of simulated night shift*. Oral presentation at the Sleep Down Under Conference, Sydney, AUS, October 2011.

Grant DA, Van Dongen HPA. *Sunlight exposure and chronotype: comparison of two different geographical locations*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2011; Minneapolis, MN, June 2011.

Grant DA, Van Dongen HPA. *Sunlight exposure and chronotype: comparison of two different geographical locations*. Poster presented at the WSU Showcase Event, Pullman, WA, March 2011.

Grant DA, Rector DM, Van Dongen HPA, Belenky G. *Prefrontal hemodynamic signals measured by near-infrared optical topography are correlated with attentional lapses on a psychomotor vigilance test*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2009; Seattle, WA, June 2009.

Grant DA, Rector DM, Van Dongen HPA, Belenky G. *Prefrontal hemodynamic signals measured by near-infrared optical topography are correlated with attentional lapses on a psychomotor vigilance test*. Poster presented at Cognitive Fatigue Conference; Atlanta, GA, May 2009.

Grant DA, Rector DM, Short RA, Krueger JM, Van Dongen HPA, Belenky G. *Correlation of prefrontal hemodynamic response measured by near-infrared optical topography with time on task effect in psychomotor vigilance performance*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2008; Baltimore, MD, June 2008.

Van Dongen HPA, **Grant DA**, Belenky G. *Systematic individual differences in circadian contribution to neurobehavioral impairment during sleep deprivation*. Poster presented at SLEEP 2008, Baltimore, MD, June 2008.

Grant D, Dinges D, Van Dongen HPA. *Examining the discrepancy between objective and subjective performance impairment during sleep deprivation*. Poster presented at the Associated Professional Sleep Societies Meeting, SLEEP 2007; Minneapolis, MN, June 2007.

AWARDS AND HONORS:

2013 President's Employee Excellence Award, Washington State University Spokane

2008 Meritorious Abstract Award, Sleep Research Society

2007 Young Scholars Distinction Award, Inland Northwest Health Sciences Research Symposium

CLINICAL LICENSES/CERTIFICATIONS:

2005-present Licensed Mental Health Counselor, State of Washington (LH00009494)

SERVICE:

EDITORIAL POSITIONS:

Reviewer, *Chronobiology International*, *F1000 Research*, *Group Processes and Intergroup Relations*, *Journal of Medical Internet Research*, *Journal of Psychosomatic Research*, *Nature and Science of Sleep*, *PLoS One*, *Scandinavian Journal of Work, Environment, and Health*, *Scientific Reports*, *SLEEP*, *Sleep Health*

ACADEMIC COMMITTEES:

2023-present Co-Lead, Research Pillar Working Group, Strategic Planning Steering Committee, Elson S. Floyd College of Medicine

2021-2022 Member, Graduate Steering Committee, Pharmaceutical Sciences/Translational Medicine Graduate Program

2020-present Member, ITHS KL2 Selection Committee, Demonstrate Track

2019-2022 Member, Scholarly Project Reviewer Team, Elson S. Floyd College of Medicine
June 2023

2019-2020 Member, DMECS Research Connections Work Group
2017-2018 Member, Scholarship Committee, Elson S. Floyd College of Medicine
2017-present Member, Group on Women in Medicine and Science, Elson S. Floyd College of Medicine
2018-present Member, IREACH Junior Faculty Group

ADMINISTRATIVE COMMITTEES:

2022-2023 Member, Sleep and Performance Research Center Retreat Committee
2017-2023 Member, Human Subjects Biomedical IRB, Washington State University
2017-2020 Member, Protocol Management System Subcommittee, IRB, Washington State University
2014-2016 Member, Employee Excellence Committee, Washington State University Spokane
2012-2013 Member, Trainee Education and Advisory Committee (TEAC), Sleep Research Society
2009-2011 Member, Administrative Professional Advisory Council (APAC), Washington State University

PROFESSIONAL MEMBERSHIPS:

2007-present Sleep Research Society
2020-present American Psychological Association

SCIENTIFIC MEETING ORGANIZATION/PARTICIPATION:

Chair and presenter, discussion group, *Are Lab-Based Human Research Studies Going Extinct?* The Associated Professional Sleep Societies Meeting, SLEEP 2023; Indianapolis, IN, June 2023.

Presenter, continuing education course *Non-pharmacological Approaches to Treating Sleep Disorders*, American Association of Nurse Practitioners CE Event, Spokane, WA, July 2020.

Co-organizer and presenter, continuing education course *Understanding the Role of Sleep from the Laboratory to the Real World*, Washington State Psychological Association CE Event; Spokane, WA, September 2018.

Chair and presenter, postgraduate course *Managing and Treating Sleep and Sleepiness in Workplace Settings*, the Associate Professional Sleep Societies Meeting, SLEEP 2017; Boston, MA, June 2017.

Presenter, continuing education *Pediatric Sleep Issues*, School Nurse Organization of Washington Conference, Spokane, WA, March 2022.

TEACHING:

MEDSCHLR 520, Summer 2023
MEDSCHLR 500, Winter 2022
MEDSCHLR 540, Fall 2022
MEDSCHLR 520, Fall 2022
MEDSCHLR 520, Summer 2022
MEDSCHLR 500, Winter 2021
FMS 503, Spring 2020
FMS 502, Winter 2020
FMS 503, Spring 2019
FMS 502, Winter 2019
FMS 502, Winter 2018

Thesis Committees:

Member, dissertation committee for E. Moslener, February 2022-present
Member, dissertation committee for M. Zuniga-Kennedy, December 2022-present
External Thesis Examiner for J. Stepien, University of South Australia, December 2022

Medical Student Research Trainees:

C. Sherick (medical student, Elson S. Floyd College of Medicine), July 2020-present

M. Rusev (medical student, Elson S. Floyd College of Medicine), July 2021-present

Postbaccalaureate Trainees:

M. Pacheco-Arcaya (research assistant, Washington State University), January 2022-present

R. Simmons (research assistant, Washington State University), January 2022-present

International Professional Placement Trainees:

F. Fanson, University of Surrey, England, August 2022-present

A. Skwara, University of Surrey, England, August 2019-March 2020

R. Salih, University of Surrey, England, July 2018-August 2019

INVITED LECTURES:

Ethics in Research, Eastern Washington University Department of Physical Therapy, Spokane, WA, September 2022.

Measuring Alertness Impairments Related to Fatigue, Cannabis, Opioids, and Alcohol, University of Washington Center for Cannabis Research Retreat, Seattle, WA, May 2022.

Naturalistic Monitoring of Sleep in Chronic Insomnia and Healthy Controls using a Non-Contact Sleep Measurement Device, Walter Reed Army Institute of Research, Behavioral Biology Branch, Virtual, May 2022.

Sleep Tips for Kids and Caregivers, YWCA and Community Colleges of Spokane Head Start, Spokane, WA, May 2022.

Academic Half Day: Insomnia, Washington State University, Elson S. Floyd College of Medicine, April 2022.

Sleep Basics for Kids to staff, YWCA Early Childhood Education and Assistance Program, Spokane, WA, January 2022.

Academic Half Day: Insomnia, Washington State University, Elson S. Floyd College of Medicine, May 2021.

Non-pharmacological Approaches to Treating Insomnia to staff, Trauma Informed Therapies, Spokane, WA, July 2020.

Principles of Risk Management and How they can be Applied in the Workplace, Webinar for the Workforce, CougsWork, Spokane, WA, July 2020.

Sleep Health to Complex Financial Crimes Squad/Seattle Division, Federal Bureau of Investigation, Spokane, WA, May 2020.

Sleep: It Matters to Single Moms in Life Empowerment (SMILE), Spokane, February 2020.

Sleep: It Matters! (Part II) to staff, Washington Trust Bank, Wellness Program, Spokane, WA, January 2020.

Emerging Functional Benefits of Chewing Gum—Focus and Sustained Attention, International Chewing Gum Association Scientific Symposium, Chicago, IL, May 2019.

Introduction to Sleep Physiology and In-Laboratory Experimentation, Washington State Psychological Association, Spokane, WA, September 2018.

The Impact of Displaced or Disordered Sleep on Performance and Health, Medicine Grand Rounds, Sacred Heart Medical Center, Spokane, WA, July 2018.

Monitoring Sleep "In the Wild," to WSU Alumni Association, Pullman, WA, April 2018.

Insomnia: Beyond the Ordinary Approach, to Healing Spokane Forum, Spokane, WA, January 2018.

Sleep Across the Lifespan, to Washington State University Retiree Association, Pullman, WA, October 2017.

Metabolic Consequences of Short Sleep Duration, to Gritman Medical Center, Moscow, ID, April 2017.

Treating Insomnia and Other Disorders of Sleep, to the Nurse Practitioner Group of Spokane, Spokane, WA, March 2016.

Examining the Role of Hyperarousal in Insomnia, to Neuropsychology 138 course, Pullman, WA, November 2016.

Sleep: It Matters! to staff, Washington Trust Bank, Spokane, WA, February 2016.

Impact of Stress Reactivity on Affect during Total Sleep Deprivation, to Psychology 105 course, Pullman, WA, March 2015.

Sleep and Performance, to staff, Inland Power, Spokane, WA, June 2012.

Sleep loss and performance, in Sleep and Dreams course of Psychology Program, Whitworth University, Spokane, WA, January 2012.

Treating insomnia: Behavioral and medical interventions, to mental health staff, Airway Heights Correctional Facility, Airway Heights, WA, October 2011.

Sleep loss and performance, in Sleep and Dreams course of Psychology Program, Whitworth University, Spokane, WA, January 2010.

Sleep and performance, at 36th Annual Pacific Northwest Regional Respiratory Care Conference, Spokane, WA, April 2009.

Sleep loss: hormonal and performance effects, to undergraduate psychology students, Eastern Washington University, Cheney, WA, April 2008.

Examining the Discrepancy between Objective and Subjective Performance Impairment during Sleep Deprivation, at WSU Intercollegiate Nursing Symposium for Developing Scholars, Spokane, WA, April 2007.

Treating Sleep Disorders, to graduate psychology students, Gonzaga University, Spokane, WA, April 2006.

Treating Insomnia and Other Disorders of Sleep, at Sacred Heart Hospital (PAML), Spokane, WA, May 2005.

Empathy and Emotional Intelligence: Dispositional Factors in Graduate Students in Counselor Education and Related Educational Programs: A New Study, at the Washington Counseling Association 2004 Conference, Spokane, WA, October 2004.

MEDIA COVERAGE:

“Battling ‘coronasomnia’: Issue is a first for many experiencing insomnia from pandemic fallouts”

<https://www.spokesman.com/stories/2020/dec/17/battling-coronasomnia-issue-is-a-first-for-many-ex/>

“Principles of risk management and how they can be applied in the workplace” CougsWork, Webinars for the Workforce

<https://profed.wsu.edu/calendar/principles-of-risk-management-and-how-they-can-be-applied-in-the-workplace-drs-kimberly-honn-steve-james-and-devon-hansen/>

“Coping with Coronavirus” Health Matters KSPS

<https://video.kspis.org/video/coping-with-coronavirus-36281s/>

“If you lose a night of sleep, you could be twice as impaired, WSU study suggests”

<https://www.kxly.com/if-you-lose-a-night-of-sleep-you-could-be-twice-as-impaired-wsu-study-suggests/>

“All-nighters leave insomniacs twice as impaired as good sleepers”

<https://www.spokesman.com/stories/2019/dec/18/all-nighters-leave-insomniacs-twice-as-impaired-as/>

“Skipping one night of sleep may leave insomniacs twice as impaired”

<https://news.wsu.edu/2019/12/11/skipping-one-night-sleep-may-leave-insomniacs-twice-impaired-study-says/>

<https://www.sciencedaily.com/releases/2019/12/191211100243.htm>

[https://neurosciencenews.com/insomnia-reaction-time-](https://neurosciencenews.com/insomnia-reaction-time-15310/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+neuroscience-rss-feeds-neuroscience-news+%28Neuroscience+News+Updates%29)

[15310/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+neuroscience-rss-feeds-neuroscience-news+%28Neuroscience+News+Updates%29](https://neurosciencenews.com/insomnia-reaction-time-15310/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+neuroscience-rss-feeds-neuroscience-news+%28Neuroscience+News+Updates%29)

“Psychomotor vigilance impairment during total sleep deprivation is exacerbated in sleep-onset insomnia”

https://www.facebook.com/permalink.php?story_fbid=3270221213048240&id=450103581726698

“Skipping one night of sleep may exacerbate performance impairment in insomniacs”

<https://www.news-medical.net/news/20191211/Skipping-one-night-of-sleep-may-exacerbate-performance-impairment-in-insomniacs.aspx>

“Skipping one night of sleep may leave insomniacs twice as impaired, study says”

<https://medicalxpress.com/news/2019-12-night-insomniacs-impaired.html>

https://www.eurekalert.org/pub_releases/2019-12/wsu-son121019.php

<https://www.newswise.com/articles/skipping-one-night-of-sleep-may-leave-insomniacs-twice-as-impaired-study-says?sc=rsla>

“Beat insomnia: even skipping 1 night of sleep may affect your overall performance”

<https://www.medindia.net/news/beat-insomnia-even-skipping-1-night-of-sleep-may-affect-your-overall-performance-191979-1.htm>

“#happyliife: local experts share tips for settling back into school routine”

<https://www.kxly.com/happyliife-local-experts-share-tips-for-settling-back-into-school-routine/>

“Ask Dr. Universe: How do bags form under your eyes?”

<https://www.spokesman.com/stories/2019/aug/09/ask-dr-universe-how-do-bags-form-under-your-eyes/>

“Get a better night’s sleep in 2019”

<https://www.kxly.com/get-a-better-nights-sleep-in-2019/>

“Ask Dr. Universe: Can the sound of rain help us sleep?”

<https://www.spokesman.com/stories/2018/sep/22/ask-dr-universe-can-the-sound-of-rain-help-us-slee/>

“WSU study to test sleep technology in chronic insomnia”

<https://news.wsu.edu/2018/01/23/sleep-technology-tests-chronic-insomnia/>

“WSU, UW collaborate on test for enhancing sleep”

<https://www.spokanejournal.com/special-report/wsu-uw-collaborate-on-test-for-enhancing-sleep/print/>

“Sleep Solutions” Health Matters, KSPS

<https://video.kspss.org/video/sleep-solutions-yzfe/ml/>

“Need sleep? Drop the phone”

<https://youtu.be/tfNpaey3K8w>

UNDERGRADUATE MENTORSHIP/SUPERVISION

Amado D, Whitworth University
Arpin S, Gonzaga University
Bailey R, Gonzaga University
Bajema B, Whitworth University
Beattie J, Gonzaga University
Bell S, Eastern Washington University
Bellwood C, Whitworth University
Benton J, Whitworth University
Bermudez A, Gonzaga University
Bermudez J, Gonzaga University
Beyer N, Gonzaga University
Bookhout T, Whitworth University
Bowen A, Gonzaga University
Brody S, Eastern Washington University
Brost T, Gonzaga University
Burnett Z, Gonzaga University
Carlile J, Gonzaga University
Cheng C, Gonzaga University
Collins S, Gonzaga University
Condon P, Gonzaga University
Crain T, Whitworth University
Davey M, Gonzaga University
Eaton L, Gonzaga University
Eden M, Gonzaga University
Finlay M, post-bac research assistant
Friedman A, Gonzaga University
Foy D, University of Surrey, England
Gabehart R, Whitworth University
Gebben E, Whitworth University
Gering K, Washington State University
Gerlach S, Gonzaga University
Haj R, Gonzaga University
Hirsch A, Gonzaga University
Huth N, Gonzaga University

Jerde K, Gonzaga University
Jeyaraj, N, University of Surrey, England
Johnson T, Eastern Washington University
Kadel K, Whitworth University
King A, University of Surrey, England
Knox K, Gonzaga University
Krusel J, Gonzaga University
Kubin Z, Gonzaga University
Kuhn J, Whitworth University
Kwate S, Gonzaga University
LaGoy A, Gonzaga University
Langman N, Eastern Washington University
Lauderdale N, Washington State University
Lewis E, Gonzaga University
Lillis T, Gonzaga University
Luik A, International Student
Livengood M, Eastern Washington University
McGeer K, Gonzaga University
McHill A, Gonzaga University
Marble A, Gonzaga University
Moeller C, Spokane Falls CC
Morrissette K, Gonzaga University
Moulton A, Gonzaga University
Muck R, Gonzaga University
Nagra A, Gonzaga University
Nease R, Gonzaga University
Nelson R, Gonzaga University
Oakes L, Whitworth University
Ojcius J, Eastern Washington University
Oonk M, International Student
Oplinger S, Gonzaga University
Ottero J, Gonzaga University
Palmer Allison, Eastern Washington University
Palmer Andrea, Eastern Washington University

Parmely S, Whitworth University
Patel D, University of Surrey, England
Payne K, Gonzaga University
Peterson M, Whitworth University
Permito R, Gonzaga University
Pazaski E, Gonzaga University
Pfeifer W, Portland State University
Probert K, Eastern Washington University
Questad M, Gonzaga University
Rael E, Gonzaga University
Raj S, University of Surrey, England
Rao A, MS, Washington State University
Ratuiste K, Gonzaga University
Riedy S, Northern Arizona University
Roach J, Gonzaga University
Roberts K, Whitworth University
Rowley A, Eastern Washington
Satterfield B, Gonzaga University
Seidl R, Gonzaga University
Sherick C, University of Washington
Sherman M, Gonzaga University
Sinclair K, Gonzaga University
Skeiky, L, BS, post-bac research assistant
Sparrow A, Eastern Washington University
Stalley J, Eastern Washington University
Starks M, Gonzaga University
Suter J, Eastern Washington University
Swearingen N, Whitworth University
Tompkins L, Eastern Washington University
Vadnais K, Gonzaga University
Villeneuve M, Gonzaga University
Warehime M, Gonzaga University
Webber S, Whitworth University
Welch M, Whitworth University
Wescombe N, Whitworth University
Wiersma M, Whitworth University
Young E, Gonzaga University