Curriculum Vitae

Ashley F. Curtis, PhD
University of South Florida, College of Nursing
12912 USF Health Drive, 1407B MDC, Tampa, FL 33612
Phone: 573-219-8298 | Email: ashleycurtis@usf.edu
https://health.usf.edu/nursing/research/researchers/ashley-curtis

EDUCATION

2017 Doctor of Philosophy (PhD), Psychology (Brain, Behavior & Cognitive Science)
York University, Department of Psychology
Toronto, ON

2017 Neuroscience Graduate Diploma
York University, Department of Psychology
Toronto, ON

2010 Master of Arts (MA), Psychology (Brain, Behavior & Cognitive Science)
York University, Department of Psychology
Toronto, ON

2007 Bachelor of Science (BSc), Specialized Honors, Psychology
York University, Department of Psychology
Toronto, ON

2000-02 Anatomy and Cell Biology Program
McGill University, Faculty of Science
Montreal, QC

POSTGRADUATE TRAINING

2017-19 Postdoctoral Fellow
MizZzou Sleep Research Lab
University of Missouri, Department of Psychiatry
Toronto, ON

2016-17 Postdoctoral Fellow
Women, Gender, Sex & Dementia Platform
Canadian Consortium on Neurodegeneration in Aging (CCNA)
Sunnybrook Research Institute, Department of Evaluative and Clinical Sciences
Toronto, ON

PROFESSIONAL EXPERIENCE

2024-Present Assistant Director
Sleep & Health Innovations in Neurobehavioral (SHINE) Science Center
University of South Florida
Tampa, FL
College of Nursing

2023-Present Assistant Professor (Tenure Track)
Director, Cognition, Aging, Sleep & Health (CASH) Lab
University of South Florida

	Tampa, FL College of Nursing
2022-Present	Adjunct Professor University of Missouri Columbia, MO Department of Psychological Sciences
2019-2022	Assistant Professor (Tenure Track) University of Missouri Columbia, MO Departments of Psychiatry & Psychological Sciences

AWARDS AND DISTINCTIONS

2025	Rising Star Award, Academy of Science, Engineering and Medicine of Florida
2025	Arthur Spielman Early Career Distinguished Scientific Achievement Award, Society of Behavioral Sleep Medicine
2025	Faculty Excellence in Research & Scholarship Award, USF College of Nursing
2025	Faculty Excellence in Mentoring Award, USF College of Nursing
2024	Valerie D. Riddle, M.D. Award in Health, Women in Leadership & Philanthropy (WLP) Faculty Excellence Award, $5,000
2024	Early Career Reviewer Program, Center for Scientific Review, National Institutes of Health
2024	Finalist, Behavioral Sleep Medicine Journal Early Career Investigator Award
2019	American Academy of Sleep Medicine Young Investigator Research Forum, Funded Attendee, $1,200
2018	Sleep Research Society Trainee Grant Writing Workshop Award
2018	MU Postdoctoral Association Travel Grant Award, $180
2016	Canadian Institutes of Health Research Trainee Travel Award, $1,500
2016	York University Graduate Development Fund Student Travel Award, $700
2015	York Psychology Graduate Student Association Travel Fund Award, $78
2014	Council of Canadian Departments of Psychology Teaching Assistantship Award
2012	York University Graduate Development Fund Student Travel Award, $300
2011	York University Research Scholarship (PhD Program), $5,000
2010	York University Graduate Development Fund Student Travel Award, $450
2008	York University Research Scholarship (MA Program), $9,000
2005-2007	York University Dean's Honor Roll for Academic Distinction
2000	McGill University Entrance Scholarship, $3,000

PUBLICATIONS

Peer-reviewed (h-index=18; *current or former mentee, <u>first or senior author</u>)
PubMed My bibliography: https://www.ncbi.nlm.nih.gov/myncbi/1-1hw-sGzqowwf/bibliography/public/
Google scholar: https://scholar.google.com/citations?user=MY3h4VgAAAAJ&hl=en&oi=sra

63. Musich*, M., Costa*, A. N., Halder*, P., McCrae, C. S., & **<u>Curtis, A. F.</u>** (in press). The Role of Rurality on Self-Reported Sleep and Cognition in Middle-Aged and Older Adults: A Preliminary Study. *Rural & Remote Health*.

62. McCrae, C. S., **Curtis, A. F.**, Stearns, M., Craggs, J., Wilson, J., Henderson, H., Popoola, O., Holland, B., Miller, M. B. (in press). Protocol for the impact of CBT for Insomnia and tapered withdrawal from opioids on pain and opioid use: A randomized controlled trial. *Behavioral Sleep Medicine.*
61. Miller, M. B., Boness, C. L., Shoemaker, S. D., Moskal, K. M. Porter, A. M., **Curtis, A. F.**, & McCrae, C. S. (in press). Considering substance use in dysfunctional beliefs about sleep: Validation of the DBAS-S. *Behavioral Sleep Medicine*.
60. **Curtis, A. F.**, Nair, N., McGovney*, K., Stearns, M., Shoemaker, S., DeJonge, H., Craggs, J., & McCrae, C. S. (in press). Neural structural moderation of sleep architecture-pain relationships in fibromyalgia and insomnia: A pilot study. *Behavioral Sleep Medicine.* https://doi.org/10.1080/15402002.2026.2664874
59. Shoemaker, S. D., DiBello, A. M., Freeman, L., Merrill, J. E., Carey, K. B., **Curtis, A. F.**, & Miller, M. B. (in press). Day-level associations between protective behavioral strategies and alcohol consequences among young Adults enrolled vs not enrolled in college. *Addiction*. https://doi.org/10.1111/add.70470
58. Miller, M. B., Shoemaker, S. D., Freeman, L. K., **Curtis, A. F.**, Merrill, J. E., & Merkle, E. C. (2026). Predictive value of real-time memory tests in identifying alcohol-induced blackouts in situ. *Addiction, 121,* 2166-2175. https://doi.org/10.1111/add.70446
57. Stearns, M. A., Hayse, B., McGovney*, K., Nair, N., Mazurek, M., **Curtis, A. F.**, Beversdorf, D. Q., Sohl, K., & McCrae, C. S. (2025). Psychosocial functioning mediates parental depression and sleep behaviors in children with autism spectrum disorder. *Journal of Autism and Developmental Disorders*, 55, 4460-4468.56.
56. McCrae CS, **Curtis A.F.**, & Stearns MA. (2025). CON: CBT-I for insomnia treatment can be delivered by a range of healthcare providers. *SLEEP*, *13*, zsaf123. https://doi.org/10.1093/sleep/zsaf123
55. Musich*, M., **Curtis, A. F.**, Ferguson, B. J., Drysdale, D., Thomas, A. L., Greenlief, M., Shenker, J. I., & Beversdorf, D. Q. (2025). Preliminary effects of American Elderberry Juice on cognitive functioning in Mild Cognitive Impairment patients: A secondary analysis of cognitive composite scores in a randomized clinical trial. *Antioxidants, 14,* 131.https://doi.org/10.3390/antiox14020131
54. Stearns, M. A., Hayse, B., Nair, N., Mazurek, M., **Curtis, A. F.**, Beversdorf, D. Q., Sohl, K., Muckerman, J., & McCrae, C. S. (2025). Child sleep onset latency mediates parental depression and non-compliance in children with Autism Spectrum Disorder. *Research in Autism Spectrum Disorders, 119,* 102518. https://doi.org/10.1016/j.rasd.2024.102518
53. Hayse, B., Stearns, M., Mazurek, M., **Curtis, A. F.**, Nair, N., Chan, W.S., Munoz, M., McGovney, K., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2025). Exploratory analyses of sleep intraindividual variability and fatigue in parents of children on the autism spectrum. *AUTISM, 29,* 958-974. https://doi.org/10.1177/13623613241292691
52. Costa*, A. N., Halder*, P., McCrae, C. S., & **Curtis, A. F.** (2025). City lights, countryside nights: Rurality, anxiety and sleep in mid-to-late life. *Journal of Rural Mental Health*, *49*(2), 101–113. https://doi.org/10.1037/rmh0000280
51. McCrae C. S., **Curtis A. F.**, Stearns M. A. (2024). Tackling insomnia in late life: Roles of age, sex differences, sleep apnea, the menopausal transition, and caregiving. *Advances in Psychiatry and Behavioral Health*, 4, 235-248. https://doi.org/10.1016/j.ypsc.2024.05.006
50. Musich*, M., Beversdorf, D. Q., McCrae, C. S., & **Curtis, A. F.** (2024). Subjective-objective sleep discrepancy in a predominately white and educated older adult population: Examining

the associations with cognition and insomnia. *Journal of Gerontology: Psychological Sciences. 79*(7), gbae074. https://doi.org/10.1093/geronb/gbae074

49. **Curtis, A. F.,** Musich*, M., Costa*, A. N., Gonzales, J., Gonzales, H., Ferguson, B. J., Kille, B., Thomas, A. L., Wei, X., Liu, P., Greenlief, C. M., Shenker, J., & Beversdorf, D. Q. (2024). Feasibility and preliminary efficacy of American elderberry juice for improving cognition and inflammation in patients with mild cognitive impairment. *Int. J. Mol. Sci. 2024, 25,* 4352. https://doi.org/10.3390/ijms2508435248
48. **Curtis, A. F.**, Jagannathan*, S., Musich*, M., Miller, M. B., & McCrae, C. S. (2024). Mid-to-late life anxiety and sleep during initial phase of COVID-19: Age and sex-specific insights to inform future pandemic healthcare. *Brain Sciences, 2024, 14, 346.* https://doi.org/10.3390/brainsci14040346
47. Stearns, M. A, McCrae, C. S., **Curtis, A. F.**, Nair, N., Hayse, B., Nadorff, D., & Wilkerson, A. (2024). Adolescent sleep mediates maternal depressive problems and parenting behaviors: daughter and son differences in a majority Black and Hispanic sample. *Journal of Clinical Sleep Medicine*, *20*, 849-858. https://doi.org/10.5664/jcsm.10996
46. **Curtis, A. F.**, Miller, MB, Costa*, A. N., Musich*, M., & McCrae, C. S. (2024). An overview of sex and gender considerations in sleep and alcohol use. *Current Addiction Reports, 11, 316-326.* https://doi.org/10.1007/s40429-023-00539-7
45. McCrae CS, **Curtis A. F.**, Stearns MA, & Craggs JC. (2023). Fibromyalgia and the Brain: What's Sleep got to do with it? *Current Sleep Medicine Reports, 9, 235-246*. https://doi.org/10.1007/s40675-023-00268-3
44. **Curtis, A. F.**, Nair, N., Hayse, B., McGovney*, K., Mikula, C., Halder*, P., Craggs, J. G., Kiselica, A., & McCrae, C. S. (2024). Preliminary Investigation of the Interactive Role of Physiological Arousal and Insomnia in Gray Matter Volume Alterations in Chronic Widespread Pain. *Journal of Clinical Sleep Medicine.* https://doi.org/10.5664/jcsm.10860
43. Costa*, A. N., Coman*, A., Musich*, M., Beversdorf, D. Q., McCrae, C. S., & **Curtis, A. F.** (2023). Sleep Characteristics and Pain in Middle-aged and Older Adults: Sex-Specific Impact of Physical and Sedentary Activity. *Sleep Medicine,* 111, 180-190. https://doi.org/10.1016/j.sleep.2023.09.030
42. McCrae, C. S., **Curtis, A. F.**, Stearns, Nair, N., Golzy, M., Shenker, J., Beversdorf, D. Q., Cottle, A., & Rowe, M. (2023). Development and Initial Evaluation of Web-Based Cognitive Behavioral Therapy for Insomnia in Rural Family Caregivers of People With Dementia (NiteCAPP): Mixed Methods Study. *JMIR Aging. 6(1),* e45859.
41. Musich*, M., Costa*, A. N., Salathe*, V., Miller, M. B., & **Curtis, A. F.** (2023). Sex-Specific contributions of alcohol and hypertension on everyday cognition in middle-aged and older adults. *Journal of Women's Health.* https://doi.org/10.1089/jwh.2022.0462
40. **Curtis, A. F.**, Costa*, A. N., Musich*, M., Schmiedeler*, A., Jagannathan*, S., Connell*, M., Atkinson*, A., Miller, M. B., & McCrae, C. S. (2023). Sex as a moderator of the sleep and cognition relationship in middle-aged and older adults. *Behavioral Sleep Medicine,* 1-14. https://doi.org/10.1080/15402002.2023.2177293
39. Costa*, A. N., Nowakowski*, L., McCrae, C. S., Cowan, N., & **Curtis, A. F.** (2023). Objective cognition and subjective memory in middle-aged and older adults: The role of personality. *Gerontology and Geriatric Medicine, 9.* https://doi.org/10.1177/2333721422114
38. McGovney*, K., **Curtis, A. F.**, McCrae, C. S. (2023). Actigraphic Physical Activity, Pain Intensity, and Polysomnographic Sleep in Fibromyalgia. *Behavioral Sleep Medicine*, *21,* 383-396. https://doi.org/10.1080/15402002.2022.2102009

37. Costa*, A. N., **Curtis, A. F.**, Musich*, M., Guandique, A. A., & McCrae, C. S. (2023). Self-reported cognition in older adults with insomnia: Associations with sleep and domain specific cognition. *Journal of Sleep Research, 32,* e13751. https://doi.org/10.1111/jsr.13751
36. Freeman*, L., Sparrow, E., Simenson, A., Miller, M. B., Costa*, A. N., Musich*, M., McCrae, C. S., & **Curtis, A. F.** (2022). Sex differences in associations between alcohol use and sleep in mid-to-late life*. Sleep Medicine, 100,* 298-303. https://doi.org/10.1016/j.sleep.2022.08.016
35. Costa*, A. N., McCrae, C. S., Cowan, N., & **Curtis, A. F.** (2022). Paradoxical Relationship Between Subjective and Objective Cognition: The Role of Sleep. *Journal of Clinical Sleep Medicine, 18,* 2009-2022. https://doi.org/10.5664/jcsm.10070
34. McCrae, C. S., **Curtis, A. F.**, Cottle, A., Beversdorf, D. Q., Shenker, J., Mooney, B., Popescu, M., Rantz, M., Groer, M., Stein, P., Golzy, M., Stearns, M. A., Simenson, A., Nair, N., Rowe, M. A. (2022). Impact of Web-based CBT for Insomnia on Stress, Health, Mood, Cognitive, Inflammatory, and Neurodegenerative Outcomes in Rural Dementia Caregivers: Protocol for the NiteCAPP^{SM} CARES & SHARES Randomized Controlled Trial. *JMIR Res Protoc, 11:e37874.* doi: 10.2196/37874
33. Miller, M. B., Carpenter, R. W., Freeman, L. K., **Curtis, A. F.**, Yurasek, A. M., & McCrae, C. S. (2022). Cannabis use as a moderator of Cognitive Behavioral Therapy for Insomnia. *Journal of Clinical Sleep Medicine, 18, 1047-1054.* https://doi.org/10.5664/jcsm.9796
32. Miller, M. B., **Curtis, A. F**., Hall, N. A., Freeman, L. K., Everson, A., Marinez, L., Park, C. J., & McCrae, C. S. (2022). Daily associations between modifiable sleep behaviors and nighttime sleep among young adult drinkers with insomnia. *Journal of Clinical Sleep Medicine, 18,* 703-712. https://doi.org/10.5664/jcsm.9796
31. Roth, A. J., **Curtis, A. F.**, Rowe, M. A., & McCrae, C. S. (2022). Using telehealth to deliver cognitive behavioral treatment of insomnia to a caregiver of a person with Alzheimer's Disease. *The Journal of Cognitive Psychotherapy: An International Quarterly, 36,* 3-23. https://europepmc.org/article/med/35121676
30. **Curtis, A. F.,** Schmiedeler*, A., Musich*, M., Connell*, M., Miller, M. B., & McCrae, C. S. (2022). COVID-19 related anxiety and cognition in middle-aged and older adults: Examining sex as a moderator. *Psychological Reports.* https://doi.org/10.1177/00332941211064820
29. McCrae, C. S., Craggs, J. G., **Curtis, A. F.**, Nair, N., Kay, D., Staud, R., Berry, R. B., & Robinson, M. E. (2022). Neural activation changes following cognitive behavioral therapy for patients with comorbid fibromyalgia and insomnia: A pilot study*. Journal of Clinical Sleep Medicine. 18,* 203–215. https://doi.org/10.5664/jcsm.9540
28. **Curtis, A. F.,** Rodgers*, M., Miller, M. B., & McCrae, C. S. (2022). Impact of sex on COVID-19 media exposure, anxiety and perceived risk in middle-aged and older adults. *Journal of Aging and Health, 34,* 51-59. https://doi.org/10.1177/08982643211025383
27. McCrae, C. S., Mazurek, M. O., **Curtis, A. F.**, Beversdorf, D. Q., Deroche, C. B., Sohl, K. A., Ner, Z. H., Davis, B. E., Stearns, M. A., & Nair, N. (2021). Protocol for Targeting Insomnia in School Aged Children with Autism Spectrum Disorder: A Randomized Controlled Trial. *BMJ Open, 11,* e045944. doi:10.1136/bmjopen-2020-045944
26. McCrae, C. S., **Curtis, A. F.**, Nair, N., Berry, J., Davenport, M., McGovney*, K., Berry, R. B., McCoy, K., Marsiske, M. (2021). Impact of a Brief Behavioral Treatment for Insomnia (BBTi) on Metacognition in Older Adults. *Sleep Medicine, 80,* 286-293*.* https://doi.org/10.1016/j.sleep.2021.01.039
25. Miller, M.B., **Curtis, A. F.,** Chan, W.S., Deroche, C. B., & McCrae, C. S. (2021). Daily associations between sleep and opioid use among adults with insomnia and chronic pain*. Journal of Clinical Sleep Medicine. 17,* 729–737. https://doi.org/10.5664/jcsm.9002

24. McGovney*, K., **Curtis, A. F.,** & McCrae, C. S. (2021). Associations between Objective Afternoon and Evening Physical Activity and Objective Sleep in Patients with Fibromyalgia and Insomnia. *Journal of Sleep Research*, 30, e13220. https://doi.org/10.1111/jsr.13220
23. **Curtis, A. F.**, Dzierzewski, J. M., Buman, M. P., Giacobbi, P. R., Roberts, B. L., Aiken-Morgan, A. T., Marsiske, M., & McCrae, C. S. (2021). Preliminary Investigation of Interactive Associations of Sleep and Pain with Cognition in Sedentary Middle-aged and Older Adults. *Journal of Clinical Sleep Medicine, 17,* 233–242. https://doi.org/10.5664/jcsm.8856
22. McCrae, C. S., Chan, W. S., **Curtis, A. F.**, Nair, N., Deroche, C. B., Munoz, M., Takamatsu, S., M., McLean, D., Davenport, M., Muckerman, J., Takahashi, N., McCann, D., McGovney, K., Sahota, P., & Mazurek, M. O. (2021). Telehealth cognitive-behavioral therapy for insomnia in children with autism spectrum disorder: A pilot examining feasibility, satisfaction, and preliminary findings. *Autism*, 25, 667-680. https://doi.org/10.1177/1362361320949078
21. McCrae, C. S., **Curtis, A. F.,** Craggs, J., Deroche, C., Sahota, P., Siva, C., Staud, R., & Robinson, M. E. (2020). Protocol for The Impact of CBT for Insomnia on Pain Symptoms and Central Sensitization in Fibromyalgia: A Randomized Controlled Trial. *BMJ Open.* http://dx.doi.org/10.1136/bmjopen-2019-033760
20. **Curtis, A. F.**, Roth, A. J., Sears, S. F., Conti, J. B., Berry, R. B., Dzierzewski, J. M., & McCrae, C. S. (2020). Associations between Pain, Objective Sleep Efficiency and Cognition in Patients with Implantable Cardioverter Defibrillators. *Sleep Medicine.* https://doi.org/10.1016/j.sleep.2020.03.029
19. McCrae, C. S., **Curtis, A. F.**, Miller, M. B., Nair, N., Rathinakumar*, H., Davenport, M., Berry, J. R., McGovney, K.*, Staud, R., Berry, R., & Robinson, M. (2020). Effect of cognitive behavioral therapy on sleep and opioid medication use in adults with fibromyalgia and insomnia. *Journal of Sleep Research*. https://doi.org/10.1111/jsr.13020
18. Yurasek, A. M., Miller, M. B., Pritshmann, R., **Curtis, A. F.,** & McCrae, C. S. (2020). Negative emotion as a mediator of the association between insomnia severity and marijuana problems in young adults. *Journal of Sleep Research.* https://doi.org/10.1111/jsr.12985
17. McCrae, C. S., Chan, W. S., **Curtis, A. F.,** Deroche, C. B., Munoz, M., Muckerman, J. E., Takahashi, N., McCann, D., McGovney*, K., Sahota, P., & Mazurek, M. O. (2019). Cognitive behavioral treatment of insomnia in school-aged children with autism spectrum disorder: A pilot feasibility study. *Autism Research.* https://doi.org/10.1002/aur.2204
16. McCrae, C. S., **Curtis, A. F.**, Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., Dzierzewski, J., Berry, R. B., McCoy, K., & Marsiske, M. (2019). Effects of brief behavioral treatment for insomnia on daily associations between self-reported sleep and objective cognition in older adults. *Behavioral Sleep Medicine, 18 (5),* 577-588. https://doi.org/10.1080/15402002.2019.1632201
15. **Curtis, A. F.,** Miller, M. B., Rathinakumar*, H., Robinson, M., Staud, R., Berry, R. B., & McCrae, C. S. (2019). Opioid use, pain intensity, age and sleep architecture in patients with fibromyalgia and insomnia. *PAIN, 160:2086–2092.* http://dx.doi.org/10.1097/j.pain.0000000000001600
14. **Curtis, A. F.**, Roth, A., Sears, S. F., Conti, J. B., Berry, R. B., Dzierzewski, J. M., Rathinakumar, H.*, & McCrae, C. S. (2018). Cognitive performance in patients with Implantable Cardioverter Defibrillators (ICDs): Associations with objective sleep duration, age and anxiety. *Journal of Sleep Research.* https://doi.org/10.1111/jsr.12810
13. McCrae, C. S., Williams, J., Roditi, D., Anderson, R., Mundt, J. M., Miller, M. B., **Curtis, A. F**., Waxenberg, L. B., Staud, R., Berry, R. B., & Robinson, M. E. (2018). Cognitive behavioral

treatments for insomnia and pain in adults with comorbid chronic insomnia and fibromyalgia: The SPIN randomized controlled trial. *SLEEP.* https://doi.org/10.1093/sleep/zsy234

12. **Curtis, A. F.**, Masellis, M., Camicioli, R., Davidson, H., & Tierney, M. C. (2018). Cognitive profile of non-demented Parkinson's disease: Meta-analysis of domain and sex- specific deficits*. Parkinsonism & Related Disorders.* https://doi.org/10.1016/j.parkreldis.2018.10.014
11. **Curtis, A. F.,** Williams, J. M., McCoy, K., & McCrae, C. S. (2018). Chronic pain, sleep, and cognition in older adults with insomnia: A daily multilevel analysis. *Journal of Clinical Sleep Medicine. 14,*1765–1772. http://dx.doi.org/10.5664/jcsm.7392
10. Miller, M. B., Chan, W. S., **Curtis, A. F.**, Boissoneault, J., Robinson, M., Staud, R., Berry, R. B., & McCrae, C. S. (2018). Pain severity as a moderator of the association between prescription opioid use and insomnia symptoms among adults with chronic pain. *Sleep Medicine, 52,* 98-102. https://doi.org/10.1016/j.sleep.2018.08.015
9. McCrae, C. S., Mundt, J. M., **Curtis, A. F.**, Craggs, J. G., O'Shea, A. M., Staud, R., Berry, R. B., & Perlstein, W. M. (2018). Gray matter changes following cognitive behavioral therapy for patients with comorbid fibromyalgia and insomnia: a pilot study. *Journal of Clinical Sleep Medicine, 14,* 1595-1603. http://dx.doi.org/10.5664/jcsm.7344
8. **Curtis, A. F.**, Miller, M. B., Boissoneault, J., Robinson, M., Staud, R., Berry, R. B., & McCrae, C. S. (2018). Discrepancies in sleep diary and actigraphy assessments in adults with fibromyalgia: Associations with opioid dose and age. *Journal of Sleep Research*. https://doi.org/10.1111/jsr.12746
7. McCrae, C. S., **Curtis, A. F.**, Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., Dzierzewski, J., Berry, R. B., McCoy, K., Chan, W. S., & Marsiske, M. (2018). Efficacy of brief behavioral treatment for insomnia in older adults: Examination of sleep, mood, and cognitive outcomes. *Sleep Medicine, 51,* 153-166*.* https://doi.org/10.1016/j.sleep.2018.05.018
6. McLaughlin, P. M., **Curtis, A. F.**, Comrie, J., Branscombe-Caird, L., & S. J. E., Murtha. (2018). The feasibility and potential impact of brain-training games on cognitive and emotional functioning in middle-aged adults. *Games for Health Journal, 7,* 67-74*.* https://doi.org/10.1089/g4h.2017.0032
5. Tierney, M. C., **Curtis, A. F.,** Chertkow, H., & Rylett, R. J. (2017). Integrating sex and gender into neurodegeneration research: A six-component strategy. *Alzheimer's & Dementia: Translational Research and Clinical Interventions, 3,* 660-667*.* https://doi.org/10.1016/j.trci.2017.10.006
4. **Curtis, A. F.,** Turner, G. R., Park, N. W., & Murtha, S. J. E. (2017)*.* Improving visual spatial working memory in younger and older adults: Effects of cross-modal cues. *Aging, Neuropsychology and Cognition,* e-publish ahead of print: http://dx.doi.org/10.1080/13825585.2017.1397096
3. **Curtis, A. F.**, Masellis, M., Hsiung, G-Y. R., Moineddin, R., Zhang*, K., Au, B., Millett*, G., Mackenzie, I., Rogaeva, E., & Tierney, M. C. (2017). Sex differences in the prevalence of genetic mutations in FTD and ALS: A meta-analysis. *Neurology, 89*, 1633-1642. http://dx.doi.org/10.1212/WNL.0000000000004494
2. Millar, A. C., Elterman, D. S., Goldenberg, L., Van Asseldonk, B., **Curtis, A.**, & Jarvi, K. (2016). A survey of Canadian urologists' opinions and prescribing patterns of testosterone replacement therapy in men on active surveillance for low risk prostate cancer. *Canadian Urological Association Journal, 10,* 181-184. http://dx.doi.org/10.5489/cuaj.3608
1. Williams, E., & **Curtis, A.** (2015). Implementation of a diabetes management flow sheet in a long-term care setting. *Canadian Journal of Diabetes, 39,* 273-27. http://dx.doi.org/10.1016/j.jcjd.2014.12.001

Invited Commentaries

2. **Curtis. A. F.** (2026). Beyond Averages: Daily sleep-cognition dynamics offer novel insight into brain health. *SLEEP*, zsaf326, https://doi.org/10.1093/sleep/zsaf326
1. McCrae, C.S., & **Curtis, A. F.** (2020). From “bit player” to key mechanism: The role of sleep in exercise. *Journal of Clinical Sleep Medicine, 16 (S1),* 19-20. https://doi.org/10.5664/jcsm.8886

Books, Textbooks, Chapters

5. McCrae, C. S., Taylor, D. J., Petrov, M. E., Grandner, M. A., & **Curtis, A. F.** (2021). Insomnia: Epidemiology, Risk Factors, & Health Disparities. In C. Drake & J. Fernandez-Mendoza (Eds.), *Principles and Practice of Sleep Medicine – Seventh Edition (PPSM 7e)*. Philadelphia: Elsevier.
4. Stearns M. A., **Curtis A. F.**, Roth A, & McCrae C. S. (2021). Insomnia Risk Factors. In J. C. Ong (Ed.), *Encyclopedia of Sleep and Circadian Rhythms, 2nd Edition*. Oxford, UK: Elsevier Ltd. https://doi.org/10.1016/B978-0-12-822963-7.00051-7.
3. McCrae, C. S., Mazurek, M. O., Nevill, R., Davenport, M. A., Rouch, E. & **Curtis, A. F.** (2021). Autism spectrum disorder. In L Kheirandish-Gozal & D Gozal (Eds.), *Sleep in Other Disorders in Pediatric Sleep Medicine*. Willowick, OH: Springer International. doi: 10.1007/978-3-030-65574-7_50.
2. McCrae, C. S., **Curtis, A. F.**, & Kay, D. (2020). The Clinical Neuroscience of the Insomnia-Fibromyalgia Link: An Overview for Clinicians. In M. Incayawar, M. Clark, & S. Maldonado-Bouchard (Eds.), *Overlapping Pain and Psychiatric Syndrome: Global Perspectives,* pp. 203-220. New York, NY: Oxford University Press.
1. Miller, M. B., Freeman, L., **Curtis, A. F**., Boissoneault, J., & McCrae, C. S. (2019). Alcohol and Symptoms of Insomnia. In R. Watson & V. Preedy (Ed.). *Neurological Modulations of Sleep: Mechanisms and Function in Sleep Health,* pp.255-264. Philadelphia: Elsevier.

In submission

7. **Curtis, A. F.**, Miller, M. B., Costa*, A. N., Musich*, M., Rzeppa*, C., & McCrae, C. S. (under revision). Sipping, sleeping, and sex differences: Alcohol's impact on polysomnographic sleep in older adults. *Behavioral Sleep Medicine.*
6. Nowakowski*, L., Costa*, A. N., McCrae, C. S., & **Curtis, A. F.** (under review). From dozing cat naps to exposing cognitive gaps: Associations between napping and cognition across the adult lifespan. *Journal of Geriatric Psychiatry & Neurology.*
5. Costa*, A. N., Nowakowski*, L., McGovney*, K., McCrae, C. S., & **Curtis, A. F.** (submitted). Daily Patterns of Bed- and Wake-Times and Metacognition in College Students: A Brief Report.
4. Stearns, M. A., McGovney, K., Mazurek, M., **Curtis, A. F.**, Beversdorf, D. Q., Sohl, K. A., Davis, B. E., McCrae, C. S. (under revision). Negative parenting behaviors moderate parental and child sleep onset latency in autistic children. *Autism.*
3. Musich*, M., Lampley*, V., Weller*, J., Rox, G., Beversdorf, D. Q., McCrae, C. S., & **Curtis, A. F.** (under review). Paradoxical ratings of sleep in younger and older adults with insomnia: Contributions of Cognition and Arousal.
2. Hemrajani*, G., **Curtis, A. F.**, Dobbs, D. (under review). Hearing Loss and Sleep Medication Use Among Older Adults: Evidence from the National Health and Aging Trends Study.
1. **Curtis, A. F.**, Costa*, A. N., Musich*, M., Eberhardt*, K., Wilhelm*, J., Schmiedeler*, A., Cowan, N., & McCrae, C. S. (submitted). Playing cognitive games in older adults with insomnia: Feasibility and preliminary effects on cognition, sleep and associated functioning (PLAY trial).

Poster Presentations

Local

30. Mukkamalla*, A., Billeci*, N., Costa*, A., McCrae, C. S., & **Curtis, A. F.** (2026, March). *Sleep fragmentation and the aging mind: Cortical arousals shape working memory in older adults*. Poster presentation at OneUSF Undergraduate Research Symposium, Tampa, FL.
Awards: OneUSF Undergraduate Research Excellence Award
29. Degenhardt*, M., Rodriguez*, S., Costa*, A. N., McCrae, C. S., **Curtis, A. F.** (2026, April). *When Physical Activity Backfires: Sex-Specific Association Between Physical Activity and Sleep Heart Rate Arousals in Older Adults*. Poster presentation at OneUSF Undergraduate Research Symposium, Tampa, FL.
28. Waldbauer*, G., Rodriguez*, S., Costa*, A. N., McCrae, C., & **Curtis, A. F.** (2026, April). *The Power of Physical Activity and Sleep: Sex-Specific Pathways to Cognitive Health in Older Adults.* Poster presentation at OneUSF Undergraduate Research Symposium, Tampa, FL.
27. Rodriguez*, S.S., Costa*, A.N., McCrae, C.S., & **Curtis, A.F.** (2026, March). *Pre-Sleep Repetitive Thoughts Linked to Autonomic Dysregulation During Sleep in Older Adults.* Poster presentation at USF Health Research Day, Tampa, FL.
26. Walden*, A., Billeci*, N., & **Curtis, A. F.** (2025, November). *Sleep, Cognition, and Aging: Exploring Sex Differences in the Overlooked Role of Urinary and Mobility Health.* USF College of Nursing Emerging Nurse Scientist Fellow Poster Session, Tampa, FL.
25. Lewis*, L., Billeci*, N., & **Curtis, A. F.** (2025, November). *Moderating Impact of Sex and Gastrointestinal Comorbidity on the Relationship between Chronic Pain and Insomnia In Aging Adults.* USF College of Nursing Emerging Nurse Scientist Fellow Poster Session, Tampa, FL.
24. Ribeiro*, M., Costa*, A. N., & **Curtis, A. F.** (2025, February). *Personalized Cognition: Sex Differences in How Personality Moderates Depression and Cognitive Function in Mid-to-Late Life*. Poster presentation at USF Health Research Day, Tampa, FL.
23. Nguyen*, A.P., Costa*, A.N., & **Curtis, A.F.** (2025, February). *Mind in Motion: The moderation of rurality between physical activity and cognitive complaints in mid-to-late life adults*. Poster presentation at USF Health Research Day, Tampa, FL.
Awards: College of Nursing Community-Based Research Award
22. Sebastian*, C.M., Rodriguez*, S.S., Costa*, A.N., McCrae, C.S., & **Curtis, A.F.** (2025, February). *Who Feels the Pressure? Sex-Differences in the Association Between Blood Pressure and Cognitive Function Among Older Adults with Insomnia Disorder.* Poster presentation at USF Health Research Day, Tampa, FL.
21. Katwal*, M., Billeci*, N., & **Curtis, A.F.** (2025, February). *Beyond the Ache: The Moderating Role of Sex in the Pain-Mood Relationship in Mid-to-Late Life Adults.* Poster presentation at USF Health Research Day, Tampa, FL
Awards: College of Nursing Community-Based Research Award
20. Amofa-Ho, P.A., Stearns, M.A., **Curtis, A.F.**, McGovney, K., Costa, A.N., Miller, M.B., Nair, U., & McCrae, C.S. (2025, February). *Sex Differences in the Interplay Between Physical Activity, Sleep Quality, and Subjective Cognitive Complaints among Adults*. Poster presentation at USF Health Research Day, Tampa, FL.
19. Billeci*, N. & **Curtis, A.F.** (2025, February). *Rhythm and Rest: Sex, Circadian Preference and Sleep During Aging .* Poster presentation at USF Health Research Day, Tampa, FL.
Awards: College of Nursing Community-Based Research Award
18. Rodriguez*, S.S., Costa*, A.N., McCrae, C.S., & **Curtis, A.F.** (2025, February). *Exploring the Sex-Dependent Association Between Napping and Cardiovascular Function Among Older Adults.* Poster presentation at USF Health Research Day, Tampa, FL.

17. Costa*, A.N., McCrae, C.S., & **Curtis, A.F.** (2025, February). *Clouded Cognitive Awareness: The Role of Subjective and Objective Sleep in Older Adults' Awareness of Cognitive Functioning*. Poster presentation at USF Health Research Day, Tampa, FL.
16. Stuart*, L., Costa*, A. N., & **Curtis, A. F.** (2024, July). *Sex-Specific Contributions of Alcohol Use on Pain and Stress in Mid-to-Late Life.* USF College of Nursing Emerging Nurse Scientist Poster Session.
15. Prabhu, N., Moskal, K. R., Shoemaker, S. D., Porter, A. M., Boness, C. L., **Curtis, A. F.**, McCrae, C. S., & Miller, M. B. (2024, May). *Who believes that alcohol and cannabis help with sleep?* Poster presentation at the Undergraduate Research Day, University of Missouri, Columbia, MO.
14. Burton*, N., Costa*, A. N., Rodriguez*, S., **Curtis, A. F.** (2024, March). *The Interplay Between Rest and Stress in Women Across the Lifespan.* Poster presentation at USF Health Research Day, Tampa, FL.
13. Gilbert*, A. Costa*, A. N., Rodriguez*, S. S., & **Curtis, A. F.** (2024, March). *Substance Use for a Comfortable Snooze? How Alcohol and Nicotine Affect the Relationship between Stress and Sleep in Middle-Aged and Older Adults.* Poster presentation at USF Health Research Day, Tampa, FL.
12. Nguyen*, A., Costa, A. N., Rodriguez, S. S., & **Curtis, A. F.** (2024, March). *If You Press Snooze, Do You Lose? Examining Sex Differences in Chronotype and Sleep in Middle-aged and Older Adults.* Poster presentation at USF Health Research Day, Tampa, FL.
11. Sebastian*, C.M., Costa, A.N., Rodriguez, S.S., McCrae, C.S., & **Curtis, A.F.** (2024, March). *Beat Right, Sleep Tight: Pilot Study of Depression's Role on Blood Pressure and Sleep in Older Adults with Insomnia.* Poster presentation at USF Health Research Day, Tampa, FL.
    Awards: Selected for Best Undergraduate Basic and Clinical Science Award
10. Costa*, A.N., McCrae, C.S., O'Brien, J.L., & **Curtis, A. F.** (2024, March). *You Don't Snooze, You Lose (Awareness): Sleep's Role on Awareness of Cognition in Mild Cognitive Impairment.* Poster presentation at USF Health Research Day, Tampa, FL.
    Awards: Selected for USF College of Nursing Basic Science/Clinical Research Doctoral Award
9. Nowakowski*, L.M., Costa*, A.N., & **Curtis, A.F.** (2023, November). *Napping's role unfolds with age: Cognitive gain or memory drain*? Poster presentation at University of Missouri Health Sciences Research Day, Columbia, MO.
8. Halder*, P., Musich*, M., & **Curtis, A. F.** (2023, February). *Alcohol Use and Cognition in Middle-Aged and Older Adults: The Roles of Physical Activity and Sex.* Poster presentation at the Association of American Physicians, the American Society for Clinical Investigation, and the American Physician Scientists Association (AAP/ASCI/APSA) Midwest Regional Meeting, Columbia, MO.
7. Nowakowski*, L. M., Costa*, A. N., & **Curtis, A. F.** (2022 November). *Power nap or cognitive trap? Role of age in associations between napping and subjective cognition.* Poster presentation at Health Sciences Research Day, School of Medicine, University of Missouri.
6. Hayse, B., Stearns, M., Mazurek, M., **Curtis, A. F.**, Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2021, October 14-15). *Parent fatigue moderates child sleep disturbances and irritability in children with autism.* Poster presentation at the 16th Annual Thompson Center Autism Conference, Columbia, MO.
5. Coman*, A., Costa*, A. N., Musich*, M., Beversdorf, D. Q., & **Curtis, A. F.** (2021, July). *Sex differences in physical activity moderating the association between pre-sleep arousal and pain intensity.* Poster presentation at the 2021 Spring Undergraduate Research and Creative Achievements Forum, University of Missouri Summer Undergraduate Research Program, Columbia, MO.

4. Stokes*, G., & **Curtis, A. F.** (2020, November). *Physical activity and sleep in middle-aged and older adults: Moderating roles of sex and COVID-19 anxiety.* Poster presentation at Health Sciences Research Day, University of Missouri School of Medicine, Columbia, MO.
3. Schmiedeler*, A., Connell*, M., & **Curtis, A. F.** (2020, November). *Sex differences in COVID-19 related anxiety and subjective cognition in middle-aged and older adults.* Poster presentation at Health Sciences Research Day, University of Missouri School of Medicine, Columbia, MO.
2. Rodgers*, M., & **Curtis, A. F.** (2020, November). *Associations between COVID-19 media exposure, anxiety and risk perception in middle-aged and older adults: Does sex matter?* Poster presentation at Health Sciences Research Day, University of Missouri School of Medicine, Columbia, MO.
1. **Curtis, A. F.**, Comrie, J. K., McLaughlin, P. M., Murtha, S. J. E. (2012, February). *Self-Reported Cognitive Failure, Cognitive Performance and Mood Across the Adult Lifespan.* Poster presentation at the Southern Ontario Interdisciplinary Health & Aging Symposium, Hamilton, ON.

National

7. Moskal, K.R., Shoemaker, S.D., Boness, C.L., Porter, A.M., **Curtis, A.F.**, McCrae, C.S., & Miller, M.B. (2025, June). *Sleep expectancies as a moderator of associations between coping drinking motives and alcohol-related consequences*. Poster presentation at the 48th annual Research Society on Alcohol (RSA) conference. New Orleans, Louisiana.
6. Park*, J., Costa*, A.N., & **Curtis, A. F.** (2022, November). *Type of Cognitive Training Matters in Older Adults with Insomnia.* Poster presentation at the 2022 Annual Biomedical Research Conference for Minoritized Scientists (ABRCMS).
5. Shoemaker, S.D., Stearns, M.A., Miller, M.B., **Curtis, A.F.**, Guandique, A., McGovney*, K., Sparrow, E., Craggs, J., Robinson, M., Sahota, P., Siva, C., Staud, R., & McCrae, C.S. (2022, November). *Alcohol consumption moderates depression and alcohol in adults with insomnia and chronic pain.* Poster presentation at the 56th Annual Association for Behavioral and Cognitive Therapies Conference, New York City, United States.
4. Curtis, A. F., Zhang*, K., Davidson, H., Boccone, G., Masellis, M., Camicioli, R., & Tierney, M. C. (2017, Nov*)*. *Patterns of cognitive deficits in non-demented Parkinson's disease relative to healthy controls: A meta-analysis*. Poster presentation at the 9th Annual Canadian Conference on Dementia, Toronto, ON.
3. **Curtis, A. F.,** Zhang*, K., Masellis, M., Camicioli, R., & Tierney, M. C. (2017, Oct*) Sex Differences in Visuospatial, Verbal Memory, and Frontal Executive Abilities in Parkinson's Disease: A Meta-Analysis*. Poster presentation at CCNA Science Day, Toronto, ON.
2. **Curtis, A. F.,** Turner, G. R., Park, N. W., & Murtha, S. J. E. (2017, June*). Improving Spatial Working Memory: Impact of Cue Modality, Age, and Maintenance Interference.* Poster presentation at the Canadian Psychological Association Convention, Toronto, ON.
1. **Curtis, A. F.**, Khan*, D., Au, B., Zhang, K., Millett, G., Sepehry, A., Ging-Yuek, R. H., Masellis, M., & Tierney, M. C. (2016, Oct). *Prevalence of sex differences in genetic mutations in patients with frontotemporal dementia and amyotrophic lateral sclerosis: A meta-analysis*. Poster presentation at the CCNA Science Day, Vancouver, BC.

International

99. Amofa-Ho, P., Moore, M., **Curtis, A.F.**, Craggs, J., Rowe, M.A., Groer, M., Stearns, M.A., Pace, R., & McCrae, C.S. (2026, July). *Cognitive Resilience and Risk in Dementia Caregivers: Stress, Lifestyle, Sleep Disruptions, and Race/Ethnicity*. Poster presentation at the annual meeting of the Alzheimer's Association International Conference (AAIC), London, United Kingdom.
98. Costa*, A.N., McCrae, C.S., O'Brien, J.L., Wallace, M.L., & **Curtis, A.F.** (2026, June). *Eye of the Beholder: Response Surface Analysis of Subjective-Objective Cognition Across Actigraphic Sleep in Older Adults*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Baltimore, MD.
97. Rodriguez*, S. S., Costa*, A. N., McCrae, C. S., & **Curtis. A. F.** (2026, June). *Repetitive Thoughts Linked to Autonomic Dysregulation During Sleep in Older Adult Women*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Baltimore, MD.
96. Amofa-Ho, P. A., Chen, R., **Curtis, A.F.**, Craggs, J., Rowe, M.A., Groer, M., Stearns, M.A., Pace, R., & McCrae, C.S. (June 2026). *Sleep Disruption Secondary to Disordered Breathing Directs the Strength Between Physical Activity and Physical Limitations among Dementia Caregivers*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Baltimore, MD, U.S.A.
95. Richardson, M., Stearns, M.A., **Curtis, A.F.**, Robinson, M.E., Staud, R., Craggs, J., McGovney, K., Davenport, M., Berry, J.R., Sahota, P., Siva., C., & McCrae, C.S. (June 2026). *When the Day Starts with An Ache: Morning Headaches and Sleep Patterns in Women with Insomnia and Pain Complaints*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Baltimore, MD, U.S.A.
94. **Curtis. A. F.**, Rodriguez*, S. S., Wang, F., Costa*, A. N., Saab*, D., Boley*, G., Mazurek, M., & McCrae, C. S. (2026, June). *Preliminary Findings from COGMUSE-AUT: Adaptive Cognitive Training for Autistic Adults with Insomnia*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Baltimore, MD.
93. Musich*, M., Lampley*, V., Weller*, J., Fox, G., Gentile, T., Beversdorf, D. Q., McCrae, C. S., & **Curtis, A. F.** (2025, November). *Age-Dynamics of Sleep Discrepancy with Cognition and Arousal in Insomnia*. Poster presentation at Psychonomics 66th Annual Meeting, Denver, CO.
92 Amofa-Ho, P., Stearns, M.A., **Curtis, A.F.**, Craggs, J., Rowe, M.A., Shatzer, J., McCrae, C.S. (2025, October). *Physical activity and stress influence total sleep time among dementia caregivers*. Poster presentation at the Society of Behavioral Sleep Medicine annual meeting, Kansas City, Missouri, U.S.A.
91. Billeci*, N., & **Curtis, A.F.** (2025, Nov). *Rhythm and Rest: Sex, Circadian Preference and Sleep During Aging*. Poster presentation at the Gerontological Society of America Annual Meeting, Boston, MA.
90. Amofa-Ho, P., Stearns, M.A., **Curtis, A.F.**, Craggs, J., Rowe, M.A., Shatzer, J., McCrae, C.S. (2025, October). *Physical activity and stress influence total sleep time among dementia caregivers*. Poster presentation at the Society of Behavioral Sleep Medicine annual meeting, Kansas City, Missouri, U.S.A.
89. **Curtis, A. F.**, Miller, M. B., Costa*, A. N., Musich*, M., Rzeppa*, C., & McCrae, C. S. (2025, June). *Sipping, sleeping, and sex differences: Alcohol's impact on polysomnographic sleep and spectral activity in older adults*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Seattle, WA.

88. **Curtis, A. F.**, Costa*, A. N., Musich*, M., Nowakowski*, L., Young*, K., Eberhardt*, K., Rzeppa*, C., Beversdorf, D. Q., Cowan, N., & McCrae, C. S., (2025, June). *Cognitive training in Mild Cognitive Impairment and Insomnia (TRAIN-MCI): Preliminary effects on cognition and sleep*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Seattle, WA.
87. Rodriguez*, S.S., Costa*, A.N., McCrae, C.S., & **Curtis, A.F.** (2025, June). *Rest or Risk: Exploring the Sex-Dependent Association Between Napping and Cardiovascular Function Among Older Adults.* Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Seattle, WA.
86. Richardson, M., Stearns, M.A., McGovney, K., **Curtis, A.F.**, & McCrae, C.S. (2025, June). *When Pain Meets Place: Understanding Rurality's Impact on Fatigue and Sleep Disturbances*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Seattle, WA.
85. Costa*, A.N., McCrae, C.S., & **Curtis, A.F.** (2025, June). *Clouded Cognitive Awareness: The Role of Subjective and Objective Sleep in Older Adults' Awareness of Cognitive Functioning*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Seattle, WA.
84. Amofa-Ho, P., Sterns, M.A., **Curtis, A.F.**, McGovney, K., Costa, A.N., Miller, M.B., Nair, U., McCrae, C.S. (2025, June). *Sex differences in the interplay between physical activity, sleep quality, and subjective cognitive complaints among adults and older adults*. Poster presentation at the annual meeting of the Associated Professional Sleep Societies SLEEP Conference, Seattle, Washington, U.S.A.
83. Billeci*, N., & **Curtis, A. F.** (2025, February). *Rhythm and Rest: Sex, Circadian Preference and Sleep During Aging.* Poster presentation at the Southern Nursing Research Society Conference, Memphis, TN.
82. Costa*, A.N., Kasenetz, W., Crisci, A., **Curtis, A.F.**, O'Brien, J.L. (2024, November). *Exploring Racial Differences in Willingness for Cognitive Testing in Older Adults.* Poster presentation at the Gerontological Society of America Annual Meeting, Seattle WA.
81. Stearns, M.A., McGovney, K., **Curtis, A. F.**, Costa, A.N., Miller, M.B., Nair, U., & McCrae, C.S. (2024, November). *Sleep and stress in middle-aged and older caregivers of children, parents, and spouses: Examining sex differences.* Poster presentation at the Gerontological Society of America Annual Meeting, Seattle, WA.
80. Stearns, M.A., McGovney, K., **Curtis, A. F.**, Nadorff, D., & McCrae, C.S. (2024, November*). Impacts of community type on sleep health disparities in grandparents raising grandchildren*. Poster presentation at the Gerontological Society of America Annual Meeting, Seattle, WA, United States.
79. McGovney*, K., Ohley, A., Stearns, M, **Curtis, A. F.**, McCrae, C. S. (2024, September). *Associations between daily fluctuations in bedtime and waketime and pain and fatigue*. Poster presentation at the Sixth Annual Society of Behavioral Sleep Medicine conference, Chicago, Illinois, United States
78. McGovney*, K., Ohley, A., Stearns, M.A., **Curtis, A.F.**, Stephens, R., Shoemaker, S.D., Davenport, M., Berry, J., Rathinakumar, H., McCrae C.S. (2024, September). *Evidence for speedier improvement: Outcomes from a brief sleep and pain intervention*. Poster presentation at the Sixth Annual Society of Behavioral Sleep Medicine conference, Chicago, Illinois, United States.
77. Musich, M., Curtis, A. F., Ferguson, B. J., Thomas, A. L., Greenlief, C. M., Shenker, J. I., & Beversdorf, D. Q. (2024, July). *Preliminary Results of the Effects of American Elderberry Juice*

on Improving Cognition and Inflammatory Proteomics in Mild Cognitive Impairment Patients. Poster presentation at the Alzheimer's Association International Conference (AAIC), Philadelphia, PA.

76. **Curtis, A. F.**, Costa*, A. N., Musich*, M., Rzeppa*, C., & McCrae, C. S. (2024, June). *Does XX or XY Mark the Spot: Sex-specific Analysis of Polysomnographic Sleep and Cognition in Older Adults.* Poster presentation at the SLEEP 2024 Conference, Houstin, TX.
75. **Curtis, A. F.**, Costa*, A. N., Musich*, M., Nowakowski*, L., Young*, K., Rzeppa*, C., & McCrae, C. S. (2024, June). *Sleep Sightlines and Soundwaves: Exploring Sex Differences in Sleep-Related Attentional Bias in Older Adults.* Poster presentation at the SLEEP 2024 Conference, Houston, TX.
74. McGovney*, K., Ohley, A., Stearns, M. A., **Curtis, A. F.**, Craggs, J., Miller, M. B., & McCrae, C. S. (2024, June). *Sleeping it off: Alcohol, cannabis, and alterations in bedtime and waketime in women with sleep and pain complaints.* Poster presentation at the SLEEP 2024 Conference, Houston, TX, United States.
73. Martin, A., Stearns, M. A., McGovney, K., **Curtis, A. F.**, Mazurek, M., Sohl, K. A., Beversdorf, D. Q., Davis, B. E., McCrae, C. S. (2024, June). *Sleep Moderates Behavioral Difficulties and Quality of Life in Autistic Children*. Poster presentation at the SLEEP Conference 2024, Houston, TX, United States.
72. Sebastian*, C.M., Costa*, A.N., Rodriguez*, S.S., McCrae, C.S., & **Curtis, A.F.** (2024, June*). Beat Right, Sleep Tight: Pilot Study of Depression's Role on Blood Pressure and Sleep in Older Adults with Insomnia.* Poster presentation at the SLEEP 2024 Conference in Houston, TX.
    Awards: Selected for a Sleep Research Society Foundation Undergraduate Trainee Travel Award
71. Costa*, A.N., McCrae, C.S., O'Brien, J.L., **Curtis, A.F.** (2024, June). *You Don't Snooze, You Lose (Awareness): Sleep's Role on Awareness of Cognition in Mild Cognitive Impairment.* Poster presentation at SLEEP 2024, Houston, TX.
70. Musich*, M., **Curtis, A. F.**, Ferguson, B. J., Thomas, A. L., Greenlief, C. M., Shenker, J. I., & Beversdorf, D. Q. (2024, April). *Contributions of Inflammatory Markers and American Elderberry Juice to Visuospatial Cognitive Flexibility Abilities in Mild Cognitive Impairment Patients: A Preliminary Investigation.* Poster presentation at the Alzheimer's Association International Conference (AAIC) Neuroscience Next, Virtual/Hybrid.
69. Musich*, M., McCrae, C. S., Beversdorf, D., & **Curtis, A. F.** (2023, November). *Objective Cognition and Physical Activity in Older Adults with Insomnia: Is it Time to Consider Chronotype?* Poster presentation at the Psychonomic Society 63rd Annual Meeting, San Franciso, CA.
68. **Curtis, A. F.,** Costa, A. N., Musich, M., Rzeppa, C., Zemon, K., Schroeder, I., Sielert, C., & Wang, F. (2023, November). *Mixed-Methods Preliminary Evaluation of a Novel Multimodal Cognitive Training "COGMUSE^{SM}" in Older Adults with Insomnia*. Poster presentation at the Gerontological Society of America Annual Meeting, Tampa, FL.
67. **Curtis, A. F.**, Costa*, A. N., Musich*, M., Nowakowski*, L., Young*, K., Rzeppa*, C., & McCrae, C. S. (2023, June). *Sound vs. Sight: A Modality-Specific Preliminary Investigation of Sleep-Related Attentional Bias in Older Adults*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Indianapolis, IN.
66. Musich*, M., Liu*, K., Costa*, A. N., McCrae, C. S., Beversdorf, D., & **Curtis, A. F.** (2023, June). *Subjective and Objective Sleep in Older Adults: Does Cognitive Functioning*

Matter? Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Indianapolis, IN.

65. McGovney*, K.; Hayes, B.; Stearns, M.; Mazurek, M.; **Curtis, A. F.**; Nair N.; Beversdorf, D.; Sohl, K.; Davis, B.; McCrae, C.S. (2023, June). *Associations between bedtime and waketime variability and sleep outcomes in autistic children*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Indianapolis, IN.
64. Stearns, M. A., McGovney*, K., **Curtis, A. F.**, Lee, S., Haley, W., Szalacha, L., Beversdorf, D. Q., & McCrae, C. S. (2023, June). *Salivary cortisol and sleep in grandparents raising grandchildren and non-caregiving grandparents*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Indianapolis, IN.
63. Stearns, M. A., McGovney*, K., **Curtis, A. F.**, Lee, S., Haley, W., Szalacha, L., & McCrae, C. S. (2023, June). *Grandparents raising grandchildren: Does caregiving status moderate the relationship between stress and sleep*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Indianapolis, IN.
62. Musich*, M., Costa*, A. N., Halder*, P., & **Curtis, A. F.** (2022, November). *The Role of Rurality on Subjective Sleep and Objective Cognition in Middle-Aged and Older Adults*. Poster presentation at the Psychonomic Society 63rd Annual Meeting hybrid showcase, Boston, MA.
61. McGovney*, K., **Curtis, A. F**., Stearns, A. M, McCrae, C. S. (2022, November). *Associations between bedtime and waketime variability and sleep in middle-aged to older adults with chronic pain and insomnia*. Poster presentation at the 4th Annual Society of Behavioral Sleep Medicine Scientific Meeting, Washington, D.C.
60. Sparrow, E., Stearns, M. A., Mazurek, M., **Curtis, A. F.**, Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, November). *Executive Functioning Moderates Child SOL and Internalizing Symptoms in Children with ASD*. Poster presentation at the 4th Annual Behavioral Sleep Medicine Conference, Washington DC, United States.
59. Stearns, M. A., Hayse, B., Mazurek, M., **Curtis, A. F.**, Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, November). *Child Internalizing and externalizing problems moderate child and parent sleep onset latency in children with Autism Spectrum Disorder*. Poster presentation at the 4th Annual Behavioral Sleep Medicine Conference, Washington DC, United States
58. Stearns, M. A., Sparrow, E., Mazurek, M., **Curtis, A. F.**, Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, November). *Parent mood problems moderate parent and child sleep in children with Autism Spectrum Disorder and their parents.* Poster presentation at th e4th Annual Behavioral Sleep Medicine Conference, Washington DC, United States.
57. **Curtis, A. F.**, Eberhardt*, K., Wilhelm*, J., Schmiedeler*, A., Stokes, G., Atkinson, A., Cowan, N., & McCrae, C. S. (2022, June). *Effects of Cognitive Training on Sleep and Daytime Functioning in Older Adults with Insomnia: A Pilot Study*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Charlotte, NC.
56. Musich*, M., Costa*, A. N., Salathe*, V., McCrae, C. S., & **Curtis, A. F.** (2022, June). *Subjective sleep and cognition in middle-aged and older adults: Chronotype and sex as moderators.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Charlotte, NC.

55. Costa*, A. N., Musich*, M., Knous*, D., McCrae, C. S., Cowan, N., & **Curtis, A. F.** (2022, June). *The Role of Objective Sleep on Subjective and Objective Cognition in Older Adults with Insomnia: A Pilot Study.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Charlotte, NC.
54. Costa*, A. N., McGovney*, K., Liu*, K., McCrae, C. S., & **Curtis, A. F.** (2022, June). *Daily patterns of sleep and metacognition in college students.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Charlotte, NC.
53. McGovney*, K., **Curtis, A. F.**, & McCrae, C. S. (2022, June). *Associations Between Subjective and Objective Sleep Outcomes and Nightly Pain Changes in a Chronic Pain Sample*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Charlotte, NC.
52. Nair, N., **Curtis, A. F.**, Craggs, J., & McCrae, C. S. (2022, June). *Effect of sleep on the relationship between pain related disability and neural correlates of pain processing in adults with fibromyalgia and insomnia.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Charlotte, NC.
51. Stearns, M., Sparrow, E., Nair, N., Mazurek, M., **Curtis, A. F.**, Beversdorf, D. Q., Sohl, K. A., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, June). *Verbal Hostility Moderates Parental and Child Sleep Onset Latency in Children with Autism Spectrum Disorder.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Charlotte, NC.
50. Hayse, B., Stearns, M., Mazurek, M., Curtis, A. F., Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, June). *Intraindividual Variability in Subjective Sleep and Average Fatigue in Parents of Children on the Autism Spectrum*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Charlotte, NC.
49. Musich*, M., Costa*, A., Salathe*, V., & **Curtis. A. F.** (2022, June). *Sex-specific contributions of alcohol and hypertension on everyday cognition in middle-aged and older adults.* Poster presentation at the 2022 Cognitive Aging Conference, Atlanta, Georgia.
48. Costa*, A., Musich*, M., Knous*, D., & **Curtis, A. F.** (2022, June). *Personality moderates the association between objective cognition and subjective memory in middle-aged and older adults.* Poster presentation at the 2022 Cognitive Aging Conference, Atlanta, Georgia.
47. Schmiedeler*, A., & **Curtis, A. F.** (2021, November). *Anxiety and cognition moderated by smoking status in middle-aged and older adults.* Poster presentation at the 62nd Annual meeting of the Psychonomic Society. (Virtual meeting due to COVID-19).
46. Costa*, A., McCrae, C. S., Cowan, N., & **Curtis, A. F.** (2021, November). *Characteristics of Sleep Moderate Associations Between Objective and Subjective Cognition*. Poster presentation at the 62nd Annual meeting of the Psychonomic Society. (Virtual meeting due to COVID-19).
45. Atkinson*, A., Musich*, M., & **Curtis, A. F.** (2021, November). *Sex-specific patterns of association between pain, sleep and cognition*. Poster presentation at Health Sciences Research Day, University of Missouri School of Medicine, Columbia, MO.
44. **Curtis, A. F.**, Miller, M. B., Costa*, A., Musich*, M., & McCrae, C. S. (2021, September). *Sex Moderates the Impact of Alcohol Use on Sleep Characteristics in Middle-aged and Older Adults.* Poster presentation at the 3rd Annual Society of Behavioral Sleep Medicine Scientific Meeting, Nashville, TN.

43. McGovney*, K., **Curtis, A. F.**, & McCrae, C. S. (2021, September). *Daily Associations between Sleep, Physical Activity, and Pain Change in a Chronic Pain Sample*. Poster presentation at the 3rd Annual Society of Behavioral Sleep Medicine Scientific Meeting, Nashville, TN.
42. Hayse, B., Stearns, M., Mazurek, M., **Curtis, A. F.**, Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2021, September). *Parent Fatigue Moderates the Relationship between Child Sleep Disturbances and Irritability in Children with Autism Spectrum Disorder*. Poster presentation at the 3rd Annual Society of Behavioral Sleep Medicine Conference, Nashville, TN.
41. McCrae, C., Craggs, J. G., **Curtis, A. F.**, Nair, N., Kay, D., Staud, R., Berry, R. B., & Robinson, M. E. (2021, September). *Neural activation in Response to Pain Changes Following Cognitive Behavioral Therapy for Patients with Comorbid Fibromyalgia and Insomnia: A pilot study*. Poster presentation at the 3rd Annual Society of Behavioral Sleep Medicine Conference, Nashville, TN, United States.
40. Miller, M. B., **Curtis, A. F.**, Freeman, L., Park, C. J., Hall, N., Sahota, P. K., & McCrae, C. S. (2021, June). *Cannabis effects on treatment response among young adult drinkers with insomnia.* Poster presentation at the annual meeting of the Research Society on Alcoholism, San Antonio, TX.
39. **Curtis, A. F.**, Nair, N., Craggs, J., McGovney*, K., & McCrae, C. S. (2021, June). *Sleep and gray matter volume: The role of physiological arousal*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society. (Virtual Meeting due to COVID-19).
38. Jagannathan, S.*, Rodgers, M.*, Miller, M. B., McCrae, C. S., & **Curtis, A. F.** (2021, June). *COVID-19 anxiety and sleep in middle-aged and older adults: Impact of age and sex.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society. (Virtual Meeting due to COVID-19).
37. Schmiedeler*, A., Connell*, M., & **Curtis, A. F.** (2021, June). *The relationship between personality and sleep: Subjective cognition as a mediator.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society. (Virtual Meeting due to COVID-19).
36. **Curtis, A. F.**, Schmiedeler*, A., Jagannathan*, S., Connell*, M., Atkinson*, A., Miller, M. B., McCrae, C. S. (2021, June). *Subjective sleep and objective cognition in middle-aged and older adults: Does sex matter?* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society. (Virtual Meeting due to COVID-19).
35. Nair, N., **Curtis, A. F.**, Stephens*, R. L., Hayse, B., Studdard, P., Craggs, J. G., McCrae, C. S. (2021, June). *Cortical thickness moderates association between sleep architecture and pain in adults with fibromyalgia*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society (virtual meeting due to COVID-19).
34. Stephens*, R. L., **Curtis, A. F.**, McGovney*, K., McCrae, C. S. (2021, June). *Sleep, pain, and cognition in women with chronic widespread pain and insomnia.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society (virtual meeting due to COVID-19).
33. McGovney*, K., **Curtis, A. F.**, McCrae, C. S. (2021, June). *Associations between objective afternoon and evening physical activity and polysomnographic sleep in fibromyalgia*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society (virtual meeting due to COVID-19).
32. Miller, M. B., **Curtis, A. F.**, Hall, N. A., Everson, A., Park, C. J., Martinez, L., Freeman, L. K., & McCrae, C. S. (2021, June). *Sleep hygiene compliance and sleep in young adult drinkers with*

insomnia: A daily analysis. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society (virtual meeting due to COVID-19).

31. **Curtis, A. F.**, Nair, N., Craggs, J. G., McGovney, K.*, & McCrae, C. S. (2020, November, virtual presentation due to COVID-19). *Frontal cortical gray matter volume moderates associations between pain and cognitive performance in adults with chronic widespread pain and insomnia.* Poster presentation at the 2nd Annual Society of Behavioral Sleep Medicine Scientific Meeting. (Virtual meeting due to COVID-19).
30. McCrae, C. S., **Curtis, A. F.**, McGovney, K., Nair, N., Davenport, M. (2020, November, virtual presentation due to COVID-19). *Brief Cognitive-Behavioral Therapy for Insomnia and Pain in adults with chronic widespread pain: Preliminary impact on sleep, pain, and fatigue.* Poster presentation at the 2nd Annual Society of Behavioral Sleep Medicine Scientific Meeting. (Virtual meeting due to COVID-19).
29. McGovney*, K., **Curtis, A. F.**, & McCrae, C. S. (2020, November). *Associations between sleep architecture and pain in a sample of primarily middle-aged to older adults with chronic pain.* Poster presentation at the 2nd Annual Society of Behavioral Sleep Medicine Scientific Meeting, Virtual meeting due to COVID-19.
28. **Curtis, A. F.**, & McCrae, C. S. (2020, November). *Metacognition in older adults with insomnia: Associations with sleep and domain specific cognition*. Poster presentation at the 2nd Annual Society of Behavioral Sleep Medicine Scientific Meeting. (Virtual meeting due to COVID-19).
27. Stearns, M., **Curtis, A. F.**, Nair, N., Wilkerson, A., Nadorff, D. K., McCrae, C. S. (2020, November). *Adolescent sleep mediates depressive symptoms and the use of clear rules.* 2nd Poster presentation at the annual Society of Behavioral Sleep Medicine Scientific Meeting. (Virtual meeting due to COVID-19).
26. McCrae, C. S., Craggs, J. G., **Curtis, A. F.**, Staud, R., Berry, R. B., Robinson, M. (2020, August). *Objective Sleep and Neural Response to Thermal Pain Testing following Cognitive Behavioral Treatment in Patients with Comorbid Insomnia and Fibromyalgia: A Pilot Study.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society. (Virtual Meeting due to COVID-19).
25. **Curtis, A. F.**, McGovney*, K., McCrae, C. S. (2020, August). *Associations between physiological arousal and executive function in adults with chronic widespread pain and insomnia complaints.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society. (Virtual Meeting due to COVID-19).
24. McCrae, C. S., **Curtis, A. F.**, Nair, N., Deroche, C. B., Shenker, J., Rowe, M. (2020, August). *Development and Initial Evaluation of Web-based Cognitive Behavioral Therapy for Insomnia "NiteCAPP" in Rural Dementia Caregivers: A Mixed-Methods Study*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society. (Virtual Meeting due to COVID-19).
23. McGovney*, K., **Curtis, A. F.**, Mazurek, M. O., Chan, W. S., Deroche, C. B., Munoz, M., Davenport, M., Takahashi, N., Muckerman, J. E., McCann, D., Sahota, P., Mills, B., McCrae, C. S. (2020, August). *Nightly Associations between Pre-Bedtime Activity, Actigraphic Light, and Sleep in Children with ASD and Insomnia.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society. (Virtual Meeting due to COVID-19).
22. **Curtis, A. F.**, Dzierzewski, J. M., Buman, M. P., Giacobbi, P. R., Roberts, B. L., Morgan, A. A., Marsiske, M., McCrae, C. S. (accepted, cancelled due to COVID-19). *Sleep and cognition in sedentary older adults: Moderating roles of pain and physical activity.* Poster presentation at the 2020 Cognitive Aging Conference, Atlanta, Georgia.
21. **Curtis, A. F.,** Williams, M. M., Dautovich, N. D., McNamara, J. P. H., Stripling, A., Dzierzewski, J. M., Berry, R. B., McCoy, K. M., Marsiske, M., McCrae, C. S. (2019, Sept).

Associations between pain reduction and cognitive improvement in older adults following Brief Behavioral Treatment for Insomnia. Poster presentation at the 1st Annual Society of Behavioral Sleep Medicine Scientific Meeting, Birmingham, AL.

20. McCrae, C. S. **Curtis, A. F.**, Miller, M. B., Rathinakumar, H., Williams, J., Roditi, D., Anderson, R., Mundt, J. M., Waxenberg, L. B., Boissoneault, J., Staud, R., Berry, R., Robinson, M. (2019, Sept) *Effects of CBT-I and CBT-P on sleep and opioid medication usage in adults with Fibromyalgia and insomnia.* Poster presentation at the 1st Annual Society of Behavioral Sleep Medicine Scientific Meeting, Birmingham, AL.
19. **Curtis, A. F.**, Miller, M. B., Rathinakumar, H., Robinson, M., Staud, R., Berry, R. B., McCrae, C. S. (2019, June). *Opioid use and sleep architecture in Fibromyalgia.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, San Antonio, TX.
18. **Curtis, A. F.**, Roth, A. J., Sears, S. F., Conti, J. B., Berry, R. B., Dzierzewski, J. M., & McCrae, C. S. (2019, June). *Higher sleep efficiency improves attention and processing speed in patients with Implantable Cardioverter Defibrillators.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, San Antonio, TX.
17. McCrae, C. S., **Curtis, A. F.,** Staud, R., Berry, R. B., & Robinson, M. (2019, June). *Baseline pain severity as a moderator of the effect of CBTi on sleep and pain outcomes in patients with Fibromyalgia*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, San Antonio, TX.
16. McCrae, C. S., **Curtis, A. F.,** Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., Dzierzewski, J. M., Berry, R. B., McCoy, K., Marsiske, M. (2019, June). *Impact of Brief Behavioral Treatment for Insomnia (BBTi) on meta-cognition in older adults.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, San Antonio, TX.
15. Miller, M. B., Yurasek, A. M., Pritshmann, R., **Curtis, A. F.,** McCrae, C. S. (2019, June). *Negative emotion as a mediator of the association between insomnia severity and marijuana problems in young adults.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, San Antonio, TX.
14. McGovney, K., **Curtis, A. F.,** McCann, D., McCrae, C. S. (2019, June). *Associations between objective afternoon and evening physical activity and objective sleep in fibromyalgia.* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, San Antonio, TX.
13. McGovney*, K., **Curtis, A. F.,** McCann, D., McCrae, C. S. (2019, June). *Actigraphy assessment in Fibromyalgia: A standardized protocol to reduce discrepancies between subjective and objective Sleep*. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, San Antonio, TX.
12. Tierney, M. C., **Curtis, A. F.,** Chertkow, H., Rylett, R. J. (2018, Oct). *Integrating Sex and Gender into Neurodegeneration Research: A Six-Component Strategy.* Poster presentation at CCNA Science Day, Montreal, QC.
11. **Curtis, A.F.,** Miller, M.B., Boissoneault, J., Robinson, M., Staud, R., Berry, R. B., & McCrae, C. S. (2018, June). *Sleep Diary vs Actigraphy based Outcomes in Adults with Fibromyalgia: Do Opioid Dose and Age Predict Discrepancies?* Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Baltimore, MD.
10. Miller, M.B., Chan, W.S. **Curtis, A.F.,** Boissoneault, J., Robinson, M., Staud, R., Berry, R. B., & McCrae, C. S. (2018, June). *Opioid Use and Sleep among Adults with Chronic Pain: A Daily*

Process Model. Poster presentation at the annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Baltimore, MD.

9. Elterman, D. S., **Curtis, A.,** Van Asseldonk, B. (2016, Oct). *Efficacy of the Coloplast care program for catheter users*. Poster presentation at the 36th annual Congress of the Societe Internationale D'Urologie, Buenos Aires, Argentina.
8. Tierney, M. C., **Curtis, A. F**., Baines, N., Rylett, J., Posluns, L., Tannenbaum, C., Chertkow, H. (2016, July). *Integration of Sex and Gender in the Research of the Canadian Consortium on Neurodegeneration in Aging (CCNA).* Poster presentation at the 2016 Alzheimer's Association International Conference (AAIC), Toronto, ON.
7. Elterman, D. S., **Curtis, A. F.** (2016, June). *The cost-effectiveness of Greenlight laser compared to transurethral resection of the prostate for patients with benign prostate hypertrophy.* Poster presentation at the 71st annual Canadian Urological Association Meeting, Vancouver, BC.
6. Elterman, D. S., Van Asseldonk, B., Matthew, A., Brock, G., Ellis, S., **Curtis, A. F.**, et al. (2016, May). *Canadian Consensus Guidelines for Sexual Rehabilitation Following Prostate Cancer Treatment.* Poster presentation at the 64th Annual American Urological Association Meeting, San Diego, CA.
5. **Curtis, A. F.**, Turner, G. R., Park, N. W., & Murtha, S. J. E. (2016, April). *Improving spatial working memory in younger and older adults: Effects of cross-modal cues*. Poster presentation at the 2016 Cognitive Aging Conference, Atlanta, Georgia.
4. **Curtis, A. F.,** Comrie, J. K., Grunberg, J., Murtha, S. J. E. (2015, May). *Good vibrations: Tactile cue validity matters in attention tasks*. Poster presentation at the Association for Psychological Science Convention, New York, NY.
3. **Curtis, A. F.,** Comrie, J. K., Colange, A. & Murtha, S. J. E. (2012, April). *Effects of Auditory Cues on Visual Attention: Cost/Benefits of Cue Type and Validity Expectancy.* Poster presentation at the Cognitive Neuroscience Society Conference, Chicago, IL.
2. Comrie, J. K., **Curtis, A. F.**, Branscombe-Caird, L., McLaughlin, P. M., Murtha, S. J. E. (2012, April). *Effect of Brain Training Games of Cognitive Performance, Self-Efficacy and Mood.* Poster presentation at the Cognitive Neuroscience Society Conference, Chicago, IL.
1. **Curtis, A. F.**, & Murtha, S. J. E. (2010, April). *Aging, Attention and Visual Short-term Memory: Effects of Cross-modal Cueing.* Poster presentation at the 2010 Cognitive Aging Conference, Atlanta, GA.

Oral Presentations

Local

16. Waldbauer*, G., Rodriguez*, S., Costa*, A. N., McCrae, C., & **Curtis, A. F.** (2026, April). *The Power of Physical Activity and Sleep: Sex-Specific Pathways to Cognitive Health in Older Adults.* Oral presentation at OneUSF Undergraduate Research Symposium, Tampa, FL.
15. Billeci*, N., & **Curtis, A.F.** (2026, Mar). *Sex Differences in Spectral Signatures of Sleep and Cognition in Older Adults.* Poster presentation at the USF Health Research Day, Tampa, FL.
14. Rodriguez*, S.S., Costa, A.N., McCrae, C.S., & **Curtis, A.F.** (2025, March). *Rest or Risk: Exploring the Sex-Dependent Association Between Napping and Cardiovascular Function Among Older Adults.* 2025 USF Graduate Student Research Symposium, Tampa FL.

Awards: *Oral Presentation Travel Award, Social & Behavioral Sciences (Including Education) Category*

13. **Curtis, A. F.**, Schmiedeler*, A., Jagannathan*, S., Connell*, M., Atkinson*, A., Miller, M. B., McCrae, C. S. (2021, May). *Subjective sleep and objective cognition in middle-aged and older adults: Does sex matter?* Psychiatry Grand Rounds – Research Day, University of Missouri, Columbia, MO.
12. Horwitz, B., El Kady, R., & **Curtis, A. F.** (2020, September). *Student Mistreatment Awareness: What is it and what can we do about it?* Department of Psychiatry Ground Rounds, University of Missouri, Columbia, MO.
11. **Curtis, A. F.,** Williams, J. M., Dautovich, N. D., McNamara, J. P. H., Stripling, A., Dzierzewski, J. M., Berry, R. B., McCoy, K. M., Marsiske, M., & McCrae, C. S. (2020, June). *Associations between pain reduction and cognitive improvement in older adults following Brief Behavioral Treatment for Insomnia.* Department of Psychiatry Ground Rounds, University of Missouri, Columbia, MO.
10. **Curtis, A. F.** (2016, March). *Improving Spatial Working memory in Younger and Older Adults: Effects of cross-modal cues.* Neuroscience Association at York Student Symposium, York University, Toronto, ON
9. **Curtis, A. F.** (2015, May). *Improving Spatial Working Memory in Younger Adults: Effects of Cross- modal Cues*. Brain, Behavior and Cognitive Science Day, York University, Toronto, ON.
8. **Curtis, A. F.**, & Murtha, S. J. E. (2014, May). *Improving Visuospatial Working Memory: Effect of Age, Cue Modality and Cue type*. Brain, Behavior and Cognitive Science Day, York University, Toronto, ON.
7. **Curtis, A. F.**, & Murtha, S. J. E. (2014, February). *How Do We Pay Attention: Impact of Auditory Cue Type and Validity on Visual Attention.* Neuroscience Association at York Student Symposium, York University, Toronto, ON.
6. **Curtis, A. F.**, & Murtha, S. J. E. (2013, May). *Cross-modal Cueing of Visuospatial Working Memory in Younger and Older Adults: PhD Dissertation Proposal.* Brain, Behavior, and Cognitive Science Day, York University, Toronto, ON.
5. **Curtis, A. F.**, Girard, T., & Murtha, S. J. E. (2012, June). *Patterns of Cognitive Dysfunction in Schizophrenia: Preliminary results of a Meta-Analysis.* Neuroscience Diploma Program Research Day, York University, Toronto, ON.
4. **Curtis, A. F.**, & Murtha, S. J. E. (2012, May). *Auditory Cueing of Visual Attention: Effects of Validity Expectancy and Task Type.* Brain, Behavior, and Cognitive Science Day, York University, Toronto, ON.
3. **Curtis, A. F.**, & Murtha, S. J. E. (2011, May*). Effect of Auditory Cues on Visual Attention: Assessment of Cue Type, Validity and Expectancy.* Brain, Behavior, and Cognitive Science Day, York University, Toronto, ON.
2. **Curtis, A. F.**, & Murtha, S. J. E. (2010, May). *Effect of Auditory Cues on Visual Short-Term Memory: Do Older Adults Benefit More?* Brain, Behavior, and Cognitive Science Day, York University, Toronto, ON.
1. **Curtis, A. F.**, & Murtha, S. J. E. (2009, June). *Cross-modal Cueing of Visual Short-Term Memory in Younger Adults: Pilot Data Analysis.* Brain Behavior, and Cognitive Science Day, York University, Toronto, ON

National

2. Hemrajani*, G. G., **Curtis, A. F.**, & Dobbs, D. (2026, April). *Self-reported Hearing Loss, Insomnia Symptoms, and Sleep Medication Use Among Older Adults: National Estimates*.

Oral presentation at the Southern Gerontological Society Annual Meeting & Conference, Dallas, Tx.

1. Shoemaker, S.D., Freeman, L.K., Moskal, K.R., Wilking, A., Merkle, E., Merrill, J.E., **Curtis, A.F.**, & Miller, M.B. (2025, April). *Real-time memory testing to prevent harm from alcohol-induced blackouts.* Oral presentation at the Society of Addiction Psychology (APA Division 50)'s annual Collaborative Perspectives on Addiction conference, Providence, RI.

International

21. **Curtis, A. F.** (2026, July). *The Menopausal Mind: Sleep and Immune Function as Modifiable Alzheimer's Disease Risk Factors*. As part of the Featured Research Session [**Curtis, A. F.** & Watts, A. (co-chairs & presenters), Barha, C., & McCrae, C. S.] "*Menopause as a Window of Alzheimer's Disease Risk: Neurocognitive Pathways in Women*". Annual meeting of the Alzheimer's Association International Conference (AAIC), London, United Kingdom.
20. **Curtis, A. F.** (2026, June). *Sleep and Cognitive Health Across Menopause: Key Insights for Mid-Life Women*. As part of the Symposium presentation [**Curtis, A. F.** (chair & presenter), Makarem, N. (presenter), Nowakowski, S., & Baron, K.] "*Optimizing Sleep Health and Addressing Sleep Disorders in Women to Preserve Cardiovascular and Neurocognitive Health in Midlife and Beyond*". SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Baltimore, MD.
19. **Curtis, A. F.**, Costa*, A. N., Billeci*, N., Stearns, M., Hussaini, F., Brown, A., McCrae, C. S. (2025, November). *The Menopausal Mind: How Sleep and Immune Function Shape Cognitive Health*. As part of the Symposium presentation [Watts, A. (chair), Costa*, A. N. (co-chair), **Curtis, A. F.** (presenter), Barha, C. (presenter), Ding, L., Muller, B.S.] "*Risk and Protective Factors related to Menopause, Women's Healthy Aging, and Cognition*". Gerontological Society of America Annual Meeting, Boston, MA.
18. **Curtis, A. F.**, Costa*, A. N., Billeci*, N. (2025, November). *The Sleep-Heart-Brain Connection: Sex-Specific Modifiable Risk Factors and Cognitive Impact in Mid-to-Late Life*. As part of the Symposium presentation [**Curtis, A. F.** (chair and presenter), Kaufmann, C. N (co-chair), Calfee, K. (presenter), Moon, C., Kusters, C. D. J. (presenter), & Stone, K. L. (discussant)] "*Sex Differences in Sleep Health and Aging"*. Gerontological Society of America Annual Meeting, Boston, MA.
17. Costa*, A.N., McCrae, C.S., & **Curtis, A.F.** (2025, June). *Clouded Cognitive Awareness: The Role of Subjective and Objective Sleep in Older Adults' Awareness of Cognitive Functioning*. Oral presentation at SLEEP, Seattle, WA.
16. **Curtis, A. F.** (2024, November). *Expectation and Engagement Impact Cognitive Training Benefits in Mid-to-Late Life.* As part of the Symposium presentation [**Curtis, A. F.** (chair & presenter)**,** Cassidy-Eagle, E. L. (presenter), Stearns, M. (presenter), & McCrae, C. S. (discussant & presenter)] "*Through the Lens of Theory: Approaches to Behavioral Intervention Optimization and Evaluations in Aging Adults".* Gerontological Society of America Annual Meeting, Seattle, WA.
15. **Curtis, A. F.**, Costa*, A. N., Stearns, M., McGovney*, K., Miller, MB, McCrae, C. S. (2024, November). *Pain and Memory Lane: Sex-Specific Insights into Stress Reactivity, Pain and Cognition in Mid-to-Late Life.* Paper presentation at the Gerontological Society of America Annual Meeting, Seattle, WA.
14. Costa*, A.N., Halder*, P., McCrae, C.S., **Curtis, A.F.** (2024, November). *City Lights or Countryside Nights? Rurality's Role on Anxiety and Sleep in Mid-to-Late Life*. Gerontological Society of America Annual Meeting. Seattle, WA.

13. Musich*, M., **Curtis, A. F.**, Ferguson, B. J., Thomas, A. L., Greenlief, C. M., Shenker, J. I., & Beversdorf, D. Q. (2024, October). *Preliminary effects of improving specific cognitive domains with American elderberry juice in mild cognitive impairment patients*. Nanosymposium at the Society for Neuroscience (SfN) conference, Chicago, IL.
12. **Curtis, A. F.** (2024, September). *Sex and Modality Specific Considerations for Sleep-Related Attention Bias in Older Adults*. As part of the Symposium presentation [**Curtis, A. F.** (chair & presenter), Boyle, J. (presenter), Miller, MB, (presenter) & McCrae, C. S. (presenter)] *"Insomnia Unlocked: Optimizing Assessments and Behavioral Interventions"*. 6th Annual Society of Behavioral Sleep Medicine Scientific Conference, Chicago, IL.
11. Niazi, J.L., McGovney*, K., Stearns, M.A., **Curtis, A.F.**, & McCrae C.S. (2024, September) *Moderating effects of mood on variability in bed/waketimes and morning fatigue in women with sleep and pain complaints*. 6th Annual Society of Behavioral Sleep Medicine Scientific Conference, Chicago, IL.
10. **Curtis, A. F.** (2024, June). *In Sync: Impact of Chronotype on Sleep and Cognition in Aging Adults.* McCrae, C.S. (chair), **Curtis, A. F.** (presenter), Lucey, B. (presenter), Nielson, S. (presenter), Lee, S. (presenter). "*Beyond the Night: Circadian Rhythms, Sleep and Neurocognitive Health in Aging Adults."* Annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Houston, TX.
9. **Curtis, A. F.** (2023, November). *Cognitive Training Approaches to Improve Cognition and Associated Functions in Mid-to-Late Life.* As part of the Symposium presentation [**Curtis, A. F.** (chair & presenter)**,** Bugos, J. (presenter), McCrae, C. S. (presenter), Lengacher, C., Visovksy, C. (discussant & presenter).] "*Out of the Medicine Cabinet: Non-Pharmacological Approaches to Improve Cognition and Associated Functions".* Gerontological Society of America Annual Meeting, Tampa, FL.
8. **Curtis, A. F.**, Nair, N., Craggs, J. G., McGovney*, K., McCrae, C. S. (2023, November). *Interactive Role of Sleep and Arousal on Cognition and Brain Structure in Chronic Pain Patients.* As part of the Symposium presentation [Kaufmann, C. N. (co-chair), Lee, S. (co-chair), Smith, C. E. (presenter), Yue, Y. (presenter), Ji, L. (presenter), Chen, T-Y. (presenter), **Curtis, A. F.** (presenter), McCrae, C. S. (discussant)], *"Mechanisms Underlying Sleep and Development of Chronic Conditions in Older Adults"*. Gerontological Society of America Annual Meeting, Tampa, FL.
7. Costa*, A. N. & **Curtis, A. F.** (2023, November). *Anxiety and Memory Complaints in Middle-aged and Older Adults: The Moderating Role of Physical Activity.* Gerontological Society of America Annual Meeting, Tampa, FL.
6. **Curtis, A. F.** (2023, November). *Sex-specific Patterns of Alcohol Use and Objective Sleep in Older Adults*. As part of the Symposium presentation [Miller, M.B. (chair & presenter), Nair, U. (presenter), **Curtis, A. F.**, & McCrae, C. S., *"Sleep and Substance Use across the Adult Lifespan: Sex-Specific Examinations"*. 5th Annual Society of Behavioral Sleep Medicine Scientific Conference, San Diego, CA.
5. Nowakowski*, L., Costa*, A.N., McCrae, C., & **Curtis, A.F.** (2023, June). *Power nap or cognitive trap? Role of age in associations between napping and subjective cognition,* Annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Indianapolis, Indiana.
4. Costa*, A.N., McGovney*, K., Rzeppa*, C., McCrae, C.S., **Curtis, A.F.** (2023, June). *Does the Early Bird Get the Worm? Associations of Waketime Variability and Metacognition in College Students*. Annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Indianapolis, Indiana.

17. Costa*, A. N., Musich*, M., Knous*, D., McCrae, C. S., Cowan, N., & **Curtis, A. F.** (2022, June). *The Role of Objective Sleep on Subjective and Objective Cognition in Older Adults with Insomnia: A Pilot Study.* Annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Charlotte, NC.
3. **Curtis, A. F.**, Schmiedeler*, A., Eberhardt*, K., Wilhelm*, J., Cowan, N., & McCrae, C. (2021, November). *Cognitive training in middle-aged adults with Generalized Anxiety Disorder: Preliminary impact on sleep and daytime functioning*. 62nd Annual meeting of the Psychonomic Society. (Virtual Meeting due to COVID-19).
2. **Curtis, A. F.**, Nair, N., Craggs, J., McGovney*, K., & McCrae, C. S. (2021, June). *Sleep and gray matter volume: The role of physiological arousal*. Annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society. (Virtual Meeting due to COVID-19).
1. **Curtis, A. F.**, McGovney, K., & McCrae, C. S. (2020, August). *Associations between physiological arousal and executive function in adults with chronic widespread pain and insomnia complaints.* Annual meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Philadelphia, PA (Virtual Meeting due to Covid-19).

Invited Presentations

Local

20. **Curtis, A. F.** *Get Competitive: Expand Your Impact With Professional Societies Workshop*. USF Office of Advanced Recognition and Engagement & USF Research, Tampa, FL, March 2027.
19. **Curtis, A. F.** (moderator), Smith, A., Poiley, E., & Stephens, H. *Beyond Memory: Brain Health, Longevity & Healthy Aging*. USF Women in Leadership & Philanthropy (WLP) Fall Symposium, Tampa, FL, October 2025.
18. **Curtis. A. F.** *Nursing Specialty Rounds*. 2026 Pepin Family USF Nursing Pathway Summer Program, Tampa, FL, May 2026.
17. **Curtis, A. F.** *Women's Health Panel.* USF Women in Leadership & Philanthropy (WLP) Fall Symposium, Tampa, FL, October 2025.
16. **Curtis, A. F.** *The Sleep–Cognition Connection in Aging: Sex-Specific Moderators and Intervention Targets*. University of Michigan Sleep Medicine Grand Rounds, Virtual, September 2025.
15. **Curtis, A. F.** *Optimizing Women's Neurocognitive Health: Sex Differences, Sleep, and Modifiable Risk Pathways*, Sleep Medicine Research Lectures, Tampa General Hospital, Virtual, June 2025.
14. **Curtis, A. F.** *Women in Whitecoats Panel*, Women's Health Collaborative, Tampa, FL, May 2025.
13. **Curtis, A. F.** *Neurocognitive Health and Sleep in Aging: Training Strategies and Moderating Factors.* Cleveland Clinic Neurological Institute Grand Rounds, Virtual, February 2025.
12. **Curtis, A. F.** *Cognition and Sleep in Aging Adults: Sex Differences and Training Strategies.* Byrd Alzheimer's Center Neuroscience Institute Seminar Series, University of South Florida, Tampa, FL, May 2024.
11. **Curtis, A. F.** *Exploration of Sex Differences in the Sleep and Cognition Relationship in Aging Adults.* Cognition, Neuroscience and Social Psychology Colloquium, University of South Florida, Tampa, FL, October 2023.
10. **Curtis, A. F.** *Sleep and Cognition in Aging.* World of Neuroscience undergraduate seminar, University of Missouri, November 2022.

9. **Curtis, A. F.** *Workshop: Exploring Research Communities (Neuroscience)*, University of Missouri, Columbia, MO, September 2022.
8. **Curtis, A. F.** *How to Write a Discussion Section.* Sleep and Neurobehavioral Health Collaborative Manuscript Writing Workshop, Virtual Workshop, January 2022.
7. **Curtis, A. F.** *Sleep and Cognition in Aging Adults: Associations, Moderators and Training Interventions.* College of Nursing, University of South Florida, January, 2022.
6. **Curtis, A. F.** *Sleep and Cognition in Aging Populations: Measurements, Associations and Interventions.* World of Neuroscience undergraduate seminar, University of Missouri, November, 2021.
5. **Curtis, A. F.** *Cognitive Training and Sleep*. Seminar in Translational Neuroscience – A Forum for Collaborations, Interdisciplinary Neuroscience & Pathology Graduate Program, University of Missouri, Columbia, MO, February, 2021.
4. **Curtis, A. F.** *Sleep and Cognition in Older Adults: Moderators and Training Strategies*. Department of Psychiatry Grand Rounds, University of Missouri - School of Medicine, Columbia, MO, October, 2019.
2. **Curtis, A. F.** *Sleep and Cognition in Older Adults: Associations, Moderating Factors, and Training Strategies.* Cognition & Neuroscience Colloquium, Department of Psychology, Columbia, MO, April, 2019.
2. **Curtis, A. F.** *Sleep and Cognition in Older Adults: Bidirectional Associations and Strategies for Improvement.* Northern California Institute for Research and Education, San Francisco VA Medical Center, San Francisco, CA, March, 2019.
1. Tierney, M. C., & **Curtis, A. F.** *Let's talk about Sex and Gender: Implications for Dementia Research*. D & H summer student seminar series, Sunnybrook Health Sciences Center, Toronto, ON, June, 2017.

National

14. **Curtis, A. F.** *Interactive, Sex-Specific Risk Factors Shaping Sleep and Cognitive Aging*. Yale Specialized Center of Research Excellence (SCORE) on Sex Differences in Alcohol Use Disorder, Virtual, November 2026.
13. **Curtis, A.F.** *Year in Review – Older Adult & Gerontology Behavioral Sleep Medicine*, Invited Keynote Speaker, Society of Behavioral Sleep Medicine Scientific Conference, Richmond, VA, October 2026.
12. **Curtis. A. F.** *Social Media & Sleep Health*. 2026 Post-Graduate Course, Society of Behavioral Sleep Medicine Scientific Conference, Richmond, VA, October 2026.
11. **Curtis. A. F.** & Phil Gehrman. *Non-pharmacological Treatment for Insomnia: Evidence Beyond CBT-I*, Sleep Research Society Trainee Symposia Series, Baltimore, MD, June 2026.
10. **Curtis, A. F.** & McCrae, C. S. *Menopause, Sleep & Cognition*. Society of Behavioral Sleep Medicine Webinar, Virtual, September 2025.
9. **Curtis, A. F.** *Cognitive Exploration of Sleep in Aging: Training and Sex-Specific Insights.* Sleep Grand Rounds, American Academy of Sleep Medicine Foundation, Virtual, May 2024.
8. **Curtis, A. F.**, Nair, U., Baumgartel, K. *Inclusive Research Practice Series: Sex and Gender. USF College of Nursing Grantsmanship Series*, University of South Florida, Tampa, FL, May 2024.

7. **Curtis, A.F.** *Sex as a Moderator of the Sleep and Cognition Relationship in Middle-aged and Older Adults: A Preliminary Investigation.* Society of Behavioral Sleep Medicine Education Committee Journal Club Webinar, Virtual, February 2024.
6. **Curtis, A. F.** *Cognition in Aging Adults: Sex-Specific Patterns of Association with Modifiable Risk Factors of Alzheimer's Disease.* APA Division 20 Cognition & Cognitive Neuroscience Scientific Interest Group Speaker Series, Virtual, June 2023.
5. **Curtis, A. F.** *Insomnia Interventions – Overview and State of the Clinical Science.* Sleep Research Society Trainee Day, Annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Indianapolis, Indiana, June 2023.
4. **Curtis, A. F.** *Panel of funded awardees by various mechanisms as a AASM Junior Investigator Award recipient.* Sleep Research Society Grant Writing Workshop, SLEEP 2022, Charlotte, NC, June 2022.
3. **Curtis, A. F.** *COVID-19 Anxiety and Sleep in Mid-to-Late Life: Impact and Moderating Factors.* Columbia University Irving Medical Center 2022 Sleep Symposium, Virtual Meeting, March, 2022.
2. Tierney, M. C., & **Curtis, A. F.** *Sex Myth Busters: Unravelling Truths for Dementia Care*. 9th Annual Canadian Conference on Dementia, Toronto, ON, October, 2017.
1. Tierney, M. C., & **Curtis, A. F.** *Integrating Sex and Gender into research on Neurodegeneration: A six-component strategy for success*. CCNA Science Day & Partners Forum, Toronto, ON, October, 2017.

Media

Tom's Guide. (2026, June 23). No, 6.5 hours isn't enough sleep—4 ways to sleep for longer, starting tonight [Web article featuring expert commentary from **Dr. Ashley Curtis**]. https://www.tomsguide.com/wellness/sleep/no-6-5-hours-isnt-enough-sleep-4-ways-to-sleep-for-longer-starting-from-tonight

Brincat, C. (2025, August 15). Does ashwagandha actually help with anxiety and sleep? [Web article featuring expert commentary from **Dr. Ashley Curtis**]. *Popular Science*. https://www.popsci.com/health/does-ashwagandha-help-with-anxiety-sleep/

Brown, M. (2025, July 30). Hidden sleep danger could increase risk of 172 diseases, major study reveals [Web article featuring expert commentary from **Dr. Ashley Curtis**]. *Fox News*. https://www.foxnews.com/health/hidden-sleep-danger-could-increase-risk-172-diseases-major-study-reveals

Wellbank, L. (2025, June 29). *Surprising new study links daytime napping to hidden health risks* [Web article featuring insights from **Dr. Ashley Curtis**]. Prevention Magazine. https://www.prevention.com/health/sleep-energy/a65175910/negative-health-effects-of-taking-a-nap/

Lamberg, E. (2024, September 8). *Watching game shows like 'Jeopardy!' and 'Wheel of Fortune' can boost cognitive health, say experts* [Web article featuring insights from **Dr. Ashley Curtis**]. Fox News. https://www.foxnews.com/health/watching-game-shows-jeopardy-wheel-fortune-boost-cognitive-health-experts

Curtis, A. F. (2024, March 26). *What is normal cognitive aging?* BrainWise Media. https://brainwisemedia.com/what-is-normal-cognitive-aging/

Ruhman, A. (Interviewer). (2022, January 6). *Insomnia & sleep hygiene: You definitely don't want to do anything that's going to mess up your chances of falling asleep and staying asleep (feat. **Dr. Ashley Curtis**)* [Audio podcast episode]. Missouri Health Talks, KBIA, Columbia, MO. https://www.kbia.org/podcast/missouri-health-talks/2022-01-06/insomnia-sleep-hygiene-you-definitely-dont-want-to-do-anything-thats-going-to-mess-up-your-chances-of-falling-asleep-and-staying-asleep

Jacobson, P. (Interviewer). (2020, November 15). *Sleep health and aging (feat. **Dr. Ashley Curtis**)* [Video]. The Healing Sanctuary OC. https://www.youtube.com/watch?v=cMQkvjrZZnk&t=2s
Wilkinson, A. (Interviewer). (2020, January 21). *Sleep, aging, and cognition (feat. Dr. Ashley Curtis)* [Audio podcast episode]. BrainShape Podcast, Toronto, ON. https://www.brainshape.ca/podcast/ashley-curtis-sleep

Curtis, A. F. (2017, April 2). *Are there sex specific risk factors to developing brain diseases?* Your Health Matters, Sunnybrook Hospital Scientific Communications. http://health.sunnybrook.ca/brain/sex-genetics-als-dementia-brain-health/

Curtis, A. F., & Tierney, M. C. (2016, December 1). *The impact of sex and gender on brain health: Better health outcomes for men and women.* 4th Annual Mind Over Matter Magazine, Women's Brain Health Initiative. http://mindovermatter.womensbrains.webfactional.com/MOM_SPRING_2017HTML5/

OTHER RESEARCH AND CREATIVE ACHIEVEMENTS

Curtis, A. F. (2025). *Adaptive Cognitive Training and Combined Music Listening Intervention*. U.S. Patent Application No. 19/334,577. Filed September 19, 2025

RESEARCH GRANTS

Current Grants

Extramural Funding

Agency: National Institutes of Health/National Institute on Alcohol Abuse and Alcoholism
I.D.#: R01AA030525-01A1
Title: "Sleep as a Mechanism of Change in Alcohol Use Outcomes among Heavy-Drinking Adults"
Role: Co-I (PI: Miller)
Percent effort: 5%
Total award: $2,444,776 (direct costs)
Project period: 09/01/2023–08/31/2028

Agency: National Institutes of Health/National Institute on Drug Abuse
I.D.#: R01 DA054311 - 01A1
Title: "Improving Sleep and Reducing Opioid Use in Individuals with Chronic Pain"
Role: Co-I (PI: McCrae)
Percent effort: 5%
Total award: $2,469,922 (direct costs)
Project period: 08/01/2023–07/31/2028

Agency: National Institutes of Health/National Institute on Aging
I.D.#: R01 AG066081-01A1
Title: "NiteCAPP: Web-based Interventions for Insomnia in Rural Dementia Caregivers: Examination of

Sleep, Arousal, Mood, Cognitive, and Immune Outcomes”
Role: Co-I (PI: McCrae)
Percent effort: 10%
Total award: $2,458,358 (direct costs)
Project period: 07/01/2021–06/30/2025

Internal Funding

Agency: University of South Florida Research & Development
I.D.#: USF R&D Multi-User Capital Investment Award
Title: “CEED: Circadian Equipment Elevating New Avenues for Discovery, Transdisciplinary Collaboration, and Training at USF”
Role: Co-Investigator (PI: McCrae)
Percent effort: 0%
Total award: $150,000

Project period: 3/27/2026–4/30/2027
Agency: University of South Florida College of Nursing
I.D.#: Pilot to Advance Interdisciplinary Research (PAIR) Grant
Title: “AI-Driven Insights into Sex Differences in Sleep, Neuroinflammation, Neurocognition, and Neurodegeneration: An ADNI Cohort Analysis”
Role: Principal Investigator (Co-PI: Craggs)
Percent effort: 0% (in kind)
Direct costs: $25,000
Project period: 3/1/2026–2/28/2027

Agency: University of South Florida College of Nursing
I.D.#: Pilot to Advance Interdisciplinary Research (PAIR) Grant
Title: “Determining the Intersections of the Oral Microbiome, Cognition, and Patient-Reported Outcomes in Older Adults with Prostate Cancer”
Role: Co-Investigator (PI: Rathbun; Co-PI: Jain)
Percent effort: 0% (in kind)
Direct costs: $25,000
Project period: 3/1/2026–2/28/2027

Agency: Florida High Tech Corridor / University of South Florida Research & Innovation
I.D.#: The Corridor Early-Stage Innovation Fund
Title: “COGMUSE: Adaptive Cognitive Training and Combined Music Listening Intervention”
Role: Principal Investigator
Percent effort: 0% (in kind)
Direct costs: $25,000
Project period: 1/1/2026–12/31/2026

Agency: University of South Florida
I.D.#: Interdisciplinary Center Preparation Grant
Title: “DREAM-AI Center Development: Dynamic Rest Enhancement and Measurement using Artificial Intelligence”
Role: Co-I (PI: Smith)
Percent effort: 0% (in kind)
Total award: $190,000
Project period: 5/1/2025-4/30/2026

Pending Grants (currently under review)

Extramural

Agency: BrightFocus Foundation
I.D.#: Standard Award Program in Alzheimer's Disease Research
Title: "Sleep-Related Blood-Brain Barrier Dysfunction as a Sex-Specific Driver of Alzheimer's Disease Progression"
Role: PI
Percent effort: 10%
Total award: $300,000
Project period: 07/01/2027–06/31/2030

Agency: National Institutes of Health/National Institute on Aging
I.D.#: R01AG103747-01A1
Title: "Sleep disruption and blood-brain barrier integrity in AD"
Role: MPI (MPIs: Parent, Thinakaran, Curtis)
Percent effort: 25%
Total award: $2,499,999 (direct costs)
Project period: 07/01/2026–06/31/2031

Agency: National Institutes of Health/National Cancer Institute (NIH/NCI)
I.D.#: R34CA324989-01
Title: "Optimization and Pilot Testing of Cognitive Training and Music Listening for Cancer-Related Cognitive Impairment in Young Adult Survivors (COGMUSE-YA)"
Role: PI
Percent effort: 20%
Total award: $876,510 (Direct Costs: $600,000)
Project period: 04/01/2027–03/31/2030

Agency: National Dementia Workforce Survey (NDWS)
I.D.#: NDWS Pilot Award
Title: "Understanding Provider Perspectives: Addressing Capability, Opportunity and Motivation Barriers and Moderators in MCI and Alzheimer's Disease Assessment in Primary Care"
Role: PI
Percent effort: 20%
Total award: $75,000
Project period: 10/01/2026–09/30/2027
Outcome: Not funded

Agency: Nuttall Women's Health
I.D.#: XXcelerate: Turning Existing Research Into Impact for Women
Title: "Sex differences in Circadian & Sleep, Endocrine, Neurodegenerative, Inflammatory, and Cognitive markers in Alzheimer's Disease: A Longitudinal Cohort Analysis (SCENIC-AD)"
Role: Principal Investigator
Percent effort: 25%
Total award: $358,344
Project period: 7/1/2026–6/30/2028
Outcome: Invited, not funded

Agency: American Psychological Foundation
I.D.#: 2026 Alice F. Chang Cancer Wellness Grant
Title: “Adaptive Cognitive Training and Music Listening for Cancer-Related Cognitive Impairment in Young Adult Survivors (COGMUSE-YA)”
Role: Principal Investigator
Percent effort: 0%
Total award: $16,500
Project period: 1/7/2026–6/30/2027
Outcome: Not funded

Agency: National Institutes of Health/National Institute on Aging
I.D.#: R21-identifer pending
Title: “Sex differences in Circadian & Sleep, Endocrine, Neurodegenerative, Inflammatory, and Cognitive markers in Alzheimer’s Disease: A Longitudinal Cohort Analysis (SCENIC-AD)”
Role: PI
Percent effort: 25%
Total award: $275,000 (direct costs)
Project period: 07/01/2026–06/31/2028
Outcome: Received Competitive-Not Discussed rating; planning resubmission

Agency: National Institutes of Health/National Institute on Aging
I.D.#: R01AG100612-01
Title: “Women’s Health Investigation of Sleep Disruption, Gut Microbiome, Inflammation on Cognitive Health and Alzheimer’s Disease Outcomes Across Menopause (WISDOM)”
Role: PI
Percent effort: 30%
Total award: $2,499,991 (direct costs)
Project period: 04/01/2026–03/31/2031

Agency: National Institutes of Health/National Institute on Aging
I.D.#: R0000000-00 (PI McCrae)
Title: “Taking NiteCAPP CARES Nationwide: Real World Efficacy Using Digital CBT-I to Target Caregiver Insomnia and Stress to Improve their Physical, Emotional, and Neurocognitive Health”
Role: Co-I (PI: McCrae)
Percent effort: 10%
Total Award: $3,697,795
Project period: 04/01/2026–03/31/2031

Agency: Alzheimer’s Association
I.D.#: Alzheimer’s Association Research Grant
Title: “Menopause, Sleep, Circadian & Inflammatory Markers on Alzheimer's Outcomes”
Role: PI
Percent effort: 20%
Total award: $199,902
Project period: 04/01/2025–03/31/2028
Outcome: Not Funded

Agency: National Institutes of Health/National Institute on Aging
I.D.#: R01AG093902-01
Title: “Sex Differences in Sleep Related Attentional Bias in Older Adults with Insomnia and Mild

Cognitive Impairment”
Role: PI
Percent effort: 30%
Total award: $2,499,633 (direct costs)
Project period: 04/01/2025–03/31/2030

Agency: National Institutes of Health
I.D.#: [Pending]
Title: “Virtual Reality for Insomnia: Targeting Sleep to Target Pain”
Role: Co-investigator
Percent effort: 10%
Total award: $3,695,864
Project period: 07/01/2024–06/30/2029

Agency: National Institutes of Health/National Institute of Mental Health
I.D.#: R01 MH136306
Title: Web-based Cognitive Behavioral Therapy for Insomnia in Autistic Adults: Effects on Sleep, Arousal, and Daytime Functioning
Role: Co-I
Total award: $3,740,206
Project period: 04/01/2024–03/31/2029

Agency: Alzheimer's Association
I.D.#: Sex and Gender in Alzheimer’s Grant
Title: Contributions of menopause, inflammation and sleep on cognition in mid-life
Role: PI
Total award: $250,000
Project period: 09/01/2023–08/31/2026
Outcome: Not funded (Overall Impact Scores: 5, 3, 2; recommended for resubmission)

Agency: National Institutes of Health/National Institute on Aging
I.D.#: R01 AG078236A-01
Title: Cognitive Training in Older Adults with Mild Cognitive Impairment and Insomnia: Effects on Cognition, Sleep and Daytime Functioning
Role: PI
Total award: $2,283,224 (direct costs)
Project period: 07/01/2022–06/30/2027

Agency: National Institutes of Health/National Institute on Aging
I.D.#: R01 AG079174-01
Title: Combined online CBT for insomnia and cognitive training in older adults: Effects on sleep, cognition, and Alzheimer's disease related biomarkers
Role: MPI (CURTIS/MCCRAE)
Percent effort: 30%
Total award: $2,440,833 (direct costs)
Project period: 07/01/2022–06/30/2027

Internal Funding

Agency: USF Health Microbiomes Institute
I.D.#: USF Health Microbiomes Institute Pilot Grant

Title: “Sleep, cognition, oral and gut microbiome pathways across the mid-life endocrine transition (SCOPE)”
Role: Principal Investigator
Percent effort: 0%
Total award: $20,000
Project period: 12/2025–6/2026
Outcome: Not funded

Agency: College of Nursing, USF
I.D.#: Dean’s Pilot Grant Award
Title: Adaptive Combined Cognitive Training and Music Listening Intervention (COGMUSE) for Older Adults with Mild Cognitive Impairment and Insomnia
Role: PI
Percent effort: 0%
Total award: $12,500
Project period: 12/15/2023–12/14/2024
Outcome: Not funded

Agency: Department of Defense
I.D.#: Clinical Trial Award
Title: Web-based Treatment of Insomnia for Autistic Adults: Effects on Sleep, Arousal, and Daytime Functioning
Role: Partnering PI (MPI McCrae/Curtis)
Percent effort: 25%
Total award: $2,100,000 (Funding allocated to PI Curtis: $300,000)
Project period: 06/01/2023–05/31/2027
Outcome: Recommended for funding as alternate (no additional funds available)

Agency: Department of Defense
I.D.#: Career Development Award
Title: Adaptive Cognitive Training in Autistic Adults with Co-occurring Insomnia: A Multiphase Optimization Approach
Role: PI
Percent effort: 20%
Total award: $500,000
Project period: 06/01/2024–05/31/2027
Outcome: Not funded

Completed Funded Research

Completed Extramural Funding

Agency: American Academy of Sleep Medicine Foundation
I.D.#: Bridge to Success Grant for Early Career Investigators (325-BS-23)
Title: “Novel Adaptive Cognitive Training in Autistic Adults with Co-occurring Insomnia”
Role: PI
Percent effort: 15%
Total award: $99,995
Project period: 04/17/2024–10/16/2025

Agency: Department of Defense
I.D.#: AR190047
Title: “Targeting Insomnia in School Aged Children with Autism Spectrum Disorder”
Role: Co-I (PI: McCrae)
Percent effort: 5%
Total award: $996,029
Project period: 07/15/2020–07/14/2024

Agency: Sleep Research Society Foundation
I.D.#: SRS Small Research Grant
Title: Dissecting Associations Between Subjective and Objective Cognition: The Role of Sleep
Role: Primary Mentor (PI: Costa)
Percent effort: 0%
Total award: $5,000 (direct costs)
Project period: 01/01/2023 – 12/31/2023

Agency: Sleep Research Society Foundation
I.D.#: SRS Small Research Grant
Title: Contributions of Cognitive Functioning and Arousal to Subjective-Objective Sleep Discrepancy (SOSD) in Younger and Older Adults
Role: Primary Mentor (PI: Musich)
Percent effort: 0%
Total award: $5,000
Project period: 01/01/2023–07/31/2024

Agency: American Academy of Sleep Medicine Foundation
I.D.#: Focused Projects Award for Junior Investigators
Title: Sleep-related attention bias in older adults: Impact of insomnia symptoms and sex
Role: PI
Total award: $39,996
Percent effort: 0%
Project period: 12/07/2021–06/07/2023

Agency: American Academy of Sleep Medicine Foundation
I.D.#: Focused Projects Award for Junior Investigators
Title: Effects of Computerized Cognitive Brain Training on Sleep, Arousal, and Daytime Functioning in Older Adults with Insomnia
Role: PI
Total award: $19,985
Percent effort: $0
Project period: 02/25/2020–02/24/2022

Agency: American Academy of Sleep Medicine Foundation
I.D.#: 2020 COVID-19 Relief Funding Award
Title: Effects of Computerized Cognitive Brain Training on Sleep, Arousal, and Daytime Functioning in Older Adults with Insomnia
Role: PI
Percent effort: 0%
Total award: $1,998
Project period: 04/09/2021–02/24/2022

Completed Internal Funding

Agency: Women in Leadership & Philanthropy, University of South Florida Foundation
I.D.#: Faculty Excellence Research Grant
Title: “Research on insomnia, cognition, and sex differences in older adults (RISE-OA)”
Role: PI
Percent effort: 0%
Total award: $5,000
Project period: 4/10/2024–4/9/2025

Agency: Judy Genshaft Women’s Health Collaborative Seed Grant Fund
I.D.#: Women’s Health Collaborative Grant
Title: “Middle-age Investigation of Variability in Sleep and Pain: Understanding Their Association with Cognitive Change Across Menopause (MID-VISTA)”
Role: PI
Percent effort: 0%
Total award: $15,000
Project period: 11/01/2023–10/31/2024 (NCE – ended in 6/2025).

Agency: School of Medicine, University of Missouri
I.D.#: TRIUMPH Award
Title: “Cognitive Training in Mild Cognitive Impairment: Effects on Sleep, Cognition, and Arousal”
Role: PI
Percent effort: 15%
Total award: $98,091
Project period: 05/01/2021–09/30/2023

Agency: School of Medicine, University of Missouri
I.D.#: TRIUMPH Award
Title: “Impact of Improving Sleep and Reducing Opioid Use on Central Pain Processing”
Role: Co-I (PI: McCrae)
Percent effort: 0%
Total award: $97,311
Project period: 05/01/2021–09/30/2023

Agency: Missouri Center for Addiction Research & Engagement, University of Missouri
I.D.#: Pilot Study Award
Title: Identification of Blackouts in Real Time
Role: Co-I (PI: Miller)
Percent effort: 0%
Total award: $39,610
Project period: 01/2022–12/31/2022

Agency: College of Arts & Science, University of Missouri
I.D.#: Undergraduate Research and Creativity Mentorship Program Award
Title: Cognitive Training: Determining Optimal Games to Improve Cognition & Sleep in Middle-aged and Older Adults
Role: Faculty Mentor (PI: Park)
Percent effort: 0%
Total award: $2,000

Project period: 01/01/2022–05/31/2021

Agency: College of Arts & Science, University of Missouri
I.D.#: Undergraduate Research and Creativity Mentorship Program Award
Title: Sex-Specific Patterns of Associations Between Pain, Sleep and Cognition
Role: Faculty Mentor (PI: Atkinson)
Percent effort: 0%
Total award: $3,500
Project period: 05/01/2021–08/30/2021

TEACHING

CURRICULUM DEVELOPMENT

Emerging Nurse Scientist Program (12-week mentored research program), USF College of Nursing; Summer-Fall 2026; Contributed to curriculum development by refining program content, developing Canvas educational modules, coordinating invited speakers, and enhancing the applicant screening, application, and interview processes.

ADVISING AND MENTORING

Student Advising and Mentoring

University of South Florida

Advising:

Undergraduate

2026: Nicole Jarzabek, Emerging Nurse Scientist Fellowship Program, Advisor, College of Nursing,USF

2025: Lewis Lopez, Emerging Nurse Scientist Fellowship Program, Advisor, College of Nursing, USF

2025: Aisia Walden, Emerging Nurse Scientist Fellowship Program, Advisor, College of Nursing, USF

2024: Lauren Stuart, Emerging Nurse Scientist Summer Program, Advisor, College of Nursing, USF

Graduate

2026–Present: Susan Rodriguez, Member, PhD Qualifying Exam Committee, Dept. of Psychology, University of South Florida

2026–Present: Girish Hemrajani, Dissertation Committee Member, Dissertation Project: *TBD*, School of Aging Studies, University of South Florida

2025–Present: Fumiko Hamada, Co-Chair, Dissertation Committee, Dissertation Project: *Sleep problems and thyroid abnormalities in middle-aged and older U.S. adults: Cross-sectional, sex-stratified, and longitudinal analyses from NHANES*, School of Aging Studies, University of South Florida

2024–Present:Natasa Billeci, Dissertation Project: *Menopause Timing, Sleep-Circadian Factors, and Multiomic Signatures of Neurodegenerative Risk in Women* (Nursing PhD program), Major Professor/Advisor, College of Nursing, USF

2024–2025: Amy Costa, Dissertation Project: *Eye of the Beholder: Exploring Correlates of Subjective Cognition in Older Adults With and Without Insomnia* (Psychology PhD program), Major Professor/Advisor, Dept. of Psychology, USF

2024: Amy Costa, PhD Qualifying Exam (Psychology PhD program), Committee Supervisor, Dept. of Psychology, USF

2023: Albe Ng, MA, Dissertation Project: *Sleep and Arousal in Adult Survivors of Chronic Childhood Trauma*, External Reviewer, Dissertation Examination, Dept of Psychology, University of Hong King

2023: Maria Moreno, PhD Qualifying Exam (Nursing PhD program), Committee Member, College of Nursing, USF

University of Missouri

Advising:

Undergraduate

2021: Puja Halder, *Anxiety and Sleep in Middle-aged and Older Adults: Moderating Roles of Rurality and Nutrition*, Honors Thesis Advisor, Dept. of Psychology, Univ. of Missouri

2020: Grant Stokes, *Physical Activity and Sleep in Middle-aged and Older Adults: Moderating Roles of Age, Anxiety, and Sex*, Honors Thesis Advisor, Dept. of Biology, Univ. of Missouri

2021–2022: Jenny Park, *Cognitive Training: Determining Optimal Games to Improve Cognition & Sleep in Middle-aged and Older Adults*, Undergraduate Research and Creativity Mentorship Program

Graduate

2022-2024: Kevin McGovney, *Physical Activity, Sleep, and Pain in Individuals with Chronic Pain* (Clinical Psychology PhD Program), Committee Member, Dept of Psychological Sciences, University of Missouri

2022-2023: Madison Musich, *Subjective-Objective Sleep Discrepancy in Older Adults with and without Insomnia: Examining the Role of Cognition and Arousal*, Master's Thesis Committee (Psychology MA Program), Supervisor, Dept of Psychological Sciences, University of Missouri
Awards/Distinctions: University of Missouri Graduate Studies Distinguished Thesis Award

2022: Casey Cohen, PhD Qualifying Exam (Psychology PhD Program), Committee Member, Dept of Psychological Sciences, University of Missouri

2022: Britney Bishop-Chrzanowski, Master's Thesis Committee (Psychology MA Program), Committee Member, Dept of Psychological Sciences, University of Missouri

2021-2022: Amy Costa, S*ubjective Cognition and Objective Cognitive Performance: The Moderating Role of Sleep*, Master's Thesis Committee (Psychology MA Program), Supervisor, Dept of Psychological Sciences, University of Missouri
Awards/Distinctions: University of Missouri Graduate Studies Distinguished Thesis Award

2021–2022: Braden Hayse, *Sleep Intraindividual Variability and Fatigue in Parents of Children on the Autism Spectrum* (MA Program), Committee Member, Dept of Psychological Sciences, University of Missouri

2020–2022: Kevin McGovney, *Pre-Bedtime Physical Activity, Light, and Sleep in Children with Autism Spectrum Disorder* (Clinical Psychology MA Program), Committee Member, Dept of Psychological Sciences, University of Missouri

2020: Enrico Sella, *The Relationship Between Metacognition Related to Sleep, Objective and Subjective Sleep Quality, and Quality of Life in Healthy Aging* (Psychology PhD Program), External Reviewer, Dept of General Psychology, University of Padova

Student Mentorship

2026-Present	Aidan Connors	Biology	University of South Florida
2026-Present	Devanshi Gollamudi	Biomedical Sciences	University of South Florida
2026-Present	Juanita Quintero-Aviles	Psychology	University of South Florida
2025-Present	Anjali Mukkamalla	Health Sciences	University of South Florida
2025	Mandy Jiang	Public Health	University of South Florida
2025-Present	Gabriella Waldbauer	Biomedical Sciences	University of South Florida
2025-2026	Livia Gabricio Hertel	Psychology	University of South Florida
2024-Present	Mary Degenhardt	Biomedical Sciences	University of South Florida
2024-2026	Manisha Katwal	Public Health	University of South Florida
2024-2025	Mie Ribero	Psychology	University of South Florida
2023-2025	Ashlynn Gilbert	Biomedical Sciences	University of South Florida
2023-2025	Alvina Nyguen	Health Sciences	University of South Florida
2023-2025	Celestine Sebastian	Biomedical Sciences	University of South Florida
2023-2024	Naomi Burton	Biomedical Engineering	University of South Florida
2023	Indu Parameswaran	Integrative Biology	University of South Florida
2022-2023	Vanessa Lampley	Psychological Sciences	University of Missouri
2022-2023	Morgan Sylvester	Psychological Sciences	University of Missouri
2022	Aliza Ahmed	Psychological Sciences	University of Missouri
2022	Aniyah Modacure	Biology	University of Missouri
2021-2023	Victoria Salathe	Psychiatry	University of Missouri
2021–2023	Jackson Weller	Biology	University of Missouri
2021-2022	Karina Liu	Biology University	University of Missouri
2021-2022	Dakota Knous	Psychological Sciences	University of Missouri
2021-2022	Chloe Rzeppa	Psychological Sciences	University of Missouri
2021-2022	Joshua Perry	Psychological Sciences	University of Missouri
2021	Derek Lang	Biology	University of Missouri
2020–2022	Angela Atkinson	Psychological Sciences	University of Missouri
2020–2021	Maggie Connell	Health Professions	University of Missouri
2020–2021	Mikayla Rodgers	Health Professions	University of Missouri
2019–2021	Grant Stokes	Biology	University of Missouri
2019–2020	Emilee Carlton	Psychological Sciences	University of Missouri
2019–2020	Cameron Myers	Biology	University of Missouri

2018–2019	Himangshu Rathinakumar	Psychiatry	University of Missouri
2018–2019	Kevin McGovney	Psychiatry	University of Missouri
2018–2019	Devin Smalley	Psychiatry	University of Missouri

TEACHING RESPONSIBILITIES

University of South Florida, College of Nursing

Undergraduate Courses

Evidence-Based Practice (NUR 4165); Co-Instructor, Summer 2024

Graduate Courses

Grant Writing for Translational Science (NGR 7916), Lead Instructor, Fall 2026
RCTs for Non-Pharmacological Interventions (NGR 7819), Lead Instructor, Spring 2026
Grant Writing for Translational Science (NGR 7916), Lead Instructor, Fall 2025
RCTs for Non-Pharmacological Interventions (NGR 7819), Lead Instructor, Spring 2025
Grant Writing for Translational Science (NGR 7916), Lead Instructor, Fall 2024
Communicating Nursing Science (NGR 7954), Co-Instructor, Spring 2024

Guest Lectures

2025 NGR 7107: Philosophical & Theoretical Applications for Nursing (Course Director: Dr. Carmen Rodriguez)
Topic: "A Biopsychosocial Approach to Evaluating Cognitive Training Interventions"

2024 NGR 7107: Philosophical & Theoretical Applications for Nursing (Course Director: Dr. Carmen Rodriguez)
Topic: "A Biopsychosocial Approach to Evaluating Cognitive Training Interventions

2023 NGR 7107: Philosophical & Theoretical Applications for Nursing (Course Director: Dr. Cecile Lengacher)
Topic: "A Biopsychosocial Approach to Evaluating Cognitive Training Interventions"

University of Missouri, Department of Psychological Sciences

Undergraduate Courses

PSYCH 3010: Research Methods I, Lead Instructor, Fall 2022
PSYCH 3010: Research Methods I, Lead Instructor, Fall 2021

Graduate Courses

PSYCH 9110: Studies in Experimental Psychology, Lead Instructor, Fall 2020

York University, Department of Psychology

Undergraduate Courses

PSYCH 3490: Adult Development and Aging, Lead Instructor, Winter 2016
PSYCH 3890: Attention: Cognitive Networks and Facilitation, Course Designer/Supervisor/Grader, 2014–2015

Undergraduate Courses – Teaching Assistant

PSYCH 3260: Cognition, Teaching Assistant, 2015
PSYCH 2030: Intro to Research Methods, Teaching Assistant, 2015
PSYCH 2030: Intro to Research Methods, Teaching Assistant, 2014
PSYCH 3265: Memory, Teaching Assistant, 2012–2014
PSYCH 3260: Cognition, Teaching Assistant, 2010–2014
PSYCH 3260: Cognition, Teaching Assistant, 2010
PSYCH 3260: Cognition, Teaching Assistant, 2009–2010
PSYCH 2240: Biological Basis of Behavior, Teaching Assistant, 2008

Guest Lectures

2015	PSYCH 3260: Cognition (Course Director: Alice Kim), York University Topic: "Individual, Aging, and Gender Differences in Cognition"
2015	PSYCH 3260: Cognition (Course Director: Alice Kim) Topic: "History of Cognitive Psychology"
2015	PSYCH 3260: Cognition (Course Director: Alice Kim) Topic: "Individual, Aging, and Gender Differences in Cognition"
2015	PSYCH 3260: Cognition (Course Director: Alice Kim) Topic: "History of Cognitive Psychology"
2014	PSYCH 3260: Cognition (Course Director: Dr. Vinod Goel) Topic: "Memory"
2012	PSYCH 3260: Cognition (Course Director: Dr. Vinod Goel) Topic: "Memory"

SERVICE

College

2026–Present	Co-Chair	Peer Review Sub-Committee, Appointment, Promotion and Tenure (APT) Committee College of Nursing, University of South Florida
2025–Present	Member	Research Search Committee College of Nursing, University of South Florida
2024-2025	Internal Reviewer	Institutional Review Board, College of Nursing, University of South Florida
2024	Reviewer	College of Nursing Mock Grant Review Series, University of South Florida
2023–Present	Member	PhD Progression Committee College of Nursing, University of South Florida
2023–Present	Member	Appointment, Promotion and Tenure (APT) Committee

		College of Nursing, University of South Florida
2023	Member	Cognate Task Force College of Nursing, University of South Florida
2023–2024	Chair	Research Website Taskforce, College of Nursing, University of South Florida
2023–Present	Faculty Member	PhD Curriculum Committee College of Nursing, University of South Florida
2023–Present	Member	Faculty Council College of Nursing, University of South Florida
2021–2022	Faculty Member	Wellness Resource Committee Department of Psychological Sciences, University of Missouri

University

2026	Judge	USF Health Research Day University of South Florida
2025	Judge	Oral Presentations, USF Health Research Day University of South Florida
2024	Judge	USF Health Research Day, University of South Florida
2024	Judge	Graduate Research Symposium, University of South Florida
2023	Judge	Virtual Graduate Research Symposium, University of South Florida
2022	Judge	Health Sciences Research Day University of Missouri School of Medicine
2021–2022	Member	Behavioral Health Service Focus Area Workgroup, University of Missouri
2021	Panel Member	Ideas Lab, Center for Healthy Longevity, University of Missouri
2020	Training Facilitator	Mistreatment Awareness Training, Department of Psychiatry, University of Missouri
2017	Judge	Hurvitz Brain Sciences Summer Student Oral Presentation Competition, Sunnybrook Health Sciences Center
2017	Judge	Summer Student Poster Competition ,Sunnybrook Health Sciences Center
2016	Member	YU-CARE Director Search Committee, York University
2014–2016	Coordinator	YU-CARE Older Adult Participant Pool York University
2013–2014	Trainee	York University Centre for Aging Research and Education (YU-CARE), York University
2012	Session Chair	Ontario Undergraduate Thesis Conference, York University
2009–2011	Judge	Undergraduate Thesis Research Day, York University
2009–2010	Graduate Student Representative	Graceful Aging Alliance, York University

Professional

2026-Present	Editorial Board Member	*SLEEP Advances*
2026	Ad-hoc Reviewer	NIH Center for Scientific Review Special Emphasis Panel [ZRG1 NPC -R (80)]
2026	Session Chair	SLEEP 2026
2026	Ad-hoc Reviewer	NIH Center for Scientific Review Special Emphasis Panel [ZRG1 NV-N (60)]
2025-2026	Ad-hoc Reviewer	American Academy of Sleep Medicine

		Foundation Career Development Grants Review Committee
2025–Present	Member	Communications Committee, Sleep Research Society
2025-Present	Member	Behavioral & Social Sciences Section Annual Scientific Meeting Working Group, Gerontological Society of America
2025	Member	Workshop, Webinar, and Podcast Program Workgroup, Gerontological Society of America
2025	Abstract Reviewer	Gerontological Society of America Annual Scientific Meeting
2024	Early Career Reviewer	NIH Aging Systems and Geriatrics (ASG) Study Section
2025–Present	Associate Editor	*Behavioral Sleep Medicine*
2024–2026	Guest Co-Editor	*Frontiers in Neuroscience* Research Topic: Exploring Circadian Rhythms and Sleep in Neurodegeneration
2024–Present	Editorial Board Member	*Sleep Health*
2023–Present	Editorial Board Member	*Journal of Gerontology: Psychological Sciences*
2022–2024	Editorial Board Member	*Behavioral Sleep Medicine*
2023–Present	Manuscript Reviewer	*Addictive Behaviors; Alzheimer's & Dementia, Assistive Technology; Autism Research; Behavioral Sleep Medicine; Biology of Sex Differences; BMC Geriatrics; BMC Family Practice; BMC Primary Care; Brain & Behavior; Clinical Gerontologist; Cognitive Behavioral Neurology; Developmental Review; European Journal of Neurology; Experimental Aging Research; Games for Health Journal; Journal of Aging and Health; Journal of Alzheimer's Disease; Journal of the American Geriatrics Society; Journal of Anxiety Disorders; Journal of Clinical Sleep Medicine; Journal of Gerontology: Psychological Sciences; Journal of Occupational and Environmental Medicine; Journal of Pain Research; Journal of Sleep Research; Memory; Nature and Science of Sleep; Neuropsychiatry; PAIN; PLOS One; Preventive Medicine; Psychological Medicine; Psychology and Aging; Research in Autism Spectrum Disorders; Scientific Reports; SLEEP; Sleep Health; Sleep Medicine; Stress & Health; The Clinical Journal of Pain; The Clinical Neuropsychologist; The Gerontologist*
2024	Abstract Reviewer	SLEEP 2025
2024	Abstract Reviewer	Gerontological Society of America Annual Scientific Meeting
2023	Abstract Reviewer	SLEEP 2023
2023	Moderator	Virtual Journal Club Seminar, Society of Behavioral Sleep Medicine
2022	Abstract Reviewer	SLEEP 2023
2021	Session Proposal Reviewer	SLEEP 2022
2021	Session Chair	Psychonomic Society Annual Meeting
2020–2024	Member	Education Committee, Society of Behavioral Sleep Medicine
2020	Abstract Reviewer	SLEEP 2021
2019	Session Proposal Reviewer	SLEEP 2020
2018	Session Proposal Reviewer	SLEEP 2019

Community

2023–Present	Member	Alzheimer's Disease & Related Dementias Priority Area Workgroup (ADRD PAW), Florida Department of Elder Affairs

Professional Memberships

2026–Present	Member	American Aging Association
2023–Present	Member	Gerontological Society of America
2023–Present	Member	Division 20 (Adult Development and Aging) APA
2021–Present	Member	Psychonomic Society
2019–Present	Member	Society of Behavioral Sleep Medicine
2018–Present	Member	American Academy of Sleep Medicine
2018–Present	Member	Sleep Research Society
2016–2017	Student Affiliate	Canadian Psychological Association
2015–2016	Student Member	Association for Psychological Science
2014–2017	Student Member	Canadian Society of Brain, Behavior & Cognitive Science
2010–2014	Student Member	Cognitive Neuroscience Society