**CURRICULUM VITAE**

**Lauren N. Whitehurst, PhD**

lauren.whitehurst@uky.edu

**Research Interests**

My research program works to define “good” sleep and how we can leverage it to support healthy cognition and combat cognitive disease and decline. The major themes of my work are centered around investigations of both central (e.g., electroencephalographic) and autonomic (e.g., electrocardiographic) indicators of sleep and their contributions to cognition. I also explore the consequences of sleep perturbations, whether pharmacological or environmental, for cognitive processing.

**Positions**

08/2020 Assistant Professor, Department of Psychology, University of Kentucky, Lexington, KY

**Education**

08/2020Postdoctoral Fellow, University of California, San Francisco, San Francisco, CA

08/2018 PhD, Psychology, University of California, Riverside, Riverside, CA

06/2013 MA, Psychological Sciences, James Madison University, Harrisonburg VA

06/2011 BS, Psychology, James Madison University, Harrisonburg VA

**Honors & Awards**

2021 Butler-Williams Scholars Program, National Institute of Aging

2021 Research Scholars Program, University of Kentucky, Office of the Provost

2020 Early Stage Investigator Award, Academy of Behavioral Medicine Research

2020 Young Investigator Research Fellow, American Academy of Sleep Medicine

2019 Research Trainee Award in Psychiatry, University of California, San Francisco

2019 Young Investigator Colloquium Scholar, American Psychosomatic Society

2018 Chancellor’s Postdoctoral Fellow, University of California, San Francisco

2018 T32 Psychology and Medicine Fellow, University of California, San Francisco

2017 Dissertation Award Honorable Mention, Ford Fellowship

2015 Graduate Student Research Award, University of California, Riverside

2013 GradEdge Summer Research Award, University of California, Riverside

2013 Collaborative Spirit Award, James Madison University and Rockingham Memorial Hospital (awarded to a new and successful community-hospital partnership)

2010 LeAnn Whitlock Scholarship, James Madison University (awarded to a minority undergraduate student excelling in academics and service)

**Research Support**

**Ongoing**

*Role: Co-Investigator*, National Institute on Minority Health and Health Disparities. R01MD016236-01. **Project Title:** Researching Equitable Sleep Time (REST) in Appalachia, $757,695. Funding Dates: 10/2021- 08/2026

*Role: Co-Principal Investigator*, Neuroscience Research Priority Area Pilot Awards, University of Kentucky Institutional Pilot Grant. **Project Title:** Cognitive Sequelae of Beta-Amyloid Accumulation and Sleep Dysfunction in Parkinson’s Disease. $22,557. Funding Dates:08/2021-07/2022.

*Role: Consultant*, National Science Foundation Small Business Innovation Research (SBIR). NSF 21-562 **Project Title:** VRTogether - a multi-user VR approach to address isolation through co-presence. $249,628. Funding dates: 02/2021-01/2023.

*Role: Principal Investigator*, Nemos Company; Location: Redwood City, CA. **Project Title:** Autonomic mechanisms of sleep-dependent cognition; $81,215 direct + indirect costs. 08/2020-02/2022.

*Role: Principal Investigator*, Nemos Company; Location: Redwood City, CA. **Project Title:** Effect of vagus nerve stimulation on acute stress reactivity; $127,334 direct + indirect costs. 08/2020-06/2022.

**Under Review**

*Role: Co-Principal Investigator*, National Institute on Alcohol Abuse and Addiction. **Project Title:** Sex and Sex Hormone Factors Influencing Acute Alcohol Effects on Sleep Physiology. Submitted October 2021

**Completed**

*Role: Co-Investigator*, Igniting Research Collaboration, University of Kentucky Institutional Pilot Grant. **Project Title:** Early reduction of post-operative pain and inflammation to expedite return to function after KNEE arthroscopy(PROPER KNEE Trial); $36,214. (completed June 2021)

*Role: Principal Investigator*, National Center for Advancing Translational Science (NIH-NCATS) and University of California, San Francisco Clinical and Translational Science Institutional Pilot Award. **Project Title**: Autonomic mechanisms of sleep-dependent memory consolidation. $40,000. (disrupted March 2020 due to COVID-19)

*Role: Postdoctoral Fellow in Psychology and Medicine*, National Institutes of Mental Health, University of California, San Francisco Institutional Training Grant. (T32 MH019391). PI: Nancy Adler; Wendy Mendes. (completed July 2020)

*Role: Contributor*, Office of Naval Research (#N00014-14-1-0513). **Project Title**: The effect of psychostimulants and zolpidem on sleep and cognitive performance; $995,381; PI: Sara Mednick. (completed June 2018)

**Peer-Reviewed Publications (\*indicates co-first author; ^indicates student authors)**

19. Simon KC\*, **Whitehurst LN**\*, Zhang J, Mednick SC. (in press). Zolpidem maintains memories for negative emotions across a night of sleep. *Affective Science.*

18. **Whitehurst LN** & Mednick SC. (2021) Psychostimulants may block long-term memory formation via degraded sleep in healthy adults. *Neurobiology of Learning and Memory, 178,* 107342. doi.org/10.1016/j.nlm.2020.107342

17. Crosswell AD, **Whitehurst L**, Mendes WB. (2021). Effects of acute stress on cognition in older and younger adults. *Psychology & Aging, 36(2),* 241-251. https://doi.org/10.1037/pag0000589

16. Chen PC, Sattari N, **Whitehurst LN,** Mednick SC (2020). Age-related losses in cardiac autonomic activity during a daytime nap. *Psychophysiology*, 58, e13701. https://doi.org/10.1111/psyp.13701

15. **Whitehurst LN**, Chen P, Naji M & Mednick SC (2020)*.* New directions in sleep and cognitive research: the role of autonomic activity. *Current Opinion in Behavioral Sciences, 33,* 17-24*.* doi.org/10.1016/j.cobeha.2019.11.001

14. Chen P, **Whitehurst LN**, Naji M, Mednick SC (2020). Autonomic/Central coupling benefits working memory in healthy young adults. *Neurobiology of Learning and Memory*, 173, 107267. doi.org/10.1016/j.nlm.2020.107267

13. Chen P\*, **Whitehurst LN\***, Naji M, Mednick SC. (2020). Autonomic activity during a daytime nap facilitates working memory improvement. *Journal of Cognitive Neuroscience*. doi.org/10.1162/jocn\_a\_01588

12. Zhang J, Yetton B, **Whitehurst LN**, Naji M, Mednick SC (2020). The effect of zolpidem on memory consolidation over a night of sleep. *SLEEP.* doi: 10.1093/sleep/zsaa084

11. **Whitehurst LN,** Agosta S, Castanos, R, Batteli L & Mednick SC. (2019). The impact of psychostimulants on sustained attention across a 24-hr period*. Cognition, 193,* 104015. doi.org/10.1016/j.cognition.2019.104015

10. Tselha T\*, **Whitehurst LN\*,** Yetton, BD, Vo T**^**, Mednick SC. (2019). Morning stimulant administration reduces sleep and overnight working memory improvement. *Behavioral Brain Research, 370,* 111940*.* doi.org/10.1016/j.bbr.2019.111940

9. Sattari N**, Whitehurst LN,** Ahmadi M, Mednick, SC. (2019*).*Does working memory improvement benefit from sleep in older adults? *Neurobiology of Sleep and Circadian Rhythms, 6,* 53-61.doi.org/10.1016/j.nbscr.2019.01.001.

8. **Whitehurst LN** Naji, M & Mednick SC. (2018). Comparing the cardiac autonomic activity profile of daytime naps and nighttime sleep. *Neurobiology of Sleep and Circadian Rhythms, 5,* 52-57*.* doi.org/10.1016/j.nbscr.2018.03.001.

7. Malerba P, **Whitehurst LN**, Simons SB & Mednick SC. (2018). Spatio-temporal structure of sleep slow oscillations on the electrode manifold and its relation to spindles. *SLEEP, 42,* zsy197*.* doi.org/10.1093/sleep/zsy197

6. McDevitt EA, Sattari N, Duggan KA, Cellini N, **Whitehurst LN**, Perera C**^**, Reihanabad N**^**, Granados S**^**, Hernandez L**^**, Mednick SC. (2018). The impact of frequent napping and nap practice on sleep-dependent memory in humans. *Scientific Reports, 8,* 15053*.* doi.org/10.1038/s41598-018-33209-0

5. Duggan KA, McDevitt EA**, Whitehurst LN,** Mednick SC. (2018). To nap, perchance to DREAM: A factor analysis of self-reported reasons for napping**.** *Behavioral Sleep Medicine, 16,* 135-153,doi: 10.1080/15402002.2016.1178115.

4. **Whitehurst LN\***, Cellini N\*, McDevitt EA, Duggan, KA, & Mednick SC. (2016). Autonomic activity predicts memory consolidation in humans. *Proceedings of the National Academy of Sciences, 113,* 7272-77*,* doi: 10.1073/pnas.1518202113.

3. Cellini N\*, **Whitehurst LN**\*, McDevitt EA, Mednick SC. (2016). Heart rate variability during daytime naps in healthy adults: autonomic profile and short-term reliability. *Psychophysiology*, *53*, 473-481, doi: 10.1111/psyp.12595.

2. Yetton BD, Niknazar M, Duggan KA, McDevitt EA, **Whitehurst LN**, Sattari N, Mednick SC. (2016). Automatic detection of rapid eye movements (REMs): A machine learning approach *Journal of Neuroscience Methods, 259*, 72-82. [doi:10.1016/j.jneumeth.2015.11.015](http://dx.doi.org/10.1016/j.jneumeth.2015.11.015)

1. **Whitehurst LN**, Fogler KA, Hall, MK**^**, Hartmann, M**^** & Dyche JS. (2015). The effects of chronic marijuana use on circadian entrainment. *Chronobiology International, 32,* 561-57. doi**:**10.3109/07420528.2015.1004078.

**Manuscripts under review**

Crosswell AD, Mayer S, **Whitehurst LN**, Picard M, & Epel ES. Deep rest: An integrative model of how contemplative practices enhance the body’s restorative capacity.

Sattari N, **Whitehurst LN** & Mednick SC. Is working memory associated with age-related emotional memory biases?

Chen PC, Niknazar H, **Whitehurst LN**, Mednick, SC. Competitive dynamics underlie cognitive improvements during sleep

**Whitehurst LN**, Subramoniam, A**^**., Krystal A, Prather AK. Sleep and memory processing: the role of the autonomic nervous system.

Zhang J, **Whitehurst LN**, Mednick SC. The role of sleep for episodic memory consolidation: stabilizing or rescuing?

**Invited Talks**

*Parasympathetics-plenary debate: revisiting the vagus. Invited Panel Member* Academy of Behavioral Medicine Research, Santa Cruz, CA, October 10, 2021. Other panel members include: Richard Sloan, PhD (Columbia University) and Julian Thayer, PhD (University of California, Irvine).

*Innovations in sleep quality and aging.* Invited Panel Member. Academy of Behavioral Medicine Research, Santa Cruz, CA, October 10, 2021. Other panel members include: Aric Prather, PhD (University of California, San Francisco) and Martica Hall, PhD (University of Pittsburgh) Andrew Krystal, MD (University of California, San Francisco).

*New directions in sleep and cognitive research: the role of the autonomic nervous system.* Invited talk presented at Princeton University Cognitive Science Research Colloquium. September 29, 2021

*Sleep’s restorative role for cognitive function*. Invited talk presented at the Rice University Cognitive Health Colloquium Series. April 12, 2021.

*Affirming Black Excellence in Cognitive Neuroscience.* Invited speaker and panel member. Presented at the annual meeting of the Cognitive Neuroscience Society. March 15, 2021.

*New directions in sleep and cognitive research: the role of the autonomic nervous system.* Invited talk presented at Columbia University Sleep Center of Excellence Seminar Series. February 8, 2021

*Sleep’s restorative role for cognition.* Invited talk presented at the Center for the Neural Basis of Cognition. Early Career Research Speaker Series. December 19, 2020.

*New directions in sleep and cognitive research: the role of autonomic activity.* Invited talk presented at the University of Pittsburgh Sleep and Circadian Grand Rounds.November 19, 2020.

*Why Sleep Is Not a Luxury.* Invited talk presented at San Francisco Municipal Transit Headquarters. BackFirst Program, San Francisco, CA, January 30, 2020.

*Autonomic activity during sleep and cognitive processing*. Invited talk presented at Stanford University’s Department of Psychology Affective Science Colloquium, Stanford, CA, October 24, 2019.

*The impact of psychostimulants on sleep and cognition in healthy adults.* Invited talk presented at the University of California, San Francisco Department of Psychiatry Grand Rounds Lecture Series, San Francisco, CA, March 18, 2019.

*Do psychostimulants enhance cognition in healthy adults?* Invited talk presented at the University of California, San Diego’s Center for Circadian Biology Workshop on Biological Timing, San Diego, CA, November 17, 2017

*Sleep: Are you getting enough?* Invited talk presented at the 2nd Annual Dr. Herman H. Stone Memorial Lecture Series, Riverside Medical Clinic, Riverside CA, June 16, 2016.

**Oral Conference/Symposium Presentations**

*Acute Stress on Parasympathetic-Sympathetic Dynamics During Sleep: Implications for Affective Memory Consolidation.* Presented in “The Role of the Autonomic Nervous System in the Science of Sleep” Symposium at the 35th Annual Meeting of the Associated Professional Sleep Societies, June 11, 2021.

*Cardiometabolic and sleep pathways to cognitive functioning at midlife.* Conference talk presented at the 77th Annual Meeting of the American Psychosomatic Society, Vancouver, CA, March 7, 2019.

*Psychostimulants increase salience of neutral information at encoding, but disrupt memory consolidation during sleep.* Conference talk presented at the 31st Annual Meeting of the Associated Professional Sleep Societies, Boston, MA, June 7, 2017.

*Autonomic activity predicts**improvement in mirror tracing skill but not memory for word pairs.* Conference talk presented the 23rd Biannual Meeting of the European Sleep Research Society Meeting, Bologna, Italy, September 16, 2016.

**Peer-reviewed Abstracts (\* indicate undergraduate mentees)**

Silva-Jones JR^, Smith A, Gordon AM, Mendes WBM, **Whitehurst LN** (2021). The role of stress on memory performance in a geographically diverse sample. Poster accepted at the 22nd annual meeting of the Society for Personality and Social Psychology, San Francisco, CA.

**Whitehurst LN,** Sattari N, & Mednick SC (June 2020).Future-relevant information is enhanced after sleep despite emotional salience of stimuli. Poster accepted at the 34th Annual Meeting of the Associated Professional Sleep Societies, Philadelphia, PA.

**Whitehurst LN &** Mednick SC (April 2018). Off-label psychostimulant use may come at a cost to sleep-dependent memory. Poster presented at the Inaugural International Conference on Learning and Memory, Huntington Beach, CA.

Vo T\*, **Whitehurst LN &** Mednick SC (April 2018)**.** Psychostimulant’s disruption of sleep has minimal impact on post-sleep working memory. Poster presented at the 98th Annual Meeting of the Western Psychological Association Conference, Portland, OR.

Narender N**\*, Whitehurst LN &** Mednick SC (April 2018). Zolpidem, administered at night, facilitates sleep-dependent consolidation of previous day learning. Poster presented at the 98th Annual Meeting of the Western Psychological Association Conference, Portland, OR.

**Whitehurst LN** & Mednick SC (June 2017). Psychostimulants increase salience of neutral information at encoding, but disrupt memory consolidation during sleep. Poster presented at the 31st Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

**Whitehurst LN,** Batteli L, Agosta S, Mednick, SC. (November 2016). The impact of psychostimulants and hypnotics on cognitive performance in neurotypical young adults. Poster presented at the 46th Annual meeting of the Society for Neuroscience, San Diego, CA.

**Whitehurst LN,** Cellini N, Naji M, Mednick SC. (June 2016). Autonomic activity predicts procedural but not declarative memory performance. Poster presented at the 30th Annual Meeting of the Associated Professional Sleep Societies, Denver, CO.

**Whitehurst LN,** Cellini N, McDevitt EA, Duggan KA, \*Edwards J, Mednick SC. (June 2015). “A heart to create”: sleep-dependent heart rate variability and creativity. Poster presented at the 29th Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA.

**Whitehurst LN**, Cellini N, McDevitt EA, Duggan KA, Mednick SC (June 2014). Evidence for a daytime nap as a “cardiovascular break”. Poster presented at the 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

**Whitehurst, LN**., \*Hall, M.K., \*Cozzati, E., \*Hartmann, M., \*Rhodes, N.K., McVay, S., Fogler, K.A., Irons, J.G., & Dyche, J. (2013). Effects of chronic marijuana use on sleep, circadian rhythms, and cognitive performance. Poster presented at the 27th Annual Meeting of the Associated Professional Sleep Societies*.*

**Whitehurst, LN**., Fogler, K.A., \*Cooke, C.S., \*Ayala, M.D., & Dyche, J. (June 2013). Home team advantage: sleep as a predictor of athletic performance. Poster presented at the 27th Annual Meeting of the Associated Professional Sleep Societies.

Cellini N**, Whitehurst LN**, McDevitt EA, Mednick SC (June 2014). Short-term reliability of heart rate variability measures in a daytime nap. Poster presented at the 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

\*Reihanabad NA, **Whitehurst LN**, McDevitt EA, Duggan KA, \*Dela Cruz AL, \*Perera CA, Mednick SC (June 2014). The impact of habitual napping on sleep: Spindles and slow wave activity. Poster presented at the 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

McDevitt EA, **Whitehurst LN**, Duggan KA, Mednick SC (June 2014). Individual differences in sleep spindles and sleep-dependent memory: The impact of habitual napping. Poster presented at the 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

Duggan KA, McDevitt EA, **Whitehurst LN**, Mednick SC (June 2014). Why do people nap? A factor analysis of self-reported sleep habits. Talk presented at the 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

Duggan KA, McDevitt EA, **Whitehurst LN**, Mednick SC (June 2014). The association between napping and nighttime sleep quality using self-reports and actigraphy. Poster presented at the 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

\*Perera CA, McDevitt EA, Duggan KA, **Whitehurst LN**, \*Dela Cruz AL, \*Reihanabad NA, Mednick SC (June 2014). Individual differences in sleep-related benefits for creative insight. Poster presented at the 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

\*Dela Cruz AL, Duggan KA, McDevitt EA, **Whitehurst LN**, \*Perera CA, \*Reihanabad NA, Mednick SC (June 2014). The influence of napping, depression, stress, and general health on nighttime sleep quality. Poster presented at the 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

Irons, J. G., Bergeria, C. L., **Whitehurst, L. N**., & Bonn-Miller, M. O. (March 2013) *Exercise and lapse following a cannabis quit attempt*. Poster presented at the Society for Behavioral Medicine, San Francisco, CA.

\*Rijhwani, A., **Whitehurst, L**., Valacer, J., \*Hall, K., \*Powell, S., \*Comitz, E., Dyche, J., & Fogler, K.A. (June 2012). The effect of sleep on final grades, eating habits, and mood. Poster presented at the 27th Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

Fogler, K.A., Dyche, J., \*Powell, S., & **Whitehurst, L**. (June 2012). Mood states in early and late class start times at a military college. Poster presented at the 27th Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

Fogler, K.A., Thoreson, K., **Whitehurst, L**., Zumas, B., \*Hall, MK., & Dyche, J. (June 2012). Recovery sleep in a naturally occurring sleep deprived population. Poster presented at the 27th Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

\*Rijhwani, A., Valacer, J., \*Powell, S., \*Hall, M.K., \*Comitz, E., Fogler, K.A., **Whitehurst, L**., & Dyche, J. (April 2012). *Relationship between sleep, final grades, and eating habits.* Poster presented at the L. Starling Reid Undergraduate Psychology Conference at UVA. Charlottesville, VA.

\*Comitz, E., Lindsay, D., Fogler, K.A, **Whitehurst, L**., & Dyche, J. (April 2012). *Sleep and performance: the impact of personality.* Poster presented at the L. Starling Reid Undergraduate Psychology Conference at UVA. Charlottesville, VA.

**Teaching Experience**

**Undergraduate:**

**University of Kentucky**

**Department of Psychology**

Spring 2021 Instructor of Record, Capstone Seminar: Sleep Neuroscience (PSY 566; ?? students)

Fall 2021 **Instructor of Record**, Capstone Seminar: Sleep Neuroscience (PSY 561; 12 students)

Fall 2021 **Instructor of Record**, Brain and Behavior (PSY 312; 199 students)

Spring 2021 **Instructor of Record**, Capstone Seminar: Sleep Neuroscience (PSY 561; 16 students)

**University of California, Riverside**

**Department of Psychology**

**Instructor of Record**, Introductory Psychology: Psychological Science (PSYC 001; 50 students), Summer 2017

**Graduate Teaching Assistant**, Sleep and Memory (PSYC 056; 75 students), Spring 2017

**Lab Instructor and Graduate Teaching Assistant**, Research Methods (PSYC 012; 75 students), Winter 2017

**Lab Instructor and Graduate Teaching Assistant**, Research Methods (PSYC 012; 75 students), Spring 2014

**James Madison University, Department of Psychology**

Graduate Teaching Assistant, Biopsychology, Summer 2011

Graduate Teaching Assistant, Research Methods, Summer, 2011

Undergraduate Teaching Assistant, Research Methods, Spring 2011

**Primary Advising and Mentoring**

**University of Kentucky**

**Undergraduate:**

**09/2020-present Research Mentor to Constance Bledsoe,** Chellgren Fellows Program, NEURO Fellows Program

**Graduate:**

08/2020-present **Research Mentor to Jillian Silva-Jones,** 2nd year graduate student in Developmental, Social, and Health Area in the Psychology Department

08/2021-present **Research Mentor to Gabriel Gilmore,** 1st year graduate student in Cognitive Neuroscience Area in the Psychology Department

08/2020-present **Research Mentor to Anjana Subramoniam,** 2nd year graduate student in the Biology Department

**University of California, Riverside**

**Undergraduate:**

01/2016-06/2018 **Research Mentor for Tina Vo**. Research Assistant

Institutional Grant Awarded. **Project Title: Psychostimulant’s Disruption of Sleep has Minimal Impact on Post-Sleep Working Memory**. Undergraduate Education Research Grant Awarded February 2018.

08/2017-06/2018 **Research Mentor for Rainita Narender**. Research Assistant

Institutional Grant Awarded. **Project Title: Zolpidem, administered at night, facilitates sleep-dependent consolidation of previous day learning.** Undergraduate Education Research Grant Awarded February 2018.

082016-06/2018 **Research Mentor for Zahab Qazi**. Research Assistant.

Honors Capstone Project: Can Sleep Modulate Emotional Memories? presented May 2017.

**Master’s and Dissertation Committee Appointments**

2020-present **Linda Sangalli, MD**

Role: Committee Member

Project Title: Establishing the Effectiveness of BBTI vs. PSR on sleep and pain parameters in Adults with Musculoskeletal Orofacial Pain

2020-2021 **Ren Guierro, PhD**

Role: Outside Committee Member

Project Title: Impact of short meditation on attentional performance

**Service Activities**

**Professional:**

**Editorial Board Member**

Affective Science, 2019-*present*

**Medical Advisory Team**

San Francisco MUNI: BackFirst Program 2020

**Ad-hoc Reviewing**

SLEEP

Scientific Reports

Sleep Health

Psychophysiology

Behavioral Sleep Medicine

Physiology & Behavior

Frontiers in Psychology

Frontiers in Neuroscience

**Membership in Professional Societies**

2019 American Psychosomatic Society

2016 Society for Neuroscience

2012 Sleep Research Society

**Committee Appointments**

2015 Associated Professional Sleep Societies Trainee Symposia Series Subcommittee, Member

**Departmental Service:**

**University of Kentucky**

2021 Social Psychology Faculty Search, University of Kentucky, Department of Psychology

**University of California, Riverside**

2018 Graduate Student Member, Inclusion and Diversity Committee, Department of Psychology

2018 Graduate Student Member, Committee on the Graduate Statistical Curriculum, Department of Psychology

2017 Guest Lecturer, Single-subject designs. March 8, 2017

2017 Guest Lecturer, Interpreting data. April 21, 2017

**James Madison University**

2012 Search Committee Member, Biopsychology faculty position, Department of Psychology

2011 Search Committee Member, Research Methods faculty position, Department of Psychology

**Community Engagement / Media Spotlight:**

*Needing to catch more ZZZs? She’s here to help.* WUKY interview with Dr. Greg Davis’s podcast On Medicine. October 13, 2021. <https://www.wuky.org/post/needing-catch-more-zzzs-shes-here-help#stream/0>.

*Living two lives: How do our waking lives meet our sleeping brains*. The Garden: an online community for the curious. October 6, 2021. <https://onegarden.com/>.

*Getting a good night’s rest: Sleep implications for healthy aging.* Morning Pointe Magazine. 2021 Annual Publication \*short magazine article written in publication for nursing home and assisted living residents

*Equity in Brain Health, Access to Care.* “Let’s Get Together” Community Group. Saturday, September 18,, 2021. \*talk with professional and retired women of the Let’s Get Together community action group during their monthly meeting on building relationships across racial lines while working to dismantle racism and discrimination.

*Sleep is not a luxury*. University of Kentucky’s Becoming Wildly Resilient podcast with Jakob W. Hester. August 9, 2021. <https://www.uky.edu/hr/thrive/08-09-2021/becoming-wildly-resilient-sleep-is-not-luxury>.

*Brain Buzz Podcast.* Guest Member.Public outreach and science education podcast. Recorded on April 26, 2021. <https://brainbuzzpod.com/episodes/2021/5/17/sleep-and-cognition-with-dr-lauren-whitehurst>.

*The Brain Made Plain Podcast*, Sleep Episode (Number TBD). Public outreach and science education podcast. Recorded on December 9, 2020.

*Consequence of Stimulant Drug Use on Sleep and Cognition*. Recorded virtual talk for undergraduate students in a Sleep Course at Arizona State University. Recorded on November 2, 2020.