

# Sara Nowakowski, PhD, CBSM

University of Texas Medical Branch  
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## ACADEMIC APPOINTMENTS

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- 2015      **University of Texas Medical Branch**  
Assistant Professor  
Department of Psychiatry and Behavioral Sciences
- 2012      **University of Texas Medical Branch**  
Assistant Professor  
Department of Obstetrics and Gynecology, Division of Behavioral Health and Research

## INTERNSHIP AND FELLOWSHIP

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- 2012      **Stanford University School of Medicine**  
T32 Research Fellow, Psychiatry and Behavioral Sciences, Behavioral Sleep Medicine
- 2010      **Brown Alpert Medical School**  
Intern, Clinical Psychology, Behavioral Medicine Track

## EDUCATION

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- 2011      **PhD**    **San Diego State University/ University of California, San Diego**  
Clinical Psychology
- 2006      **MS**      **San Diego State University**  
Clinical Psychology
- 2002      **BS**      **State University of New York at Brockport College**  
Psychology, Summa Cum Laude

## LICENSURE AND BOARD CERTIFICATION

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Licensed Psychologist, Texas License # 36908  
American Board of Sleep Medicine Certification in Behavioral Sleep Medicine (CBSM)  
National Provider Identification (NPI) Number: 1932500584

## HONORS AND AWARDS

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- 2018      Faculty, UTMB Center for Recovery, Physical Activity, and Nutrition  
2018      Fellow, UTMB Sealy Center of Aging  
2017      Top Scoring Abstract, North American Menopause Society



PCORI Perlis (PI) 02/01/2018-01/31/2021  
 The Effectiveness and Safety of Trazodone and Zolpidem: A Pragmatic Trial  
 The aim of this study is to assess whether medication or dosing strategy (or the interaction) produces superior outcomes with respect to sleep continuity, daytime sleepiness, fatigue, and daytime function.  
 Role: Site Principal Investigator

NIA K01 Deer (PI) 02/01/2019-01/31/2024  
 Accelerating Cognitive and Physical Function Recovery Trajectories after Acute Hospitalization using Protein Supplementation: A Pilot Study  
 The goal of this career development award is to provide the applicant the training, practical experiences and knowledge necessary to become an independent investigator with a focus on behavioral clinical trials to improve physical function and slow neuromuscular aging in cognitively impaired older adults.  
 Role: Co-mentor  
 A0 Impact score: 36 (Revised application being prepared)

NHLBI R25 Spratt (PI) 04/01/2019 – 03/31/2022  
 Summer Institute for Research Education in Biostatistics  
 The goal of this training program is to support educational activities that compliment and/or enhance the training of a workforce to meet the nation's biomedical, behavioral, and clinical research needs.  
 Role: Co-Investigator  
 A0 Impact score: 39

**Past**  
 K23NR014008 Nowakowski (PI) 09/27/2012 – 05/31/2016  
 Cognitive Behavioral Therapy for Insomnia and Nocturnal Hot Flashes in Menopause  
 The purpose of this study is to evaluate acceptability, feasibility, and transportability of a Cognitive Behavioral Therapy intervention for insomnia tailored for menopausal women experiencing insomnia and nocturnal hot flashes.  
 Role: Principal Investigator

Claude D. Pepper Research Grant Nowakowski (PI) 09/01/2015 - 08/31/2016  
 The Effects of Physical Inactivity and Rehabilitation on Sleep in Bedridden Older Adults  
 The purpose of the study is to examine sleep quality and quantity during seven days of bed rest followed by seven days of ambulatory inpatient rehabilitation in older adults.  
 Role: Principal Investigator

Hogg Foundation Research Grant Nowakowski (PI) 06/01/2014 – 08/31/2015  
 Examination of Cognitive Behavioral Therapy for Insomnia on Menopausal Depression  
 The purpose of the proposed pilot study is to examine the effectiveness of cognitive behavioral therapy for insomnia in the treatment of major depressive disorder among peri and postmenopausal women with co-morbid insomnia.  
 Role: Principal Investigator

T32MH019938 Schatzberg (PI) 09/01/2010-08/01/2012  
 NIMH Ruth L. Kirschstein National Research Service Award (NRSA)  
 The intent of this training program is to prepare MD's, MD/PhD's, and PhD's for a career in clinical and translational research in psychiatry.  
 Role: Postdoctoral Research Fellow

## TEACHING EXPERIENCE

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### University of Texas Medical Branch

- 2019 PBL Facilitator  
Essentials of Endocrinology & Reproduction (2<sup>nd</sup> Year Medical Students)
- 2014 PBL Substitute Facilitator (4 classes)  
Essentials of Endocrinology & Reproduction (2<sup>nd</sup> Year Medical Students)
- 2013 PBL Facilitator  
Neuroscience and Human Behavior (1<sup>st</sup> Year Medical Students)

### Westbrook Intermediate School

- 2019 Instructor  
PhD in ZZZ's – Sleep Science Mini Course (Intermediate Students Grades 6-8)

### University of California, San Diego

- 2009 Guest Lecturer – Sleep, Sleep Disorders and Biological Rhythms  
School of Medicine (Medical students)
- 2008 Guest Lecturer – Choosing a career path  
Undergraduate seminar

### San Diego State University

- 2008 Instructor  
Statistical Methods in Psychology (Undergraduate level)
- 2007 Teaching Assistant  
Cognitive Assessment (Doctoral level)
- 2006 Guest Lecturer – Sleep and Sleep Disorders  
Abnormal Psychology (Undergraduate level)
- 2005 Guest Lecturer – Successfully applying to graduate school  
Research Orientation Seminar (Master's level)
- 2006 Teaching Assistant  
Interventions (Doctoral level)

## INVITED TALKS

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- 2018 *Ways to Improve Sleep*, School of Health Professions Workshop
- 2018 *Sleep and Adolescent Health*, Girl Scouts of Jacinto Council
- 2018 *The Role of a Psychologist and When to Refer*, UTMB Maternal Fetal Medicine Fellows
- 2018 *Sleep Assessment & Intervention*, UTMB Pepper Older American Independence Center
- 2018 *The Role of a Clinical Psychologist & When to Refer*, UTMB Physician Assistants
- 2018 *Wearable Sleep Trackers: Clinical Actigraphs to Commercial Devices*, SRS Trainee Day
- 2018 *Early to bed/rise makes a woman healthy, wealthy, & wise*, Galveston Women's Conference
- 2018 *Delaying School Start Times*, Fort Bend Independent School District
- 2018 *Pregnancy and Psychiatric Diseases*, UTMB Obstetrics & Gynecology Residents

- 2017 *Career Development Grants (K series)*, UTMB panel discussion  
 2016 *Sleep Health*, UTMB Preventative Medicine and Community Health Seminar Series  
 2016 *Grief Counseling for Pregnancy Loss*, UTMB Maternal Fetal Medicine Fellows  
 2016 *Sleep & Women's Health*, Society of Behavioral Sleep Medicine Course Keynote Address  
 2016 *Grant Writing*, SLEEP 2016 Conference SRS Trainee Day Workshop  
 2016 *Actigraphy and Fitness Trackers*, SLEEP 2016 Conference Postgraduate Course  
 2016 *Career Development*, UTMB Panel Discussion  
 2015 *Insomnia and Its Treatments*, UTMB Psychiatry & Behavioral Sciences Grand Rounds  
 2015 *Sleep a Foundation for Good Health*, GISD Back to School Conference  
 2015 *Grief Counseling for Pregnancy Loss*, UTMB Obstetrics and Gynecology Residents  
 2015 *Sleep Complaints in Primary Care*, UTMB Family Medicine Residents  
 2015 *Overcoming Insomnia: Say Goodnight to Restless Sleep*, UTMB Pelvic Health Center  
 2015 *Assessing Sleep Complaints and What to do*, UTMB Maternal Fetal Medicine Fellows  
 2014 *Sleep and Women's Health*, UTMB Neurotherapeutics Workgroup  
 2014 *Sleep and Menopause: It's a Hot Mess*, UTMB Pelvic Health Center  
 2014 *Insomnia and Comorbid Psychiatric Disorders*, UTMB Psychiatry Residents  
 2014 *Getting Your K Award Funded*, UTMB T32 NIDA Postdoctoral Fellows  
 2014 *Insomnia and It's Treatments*, UTMB Obstetrics and Gynecology Residents  
 2014 *Sleep Disorders and Comorbid Conditions in Primary Care*, UTMB Family Medicine Residents  
 2014 *Intelligence Testing*, UTMB Child and Adolescent Psychiatry Residents  
 2014 *Sleep and Women's Health*, UTMB Obstetrics and Gynecology Residents  
 2013 *Sleep and Public Health*, UTMB Preventative Medicine and Community Health Seminar Series  
 2013 *Perinatal and Perimenopausal Sleep*, Texas Society of Sleep Professionals Annual Meeting  
 2013 *Insomnia and Its Treatments*, UTMB Psychiatry Residents  
 2013 *Sleep-related K grants*, SLEEP 2013 Conference SRS Behavior Section meeting  
 2012 *Women's Sleep: Perinatal to Perimenopause*, SRI International  
 2012 *Sleep and Menopause*, Stanford Women's Wellness Clinic In-Service  
 2012 *Ten tips to Get a Good Night's Sleep*, Grace Presbyterian Church  
 2012 *Applying for a Career Development Award (K series)*, Stanford University T32 Program

## EDITORIAL SERVICES

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### Editorial Board

- 2015- Behavioral Sleep Medicine  
 2015- Sleep Health

### Ad Hoc Editorial Reviews

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|-------|-------------------------------------|-------|------------------------------------|
| 2018- | Sleep Medicine                      | 2009- | American Journal of Physiology     |
| 2018- | Journal of Psychiatric Research     |       |                                    |
| 2016  | International Psychogeriatrics      | 2008- | Chronobiology International        |
| 2016- | BMC Women's Health                  | 2007- | Journal of Women's Health          |
| 2016- | Menopause                           | 2007- | Journal of Sleep Research          |
| 2015- | Sleep Health                        | 2007- | The Lancet                         |
| 2015- | Journal of Clinical Sleep Medicine  | 2006- | JAMA                               |
| 2015- | BMJ Open                            | 2006- | Journal of Fertility and Sterility |
| 2015- | Journal of Acupunct. & Merid. Stud. | 2005- | Psychoneuroendocrinology           |
| 2014- | Science of Total Environment        | 2003- | Journal of Affective Disorders     |
| 2013- | Primary Care Companion              | 2003- | Archives of General Psychiatry     |
| 2011- | Archives of Behavioral Medicine     | 2002- | Behavioral Sleep Medicine          |

2001- Journal of Health Psychology  
2001- Sleep

## GRANT REVIEW PANELS

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2017	UTMB Pepper Center (OAIC)	Ad-Hoc Grant Reviewer
2016-18	Sleep Research Society Foundation	Ad-Hoc Grant Reviewer
2015	University of Ottawa Medical Research Fund	Ad-Hoc Grant Reviewer

## UNIVERSITY AND PROFESSIONAL SERVICE

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2018-20	Sleep Research Society	Pipeline Development Committee, Member
2016-19	Society of Behavioral Sleep Medicine	Board of Directors, Director-at-Large
2015-18	Society of Behavioral Sleep Medicine	Membership Committee, Chair
2015-18	Sleep Research Society	Scientific Review Committee, Member
2014-18	UTMB Women's Health Research Symposium	Judge
2014	Society of Behavioral Sleep Medicine	Membership Committee, Member
2009	Brown Alpert Medical School	Training Committee, Member
2009	Sleep Research Society	TEAC, Trainee Member-At-Large
2006-08	Sleep Research Society	Communications Committee, Trainee
2007	Sleep Research Society	Trainee Subcommittee, Member
2007	SDSU/UCSD Joint Doctoral Program	Selection Committee, Member
2005	SDSU Undergraduate Research Symposium	Judge

## PROFESSIONAL SOCIETY MEMBERSHIPS

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2015-	Texas Psychological Association, Division: Psychology of Women
2013-	The North American Menopause Society
2012-	Texas Society of Sleep Professionals
2012-	Society of Behavioral Sleep Medicine
2011-	American Academy of Sleep Medicine
2009-	Association for Behavioral and Cognitive Therapies
2001-	Sleep Research Society

## PUBLICATIONS

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### Peer-Reviewed Manuscripts:

1. Cho, N.Y., Kim, S., **Nowakowski, S.**, Shin, C., & Suh, S. (2019). Sleep disturbances in surgical menopausal women compared to natural menopausal women. *Menopause*, 26(4). PMID: [30422933](#)
2. Randall, C., **Nowakowski, S.**, & Ellis, J.G. (2018). Managing acute insomnia in prison: Evaluation of a 'one-shot' cognitive behavioral therapy for insomnia (CBT-I) intervention. *Behavioral Sleep Medicine*, 16(7). PMID: [30289290](#)
3. Ong, J.C., Arand, D. Schmitz, M., Baron, K., Blackburn, R., Grandner, M.A., Lichstein, K.L., **Nowakowski, S.**, Teixeira, C., Boling, K., Dawson, S.C., & Hansen, K. (2018). A concept map of behavioral sleep medicine: Defining the scope of the field and strategic priorities. *Behavioral Sleep Medicine*, 16(6), 523-26. PMID: [30118323](#)

4. **Nowakowski, S.**, Matthews, K.A., von Kanel, R., Hall, M.M., & Thurston, R.C. (2018). Sleep characteristics and inflammatory biomarkers in midlife women. *Sleep*, *41*(5). PMID: [PMC5946814](#)  
Editor's Choice
5. Kling, J.M., Manson, J.E., Naughton, M.J., Temkit, M., Sullivan, S.D., Gower, E.W., Hale, L., Weitlauf, J.C., **Nowakowski, S.**, & Crandall, C.J. (2017). Association of sleep disturbance and sexual function in postmenopausal women. *Menopause*, *24*(6), 604-12. PMID: [PMC5443696](#)
6. **Nowakowski, S.**, Choi, H.J., Meers, J. \*, & Temple, J.R. (2016). Inadequate sleep as a mediating variable between exposure to violence and depression severity in adolescents. *Journal of Child Adolescent Trauma*, *9*, 109-114. PMID: [PMC4993528](#)
7. Tomas, A. Grandner, M., **Nowakowski, S.**, Nesom, Go, Corbitt, C., & Perlis, M.L. (2016) Where are the behavioral sleep medicine providers and where are they needed? A geographic assessment. *Behavioral Sleep Medicine*, *14*(6), 687-98. PMID: [PMC5070478](#)
8. Lalley-Chareczko, L., Segal, A., Perlis, M.L., **Nowakowski, S.**, Tal, J.Z., & Grandner, M.A. (2015). Sleep disturbance partially mediates the relationship between intimate partner violence and physical/mental health in women and men. *Journal of Interpersonal Violence*, *30*(13), 1-25. PMID: [PMC4710553](#)
9. Hall, M., Kline, C.E., & **Nowakowski, S.** (2015). Insomnia and sleep apnea in midlife women: Prevalence and consequences to health and functioning. *F1000 Prime*, *7*(63), 1-11. PMID: [PMC4447062](#)
10. Grandner, M.A., **Nowakowski, S.**, Kloss, J.D., & Perlis, M.L. (2015). Insomnia symptoms predict physical and mental impairments among postmenopausal women. *Sleep Medicine*, *16*(1), 317-318. PMID: [PMC4375439](#)
11. Tal, J.Z., Suh, S.A., Dowdle, C.L., & **Nowakowski, S.** (2015). Treatment of insomnia, insomnia symptoms, and obstructive sleep apnea during and after menopause: Therapeutic Approaches. *Current Psychiatry Reviews*, *11*(1), 63-83. PMID: [PMC4607064](#)
12. **Nowakowski, S.**, Meers, J.M., Heimbach, E. (2013). Sleep and women's health. *Sleep Medicine Research*, *4*(1), 1-22. PMID: [PMC4327930](#)
13. Meliska, C.J., Martinez L.F., Lopez, A.M., Sorenson, D.L. **Nowakowski, S.**, Hauger, R., Kripke, D.J., Elliot, J., Parry, B.L. (2013). Antepartum depression severity is increased during seasonally longer nights: Relationship to melatonin and cortisol timing and quantity. *Chronobiology International* *30*(9), 1160-1173. PMID: [PMC4041493](#)
14. Siebern, A.T., Suh, S., **Nowakowski, S.** (2012). Non-pharmacological treatment of insomnia. *Neurotherapeutics*, *9*(3), 717-727. PMID: [PMC3480569](#)
15. Posadas, E.S., Meliska, C.J., Martinez, L.F., Sorenson, D.L., Lopez, A.M., **Nowakowski, S.**, Hauger, R., & Parry, B.L. (2012). Serum estradiol and progesterone levels during pregnancy correlate with plasma melatonin quantity in healthy, but not depressed women, but with phase-delayed offset and longer duration in depressed women. *Journal of Women's Health*, *21*(6), 649-655. PMID: [PMC3366092](#)
16. Suh, S., **Nowakowski, S.**, Bernert, R., Ong, J., Siebern, A., Dowdle, C., & Manber, R. (2012). Clinical significance of night-to-night variability in insomnia: Variability of sleep schedules and insomnia symptoms. *Sleep Medicine*, *13*(5), 469-475. PMID: [PMC4086618](#)
17. Suh, S., Ong, J., Steidtmann, D., **Nowakowski, S.**, Dowdle, C., Willett, E., Siebern, A. & Manber, R. (2012). Cognitions and insomnia. *Cognitive Therapy Research*, *36*(2), 120-128. PMID: [PMC3686823](#)

18. Manber, R., Bernert, R., Suh, S., **Nowakowski, S.**, Siebern, A.T., & Ong, J.C. (2011). CBT for insomnia in patients with high and low depressive symptom severity: Adherence and clinical outcomes. *Journal of Clinical Sleep Medicine*, 7(6), 645-52. PMCID: [PMC3227711](#)
19. Meliska, C.J., Martinez, L.F., Lopez, A.M., Sorenson, D.L., **Nowakowski, S.**, & Parry, B.L. (2011). Relationship of morningness-eveningness questionnaire score to melatonin and sleep timing, body mass index, and atypical depressive symptoms in peri- and post-menopausal women. *Psychiatry Research*, 188(1), 88-95. PMCID: [PMC3100421](#)
20. **Nowakowski, S.**, Meliska, C.J., Martinez, L.F., & Parry, B.L. (2009). Sleep and menopause. *Current Neurology and Neuroscience Reports*, 9(2), 165-172. PMID: [19268040](#)
21. Parry, B.L., Meliska, C.J., Sorenson, D.L., Lopez, A.M., Martinez, L.F., **Nowakowski, S.**, Hauger, R.L., Elliot, J.A., & Kripke, D.F. (2008). Plasma melatonin circadian rhythms during pregnancy and postpartum in depressed women and women with personal or family histories of depression. *American Journal of Psychiatry*, 165(12), 1551-8. PMCID: [PMC3038788](#)
22. **Nowakowski, S.**, Meliska, C.J., & Parry, B.L. (2008). Menopause and sleep disorders. *The Female Patient*, 33(9), 30-32.
23. Parry, B.L., Meliska, C.J., Sorenson, D.L., Lopez, A.M., Martinez, L.F., **Nowakowski, S.**, Hauger, R.L., & Elliot, J.A. (2008). Increased melatonin and delayed offset in menopausal depression: Role of years past menopause, FSH, sleep end time and body mass index, *Journal of Clinical Endocrinology and Metabolism*, 93(1), 54-60. PMCID: [PMC2190736](#)
24. Orff, H.J., Drummond, S.P., **Nowakowski, S.**, & Perlis, M.L. (2007) Discrepancy between subjective symptomology and objective neuropsychological performance in insomnia, *Sleep*, 30(9), 1205-1211. PMCID: [PMC1978394](#)
25. Perlis, M.L., Orff, H.J., Smith, M.T., Enright, T., **Nowakowski, S.**, Jungquist, C.R., & Plotkin, K. (2004). The effects of modafinil and cognitive behavior therapy on sleep continuity in patients with primary insomnia. *Sleep*, 27(4), 715-725. PMID: [15283007](#)
26. Perlis, M.L., Smith, M.T., Cacialli, D.O., **Nowakowski, S.**, & Orff, H.J. (2003). On the comparability of pharmacotherapy and behavior therapy for chronic insomnia: Commentary and implications. *Journal of Psychosomatic Research*, 54(1), 51-59.

\* Underline indicates student in my laboratory

#### Book Chapters:

1. Glazer Baron, K., Perlis, M.L., **Nowakowski, S.**, Smith, M.T., Jungquist, C.R., & Orff, H.J. (2017). Cognitive behavioral therapy for insomnia. In: Attarian H. (eds). *Clinical Handbook of Insomnia*. Current Clinical Neurology. pp. 75-96. Springer, Cham
2. **Nowakowski, S.** & Ancoli-Israel, S. (2010). Acute and emergent sleep events in older adults. In *Acute and Emergent Events in Sleep Disorders*, S. Chokroverty and P.K. Sahota, editors, pp. 247-63, Oxford University Press.
3. Parry, B.L., **Nowakowski, S.**, Martinez, L.F., & Berga, S.L. (2009). Premenstrual dysphoric disorder. In Donald W. Pfaff, Arthur P. Arnold, Anne M. Etgen, Susan E. Fahrback, and Robert T. Rubin, editors. *Hormones, Brain, and Behavior*, 2<sup>nd</sup> Ed, Vol 5. pp. 2945-71. San Diego: Academic Press.
4. Parry, B.L., Meliska, C.J., Martinez, L.F., Lopez, A.M., Sorenson, D.L., & **Nowakowski, S.** (2008). Premenstrual dysphoric disorder and postpartum major depression: Chronobiology. In Larry R. Squire, Editor-in-Chief, *Encyclopedia of Neuroscience*, Academic Press, Oxford.



5. **Nowakowski, S.**, Haynes, T., & Parry, B.L. (2007). Premenstrual dysphoric disorder. In *The Encyclopedia of Stress-2<sup>nd</sup> edition*, Volume 3, pp.173-179. Elsevier.
6. Parry, B.L., Meliska, C.J., Martinez, L.F., Lopez, A.M., **Nowakowski, S.**, & Loving, R.L. (2007). Melatonin circadian rhythms in women with depression: Relationships to the reproductive cycle. In S.R. Pandi-Perumal, D.P. Cardinali (Eds.). *Melatonin: From Molecules to Therapy*. New York: Nova Publishers.
7. Perlis, M.L., Smith, M.T., Jungquist, C.R., **Nowakowski, S.**, Orff H.J., & Soeffing, J.P. (2004). The definition of insomnia. *The Clinical Handbook of Insomnia*. Ed. Hrayr Attarian. Humana Press.
8. Smith, L.J., **Nowakowski, S.**, Soeffing, J.P., Orff, H.J., & Perlis, M.L. (2002). The measurement of sleep. In Perlis M.L. & Lichstein K. Eds. *Treating Sleep Disorders: Principles and Practice of Behavioral Sleep Medicine*.
9. Smith, M.T., Smith, L.J., **Nowakowski, S.**, & Perlis M.L. (2002). Primary insomnia: Diagnostic issues, treatment, and future directions. In Perlis ML & Lichstein K, eds. *Treating Sleep Disorders: Principles and Practice of Behavioral Sleep Medicine*.

Published Abstracts and Conference Presentations (selected from 50+ abstracts)

1. **Nowakowski, S.**, Heimbach, E., Manber, R., Sadruddin, S.M., Hayman, J.M., Stout-Aguilar, J., Meers, J.M., & Thurston, R.C. (2017). Effects of cognitive behavioral therapy for menopausal insomnia on depressive symptoms. *Menopause*, 24(12), 1428-29.<sup>A</sup>
2. **Nowakowski, S.**, Manber, R., Meers, J.M., Stout-Aguilar, J., Hayman, J.M., Sadruddin, S.M., & Thurston, R.C. (2017). Cognitive behavioral therapy for menopausal insomnia in midlife women with insomnia and nocturnal hot flashes. *Menopause*, 24(12), 1434.<sup>A</sup>
3. **Nowakowski, S.**, Grandner, M.A., Stout-Aguilar, J., Meers, J.M., Lewis, Z.H., Swartz, M.C., Choi, H.J., & Lyons, E.J. (2017). Accuracy of consumer monitors for measuring sleep across seven nights. *Sleep*, 40(Supp), A282-3.<sup>A</sup>
4. **Nowakowski, S.**, Thurston, R.C., Meers, J.M., Stout-Aguilar, J., Sadruddin, S.M., Hayman, J.M., & Manber, R. (2017). Cognitive behavioral therapy for menopausal insomnia in midlife women with insomnia and nocturnal hot flashes. *Sleep*, 40(Supp), A125.<sup>A</sup>
5. **Nowakowski, S.**, von Känel, R., Matthews, K.A., Hall, M.H., & Thurston, R.C. (2016). Associations between actigraphic sleep and inflammatory biomarkers in peri- and post-menopausal women. *Menopause*, 23(12), 1375.<sup>A</sup>
6. **Nowakowski, S.**, Kloss, J.D., Perlis, M.L., Culnan, E.J., Meers, J.M., & Grandner, M.A. (2016). Insomnia associated with increased risk for pregnancies that do not result in live births in reproductive age women. *Sleep*, 39(Supp), A217.<sup>B</sup>
7. **Nowakowski, S.**, Kloss, J.D., Perlis, M.L., Borahay, M., Meers, J.M., Culnan, E.J., & Grandner, M.A. (2016). Insomnia associated with age at hysterectomy and partially mediates relationship with depression. *Sleep*, 39(Supp), A218.<sup>B</sup>
8. **Nowakowski, S.**, Choi, H.J., & Temple, J.R. (2015). Inadequate sleep as a mediating variable between exposure to violence and depression severity in adolescence. *Sleep*, 38(Supp), A376-377.<sup>A</sup>
9. **Nowakowski, S.**, Tal, J.Z., & Manber, R. (2014). Examination of sleep continuity and insomnia severity in peri and postmenopausal women who perceive their sleep to have worsened by the menopause transition. *Sleep*, 37(Supp), A189-190.<sup>B</sup>

10. **Nowakowski, S., Tal, J.Z., & Manber, R.** (2013). Examination of nocturnal hot flashes, sleep, and interest in behavioral treatment in peri- and postmenopausal women. *Menopause*, 29(12), 1346.<sup>B</sup>
11. **Nowakowski, S., Tal, J.Z., & Manber, R.** (2013). Examination of sleep, nocturnal hot flashes, and treatment preferences in peri- and postmenopausal women. *Sleep*, 36(Supp), A199.<sup>B</sup>
12. **Nowakowski, S., Dowdle, C.L., Suh, S., Siebern, A., & Manber, R.** (2012). Examination of cognitive behavioral therapy for insomnia in perimenopausal women. *Sleep*, 35(Supp), A243<sup>B</sup>
13. **Nowakowski, S., Willet, E.S., Dowdle, C.L., Suh, S., Ong, J., Siebern A., & Manber, R.** (2011). CBT for insomnia, perception of pain interfering with sleep and depressive symptom severity. *Sleep*, 34(Supp), A182.<sup>B</sup>
14. **Nowakowski, S., Meliska, C.J., & Parry, B.L.** (2010). Verbal memory in pregnant and postpartum women with and without major depression. *Archives of Women's Mental Health*, 10.
15. **Nowakowski, S., Bond, T.L., Raffray, T., Sharkey, K.M., & Carskadon, M.A.** (2010). Subjective sleep and daytime functioning in older adolescents: Preliminary results from an online questionnaire, *Sleep*, 33(Supp), A343.<sup>B</sup>
16. **Nowakowski, S., Meliska, C.J., & Parry, B.L.** (2009). Ambient daylight influences polysomnographic sleep in healthy and depressed menopausal women. *Sleep*, 32(Supp), A349.<sup>A</sup>
17. **Nowakowski, S., Meliska, C.J., & Parry, B.L.** (2009). Ambient daylight influences polysomnographic sleep in healthy and depressed pregnant and postpartum women. *Sleep*, 32(Supp), A349-50.<sup>A</sup>
18. **Nowakowski, S., Meliska, C.J., & Parry, B.L.** (2007). Effects of estrogen therapy on sleep in healthy and depressed menopausal women. *Sleep*, 30(Supp), A333-4.<sup>A</sup>
19. **Nowakowski, S., Meliska, C.J., & Parry B.L.** (2006). Associations between mood and melatonin-sleep phase angles in healthy and depressed pregnant and postpartum women. *Sleep*, 28(Supp), A323.<sup>B</sup>
20. **Nowakowski, S., Meliska, C.J., & Parry, B.L.** (2005). Associations between cortisol and sleep variables in healthy and depressed postpartum women combined. *Sleep*, 27(Supp), A317.<sup>A</sup>

\*Underline indicates student in my laboratory

<sup>A</sup> Oral Conference Presentation (n =13); <sup>B</sup> Poster Presentation (n = 19)

#### Manuscripts in Submission:

1. Deer, R.R., Volpi, E., & **Nowakowski, S.** (Under review). Sleep characteristics are associated with physical functioning during acute hospitalization and predicts functional recovery following hospitalization in older adults. *Journal of the American Geriatrics Society*.
2. **Nowakowski, S.,** Thurston, R., & Manber, R. (Under review). Cognitive behavioral therapy for menopausal insomnia: A pilot study. *Behavioral Sleep Medicine*.
3. Meers, J.M., Stout-Aguilar, J.S., Grandner, M.A., Lewis, Z.H., Swartz, M.C., Choi, H.J., Lyons, E.J., & Nowakowski, S. (Under review). Accuracy of wearable activity monitors for the measurement of sleep.

#### **STUDENT SUPERVISION/MENTORSHIP**

##### Medical students:

Khan, Nariman	2018	1 abstract/poster presentation (1 <sup>st</sup> author)
Levy, Melanie	2016-18	3 abstracts/poster presentations (1 <sup>st</sup> author)
Heimbach, Erin	2014-17	1 abstract (coauthor), 1 paper (coauthor)

Doctoral students:

Sadrudin, Shehla	2015-17	3 abstracts (coauthor)
Stout-Aguilar, Jacqueline	2014-16	5 abstracts (coauthor), 1 paper (under review), dissertation defense
Tal, Joshua	2011-12	7 abstracts/4 presentations (1 <sup>st</sup> & coauthor), 2 papers (1 <sup>st</sup> & co)
Dowdle, Claire	2010-12	6 abstracts (1 <sup>st</sup> and coauthor), 1 paper (coauthor)
Willet, Erika	2010-11	2 abstracts (coauthor)

Masters students:

Hayman, Jessica	2015-16	3 abstracts (coauthor)
Meers, Jessica	2013-15	6 abstracts (coauthor), 2 papers (coauthor), 1 paper (under review)

Undergraduate students:

Ajaroh, Egwono	2015-16	
Posadas, Emerson	2008-09	1 paper (1 <sup>st</sup> author)
Cavanaugh, Kelly	2007-09	honors thesis

**ADVISORY AND CONSULTANT ROLES**


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2018	Circadia	Consultant
2017	EMBR Labs	Advisory and research

**MEDIA COVERAGE AND PRESS INTERVIEWS**


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11/2018	Online	Bustle	<a href="#">7 Sleep Habits That Can Mess with Your Memory</a>
11/2018	Print	O Magazine	Sleep and Women's Health
09/2018	Online	Teen VOGUE	<a href="#">10 Sleep Tips for College Students</a>
08/2018	Online	Reader's Digest	<a href="#">16 Things Doctors Wish You Knew About Snoring</a>
05/2018	Online	Lucky Vitamin	<a href="#">High-Tech Gadgets that can Help you Sleep Better</a>
04/2018	Online	Reuters	<a href="#">Sleep and Inflammatory Biomarkers in Midlife</a> Reported at <a href="#">Netscape Health</a> and <a href="#">CompuServe</a>
04/2018	Online	EverdayHealth.com	<a href="#">Insomnia</a>
04/2018	Online	VICE	<a href="#">Why You're Still Tired After Sleeping In</a>
03/2018	Online	TODAY.com	<a href="#">Can daylight saving time kill you? What you can do</a>
03/2018	TV	KPRC-TV	<a href="#">Daylight Savings Time Tips</a>
03/2018	Online	Twitter	<a href="#">International Women's Day Advice - UTMB</a>
03/2018	Online	SimpleMost	<a href="#">7 Ways to Make Daylight Saving Time Easier</a>
03/2018	Online	HuffPo CA	<a href="#">Daylight Saving Tips To Help Your Child</a>
03/2018	Online	Cafemom	<a href="#">Prepping Kids for Daylight Saving Time</a>
01/2018	Online	Texas Standard	<a href="#">Start times for Houston schools to be pushed back</a>
12/2017	Radio	Houston Public Media	Doctors push school boards to delay school start
11/2017	Print/Online	Houston Chronicle Op Ed	<a href="#">Later School Start Times Give Students a Lift</a>
10/2017	Print/Online	NAMS Press Release	<a href="#">Results of CBT for Menopausal Insomnia</a>
			<a href="#">MDalert</a> , <a href="#">Sleep Review</a> , <a href="#">Health Medicine Network</a> , <a href="#">Science Newsline</a> , <a href="#">Medical Xpress</a> , <a href="#">Gears of Biz</a> , <a href="#">Healio</a> <a href="#">Endocrine Today</a> , <a href="#">Ob.Gyn.News</a> , <a href="#">Medpage Today</a>
09/2016	Print	Galveston Daily News	The Curse of Insomnia
09/2017	Print	Texas Medical Center	Six Ways to Improve Sleep After Hurricane Harvey
09/2017	Online	YouTube	<a href="#">Sleeping post-Harvey</a>
09/2017	Print	Galveston Daily News	Six Ways to Improve Sleep After Hurricane Harvey
09/2017	Online	Healthline News	<a href="#">It's Not Just Hot Flashes.</a>

09/2017	Print	Galveston Daily News	Impact of Natural Disasters on the Elderly
06/2016	Print	CHEST Physician	Insomnia linked to increased risk of pregnancy loss
04/2014	Online	Houston Chronicle	<a href="#">Activity monitors are step in the right direction</a>

**PUBLIC ADVOCACY**

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Speaker at school board meetings to advocate for delayed school start times in junior and senior high schools in the following school districts:

- Clear Creek ISD
- Fort Bend ISD
- Goose Creek ISD
- Houston ISD
- Pearland ISD

Invited speaker for parent meeting by Fort Bend ISD Superintendent

Authored Opinion Editorial for Houston Chronicle – [Later School Start Times Give Students a Lift](#)

Radio Interview for Houston Public Media – Education Desk