JESSICA D. PAYNE, PH.D.

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Revised 1/2026

PRIMARY ACADEMIC POSITION

2021-present **Professor of Psychology,** Department of Psychology, University of Notre Dame

2014-2021 **Associate Professor of Psychology**, Department of Psychology, University of Notre Dame

2019-2020 **Andrew J. McKenna Family Collegiate Chair**, University of Notre Dame

2011-2019 **Nancy O'Neill Collegiate Chair**, University of Notre Dame

2009-2014 **Assistant Professor of Psychology**, Department of Psychology, University of Notre Dame

OTHER ACADEMIC POSITIONS

2012-2013 **Visiting Professor**, Boston College, Department of Psychology

2011-2012 **H. Smith Richardson Jr. Fellow**, Center for Creative Leadership, Greensboro, NC

EDUCATION

2006-2009 **Harvard University**
Postdoctoral Fellow, Psychology/Cognitive Neuroscience
Advisors: Daniel Schacter and Robert Stickgold

2005-2006 **Harvard Medical School, Beth Israel Deaconess Medical Center**
Postdoctoral Fellow, Cognitive Neuroscience
Advisor: Robert Stickgold

1999-2005 **University of Arizona, Ph.D., Psychology/Cognitive Neuroscience**
Advisor: Lynn Nadel

1997-1999 **Mount Holyoke College, M.A., Experimental Psychology**

1991-1995 **University of San Diego, B.A., Psychology,** *magna cum laude*

RESEARCH LEAVE
Sabbatical academic year 2024-2025

A. Scholarship and Professional Activities

RESEARCH GRANTS AND TRAINING FELLOWSHIPS

Funded – National Science Foundation
09/01/2020 - 08/31/2025
Jessica D. Payne, P.I. (Elizabeth Kensinger, co-P.I.)
National Science Foundation **$899,876**
Sleep and Selective Emotional Memory Consolidation from Young Adulthood through Middle Age: PSG and fMRI Investigations (BCS-2001025). This project examines whether sleep produces the same selective emotional memory benefits in middle-aged adults as younger adults, and whether the same sleep physiology and neural networks underlie this selective memory consolidation. Note that this is primarily a sleep polysomnography grant, and thus most of the funds will stay at Notre Dame, while a smaller portion goes to Boston, where the fMRI scanner and the other co-PI (Elizabeth Kensinger) is located.

Funded – National Science Foundation
7/2015-6/2018 (with no-cost extension through 6/2019)
Jessica D. Payne, P.I. (Elizabeth Kensinger co-P.I.)
National Science Foundation **$550,976**
Stress at learning interacts with sleep to optimally consolidate emotional memories (BCS-1539361). This project examined how stress and cortisol during learning influence memory consolidation using both task-based and resting-state fMRI analyses. Note that while this grant tested my newest theory about sleep-stress interactions during memory consolidation, it is a fMRI grant, and thus most funds went to Boston, where the scanner, and the other Co-PI (Elizabeth Kensinger), are located.

Funded – National Science Foundation
8/2010-7/2013 (with no-cost extension through 2014)
Jessica D. Payne, P.I. (Elizabeth Kensinger, co-P.I.)

National Science Foundation **$454,888**

Sleep Dependent Preservation of Emotional Memory: EEG and fMRI Investigations (BCS-0963581). This project used polysomnographic (PSG) sleep studies and fMRI to examine emotional memory formation during sleep. The sleep research was conducted at Notre Dame and the fMRI studies were conducted in Boston. Through the newly formed Notre Dame/Boston College Cognitive Neuroscience Exchange Program, undergraduates from Notre Dame spent a summer in Boston learning fMRI techniques, and Boston College students spent a summer at Notre Dame to learn sleep polysomnography.

Funded – National Science Foundation
2013-2015

Jessica D. Payne, Primary Sponsor **$96,000**
National Science Foundation
Does Sleep Influence Memory for Gist?
NSF Graduate Research Fellowship; Recipient: Enma Pardilla-Delgado

Funded – National Institutes of Health
9/2014-5/2018 (with no-cost extension through 5/2019)

Co-Investigator **National Institutes of Health** **$2,913,061**
NetHealth: Modeling the Co-Evolution of Social Networks and Health Behaviors, (RO1 HL117757-01A1). In collaboration with the departments of Sociology and Computer Science and Engineering, this project examined the extent to which people's social ties to others affect two important health-related behaviors - physical activity and sleep habits - that are known to have effects on health outcomes, such as specific types of cancer, cardiovascular diseases, obesity, cognitive functioning, and life expectancy. My lab tested the ability of the BodyMedia Health Armbands to measure properties of sleep, and developedcand tested models about the effects of social network position on sleep habits, as well as the effects of sleep habits on network position.

Funded – National Institutes of Health
9/2011-8/2016 (with no-cost extension through 8/2017)

Co-Investigator **National Institutes of Health** **$3,062,774**
Notre Dame Study of Well-Being (NDHWB), (NIA 2 RO1 AG02357-06). In collaboration with Cindy Bergeman, Ph.D. at the University of Notre Dame, this project examined the types and qualities of life stress that initiate cascades of perceptual, emotional, and biological responses that can lead to disorder and disease, and to examine coping resources that protect against them.

Funded – National Institutes of Health
1/2015-12/2017

Primary Sponsor **National Institutes of Health** **$184,518**
The Impact of Emotional Salience and Aging on Selective Sleep-Based Memory Consolidation, (F32AG047807).

National Research Service Award (NRSA) Postdoctoral Fellowship**;** Primary Investigator: Dr. Sara Alger; Co-Sponsors: Dr. Michael Perlis (U Penn), and Cindy Bergeman (Notre Dame).

Declined –

9/15/2023 **Co-Principal Investigator** **Wellcome Trust** **$1,206,236**
Strategic control of sleep cognition and sleep emotion for waking-state mental health benefits

3/25/2023 **Co-Investigator** **NIH RFA-RM-21-015** **$3,500,000**

Funded – Internal

4/2016 **Principal Investigator** **ISLA Large Grant, Notre Dame** **$4,000**
The Effects of Emotional Salience and Aging on Selective Sleep-Based Memory Consolidation

3/2014 **Principal Investigator** **ISLA Founders Grant, Notre Dame** **$10,000**
Restoring Healthy Sleep to Prevent the Deterioration of Prospective Memory in Depressed Individuals: A CBT-I Approach

11/2013 **Primary Sponsor** **ISLA Notre Dame** **$1296.00**
Individual Variability in Statistical Learning: A Possible Cognitive Mechanism of Insight; Recipient: Steve Mattingly

2006-2009 **Harvard University, Mind, Brain and Behavior Postdoctoral Research Fellowship**
The role of sleep in episodic memory consolidation

2000-2003 **McDonald-Pew Cognitive Neuroscience/Flinn Foundation Graduate Fellowship**
The effects of stress on human memory function

2002 **University of Arizona Research Grant**

1994-1995 **Associated Students Research Grant (University of San Diego)**

HONORS AND AWARDS

Research/Academic

2022 Delivered the National Academy of Sciences 2021 Seymour Benzer/Sydney Brenner Lecture (Feb, 2022)

2019 Elected to INS (International Neuropsychological Symposium) – one of 38 North American members and 124 members worldwide. *INS is an invitation-only international group, which, since 1951, meets every year for the purpose of promoting knowledge and understanding of brain functions and cognate issues on*

	the borderland of neurology, psychology and psychiatry.
2019	Elected to MDRS (Memory Disorders Research Society) – one of 140 members worldwide. *MDRS is an invitation-only international professional society dedicated to the study of memory and memory disorders.*
2017	Elected as a Kavli Fellow, National Academy of Sciences. "*About the Kavli Fellow Program: Kavli fellows are selected by the advisory board of The Kavli Foundation and members of the National Academy of Sciences from young researchers who have already made recognized contributions to science, including recipients of major national fellowships and awards and who have been identified as future leaders in science. More than 150 Kavli fellows have been elected into the National Academy of Sciences and 10 have been awarded Nobel Prizes."*
2015	Early Career Award from the Psychonomic Society, *conferred upon young scientists who have made significant contributions to scientific psychology early in their careers* (*associated with a $2500 research award to be used for projects of my choice*).
2011-2019	Nancy O'Neill Collegiate Chair/Andrew J. McKenna Family Collegiate Chair – awarded for outstanding research, teaching and service at the University of Notre Dame (*associated with a research award of $75,000 to be used for projects of my choice*).
2011-2012	H. Smith Richardson Jr. Fellow, Center for Creative Leadership, Greensboro, NC – awarded for my work applying cognitive and affective neuroscience to leadership practice and business ethics (*associated with a research award of $20,000 to be used for a project of my choice*).
2011	Appointed Reilly Center Fellow
2011	Notre Dame's single candidate nominated to apply for Searle Scholars Funds
2010	Laird Cermak Early Career Award for early contribution to memory research by the International Neuropsychological Society – *given to candidates who are less than five years from completion of training for outstanding research in memory or memory disorders.*
2010	Provost's interfaculty initiative on interdisciplinary research, funds awarded for program in Brain, Mind and Behavior, University of Notre Dame
2006-2008	Abstract Awards for Scientific Merit, Sleep Research Society
2003	Fellow, Vivian Smith Advanced Studies Institute of the International Neuropsychological Society
1995	Psychology Research Award for Honors Thesis
1995	Departmental Honors in Psychology
1994-1995	President, Psi Chi: University of San Diego
1992-1995	Dean's List, First Honors
1991-1995	University of San Diego Honors Program

Teaching

2018	Appointed Kaneb Center for Teaching and Learning Faculty Fellow, University of Notre Dame
2017	Nominated for the Sheedy Excellence in Teaching Award, University of Notre Dame
2016	Awarded the University of Notre Dame Rev. Edmund P. Joyce Award for Excellence in Undergraduate Teaching
2012	Awarded University of Notre Dame Frank O'Malley Undergraduate Teaching Award
2008-2009	Awarded the Harvard University Derek Bok Center Certificate of Distinction in Teaching
2007-2008	Awarded the Harvard University Derek Bok Center Certificate of Distinction in Teaching
2006-2007	Awarded the Harvard University Derek Bok Center Award for Teaching Excellence

PUBLICATIONS

h-index:	**42**	**Since 2020**	**33**
i10-index:	**72**	**Since 2020**	**67**
Citations:	**9323**	**Since 2020**	**3298**

[Symbols indicate trainee involvement post-tenure]
[+] Author is my current or former Notre Dame postdoctoral fellow
[*] Author is my current or former Notre Dame graduate student
[o] Author is my current or former Notre Dame undergraduate student
[@] Author is a current or former Notre Dame student not mentored by me, but nonetheless involved in a project with me (I include this as I feel it provides evidence of my collaborations and willingness to work with other students)
[**] Author is a current or former co-mentored graduate student (the applies to only one student, K. Bennion, who was a key student involved in my collaborative NSF grants)
[#] Author is a former student who I mentored in the past, either as a postdoc at Harvard or as a graduate student at the University of Arizona

JOURNAL ARTICLES – PEER REVIEWED

(Impact Factors or CiteScores provided for all articles – from year published when available, sourced from Web of Science and Scopus)

In Preparation

[*]Niu, X., [+]Sanders, K. E. G., Kensinger, E. A., & **Payne, J. D.** *Updating stressful memories with imagery rescripting and implications for depression and anxiety symptoms.*

[*]Niu, X., [+]Sanders, K. E. G., Denis, D., Cunningham, T. J., Zhang, G., Kensinger, E. A., & **Payne, J. D**. *Memory deficits mediate the association between REM and slow-wave sleep spectral bandpower and shared symptoms of depression and anxiety.*

[*]Kafafi, S.S., Niu, X., Utayde, M. Sanders, K., & **Payne, J.D.** *Tides of Time: The Impact of Physiological Arousal on Negative and Neutral Episodic Memories in Young and Middle-Aged Adults.*

[*]Kafafi, S.S., Koen, J.D., Foley, M., Pichot, R.E., Henreckson, D.J., Rugg, M.D., & **Payne, J.D.** *Age-related differences in EEG Oscillatory Subsequent Memory Effects for Pictorial Stimuli.*

[+]Sanders, K., & **Payne, J.D.** *Sleep EEG Characteristics of Memory in Middle Age*

[+]Sanders, K., & **Payne, J.D**. *Creative Problem Solving: Incubation effects following sleep vs. wake.*

[o]Nosek, N., [+]Sanders, K. E. G., [*]Niu, X., & **Payne, J.D.** *Optimism modulates the relationship between overt attention and emotional memory consolidation.*

[o]Krause, M., [+]Sanders, K. E. G., & **Payne, J.D.** *Mood effects on creative problem solving and later memory for puzzle solutions.*

[o]Polking, M., [+]Sanders, K. E. G., & **Payne, J.D.** *Targeted memory reactivation during sleep benefits memory restructuring of creative problems.*

Utayde, M., [*]Niu, X., [+]Sanders, K. E. G., & **Payne, J.D.** *Real-time emotion regulation enhances emotional memory consolidation.*

Under Review/Revision

[*]Niu, X., [+]Sanders, K. E. G., Kensinger, E. A., & **Payne, J. D.** Eveningness: A double-edged sword? Associations with sleep, internalizing symptoms, and alertness in middle-aged and older adults.

[*]Kafafi, S. S., [*]Niu, X., [#]Utayde, M. F., [+]Sanders, K. E. G., Cunningham, T. J., Kensinger, E. A., & **Payne, J. D.** Tides of time: The impact of physiological arousal on negative and neutral episodic memories in young and middle-aged adults.

Monkman, R.G., Maybury, J., Garcia, S.M., Chung, J., Echols, H., Koziol, N.K., Faul, L.,

Williams, S.E., **Payne, J.D**., & Kensinger, E.A. What is remembered best is not what is gazed upon longest: Valence biases in memory do not parallel attention

Published

2024

[+]Denis, D. & **Payne, J.D.** (2024). Targeted memory reactivation during non-rapid eye movement sleep enhances neutral, but not negative, components of memory. *eNeuro*, *11(5)*, https://doi.org/10.1523/ENEURO.0285-23.2024

[*]Niu, X., [#]Utayde, M.F., [+]Sanders, K.E.G., Cunningham, T.J., Zhang, G., Kensinger, E.A., & **Payne, J.D.** (2024). The effects of shared, depression-specific, and anxiety-specific internalizing symptoms on negative and neutral episodic memories following post-learning sleep. *Cognitive, Affective, and Behavioral Neuroscience*, *1-21*. *https://doi.org/10.3758/s13415-024-01209-5*

[+]Denis, D., DiPietro, C., Spreng, R.N., Schacter, D.L., Stickgold, R., & **Payne, J.D.** (2024). Sleep and testing both strengthen and distort story recollection. *SLEEP Advances*, Volume 5, Issue 1, 2024, zpae083, https://doi.org/10.1093/sleepadvances/zpae083

[*]Niu, X., [#]Utayde, M, [+]Sanders, K, [+]Denis, D., & **Payne, J.D.** (2024). Age-related positivity effect in emotional memory consolidation from middle age to late adulthood. *Frontiers in Behavioral Neuroscience, Learning and Memory*, 18:1342589, doi:10.3389/fnbeh.2024.1342589

2023

Nemeth, D., Gerbier, E., Born, J., Rickard, T., Albouy, G., Diekelman, S., Fogel, S., Genzel, L., Prehn-Kristensen, A, **Payne, J.D.,** Dresler, M., et al. (2023). Pitfalls in sleep and memory research and how to avoid them. *Nature Reviews Psychology* *https://doi.org/10.1038/s44159-023-00262-0*

[@]Martinez, B.S., [+]Denis, D., [*]Kim, S.Y., [*]DiPietro, C.H., [º]Stare, C., Kensinger, E.A., & **Payne, J.D.** (2023). The Effects of Cognitive Reappraisal and Sleep on Emotional Memory Formation. *Cognition and Emotion*, 37(5), 942-958.

[+]Denis, D., Bottary, R., [*]Cunningham, T.J., [o]Tcheukado, M., & **Payne, J.D.** (2023). The influence of encoding strategy on associative memory consolidation across wake and sleep. *Learning & Memory*, 30, 185-191. [**Cover art:** https://learnmem.cshlp.org/content/30/9.cover-expansion]

2022

[+]Denis, D., [+]Sanders, K.E.G., Kensinger, E.A., & **Payne, J.D**. Sleep preferentially consolidates negative aspects of human memory: Well-powered evidence from two large online experiments, *Proceedings of the National Academy of Sciences*, 119 (44), https://doi.org/10.1073/pnas.220265711. 2022 Impact Factor: 11.205. CiteScore: 16.2.

Simon, K.C., Nadel, L., & **Payne, J.D.** The functions of sleep: A cognitive neuroscience perspective. *Proceedings of the National Academy of Sciences*, 119 (44), https://doi.org/10.1073/pnas.2201795119. 2022 Impact Factor: 11.205. CiteScore: 16.2.

Ford, J.H., [*]Kim, S.Y., Kark, S., Daley, R**., Payne, J.D.,** & Kensinger, E.A. Distinct stress-related changes in intrinsic amygdala connectivity predict subsequent positive and negative memory performance. *European Journal of Neuroscience*, *http://doi.org/10.1111/ejn.15777* 2022 Impact Factor: 3.386. CiteScore: 5.4.

2021

[+]Denis, D., Mylonas, D., Poskanzer, C., Bursal, V., & **Payne, J.D.** Sleep spindles facilitate selective memory consolidation. *Journal of Neuroscience* 5 May 2021, 41 (18) 4088-4099; DOI: https://doi.org/10.1523/JNEUROSCI.0818-20.2021. 2020 Impact Factor 6.167. CiteScore: 10.3

[@]Yeh, N., **Payne, J.D.,** [*]Kim, S.Y., Kensinger, E.A., Koen, J.D., & Rose, N.S. Medial prefrontal cortex has a causal role in selectively enhanced consolidation of emotional memories after a 24-hour delay: An iTBS study. 2019 Impact Factor 5.674. *Journal of Neuroscience* 21 July 2021, 41 (29) 6273-6280; DOI: https://doi.org/10.1523/JNEUROSCI.2599-20.2021. Impact Factor 6.167. CiteScore: 10.3.

Kohler, M., Sandiford, C., Schilds, L., & **Payne, J.D.** Memory for emotional images across sleep versus wake in school-aged children. *Journal of Experimental Child Psychology* Volume 214, 2022, https://doi.org/10.1016/j.jecp.2021.105308. 2020 Impact Factor 2.61. CiteScore: 4.4.

[*]Cunningham, T.J., Bottary, R., Denis, D. & **Payne, J.D.** Sleep Spectral Power Correlates of Prospective Memory Maintenance. *Learning & Memory*, 28:291–299; DOI: http://www.learnmem.org/cgi/doi/10.1101/lm.053412.121 2020 Impact Factor 2.22.

[*]Cunningham, T.J., [*]Mattingly, S., Wirth, M.M., [+]Alger, S.E., & **Payne, J.D.** Higher post-encoding cortisol benefits the selective consolidation of emotional aspects of memory. *Neurobiology of Learning and Memory*, https://doi.org/10.1016/j.nlm.2021.107411. 2019 Impact Factor 2.768. CiteScore 5.8.

[+]Denis, D., [*]Kim, S.Y., Kark, S.M., Daley, R.T., Kensinger, E.A., & **Payne, J.D.** Slow oscillation-spindle coupling impairs emotional memory consolidation following stress. *European Journal of Neuroscience*, https://doi.org/10.1111/ejn.15132. 2019 Impact Factor: 3.115.

Wang, C., [*]Mattingly, S., **Payne, J.D**., Lizardo, O., & Hachen, D. The impact of social networks on sleep among a cohort of college students. *SSM – Population Health*, Vol. 16, December 2021 DOI: https://doi.org/10.1016/j.ssmph.2021.100937 2020 Impact Factor 2.74. CiteScore: 3.1.

2020

[*]Kim, S.Y., & **Payne, J.D.** (2020). Neural correlates of sleep, stress, and selective memory consolidation. *Current Opinion in Behavioral Sciences*. *33*, 57-64. 2018 Impact Factor: 3.990. CiteScore: 6.6.

Rodriguez-Seijas, C., Fields, E.C., Bottary, R., Kark, S.M., Goldstein, E., Kensinger, E.A., **Payne, J.D.,** & Cunningham, T.J. (2020). Comparing the Impact of COVID-19-Related Social Distancing on Mood and Psychiatric Indicators in Sexual and Gender Minority (SGM) and Non-SGM Populations. *Frontiers in Psychiatry, https://doi.org/10.3389/fpsyt.2020.590318.* 2017 Impact Factor: 3.532.

2019

[*]Kim, S.Y., Kark, S.M., Daley, R.T., [+]Alger, S.E., [@]Rebouças, D., Kensinger, E.A., & **Payne, J.D.** (2019). Interactive effects of stress reactivity and rapid eye movement sleep theta activity on emotional memory formation. *Hippocampus,* 1-13. DOI: 10.1002/hipo.23138. 2018 Impact Factor: 3.404.

[o]Huguet, M., **Payne, J.D.,** [*]Kim, S.Y., & [+]Alger, S.E. (2019). Overnight Sleep Benefits Both Neutral and Negative Direct Associative and Relational Memory. *Cognitive, Affective, & Behavioral Neuroscience*, *19*(6), 1391-1403. DOI: https://doi.org/10.3758/s13415-019-00746-8. 2018 Impact Factor: 2.206.

[@]Vargas, I., **Payne, J.D.,** Muench, A., Kuhlman, K.R., & Lopez-Duran, N.L. (2019). Acute Sleep Deprivation and the Selective Consolidation of Emotional Memories. *Learning & Memory, 26*(6), 176-181. DOI*:* 10.1101/lm.049312.119. 2018 Impact Factor: 2.359.

[o]Bowman, M.A., [*]Cunningham, T.J., [@]Levin-Aspenson, H.F., [@]O'Rear, A.E., [@]Pauszek, J.R., [@]Ellickson-Larew, S., [@]Martinez, B.S., & **Payne, J.D.** (2019). Anxious, but not depressive, symptoms are associated with poorer prospective memory performance in healthy college students: Preliminary evidence using the tripartite model of anxiety and depression. *Journal of Clinical and Experimental Neuropsychology*, *41*(7), 694-703. DOI: 10.1080/13803395.2019.1611741. 2018 Impact Factor: 1.958.

Bolinger, E., [*]Cunningham, T.J., **Payne, J.D., [o]**Bowman, M.A., Bulca, E., Born, J., & Zinke, K. (2019). Sleep's benefits to emotional processing emerge in the long term. *Cortex*, *120*, 457-470. 2018 Impact Factor: 4.009.

2018

[*]Cunningham, T.J., Leal, S.L., Yassa, M.A., & **Payne, J.D.** (2018). Post-encoding stress enhances mnemonic discrimination of negative stimuli. *Learning & Memory*, *25*(12), 611-619. DOI: http://www.learnmem.org/cgi/doi/10.1101/lm.047498.118. 2018 Impact Factor: 2.373.

[+]Alger, S.E., Kensinger, E.A., & **Payne, J.D.** (2018). Preferential consolidation of emotionally salient information during a nap is preserved in middle age. *Neurobiology of Aging*, *68*, 34-47. 2018 Impact Factor: 4.398.

Payne, J.D., & Kensinger, E.A. (2018). Stress, sleep, and the selective consolidation of emotional memories. *Current Opinion in Behavioral Sciences, 19,* 36-43. DOI: http://dx.doi.org/10.1016/j.cobeha.2017.09.006. 2018 Impact Factor: 3.422.

[+]Alger, S.E., [ϕ]Chen, S., & **Payne, J.D.** (2018). Do Different Salience Cues Compete for Dominance in Memory over a Daytime Nap? *Neurobiology of Learning and Memory, 160,* 48-57. DOI: https://doi.org/10.1016/j.nlm.2018.06.005. 2018 Impact Factor: 3.010.

2017

[*]Pardilla-Delgado, E., & **Payne, J.D.** (2017). The impact of sleep on true and false memory across long delays. *Neurobiology of Learning and Memory, 137,* 123-133. 2017 Impact Factor: 3.244.

[*]Pardilla-Delgado, E., & **Payne, J.D.** (2017). The Deese-Roediger-McDermott (DRM) task: A simple cognitive paradigm to investigate false memories in the laboratory. *JOVE-Journal of Visualized Experiments, 119,* e54793. Published online, DOI: 10.3791/54793. 2017 Impact Factor: 1.184.

Chatburn, A., Kohler, M.J., **Payne, J.D.,** & Drummond, S.P. (2017). The effects of sleep restriction and sleep deprivation in producing false memories. *Neurobiology of Learning and Memory. 137,* 107–113. DOI: 10.1016/j.nlm.2016.11.017. 2017 Impact Factor: 3.244.

[**]Bennion, K.A., **Payne, J.D**., & Kensinger, E.A. (2017). Residual effects of emotion are reflected in enhanced visual activity after sleep. *Cognitive, Affective, & Behavioral Neuroscience, 17*(2), 290-304. DOI: 10.3758/s13415-016-0479-3. 2017 Impact Factor: 2.565.

[@]Blaxton, J.M., Bergeman, C.S., Whitehead, B.R., Braun, M.E., & **Payne, J.D.** (2017). Relationships among nightly sleep quality, daily stress, and daily affect. *Journals of Gerontology Series B-Psychological Sciences and Social Sciences, 72*(3), 363-372. DOI: 10.1093/geronb/gbv060. 2017 Impact Factor: 3.054.

2016

[*]Pardilla-Delgado, E., [+]Alger, S.E., [*]Cunningham, T.J., [ϕ]Kinealy, B., & **Payne, J.D.** (2016). Effects of post-encoding stress on performance in the DRM false memory paradigm. *Learning & Memory, 23*(1), 46-50. DOI: http://www.learnmem.org/cgi/doi/10.1101/lm.039354.115. 2016 Impact Factor: 2.894.

[+]Alger, S.E., & **Payne, J.D.** (2016). The differential effects of emotional salience on direct associative and relational memory during a nap. *Cognitive, Affective, & Behavioral Neuroscience, 16*(6), 1150-1163. DOI: 10.3758/s13415-016-0460-1. 2016 Impact Factor: 3.263.

[**]Bennion, K.A., **Payne, J.D**., & Kensinger, E.A. (2016). The impact of napping on

memory for future-relevant stimuli: Prioritization among multiple salience cues. *Behavioral Neuroscience, 130*(3), 281-289. DOI: http://dx.doi.org/10.1037/bne0000142 2016 Impact Factor: 2.453.

2015

Payne, J.D., Kensinger, E.A., Wamsley, E.J., Spreng, R.N.,[+]Alger, S.E., [#]Gibler, K., ... & Stickgold, R. (2015). Napping and the selective consolidation of negative aspects of scenes. *Emotion*, *15*(2), 176-186. DOI: 10.1037/a0038683. 2015 Impact Factor: 3.082.

[+]Alger, S.E., [*]Chambers, A.M., [*]Cunningham, T.J., & **Payne, J.D**. (2015). The role of sleep in human declarative memory consolidation. *Current Topics in Behavioral Neurosciences, 25*, 269-306. DOI: 10.1007/7854_2014_341. 2015 CiteScore: 2.50.

[**]Bennion, K.A., Mickley Steinmetz, K.R., Kensinger, E.A., & **Payne, J.D**. (2015). Sleep and cortisol interact to support memory consolidation. *Cerebral Cortex*, *25*(3), 646-657. DOI: 10.1093/cercor/bht255. 2015 Impact Factor: 8.285.

[**]Bennion, K.A., **Payne, J.D.**, & Kensinger, E.A. (2015). Selective effects of sleep on emotional memory: What mechanisms are responsible? *Translational Issues in Psychological Science, 1*(1), 79-88. DOI: http://dx.doi.org/10.1037/tps0000019. 2015 Impact Factor: Not yet ranked (2018 Impact Factor: Not yet ranked).

2014

Payne, J.D. (2014). The (gamma) power to control our dreams. *Nature Neuroscience*, *17*(6), 753-755. 2014 Impact Factor: 16.095.

[*]Cunningham, T.J., Crowell, C.R., [+]Alger, S.E., Villano, M.A., [*]Mattingly, S.M., & **Payne, J.D.** (2014). Psychophysiological arousal at encoding leads to reduced reactivity but enhanced emotional memory following sleep. *Neurobiology of Learning and Memory*, *114*, 155-164. 2014 Impact Factor: 3.652.

[*]Cunningham, T.J., Chambers, A.M., & **Payne, J.D.** (2014). Prospection and emotional memory: how expectation affects emotional memory formation following sleep and wake. *Frontiers in Psychology*, *5*, 862. 2014 Impact Factor: 2.560.

[**]Bennion, K.A., Steinmetz, K.R.M., Kensinger, E.A., & **Payne, J.D.** (2014). Eye tracking, cortisol, and a sleep vs. wake consolidation delay: Combining methods to uncover an interactive effect of sleep and cortisol on memory. *JOVE-Journal of Visualized Experiments*, *88*, e51500. Published Online, DOI: 10.3791/51500. 2014 Impact Factor: 1.325.

[*]Chambers, A.M. & **Payne, J.D.** (2014). Neural plasticity and learning: The consequences of sleep. *AIMS Neuroscience, 1*(2), 150-155. DOI: 10.3934/Neuroscience.2014.2.150. 2014 CiteScore: Not yet ranked (2018 CiteScore: 1.05).

Payne, J.D. (2014). Seeing the forest through the trees. *Sleep*, *37*(6), 1029-1030. 2014 Impact

Factor: 4.591.

[*]Chambers, A.M., & **Payne, J.D.** (2014). The influence of sleep on the consolidation of positive emotional memories: Preliminary evidence. *AIMS Neuroscience, 1*(1), 39-51. DOI: 10.3934/Neuroscience2014.1.39. 2014 CiteScore: Not yet ranked (2018 CiteScore: 1.05).

2013

[*]Chambers, A.M., & **Payne, J.D**. (2014). Laugh yourself to sleep: Memory consolidation for humorous information. *Experimental Brain Research, 232*(5), 1415-1427. DOI 10.1007/s00221-013-3779-7. 2014 Impact Factor: 2.036.

2012

Payne, J.D., *Chambers, A.M., & Kensinger, E.A. (2012). Sleep promotes lasting changes in selective memory for emotional scenes. *Frontiers in Integrative Neuroscience, 6*, 108. DOI: 10.3389/fnint.2012.00108. 2012 Impact Factor: Not yet ranked (2018 Impact Factor: 2.810).

Payne, J.D., Tucker, M.A., Ellenbogen, J.M., Wamsley, E.J., Walker, M.P., Schacter, D.L., & Stickgold, R. (2012). Memory for semantically related and unrelated declarative information: The benefit of sleep, the cost of wake. *PLoS ONE, 7*(3), e33079. 2012 Impact Factor: 3.730.

2011

Payne, J.D. (2011a). Sleep on it: Stabilizing and transforming memories during sleep. *Nature Neuroscience, 14*(3), 272-274. 2011 Impact Factor: 15.531.

Payne, J.D., & Kensinger, E.A. (2011). Sleep leads to qualitative changes in the emotional memory trace: Evidence from fMRI. *Journal of Cognitive Neuroscience, 23*(6), 1285-1297. 2011 Impact Factor: 5.175.

Steinberger, A., **Payne, J.D**., & Kensinger, E.A. (2011). The effect of cognitive reappraisal on the emotional memory trade-off. *Cognition & Emotion, 25*(7), 1237-1245. 2011 Impact Factor: 2.522.

[#]Hoscheidt, S.M., Nadel, L., **Payne, J.D**., & Ryan, L. (2011). Hippocampal activation during retrieval of spatial context from episodic and semantic memory. *Behavioural Brain Research, 212*, 121-132. 2011 Impact Factor: 3.417.

Payne, J.D. (2011b). Learning, memory, and sleep in humans. *Sleep Medicine Clinics, 6*(1), 15-30. 2011 CiteScore: 0.75.

2010

Payne, J.D. (2010). Memory consolidation, the diurnal rhythm of cortisol, and the nature of dreams: A new hypothesis. *International Review of Neurobiology, 92*, 101-136. 2010 Impact Factor: 2.183.

[#]Tamminen, J., **Payne, J.D.,** Stickgold, R., Wamsley, E.M., & Gaskell, M. (2010). Sleep spindle activity is associated with the integration of new memories and existing knowledge. *Journal of Neuroscience, 30*(43), 14356-14360. 2010 Impact Factor: 7.271.

Waring, J.D., **Payne, J.D**., Schacter, D.L., & Kensinger, E.A. (2010). Impact of individual differences upon emotion induced memory trade-offs. *Cognition & Emotion, 24*, 150-167. 2010 Impact Factor: 2.083.

Payne, J.D., & Kensinger, E.A. (2010). Sleep's role in the consolidation of emotional episodic memories. *Current Directions in Psychological Science, 19*(5), 290-295. 2010 Impact Factor: 3.490.

Wamsley, E.J., Tucker, M.A., **Payne, J.D**., & Stickgold, R. (2010). A brief nap is beneficial for human route learning: the role of initial skill level and EEG spectral power. *Learning & Memory, 17,* 332-336. 2010 Impact Factor: 4.607.

Wamsley, E.J., Tucker, M.A., **Payne, J.D**., & Stickgold, R. (2010). Dreaming of a learning task is associated with enhanced sleep-dependent memory consolidation. *Current Biology, 20*(9), 850-855. 2010 Impact Factor: 10.026.

2009

Payne, J.D., Schacter, D.L., Tucker, M.A., Wamsley, E., [#]Huang, L., Walker, M.P., & Stickgold, R. (2009). The role of sleep in false memory formation. *Neurobiology of Learning and Memory, 92*, 327-334. 2009 Impact Factor: 3.479.

2008

Payne, J.D., Stickgold, R., [#]Swanberg, K., & Kensinger, E.A. (2008). Sleep preferentially enhances memory for emotional components of scenes. *Psychological Science*, *19*(8), 781-788. 2008 Impact Factor: 4.812.

2007

Payne, J.D., Jackson, E.D., [#]Hoscheidt, S., Ryan, L., Jacobs, W.J., & Nadel, L. (2007). Stress administered prior to encoding impairs neutral but enhances emotional long-term episodic memories. *Learning & Memory*, *14*, 861-868. 2007 Impact Factor: 4.037.

Ellenbogen, J.M., Hu, P., **Payne, J.D**., Titone, D., & Walker, M.P. (2007). Human relational memory requires time and sleep. *Proceedings of the National Academy of Sciences*, *104*, 7723-7728. 2007 Impact Factor: 9.598.

2006

Payne, J.D., Jackson, E.D., Ryan, L., [#]Hoscheidt, S., Jacobs, W.J., & Nadel, L. (2006). The impact of stress on memory for neutral vs. emotional aspects of episodic memory. *Memory*, *14*(1), 1-16. 2006 Impact Factor: 1.669.

Ellenbogen, J.M., **Payne, J.D**., & Stickgold, R. (2006). Sleep's role in declarative memory consolidation: Passive, permissive, active or none? *Current Opinion in Neurobiology*, *16*,

716-722. 2006 Impact Factor: 9.286.

Jackson, E.D., **Payne, J.D**., Nadel, L., & Jacobs, W.J. (2006). Stress differentially modulates fear conditioning in healthy men and women. *Biological Psychiatry, 59*, 516-522. 2006 Impact Factor: 7.154.

2005 and Prior

Payne, J.D., & Nadel, L. (2004). Sleep, dreams and memory consolidation: The role of the stress hormone cortisol. *Learning & Memory, 11*, 671-678. 2004 Impact Factor: 4.694.

Payne, J.D., Nadel, L., Allen, J.J.B., Thomas, K.G.F., & Jacobs, W.J. (2002). The effects of experimentally induced stress on false recognition. *Memory, 10*, 1-6. 2002 Impact Factor: 1.127.

Nadel, L., **Payne, J.D**., & Jacobs, W.J. (2002). The relationship between episodic memory and context: Clues from memory errors made while under stress. *Physiological Research, 9*, 74-89. 2002 Impact Factor: 0.984.

Deutsch, F.M., Servis, L.J., & **Payne, J.D**. (2001). Paternal participation in childcare and its effects on children's self-esteem. *Journal of Family Issues, 22*, 1000-1024. 2001 Impact Factor: 1.000.

JOURNAL ARTICLES – INVITED AND EDITED

Payne, J.D., Britton, W.B., Bootzin, R.B., & Nadel, L. (2005). Beyond acetylcholine: Next steps for sleep and memory research. *Behavioral and Brain Sciences, 28*, 77. 2005 Impact Factor: 9.885.

BOOK CHAPTERS

Payne, J.D. (2020). Stress and sleep interact to selectively consolidate and transform negative emotional memories: Implications for Clinical Treatment. In R.D. Lane & L. Nadel (Eds.), *Neuroscience of Enduring Change: Implications for Psychotherapy*. Oxford, UK: Oxford University Press.

+Alger, S.E., & **Payne, J.D.** (2018). Sleep and Memory. In J.T. Wixted, E.A. Phelps, & L. Davachi (Eds.), *Stevens' Handbook of Experimental Psychology and Cognitive Neuroscience* (4th ed., Vol. 1, pp. 101-144). Hoboken, NJ: Wiley. DOI: 10.1002/9781119170174.

Cunningham, T.J, & **Payne, J.D.** (2017). Emotional memory consolidation during sleep. In N. Axmacher & B. Rasch (Eds.), *Cognitive Neuroscience of Memory Consolidation* (pp.133-159). Switzerland: Springer, Cham. DOI: https://doi.org/10.1007/978-3-319-45066-7.

+ Alger, S.E., Pardilla-Delgado, E., Mattingly, S.M., Cunningham, T.J., & **Payne, J.D.** (2017).

The Cognitive psychology of sleep and memory. In J.H. Byrne (Ed.), *Learning and Memory: A Comprehensive Reference* (2nd ed., Vol. 4, pp. 571-596). Cambridge, MA: Academic Press. DOI: https://doi.org/10.1016/B978-0-12-809324-5.21062-6.

*Pardilla-Delgado, E., *Mattingly, S.M., +Alger, S.E., *Chambers, A., *Cunningham, T. & **Payne, J.D.** (2015). Sleep's role in the consolidation and integration of declarative memories. In M. Sakakibara & E. Ito (Eds.), *Memory Consolidation* (pp. 199-234). Hauppauge, NY: Nova Science Publishers.

*Chambers, A.M. & **Payne, J.D.** (2015). The memory function of sleep: How the sleeping brain promotes learning. In D.R. Addis, M. Barense , & A. Duarte (Eds.), *The Wiley Handbook on the Cognitive Neuroscience of Memory* (pp. 218-243). Hoboken, NJ: Wiley. DOI: 10.1002/9781118332634. (Peer-reviewed).

+Alger, S., *Chambers, A., *Cunningham, T., & **Payne, J.D**. (2015). The role of sleep in human declarative memory consolidation. In P. Meerlo, R.M. Benca, & T. Abel (Eds.), *Sleep, Neuronal Plasticity and Brain Function* (pp. 269-306). Berlin, Germany: Springer-Verlag. DOI: 10.1007/978-3-662-46878-4.

*Cunningham, T., *Pardilla-Delgado, E., Alger, S.E., & **Payne, J.D.** (2014). The role of REM sleep in emotional memory and affective reactivity in humans. In C.L. Saylor (Ed.), *REM Sleep: Characteristics, Disorders and Physiological Effects* (pp. 1-28). Hauppauge, NY: Nova Biomedical.

#Hoscheidt, S.M., Dongaonkar, B., **Payne, J.D.,** & Nadel, L. (2013). Emotion, stress, and memory. In D. Reisberg (Ed.), *The Oxford Handbook of Cognitive Psychology* (pp. 557-570). New York, NY: Oxford University Press. DOI: 10.1093/oxfordhb/9780195376746.013.0035.

Payne, J.D., Ellenbogen, J.M., Walker, M.P., & Stickgold, R. (2008). The role of sleep in memory consolidation. In J.H. Byrne (Ed.), *Concise Learning and Memory: The Editor's Selection* (1st ed., pp 547-569). Cambridge, MA: Academic Press.

Payne, J.D., Ellenbogen, J.M., Walker, M.P., & Stickgold, R. (2008). The role of sleep in memory consolidation. In J.H. Byrne (Ed.), *Learning and Memory: A Comprehensive Reference* (1st ed., Vol. 2, pp. 663-685). Cambridge, MA: Academic Press.

Payne, J.D., Nadel, L., Britton, W.B., & Jacobs, W.J. (2004). The biopsychology of trauma and memory. In D. Reisberg & P. Hertel (Eds.), *Memory and Emotion* (pp. 76-128). Oxford, UK: Oxford University Press.

Nadel, L., & **Payne, J.D**. (2002). The hippocampus, wayfinding, and episodic memory. In P.E. Sharp (Ed.), *The neural basis of navigation: Evidence from single cell recording* (pp. 235-247). New York, NY: Springer US.

B. Teaching and Student Advising

Semester	Course Name	Course # and Section #	Enrollment	Composite Median	Avg. GPA	% Extremely/Very High Challenge	Hrs. of Study
Fall 2025	Intro Cog Neuro	Psy 305-01	103	5.0	3.96	63.7	3.0
Fall 2025	The Sleeping Brain	Psy 43526-01	19	5.0	3.93	61.1	3.5
Fall 2023	Intro Cog Neuro	Psy 305-01	112	5.0		55%	2.5
Fall 2023	The Sleeping Brain	Psy 43526-01	17	5.0		76%	4.1
Spring 2023	Graduate Seminar: Memory	PSY 63430-01	4	4.9		75%	6.1
Fall 2022	Intro Cog Neuro	Psy 305-01	134	5		70%	3.0
Fall 2022	The Sleeping Brain	Psy 43526-01	20	5		90%	4.6

TEACHING EXPERIENCE

University of Notre Dame
2020-present Memory and the Brain (graduate level seminar)
2014-present Student-Driven Seminar on Sleep and Stress:
Cognitive, Clinical, and Developmental Issues (graduate level seminar)
2010-present The Sleeping Brain (seminar)
2010-present Introduction to Cognitive Neuroscience (lecture)

Harvard University
2006-2009 Neurobiology 95hjf, The Sleeping Brain (seminar)

University of Arizona
2001-2004 Human Memory (lecture)

Sample Guest Lectures

Fall, 21/22/23	Introduction to the Neuroscience and Behavior Major, Dr. Brad Gibson and Dr. Joe O'Tousa, University of Notre Dame (*Sleep and Stress Neuroscience – a Journey Through Academia and Business*)
Fall, 2016	Stress and Stress Hormones, Dr. Michelle Wirth, University of Notre Dame (*Stress and memory*)
Fall, 2010	Biological Psychology, Dr. Michelle Wirth, University of Notre Dame (*Sleep and memory*)
Fall, 2008	Cognitive Neuroscience, Dr. Sue Corkin, MIT (*The effect of sleep and stress on human memory*)
Spring, 2008	Topics in Cognitive Neuroscience, Dr. Jessica Andrews, Harvard University (*Sleep and memory*)

Laboratory Instructor (Mount Holyoke College)

1998-1999	Statistics
1997-1998	Experimental Methods

Teaching Assistantships

2003	Human Perception (University of Arizona)
2002	Psychology of Gender (University of Arizona)

MENTORING EXPERIENCE

GRADUATE AND POSTDOCTORAL MENTORSHIP

Current	Postdoctoral Advisor, Dr. Kristin Grunewald, University of Notre Dame
2019-2022	Postdoctoral Advisor, Dr. Dan Denis, University of Notre Dame (*awarded the Marie Curie Award, now an Assistant Professor at the University of York, UK*)
2012-2017	Postdoctoral Advisor, Dr. Sara Alger, University of Notre Dame (*now Chief of Scientific Planning, Sleep Research Center at Walter Reed in DC*)
Current	Graduate Student Advisor, Xinran Niu, University of Notre Dame
Current	Graduate Student Advisor, Seham Kafafi, University of Notre Dame
Current	Graduate Student Advisor, Carissa DiPietro, University of Notre Dame
2016-2023	Graduate Student Advisor, Tony Martinez, University of Notre Dame
2019-2023	Graduate Student Advisor, Jovian Lam, University of Notre Dame
2016-2021	Graduate Student Advisor, Sara Kim, University of Notre Dame
2012-2017	Graduate Student Advisor, Stephen Mattingly, University of Notre Dame
2011-2017	Graduate Student Advisor, Enma Pardilla-Delgado, University of Notre Dame
2011-2018	Graduate Student Advisor, Tony Cunningham, University of Notre Dame
2010-2015	Graduate Student Advisor, Alexis Chambers, University of Notre Dame
2008-2009	Master's thesis project advisor, Jakke Tamminen, Harvard Medical School
2006-2007	Master's thesis project advisor, Mahssa Karimi, Harvard Medical School

UNDERGRADUATE MENTORSHIP

Current

Four undergraduate students completed their honors theses in Spring 2024

2024 Megan Krause (NSBH)
2024 Nadia Nosek (NSBH)
2024 Cecilia O'Brien (NSBH)
2024 Clare Pryor (Glynn/NSBH)

NOTE: All four of them presented their projects at MPA 2024

Krause, M. A., Sanders, K. E. G., Payne, J. D. (2024, April). *Creative problem solving and its mechanisms may be enhanced by positive affective state*. Poster presented at the 96th Annual Midwestern Psychological Association Conference, Chicago, IL.

Nosek, N., Sanders, K. E. G., Utayde, M. F., Kensinger, E. A., Payne, J. D. (2024, April). *Effect of optimism on visual attention and memory for negative and neutral scenes.* Poster presented at the 96th Annual Midwestern Psychological Association Conference, Chicago, IL.

O'Brien, C., Sanders, K. E. G., Utayde, M. F., Kensinger, E. A., Payne, J. D. (2024, April). Investigating the impact of depression on skin conductance response and emotional *memory*. Poster presented at the 96th Annual Midwestern Psychological Association Conference, Chicago, IL.

Pryor, C., Sanders, K. E. G., Niu, X., Mallett, R., Paller, K. A., Payne, J. D. (2024, April). *TMR you ready for it? The effects of meditative targeted memory reactivation on sleep quality.* Poster presented at the 96th Annual Midwestern Psychological Association Conference, Chicago, IL.

Four undergrads are currently working on honors theses (to be completed in Spring 2025):
Current Cristina Willingham (NSBH)
Current Sean Moynihan (NSBH)
Current Andrew Kim (Glynn)
Current Caroline Van Bell (Glynn)

NOTE: Two of them have had their abstracts accepted for presentation at MPA 2025 (the other two did not submit):

Moynihan, S., Sanders, K. E. G., Utayde, M. F., Kensinger, E. A., Payne, J. D. (2025, April). *Examining the relationship between skin conductance and rates of REM sleep.* Poster to be presented at the 97th Annual Midwestern Psychological Association Conference, Chicago, IL.

Kim, A., Sanders, K. E. G., Niu, X., Mallett, R., Paller, K. A., Payne, J. D. (2025, April). *The benefits of meditation: The relationship between EEG activity and self-reported measures of sleep quality and mood.* Poster to be presented at the 97th Annual Midwestern Psychological Association Conference, Chicago, IL.

Four undergrads are currently working on independent projects or theses (non-honors) in the lab *(to be completed in spring 2025)*
Current Anna Dra
Current Bridget Egan
Current Estela Ralston
Current Sara Mietus

NOTE: Two of them have had their abstracts accepted for presentation at MPA 2025:

Dray, A., Sanders, K. E. G., Payne, J. D. (2025, April). *Effects of sound-related arousals during sleep on problem solving.* Poster presented at the 97th Annual Midwestern Psychological Association Conference, Chicago, IL.
Egan, B., Sanders, K. E. G., Utayde, M. F., Kensinger, E. A., Payne, J. D. (2025, April). *Sex differences in emotional memory consolidation: impact of sleep loss.* Poster presented at the 97th Annual Midwestern Psychological Association Conference, Chicago, IL.

Undergraduate Theses Completed Prior to 2024

2023 Honors/Thesis Advisor, Victoria Kuprewicz (Psych Senior Thesis), Notre Dame
2023 Honors/Thesis Advisor, Brooke Friedman (NSBH Honors), Notre Dame, UROP Funding $1750
2023 Honors/Thesis Advisor, Lucy Tarcha (Glynn Family Honors), Notre Dame
2023 Honors/Thesis Advisor, Michaela O'Grady (Psych Honors), Notre Dame
2023 Honors/Thesis Advisor, Sydney Martinez (NSBH Honors), Notre Dame
2019-2021 Honors/Thesis Advisor, Mario Tcheukado, University of Notre Dame, ISLA Funding
2019-2021 Honors/Thesis Advisor, Jahlecia Gregory, University of Notre Dame
2019-2021 Honors/Thesis Advisor, Devin Diggs, University of Notre Dame, ISLA Summer Comprehensive Grant, UROP
2017-2018 Honors/Thesis Advisor, Makenzie Huguet, Rosemary Pfaff, Adam Uppendahl, University of Notre Dame
2016-2017 Honors/Thesis Advisor, Andi Phillips, Natalie Pottschmidt, Michael Broderick, University of Notre Dame
2015-2016 Honors/Thesis Advisor, Marissa Bowman, Michelle Williams, University of Notre Dame
2015-2016 Senior Thesis Advisor, Shirley Chen, Anna Marie Nguyn, University of Notre Dame
2013-2014 Honors/Thesis Advisor, Michael Dai, Andrea Rabassa, Patrick Samuels, University of Notre Dame
2012-2013 Honors/Thesis Advisor, Jennifer Rawding, Brian Kinnealy, Eric Stumpf, Christina Rogers, Rebecca Tracy, University of Notre Dame
2011-2012 Honors Thesis Advisor, Bridget Quinn, Chris Stare, Brooke Reid, University of Notre Dame
2010-2011 Honors Thesis Advisor, Stephen Mattingly, University of Notre Dame
2008-2009 Undergraduate honors thesis advisor, Erin Miles, Harvard University: "The Role of Sleep in Reality Monitoring and Emotional False Memory Formation"
2008-2009 Undergraduate honors thesis project co-advisor, Alison Wagoner, Boston College: "Rapid Eye Movement Sleep and Emotional Memory Consolidation"
2008 Undergraduate summer research fellowship advisor, Sara Teicholtz, Wellesley College: "Relaxed Wakefulness vs. Sleep: Effects on Memory Consolidation"
2008 Undergraduate summer research fellowship advisor, Kyle Gibler, Harvard University: "The Polysomnological Correlates Memory for Semantically Related and Unrelated Word lists Following Sleep". *Kyle was awarded both Harvard's PRISE and Herschel Smith Fellowships for this proposal.*

2007-2008 Undergraduate honors thesis project advisor, Li-Wen Huang, Harvard University: "The Effect of a Brief Daytime Nap on the Consolidation of Declarative Memories". *This thesis won the Harvard Hoopes Prize, which is a University-wide thesis award for excellence in research. The student receives $2,500 and the supervisor receives $700.*
2006-2007 Undergraduate research supervisor, Harvard University
2001-2005 Undergraduate research advisor, University of Arizona

HIGH SCHOOL AND OTHER MENTORSHIP
2012-2013 High School Student Research Advisor, Pooja Patel, University of Notre Dame
2002-2004 High School student research advisor, University of Arizona
2003-2005 High School research project advisor, University of Arizona
1994-1995 Peer Advisor, Writing Center, University of San Diego
1994-1993 Peer Counselor, University of San Diego

C. Service

UNIVERSITY LEADERSHIP ROLES/SERVICE

University of Notre Dame
2021-2023 Member, Executive CAP, Psychology Department
2020-2022 Member, College Committee on Diversity and Inclusion
2020-2022 Member, University Working Group on Emotional Support and Wellbeing
2020-2021 Member, Clinical Psychology Search Committee, Diversity Representative
2019-2022 Director, Cognition, Brain, and Behavior (CBB) Program, Psychology Department
2019-present Graduate Studies Representative; CBB area representative
2019-2022 Member, Diversity committee, Psychology Department
2019 Member, External Review committees (research active faculty, neuroscience and behavior)
2016-2018 Member, Provost's Committee on Teaching
2016-2018 Member, Joyce Teaching Award Committee
2016-2017 Member, Diversity committee, Psychology Department
2016-2017 Co-Director, Cognition, Brain, and Behavior (CBB) Program, Psychology Department
2016-2017 Faculty member, Student Well-Being Coalition (through the McDonald Center for Student Wellness)
2016 Speaker, "The Neuroscience of Learning Well", Address given to incoming law class of 2016-2017, Law School
2015 Speaker, Notre Dame Undergraduates, "Sleep Well to Learn Well" (given twice in 2015)
2015-2017 Member, Undergraduate Studies Committee
2015-2017 Member, College Council
2015 Member, Cognition, Brain, and Behavior Hiring Committee

2015-2016 Member, Neuroscience and Behavior Steering Committee
2015 Member, Clinical Handbook Committee
2014 Member, Hiring Committee, Neuroscience and Behavior
2014 Speaker, "Nearly Tenured Faculty: The Notre Dame Experience", New Faculty Orientation
2012 Member, Clinical area graduate applications committee
2012-2013 Member, Undergraduate studies committee, Psychology Department
2011-2012 Member, Working Group on Human Nature (with Agustin Fuentes, funded by the John Templeton Foundation grant "The Human Nature(s) Project")
2011 Speaker, "Sleep for Students", Psychology Club
2010 Member, Kaneb Center Panel, Navigating the Academic Job Market
2010 Member, Departmental Hiring Committee (Position in Behavioral Oncology), Department of Psychology
2010 Co-Founder, Conversations in Brain, Mind and Behavior (sponsored by Provost Burish in an effort to explore overlapping research interests in Neuroscience across campus)
2010-2017 Co-Director, CBB graduate studies committee
2010-2011 Member, College Council
2010-2014 Co-Founder, Notre Dame/Boston College Cognitive Neuroscience Exchange Program (allows undergraduate students from Notre Dame to spend the summer at Boston College learning fMRI, and Boston College students to spend the summer at Notre Dame learning sleep EEG/PSG)
2010 Judge, Siemens Math Science and Technology Regional Competition
2009-2017 Co-Supervisor, Student Neuroscience Club (Student Brain, Mind and Behavior)
2009 Member, Departmental Colloquium Committee, Department of Psychology

University of Arizona
2003 Graduate student representative for the Cognitive Psychology hiring committee
2002 Departmental representative to Graduate Student Council
2003 Co-organizer, prospective student weekend
2003 Co-organizer, weekly memory meeting

OTHER DEPARTMENTAL SERVICE

Dissertation committee member: University of Notre Dame and other
Jamie Flannery (2024) Developmental Program, University of Notre Dame
Nick Yeh (2022) CBB Program, University of Notre Dame
Morgan Munsen (2022) CBB Program, University of Notre Dame
Alianna Wen (2021) Clinical Program, University of Notre Dame
Jovian Lam (2021) Clinical Program, University of Notre Dame
Patrick Kirkland (2021) CBB Program, University of Notre Dame
Sara Kim (2021) CBB Program, University of Notre Dame
Jin Rui (2021) Department of Psychology, University of Hong Kong
Julaine Zenk (2019-2020) CBB Program, University of Notre Dame
Jerry Fisher (2018-2019) CBB Program, University of Notre Dame

Andrea Tamplin (Cognitive Program, University of Notre Dame)
Elizabeth Hendricks (Clinical Program, University of Notre Dame)
Anne Thompson (Clinical Program, University of Notre Dame)
Sabine Krawietz (Cognitive Program, University of Notre Dame)
Marcia Braun (Developmental Program, University of Notre Dame)
Windy McNerny (Cognitive Program, University of Notre Dame)
Goali Auzeen Saedi (Clinical Program, University of Notre Dame)
Alissa Russel (Developmental Program, University of Notre Dame)
Alix Mellor (Psychiatry Program, University of Western Australia)
Matthew Tucker (doctoral dissertation, City College, NYC)
Erin Wamsley (doctoral dissertation, City College, NYC)

Prelim/Comps committee member: University of Notre Dame
Jamie Flannery (2022), Developmental Program, University of Notre Dame
Yeonsoo Park (2022) Clinical Program, University of Notre Dame
Alianna Wen (2021) Clinical Program, University of Notre Dame
Tony Martinez (2021) Clinical Program, University of Notre Dame
Patrick Kirkland (2021) CBB Program, University of Notre Dame
Morgan Wildham (2021) CBB Program, University of Notre Dame
Yeonsoo Park (2021) Clinical Program, University of Notre Dame
Jovian Lam (2021) Clinical Program, University of Notre Dame
Nick Yeh (2021) CBB Program, University of Notre Dame
Jude Ash (2020) Clinical Program, University of Notre Dame
Sara Kim (2020) CBB Program, University of Notre Dame
Julaine Zenk (2019) CBB Program, University of Notre Dame
Alainna Wen (2019) Clinical Program, University of Notre Dame
Brandy Martinez (2018) Clinical Program, University of Notre Dame
Molly O'Neill (2018) Developmental Program, University of Notre Dame
Sabine Krawietz (Cognitive Program, University of Notre Dame)
Andrea Tamplin (Cognitive Program, University of Notre Dame)
Anne Thompson (Clinical Program, University of Notre Dame)

MA thesis committee member: University of Notre Dame
Jae eun (Janie) Park (2023), Clinical Program, University of Notre Dame
Carissa DiPietro (2022), CBB Program, University of Notre Dame
Chaz Rich (2021) Clinical Program, University of Notre Dame
Morgan Wildham (2020) CBB Program, University of Notre Dame
Tony Martinez (2020) Clinical Program, University of Notre Dame
Jovian Lam (2019) Clinical Program, University of Notre Dame
Sara Kim (2019) CBB Program, University of Notre Dame
Nick Yeh (2019) CBB Program, University of Notre Dame
Molly O'Neill (2018) Developmental Program, University of Notre Dame
Brandy Martinez (Clinical Program, University of Notre Dame)
Julia Paulson (Clinical Program, University of Notre Dame)
Julaine Zenk (CBB Program, University of Notre Dame)
Allison Gaffey (Clinical Program, University of Notre Dame)

Sabine Krawietz (Cognitive Program, University of Notre Dame)

PROFESSIONAL SERVICE

2022	**Co-Editor**, Special Issue, *Proceedings of the National Academy of Sciences,* https://www.pnas.org/toc/pnas/119/44
2019-2023	**Editor in Chief,** *Experimental Results, Psychology* (Cambridge University Press)
2020-present	**Associate Editor**, *Learning & Memory*
2017-present	**Associate Editor,** *Journal of Experimental Psychology: General* (American Psychological Association Press)
2010-2019	**Editorial Board Member**, *Frontiers in Sleep and Chronobiology*
2016	**Cognitive Neuroscience Trainee Professional Development Panel**, *Cognitive Neuroscience Society*
2020-present	**Member**, Memory Disorders Research Society (MDRS) Committee on Diversity, Equity, and Inclusion
2013-present	**Board Member,** Start School Later (created to move high school start times forward nation-wide)
2012-2019	**Neuroscience Advisory Board,** *Neuroleadership Institute*
2009-2013	**Educational Programs Committee Member,** *Sleep Research Society*
2009-2015	**Medical Advisory Board,** *Humana*

Ad Hoc Reviewer: *Affective Science • American Journal of Psychiatry • Applied Cognitive Psychology • Behavioural Brain Research • Behavioral Neuroscience • Biology of Mood and Anxiety Disorders • Biological Psychiatry • Cerebral Cortex • Cognitive, Affective and Behavioral Neuroscience (CABN) • Cognition • Cognition and Emotion • Consciousness and Cognition • Current Biology • Current Opinion in Psychological Science • Developmental Science • Emotion • Experimental Brain Research • European Journal of Neuroscience • Future Neurology • Journal of Clinical Psychiatry • Journal of Cognitive Neuroscience • Journal of Neuroscience • Journal of Physiology • Learning and Memory • Memory • Nature Communications • Nature Behavior • Nature Neuroscience • Neurobiology of Learning and Memory • Neurobiology of Aging • Neuron • Neuroscience • Neuroscience and Biobehavioral Reviews • Perspectives on Psychological Science • PLoSONE • Physiology and Behavior • PNAS • Psychological Bulletin • Psychological Science • Psychological Review • Psychoneuroendocrinology • Psychonomic Bulletin and Review • Scientific Reports • SLEEP • Sleep Medicine • Social, Cognitive and Affective Neuroscience (SCAN) • Social & Personality Psychology Compass • Stress • Trends in Neuroscience • Wiley Interdisciplinary Reviews: Cognitive Science*

Grant Reviewer:

2019	*National Institutes of Health,* 2019/10 NPAS Neural Basis of Psychopathology, Addictions and Sleep Disorders (ad hoc)
2019	*National Science Foundation,* Social Psychology (ad hoc)
2019	*National Science Foundation*, Perception, Action, and Cognition (ad hoc)
2013	*National Science Foundation*, Open Research Area for the Social Sciences (ad hoc)

2013 *Netherlands Organization for Scientific Research*, The dynamic nature of emotional memory: toward a network understanding of emotional memory consolidation (ad hoc)
2012 *National Science Foundation*, Cognitive Neuroscience, (ad hoc)
2010 *Netherlands Organization for Scientific Research*, Making Memories, Replay or Decay (ad hoc)
2010 *National Science Foundation*, Cognitive Neuroscience (ad hoc)
2010 *National Science Foundation*, Perception, Action and Cognition (ad hoc)
2009 *South African Research Council*, The relationship between cortisol and dreaming in patients taking corticosteroid medications (ad hoc)

PROFESSIONAL MEMBERSHIPS

*Psychonomic Society (**Fellow**) • Memory Disorders Research Society (**Fellow**) • International Neuropsychological Symposium (**Fellow**) • Association for Psychological Science (APS) • Cognitive Neuroscience Society • International Neuropsychological Society • Society for Neuroscience • Society for Sleep Research • International Organization for Psychophysiology • International Brain Research Organization*

KEYNOTE ADDRESSES

Psychology/Neuroscience
Sleep On It: How Stress and Affect Interact with Sleep to Consolidate Psychosocial Experiences and Impact Health Outcomes. Annual meeting of the Social Affective Neuroscience Society, Presidential Address. Santa Barbara, CA (April, 2023)

The Science of Stress and Sleep: How they Influence Memory, Creativity, and Emotion, National Academy of Sciences. Irvine, CA (February, 2022).

The Neuroscience of Sleep, Stress, and Wellbeing. Baylor School of Medicine (October, 2021, presented virtually due to COVID-19).

Sleep and Stress Interact to Influence Emotional Memory Consolidation. International Association for the Study of Sleep and Dreaming (IASD). Virginia Beach, VA (June, 2015).

Neuroscience of Leadership
Sleep, Memory, and Decision Making. Indiana Sherriff's Association Meeting. Indianapolis, IN (April, 2021).

The Neuroscience of Sleep, Stress, and Wellness. Canadian Health and Wellness Innovations Conference, Orlando, FL (February, 2019).

Leading with the Brain in Mind: Sleep for Productivity. Neuroleadership Summit, Sydney, Australia (June, 2013).

MPG – A Brain Based Model for Leadership: Moderate Stress, Positive Affect, Good Sleep. Neuroleadership Summit, London, England (September, 2013).

MPG – A Brain Based Model for Leadership: Moderate Stress, Positive Affect, Good Sleep. Neuroleadership Summit, Washington DC (November, 2013).

SYMPOSIUM ORGANIZER AND CHAIR

Selective Memory Consolidation During Sleep. Association for Psychological Science (APS), San Francisco, CA (May, 2014).

Sleep-Based Consolidation of Hippocampal Memory. Hippocampal Research Conference, Verona, Italy (May 2011).

Sleep and Cognition: Findings across Domains. Association for Psychological Science, Washington D.C (May, 2007).

INVITED TALKS

Stress interacts with sleep to selectively benefit the consolidation of negative memories. Presented at the University of Wisconsin, Wisconsin Institute for Medical Research, Department of Neuroscience, Madison, TX (November, 2024).

Stress interacts with sleep to selectively benefit the consolidation of negative memories. Presented at Rice University, Department of Psychology, Houston, TX (March, 2024).

Stress interacts with sleep to selectively benefit the consolidation of negative memories. Presented at UT Dallas, Center for Vital Longevity, Dallas, TX (March, 2024).

Cortisol interacts with sleep to selectively benefit memory consolidation. Presented at Duke University, Institute for Brain Sciences, Durham, NC (February, 2024).

Stress, Memory, and the Brain. Presented at the Donders Institute for Cognitive Neuroscience, Njimegen, Netherlands (July, 2023).

Sleep and Positive Memory Consolidation. Harvard University, Beth Israel Deaconess Medical Center, SJC Annex, Science of Sleep Series (February, 2023).

Sleep, Stress and Emotional Memory Consolidation. Presented at Columbia University, Zuckerman Institute Neuroscience Seminars (April, 2022).

Neuroanatomy of Sleep and Memory. Annual Meeting of the Sleep Research Society, Meet the Professor Series/Trainee Program. (May, 2021, presented virtually due to Covid-19).

Stress, Sleep, and Emotional Memory Consolidation. Presented at McGill University/Montreal Neurological Institute (May, 2020, presented virtually due to Covid-19)

Sleep, Stress, Memory, Negativity – Clinical Implications. Presented at the Donders Institute for Cognitive Neuroscience, Njimegen, Netherlands (July, 2019).

The Importance of Sleep for Leadership. ACC Academic Leaders Network. University of Notre Dame (May, 2019).

Stress-related Neuromodulators Interact with REM Sleep Theta Activity to Benefit Memory Consolidation. Presented at the Advances in Sleep and Circadian Science meeting. Clearwater, FL (February, 2019).

Sleep-Stress Interactions in the Consolidation of Emotional Memories: A New Memory Tagging Hypothesis. Presented at the University of Arizona, in a lineup including two Nobel Prize laureates, John O'Keefe and May-Britt Moser (December, 2017).

Sleep and the Brain. Why do we need sleep? Presented at the National Academy of Sciences Frontiers of Science symposium in Bad Neuenahr, Germany (September, 2017).

Sleep, Stress Hormones, and Emotional Memory Tagging. The Werner Reichardt Centre for Integrative Neuroscience (CIN). University of Tübingen, Germany (Fellowship Address, October, 2016).

From Synaptic to Systems Consolidation. Federation of Latin-American and Caribbean Societies for Neuroscience. *Buenos Aries, Argentina* (October, 2016).

Stress-Related Synaptic Tagging During Learning and Downstream Sleep-Based Memory Consolidation. Departmental Colloquium, Brown University (April, 2016).

Stress Hormones, Sleep, and Memory for Better and for Worse. Psychology Department Colloquium, Furman University (Feb, 2016).

Emotional Memory Consolidation. Psychology Department Colloquium, UT Austin (Nov 2015).

Sleep, Memory, and the Brain. EDRT, Boston University (November, 2015).

The Neuroscience of Leadership. Mendoza Business School. University of Notre Dame, Notre Dame, IN (October, 2015).

Sleep, Stress, and Memory Function. Colloquium at Walter Reed, Washington D.C. (March, 2015).

Sleep, Stress and Emotional Memory Consolidation. Summer Institute in Cognitive Neuroscience. Santa Barbara, CA. (July, 2014).

Sleep and Cognition. Annual Meeting of the Sleep Research Society, Meet the Professor Series, Minneapolis, MN (June, 2014).

Sleep, Stress and Memory Consolidation. Departmental Seminar, Saint Louis University, Saint Louis, Missouri (April, 2014).

Sleep, Stress, and Emotional Memory Consolidation. Departmental Colloquia. Department of Psychology, University of Arizona (Feb, 2014).

Sleep's Role in Cognitive Function. Department of Psychology Seminar, Georgetown University (November, 2013).

Sleep, Memory and the Teenage Brain. Invited Lecture at the Sleep in Teens Conference, Minneapolis, MN (October, 2013).

Sleep Well to Lead Well. Mendoza College of Business Executive Integral Leadership Program. Notre Dame, IN (July, 2013).

Sleep to Remember. Learning: From Cells to Society. Cognitive Science Program, Georgetown University, Washington D.C. (March, 2013).

Sleep and the Business Mind. Mendoza College of Business Executive Integral Leadership Program. Notre Dame, IN (January, April, 2013).

Leading with the Brain in Mind. Future Leaders Conference. Chicago, IL. (September, 2012).

The Innovative Brain. ASTD. Denver, Colorado (May, 2012).

Sleep and the Transformation of Memories for Emotionally Negative Events. Winter Conference on Memory. Lübeck, Germany (December, 2011).

The Senior Executive Brain: What can Neuroscience Teach us about Leading Well? Neuroleadership Summit. San Francisco, CA (November, 2011).

Sleep, Dreams, Memory: Lingering Questions. Symposium I: Young Innovators in Psychology. Cape Cod, MA. (June, 2011).

Sleep, Stress and Positive Affect: What Business Leaders Need to Know about the Brain. Center for Creative Leadership, Greensborough, NC (May, 2011).

Sleep Restructures the Emotional Memory Trace: Behavioral and Neural Evidence. Laird Cermak Award Address, International Neuropsychological Society (INS), Boston, MA (January, 2011).

Sleep, Memory Transformation, and Creativity. Cognitive/Cognitive Neuroscience Brown Bag, Purdue University (December, 2010).

The Neural Challenges of the Senior Leader. Neuroleadership Summit. Boston, MA (November, 2010).

Where Business Meets Neuroscience. Humana, INC. Louisville, KY (October, 2010).

Emotional Memory, Stress and Sleep. Massachusetts Institute of Technology (MIT) conference on Learning and Memory in the Modern Age (January, 2010).

Sleep's Role in Memory Consolidation. Departmental Colloquium, Stony Brook University (May, 2009).

Sleep and Memory Transformation. Cognitive Brown Bag, UMASS Amherst (April, 2009).

Sleep Selectively Enhances Emotional Components of Scenes. International Congress on Psychology, Berlin, Germany (July, 2008).

Emotional Memory, Sleep and Dreaming. Association for the Study of Dreams, Montreal, Canada (July, 2008).

Stress Damages the Mind, Body and Brain, Humana, Inc., Louisville, KY (April, 2008).

Sleep-based Memory Consolidation, Worcester State College, Worcester, MA (March, 2008).

Sleep for Memory Consolidation and Memory Transformation (Job Talks)
Harvard/Beth Israel Deaconess (November, 2008)
Lehigh University (November, 2008)
Ohio State (November, 2008)
University of Denver (December, 2008)
University of Calgary (December, 2008)
UC Santa Cruz (December, 2008)
University of Miami (January, 2009)
University of Notre Dame (January, 2009)
Macalester College (January, 2009)

Sleep on it! There's more to it that just the old adage, Humana Inc., Louisville, KY (January, 2008); Knowledge Leadership Forum, Cambridge, MA (January, 2008); Ketchum, Inc., New York City (March, 2008); Intelligence Leadership Forum, Amelia Island, Florida (Feburary, 2008).

Sleep, Cognitive Flexibility, and Qualitative Changes in Memory. International Neuropsychological Society, Mati, Greece (June, 2007).

Stressing Memory. Boston College (March, 2007).

Stress, Cortisol, the Catecholamines, and Human Memory Function. Harvard Medical School

Neurophysiology Seminar (September, 2005).

To Sleep Perchance to Dream: Memory, Cortisol and the Nature of Dreams. MDRS, Chicago, IL (Oct, 2004).

Stress and Binding in Various Forms of Episodic Memory. University of Arizona Brain, Behavior and Computation Seminar. (November, 2003).

OTHER PROFESSIONAL TALKS (past 5 years)

Sleep Spindles Coupled with Slow Oscillations Promote Memory Consolidation During Slow Wave Sleep. Provost's "Moment to See, Courage to Act" talk series (May, 2021).

Cortisol and Theta Activity During Sleep: Effects on Emotional and Neutral Memory. Memory Disorders Research Society. Columbia University (October, 2019).

Interactive effects of stress reactivity and REM sleep theta activity on emotional episodic memory consolidation. Context and Episodic Memory Meeting. University of Pennsylvania (May, 2019).

Preferential Emotional Memory Consolidation is Preserved in Middle Age. Cognitive Neuroscience Society. Boston, MA (March, 2018).

Sleep-Stress Interactions in Emotional Memory Formation. Winter Conference on the Neurobiology of Memory. Park City, Utah. (January, 2017).

Stress Hormones, REM Sleep, and Memory Consolidation. Federation of Latin-American and Caribbean Societies for Neuroscience. Buenos Aries, Argentina (November, 2016).

Preferential Consolidation of Emotional Components of Memory During a Nap is Preserved with Age. Annual Meeting of the Psychonomics Society (November, 2016).

Sleep, Stress Hormones, and Emotional Memory Tagging. Meeting of the International Organization of Psychophysiology. Havana, Cuba (September, 2016).

The Cognitive Neuroscience of Memory Consolidation. International Brain Research Organization, Rio, Brazil (June, 2015).

Memory Consolidation During Sleep. Annual Meeting of the Association for Psychological Science. New York, New York (May, 2015).

Memory Consolidation: Interactive Relationships Between Sleep and Stress. Annual meeting of the Psychonomics Society. Long Beach, CA (November, 2014).

Start School Later (Learning and Memory Perspectives). Sleep Research Society/APSS. Minneapolis, MD (June, 2014).

Stress, Sleep, and Emotional Memory Consolidation. Association for Psychological Science. San

Francisco, CA (May, 2014).

Sleep, Stress and Emotional Memory Consolidation. Cognitive Neuroscience Society. Boston, MA (April, 2014).

Memory Consolidation During Sleep. Trainee Day. Sleep Research Society/APSS. Baltimore, MD (June, 2013).

Sleep Selectively Benefits Emotional Aspects of Human Memory: Behavioral and Neural Evidence. Society for Psychophysiological Research. New Orleans, LA (October, 2012).

Sleep and Emotion. Association for Psychological Science, Chicago, IL (April, 2012).

Sleep-based Emotional Memory Formation: Sleep Stage Correlates. Society for Neuroscience, Washington D.C. (November, 2011).

Sleep Transforms the Emotional Memory Trace: Behavioral and Neural Evidence. International Congress on Memory (ICOM). York, England (August, 2011).

Emotional Memory Formation and Sleep. Hippocampal Research Conference, Verona, Italy (May, 2011).

Sleep's Role in the Consolidation of Emotional Episodic Memories: Evidence from EEG and fMRI. Annual meeting of the Cognitive Neuroscience Society, San Francisco, California (April, 2011).

Sleep Triggers Lasting Changes in the Emotional Memory Trace: Evidence from fMRI, APSS/Sleep Research Society, San Antonio, TX (June, 2010).

Sleep Promotes Long-Lasting Changes in Emotional Memories, APSS/Sleep Research Society, Seattle, Washington (June, 2009).

Slow-wave Sleep Correlates Negatively with a Declarative Memory Task, Sleep Research Society, Baltimore, Maryland (June, 2008).

The Impact of Sleep on Emotional Memory Trade-offs. Sleep Research Society, Minneapolis, MN. (June, 2007).

Sleep On It to Get the Gist: Memory Associations across the Night. Annual meeting of the Association for Psychological Science. Washington D.C. (2007).

Sleep increases Veridical and False Recall of Semantically Related Words. Annual meeting of the Psychonomic Society, Houston, TX (2006).

Sleep on it to get the Gist. Annual meeting of the Society for Neuroscience, Atlanta, Georgia (2006).

The Impact of Stress on Perceptual and Memorial binding: Illusory Conjunctions and False Memories. University of Arizona Memory Group (2004).

The Impact of Stress on False Recognition in the Deese Roediger McDermott (DRM) Paradigm.

University of Arizona Memory Group (2002).

Memory, Distractor Tasks and the Resource Demands of Different Cognitive Tasks. Annual meeting of the Western Psychological Association. Seattle, WA (1997).

SELECTION OF SERVICE TALKS AND WORKSHOPS

The Neuroscience of Being Your Best Self: What good sleep, moderate stress, and positive emotion can teach us about living (and leading) well. Presented at ND Lead, University of Notre Dame, Notre Dame, IN (April, 2024).

The Science of Sleep and Stress: How They Influence Memory, Emotion, and Creativity. Presented to the Spouses of the Board of Trustees, University of Notre Dame, Notre Dame, IN (May, 2023).

The Neuroscience of Being Your Best Self: What good sleep, moderate stress, and positive emotion can teach us about living (and leading) well. Presented at Thrive!, University of Notre Dame, Notre Dame, IN (May, 2021).

Sleep and Stress During a Pandemic. Presented for How to Non-Virtually: Unplug and find balance, University of Notre Dame (March, 2021)

Sleep, Stress, and Wellbeing. Presented at Notre Dame's "Lunch and Learn" speaker series, University of Notre Dame (February, 2021).

The Neuroscience of Being Your Best Self. Presented at Arts & Letters, SAS, University of Notre Dame (Feb, 2021)

While you were sleeping: Your Brain's Nocturnal Pursuits. Vail Symposium, Vail, Colorado (Feb, 2020).

The Neuroscience of Being Your Best Self: What good sleep, moderate stress, and positive emotion can teach us about living (and leading) well. Presented at ND Lead, University of Notre Dame, Notre Dame, IN (January, 2020), compensated.

Wellbeing in the Classroom. Kaneb Center sponsored talk given to Notre Dame faculty, postdocs, and graduate students (September, 2019).

Sleep on it! There's More to it than just the Old Adage. Rotary Club, Elkhart, IN (April, 2019).

The Neuroscience of Being your Best Self: What Sleep, Stress, and Emotion Research can Teach us about Leading (and Living) Well: ND Lead (April, 2016, Feb, 2018, April, 2019), compensated.

The Science of Stress and Sleep: How they Affect Memory, Concentration, and Creativity Address to the ND student body, sponsored by McWell (Nov, 2017).

Sleep to be Your Best Self. Lunch and learn address to the ND staff (Feb, 2017).

Sleep for Better Performance. Address to the ND men's Lacrosse team (Feb, 2017).

Sleep to Learn, Learn to Sleep. Address to the incoming students of the Notre Dame Law School (August, 2016).

Sleep on it! Notre Dame Shares (ND Development Team). Notre Dame, IN (April 2016).

Everything you Ever Wanted to Know About Sleep (But Were Too Tired to Ask!) One Day University. Community Event. South Bend, IN (April, 2016), compensated.

Sleep to Learn; Sleep to Lead. Young Leaders of Notre Dame. Notre Dame, IN (Feb, 2016).

The Neuroscience of Leading (and Living) Well. Mendoza Business School. University of Notre Dame, Notre Dame, IN (Jan, 2016), compensated.

The Neuroscience of Leading (and Living) Well. Workshop given to the Volunteers of America. University of Notre Dame, Notre Dame, IN (October, 2014).

The Neuroscience of Being Your Best Self. Board of Trustees Spouses. University of Notre Dame. Notre Dame, IN (October, 2014).

Sleep Well to Lead Well. Mendoza College of Business Executive Integral Leadership Program. Notre Dame, IN (August, 2014), compensated.

Sleep Well to Age Well. Invited talk at the South Bend Science Café, South Bend, IN (February, 2014).

Sleep on it! There's more to it than just the old adage. Public talk at Memorial Hospital, South Bend, IN (December, 2012).

Sleep on it! There's more to it than just the old adage. 2012 Reilly Center Forum. University of Notre Dame. Notre Dame, IN (November, 2012).

Sleep on it! There's more to it than just the old adage. Saturday Scholars. University of Notre Dame. Notre Dame, IN (October, 2012).

Sleep, Health, Memory. Memorial Hospital. South Bend, IN (June, 2012).

Sleep, Stress, and Memory: Implications for Clinical Depression. ND Development trip; Fundraising talk given in an attempt to secure Warren Foundation funding. Tulsa, OK (July, 2011).

Sleep on it! There's More to it than just the Old Adage. Mendoza College of Business Staff Development Day. Notre Dame, IN (June, 2011), compensated.

Sleep, Creativity, and the Law. University of Notre Dame Law School, Notre Dame, IN (November, 2010).

RECENT CONFERENCE PRESENTATIONS (STUDENT-LED)

Niu, X., Sanders, K. E. G., Denis, D., Cunningham, T. J., Zhang, G., Kensinger, E. A., & Payne, J. D. (2024, December). *Memory deficits mediate the impact of REM and slow-wave sleep features on shared symptoms of depression and anxiety*. Paper delivered at the 2024 Cognition, Learning, and Memory Discussion and Interest Group, York, United Kingdom.

Niu, X., Sanders, K. E. G., Denis, D., Cunningham, T. J., Zhang, G., Kensinger, E. A., & Payne, J. D. (2024, October). *Disentangling common, depression-related, and anxiety-related internalizing symptoms dimensions in relation human sleep and episodic memories*. Paper delivered at the 2025 Society of Neuroscience Meeting, Chicago, IL

Sanders, K. E. G., Niu, X., Utayde, M., Kensinger, E. A., Payne, J. D. (2024, October). *Sleep signatures of emotional memory consolidation from young adulthood through middle age.* Poster presented at the Society for Neuroscience's Neuroscience 2024 conference, Chicago, IL.

Kafafi, S.S., Niu, X., Utayde, M., Sanders, K., Cunningham, T., Kensinger, E., Payne, J.D. (2024) *The Relationship Between Physiological Arousal and Memory Encoding of Negative Stimuli in Young and Middle-Aged Adults.* Society for Neuroscience. Chicago, Illinois.

Niu, X., Sanders, K. E. G., Denis, D., Cunningham, T. J., Zhang, G., Kensinger, E. A., & Payne, J. D. (2024, December). *Examining mixed and anxious general distress in relation to episodic memories and beta spectral power during REM and slow-wave sleep.* Poster presented virtually at the 2024 International Sleep Replay Workshop.

Niu, X., Sanders, K. E. G., Kensinger, E. A., & Payne, J. D. (2024, November). *Night owls vs. morning larks: The effects of chronotype on alertness, sleep quality, depression, and anxiety symptoms in aging adults.* Poster presented at the 2024 Psychonomic Society Meeting, New York, NY.

Niu, X., Utayde, M. F., Sanders, K. E. G., Cunningham, T. J., Zhang, G., & Payne, J. D. (2024, April). *How you sleep matters: Effects of REM and slow-wave microstructure on internalizing symptoms via emotional memory*. Poster presented at the 2024 Cognitive Neuroscience Society Meeting, Toronto, Ontario, Canada.

Niu, X., & Payne., J. D. (2024, April). *Disentangling common, depression-specific, and anxiety-specific internalizing symptoms dimensions in relation to REM sleep, SWS, and emotional memory.* Poster presented at the 2024 Cognitive Neuroscience Society Annual Meeting, Toronto, Canada.

Kafafi, S.S., Koen, J.D., Pichot, R.E., Henreckson, D.J., Foley, M., Payne, J.D. (2024) *Neural Oscillations of Memory Encoding in Younger and Older Adults: A Brain-Behavior Relationship.* Cognitive Neuroscience Society. Toronto, Canada.

Utayde, M. F., Sanders, K. E. G., Niu, X., Kensinger, E. A., & Payne, J. D. (2024, April). *Spontaneous Emotion Regulation Effects on Emotional Memory: An ERP Study.* Poster will be presented at the 96th Annual Midwestern Psychological Association Conference, Chicago, IL.

Niu, X., Utayde, M. F., Sanders, K. E. G., & Payne., J. D. (2023, November). *Age-related positivity effects from middle age to late adulthood.* Poster presented at the 2023 Psychonomic Society Meeting, San Francisco, CA.

Niu, X., Utayde, M. F., Sanders, K. E. G., Cunningham, T. J., Zhang, G., & Payne., J. D. (2023, April). *Do common and specific dimensions of internalizing symptoms interact with sleep to enhance emotional memory?* Paper presented at the 2023 Midway Meeting of the Memory Minds, Chicago, IL.

Niu, X., Utayde, M. F., Sanders, K. E. G., Cunningham, T. J., Zhang, G., & Payne., J. D. (2023, April). *Do common and specific dimensions of internalizing symptoms interact with sleep to enhance emotional memory*? Poster presented at the 2023 International Conference on Learning and Memory, Huntington Beach, CA.

Denis, D., and Payne, J.D. (2023). Enhancing emotional components of memory during sleep using targeted memory reactivation. *International Conference on Learning and Memory,* Huntington Beach, CA, USA

Niu, X., Utayde, M. F., Sanders, K. E. G., Cunningham, T. J., Zhang, G., & Payne., J. D. (2023, April). *Do common and specific dimensions of internalizing symptoms interact with sleep to enhance emotional memory*? Poster presented at the 2023 International Sleep Replay Workshop, Huntington Beach, CA.

Krause, M. A., Sanders, K. E. G., & Payne, J. D. (2023, May). *Investigating the effects of affective state on creative problem solving and its underlying mechanisms.* Poster presented at the 2023 Notre Dame College of Science Joint Annual Meeting, South Bend, IN.

Falk, A. M., Sanders, K. E. G., Utayde, M., & Payne, J. D. (2023, May). *The relationship between neurophysiological responses and emotional memory after periods of sleep and wake.* Poster presented at the 2023 Notre Dame College of Science Joint Annual Meeting, South Bend, IN.

Sanders, K. E. G., Denis, D., Niu, X., Kensinger, E. A., Payne, J. D. (2023, April). *The effect of sleep on the emotional memory trade-off task.* Poster presented at the 2023 International Conference on Learning and Memory, Huntington Beach, CA.

Niu, X., Utayde, M. F., Sanders, K. E. G., Cunningham, T. J., Zhang, G., & Payne., J. D. (2023, April). *Do common and specific dimensions of internalizing symptoms interact with sleep to enhance emotional memory?* Poster presented at the 2023 International Conference on Learning and Memory, Huntington Beach, CA.

Utayde, M., Sanders, K. E. G., Kensinger, E., & Payne, J. D. (2023, April). *The role of spontaneous emotion regulation strategies on the emotional memory trade-off effect.* Poster presented at the 2023 International Conference on Learning and Memory, Huntington Beach, CA.

Kuprewicz, V., Sanders, K. E. G., Utayde, M., Kensinger, E. A., & Payne, J. D. (2023, April). *The effects of threat sensitivity and positive childhood experiences on emotional memory*

and stress response. Poster presented at the 95th Annual Midwestern Psychological Association Conference, Chicago, IL.

Martinez, S., Sanders, K. E. G., Utayde, M., & Payne, J. D. (2023, April). *The interaction between anxiety and avoidance levels and its possible impact on emotional memory consolidation for negative components of scenes.* Poster presented at the 95th Annual Midwestern Psychological Association Conference, Chicago, IL.

O'Grady, M., Sanders, K. E. G., Utayde, M., & Payne, J. D. (2023, April). *Executive functioning deficits and heart rate variability: Expanding our understanding of ADHD.* Poster presented at the 95th Annual Midwestern Psychological Association Conference, Chicago, IL.

Tarcha, L., Sanders, K. E. G., Utayde, M., & Payne, J. D. (2023, April). *The role of phasic rapid eye movement sleep and dreaming in the emotional memory trade-off effect.* Poster presented at the 95th Annual Midwestern Psychological Association Conference, Chicago, IL.

Utayde, M., Sanders, K. E. G., Kensinger, E. & Payne, J. D. (2023, April). *The association of anxiety on spontaneous emotion regulation and the late positive potential.* Poster presented at the 95th Annual Midwestern Psychological Association Conference, Chicago, IL.

Sanders, K. E. G., Krause, M., Payne, J. D. (2023, March). *The role of rapid eye movement sleep and deep sleep to solving creative problems*. Poster presented at the 30th Annual Cognitive Neuroscience Society Meeting, San Francisco, CA.

Kafafi, S.S., Pichot, R.E., Henreckson, D.J., Foley, M., Koen, J.D., Payne, J.D. (2023) *Age-related differences in EEG Oscillatory Subsequent Memory Effects for Scene and Object Stimuli*. Notre Dame, Indiana.

Nosek, N., Sanders, K. E. G., Utayde, M. F., Kensinger, E. A., & Payne, J. D. (2024, April). *Effect of optimism on visual attention and memory for negative and neutral scenes.* Poster will be presented at the 96th Annual Midwestern Psychological Association Conference, Chicago, IL.

O'Brien, C., Sanders, K. E. G., Utayde, M. F., Kensinger, E. A., & Payne, J. D. (2024, April). *Investigating depression's impact on skin conductance response and emotional memory.* Poster will be presented at the 96th Annual Midwestern Psychological Association Conference, Chicago, IL.

Sanders, K. E. G., Denis, D., Kensinger, E. A., Payne, J. D. (2022, November). *The effect of sleep on emotional memory from young adulthood to middle age*. Poster presented at the 63rd Annual meeting of the Psychonomic Society, Boston, MA.

Sanders, K. E. G., Denis, D., Kensinger, E. A., Payne, J. D. (2022, November). *Predictors of sleep's effect on emotional memory*. Poster presented at the Society for Neuroscience's Neuroscience 2022 conference, San Diego, CA.

Polking, M., Sanders, K. E. G., Payne, J. D. (2022, April). *Influence of targeted memory reactivation on memory reorganization and problem-solving*. Poster presented at the 94th Annual meeting of the Midwestern Psychological Association, Chicago, IL.

Connolly, S., Sanders, K. E. G., Payne, J. D. (2022, April). *Perceived closeness in insight and analysis based problem solving across an incubation period*. Poster presented at the 94th Annual meeting of the Midwestern Psychological Association, Chicago, IL.

Sanders, K. E. G., Payne, J. D. (2022, March). *When does sleep improve problem solving: An exploration of moderating factors*. Poster presented at the 29th Annual Cognitive Neuroscience Society Meeting, San Francisco, CA.

Park, J.E., Denis, D., Payne, J.D., Miller-Graff, L.E. (June, 2022). Intimate partner violence and its association with subjective and objective assessments of sleep: The potential mediating role of internalizing symptoms. Presented at the annual meeting of the ISTSS.

Sanders, K. E. G., Payne, J. D. (November, 2021). Examining the impact of taking a break on memory reorganization and problem solving. Poster presented at the 62nd Annual meeting of the Psychonomic Society, New Orleans, LA.

Denis, D., DiPietro, C., & Payne, J.D. (March, 2021). The influence of sleep and retrieval practice on memory consolidation in the "War of the Ghosts" paradigm. Poster presented at the 28th annual meeting of the Cognitive Neuroscience Society.

Denis, D., Kim, S.Y., Kark, S.M., Daley, R.T., Alger, S.E., Kensinger, E.A., & Payne, J.D. (June, 2020). Slow wave sleep time and its oscillatory features show opposite associations with emotional memory consolidation following stress. Poster presentation at the Virtual SLEEP Annual Meeting.

Kim, S.Y., Kark, A.M., Daley, R.T., Kensinger, E.A., & Payne, J.D. (April, 2020). Power naps and episodic memory. Differential benefits of stage 2 sleep and slow wave sleep. Poster presentation at the Annual (Virtual) Meeting of the Cognitive Neuroscience Society.

Denis, D., Kim, S.Y., Kark, S.M., Daley, R.T., Alger, S.E., Kensinger, E.A., & Payne, J.D. (April, 2020). Slow oscillation-spindle coupling during slow wave sleep impairs emotional memory consolidation following stress exposure. Poster presentation at the Annual (Virtual) Meeting of the Cognitive Neuroscience Society.

Ford, J.H., Kim, S.Y., Kark, S.M., Daley, R.T., Payne, J.D., & Kensinger, E.A. (April, 2020). Effects of stress-related changes in intrinsic connectivity on emotional memory retrieval. Poster presentation at the Annual (Virtual) Meeting of the Cognitive Neuroscience Society.

Martinez, A., & Payne, J.D. (October, 2019). Cortisol-Testosterone interactions on approach/avoid behavior and emotional memory. Poster presentation at the Society for Neuroscience Annual Meeting, Chicago, IL.

Kim, S.Y., Kark, S.M., Daley, R.T., Kensinger, E.A., & Payne, J.D. (October, 2019). Effects of cortisol reactivity and REM theta activity on emotional memory consolidation. Poster presentation at the Society for Neuroscience Annual Meeting, Chicago, IL.

Yeh N., Rose, N. S, Koen, J. D., Kim, S. Y., Kensinger, E. A., & Payne, J. D. (October, 2019). Medial prefrontal cortex plays a causal role in selectively enhancing consolidation of emotional memories: A TMS-EEG study. Poster presentation at the Society for Neuroscience

Annual Meeting, Chicago, IL.

Martinez, B. S., Kim, S. Y., Payne, J. D., & Bergeman, C. S. (August, 2019). A comparison of emotional memory recognition following a religion/spirituality- or mindfulness-based reappraisal intervention. Poster presentation at the International Society of Psychoneuroendocrinology Annual Meeting, Milan, Italy.

Kim, S. Y., & Payne, J. D. (June, 2019). NREM stage 2 sleep and SWS may differentially benefit episodic memory. Poster presentation at the SLEEP Annual Meeting, San Antonio, TX.

Cunningham, T. J., Bottary, R., Denis, D., Stickgold, R., & Payne, J. (June, 2019). Prospective Memory Improvement is Associated with Changes in Slow Wave Sleep, Delta/Theta, Power, and Spindle Activity. Poster presentation at the annual meeting of the Associated Professional Sleep Societies, San Antonio, TX.

Cunningham, T. J., Bottary, R. M., Kim, S. Y., Stickgold, R., & Payne, J. D. (June, 2019). Prospective memory improvement is associated with changes in slow wave sleep, delta/theta power, and spindle activity. Poster presentation at the SLEEP Annual Meeting, San Antonio, TX.

Kim, S. Y., Kark, S. M., Daley, R. T., Kensinger, E. A., & Payne, J. D. (March, 2019). Effects of cortisol reactivity and REM theta activity on emotional memory consolidation. Poster presentation at the Cognitive Neuroscience Society Annual Meeting, San Francisco, CA.

Kim, S. Y., Kensinger, E. A., & Payne, J. D. (February, 2019). Effects of stress and REM theta activity on emotional memory consolidation. Poster presentation at the Advances in Sleep and Circadian Science Meeting, Clearwater Beach, FL.

Yeh N., Kim, S. Y., Payne, J. D., & Rose, N. S. (November, 2018). Medial prefrontal cortex has a causal role in selectively enhanced consolidation of emotional memories: A TMS-EEG study. Poster presentation at the Society for Neuroscience Annual Meeting, San Diego, CA.

Kim, S. Y., & Payne, J. D. (November, 2017). The role of NREM stage 2 spindles in an afternoon nap for lab-based and real-world measures of episodic memory. Poster presentation at the Society for Neuroscience Annual Meeting, Washington, DC.

Cunningham, T., Pardilla-Delgado, E., & Payne, J. (June, 2017). Prospective Memory Performance Negatively Correlates with Slow-Wave Sleep Despite an Overall Enhancement Across Sleep. Poster presentation at the Associated Professional Sleep Society Conference, Boston, MA.

Phillips, A., Cunningham, T., & Payne, J. (April, 2017). Targeted Memory Reactivation: Odor as a Reactivation Cue During Sleep. Poster presentation at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Cunningham, T., Bolinger, E., Born., J., & Payne, J. (March, 2017). The Association of Skin Conductance Level with Emotional Memory Performance Over Time. Poster presentation at the Cognitive Neuroscience Society Annual Meeting, San Francisco, CA.

Pardilla-Delgado E., Forcato C., & Payne J.D. (March, 2017). Memory strengthening via multiple labilization-reconsolidation cycles: a replication study. Poster presentation at the Cognitive Neuroscience Society Annual Meeting, San Francisco, CA.

Alger, S.E., & Payne, J.D. (November, 2016). Preferential consolidation of emotional components of memory during a nap is preserved with age. Selected as an Oral Presentation at the annual Psychonomic Society meeting, Boston, MA.

Alger, S.E., & Payne, J.D. (November, 2016). Selective consolidation of emotionally salient information during a nap is preserved across age. Selected as an Oral Presentation at the annual Psychonomic Society meeting, Boston, MA.

Alger, S.E., & Payne, J.D. (June, 2016). Selective consolidation of emotionally salient information during a nap is preserved with age. Poster presentation at the APSS annual Sleep meeting, Denver, CO.

Pardilla-Delgado, E., & Payne, J.D. (June, 2016). Dream Reporting May Shift Memory Processing to A Gist-Like State. Poster presentation at the APSS annual Sleep meeting, Denver, CO.

Cunningham, T., Bolinger, E., Born., J., & Payne, J.D. (June, 2016). Proximity to sleep alters the affective processing of emotional and neutral stimuli. Poster presentation at the APSS annual Sleep meeting, Denver, CO.

Alger, S.E., & Payne, J.D. (May, 2016). Preservation of the preferential consolidation of emotionally salient information during a nap with age. Poster presentation at the Association for Psychological Science Annual Meeting, Chicago, IL.

Bolinger, E., Cunningham, T., Born., J., & Payne, J.D. (May, 2016). Proximity to sleep alters the affective processing of emotional and neutral stimuli. Poster presentation at the Association for Psychological Science Annual Meeting, Chicago, IL.

Bowman, M., Cunningham, T., Bolinger, E., Born., J., & Payne, J.D. (May, 2016). Sex Moderates the Effect of REM Sleep on Emotional Memory Consolidation. Poster presentation at the Association for Psychological Science Annual Meeting, Chicago, IL.

Cunningham, T., Bowman, M., Ellickson-Larew, S., & Payne, J.D. (May, 2016). Anxiety and Poor Mood Predict Poor Prospective Memory Performance. Poster presentation at the Association for Psychological Science Annual Meeting, Chicago, IL.

Pardilla-Delgado E., Asp, E.W., Cunningham, T.J., Warner, K.A., & Payne J.D. (April, 2016). The effects of a stress-related cortisol increase on higher cognitive functions: false memory formation and anchoring and adjustment. Poster presentation at the Cognitive Neuroscience Society Annual Meeting, New York City, NY.

Cunningham, T., Mattingly, S., & Payne, J. (April, 2016). Hypothalamic-Pituitary-Adrenal Axis Activation is Necessary for the Preferential Consolidation of Emotional Memory Traces. Poster presentation at the Cognitive Neuroscience Society Annual Meeting, New York City, NY.

Alger, S.E., & Payne. J.D. (October, 2015). The differential effects of emotional salience on direct associative and relational memory during a nap. Selected as an Oral Presentation at the Society for Neuroscience Annual Meeting, Chicago, IL.

Pardilla-Delgado E., Asp, E.W., Cunningham, T.J., Warner, K.A., & Payne J.D. (October, 2015). The effects of acute psychosocial stress on higher cognitive functions: false memory formation and anchoring and adjustment. Poster presentation at the Society for Neuroscience Annual Meeting, Chicago, IL.

Cunningham, T. & Payne, J. (October, 2015). Sleep Benefits Memory to Complete Goal-Relevant Behavior. Poster presentation at the Society for Neuroscience Annual Meeting, Chicago, IL.

Mattingly, S. M., & Payne, J.D. (October, 2015). The effects of semantic relatedness on long term survival memory processing. Poster presentation at the Society for Neuroscience Annual Meeting, Chicago IL.

Cunningham, T. & Payne, J. (September-October, 2015). Preliminary Evidence for the Hyperactivity of the Sympathetic Network in Depression and Anxiety. Poster presentation at the Annual Meeting of the Society for Psychophysiological Research (SPR), Seattle, WA.

Cunningham, T. & Payne, J. (June, 2015). The Relationship between REM Sleep and the Cortisol Awakening Response (CAR) Following Stress Exposure. Poster presentation at the annual Associated Professional Sleep Society Conference, Seattle, WA.

Alger, S.E., Huguet, M., & Payne, J.D. (June, 2015). The differential effects of emotional salience on direct associative and relational memory during a nap. Poster presentation at the annual Associated Professional Sleep Society Conference, Seattle, WA.

Cunningham, T. & Payne, J. (2015). Stress reactivity enhances memory for emotional content at the cost of neutral information. Poster presentation at the University of Notre Dame Graduate Student Symposium, Notre Dame, IN.

Cole, M., Cunningham, T., & Payne, J. (May, 2015). The Effect of Sleep on Skin Conductance Reactivity and Emotional Memory. Poster presentation at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Cunningham, T. & Payne, J. (March, 2015). Stress reactivity enhances memory for emotional content at the cost of neutral information. Poster presentation at the Cognitive Neuroscience Annual Meeting, San Francisco, CA.

Cunningham, T., Bolinger, E., Lathrop, Q., Born, J., & Payne, J. (August, 2014). Disentangling Sleep, Memory, and Emotion. Poster presentation at the Memory and Consciousness-Plasticity Brain Rhythms and Sleep Summer School, Tübingen, Germany.

Alger, S.E., Chambers, A., & Payne, J.D. (June, 2014). A nap rich in slow wave sleep selectively preserves emotional scene components. Poster presentation at the annual meeting of the Sleep Research Society, Minneapolis, MN.

Mattingly, S. M., Payne, J.D., Kensinger, E., Alger, S., Cunningham, T., & Wirth, M. (June, 2014). Stress Effects on Consolidation of Emotional Memory Tradeoffs at 24 and 48 Hours. Poster presentation at the annual meeting of the Sleep Research Society, Minneapolis, MN.

Cunningham, T., Chambers, A., & Payne, J. (June, 2014). The effect of expectation on the selective processing of negatively arousing information across periods of wake and sleep. Poster presentation at the annual Associated Professional Sleep Society Conference, Minneapolis, MN.

Alger, S.E.,Chambers, A., & Payne, J.D. (April, 2014). A nap rich in slow wave sleep selectively preserves emotional scene components. Poster presentation at the annual meeting of the Cognitive Neuroscience Society, Boston, MA.

Chambers, A., Cunningham, T., and Payne, J. (April, 2014). The effect of future relevance on the emotional memory tradeoff after sleep and wake. Poster presentation at the annual meeting of the Cognitive Neuroscience Society, Boston, MA.

Cunningham, T., Wirth, M., Pardilla-Delgado, E., Blomeke, K., Rawding, J., and Payne, J. (April, 2014). Alcohol's effect on the Cortisol Awakening Response. Poster presentation at the annual meeting of the Cognitive Neuroscience Society, Boston, MA.

Pardilla-Delgado E., & Payne J.D. (April, 2014) The effect of post-encoding stress on performance in the DRM false memory paradigm. Poster presentation at the annual meeting of the Cognitive Neuroscience Society, Boston, MA.

KEY LABORATORY MEMBERS

Postdoctoral Fellows (Past)
Sara Alger, Ph.D. (Research Scientist and Sleep Laboratory Director, Walter Reed Army Institute of Research)
Daniel Denis, Ph.D. (Marie Skłodowska-Curie recipient and Senior Research Fellow at the University of York, UK)

Ph.D. Students (Past)
Alexis Chambers (Assistant Professor of Psychology at North Central College)
Tony Cunningham (Assistant Professor at Harvard University, Beth Israel Deaconess Medical Center, Department of Psychiatry)
Enma Pardillo-Delgado (Postdoctoral Research Fellow at Harvard University, Massachusetts General Hospital)
Stephen Mattingly (Research Consultant 2, Humana)
Sara Kim (Data Scientist, Quantitative Researcher at Voice Caddie)

Postdoctoral Fellows (Current)
Kristin Grunewald, Ph.D. (joined the lab from Northwestern University)

Ph.D. Students (Current)
Xinran Niu

Seham Kafafi

Undergraduate Students with Research Funding (Current)
Serena Zezulak - Mary E. Galvin Science and Engineering Scholars program
Meredith Gallagher - COS-SURF funding
Hannah Lu - COS-SURF funding
NOTE: Two students have had their abstracts accepted for presentation at MPA 2025:

Gallagher, M., Sanders, K. E. G., Nosek, N., Utayde, M. F., Kensinger, E. A., Payne, J. D. (2025, April). Electrophysiological insights into the relationship between anxiety and emotional memory. Poster presented at the 97th Annual Midwestern Psychological Association Conference, Chicago, IL.

Lu, H., Sanders, K. E. G., Utayde, M. F., Kensinger, E. A., Payne, J. D. (2025, April). Electrophysiological insights into the relationship between anxiety and emotional memory. Poster presented at the 97th Annual Midwestern Psychological Association Conference, Chicago, IL.

Current undergraduate Student Lab Members, organized by semester in lab. NOTE: If a student isn't listed as being in the lab both semesters, this is due to study abroad, graduation, or the student being a newly joined lab member

NAME	Spring 2024	Fall 2024
1. Adriana Luna	yes	yes
2. Andrew Kim	yes	yes
3. Anna Dray	yes	yes
4. Ashley McDonnell	yes	yes
5. Brooke Borton	yes	yes
6. Caroline Van Bell	yes	yes
7. Colleen Bordallo	yes	yes
8. Dorian Khoshyomn	yes	yes
9. Estela Ralston	yes	yes
10. Hank Stechmann	yes	yes
11. Hannah Lu	yes	yes
12. Jordan Lam	yes	yes
13. Josie Sembrot	yes	yes
14. Kelly McGlinn	yes	yes
15. Kyle Hill	yes	yes
16. Marah Dokmak	yes	yes
17. Mark Greene	yes	yes
18. Marshall Horton	yes	yes
19. Neev Gamble	yes	yes
20. Regina	yes	yes

Hammond		
21. Serena Zezulak	yes	yes
22. Sara Mietus	yes	yes
23. Abigail Lynch	yes	no
24. Anaum Showkat	yes	no
25. Anna Falk	yes	no
26. Ashleigh Cotter	yes	no
27. Brett Foster	yes	no
28. Carlo Amorado	yes	no
29. Caroline Bender	yes	no
30. Cecilia O'Brien	yes	no
31. Cecilia Ocampos Alderete	yes	no
32. Clare Pryor	yes	no
33. Emma Bauschard	yes	no
34. Jacob Weber	yes	no
35. Jenisse Jarquin	yes	no
36. Kevin Stein	yes	no
37. Megan Krause	yes	no
38. Michael Gilligan	yes	no
39. Nadia Nosek	yes	no
40. Nicholas Bifone	yes	no
41. Olivia Harle	yes	no
42. Sandy Kang	yes	no
43. Sofia Zitella	yes	no
44. Sophia Allen	yes	no
45. Stella Cooley	yes	no
46. Stevie Sampedro	yes	no
47. Tara Henry	yes	no
48. Victoria Son	yes	no
49. Brenna Sullivan	no	yes
50. Bridget Egan	no	yes
51. Cristina Willingham	no	yes
52. Jedrick Wilson	no	yes
53. John Scheller	no	yes
54. Jonathan Nemeth	no	yes
55. Justine Lam	no	yes
56. Meredith Gallagher	no	yes
57. Quinn Shannon	no	yes
58. Sean Moynihan	no	yes
59. Sydney Anel	no	yes

MEDIA COVERAGE EXAMPLES

You deserve a great nap (Nov 2023)
New York Times
https://www.nytimes.com/2023/11/23/well/live/afternoon-nap-tips.html

Is Lucid dreaming real? (May, 2020)
Gizmodo
https://gizmodo.com/is-lucid-dreaming-real-1843197945

What do your bizarre pandemic dreams mean? Notre Dame researcher weighs in (May, 2020)
WSBT
https://wsbt.com/news/local/what-do-your-bizarre-pandemic-dreams-mean-notre-dame-researcher-weighs-in

Why Covid-19 quarantine dreams are taking over the internet (April, 2020)
Wired
https://www.wired.com/story/coronavirus-covid-19-dreams/

16 best tips for how to sleep well all night
Prevention
https://www.prevention.com/health/sleep-energy/a30981827/how-to-sleep/

How to keep your brain healthy and happy (May, 2019)
Martha Stewart Magazine
https://www.marthastewart.com/1536797/healthy-habits-brain

A new theory linking sleep and creativity (May, 2018)
The Atlantic
https://www.theatlantic.com/science/archive/2018/05/sleep-creativity-theory/560399/

Can You Be Blissfully Unaware of Your Own Stress? (September, 2018)
The Cut
https://www.thecut.com/2018/09/can-you-be-blissfully-unaware-of-your-own-stress.html

How to wake up to your creativity (April, 2017)
Time Magazine
http://time.com/4737596/sleep-brain-creativity/

These 9 techniques will help you stop forgetting things all the time (September, 2017)
Women's Health
https://www.womenshealthmag.com/health/tricks-to-remember-anything

Chances are you're stressed about this at least once a week. (June, 2017)
Huffington Post
http://www.huffingtonpost.com/entry/chances-are-youve-stressed-about-this-at-least-once-in-

the-last-week_us_5908e548e4b0bb2d08729f31?45hd

A new study says sleep trackers might be making you sleep poorly. Here's what that really means. (March, 2017)
Men's Fitness
http://www.mensfitness.com/life/gearandtech/new-study-says-sleep-trackers-might-be-making-you-sleep-poorly-heres-what-really

Sleep on it. The brain never takes a night off (November, 2015)
Huffington Post
http://www.huffingtonpost.com/jessica-payne-phd/

Why missing a night of sleep can damage your IQ (April, 2015)
CNN
http://www.cnn.com/2015/04/01/business/sleep-and-leadership/

Your Brain on Sleep (November, 2015)
ND.EDU
http://www.nd.edu/features/your-brain-on-sleep/

Sleep Deprivation is Killing Business and Creativity (November, 2015)
The HR Director Magazine
https://www.thehrdirector.com/business-news/health-and-wellbeing/sleep-deprivation-killing-business-and-creativity/

An app, a course, a nightly routine: Somni prioritizes sleep (June, 2015)
USA TODAY
http://college.usatoday.com/2015/06/21/sleep-app-somni/

How sleep can make you a better leader (April, 2015)
CNN
http://edition.cnn.com/2015/04/01/business/sleep-and-leadership/index.html

Class time or sleep time for students? (May, 2015)
South Bend Tribune
http://www.southbendtribune.com/news/local/class-time-or-sleep-time-for-students/article_3c3980c5-46c5-578b-af8e-99bf315f613b.html

To Keep Teenagers Alert, Schools Let Them Sleep In (March, 2014)
New York Times
http://well.blogs.nytimes.com/2014/03/13/to-keep-teenagers-alert-schools-let-them-sleep-in/?_r=0

Lack of sleep derails us all (December, 2013)
Huffington Post
http://www.huffingtonpost.com/david-rock/lack-of-care-about-sleep-_b_4441761.html

Be more creative in 4 simple steps (September, 2013)
Good Housekeeping

http://www.goodhousekeeping.com/home/crafts/be-more-creative

Ability to learn is affected by the timing of sleep (April, 2012)
Scientific American
http://www.scientificamerican.com/podcast/episode.cfm?id=ability-to-learn-is-affected-by-the-12-03-24

Sleep on it! How dozing off turns on your brain power and makes memories last (May, 2012)
YouBeauty (Dr. Oz's website)
http://www.youbeauty.com/sleep/sleep-for-memory?page=2

Wake-up call for teachers: Nodding off in class could actually be the best way to learn (March, 2012)
Daily Mail UK
http://www.dailymail.co.uk/sciencetech/article-2120420/Sleeping-shortly-learning-new-best-way-remember-it.html

Learning best when you rest: Sleeping after learning new info most effective (April, 2012)
Science Daily
http://www.sciencedaily.com/releases/2012/03/120323205504.htm

Night owls more likely to suffer from nightmares, survey suggests (September, 2011)
Scientific American
http://www.scientificamerican.com/article.cfm?id=night-owls-more-likely-to-suffer-from-nightmares-survey-suggests

Nightmares more common in those who stay up late: Bad dreams may be linked to cortisol (September, 2011)
New York Daily News
http://www.nydailynews.com/lifestyle/health/2011/09/06/2011-09-06_nightmares_more_common_in_those_who_stay_up_late_study_bad_dreams_may_be_linked_.html

What Neuroscience Can Teach Leaders (August, 2011)
Bloomberg Businessweek
http://www.businessweek.com/management/what-neuroscience-can-teach-leaders-08122011_page_2.html

Sleep Cherry-Picks Memories, Boosts Cleverness (December, 2010)
National Geographic
http://news.nationalgeographic.com/news/2010/12/101201-sleep-memories-health-brain-science/

Sleep Makes Your Memories Stronger, and Helps with Creativity (November, 2010)
Science Daily
http://www.sciencedaily.com/releases/2010/11/101113165441.htm

Sleep and do better (February, 2010)
Businessweek and MSN

http://www.businessweek.com/lifestyle/content/healthday/634169.html
http://health.msn.com/health-topics/sleep-disorders/articlepage.aspx?cp-documentid=100253724

How memory works (January, 2010)
Martha Stewart Living Magazine
http://www.wholeliving.com/article/memory

Memories! Is Sleep Key To What We Remember (and Forget)? Harvard Team Says "Yes"
The Daily Galaxy
http://www.dailygalaxy.com/my_weblog/2009/06/speak-memory-sleep-key-to-what-we-remember-and-what-we-forget.html

Sleep may be important in regulating emotional responses (June, 2009)
Science Daily
http://www.sciencedaily.com/releases/2009/06/090611071359.htm

The power of power naps (March, 2008)
Scientific American
http://www.scientificamerican.com/blog/60-second-science/post.cfm?id=the-power-of-power-naps

Researchers find that sleep selectively preserves emotional memories (Aug, 2008)
Harvard Science
http://www.harvardscience.harvard.edu/medicine-health/articles/researchers-find-sleep-selectively-preserves-emotional-memories
Sleep helps preserve emotional memories (Aug, 2008)
Reuters
www.reuters.com/article/healthNews/idUSCOL76596820080827?feedType=RSS&feedName=healthNews

Can not sleeping erase your memories? (Aug, 2008)
Discover Magazine
http://blogs.discovermagazine.com/discoblog/2008/08/21/can-not-sleeping-erase-your-memories/

Sleep selectively preserves emotional memories (Aug, 2008)
Science Daily
http://www.sciencedaily.com/releases/2008/08/080814091411.htm

Creative dreams (Oct, 2006).
Nature
http://blogs.nature.com/news/blog/2006/10/sfn_creative_dreams.html

How we learn and remember. Don't lose sleep over it! (Jan, 2007)
Society for Neuroscience News Release.
http://www.sfn.org/index.cfm?pagename=news_101706c

How good sleep enhances memory functions, learning, and creativity. (Jan, 2007)
iHealthBulletin News.
http://www.ihealthbulletin.com/blog/2007/01/15/how-good-sleep-enhances-memory-functions-learning-and-creativity/

Sleep on this: Rest may aid memory (June, 2006).
Desert News.
http://findarticles.com/p/articles/mi_qn4188/is_20060624/ai_n16505602

Phantom memories: Stress wrecks your head, and sometimes, the truth (Jan, 2002).
Popular Science.
http://www.popsci.com/popsci/medicine/a0b8c4522fa84010vgnvcm1000004eecbccdrcrd.html

False memories (Nov, 2000).
The New Scientist.
http://www.newscientist.com/article.ns?id=dn140

D. Professional Development

N/A

E. Recognition, Honors, and Prizes Received

HONORS AND AWARDS

Research/Academic

2022 Delivered the National Academy of Sciences 2021 Seymour Benzer/Sydney Brenner Lecture (Feb, 2022)

2019 Elected to INS (International Neuropsychological Symposium) – one of 38 North American members and 124 members worldwide. *INS is an invitation-only international group, which, since 1951, meets every year for the purpose of promoting knowledge and understanding of brain functions and cognate issues on the borderland of neurology, psychology and psychiatry.*

2019 Elected to MDRS (Memory Disorders Research Society) – one of 140 members worldwide. *MDRS is an invitation-only international professional society dedicated to the study of memory and memory disorders.*

2017 Elected as a Kavli Fellow, National Academy of Sciences. "*About the Kavli Fellow Program: Kavli fellows are selected by the advisory board of The Kavli Foundation and members of the National Academy of Sciences from young researchers who have already made recognized contributions to science, including recipients of major national fellowships and awards and who have been identified as future leaders in science. More than 150 Kavli fellows have been*

elected into the National Academy of Sciences and 10 have been awarded Nobel Prizes."

2015 Early Career Award from the Psychonomic Society, *conferred upon young scientists who have made significant contributions to scientific psychology early in their careers* (*associated with a $2500 research award to be used for projects of my choice*).

2011-2019 Nancy O'Neill Collegiate Chair/Andrew J. McKenna Family Collegiate Chair – awarded for outstanding research, teaching and service at the University of Notre Dame (*associated with a research award of $75,000 to be used for projects of my choice*).

2011-2012 H. Smith Richardson Jr. Fellow, Center for Creative Leadership, Greensboro, NC – awarded for my work applying cognitive and affective neuroscience to leadership practice and business ethics (*associated with a research award of $20,000 to be used for a project of my choice*).

2011 Appointed Reilly Center Fellow

2011 Notre Dame's single candidate nominated to apply for Searle Scholars Funds

2010 Laird Cermak Early Career Award for early contribution to memory research by the International Neuropsychological Society – *given to candidates who are less than five years from completion of training for outstanding research in memory or memory disorders.*

2010 Provost's interfaculty initiative on interdisciplinary research, funds awarded for program in Brain, Mind and Behavior, University of Notre Dame

2006-2008 Abstract Awards for Scientific Merit, Sleep Research Society

2003 Fellow, Vivian Smith Advanced Studies Institute of the International Neuropsychological Society

1995 Psychology Research Award for Honors Thesis

1995 Departmental Honors in Psychology

1994-1995 President, Psi Chi: University of San Diego

1992-1995 Dean's List, First Honors

1991-1995 University of San Diego Honors Program

Teaching

2018 Appointed Kaneb Center for Teaching and Learning Faculty Fellow, University of Notre Dame

2017 Nominated for the Sheedy Excellence in Teaching Award, University of Notre Dame

2016 Awarded the University of Notre Dame Rev. Edmund P. Joyce Award for Excellence in Undergraduate Teaching

2012 Awarded University of Notre Dame Frank O'Malley Undergraduate Teaching Award

2008-2009	Awarded the Harvard University Derek Bok Center Certificate of Distinction in Teaching
2007-2008	Awarded the Harvard University Derek Bok Center Certificate of Distinction in Teaching
2006-2007	Awarded the Harvard University Derek Bok Center Award for Teaching Excellence