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ACADEMIC POSITIONS

University of Notre Dame, Notre Dame, IN

Assistant Professor, Department of Psychology, August 2024 – Current

University of Arkansas, Fayetteville, AR

Assistant Professor, Department of Psychological Science, August 2019 – June 2024

Indiana University Northwest, Gary, IN

Adjunct Faculty, Department of Psychology, Jan. 2016 – May 2016

LICENSURE

Indiana State Psychology Board

License Psychologist, #20043877A, October 2024 – Current

Arkansas Psychology Board

Licensed Psychologist, # 202215, November 2021 – June 2024.

EDUCATION AND TRAINING

University of Pennsylvania, Philadelphia, PA

Postdoctoral Researcher, Behavioral Sleep Medicine Program, July 2016 – July 2019

Postdoctoral Researcher, Center for Sleep and Circadian Neurobiology, July 2016 – July 2019

Mentor: Michael Perlis, Ph.D.

University of Michigan, Ann Arbor, MI

Ph.D. Clinical Science, Department of Psychology, September 2010 – April 2016

APA Accredited Internship, Univ. of Michigan Internship Consortium, September 2014 – August 2015

M.S. Clinical Science, Department of Psychology, September 2010 – December 2012

Mentor: Nestor Lopez-Duran, Ph.D.

University of Notre Dame, Notre Dame, IN

B.A. Psychology, Department of Psychology, August 2006 – May 2010

B.A. Sociology, Department of Sociology, August 2006 – May 2010

Mentor: Gerald Haefel, Ph.D.

HONORS AND AWARDS

- 2025 Elected to Board of Directors for the Society of Behavioral Sleep Medicine
- 2023 Robert C. and Sandra Connor Endowed Faculty Fellowship
- 2021 Arthur Spielman Early Career Distinguished Scientific Achievement Award (SBSM)
- 2021 National Institute of Aging – NIH Loan Repayment Programs (Clinical Research- Renewal)
- 2020 Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE)
- 2019 Sleep Research Society – TEAC Leadership Workshop Award
- 2018 National Institute of Aging – NIH Loan Repayment Programs (Clinical Research)
- 2018 Sleep Research Society – TEAC Grant Writing Workshop Award
- 2017 CSCN/Penn Chronobiology Collaborative Research Retreat – Best Clinical Featured Talk
- 2017 Sleep Research Society - Trainee Merit Based Award
- 2015 University of Michigan - Rackham-CRLT Graduate Teacher Certificate
- 2015 Pat Gurin Distinguished Lecture Series Presenter
- 2014 Blue Cross Blue Shield of Michigan (BCBSM) Foundation Research Award
- 2014 ISPNE Young Investigator Travel Fellowship
- 2014 University of Michigan Department of Psychology Dissertation Grant
- 2013 APAGS Basic Psychological Science Research Grant
- 2013 University of Michigan – Rackham Graduate Student Research Grant
- 2013 University of Michigan Department of Psychology - Pillsbury Graduate Research Award
- 2013 Sleep Research Society - Abstract Honorable Mention Award
- 2012 National Science Foundation Fellowship, Honorable Mention
- 2012 Sleep Research Society First Time Attendee Trainee Travel Award
- 2011 University of Michigan – Rackham Graduate Student Research Grant
- 2010 University of Michigan – Rackham Merit Fellowship
- 2010 University of Notre Dame – Learning Beyond the Classroom Travel Award
- 2009 University of Notre Dame – McGrath Scholars Award
- 2009 University of Notre Dame – UROP Interim Research and Materials Grant

RESEARCH AND PUBLICATIONS

h-index = 23

total citations = 2261 (as of 1/1/26)

Refereed articles (reverse chronological order):

* indicates mentored graduate trainee co-author.

† indicates mentored undergraduate or post-baccalaureate trainee co-author.

In-Press:

50. Assar, A. *, Walker, J. *, Egeler, M. *, Floyd, V. *, Dickens, H. *, & **Vargas, I.** (In Press). Estimating Public Knowledge About Cognitive Behavioral Therapy for Insomnia (CBT-I) and Alternative Treatments. *Behavioral Sleep Medicine*. <https://doi.org/10.1080/15402002.2025.2610674>.

49. Dickens, H.*, Gournay-Berman, L. R., Hill, M., Joslin, M. D. M., Walker, J. *, Makhanova, A., Leen-Feldner, E., & **Vargas, I.** (In Press). Hypothalamic-Pituitary-Adrenal (HPA) Axis Stress Response to a

Laboratory-Based 10% CO2 Challenge in Healthy Adults. *Psychoneuroendocrinology*. <https://doi.org/10.1016/j.psyneuen.2025.107712>.

48. Assar, A.*, Lueke, N., Lueke, A., & **Vargas, I.** (In Press). Self-compassion's impact on perceived stress and perseverative thinking as it relates to sleep quality among college students. *Journal of Health Psychology*.

Published:

47. Aggarwal, B., Gao, Y., Alfini, A., Azarbarzin, A., Anafi, R., Baron, K.G., Bautch, V.L., ... **Vargas, I.**, Grandner, M.A., & Lloyd-Jones, D. (In Press). Mechanisms, Implications, and Applications of Sleep and Circadian Rhythms in Cardiovascular Resilience: Developing A Roadmap. *Nature Reviews Cardiology*. <https://doi.org/10.1038/s41569-025-01188-1>.

46. **Vargas, I.**, Wier, O.M.†, Vance, A.H.†, & Haefel, G.J. (2025). Development and Validation of an Abbreviated Form of the Cognitive Style Questionnaire. *Cognitive Therapy and Research*. <https://doi.org/10.1007/s10608-025-10587-0>.

45. Vengurlekar, I.N.*, Thudi, K.†, & **Vargas, I.** (2025). Mindful scrolling: Exploring whether mindfulness modifies the association between social media engagement and internalizing concerns. *Current Psychology*. <https://doi.org/10.1007/s12144-025-07490-y>.

44. Floyd, V. *, & **Vargas, I.** (2024). Evaluating a mobile application based intervention for insomnia in college students: a preliminary study. *Journal of American College Health*, 1–9. <https://doi.org/10.1080/07448481.2024.2423225>.

43. Daniels, B. T., Robinson, S., **Vargas, I.**, Baum, J. I., & Howie, E. K. (2024). Changes in physical activity and sleep following the COVID-19 pandemic on a university campus: Perception versus reality. *Sports medicine and health science*, 6(3), 246–251. <https://doi.org/10.1016/j.smhs.2024.04.003>.

42. Boyle, J. T., Morales, K. H., Muench, A., Ellis, J., **Vargas, I.**, Grandner, M. A., Posner, D., & Perlis, M. L. (2024). The natural history of insomnia: evaluating illness severity from acute to chronic insomnia; is the first the worst?. *Sleep*, 47(4), zsae034. <https://doi.org/10.1093/sleep/zsae034>.

41. Haefel, G. J., Lin, Z., Adetula, A., **Vargas, I.**, Doom, J. R., Moriguchi, Y., Bridges, A. J., & Cobb, W. R. (2024). Psychology needs more diversity at the level of Editor-in-Chief. *Communications psychology*, 2(1), 12. <https://doi.org/10.1038/s44271-024-00058-9>.

40. Harra, R. C.†, & **Vargas, I.** (2024). A peer-based mentoring program for reducing anxiety and depression symptoms among college students: A preliminary study. *Journal of American College Health*, 72(9), 3491–3498. <https://doi.org/10.1080/07448481.2023.2172580>.

39. **Vargas, I.**, Egeler, M.*, Walker, J.*, & Benitez, D.D.* (2023). Examining the barriers and recommendations for integrating more equitable insomnia treatment options in primary care. *Frontiers in sleep*, 2, 1279903. <https://doi.org/10.3389/frsle.2023.1279903>.

38. Muench, A., Lampe, E. W., Boyle, J. T., Seewald, M., Thompson, M. G., Perlis, M. L., & **Vargas, I.** (2023). The Assessment of Post-COVID Fatigue and Its Relationship to the Severity and Duration of Acute COVID Illness. *Journal of Clinical Medicine*, 12(18), 5910.
37. **Vargas, I.** (2023). Scaling up sleep education and cognitive behavioral therapy for insomnia training across multiple health disciplines. *Sleep*, 46(10), zsad204.
36. **Vargas, I.**, Muench, A., Grandner, M.A., Irwin, M.R. & Perlis, M.L. (2023). Insomnia symptoms predict longer COVID-19 symptom duration. *Sleep medicine*, 101, 365-372. <https://doi.org/10.1016/j.sleep.2022.11.019>.
35. Boyle, J.T., Rosenfield, B., DiTomasso, R.A., Moye, J., Bamonti, P.M., Grandner, M., **Vargas, I.**, & Perlis, M.L. (2023). Sleep Continuity, Sleep Related Daytime Dysfunction, and Problem Endorsement: Do These Vary Concordantly by Age? *Behavioral sleep medicine*, 21(4), 436-447.
34. Walker, J.*, **Vargas, I.**, Drake, C.L., Ellis, J., Muench, A., & Perlis, M.L. (2022). The natural history of insomnia: high sleep reactivity interacts with greater life stress to predict the onset of acute insomnia. *Sleep*, 45(9), zsac149. <https://doi.org/10.1093/sleep/zsac149>.
33. Walker, J.*, Muench, A., Perlis, M., & **Vargas, I.** (2022). Cognitive Behavioral Therapy for Insomnia (CBT-I): A Primer. *Clinical Psychology and Special Education*, 11(2), 123.
32. Muench, A.M., **Vargas, I.**, Grandner, M., Ellis, J., Posner, D., Bastien, C., Drummond, S., & Perlis, M.L. (2022). We Know CBT-I Works, Now What? *Faculty Reviews*, 11:4. <https://doi.org/10.12703/r/11-4>.
31. Haeffel, G. J., Jeronimus, B. F., Fisher, A. J., Kaiser, B. N., Weaver, L. J., **Vargas, I.**, ... Lu, W. (2022). HiTOP Is Not an Improvement Over the DSM. *Clinical Psychological Science*, 10(2), 285-290. <https://doi.org/10.1177/21677026211068873>.
30. Boyle, J. T., **Vargas, I.**, Rosenfield, B., Grandner, M. A., & Perlis, M. L. (2022). Insomnia Severity and Degree of Dysfunction: What Is to Be Learned When These Domains are Discordant? *Behavioral Sleep Medicine*, 00(00), 1–9. <https://doi.org/10.1080/15402002.2021.1895794>.
29. Haeffel, G. J., Jeronimus, B. F., Kaiser, B. N., Weaver, L. J., Soyster, P. D., Fisher, A. J., ... Lu, W. (2022). Folk Classification and Factor Rotations: Whales, Sharks, and the Problems With the Hierarchical Taxonomy of Psychopathology (HiTOP). *Clinical Psychological Science*. <https://doi.org/10.1177/21677026211002500>.
28. **Vargas, I.**, Howie, E., Muench, A., & Perlis, M.L. (2021). Measuring the Effects of Social Distancing on Depressive Symptoms During COVID-19: The Moderating Role of Sleep and Physical Activity. *Brain Sciences*, 11(11), 1449. doi.org/10.3390/brainsci11111449.
27. Perlis, M. L., Morales, K. H., **Vargas, I.**, Muench, A., Seewald, M., Gooneratne, N., ... Ader, R. (2021). Durability of treatment response to zolpidem using a partial reinforcement regimen: does this strategy require priming? *Sleep Medicine*, 87, 56–61. <https://doi.org/10.1016/j.sleep.2021.04.041>.

26. Perlis, M. L., Morales, K. H., **Vargas, I.**, Posner, D. A., Grandner, M. A., Muench, A. L., ... Ellis, J. G. (2021). The natural history of insomnia: Does sleep extension differentiate between those that do and do not develop chronic insomnia? *Journal of Sleep Research*, 30(5), 1–9. <https://doi.org/10.1111/jsr.13342>.
25. Kuhlman, K. R., Mayer, S. E., **Vargas, I.**, & Lopez-Duran, N. L. (2021). Early life stress sensitizes youth to the influence of stress-induced cortisol on memory for affective words. *Developmental Psychobiology*, 63(5), 1597–1605. <https://doi.org/10.1002/dev.22105>.
24. **Vargas, I.**, Nguyen, A.M.*, Haefel, G. J., & Drake, C. L. (2020). A negative cognitive style is associated with greater insomnia and depression symptoms: The mediating role of sleep reactivity. *Journal of Affective Disorders Reports*, 1, 100010. <https://doi.org/10.1016/j.jadr.2020.100010>.
23. Gorman, E. L., Burke, H. H., Rubino, L. G., **Vargas, I.**, & Haefel, G. (2020). Teasing Apart the Effect of Depression Specific and Anxiety Specific Symptoms on Academic Outcomes. *Clinical Psychology and Special Education*, 9(3), 91–104. <https://doi.org/10.17759/cpse.2020090307>.
22. **Vargas, I.**, Nguyen, A.M.*, Muench, A., Bastien, C. H., Ellis, J. G., & Perlis, M. L. (2020). Acute and chronic insomnia: What has time and/or hyperarousal got to do with it? *Brain Sciences*, 10(2), 1–11. <https://doi.org/10.3390/brainsci10020071>.
21. **Vargas, I.**, Haefel, G. J., Jacobucci, R., Boyle, J. T., Mayer, S. E., & Lopez-Duran, N. L. (2020). Negative Cognitive Style and Cortisol Reactivity to a Laboratory Stressor: a Preliminary Study. *International Journal of Cognitive Therapy*, 13(1), 1–14. <https://doi.org/10.1007/s41811-019-00052-8>.
20. Perlis, M. L., **Vargas, I.**, Ellis, J. G., Grandner, M. A., Morales, K. H., Gencarelli, A., ... Thase, M. E. (2020). The natural history of Insomnia: The incidence of acute insomnia and subsequent progression to chronic insomnia or recovery in good sleeper subjects. *Sleep*, 43(6), 1–8. <https://doi.org/10.1093/sleep/zsz299>.
19. **Vargas, I.**, & Perlis, M. L. (2020). Insomnia and depression: clinical associations and possible mechanistic links. *Current Opinion in Psychology*, 34, 95–99. <https://doi.org/10.1016/j.copsyc.2019.11.004>.
18. **Vargas, I.**, Perlis, M. L., Grandner, M., Gencarelli, A., Khader, W., Zandberg, L. J., ... Thase, M. E. (2020). Insomnia Symptoms and Suicide-Related Ideation in U.S. Army Service Members. *Behavioral Sleep Medicine*, 18(6), 820–836. <https://doi.org/10.1080/15402002.2019.1693373>
17. **Vargas, I.**, Payne, J., Kuhlman, K.R., Muench, A., & Lopez-Duran, N.L. (2019). Acute Sleep Deprivation and the Selective Consolidation of Emotional Memories. *Learning & Memory*, 26, 176-181. doi: 10.1101/lm.049312.119.
16. **Vargas, I.**, Vgontzas, A. N., Abelson, J. L., Faghih, R. T., Morales, K. H., & Perlis, M. L. (2018). Altered ultradian cortisol rhythmicity as a potential neurobiologic substrate for chronic insomnia. *Sleep Medicine Reviews*, 41, 234–243. <https://doi.org/10.1016/j.smr.2018.03.003>

15. Garland, S., **Vargas I.**, Grandner M., & Perlis, M.L. (2018). Treating Insomnia in Patients with Comorbid Psychiatric Disorders: A Focused Review. *Canadian Psychology*, 59(2), 176-186.
14. **Vargas, I.** & Lopez-Duran, N.L. (2017). The cortisol awakening response (CAR) after sleep deprivation: is CAR a “response” to awakening or a circadian process? *Journal of Health Psychology*, 1-13. <https://doi.org/10.1177/1359105317738323>
13. **Vargas, I.**, Drake, C.L., & Lopez-Duran, N.L. (2017). Insomnia symptom severity modulates the impact of sleep deprivation on attentional biases to emotional information. *Cognitive Therapy and Research*, 1-11. <https://doi.org/10.1007/s10608-017-9859-4>
12. Kuhlman, K.R., Geiss, E.G., **Vargas, I.**, & Lopez-Duran, N.L. (2017). HPA-axis activation as a key moderator of childhood trauma exposure and adolescent mental health. *Journal of Abnormal Child Psychology*, 1-9. <https://doi.org/10.1007/s10802-017-0282-9>
11. **Vargas, I.**, & Lopez-Duran, N.L. (2017). Investigating the effect of acute sleep deprivation on hypothalamic-pituitary-adrenal-axis response to a psychosocial stressor. *Psychoneuroendocrinology*, 79, 1-8. doi: 10.1016/j.psyneuen.2017.01.030
10. Shull, A., Mayer, S., McGinnis, E.G., Geiss, E.G., **Vargas, I.**, & Lopez-Duran, N.L. (2016). Trait and State Rumination Interact to Prolonged Cortisol Activation to Psychosocial Stress in Females. *Psychoneuroendocrinology*, 74, 324-332. doi: 10.1016/j.psyneuen.2016.09.004
9. **Vargas, I.**, Mayer, S., & Lopez-Duran, N.L. (2016). The cortisol awakening response and depressive symptomatology: The moderating role of sleep and gender. *Stress and Health*. doi: 10.1002/smi.2691.
8. Kuhlman, K.R., **Vargas, I.**, Geiss, E.G., & Lopez-Duran, N.L. (2015). Age of trauma onset and HPA-axis dysregulation among trauma-exposed youth. *Journal of Traumatic Stress*, 28(6), 572-579. doi: 10.1002/jts.22054
7. Lopez-Duran, N.L., McGinnis, E., Kuhlman, K.R., Geiss, E.G., **Vargas, I.**, & Mayer, S. (2015). HPA-axis stress reactivity in youth depression: Evidence of impaired regulatory processes in depressed boys. *Stress*, 18(5), 545-553. doi: 10.3109/10253890.2015.1053455
6. Kuhlman, K.R., Geiss, E.G., **Vargas, I.**, & Lopez-Duran, N.L. (2015). Differential associations between childhood trauma subtypes and adolescent HPA-axis functioning. *Psychoneuroendocrinology*, 54(1), 103-114. doi: 10.1016/j.psyneuen.2015.01.020
5. **Vargas, I.**, Friedman, N.P., & Drake, C.L. (2015). Vulnerability to Stress-Related Sleep Disturbance and Insomnia: Investigating the Link with Comorbid Depressive Symptoms. *Translational Issues in Psychological Sciences*, 1(1), 57-66. doi: 10.1037/tps0000015
4. Simoncic T.E., Kuhlman K.R., **Vargas, I.**, Houchins S.C., & Lopez-Duran N.L. (2014). Facebook use and depressive symptomatology: Investigating the role of neuroticism and extraversion among young adults. *Computers in Human Behavior*, 40, 1-5. doi: 10.1016/j.chb.2014.07.039

3. Drake, C.L., **Vargas, I.**, Roth, T., & Friedman, N.P. (2014). Quantitative measures of nocturnal insomnia symptoms predict greater deficits across multiple daytime impairment domains. *Behavioral Sleep Medicine*, 12, 1-15. doi: 10.1080/15402002.2014.880345
2. **Vargas, I.**, & Lopez-Duran, N.L. (2014). Dissecting the impact of sleep and stress on the cortisol awakening response among healthy young adults. *Psychoneuroendocrinology*, 40(1), 10-16. doi: 10.1016/j.psyneuen.2013.10.009
1. Haefel, G.J. & **Vargas, I.** (2011). Resilience to Depressive Symptoms: The Buffering Effects of Enhancing Cognitive Style and Positive Life Events. *Journal of Behavior Therapy and Experimental Psychiatry*, 42(1), 13-18. doi 10.1016/j.jbtep.2010.09.003

Submitted and Under Review:

8. **Vargas, I.**, Dickens, H.*, & Assar, A.*, (Under Review). From Better Sleep to Improved Mood: A Review of the Biological, Behavioral, and Cognitive Pathways for Cognitive Behavioral Therapy for Insomnia's Antidepressant Effects.
7. Assar, A., Diaz, A., Mourao, A.J., Lueke, N., & Vargas, I., (Under Review). From Insomnia to Burnout: The Role of Psychological Need Thwarting in Collegiate Esports.
6. Campbell, R.L., Thompson, L., Williams, P., Assar, A., Gournay, L.R., Nguyen, A., Gupta, N., **Vargas, I.**, & Leen-Feldner, E.W. (Under Review). Reappraising Negative Situations After a Night of Sleep Deprivation.
5. Boyle, J., Morales, K., **Vargas, I.**, Muench, A., Posner, D., Grandner, M., Seewald, M., Scott, H., Ellis, J., & Perlis, M.L. (Under Review). The natural history of insomnia: Sleep opportunity extension following a poor night of sleep is not related to the transition from acute to chronic insomnia.
4. Walker, J.* Campbell, R., Bridges, A., Acosta, C., Ellis, J., Perlis, M.L., & **Vargas, I.** (Under Review). One-Session Cognitive Behavioral Therapy for Insomnia in Integrated Primary Care: A Pilot Randomized Clinical Trial.
3. Egeler, M.*, Assar, A., Veilleux, J., & **Vargas, I.** (Under Review). Evaluating the Association Between Daily Fluctuations in Sleep Patterns and Blood Pressure.
2. Shuman, J., Sheikh, S.S., **Vargas, I.**, & Robison, M. (Under Review). Relations among sleep, internalizing symptoms, and academic performance in college students.
1. Walker, J.*, Bridges, A.J., Muench, A., Perlis, M.L., & **Vargas, I.** (Under Review). Examining the Directional Effects of Insomnia, Anxiety, and Depression Symptoms: Results from a Longitudinal Study Conducted During the COVID-19 Pandemic.

Published book chapters and other work (reverse chronological order):

7. **Vargas, I.**, Walker, J.*, Egeler, M.*, Vance, A.H.†, Boyle, J.T., & Muench, A. (2026). Sleep Health in the Primary Care Setting. In Grandner (Ed.), *Sleep Health* (659-665). Academic Press.

6. **Vargas, I.**, Walker, J.*, Campbell, R.*, & Veilleux, J. (2025). Stress and Affective Dysregulation in Depression and Insomnia. In Arditte Hall & Hall (Ed.), *CBT Innovations in Treating Insomnia and Depression, 1st edition*. Springer Nature
5. **Vargas, I.**, Walker, J.*, Egeler, M.*, Jean-Louis, G, & Seixas, A. (2022). Insomnia and Physical Health: The Role of Health Disparities in Defining Risk. In Taft, Di Piazza, & Carolyn (Ed.), *Reference Module in Neuroscience and Biobehavioral Psychology*
4. Muench, A., **Vargas, I.**, Posner, D., & Perlis, M.L. (2021). Standard CBT-I: When is the adaptation of CBT-I warranted? In Nowakowski, Garland, Grandner, & Cuddihy (Ed.), *Adapting Cognitive Behavioral Therapy for Insomnia, 1st edition*.
3. Perlis, M.L., **Vargas, I.**, Grandner, M., Bastien, C., & Posner, D. (2021). The Assessment of Insomnia. In Kryger (Ed.), *Principles and Practice of Sleep Medicine, 7th edition*. Elsevier.
2. **Vargas I.**, Garland, S., Kloss, J.D. & Perlis, M.L. (2019). Insomnia and Psychiatric Disorders. In Grandner (Ed.), *Sleep and Health*. Elsevier.
1. Garland, S., **Vargas I.**, Grandner M., & Perlis, M.L. (2019). Insomnia – Behavioral Treatments. In Chopra, Das, & Doghramji (Eds.), *Management of Sleep Disorders in Psychiatry*. New York, NY: Oxford Press USA.

Published abstracts and conference presentations (reverse chronological order):

94. Egeler, M., Vance, A, Assar, A, Floyd, V., Walker, J., Dickens, H ., & **Vargas, I.** (2025). CBT-I and Depression: Item-Level Insights from the Beck Depression Inventory. Oral data blitz presentation given at the annual Society of Behavioral Sleep Medicine Scientific (SBSM) Conference in Kansas City, MO.
93. Assar, A., Diaz, A., & **Vargas, I.** (2025). Insomnia and burnout in Esports athletes: The mediating roles of competence and relatedness. Oral data blitz presentation given at the annual Society of Behavioral Sleep Medicine Scientific (SBSM) Conference in Kansas City, MO.
92. Vance, A., Dickens, H., & **Vargas, I.** (2025) Examining the Effects of Subjective and Objective Measures of Socioeconomic Status on Insomnia Symptoms. Oral data blitz presentation given at the annual Society of Behavioral Sleep Medicine Scientific (SBSM) Conference in Kansas City, MO.
91. Floyd, V., Dickens, H., Leen-Feldner, E., & **Vargas., I.** (2025). How Does Rumination Impact the Relation Between Insomnia and Depression Symptoms? Poster presentation given at the World Sleep Congress in Singapore.
90. **Vargas, I.**, Dickens, H., Floyd, V., Vance, A., Egeler, M., Assar, A., Tolliver, M., & Makhanova, A. (2025). Elevated Insomnia Symptoms Are Related to A Blunted Cortisol Response to a Socially-Evaluative Stressor. Oral data blitz presentation given at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference in New Orlean, NO.

89. Dickens, H., Gray, Z.J., & **Vargas, I.** (2025). Associations Between Individual and Neighborhood-Level Lifetime Stressor Exposure and Hair Cortisol Concentration: Moderating Role of Recent Stress. Oral data blitz presentation given at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference, New Orleans, NO.
88. Vance, A., Assar, A., Egeler, M., Floyd, V., Dickens, H., Walker, J., & **Vargas, I.** (2025). Gender and Race Disparities in Sleep Disorder Diagnosis and Treatment. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Seattle, WA.
87. Walker, J., Campbell, R., Bridges, A., Acosta, C., Ellis, J., Perlis, M., & **Vargas, I.** (2025). “Single-Shot” Cognitive Behavioral Therapy for Insomnia (CBT-I) Is Related to Improvements in Sleep Onset and Maintenance Problems. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Seattle, WA.
86. Egeler, M., Assar, A., Vance, A., & **Vargas, I.** (2025). Does Sleep Reactivity Moderate the Association Between Daily Fluctuations in Stress and Sleep Onset and Maintenance Problems? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Seattle, WA.
85. Assar, A., Lueke, N., Diaz, A., & **Vargas, I.** (2025). The Mediating Roles of Dysfunctional Beliefs and Pre-Sleep Arousal in the Self-Compassion-Sleep Quality Link. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Seattle, WA.
84. Floyd, V., Dickens, H., Martinez, C., Moss, I., Leen-Feldner, E., & **Vargas, I.** (2025). The Relationship between Insomnia, Depression, and Impulsivity: A Mediation Analysis. Poster presentation given at the 2025 Anxiety and Depression Association of America (ADAA) Annual Conference in Las Vegas, NV.
83. Dickens, H., Lassetter, O., Vance, A., Assar, A., Egeler, M., Walker, J., & **Vargas, I.** (2024) Sleep Reactivity as Mediator of Relationship Between Community Distress and Insomnia. Oral presentation given at the annual Society of Behavioral Sleep Medicine Scientific (SBSM) Conference in Chicago, IL.
82. Walker, J. L., Assar, A., Dickens, H., Floyd, V., Egeler, M., & **Vargas, I.** (2024). Insomnia’s Link to Nighttime Eating, Chronotype, and Stress. Oral presentation given at the annual Society of Behavioral Sleep Medicine Scientific (SBSM) Conference in Chicago, IL.
81. Vance, A., Assar, A., Dickens, H., Egeler, M., Walker, J., & **Vargas, I.** (2024) *Do Emotion Regulation Processes Moderate the Relationship between Sleep Reactivity and Insomnia?* Oral presentation given at the annual Society of Behavioral Sleep Medicine Scientific (SBSM) Conference in Chicago, IL.
80. Assar, A., Vance, A., & **Vargas, I.** (2024) *Associations between intraindividual variability (IIV) in sleep and mental health in college athletes.* Oral presentation given at the annual Society of Behavioral Sleep Medicine Scientific (SBSM) Conference in Chicago, IL.
79. Egeler ME, Phelps, C, & **Vargas, I.** (2024). *Examining the Associations Between Daily Fluctuations in Sleep and Blood Pressure Among Those With and Without Insomnia.* Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Houston, TX.

78. Walker, J. L., **Vargas, I.**, Muench, A., & Perlis, M.L. (2024). *Examining the Directional Effects of Insomnia, Anxiety, and Depression Symptoms: Results from a Longitudinal Study*. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Houston, TX.
77. Dickens, H., Vance, A., Phelps, C. Assar, A., Egeler, M., Floyd, F., Walker, J., & **Vargas, I.** (2024) Common Pathways Between Distress and Impairment Related to Insomnia, Pain, and Stress. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Houston, TX.
76. Floyd, V., Turney, C., Assar, A., Dickens, H., Egeler, M., Walker, J., & **Vargas, I.** (2024) Cognitive Behavioral Therapy for Insomnia: The First Line Treatment for Insomnia Remains Elusive. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Houston, TX.
75. Campbell, R., Nguyen, A., Gournay, L.R., **Vargas, I.**, Williams, P., Assar, A., & Leen-Feldner, E. (2024). Sleep Deprivation Impairs the Ability to Reappraise Negative Situations. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Houston, TX.
74. **Vargas, I.**, Walker, J., Campbell, B., Bridges, A., Acosta, C., Perlis, M., & Ellis, J. (2023). Randomized Controlled Trial of a “One-Shot” Cognitive Behavioral Therapy for Insomnia (CBT-I) in Primary Care Patients: A Pilot Study. Oral presentation given at the Society of Behavioral Sleep Medicine Annual Conference, San Diego, CA.
73. Dickens, H., Hire, V., Egeler, M., Walker, J., & **Vargas, I.** (2023). Racial and Regional Differences in Insomnia Symptom Severity and Sleep Satisfaction. Oral presentation given at the Society of Behavioral Sleep Medicine Annual Conference, San Diego, CA.
72. Thudi, K., Egeler, M., Walker, J., Floyd, V., & **Vargas, I.** (2023). Does a Single Night of Mindfulness Meditation Improve Sleep and Stress in Female College Students? Oral presentation given at the Society of Behavioral Sleep Medicine Annual Conference, San Diego, CA.
71. Walker, J., Campbell, B., Bridges, A., Acosta, C., & **Vargas, I.** (2023). Prevalence of Insomnia and Other Comorbid Sleep Disorders Among Primary Care Patients at an Integrated Behavioral Health Center. Oral presentation given at the Society of Behavioral Sleep Medicine Annual Conference, San Diego, CA.
70. **Vargas, I.** (2023) The Evolutionary History of Insomnia and Whether It Has Overstayed Its Welcome. Oral Presentation given at Annual Conference for Flyover-State Scientists Integrating Evolution (FOSSIL) in Fayetteville, AR.
69. Boyle, J., Muench, A., Morales, K., Ellis, J., **Vargas, I.**, Grandner, M., Posner, D., & Perlis, M. (2023). Evaluating Illness Severity from Acute to Chronic Insomnia: Is the First the Worst? Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Indianapolis, IN.

68. Walker, J., **Vargas, I.**, Drake, C., Ellis, J., Muench, A., & Perlis, M. (2023). The Natural History of Insomnia: High Sleep Reactivity Interacts with Greater Life Stress to Predict the Onset of Acute Insomnia. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Indianapolis, IN.
67. Floyd, V., Bell, J., Egeler, M., Dickens, H., Walker, J., & **Vargas, I.** (2023) Depression Symptom Outcomes after iCBT-I Intervention Among College Students. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Indianapolis, IN.
66. Egeler, M., Dickens, H., Floyd, V., Walker, J., & **Vargas, I.** (2023) The Role of Sleep Reactivity on Depressive Symptoms. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Indianapolis, IN.
65. Floyd, V., & **Vargas, I.** (2022). Does iCBT-I Effectively Treat Insomnia Symptoms In College Students: A Preliminary Analysis. Oral poster presentation given at the Society of Behavioral Sleep Medicine Annual Conference, Washington, D.C.
64. Egeler, M., Floyd, V., Walker, J., & **Vargas, I.** (2022). Characterizing Insomnia Symptoms in Subjects with Chronic Pain. Oral poster presentation given at the Society of Behavioral Sleep Medicine Annual Conference, Washington, D.C.
63. Muench, A., Scott, H., Cheung, J., **Vargas, I.**, Shah, C., Seewald, M., & Perlis, M.L. (2022). Is Daytime Sleepiness A Symptom of Insomnia or Something Else? Oral poster presentation given at the Society of Behavioral Sleep Medicine Annual Conference, Washington, D.C.
62. **Vargas, I.**, Walker, J., Hill, M., Makhanova, A., & Leen-Feldner, E. (2022). Does a laboratory-based CO₂ challenge induce a hypothalamic-pituitary-adrenal (HPA) axis stress response in healthy adults? Poster presentation given at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference, Chicago, IL.
61. Walker, J., Hill, M., Makhanova, A., Leen-Feldner, E., & **Vargas, I.** (2022). Investigating the effect of hormonal contraceptive use on salivary cortisol response to a CO₂ challenge. Poster presentation given at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference, Chicago, IL.
60. Boyle, J.T., Muench, A., Thompson, M.G., Seewald, M., **Vargas, I.**, Perlis, M.L. (2022). Having Insomnia vs. Identifying as an “Insomniac”: What is the role of insomnia severity? Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Charlotte, NC.
59. Muench, A., Boyle, J.T., Reddy, V., Thompson, M., Perlis, M., **Vargas, I.** (2022). COVID-19 and Fatigue: Does Fatigue Persist Beyond Diagnosis? Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Charlotte, NC.
58. Muench, A., Posner, D.A., Seewald, M., Upton, C., Reddy, V., Thompson, M., **Vargas, I.**, Perlis, M. (2022). Does CBT-I Dose effect Sleep Duration and Fatigue in Breast and Prostate Cancer Patients? Poster

presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Charlotte, NC.

57. Walker, J., Egeler, M., Floyd, V., Makhanova, S. & **Vargas, I.** (2022). The Relationship Between Pathogen Avoidance and Insomnia Symptoms: Results from a Longitudinal Study Conducted During the COVID-19 Pandemic. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Charlotte, NC.

56. Bell, J., Egeler, M., Snyder, H., Walker, J., Floyd, V., & **Vargas, I.** (2022). Insomnia Symptom Severity Predicts Greater Alcohol Use During the COVID-19 Pandemic: A Longitudinal Study. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Charlotte, NC.

55. Snyder, H., Walker, J., Bell, J., Egeler, M., Floyd, V., & **Vargas, I.** (2022). Does Social Media Use Before Bed Lead to Sleep Continuity Disturbance? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Charlotte, NC.

54. Egeler, M., Floyd, V., Walker, J., & **Vargas, I.** (2022). The Role of Poverty and Perceived Stress on Insomnia Symptom Severity During the COVID-19 Pandemic. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Charlotte, NC.

53. Floyd, V., Egeler, M., Walker, J., Snyder, H., Stoddard, A.C., Bell, J., Thudi, K., & **Vargas, I.** (2022). A Mobile App-Based Behavioral Intervention for Insomnia Among College Students. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS) in Charlotte, NC.

53. Thudi, K., & **Vargas, I.**, (2021). Comparisons of Insomnia Rates Across Different U.S. Geographical Regions During the COVID-19 Pandemic. Poster presentation given at the virtual Association for Behavioral and Cognitive Therapies convention as part of the BSM SIG meeting.

52. Walker, J., Muench, A., Perlis, M., & **Vargas, I.** (2021). Insomnia Mediates the Association between Anxiety and Depression: Results from a Longitudinal Study Conducted During the COVID-19 Pandemic. Poster presentation given at the virtual Society for Behavioral Sleep Medicine (SBSM) Conference.

51. Thudi, K., & **Vargas, I.** (2021). Racial and Ethnic Differences in Sleep During the COVID-19 Pandemic. Poster presentation given at the virtual Society for Behavioral Sleep Medicine (SBSM) Conference.

50. Perlis, M.L., Morales, K., **Vargas, I.**, Muench, A., Seewald, M., D'Antonio, B., & Grandner, M. (2021). Durability of Tx Response to Zolpidem using a Partial Reinforcement Regimen: Does this strategy require contingent reinforcement? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS).

49. Tubbs, A., Moralese, K., Grandner, M., Ellis, J., **Vargas, I.**, Fernandez, F.X., & Perlis, M.L. (2021). Insomnia Precedes Suicidal Ideation in a National Longitudinal Study of Sleep Continuity (NITES). Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS).

48. Nguyen, A.M., Campbell, R., Mobley, A., & **Vargas, I.** (2021). Transitions to Virtual Administration of CBT-I: Strengths & Barriers. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS).
47. **Vargas, I.**, Muench, A., Livesey, C., Oslin, D., & Perlis, M. (2021). Insomnia and Depression Symptoms in Primary Care Patients Referred for Mental Health Care. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS).
46. **Vargas, I.**, Muench, A., Grandner, M., & Perlis, M. (2021). Potential Longitudinal Association Between COVID-19 Infection Outcomes and Insomnia Symptoms. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS).
45. Walker, J., Campbell, R., & **Vargas, I.** (2021). Do Depressive Symptoms Mediate the Association Between Insomnia and Physical Activity? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS).
44. Hire, V., Thurmon, C., Snyder, H., Harra, R., Walker, J., & **Vargas, I.** (2021). Are Daily Variations in Sleep Quality and Quantity Related to General Stress and COVID-19-Related Anxiety? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS).
43. Harra, R., Snyder, H., Thurmon, C., Hire, V., Walker, J., & **Vargas, I.** (2021). Racial Disparities in Sleep During the COVID-19 Pandemic. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS).
42. Campbell, R.L., Walker, J., Makhanova, A., & **Vargas, I.** (2021). The Role of Insomnia Symptoms in the Relation between Perceived Vulnerability to Disease and COVID-19 Anxiety. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS).
41. **Vargas, I.** (2021). Cognitive Vulnerability to Depression: Beyond Cognition. Symposium presentation given at the virtual Anxiety and Depression Association of America (ADAA) Conference.
40. **Vargas, I.**, & Nguyen, A. (2020). A Negative Cognitive Style Is Associated with Greater Insomnia and Depression Symptoms: The Mediating Role of Sleep Reactivity. Poster presentation given at the virtual Society for Behavioral Sleep Medicine (SBSM) Conference.
39. **Vargas, I.**, Drake, C.L., Muench, A., Boyle, J.T., Morales, K., Grandner, M.A., Ellis, J., & Perlis, M.L. (2020). Natural history of insomnia: sleep reactivity predicts new-onset acute insomnia. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Philadelphia, PA.
38. Perlis, M.L., Boyle, J.T., **Vargas, I.**, Giller, J., Seewald, M., D'Antonio, B., Muench, A., Williams, N.J., Rosenfield, B., & Klingman, K., (2020). Insomnia Severity and Daytime Complaints: What is to be Learned When These Domains are Discordant? Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Philadelphia, PA.

37. D'Antonio, B., Boyle, J.T., Seewald, M., Giller, J., Muench, A., **Vargas, I.**, Williams, N.J., Klingman, K., & Perlis, M.L. (2020). Patient-Defined Insomnia Severity: How Much Wakefulness is Problematic? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Philadelphia, PA.
36. Boyle, J.T., Rosenfield, B., DiTomasso, R.A., **Vargas, I.**, Grandner, M., & Perlis, M.L. (2020). Sleep Continuity, Sleep-Related Daytime Dysfunction, and Problem Endorsement: Do These Vary Concordantly by Age? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Philadelphia, PA.
35. **Vargas, I.**, Gencarelli, A., Khader, W., Muench, A., Boyle, J.T., Morales, K., Grandner, M.A., Ellis, J., Kloss, J.D., & Perlis, M.L. (2019). The Temporal Dynamics of the Association Between Sleep Continuity Disturbance and Depressive Symptoms (The NITES Study). Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
34. D'Antonio, B., Boyle, J.T., **Vargas, I.**, Seewald, M., Gencarelli, A., Muench, A., & Perlis, M.L. (2019). Do Low vs. Normal BMI Subjects Differ with Respect to Sleep Disorders Symptoms. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
33. Boyle, J.T., Williams, N., Grandner, M.A., **Vargas, I.**, D'Antonio, B., Seewald, M., Muench, A., Ellis, J., Posner, D., Rosenfield, B., DiTomasso, R., & Perlis, M.L. (2019). Is Sleep Continuity Disturbance and Problem Endorsement Uniformly Worse with Age? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
32. Boyle, J.T., Williams, N., Grandner, M.A., **Vargas, I.**, D'Antonio, B., Seewald, M., Muench, A., Ellis, J., Posner, D., Rosenfield, B., DiTomasso, R., & Perlis, M.L. (2019). Sleep Disorder Symptom Endorsement by Age. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
31. Bremer, E., Morales, K., **Vargas, I.**, Grandner, M.A., Ellis, J., Posner, D., Kloss, J.D., & Perlis, M.L. (2019). Do Patients Change TIB When Starting Hypnotics and Does This Affect Outcomes? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
30. Perlis, M.L., Morales, K., Grandner, M.A., Ellis, J., Posner, D., **Vargas, I.**, Kloss, J.D., Seewald, M., & D'Antonio, B. (2019). Does "TIB" Differentiate Between Good Sleepers and Subjects That Develop Acute or Chronic Insomnia? Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
29. Gencarelli, A., **Vargas, I.**, Muench, A., Boyle, J.T., Khader, W., Morales, K., Ellis, J., & Perlis, M.L. (2019). Chronic Stress and Insomnia: Exploring the Transition from Acute to Chronic Insomnia. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
28. Gencarelli, A., **Vargas, I.**, Khader, W., Muench, A., Boyle, J.T., Morales, K., Grandner, M.A., Ellis, J., Kloss, J.D., & Perlis, M.L. (2018). Evaluating the Association Between Life Events, Perceived Stress, and

Insomnia Status: Data from a National Cohort of Good Sleepers (The NITES Study). Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.

27. **Vargas, I.**, Gencarelli, A., Khader, W., Boyle, J.T., Muench, A., Ellis, J., & Perlis, M.L. (2018). The Cortisol Awakening Response and Insomnia: Exploring the Transition from Acute Insomnia to Recovery, Persistent Poor Sleep, or Chronic Insomnia. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.

26. Muench, A., **Vargas, I.**, Gencarelli, A., Khader, W., Boyle, J.T., Ellis, J., & Perlis, M.L. (2018). Early Morning Alpha Amylase Activity and Insomnia: Exploring the Transition from Acute Insomnia to Recovery, Persistent Poor Sleep, or Chronic Insomnia. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.

25. Boyle, J.T., **Vargas, I.**, Muench, A., Gencarelli, A., Khader, W., Ellis, J., & Perlis, M.L. (2018). 24-hour Ambulatory Blood Pressure and Insomnia: Exploring the Transition from Acute Insomnia to Recovery, Persistent Poor Sleep, or Chronic Insomnia. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.

24. **Vargas, I.** (2018). Negative Cognitive Style And Cortisol Reactivity To A Laboratory Stressor: A Pilot Study. Oral presentation to be given at the Anxiety and Depression Association of America (ADAA) Conference, Washington, D.C.

23. **Vargas, I.**, Gencarelli, A., Khader, W., DiGuiseppe, A., Boyle, J.T., Muench, A., & Lopez-Duran, N.L. (2017). Investigating the effect of acute sleep deprivation on hypothalamic-pituitary-adrenal-axis response to a psychosocial stressor. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.

22. Gencarelli, A., Khader, W., DiGuiseppe, A., **Vargas, I.**, Goldschmied, J., Boland, E., Gehrman, P., & Perlis, M.L. (2017). Evaluating the association between insomnia subtypes and suicidal ideation among Army servicemembers. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

21. **Vargas, I.**, Gencarelli, A., Muench, A., Boland, E., Goldschmied, J., Gehrman, P., & Perlis, M.L. (2017). Insomnia predicts multiple dimensions of suicidal ideation among Army servicemembers. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

20. Muench, A., Gencarelli, A., Boyle, J.T., **Vargas, I.**, Payne, J., & Lopez-Duran, N.L. (2017). Effect of acute sleep deprivation on selective memory for emotional scenes: An experimental study. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.

19. Culnan, E., Khader, W., Morales, K., Kloss, J.D., Baglioni, C., Gencarelli, A., Muench, A., **Vargas, I.**, Riemann, D., & Perlis, M.L. (2017). Objective and subjective effects of four classes of hypnotics on sleep continuity in patients with chronic insomnia. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.

18. Khader, W., Culnan, E., Morales, K., Kloss, J.D., Baglioni, C., Gencarelli A., Muench, A., **Vargas, I.**, Riemann, D., & Perlis, M.L. (2017). A meta-analysis of placebo effects across hypnotic RCTs. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.
17. Culnan, E., Khader, W., Morales, K., Kloss, J.D., Baglioni, C., Gencarelli A., Muench, A., **Vargas, I.**, Riemann, D., & Perlis, M.L. (2017). Subjective-objective discrepancies in treatment outcome with four types of hypnotics. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.
16. **Vargas, I.**, Gencarelli, A., Muench, A., Boland, E., Goldschmied, J., Gehrman, P., & Perlis, M.L. (2017). Insomnia predicts multiple dimensions of suicidal ideation among Army servicemembers. Oral presentation given at the Annual Center for Sleep and Circadian Neurobiology and Penn Chronobiology Program Joint Research Retreat, University of Pennsylvania, Philadelphia, PA.
15. Kuhlman, K.R., Geiss, E.G., **Vargas, I.**, & Lopez-Duran, N.L. (2016). HPA-axis activation as a key moderator of childhood trauma exposure and adolescent mental health. Poster presented at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference, Miami, FL.
14. Fawaz, L., Jawad, N., Martindale, J., **Vargas, I.** & Lopez-Duran, N.L. (2016). Insomnia symptoms moderate the impact of sleep deprivation on attentional biases to emotional information. Poster presented at the Association of Psychological Sciences (APS) Conference, Chicago, IL.
13. **Vargas, I.** & Lopez-Duran, N.L. (2014). Total sleep time and sex moderate the relationship between depressive symptoms and the cortisol awakening response. Oral presentation given at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference, Montreal, ON.
12. **Vargas, I.**, Drake, C., Roth, T., Friedman, N.P. (2014). Vulnerability to stress-related sleep disturbance and insomnia: Investigating the link with comorbid depressive symptoms. Poster presentation presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Minneapolis, MN.
11. Kuhlman, K.R., Price, E., **Vargas, I.**, & Lopez-Duran, N. (2014). Age of onset as a moderator between physical abuse & HPA-axis dysregulation. Poster presented at the Association of Psychological Sciences (APS) Conference, San Francisco, CA.
10. **Vargas, I.** & Lopez-Duran, N. (2014). The link between depressive symptoms and the cortisol awakening response (CAR): Different analytical approaches tell us different stories. Poster presented at the Anxiety and Depression Association of America (ADAA) Conference, Chicago, IL.
9. **Vargas, I.** & Lopez-Duran, N. (2013). Sleep's impact on neuroendocrine functioning: The role of morning affect and anticipatory stress. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.

8. Garton, A., Galecki, P., **Vargas, I.**, & Lopez-Duran, N. (2012) Understanding the impact of sleep duration on the cortisol awakening response during early adulthood. Poster presented at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference, New York, NY.
7. **Vargas, I.**, Olson, S., & Lopez-Duran, N. (2012). Longitudinal effects of sleep quality on neuroendocrine stress reactivity in middle childhood. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.
6. Wang, A.L., **Vargas, I.**, & Lopez-Duran, N. (2012). Sex differences in the impact of sleep on positive and negative affect. Poster presented at Association of Psychological Sciences (APS) Conference, Chicago, IL.
5. Houchins S., Kuhlman, K.R., **Vargas, I.**, & Lopez-Duran, N.L. (2012) Emotional valence and cortisol impact word memory in youth with mood disorders. Poster presented at the Association of Psychological Sciences (APS) Conference, Chicago, IL.
4. Price, E., **Vargas, I.**, Diaz, V., Duemling, K., & Lopez-Duran, N. (2011). Sex differences in the association between body esteem and depressive symptoms. Poster presented at the Association of Psychological Sciences (APS) Conference, Washington, D.C.
3. **Vargas, I.**, Doom, J.R., & Haefel, G.J. (2010). Resilience to depressive symptoms: The buffering effects of enhancing cognitive style and positive life events. Poster presented at the Association of Psychological Science (APS) Conference, Boston, MA.
2. **Vargas, I.**, Technow, J., Eardley, M.P., Heiss, S.M., & Haefel, G.J. (2009). After further deliberation: Cognitive vulnerability predicts changes in event-specific inferences for a poor midterm grade. Poster presented at the Society for Research in Psychopathology (SRP) Conference, Minneapolis, MN.
1. Haefel, G.J., Hames, J.L., & **Vargas, I.** (2009). Cognitive vulnerability to depression: A comparison of traditional, weakest-link, and flexibility operationalizations. Poster presented at the Association of Psychological Science (APS) Conference, San Francisco, CA.

PARTICIPATION IN FUNDED RESEARCH & GRANT SUBMISSIONS:

Ongoing Research Support:

Grant Title: Circadian and Ultradian Cortisol Rhythms in Chronic Sleep Continuity Disturbance

Principal Investigator: Ivan Vargas

NIH Mentored Patient-Oriented Research Career Development Award (K23HL141581)

Role: Principal Investigator

Funding Period: 2019 – 2026

Total Cost: \$800,508

Grant Title: The Sports Travel Disadvantage: Untangling the Effects of Circadian Rhythm Disruption and Sleep Loss on Athletic and Cognitive Performance

Principal Investigators: Ivan Vargas and Gerald Haefel

Notre Dame Human Performance & Wellness Research Grant

Role: Co-Principal Investigator
Funding Period 2025 – 2027
Total Cost: \$89,480

Grant Title: Behavioral Therapy for Insomnia in New Mothers: A Novel Approach to Address Postpartum Sleep Health
Principal Investigators: Ivan Vargas and Amanda Zelechowski
Indiana CTSI CheP Trailblazer Planning Grant
Role: Principal Investigator
Funding Period: 2026
Total Cost: \$4,982.00

Completed Research Support:

Grant Title: Wake up U.S. Healthcare: Evaluating sleep health knowledge and competency among U.S. healthcare providers
Principal Investigator: Ivan Vargas
Small Research Grant from the Franco Family Institute at Notre Dame (formerly ISLA).
Role: Principal Investigator
Funding Period: 2025
Total Cost: \$3,000

Grant Title: Cognitive Behavioral Therapy for Insomnia (CBT-I) and the treatment of Depression: A Mechanistic Clinical Trial
Principal Investigator: Ivan Vargas
Arkansas Biosciences Institute Tobacco Settlement Award (UAF)
Role: Principal Investigator
Funding Period: 2023 - 2024
Total Cost: \$46,786

Grant Title: Meeting the Moment: Preparing a Health Service Psychology Workforce that is Socially Responsive and Resilient.
Principal Investigator: Ana J. Bridges
Department of HHS/HRSA, Graduate Psychology Education Program Award (D40HP33365)
Role: Co-Investigator
Funding Period: 2022-2025
Total Cost = \$1,281,178

Grant Title: Circadian and Ultradian Cortisol Rhythms in Chronic Sleep Continuity Disturbance
Principal Investigator: Ivan Vargas, Ph.D.
NIH Loan Repayment Programs (LRP)
Role: Principal Investigator
Funding Period: 2021 – 2023
Total Cost: \$25,436

Grant Title: The Effectiveness of a Single Session of Cognitive Behavioral Therapy for Insomnia (CBT-I) in a Primary Care Setting.

Principal Investigator: Ivan Vargas, Ph.D. & Ana Bridges, Ph.D.

University of Arkansas Department of Psychological Science - Howells Faculty Research Grant

Role: Co-Principal Investigator

Funding Period: 2021 – 2023

Total Cost = \$4,800

Grant Title: Programs to Increase Diversity in Faculty Engaged in Behavioral and Sleep Medicine

Principal Investigator: Girardin Jean-Louis, Ph.D.

NIH Research Education Program (R25HL10544)

Role: Mentee

Funding Period: 2020 – 2022

Grant Title: Multiple health behavior changes and novel measure of cognitive function: A COVID-19 Natural Experiment

Principal Investigator: Erin Howie Hickey, Ph.D.

University of Arkansas Provost's Collaborative Research Grant

Role: Co-Investigator

Funding Period: 2021

Total Cost = \$10,000

Grant Title: Neuropsychological And Biological Risk Factors For The Transition From Acute To Chronic Insomnia

Principal Investigator: Ivan Vargas, Ph.D.

NIH Loan Repayment Programs (LRP)

Role: Principal Investigator

Funding Period: 2018 – 2020

Total Cost: \$36,579

Grant Title: Training Program In Respiratory Neurobiology And Sleep

Principal Investigator: Allan Pack, MB.Ch.B., Ph.D.

NIH T32 HL007713 (Institutional National Research Service Award)

Role: Postdoctoral Researcher

Funding Year: 2016 - 2019

Grant Title: Prospective Assessment Of The Etiology Of Insomnia In Middle Aged And Elder Adults

Principal Investigator: Michael Perlis, Ph.D.

NIH NIA R01 Supplement R01AG041783

Goal: Evaluated the factors that may mediate and moderate the transition from good sleep to acute insomnia and from acute insomnia to chronic insomnia among older adults.

Role: Co-Investigator

Funding Year: 2016-2017

Grant Title: Investigating The Effect Of Sleep Deprivation On HPA-Axis Functioning: Implications For Affective And Cognitive Functioning.
Principal Investigator: Ivan Vargas, Ph.D.
Funded through multiple small grants at University of Michigan
Goal: Examine the physiological and psychological consequences of acute sleep deprivation.
Role: Primary Investigator
Funding Year: 2014-20166

MENTORSHIP AND SUPERVISION

Dissertation Committee Chair (In Progress)

Jamie Walker, MA (expected defense: Spring 2026).

Ph.D. Candidate, University of Arkansas.

Title: *The association between daily fluctuations in sleep and glucose metabolism.*

Mara Egeler, MA (expected defense: Spring 2027)

Ph.D. Candidate, University of Notre Dame.

Title: *Examining the Effect of CBT-I on the Improvement and Prevention of Cardiovascular Risk Factors.*

Dissertation Committee Member (In Progress)

Khrystyna Stetsiv, MA (expected defense: Spring 2027)

Ph.D. Candidate, University of Notre Dame

Title: *Suicidal Ideation as Emotion Regulation: An Ecological Momentary Assessment of Suicidal Thoughts and Other Emotion Regulation Strategies.*

Dissertation Committee Member (Completed)

Dr. Christin Mujica (2024)

Ph.D., University of Arkansas

Title: *Stay Woke: Understanding Critical Consciousness Development in Adults and its Relationship to Psychological Constructs*

Dr. Anna Nguyen (2024)

Ph.D., University of Arkansas

Title: *'Catching Zzz's and feelings': A study examining the link between sleep and emotional intimacy among sexual assault survivors*

Dr. Rebecca Campbell (2023)

Ph.D., University of Arkansas

Title: *The Effect of Sleep Deprivation on the Ability to Reappraise Negative Situations*

Thesis Committee Chair (Completed)

Harrison Dickens (2025)

Doctoral Student, University of Arkansas

Title: *Lifetime Stressor Exposure, Race, and Habitual Stress Processes: An Evaluation of Repetitive Negative Thinking and Hair Cortisol Concentration*

Mara Egeler (2024)

Doctoral Student, University of Arkansas

Title: *Evaluating the Association Between Daily Fluctuations in Sleep and Blood Pressure.*

Veronica Floyd (2023)

Doctoral Student, University of Arkansas

Title: *Evaluating a mobile application based intervention for insomnia in college students.*

Thesis Committee Member (Completed)

Lauren Garner (2025)

Doctoral Student, University of Notre Dame

Title: *To What Extent do Cognitive Abilities, Conscientiousness, and Physical Activity Predict GPA?*

Russell Mach (2023)

Doctoral Student, University of Arkansas

Title: *Examining Task-related Differences in the Error-Related Negativity (ERN) as a Function of Cognitive Control Strategy and Trait Anxiety*

Mikayla Tolliver (2022)

Doctoral Student, University of Arkansas

Title: *Examining the Hormonal Underpinnings of Affiliation Motivation in Oral Contraceptive Users, Hormonal IUD Users, and Naturally Cycling Women*

Regina Schreiber (2022)

Doctoral Student, University of Arkansas

Title: *The Self-Invalidation Due to Emotion Scale (SIDES): Development and Psychometric Properties*

Undergraduate Honors Thesis Chair (In Progress)

Daniel Smith (expected defense: 2026)

Neuroscience and Behavior Honors Student, University of Notre Dame

Undergraduate Honors Thesis Chair (Completed)

Kimberly Jonas (2025)

Undergraduate Psychology Honors Student, University of Notre Dame

Title: *Sleep Deprivation and Suicide Method: Nighttime Deaths and Impulsive Means*

Olivia Wier (2024)

Undergraduate Psychology Honors Student, University of Arkansas

Title: *Validating an Abbreviated Version of the Cognitive Styles Questionnaire*

Koushik Thudi (2023)

Undergraduate Psychology Honors Student, University of Arkansas

Title: *The Effectiveness of a Single Night of Mindfulness Meditation in Improving Sleep Among College Students: A Laboratory Study*

TEACHING EXPERIENCE

University of Notre Dame, Department of Psychology, Notre Dame, IN

Lead Instructor, *Clinical Science: Conceptual, Research, and Ethical Foundation, PSY 60350*
Fall 2025

Responsibilities: Developed course material, such as syllabus, reading selections, and writing assignments. Led weekly discussions on topics related to clinical psychological science. The overall student objective in this course was to be able to discuss and conduct methodologically rigorous clinical research. Included in this section of the course is a detailed discussion of the legal and ethical aspects of being a clinical scientist.

Course Size: One section, 4-8 students (first-year clinical psychology graduate students)

Lead Instructor, *Sleep and Health, PSY 40361*
Spring 2025

Responsibilities: Developed course material, such as syllabus, reading selections, and lecture slides. Provided weekly lectures and led discussions on topics related to sleep and health. The overall course objective was to be able to provide a scientific framework upon which students can learn about the consequences of not getting adequate sleep, especially regarding psychological and physical health.

Course Size: One section, approximately 17 undergraduate students.

Lead Instructor, *Adult Psychopathology, PSY 60310*
Fall 2024

Responsibilities: Developed course material, such as syllabus, reading selections, and writing assignments. Led weekly discussions on topics related to psychopathology. The course was designed to provide advanced knowledge about psychopathology and its assessment. It covered theoretical perspectives and current concepts related to diagnostic taxonomies and criteria, etiology and pathophysiology, and psychopathology as a cultural construct.

Course Size: One section, 4-8 clinical psychology graduate students

University of Arkansas, Department of Psychological Science, Fayetteville, AR

Lead Instructor, *Advanced Seminar (Topic: Sleep and Health), PSYC 4283*
Fall 2023; Spring 2024

Responsibilities: Developed course material, such as syllabus, reading selections, and lecture slides. Provided weekly lectures and led discussions on topics related to sleep science. The overall course objective was to be able to discuss and apply (in a preliminary way) the principles and practice of sleep science. The course also focused on enhancing students' academic writing skills and served as the senior writing requirement for the psychology major.

Course Size: One section, approximately 16 undergraduate students.

Lead Instructor, *Clinical Seminar: Sleep and Health, PSYC 609V*
Spring 2023

Responsibilities: Developed course material, such as syllabus, reading selections, and lecture slides. Provided weekly lectures and led discussions on topics related to sleep and health. The overall course objective was to be able to provide a scientific framework upon which students can learn about the consequences of not getting adequate sleep, especially with regard to psychological and physical health.
Course Size: One section, approximately 6 graduate students.

Lead Instructor, *Abnormal Psychology, PSYC 3023*
Spring 2021

Responsibilities: Developed course material, such as syllabus, reading selections, and lecture slides. Provided weekly lectures on topics related to abnormal psychology and psychopathology. The overall course objective was to be able to provide a scientific framework upon which students can learn about the causes, phenomenology, and treatment of psychological disorders.
Course Size: One section, approximately 65 undergraduate students.

Lead Instructor, *Introduction to Clinical Science: Research Design & Ethical Guidelines, PSYC 5313*
Fall 2019 – Fall 2023

Responsibilities: Developed course material, such as syllabus, reading selections, and writing assignments. Led weekly discussions on topics related to clinical psychological science. The overall student objective in this course was to be able to discuss and conduct methodologically rigorous clinical research. Included in this section of the course is a detailed discussion of the legal and ethical aspects of being a scientist-practitioner.

Course Size: One section, 4-8 students (first-year clinical psychology graduate students)

Indiana University Northwest, Department of Psychology, Gary, IN

Lead Instructor, *Science of Sleep, PSY 388*
Jan. 2016 – May 2016

Responsibilities: Developed course material, such as syllabus, examinations, and writing assignments. Delivered weekly lectures on topics related to sleep research and medicine, such as the history of sleep research/medicine, neurobiology of sleep, methods and assessment of sleep, and overview of the diagnosis, etiology, and treatment of sleep disorders. Graded student exams and writing projects, and held weekly office hours.

Course Size: One section, 25 students

Lead Instructor, *Introduction to Psychology, PSY 101*
Jan. 2016 – May 2016

Responsibilities: Developed course material, such as syllabus, examinations, and writing assignments. Delivered weekly lectures on topics related to general psychology, such as psychobiology, cognition, development, psychopathology, and psychotherapy. Graded student exams and writing projects, and held weekly office hours.

Course Size: One section, 40 students

University of Michigan, Department of Psychology, Ann Arbor, MI

Graduate Student Instructor, *Introduction to Psychology, PSY 111*

Sept. 2015 – Dec. 2015

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding psychology as a science. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Three sections, 25 students each

Lead Instructor: Brian Malley, Ph.D.

Grader and Proctor, *Perception, PSY 347*; Jan. 2015 – April 2015

Responsibilities: Proctored and graded exams.

Course Size: One section, 40 students

Lead Instructor: John Snodgrass, Ph.D.

Graduate Student Instructor, *Introduction to Psychopathology, PSY 270*

Jan. 2013 – April 2013

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding topics related to psychopathology. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Two sections, 30 students each

Lead Instructor: Nestor Lopez-Duran, Ph.D.

Graduate Student Instructor, *Introduction to Psychology, PSY 111*

Sept. 2012 – December 2012

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding psychology as a science. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Three sections, 25 students each

Lead Instructor: Marion Perlmutter, Ph.D.

Graduate Student Instructor, *Introduction to Psychopathology, PSY 270*

Jan. 2012 – April 2012

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding topics related to psychopathology. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Two sections, 30 students each

Lead Instructor: Nestor Lopez-Duran, Ph.D.; Joseph Gone, Ph.D.; Patricia Deldin, Ph.D.

Graduate Student Instructor, *Introduction to Psychology, PSY 111*

Sept. 2011 – December 2011

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding psychology as a science. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Three sections, 25 students each

Lead Instructor: Marion Perlmutter, Ph.D.

CLINICAL AND SUPERVISION EXPERIENCE

University of Arkansas, Fayetteville, AR

Practicum Supervisor, Department of Psychological Science; May 2022 – August 2022.

Responsibilities: Supervise psychology PhD student clinicians at in-house psychological clinic.

Orientation: Brief summer practicums focused on Behavioral Sleep Medicine and Health Psychology.

Practicum Supervisor, Department of Psychological Science; January 2022 – May 2022.

Responsibilities: Supervise psychology PhD student clinicians at in-house psychological clinic.

Orientation: Practicum focused on diversity and multiculturalism.

Practicum Supervisor, Department of Psychological Science; January 2020 – May 2020.

Responsibilities: Supervise psychology PhD student clinicians at in-house psychological clinic.

Orientation: Practicum focused on Behavioral Sleep Medicine and Cognitive Behavioral Therapy for Insomnia (CBT-I).

Supervisor: Jennifer Veilleux, Ph.D.

University of Pennsylvania, Philadelphia, PA

Postdoctoral Fellow, *Behavioral Sleep Medicine Program*; April 2017 – July 2019.

Responsibilities: Provided short-term evidence based psychotherapy for insomnia.

Orientation: Cognitive Behavioral Therapy for Insomnia (CBT-I)

Supervisors: Erin O'Brien-Veara, Ph.D., Laura Zandberg, Psy.D.; Michael Perlis, Ph.D.

University of Michigan Consortium Internship (APA-accredited), Ann Arbor, MI

Psychology Intern, *University Center for the Child and the Family*; Sept. 2014 – Aug. 2015.

Responsibilities: Provided individual and group therapy services to children and families.

Orientation: Cognitive Behavioral Therapy for Depression and Anxiety; Acceptance and Commitment Therapy; Parent Management Training; Psychological Testing

Supervisors: Cindy Ewell-Foster, Ph.D.; Erin Hunter, Ph.D.

Psychology Intern, *University of Michigan Psychological Clinic*; Sept. 2014 – Aug. 2015.

Responsibilities: Provided individual and group therapy services to adults in an outpatient setting.

Orientation: Cognitive Behavioral Therapy for Depression and Anxiety; Acceptance and Commitment Therapy; Cognitive Processing Therapy; Psychological Testing

Supervisors: Todd Favorite, Ph.D.; Jody Hoffman, Ph.D.

University of Michigan, Ann Arbor, MI

Senior Clinical Technician, *University Center for the Child and the Family*; Sept. 2015 – July 2016.

Responsibilities: Provided psychological testing with children and adolescents.

Orientation: Psychological Testing (Wechsler Intelligence Scale for Children (WISC-IV)

Supervisors: Cindy Ewell-Foster, Ph.D.

Practicum Student, *University of Michigan Behavioral Sleep Medicine Clinic*; Sept. 2013 – Aug. 2014.

Responsibilities: Provided short-term evidence based psychotherapy for insomnia.

Orientation: Cognitive Behavioral Therapy for Insomnia (CBT-I)

Supervisors: Dierdre Conroy, Ph.D.; J. Todd Arnedt, Ph.D.

Practicum Student, *University of Michigan Perinatal Clinic*; Sept. 2012 – Aug. 2013

Responsibilities: Provided short-term evidence based psychotherapy for depression.

Orientation: Interpersonal Psychotherapy (IPT)

Supervisors: Leslie Swanson, Ph.D.

Practicum Student, *Univ. of Michigan/Hurley Medical Center*, May 2012 – Aug. 2012.

Responsibilities: Conducted suicide risk assessments for CDC-funded effectiveness trial on adolescent mental health in an emergency department setting.

Orientation: Clinical Interview and Risk Assessment; Columbia Suicide Severity Rating Scale

Supervisors: Cheryl King, Ph.D.

Practicum Student, *University Center for the Child and the Family*; Sept. 2011 – Aug. 2012

Responsibilities: Provided individual and group therapy services to children and families.

Orientation: Cognitive Behavioral Therapy for Depression and Anxiety; Parent Management Training

Supervisors: Polly Gipson, Ph.D.

SEMINARS AND INVITED LECTURESHIPS (AS PRESENTER)

What the Health: the Science of Sleep. Michiana Community Health Coalition. December 2025.

Making insomnia treatment more scalable and the potential role of one-session CBT for insomnia. Clinical Area Brown Bag - University of Notre Dame Department of Psychology. September 2025.

The transition from acute to chronic insomnia: the role of "hyperarousal" and the hypothalamic-pituitary-adrenal (HPA) axis. Columbia University Sleep Seminar, Center of Excellence for Sleep & Circadian Research at Columbia University Medical Center. March 2025.

Keynote Address - Our Futures Weekend. Hosted by the University of Notre Dame Graduate School, Office of the Provost, and Office of Inclusive Excellence. Invited lecture, January 2025.

Sleep Talking: Starting Good Sleep Habits in College. Hosted by the University of Notre Dame Class of 2027 Wellness Committee. Invited lecture, November 2024.

Sleep & Increasing Access to More Equitable Insomnia Treatment. Sleep Research Society, Virtual Seminar Series, November 2024.

Year in Review: SBSM Keynote Presentation. Society of Behavioral Sleep Medicine, Annual Scientific Conference, September 2024.

Sleep and Circadian Rhythms in Cardiovascular Resilience: Mechanisms, Implications, and Applications. National Heart, Lung, and Blood Institute (NHLBI) Virtual Webinar, Invited Speaker, April 2024.

What the Health: The Science of Sleep. Fayetteville Public Library, June 2023. Co-led with clinical psychology graduate student, Jamie Walker.

Overview of Academic Sleep Science and Medicine. Dream Camp sponsored by The FAM, October 2022.

Applying for graduate funding. University of Arkansas Department of Psychological Science Program Area Meeting, October 2021.

Understanding the insomnia-depression link: from symptom to risk factor. Society of Behavioral Sleep Medicine Science and Research Committee Webinar, August 2021.

Promoting Healthy Sleep Habits to Improve Focus and Productivity at Work. University of Arkansas Global Campus, January 2021.

Circadian and Ultradian Cortisol Rhythms in Chronic Sleep Continuity Disturbance. Penn State Hershey Sleep Research & Treatment Center, Department of Psychiatry, Penn State College of Medicine. November 2020.

Examining the psychological and physiological consequences of acute sleep deprivation among healthy young adults. Center for Sleep and Circadian Neurobiology, Department of Psychiatry, University of Pennsylvania. November 2015.

Investigating the effect of sleep deprivation on HPA-axis functioning: implications for affective and cognitive functioning. Pat Gurin Distinguished Lecture Series, Department of Psychology, University of Michigan. February 2015.

Investigating the physiological and psychological consequences of sleep deprivation: An experimental design. Department of Psychology, University of Michigan. November 2013.

The Cortisol Awakening Response (CAR): Impact of self-reported stress and sleep patterns among healthy young adults. Trauma, Stress, and Anxiety Research Group, Department of Psychiatry, University of Michigan. April 2013.

Sleep and HPA-Axis Functioning: Implication for Adolescent Psychopathology. Sleep Disorders Center, Henry Ford Hospital. October 2012.

The Feeling Mind: Emotion. Department of Psychology, University of Michigan. October 2012.

Longitudinal Effects of Sleep Quality on Neuroendocrine Stress Reactivity in Middle Childhood. Clinical Brown Bag Seminar. Department of Psychology, University of Michigan. April 2012.

Emotion. Department of Psychology, University of Michigan. October 2011.

SPECIALIZED TRAINING: SEMINARS, WORKSHOPS, & CONFERENCES (AS ATTENDEE)

K to R01 Virtual Workshop. Two-day virtual conference hosted by the National Heart, Lung, and Blood Institute, October 2024.

Write Winning Grant Proposals Seminar. Two-day seminar hosted by the U of A Division of Research and Innovation, September 2023.

New Faculty Colloquium on Research and Scholarship. All-day conference hosted by the University of Arkansas Division of Research and Innovation, October 2021.

The Future of CBTI: Where Do We Go From Here?, webinar hosted by University of Arizona Behavioral Sleep Medicine Seminar Series, May 2021.

Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE) Summer Institute, hosted by PRIDE, virtual conference, July 2021.

Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE) Annual Meeting, hosted by PRIDE, virtual conference, April 2021

Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE) Summer Institute, hosted by PRIDE, virtual conference, July 2020.

Facing Bias: Exposing Blind Spots/Engaging in Action, virtual workshop hosted by the IDEALS Institute and the University of Arkansas Division of Diversity, Equity and Inclusion, June 2020.

SRS Leadership Workshop, held at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX by the Sleep Research Society, June 2019.

SRS Grant Writing Workshop, held at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD by the Sleep Research Society, June 2018.

Mini-Fellowship in Behavioral Sleep Medicine, Behavioral Sleep Medicine Program, Department of Psychiatry, School of Medicine, University of Pennsylvania, April 2018.

Salivary α -amylase Kinetic Enzyme Assay, Radioimmunoassay and Biomarkers Core, Institute for Diabetes, Obesity & Metabolism, University of Pennsylvania, November 2017.

Sleep, Circadian Rhythms, and Mental Health Workshop, Department of Psychiatry, School of Medicine, University of Pennsylvania, November 2017.

Advanced CBT-I Conference, Department of Psychiatry, School of Medicine, University of Pennsylvania, April 2017.

Enzyme-linked Immunosorbent Assay (ELISA) for Salivary Cortisol. Radioimmunoassay and Biomarkers Core, Institute for Diabetes, Obesity & Metabolism, University of Pennsylvania, February 2017.

Polysomnography (PSG) Training Seminar, Penn Sleep Center, Hospital of the University of Pennsylvania, January 2017.

Principles and Practice of Cognitive Behavioral Therapy for Insomnia (CBT-I) Conference, Department of Psychiatry, School of Medicine, University of Pennsylvania, October 2016.

A-STEP Sleep Training Program, Allegiance Sleep Health Center, Allegiance Health, April 2012.

SERVICE

Professional/Societal Affiliations:

2020 – Present	International Society of Psychoneuroendocrinology
2020 – Present	Society of Behavioral Sleep Medicine
2011 – Present	Sleep Research Society
2022 – Present	American Academy of Sleep Medicine
2021 – 2023	Anxiety and Depression Association of America

Ad-Hoc Grant Review:

2021 – 2025	NIH Brain Disorders and Related Neurosciences Fellowship Study Section (F01A)
2025	NIH Biobehavioral Medicine and Health Outcomes (BMHO) Study Section
2022	NIH Mechanisms of Emotion, Stress and Health (MESH) Study Section

University Service and Affiliations:

2025 – Present	Institute of Latino Studies (Faculty Fellow)
2025 – Present	Building Bridges Mentoring Program, Notre Dame MSPS (Mentor)
2025 – Present	Latin American Students Unidos of Notre Dame (Faculty Advisor)
2025 – Present	ND Graduate School's Summer Research Opportunities Program (Faculty Mentor)

Committee Membership:

2025 – Present	Board of Directors, Society of Behavioral Sleep Medicine (Director)
2025 – Present	Editorial Board Member, Behavioral Sleep Medicine
2024 – Present	College Council, Notre Dame College of Arts and Letters (Member)
2023 – Present	Diversity, Equity, and Inclusion Committee, Sleep Research Society (Member)
2022 – 2025	Science and Research Committee, Society of Behavioral Sleep Medicine (Chair)
2024 – 2025	Undergraduate Studies Committee, ND Department of Psychology (Member)
2020 – 2024	U of A Psychoneuroendocrinology and Immunology Research Consortium (Chair)
2019 – 2024	Clinical Training Committee, U of A Department of Psychology (Member)
2021 – 2023	Howell's Committee, U of A Department of Psychology (Member)
2020 – 2023	Scientific Review Committee, Sleep Research Society (Member)
2021 – 2022	Science and Research Committee, Society of Behavioral Sleep Medicine (Member)
2015	Consortium Internship Committee, U of M Department of Psychology (Member)
2012-2014	Clinical Area Executive Committee, U of M Department of Psychology (Member)

2013	Trainee Education Advisory Committee, Sleep Research Society (Member)
2011-2012	Clinical Area Faculty Search Committee (Member)
2010-2011	Graduate Student Council, U of M Department of Psychology (Member)

Peer Review Assignments:

Ad-Hoc:

Annals of the New York Academy of Sciences
 Behaviour Research and Therapy
 Behavioral Sleep Medicine
 BMC Psychiatry
 Clinical Gerontologist
 Cognitive Behaviour Therapy
 Cognition & Emotion
 Depression & Anxiety
 International Journal of Behavioral Medicine
 Journal of Affective Disorders
 Journal of Clinical Sleep Medicine
 Journal of Experimental Psychology: General
 Journal of Psychiatric Research
 Journal of Sleep Research
 Neuropsychopharmacology
 Neuroscience & Biobehavioral Reviews
 PLOS ONE
 Psychiatry Research
 Psychoneuroendocrinology
 SLEEP
 Sleep Health
 Sleep Medicine Reviews
 Social Psychiatry and Psychiatric Epidemiology
 Stress & Health

Review Editor:

Frontiers in Neurology and Psychiatry
 Journal of Clinical Medicine (Guest Editor for Special Issue)
 Behavioral Sleep Medicine