

Curriculum Vitae

BIOGRAPHICAL

Name: Michele L Okun, PhD **Birth Date:** July 27, 1969
Home Address: 2204 Green Grass Ct, Colorado Springs, CO 80915
Home Phone: (412) 302-8030 **Citizenship:** USA
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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

APPOINTMENTS AND POSITIONS

ACADEMIC:

July 1998-2001 Department of Psychiatry and Behavioral Sciences Study Coordinator
Stanford University

October 2001-2005 College of Nursing Study Coordinator
University of Colorado Denver, College of Nursing

June 2009- 2013 Department of Psychiatry Assistant Professor
University of Pittsburgh School of Medicine

July 2009-13 Pittsburgh Mind Body Center Faculty Member
Michele L Okun, Ph.D.

November 2009-13	Magee-Women's Research Institute	Instructor
July 2011-2013	Department of Psychology (Univ of Pitt)	Secondary Appointment
July 2013-Dec 2013	School of Nursing-Health Promotion and Development	Assistant Professor
Feb 2014-Dec 2019	BioFrontiers Center University of Colorado at Colorado Springs	Senior Research Associate
Feb. - Nov 2014	Institute for Brain Potential	Instructor/Speaker
January 2015-	Department of Psychology (UCCS)	Lecturer
January 2016-	The Insomnia Clinic	Director of Sleep Education
February 2015	Trauma, Health, and Hazards Center (UCCS)	Professor Adjoint
January 2015-2017	Colorado Sleep Society	President
December 2016-17	The Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences	Adjunct Instructor
January 2017-2019	Department of Psychology Community College of Aurora	Adjunct Instructor
January 2019-2021	BioFrontiers Center University of Colorado Colorado Springs	Research Asst. Professor
April 2021- 2024	BioFrontiers Center University of Colorado Colorado Springs	Research Associate Professor
April 2024 -	BioFrontiers Center University of Colorado Colorado Springs	Professor-Research

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/Society for Behavioral Science and Medicine	2005 -
American Academy of Sleep Medicine	2007 - 2013
American Psychological Association (Division 38)	2016 - 2018
Sleep Research Society Scientific Review Committee	2018- 2022
NASPOG	2022-
MONA	2022-

HONORS, CERTIFICATIONS, and AWARDS

Title of Award	Year
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

Curriculum Vitae

Revision Date 02/2025

Michele L Okun, Ph.D.

UCCS Online Teaching Certification	2018
Teaching Online Program: Online Course Design Badge	2020
Teaching Online Program: Design with Accessibility in Mind	2020
Fellowship of American Psychosomatic Society (FAPS)	2023

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. Bublitz MH, Carpenter, M, Amin S, **Okun, ML**, Millman R, De La Monte SM, Bourjeily G (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*. 28(6): PMID: 30983027.
50. **Okun ML**. (2019). Sleep Disturbances and Modulations in Inflammation: Implications for Pregnancy Health. *Soc Personal Psychol Compass*. 13(5): PMID: 31737088.
51. **Okun ML**, Obetz V, Feliciano L. (2021). Sleep Disturbance in Early Pregnancy, but Not Inflammatory Cytokines, May Increase Risk for Adverse Pregnancy Outcomes. *International Journal of Behavioral Medicine* 28(1):48-63. PMID: 32372169.
52. Carroll, J.E., Ross, K.M., Horvath, S., **Okun, M.**, Hobel, C., Rentscher, K.E., Coussons-Read, M., Dunkel Schetter, C. (2021). Postpartum sleep loss and accelerated epigenetic aging. *Sleep Health*. 7(3): 362-367. PMID: 33903077.
53. **Okun, M.L.**, Kohl, V, Feliciano, L. (2021). Comparison of Longitudinal Diary and Actigraphy- Assesed Sleep in Pregnant Women. *Sleep Medicine* 88: 149-156.
54. Ross, K. M., Dunkel Schetter, C., Carroll, J., Mancuso, R. A., Irwin, J., **Okun, M.**, Hobel, C. J., & Coussons-Read, M. (2022). Inflammatory and immune marker trajectories from pregnancy to one-year post-birth. *Cytokine* 149:155785. PMID: 34773858
55. **Okun, ML** & Glidewell, RN (2023). Improvement of Insomnia Symptoms following a Single 4-Hour CBT-I Workshop. *Behavioral Sleep Medicine* 12:1-12. PMID: 35156473
56. Roncoroni J, **Okun ML**, Hudson A. (2022). Systematic Review: Sleep Health in the U.S. Latinx Population. *SLEEP*. PMID: 35460556
57. Feliciano L, Johanson KA, **Okun ML**, Walden A. (2022). Impacts of the Coronavirus Pandemic on the Emotional and Physical Health of Older Adults Compared to Younger Cohorts. *Clin Gerontol*. 2022 Jan-Feb;45(1):45-57. doi: 10.1080/07317115.2021.1966561. PMID: 34463221
58. **Okun ML**, Walden A, Robertson AC, Oltz K, Ingram, RE, Feliciano L. (2022). Psychological and physical health behavior deviations in students amidst the COVID-19 pandemic. *Journal of College Health*. Sep 9: 1-9. doi: 10.1080/07448481.2022.2111216. PMID: 36084203
59. **Okun ML**, Lac A (2023). Postpartum Insomnia and Poor Sleep Quality are Longitudinally Predictive of Postpartum Mood Symptoms. *Psychosomatic Medicine*. 85(8):736-743.
60. Ross KM, Mander H, Rinne G, **Okun M**, Hobel C, Coussons-Read M, Dunkel Schetter C. (2023). Pregnancy-specific anxiety and gestational length: The mediating role of diurnal cortisol indices. *Psychoneuroendocrinology*. 153:106114. doi: 10.1016/j.psyneuen.2023.106114
61. Mancuso RA, Ross KM, Accort E, Coussons-Read ME, **Okun ML**, Irwin J, Carroll J, Hobel CJ, Dunkel Schetter C. (2024). Prenatal mood and anxiety disorders and associated cytokine changes. *J Affective Disorders*. 15;347:635-644. doi: 10.1016/j.jad.2023.12.014.

62. Séguin, K., Suarathana, E., **Okun, M.L.**, Atoui, M., Lavoie, K.L., & Herba, C.M., for the iCARE Study Team (2024). Psychosocial impacts, preventive behaviours, and concerns associated with the COVID-19 pandemic for pregnant and non-pregnant women: A matched analysis from the International iCARE Study. *Archives of Women's Mental Health*. doi: 10.1007/s00737-024-01451-3
63. Gellasch P, Torraca M, **Okun ML**. (2024). Sleep and Mood Among Women with a History of Depression When Using a Responsive Bassinet During the COVID-19 Pandemic. *Journal of Obstetric, Gynecologic, & Neonatal Nursing (JOGNN)*. doi: 10.1016/j.jogn.2024.02.006.
64. **Okun ML**, Segerstrom S, Jackman S, Ross K, Dunkel Schetter C, Coussons-Read M. (In Press). Variability in Perinatal Sleep Quality is Associated with an Atypical Cortisol Awakening Response and Increased Mood Symptoms. *Psychoneuroendocrinology*.

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
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.
12. **Okun ML**, Glidewell RN. Brief Behavioral Interventions for Insomnia. *Current Sleep Medicine Reports*. Eds: R. Benca and C. McCall. Springer Nature. (In Press).
13. **Okun ML**. Prenatal Sleep Disorders and Adverse Pregnancy, Delivery and Fetal Outcomes. *Sleep and Perinatal Disorders: A Guide for Clinicians and Researchers*. Eds:Verinder Sharma and Laura Palagini. Springer Nature. (In Press).

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 Zarcone 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- α 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- α , 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 Recurrence. 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 PPMR 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, M. L.**, Feliciano, L., Johanson, K., Schneider, L. M., Prue-Owens, K. (2019). Insomnia and T2DM on cardiovascular risk perception in menopause. *Psychosomatic Medicine*, 80(3), A15
51. **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.
52. 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.
53. **Okun ML** and Glidewell R. (2020). Efficacy of a Single 4 Hour CBT-I Workshop in a Community Sample with Self-Reported Insomnia Symptoms. SLEEP, Philadelphia, PA (VIRTUAL).
54. **Okun ML** Karp H (2020). SNOO: A Wellness Device to Improve Infant Sleep. SLEEP, Philadelphia, PA (VIRTUAL).

55. **Okun, M.**, Feliciano, L., Robertson, A. C., Johanson, K. A., & Prue-Owens, K. (2021, April). Sleep disorders and cardiometabolic risk in post-menopausal women. Presentation selected for a Research Spotlight at the Society of Behavioral Medicine's 2021 Annual Meeting & Scientific Sessions.
56. Walden, A., **Okun, M. L.**, Robertson, A. C., Oltz, K., Ingram, R. E., & Feliciano, L. (2021, August). Effects of the COVID-19 pandemic on the mental and physical health of university students. Poster submitted to the 129th Annual Convention of the American Psychological Association, virtual conference.
57. Walden, A., Feliciano, L., Johanson, K. A., & **Okun, M. L.** (2021, August). An investigation of the impact of Coronavirus Pandemic restrictions on the physical and mental health of US adults. Poster submitted to the 129th Annual Convention of the American Psychological Association, virtual conference.
58. **Okun, M. L.**, Feliciano, L., Robertson, A. C., Johanson, K. A., & Prue-Owens, K. (2021). Sleep disorders and cardiometabolic risk in post-menopausal women. *Annals of Behavioral Medicine*, 55, S416.
59. **Okun, M. L.**, *Walden, A., *Robertson, A. C., *Oltz, K., *Ingram, R. E., Feliciano, L. (2021, June). Sleep and Mental Health in College Students Before and During the Initial COVID-19 Lockdown. Presentation submitted to SLEEP 2021, the 35th Annual meeting of the Associated Professional Sleep Societies, LLC (APSS).
60. Mander, H., Ross, K. M., **Okun, M.**, Hobel, C., Coussons-Read, M., & Dunkel Schetter, C. (2021). Measuring diurnal cortisol indices and cortisol variability during pregnancy and the postpartum period and associations with infant sex and race. Poster presentation, Alberta Children's Hospital Research Institute Summer Student Symposium, virtual conference.
61. Mander, H., Ross, K. M., **Okun, M.**, Hobel, C., Coussons-Read, M., & Dunkel Schetter, C. (2021). Measuring diurnal cortisol indices and cortisol variability during pregnancy and the postpartum period and associations with infant sex and race. Poster presentation, Athabasca University Graduate Student Research Conference, virtual conference.
62. Dupy C. Sollenberger A. Dominguez A. Raval F. Blide J. Feliciano L. and **Okun ML**. Indices of Psychological and Physiological Stress in Students: Implications for Health. Poster presentation, American Psychosomatic Society. Long Beach CA March 23-27, 2022.
63. **Okun ML**. Kohl V. Can the SNOO Improve Maternal and Infant Sleep in the First 5 months Postpartum? Possible Implications for Postpartum Depression and Anxiety. Poster presentation, American Psychosomatic Society. Long Beach CA March 23-27, 2022
64. Feliciano, L., Lac, A., Oltz, K., & **Okun, M. L.** (2022). Understanding preferences for treatment of sleep concerns in postmenopausal women. *Annals of Behavioral Medicine*, 56(Suppl 1), S661.
65. **Okun ML**, Kohl V. Sleep and Depression Rates Among High-Risk Postpartum Women: Possible Benefits of the SNOO®. NASPOG, Ann Arbor, MI. April 22-24 2022.
66. Mander, H. Ross, K. **Okun M**. Hobel C. Coussons-Read M. Dunkel Schetter C. Pregnancy-Specific Anxiety, Cortisol Awakening Response Variability, and Gestational Length. Poster presentation. Canada Psychological Association National Convention. Alberta, CAN June 17-22, 2022.
67. **Okun ML**, Dupy C, Sollenberger A, Raval F, Blide J, Gooding, CC, and Feliciano L. Sleep, Mental Health, and Stress in College Students: Impacts of COVID-19. APSS, Charlotte, NC. June 4-8, 2022.
68. **Okun ML**. Sleep Quality and Mood Among Perinatal Women at High-Risk for Depression: Impact of the COVID-19 Pandemic. APSS, Charlotte, NC. June 4-8, 2022.
69. Glidewell R & **Okun, ML**. Beyond symptoms: Using the Cost of Insomnia Checklist to Characterize the Subjective Burden of Insomnia. APSS, Charlotte, NC. June 4-8, 2022.
70. Glidewell R & **Okun, ML**. Insomnia vs Poor Sleep: Characteristics of Sleep Complaints in a Social Media Sample. APSS, Charlotte, NC. June 4-8, 2022.
71. Oltz, K., Ingram, R. E., Griffith, C. X., Grenko, L., **Okun, M.**, & Feliciano, L. (2023, March). Nontraditional midlife and older adults in the university: An examination of mental health conditions before and during the COVID-19 academic shutdown. Poster presentation submitted to the American Association for Geriatric Psychiatry's 2023 Annual Meeting, New Orleans, LA.
72. Feliciano, L., Lac, A., Oltz, K., & **Okun, M. L.** (2023, April). Treatment preferences of midlife women with and without insomnia. Poster presentation accepted for the Society of Behavioral Medicine's 2023 Annual Meeting & Scientific Sessions, Phoenix, AZ.

73. **Okun, ML**, Osborne, LM, Payne, JL. Sleep Quality and Depression Among High-Risk Perinatal Women. Poster presentation accepted for American Psychosomatic Society 2023 Annual Meeting, San Juan, Puerto Rico.
74. **Okun, ML**, Sollenberger, AF, Raval, F, Feliciano, L. Indices of Psychological and Physiological Stress in Students During COVID-19. Poster presentation accepted for American Psychosomatic Society 2023 Annual Meeting, San Juan, Puerto Rico and SLEEP 2023 Annual Meeting. Indianapolis, IN, and ISPNE 2023 Annual Meeting, London, UK
75. **Okun ML**, Lac, A. Postpartum Insomnia and Poor Sleep Quality are Uniquely Predictive of Postpartum Mood Disorders. Oral presentation accepted for SLEEP 2023 Annual Meeting, Indianapolis, IN.
76. Gellasch, P, Torracca, M, **Okun, M**. The experiences of postpartum women with a history of depression when using a responsive bassinet during the COVID-19 pandemic. Oral presentation accepted for American Public Health Association 2023, Atlanta, GA.
77. **Okun ML**, Aylward BS, Phillips, EM Use of a Smart Bassinet to Improve Infant and Maternal Sleep Quality and Risk for Postpartum Depression. Oral presentation, MONA 2023, Alexandria, VA
78. Séguin, K., Suarathana, E., **Okun, M. L.**, Atoui, M., Lavoie, K. L, and Herba, C. M., for the iCARE Study Team. COVID-19-related Psychosocial Impacts, Preventive Behaviors, and Concerns for Pregnant and Non-Pregnant Individuals: A Matched Analysis from the International iCARE Study. APA 2023, San Francisco, CA.
79. **Okun ML**. Phillips E, Aylward B. Use of a Smart Bassinet to Improve Infant and Maternal Sleep Quality and Risk for Postpartum Mood Disorders. NASPOG 2024. Denver, CO.
80. **Okun ML**. Phillips E, Aylward B. Impact of Use of a Smart Bassinet on Maternal Sleep and Mental Health in New Mothers with a History of Depression. APS 2024, Brighton UK
81. Cox R, Aylward B, Macarelli I, **Okun ML**. Associations between sleep duration and timing and postpartum anxiety symptoms. SLEEP 2024, Houston, TX.
82. **Okun ML**, Schwartz C, Granger S. Circadian Phase Assessments from Clinical Patients Using an At-Home Self-Collection Saliva Kit. SLEEP 2024, Houston, TX.
83. **Okun ML**, Segerstrom SC, Ross K, Dunkel Schetter C, Coussons-Read M. Poor Perinatal Sleep Quality is Associated with an Elevated Cortisol Awakening Response. SLEEP 2024, Houston, TX.
84. **Okun ML**, Segerstrom S, Jackman S, Ross K, Dunkel Schetter C, Coussons-Read, M. Changes in Perinatal Sleep Quality are Associated with a Atypical Cortisol Awakening Response and Increased Mood Symptoms. SBSM, 2025, Seattle, WA
85. Cox RC & **Okun ML**. Postpartum maternal sleep disruption is associated with perception of infant temperament: Findings from a 6-month longitudinal study. SBSM, 2025, Seattle, WA.

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 26th 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 17th, 2009. "Sleep deprivation in medical residents" given to Family Medicine Residents.
3. Work in Progress (WIP) seminar Pittsburgh PA September 22nd, 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 10th, 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 16th, 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 21st, 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 5th 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 8th, 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 3rd 2017. "Sleep Issues in Parkinson's Disease". Presented to Jeanne Taylor Parkinson's Support Group Annual Symposium
14. Invited lecture. Colorado Springs, CO April 13th 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 16th 2019 "Sweet Dreams. All you wanted to know about sleep in 30 minutes". Lost Friend Brewing STEM-talks.
18. Invited lecture. Colorado Springs, CO September 23, 2019 "Identifying sleep problems in an integrated health care system". Presented to GPE colloquium.
19. Invited lecture. Colorado Springs, CO January 14th 2020; Aging Mastery Program: Sleep. Sponsored by the National Council on Aging. Presented to YMCA Aging Mastery Program students.
20. Invited lecture. American Academy of Dental Sleep Medicine Annual Conference. "Gender and Sleep". Recorded for virtual meeting August 24th, 2020.
21. Invited lecture. American Academy of Dental Sleep Medicine Annual Conference. "OSA In Women Across the Lifespan". Dallas, TX May 13-16 2022.
22. Invited Webinar. American Academy of Dental Sleep Medicine. "OSA in Pregnancy: Risks to Mother and Infant". October 27th 2022.

PROFESSIONAL ACTIVITIES

TEACHING:

1. Intro Psychology University of Pittsburgh, Substitute for Dr. Natasha Tokowicz Nov 12th, 2009; Nov 11th, 2010. Topic Stress and Health
2. 2010 UPMC Videoconference Series CME eligible. Topic "Women and Depression" January 13th, 2010
3. Intro Psychology University of Pittsburgh, Substitute for Dr. Allan Zuckoff Oct 8th 2010. Topic: Basics of Sleep
4. Abnormal Psychology University of Pittsburgh, Substitute for Dr. Kathryn Roecklein Nov 15th 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, Spring 2020 (ONLINE)
17. Introduction to Biopsychology, PSY 3760 UCCS, Fall 2019, Spring 2020, Spring 2021 (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)
4. Alaric Sollenberger (RA, Student Stress Study, 2020-2022)
5. Cameron Dupy (RA, Student Stress Study, 2020-2021)
6. Ahria Dominguez (RA, Student Stress Study, 2020-2021)
7. Foram Raval (RA, Student Stress Study, 2021-2022)
8. Devyn Jensen (RA, PrIDE Study 2021-2023)
9. Erin Ladendorf (RA, PrIDE Study 2021-2023)
10. Andrew Tyree (RA, PrIDE Study 2021-2023)
11. Hannah Bradley, RN (RA, PrIDE Study 2021-2022)
12. Gabriel Parrett (RA, PrIDE Study 2021-2023)
13. Hannah Pethtel (RA, PrIDE Study 2021-2023)
14. Joey Galliger (RA, PrIDE Study 2021-2023)
15. Andrew Keene (RA, PrIDE Study 2021-2023)
16. Ashley Bredehoeft (RA, PrIDE Study 2021-2023)
17. Mikhail Johnson (RA, PrIDE Study 2021-2023)
18. Gerilyn Martinez (RA, PrIDE Study 2021-2023)
19. Ryan Skidmore (RA, PrIDE Study 2021-2023)
20. Annaliese Calzadilla (RA, PrIDE Study 2021-2023)
21. Calvin Gooding (RA, PrIDE Study 2021-2023)
22. Ashley Douds (RA, PrIDE Study 2021-2023)
23. Joyclyn Reed-Star (RA, PrIDE Study 2021-2022)
24. Alicia Beauford (RA, PrIDE Study 2021-2023)

25. Molly Boettiger (RA, PrIDE Study 2021-)
26. Riley Myers (RA, PrIDE Study 2021-2022)
27. Abi Delzeit RA, PrIDE Study 2023-)
28. Dayanna Ojeda RA, PrIDE Study 2024-)
29. Lubna Al Sindy RA (DREEM study 2023-)
30. Walker Rudolph RA, PrIDE Study 2023-)
31. Skyler Gillespie RA, PrIDE Study 2023-)
32. Shaynie Segal RA, PrIDE Study 2023-)
33. Mila Cook RA, PrIDE Study 2023-)
34. Sam Hunsicker RA, PrIDE Study 2023-)
35. Sanam Waintrub RA, PrIDE Study 2023-)
36. Justin Chappell RA, PrIDE Study 2023-)
37. Macenzie Baca RA, PrIDE Study 2023-)
38. Daniel Martinez RA, PrIDE Study 2023-)
39. Andy Ai RA, PrIDE Study 2023-)

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- (UC Denver)
6. Katie Oltz, Thesis committee 2020- (UCCS)
7. Amy Hudson, Dissertation Committee (2020 – (University of Denver)
8. Anna Robertson, Thesis committee 2021 – (UCCS)
9. Jessi Pettigrew, Dissertation committee (CSU Fort Collins)

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

ACTIVE

1. R15 HD102904 (Okun, PI) 3/6/2021 – 2/28/2024 \$300,000
“Insomnia phenotypes and their impact on maternal and infant health”
 Role: PI
2. DoD (Okun, PI) 6/15/2024 – 6/14/2028 \$3,800,000
“Improving Maternal Mental Health in Military-Affiliated Pregnant Women: Effectiveness of a Smart Bassinet”
 Role:PI

Pending

1. R34 NIH (Berkowitz & Okun, MPI)
“Adapting a Clinician Guided Digital CBT-I Platform to Improve Sleep in Adolescents in a Psychiatric Clinic”

Completed (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: Submitted/Pending

Title: When mood and sleep collide: Clarifying the longitudinal associations to enhance mother-infant interactions and infant social emotional development.

Principal applicants: Catherine Herba & Eszter Szekely.

Co-applicants: Chantal Cyr, Natacha Godbout, Alison Paradis, Marie-Hélène Pennestri, Hannah Schwartz

Collaborators: Isabelle Collin, Cindy Hovington, **Michele Okun**, Martin St-André, Rahel Wolde-Giorghis

2025-2030; Total requested \$940,000 CAD.

Title: Sonopeace: Evaluation of a Consumer Product to Improve Sleep Quality and Depth

PI: Michele Okun

Collaborators: SleepScore

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
Scientific Reports
Sleep Health

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

Reviewer: NIH special study section (ZRG1 1 EMS-A (70)) January 2025

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 in perinatal women and adolescents (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.
6. Examination of interventions (behavioral and device use) to improve perinatal sleep and reduce postpartum depression

SERVICE:

1. University and Medical School

- a. Reviewer for N-CTRC (University of Pittsburgh Medical School)
- b. IRB Reviewer (UCCS: 2014-2018)

2. Other Community Activities

2009 – 2011 6th 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 - 2022 SRS, Scientific Review Committee
2023 - SRS, Pipeline Development Committee
2023- NASPOG, Program Committee