

V I T A

**Kenneth L. Lichstein**

**CONTACT INFORMATION:**

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**EDUCATION:**

1964-1968     B.B.A., accounting  
                  City College of New York  
                  New York, NY

1972-1976     Ph.D., clinical psychology  
                  University of Tennessee  
                  Knoxville, TN

**PRIMARY EMPLOYMENT HISTORY:**

1976-1981     Assistant Professor of Psychology  
                  Memphis State University  
                  Memphis, TN

1981-1986     Associate Professor of Psychology  
                  Memphis State University  
                  Memphis, TN

1983-1989     Director of Clinical Training  
                  Memphis State University  
                  Memphis, TN

1986-2004     Professor of Psychology  
                  University of Memphis  
                  (formerly Memphis State University)  
                  Memphis, TN

2003-2004     Associate Chair  
                  Department of Psychology

- University of Memphis  
Memphis, TN
- 2005-2017 Professor (and Chair 2005-2009, fall 2014)  
Department of Psychology  
The University of Alabama  
Tuscaloosa, AL
- 2007-2017 Adjunct Professor  
Department of Psychology  
The University of Alabama at Birmingham  
Birmingham, AL
- 2018-present Professor Emeritus  
Department of Psychology  
The University of Alabama  
Tuscaloosa, AL

**TEACHING EXPERIENCE:**

- 1968-1972 Elementary school teacher  
Board of Education  
New York, NY
- 1976-2017 Undergraduate course offerings-  
Abnormal Psychology  
Clinical Biofeedback  
Introductory Psychology  
Statistics  
Theories of Personality  
Sleep Science
- Graduate course offerings-  
Behavior Therapy  
Behavioral Assessment  
Multiple Regression  
Multivariate Statistics  
Seminar: Advanced Statistics Topics  
Seminar: Analysis of Covariance  
Seminar: Behavioral Sleep Medicine  
Seminar: Stress Management
- 1976-2017 Supervision of graduate students engaging in psychotherapy

**PROFESSIONAL LICENSURE/CERTIFICATION:**

- 1977-2006 Licensed clinical psychologist (#P473), Tennessee
- 1982-2013 National Register of Health Service Providers in Psychology (#30678)
- 2004-present Certified in Behavioral Sleep Medicine (#40), American Academy of Sleep Medicine
- 2005-2017 Licensed clinical psychologist (#1341), Alabama

**PROFESSIONAL ACTIVITIES:**

- 1975-1976 Clinical Psychology Internship  
Veterans Administration Hospital  
Miami, FL
- 1977-1992 Private practice of cognitive-behavior therapy, part-time  
Memphis, TN
- 1977-1981, Psychology consultant  
1985 Veterans Administration Hospital  
Memphis, TN
- 1980-1994 Somtrak: A sleep assessment device (with John Kelley)  
Manufactured by Farrall Instruments, Inc.  
Grand Island, NE
- 1980-1986 Director, Biofeedback and Self-Control Program  
Department of Psychology  
Memphis State University  
Memphis, TN
- 1980-1991 Stress management and chemical dependency consultation  
Children and Youth Center  
St. Joseph Hospital  
Memphis, TN
- 1983-1984 Behavioral medicine consultation  
Cardiopulmonary Rehabilitation Services  
St. Francis Hospital  
Memphis, TN
- 1988-1989 Behavioral medicine consultation  
Rehabilitation Center  
St. Joseph Hospital  
Memphis, TN

- 1990-2004 Director, Insomnia Clinic  
Sleep Disorders Center  
Methodist Healthcare  
Memphis, TN
- 2007-2017 Director, Behavioral Sleep Medicine Program  
(Accredited by the American Academy of Sleep Medicine, 2008)  
Sleep Disorders Center  
DCH Hospital  
Tuscaloosa, AL

### **HONORS & AWARDS**

- 1972-1975 NIMH graduate education training grant, University of Tennessee
- 1994 Superior Performance in University Research award, Memphis State University
- 2000 Distinguished Research Award, University of Memphis
- 2002-2004 Dunavant Professorship, College of Arts and Sciences, University of Memphis
- 2004 Meritorious Faculty Award, College of Arts and Sciences, University of Memphis
- 2007-2008 Senior Investigator, Rural Health Institute for Clinical and Translational Science, University of Alabama
- 2008-present Fellow, American Psychological Association, Division 12, Society of Clinical Psychology
- 2012 Distinguished Service Award, Society of Behavioral Sleep Medicine
- 2015 Chair's Award for Distinguished Faculty Service, Department of Psychology, University of Alabama
- 2017 Peter Hauri Career Distinguished Achievement Award, Society of Behavioral Sleep Medicine

### **DEPARTMENT, COLLEGE, UNIVERSITY SERVICE:**

#### Sampling of Department Committees-

- Director, Behavioral Medicine Program (2001-2004)
- Faculty mentoring committee (2002-2004)
- Chair, Student and Faculty Enhancement Fund Committee (2003-2004)
- Chair, Statistics Committee (2009-2017)
- Chair, Newsletter Committee (2009)

- Coordinator, Clinical Health Psychology Concentration (2010-2017)

#### Sampling of College Committees-

- Council for Research and Graduate Studies (1995-1997)
- Chair, Search Committee, Sociology Department Chair (1998-2000)
- Steering Committee, College of Arts & Sciences five-year strategic plan (2003)
- Dunavant Professorship selection committee (2003, 2004)
- College Academy of Research, Scholarship and Creative Activity (CARSCA) committee (2010-2013)

#### Sampling of University Committees-

- Faculty Senate (1991-1993)
- Institutional Review Board (1992-1997)
- Distinguished Research Award selection committee (2001-2002)
- Biostatistics Faculty Search committee (2010-2011)
- National Alliance on Mental Illness (NAMI) at the University of Alabama, Faculty Advisor (2012-2014)

#### **PROFESSIONAL/COMMUNITY SERVICE:**

1976-present	Several dozen media interviews and talks to community groups
1980	Program Chair, Tennessee Psychological Association
1982	Program Committee, Society of Behavioral Medicine
1986-1996	Volunteer therapist, Memphis Jewish Home for the Aged
1989	Program Committee, Association for Advancement of Behavior Therapy
1993	NIH consultant, Office of Alternative Medicine initial review group
1996	NIH consultant, National Institute of Nursing Research initial review group
1996-2005	President, Insomnia and Other Sleep Disorders Special Interest Group, Association for Behavioral and Cognitive Therapies
1997	Grant Reviewer, Social Sciences and Humanities Research Council of Canada
1997-1998	Education Committee, American Academy of Sleep Medicine
1999	Consultant to text revision of DSM-IV, section on sleep disorders
1999-2000 2003-2004	Publications Committee, American Academy of Sleep Medicine

2000	NIH consultant, National Center for Complementary and Alternative Medicine initial review group
2000-2002	Medical School Education Committee, American Academy of Sleep Medicine
2000-2003	Behavioral Sleep Medicine Presidential Committee, American Academy of Sleep Medicine
2002	Program Committee, Association for Advancement of Behavior Therapy
2002	Abstract Review Committee, Associated Professional Sleep Societies
2002-2005	Credentials Committee (chair), Behavioral Sleep Medicine section, American Academy of Sleep Medicine
2003-2006	Psychological and Behavioral Treatment of Insomnia Standards of Practice Committee Task Force, American Academy of Sleep Medicine
2003	Abstract Review Committee, Associated Professional Sleep Societies
2003, March	Online mentor, Association for Advancement of Behavior Therapy Student Special Interest Group
2003	Program Committee, Association for Advancement of Behavior Therapy
2003-2005	Behavioral Sleep Medicine Committee, American Academy of Sleep Medicine
2004	Program Committee, Association for Advancement of Behavior Therapy
2004-2006	Behavioral Sleep Medicine Training Program Review Committee (chair), American Academy of Sleep medicine
2005	NIH consultant, National Center for Complementary and Alternative Medicine Special Emphasis Panel
2005	Abstract Review Committee, Associated Professional Sleep Societies
2006-2007	Advisory Board for the Lilly Insomnia Patient-Reported Outcome (PRO) Project, Eli Lilly
2006-2010	Nosology Committee (Vice Chair starting 6/1/09), American Academy of Sleep Medicine
2006	Abstract Review Committee, Associated Professional Sleep Societies

2007	NIMH consultant, Interventions for Adult Mood and Anxiety Disorders initial review group
2007	Abstract Review Committee, Associated Professional Sleep Societies
2008	NIH consultant, National Institute on Aging initial review group
2008	Abstract Review Committee, Associated Professional Sleep Societies
2009	NIH consultant, Special Emphasis Panel/Scientific Review Group
2009-2016	Sleep Physiology and Insomnia Global Advisory Board, Merck
2009-2012	Board of Directors and Executive Committee, Society of Behavioral Sleep Medicine
2009-2010	American Academy of Sleep Medicine representative to the DSM-V Sleep Wake Disorders Workgroup
2009	Review Committee, Sleep Research Society Travel Award
2010	NIH consultant, Intervention Committee for Adult Disorders/Scientific Review Group
2010	NIH consultant, Special Emphasis Panel Chairperson/Scientific Review Group
2010	2010 Sleep in America Poll Task Force, <i>Sleep and Ethnicity</i> , National Sleep Foundation
2010	NIH consultant, Intervention Committee for Adult Disorders/Scientific Review Group
2010	Abstract Review Committee, Associated Professional Sleep Societies
2011	NIH consultant, National Center for Complementary and Alternative Medicine Study Section
2011-2013	Insomnia Workgroup of the International Classification of Sleep Disorders Revision Task Force, ICSD III, American Academy of Sleep Medicine
2011-2013	Chair, Awards Committee, Society of Behavioral Sleep Medicine
2011	NIH consultant, Research Dissemination and Implementation Grants, Special Emphasis Panel
2011	Abstract Review Committee, Associated Professional Sleep Societies

- 2012 NIH consultant, Research Dissemination and Implementation Grants, Special Emphasis Panel
- 2012 Abstract Review Committee, Associated Professional Sleep Societies
- 2013-2018 Population Health and Methodology Scientific Advisory Council, National Sleep Foundation
- 2013-2018 Sleep Benchmark Poll Task Force, National Sleep Foundation
- 2013-2016 Sleep Psychology ABPP Application Committee, Society of Behavioral Sleep Medicine
- 2015 NIH consultant, Adult Psychopathology and Disorders of Aging Study Section
- 2015-2018 Sleep Quality Recommendations Consensus Panel, National Sleep Foundation
- 2017-present Board of Directors, Society of Behavioral Sleep Medicine
- 2018-present Psychological and Behavioral Treatment of Chronic Insomnia Clinical Practice Guideline Task Force, American Academy of Sleep Medicine

**JOURNAL REVIEWING:**

Editor-

- 2001-2012 *Behavioral Sleep Medicine*
- 2013-present *Behavioral Sleep Medicine*, editor emeritus

Guest Editor-

- 2009 Adult Behavioral Sleep Medicine, *Sleep Medicine Clinics*

Editorial Boards-

- 1983-1984 *Journal of Consulting and Clinical Psychology*
- 1986-1989 *Behavior Therapy*
- 1989-1996 *Biofeedback and Self-Regulation*
- 1997-2007 *Applied Psychophysiology and Biofeedback*
- 2004-2015 *Sleep*



2010-2012 *Sleep Disorders*

2017-present *Sleep Health*

Guest Reviewer- *Addiction; Age and Ageing; American Journal of Psychiatry; Annals of Behavioral Medicine; Anxiety, Stress, and Coping; Applied Psychophysiology and Biofeedback; Archives of Internal Medicine; Behavior Modification; Behavior Therapy; Behavioral Assessment; Behavioral Sleep Medicine; Behaviour Research and Therapy; Biofeedback and Self-Regulation; BMC Pediatrics; British Journal of Clinical Psychology; Canadian Journal on Aging; Clinical Gerontologist; Clinical Psychology Review; Cognitive Therapy and Research; Current Psychiatry Reviews; European Journal of Pain; Experimental & Clinical Psychopharmacology; Health Psychology; International Journal of Stress Management; Journal of Abnormal Psychology; Journal of the American Board of Family Medicine; Journal of the American Geriatrics Society; Journal of the American Medical Association; Journal of Anxiety Disorders; Journal of Applied Physiology; Journal of Behavior Therapy and Experimental Psychiatry; Journal of Behavioral Medicine; Journal of Cancer Survivorship: Research and Practice; Journal of Child and Adolescent Psychotherapy; Journal of Clinical Psychology; Journal of Clinical Sleep Medicine; Journal of Consulting and Clinical Psychology; Journal of Family Psychology; Journal of Gerontology: Psychological Sciences; Journal of Health Psychology; Journal of Nervous and Mental Disease; Journal of Occupational Health Psychology; Journal of Positive Behavior Interventions; Journal of Psychopathology and Behavioral Assessment; Journal of Psychosomatic Research; Journal of Sleep Research; Neurological Research; Pain; Perceptual and Motor Skills; Preventive Medicine; Psychological Assessment; Psychological Reports; Psychological Bulletin; Psychological Methods; Psychology and Aging; Psychosomatic Medicine; Sleep; Sleep Medicine; Sleep Medicine Reviews; Stress and Health; Stroke.*

### **GRANTS:**

1. 1977 Kelley, J. E. (Principal Investigator), & Lichstein, K. L. (Co-Investigator). A sleep assessment device. Memphis State University faculty research grant. total costs, \$1,000
2. 1978 Lichstein, K. L. (Principal Investigator). Self-administered treatments for insomnia. Memphis State University faculty research grant. total costs, \$2,284
3. 1981 Lichstein, K. L. (Principal Investigator). The development and validation of a relaxation assessment device. Memphis State University faculty research grant. total costs, \$990

4. 1988-1990 Lichstein, K. L. (Principal Investigator). Pupillometric effects of sleep in the elderly. National Institute on Aging. total costs, \$69,870
5. 1991-1992 Lichstein, K. L. (Principal Investigator). Sleep compression/education for geriatric insomnia. H. W. Durham Foundation. total costs, \$40,000
6. 1991-1992 Lichstein, K. L. (Principal Investigator). MSLT vs. pupillometry in assessing daytime sleepiness in insomniacs. Methodist Healthcare Foundation. total costs, \$22,506
7. 1993-1995 Aguillard, R. N. (Principal Investigator), & Lichstein, K. L. (Co-Investigator). Daytime effects of obstructive sleep apnea syndrome: Sleepiness and fatigue. Jointly funded by the Methodist Healthcare Foundation and The University of Memphis. total costs, \$35,800
8. 1995-1999 Lichstein, K. L. (Principal Investigator). A biobehavioral approach to insomnia treatment. National Institute on Aging. total costs, \$695,112
9. 1995-2000 Burns, R. (Principal Investigator), & Lichstein, K. L. (Co-Investigator). Providers and Alzheimer's caregivers together (PACT): A primary care model for enhancing family caregiving. National Institute on Aging. total costs, \$1,617,718
10. 1996-1998 Johnson, C. T. (Principal Investigator), & Lichstein, K. L. (Co-Investigator). Psychological treatments for secondary insomnia in older adults. H. W. Durham Foundation. total costs, \$13,750
11. 1999-2005 Lichstein, K. L. (Principal Investigator). Treatment of hypnotic dependence in older adults. National Institute on Aging. total costs, \$1,634,136
12. 2002-2004 Lichstein, K. L. (Principal Investigator). Validation of the Actiwatch for insomnia monitoring. Mini Mitter Co., Inc., \$5,650
13. 2002-2010 Lichstein, K. L. (Principal Investigator). Treating addiction to sleep medication. National Institute on Drug Abuse. total costs, \$2,758,748
14. 2003-2004 Lichstein, K. L. (Principal Investigator). Validating actigraphic measures of insomnia. Methodist Healthcare Foundation. total costs, \$19,270
15. 2005-2007 Lichstein, K. L. (Principal Investigator). Tempur-Pedic mattress evaluation. Tempur-Pedic Co. total costs, \$100,974
16. 2005-2006 Lichstein, K. L. (Principal Investigator). A tailored Actiwatch algorithm for insomnia. Mini Mitter/Respironics. total costs, \$47,310 (funded, but declined due to dispute over intellectual property rights)

17. 2007-2008 Lichstein, K. L. (Principal Investigator). Development and validation of an insomnia treatment satisfaction questionnaire (ITSAT-Q). Takeda Pharmaceuticals. total costs, \$34,751
18. 2009 Lichstein, K. L. (Principal Investigator). Sponsor issue of Behavioral Sleep Medicine. Sanofi-Aventis. total costs, \$5,000
19. 2010-2015 Lichstein, K. L., & Scogin, F. R. (Multiple Principal Investigators). Treatment of insomnia and depression in elders (TIDE). National Institute of Mental Health. total costs, \$626,623
20. 2012-2013 Scogin, F. R., & Lichstein, K. L. (Multiple Principal Investigators). Technology mediated cognitive-behavioral treatment of comorbid sleep apnea, insomnia and depressive symptoms among rural older adults. Center for Mental Health and Aging Intramural Faculty Seed Grants. total costs, \$5,000

### **PROFESSIONAL ORGANIZATIONS:**

past:

American Academy of Sleep Medicine  
 Association for Behavioral and Cognitive Therapies  
 Sleep Research Society

current:

American Psychological Association, Fellow  
 Society of Behavioral Sleep Medicine, Founding Member

### **ARTICLES:**

1976

1. Lichstein, K. L., & Schreibman, L. (1976). Employing electric shock with autistic children: A review of the side effects. *Journal of Autism and Childhood Schizophrenia*, 6, 163-173.
2. Lichstein, K. L., & Wahler, R. B. (1976). The ecological assessment of an autistic child. *Journal of Abnormal Child Psychology*, 4, 31-54.

1977

3. Lichstein, K. L. (1977). A reply to "Reactions to 'Employing electric shock with autistic children'." *Journal of Autism and Childhood Schizophrenia*, 7, 303-306.

1978

4. Lichstein, K. L. (1978). Thumbsucking: A review of dental and psychological variables and their implications for treatment. *JSAS Catalog of Selected Documents in Psychology*, 8, 13. (Ms. No. 1645)

1979

5. Lichstein, K. L., & Kelley, J. E. (1979). Measuring sleep patterns in natural settings. *Behavioral Engineering, 5*, 95-100.
6. Sallis, J. F., & Lichstein, K. L. (1979). The frontal electromyographic adaptation response: A potential source of confounding. *Biofeedback and Self-Regulation, 4*, 337-339.

#### 1980

7. Lichstein, K. L., & Rosenthal, T. L. (1980). Insomniacs' perceptions of cognitive versus somatic determinants of sleep disturbance. *Journal of Abnormal Psychology, 89*, 105-107.
8. Lichstein, K. L., & Stalgaitis, S. J. (1980). Treatment of cigarette smoking in couples by reciprocal aversion. *Behavior Therapy, 11*, 104-108.
9. Siegal, G. S., & Lichstein, K. L. (1980). Treatment of gerontologic insomnia. *Canadian Counsellor, 14*, 121-126.
10. Lichstein, K. L., & Hung, J. H. F. (1980). Covert sensitization: An examination of covert and overt parameters. *Behavioral Engineering, 6*, 1-18.
11. Kelley, J. E., & Lichstein, K. L. (1980). A sleep assessment device. *Behavioral Assessment, 2*, 135-146.
12. Jahn, D. L., & Lichstein, K. L. (1980). The resistive client: A neglected phenomenon in behavior therapy. *Behavior Modification, 4*, 303-320.
13. Sallis, J. F., Lichstein, K. L., & McGlynn, F. D. (1980). Anxiety response patterns: A comparison of clinical and analogue populations. *Journal of Behavior Therapy and Experimental Psychiatry, 11*, 179-183.
14. Lichstein, K. L., & Kachmarik, G. A. (1980). A nonaversive intervention for thumbsucking: Analysis across settings and time in the natural environment. *Journal of Pediatric Psychology, 5*, 405-414.

#### 1981

15. Grieco, A., & Lichstein, K. L. (1981). Self-reinforcement and the work ethic. *International Journal of the Addictions, 16*, 1095-1110.
16. Lichstein, K. L., & Sallis, J. F. (1981). Covert sensitization for smoking: In search of efficacy. *Addictive Behaviors, 6*, 83-91.
17. Lichstein, K. L., Sallis, J. F., Hill, D., & Young, M. C. (1981). Psychophysiological adaptation: An investigation of multiple parameters. *Journal of Behavioral Assessment, 3*, 111-121.
18. Sallis, J. F., & Lichstein, K. L. (1981). CMHC awareness: Effects on utilization in an underserved population. *Administration and Mental Health, 9*, 91-99.

#### 1982

19. Lichstein, K. L., & Sallis, J. F. (1982). Ocular relaxation to reduce eye movements. *Cognitive Therapy and Research, 6*, 113-118.
20. Lichstein, K. L., Nickel, R., Hoelscher, T. J., & Kelley, J. E. (1982). Clinical validation of a sleep assessment device. *Behaviour Research and Therapy, 20*, 292-297.
21. Lichstein, K. L., & Lipshitz, E. (1982). Psychophysiological effects of noxious imagery: Prevalence and prediction. *Behaviour Research and Therapy, 20*, 339-345.
22. Sallis, J. F., & Lichstein, K. L. (1982). Analysis and management of geriatric anxiety. *International Journal of Aging and Human Development, 15*, 197-211.

1983

23. Lichstein, K. L., Hoelscher, T. J., Nickel, R., & Hoon, P. W. (1983). An integrated blood volume pulse biofeedback system for migraine treatment. *Biofeedback and Self-Regulation*, 8, 127-134.
24. Lichstein, K. L., Hoelscher, T. J., Eakin, T. L., & Nickel, R. (1983). Empirical sleep assessment in the home: A convenient, inexpensive approach. *Journal of Behavioral Assessment*, 5, 111-118.
25. Dittrich, J., Houts, A. C., & Lichstein, K. L. (1983). Panic disorder: Assessment and treatment. *Clinical Psychology Review*, 3, 215-225.
26. Sallis, J. F., Lichstein, K. L., Clarkson, A. D., Stalgaitis, S., & Campbell, M. (1983). Anxiety and depression management for the elderly. *International Journal of Behavioral Geriatrics*, 1, 3-12.
27. Hoelscher, T. J., & Lichstein, K. L. (1983). Blood volume pulse biofeedback treatment of chronic cluster headache. *Biofeedback and Self-Regulation*, 8, 533-541.
28. Lichstein, K. L. (1983). Ocular relaxation as a treatment for insomnia. *Behavioral Counseling and Community Interventions*, 3, 178-185.

1984

29. Hoelscher, T. J., & Lichstein, K. L. (1984). Behavioral assessment and treatment of child migraine: Implications for clinical research and practice. *Headache*, 24, 94-103.
30. Hoelscher, T. J., Lichstein, K. L., & Rosenthal, T. L. (1984). Objective vs subjective assessment of relaxation compliance among anxious individuals. *Behaviour Research and Therapy*, 22, 187-193.

1985

31. Lichstein, K. L., & Eakin, T. L. (1985). Progressive versus self-control relaxation to reduce spontaneous bleeding in hemophiliacs. *Journal of Behavioral Medicine*, 8, 149-162.

1986

32. Lichstein, K. L., & Hoelscher, T. J. (1986). A device for unobtrusive surveillance of home relaxation practice. *Behavior Modification*, 10, 219-233.
33. Hoelscher, T. J., Lichstein, K. L., & Rosenthal, T. L. (1986). Home relaxation practice in hypertension treatment: Objective assessment and compliance induction. *Journal of Consulting and Clinical Psychology*, 54, 217-221.
34. Lichstein, K. L., Eakin, T. L., & Dunn, M. E. (1986). Combined psychological and medical treatment of oropharyngeal dysphagia. *Clinical Biofeedback and Health*, 9, 9-14.

1987

35. Lichstein, K. L., Wagner, M. T., Krisak, J., & Steinberg, F. (1987). Stress management for acting-out, inpatient adolescents. *Journal of Child and Adolescent Psychotherapy*, 4, 19-31.
36. Hoelscher, T. J., Lichstein, K. L., Fischer, S., & Hegarty, T. B. (1987). Relaxation treatment of hypertension: Do home relaxation tapes enhance treatment outcome? *Behavior Therapy*, 18, 33-37.
37. Jahn, D. L., & Lichstein, K. L. (1987). Megavitamin therapy with an autistic adolescent: A methodological demonstration. *Journal of Child and Adolescent Psychotherapy*, 4, 299-307.

1988

38. Downs, A. F. D., Rosenthal, T. L., & Lichstein K. L. (1988). Modeling therapies reduce avoidance of bath-time by the institutionalized elderly. *Behavior Therapy, 19*, 359-368.
39. Lichstein, K. L. (1988). Sleep compression treatment of an insomnioid. *Behavior Therapy, 19*, 625-632.

1989

40. Rosenthal, T. L., Montgomery, L. M., Shadish, W. R., Jr., & Lichstein, K. L. (1989). Leisure interest patterns and subjective stress in college students. *Behaviour Research and Therapy, 27*, 59-64.
41. Rosenthal, T. L., Montgomery, L. M., Shadish, W. R., Edwards, N. B., Hutcherson, H. W., Follette, W. C., & Lichstein, K. L. (1989). Two new, brief, practical stressor tasks for research purposes. *Behavior Therapy, 20*, 545-562.
42. Lichstein, K. L., & Hoelscher, T. J. (1989). Biofeedback to enhance psychophysiological effects of imagery. *Behaviour Research and Therapy, 27*, 569-572.

1990

43. Lichstein, K. L., & Fanning, J. (1990). Cognitive anxiety in insomnia: An analogue test. *Stress Medicine, 6*, 47-51.

1991

44. Lichstein, K. L., Fischer, S. M., Eakin, T. L., Amberson, J. I., Bertorini, T., & Hoon, P. W. (1991). Psychophysiological parameters of migraine and muscle-contraction headaches. *Headache, 31*, 27-34.
45. Lichstein, K. L., & Johnson, R. S. (1991). Older adults' objective self-recording of sleep in the home. *Behavior Therapy, 22*, 531-548.

1992

46. Lichstein, K. L., Johnson, R. S., Sen Gupta, S., O'Laughlin, D. L., & Dykstra, T. A. (1992). Are insomniacs sleepy during the day?: A pupillometric assessment. *Behaviour Research and Therapy, 30*, 283-292.

1993

47. Lichstein, K. L., & Johnson, R. S. (1993). Relaxation for insomnia and hypnotic medication use in older women. *Psychology and Aging, 8*, 103-111.

1994

48. Lichstein, K. L., Riedel, B. W., & Grieve, R. (1994). Fair tests of clinical trials: A treatment implementation model. *Advances in Behaviour Research and Therapy, 16*, 1-29.
49. Lichstein, K. L., & Johnson, R. S. (1994). Pupillometric discrimination of insomniacs. *Behaviour Research and Therapy, 32*, 123-129.
50. Lichstein, K. L., & Riedel, B. W. (1994). Behavioral assessment and treatment of insomnia: A review with an emphasis on clinical application. *Behavior Therapy, 25*, 659-688.
51. Lichstein, K. L., Wilson, N. M., Noe, S. L., Aguillard, R. N., & Bellur, S. N. (1994). Daytime sleepiness in insomnia: Behavioral, biological and subjective indices. *Sleep, 17*, 693-702.

1995

52. Riedel, B. W., Lichstein, K. L., & Dwyer, W. O. (1995). Sleep compression and sleep education for older insomniacs: Self-help versus therapist guidance. *Psychology and Aging, 10*, 54-63.

1996

53. Lichstein, K. L., & Johnson, R. S. (1996). The utility of pupillometric assessment in older adults with insomnia. *Journal of Clinical Geropsychology, 2*, 337-352.

1997

54. Lichstein, K. L., Means, M. K., Noe, S. L., & Aguillard, R. N. (1997). Fatigue and sleep disorders. *Behaviour Research and Therapy, 35*, 733-740.
55. Lichstein, K. L. (1997). A general index of self-reported sleep: the sleep quotient. *Behaviour Research and Therapy, 35*, 1133-1137.
56. Van Brunt, D. L., Lichstein, K. L., Noe, S. L., Aguillard, R. N., & Lester, K. W. (1997). Intensity pattern of snoring sounds as a predictor for sleep-disordered breathing. *Sleep, 20*, 1151-1156.

1998

57. Riedel, B. W., Lichstein, K. L., Peterson, B. A., Epperson, M. T., Means, M. K., & Aguillard, R. N. (1998). A comparison of the efficacy of stimulus control for medicated and non-medicated insomniacs. *Behavior Modification, 22*, 3-28.
58. Riedel, B. W., & Lichstein, K. L. (1998). Objective sleep measures and subjective sleep satisfaction: How do older adults with insomnia define a good night's sleep? *Psychology and Aging, 13*, 159-163.
59. Aguillard, R. N., Riedel, B. W., Lichstein, K. L., Grieve, F. G., Johnson, C. T., & Noe, S. L. (1998). Daytime functioning in obstructive sleep apnea patients: Exercise tolerance, subjective fatigue, and sleepiness. *Applied Psychophysiology and Biofeedback, 23*, 207-217.

1999

60. Lichstein, K. L., Riedel, B. W., Lester, K. W., & Aguillard, R. N. (1999). Occult sleep apnea in a recruited sample of older adults with insomnia. *Journal of Consulting and Clinical Psychology, 67*, 405-410.
61. Lichstein, K. L., Peterson, B. A., Riedel, B. W., Means, M. K., Epperson, M. T., & Aguillard, R. N. (1999). Relaxation to assist sleep medication withdrawal. *Behavior Modification, 23*, 379-402.

2000

62. Lichstein, K. L., Riedel, B. W., & Richman, S. L. (2000). The Mackworth Clock Test: A computerized version. *The Journal of Psychology, 134*, 153-161.
63. Riedel, B. W., & Lichstein, K. L. (2000). Insomnia and daytime functioning. *Sleep Medicine Reviews, 4*, 277-298.
64. Lichstein, K. L., Wilson, N. M., & Johnson, C. T. (2000). Psychological treatment of secondary insomnia. *Psychology and Aging, 15*, 232-240.

65. Means, M. K., Lichstein, K. L., Epperson, M. T., & Johnson, C. T. (2000). Relaxation therapy for insomnia: Nighttime and day time effects. *Behaviour Research and Therapy*, *38*, 665-678.

#### 2001

66. Riedel, B. W., & Lichstein, K. L. (2001). Strategies for evaluating adherence to sleep restriction treatment for insomnia. *Behaviour Research and Therapy*, *39*, 201-212.
67. Riedel, B. W., Winfield, C. F., & Lichstein, K. L. (2001). First night effect and reverse first night effect in older adults with primary insomnia: Does anxiety play a role? *Sleep Medicine*, *2*, 125-133.
68. McCrae, C. S., & Lichstein, K. L. (2001). Secondary insomnia: Diagnostic challenges and intervention opportunities. *Sleep Medicine Reviews*, *5*, 47-61.
69. Lichstein, K. L., Riedel, B. W., Wilson, N. M., Lester, K. W., & Aguillard, R. N. (2001). Relaxation and sleep compression for late-life insomnia: A placebo-controlled trial. *Journal of Consulting and Clinical Psychology*, *69*, 227-239.
70. Lichstein, K. L., Durrence, H. H., Riedel, B. W., & Bayen, U. J. (2001). Primary versus secondary insomnia in older adults: Subjective sleep and daytime functioning. *Psychology and Aging*, *16*, 264-271.
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27. Vander Wal, G. S., Ruitter, M. E., & Lichstein, K. L. (2008). Transient insomnia: a behavioral sleep medicine perspective. In S. R. Pandi-Perumal, J. C. Verster, J. M. Monti, M. Lader, & S. Z. Langer (Eds.), *Sleep disorders: Diagnosis and therapeutics* (pp.70-79). London, UK: Informa.

#### 2009

28. Geyer, J. D., Carney, P. R., Lichstein, K., Dillard, S. C., & Henderson, M. M. (2009). Sleep and acute stroke. In J. D. Geyer & C. R. Gomez (Eds.), *Stroke: A practical approach* (pp. 301-307). Philadelphia: Lippincott Williams & Wilkins.



29. Payne, K. L., Soeffing, J. P., & Lichstein, K. L. (2009). Adjunctive and alternative treatment of insomnia. In C. A. Kushida (Ed.), *Handbook of sleep disorders* (2<sup>nd</sup> ed., pp. 95-106). New York: Informa Healthcare.

#### 2010

30. Ruitter, M. E., Vander Wal, G. S., & Lichstein, K. L. (2010). Insomnia in the elderly. In S. R. Pandi-Perumal, J. M. Monti, & A. A. Monjan (Eds.), *Principles and practice of geriatric sleep medicine* (pp. 271-279). New York: Cambridge University Press.
31. Lichstein, K. L., Rybarczyk, B., & Dillon, H. R. (2010). Cognitive-behavior therapy for comorbid and late-life insomnia. In M. J. Sateia & D. J. Buysse (Eds.), *Insomnia: Diagnosis and treatment* (pp. 352-364). London: Informa Healthcare.

#### 2011

32. Lichstein, K. L., Taylor, D. J., McCrae, C. M., & Thomas, S. J. (2011). Relaxation for insomnia. In M. Perlis, M. Aloia, & B. Kuhn (Eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions* (pp. 45-54). London: Academic Press.
33. Lichstein, K. L., Thomas, S. J., & McCurry, S. M. (2011). Sleep compression. In M. Perlis, M. Aloia, & B. Kuhn (Eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions* (pp. 55-59). London: Academic Press.
34. Lichstein, K. L., Taylor, D. J., McCrae, C. S., & Ruitter, M. E. (2011). Insomnia: Epidemiology and risk factors. In M. H. Kryger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (5<sup>th</sup> ed., pp. 827-837). St Louis: Saunders.

#### 2012

35. Nau, S. D., Dillon, H. R., Geyer, J. D., Carney, P. R., & Lichstein, K. L. (2012). Evaluating sleeplessness. In P. R. Carney, J. D. Geyer, & R. B. Berry (Eds.), *Clinical sleep disorders* (2<sup>nd</sup> ed., pp. 111-121). Philadelphia: Lippincott Williams & Wilkins.
36. Nau, S. D., Dillon, H. R., Geyer, J. D., Carney, P. R., & Lichstein, K. L. (2012). Insomnia: Causes and treatments. In P. R. Carney, J. D. Geyer, & R. B. Berry (Eds.), *Clinical sleep disorders* (2<sup>nd</sup> ed., pp. 157-184). Philadelphia: Lippincott Williams & Wilkins.
37. Geyer, J. D., Carney, P. R., & Lichstein, K. L. (2012). Anxiety disorders and sleep. In P. R. Carney, J. D. Geyer, & R. B. Berry (Eds.), *Clinical sleep disorders* (2<sup>nd</sup> ed., pp. 359-361). Philadelphia: Lippincott Williams & Wilkins.
38. Geyer, J. D., Carney, P. R., & Lichstein, K. L. (2012). Post-traumatic stress disorder and sleep. In P. R. Carney, J. D. Geyer, & R. B. Berry (Eds.), *Clinical sleep disorders* (2<sup>nd</sup> ed., pp. 363-365). Philadelphia: Lippincott Williams & Wilkins.
39. Lichstein, K. L., Geyer, J. D., & Carney, P. R. (2012). Mood disorders and sleep. In P. R. Carney, J. D. Geyer, & R. B. Berry (Eds.), *Clinical sleep disorders* (2<sup>nd</sup> ed., pp. 367-371). Philadelphia: Lippincott Williams & Wilkins.
40. Geyer, J. D., Carney, P. R., & Lichstein, K. L. (2012). Schizophrenia and sleep. In P. R. Carney, J. D. Geyer, & R. B. Berry (Eds.), *Clinical sleep disorders* (2<sup>nd</sup> ed., pp. 373-375). Philadelphia: Lippincott Williams & Wilkins.
41. Geyer, J. D., Carney, P. R., & Lichstein, K. L. (2012). Alcohol and sleep. In P. R. Carney, J. D. Geyer, & R. B. Berry (Eds.), *Clinical sleep disorders* (2<sup>nd</sup> ed., pp. 377-379). Philadelphia: Lippincott Williams & Wilkins.

42. Lichstein, K. L., Vander Wal, G. S., & Dillon, H. R. (2012). Insomnia III: Therapeutic approaches. In C. M. Morin & C. A. Espie (Eds.), *The Oxford handbook of sleep and sleep disorders* (pp. 453-470). New York: Oxford University Press.
43. Dillon, H. R., Wetzler, R. G., & Lichstein, K. L. (2012). Evidence-based treatments for insomnia in older adults. In F. Scogin & A. Shah (Eds.), *Making evidence-based psychological treatments work with older adults* (pp. 47-85). Washington, DC: American Psychological Association.

#### 2013

44. McCrae, C. S., Roth, A., Woosley, J., & Lichstein, K. L. (2013). Features, factors, and characteristics of insomnia: Risk factors. In C. A. Kushida (Ed.), *The encyclopedia of sleep* (Vol. 2, pp. 183-189). Waltham, MA: Academic Press.
45. Thomas, S. J., Avis, K. T., & Lichstein, K. L. (2013). Behavioral sleep medicine: Training, credentialing, and the role in sleep laboratories. In A. R. Wolfson & H. E. Montgomery-Downs (Eds.), *The Oxford handbook of infant, child, and adolescent sleep and behavior* (pp. 603-610). New York: Oxford University Press.

#### 2015

46. Taylor, D. J., McCrae, C. S., Lichstein, K. L., & Bramoweth, A. D. (2015). Insomnia. In F. Andrasik, J. L. Goodie, & A. L. Peterson (Eds.), *Biopsychosocial assessment in clinical health psychology* (pp. 336-349). New York: Guilford.
47. McCrae, C. S., Roth, A. J., Zamora, R., Dautovich, N., & Lichstein, K. L. (2015). Late life sleep and sleep disorders. In P. A. Lichtenberg & B. T. Mast (Eds.), *APA handbook of clinical geropsychology* (Vol. 2, pp. 369-394). Washington, DC: American Psychological Association.
48. Petrov, M. E. R., Vander Wal, G. S., & Lichstein, K. L. (2015). Late-life insomnia. In N. A. Pachana & K. Laidlaw (Eds.), *The Oxford handbook of clinical geropsychology* (pp. 527-548). Oxford, England: Oxford University Press.

#### 2016

49. McCrae, C. S., Petrov, M. E., Dautovich, N., & Lichstein, K. L. (2016). Late life sleep and sleep disorders. In K. W. Schaie & S. L. Willis (Ed.), *Handbook of the Psychology of Aging* (8<sup>th</sup> ed., pp. 429-445). London, England: Academic Press.
50. Moran, C. E., Lichstein, K. L., & McCrae, C. S. (2016). Sleep disorders. In H. L. Miller, Jr. (Ed.), *The SAGE encyclopedia of theory in psychology* (pp. 865-866). Thousand Oaks, CA: Sage.

#### 2017

51. Lichstein, K. L., Taylor, D. J., McCrae, C. S., & Petrov, M. E. (2017). Insomnia: Epidemiology and risk factors. In M. Kryger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (6<sup>th</sup> ed., pp. 761-768). Philadelphia: Elsevier.
52. Lichstein, K. L., Emert, S., Tutek, J., & Taylor, D. J. (2017). Insomnia disorder. In A. Wenzel (Ed.), *The SAGE encyclopedia of abnormal and clinical psychology* (pp. 1814-1816). Thousand Oaks, CA: Sage.

in press

53. Molzof, H. E., Petrov, M. E., & Lichstein, K. L. (in press). Late-life insomnia. In A. Chun (Ed.), *Geriatric practice*. Basel, Switzerland: Springer Nature Switzerland AG.

### **INVITED PRESENTATIONS and WORKSHOPS:**

#### 1981

1. Jahn, D., & Lichstein, K. L. (1981, November). *Megavitamin therapy for an autistic adolescent*. Invited paper presented at the St. Joseph Hospital Conference on Children and Youth, Memphis.

#### 1982

2. Lichstein, K. L. (1982, February). *Six years of insomnia research*. Invited paper presented to the Department of Psychology, University of Mississippi.

#### 1985

3. Lichstein, K. L., Wagner, M. T., Krisak, J., Steinberg, F., & Cutrer, P. (1985, November). *Stress management for acting-out, inpatient adolescents*. Invited paper presented at the St. Joseph Hospital Conference on Children and Youth, Memphis.

#### 1986

4. Lichstein, K. L. (1986, October). *Clinical relaxation strategies*. Workshop presented at the St. Joseph Hospital Conference on Children and Youth, Memphis.

#### 1988

5. Lichstein, K. L. (1988, November). *Stress management for professionals*. Invited paper presented at the St. Joseph Hospital Conference on Children and Youth, Memphis.

#### 1989

6. Lichstein, K. L. (1989, May). *Relaxation therapy for pain management and headaches*. Invited paper presented at the meeting of the Southern Society of Physical Medicine and Rehabilitation, Memphis.
7. Lichstein, K. L., Johnson, R. S., & Womack, T. D. (1989, July). *Pupillometric assessment of arousal in insomnia*. Invited paper presented to the Sleep Disorders Center, Eastern Virginia Medical School, Norfolk, VA.
8. Lichstein, K. L. (1989, August). *Anxiety*. Invited paper presented to Tri-County Mental Health Center, Millington, TN.
9. Lichstein, K. L. (1989, October). *Sleep disturbance in children*. Invited paper presented at the St. Joseph Hospital Conference on Children and Youth, Memphis.

#### 1990

10. Lichstein, K. L. (1990, November). *Relaxation therapy*. Workshop presented at the meeting of the Association for Advancement of Behavior Therapy, San Francisco.

#### 1991

11. Lichstein, K. L. (1991, October). *Psychological interventions for depression*. Invited paper presented at the annual meeting of the Tennessee Nurses Association, Memphis.

1992

12. Lichstein, K. L. (1992, February). *Sleep, sleepiness, and sleeplessness*. Grand rounds presentation at Wilford Hall Medical Center, San Antonio.

1995

13. Lichstein, K. L. (1995, March). *Insomnia: Clinical overview and current research*. Psychiatry Grand Rounds, The University of Tennessee, Memphis.
14. Lichstein, K. L. (1995, October). *Defining relaxation approaches as they relate to biomedicine*. Invited paper presented at the NIH Technology Assessment Conference, Integration of Behavioral and Relaxation Approaches into the Treatment of Chronic Pain and Insomnia, Bethesda, MD.

1997

15. Lichstein, K. L. (1997, April). *Daytime performance in insomniacs*. Invited paper presented at the Atlanta School of Sleep Medicine and Technology, Atlanta, GA.

1998

16. Lichstein, K. L. (1998, May). *Treatment of hypnotic-dependence*. Invited paper presented to the Department of Psychology, University of Cincinnati.

1999

17. Lichstein, K. L. (1999, February). *Treatment of hypnotic-dependence*. Invited paper presented to the Department of Psychology, Virginia Commonwealth University.
18. Lichstein, K. L. (1999, April). *Treatment of hypnotic-dependence*. Invited paper presented to the Department of Psychology, University of Alabama, Birmingham.
19. Lichstein, K. L. (1999, May). *Psychological treatment of secondary insomnia*. Invited paper presented at the meeting of the American Psychiatric Association at the invitation of the American Academy of Sleep Medicine, Washington, DC.
20. Lichstein, K. L. (1999, September). *Psychological treatment of secondary insomnia*. Invited paper presented at the meeting of the American Academy of Family Physicians at the invitation of the American Academy of Sleep Medicine, Orlando, FL.

2000

21. Lichstein, K. L. (2000, May). *Psychological treatment of secondary insomnia*. Invited paper presented at the meeting of the American Academy of Physician Assistants at the invitation of the American Academy of Sleep Medicine, Chicago.
22. Lichstein, K. L. (2000, October). *Treatment of late-life insomnia; Evaluating the independent variable in clinical trials: A treatment implementation model; Treatment of hypnotic dependence and secondary insomnia*. Invited papers presented at Wilford Hall Medical Center, San Antonio.
23. Lichstein, K. L., & Manber, R. (2000, November). *Treatment of insomnia*. Workshop presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans.

2001

24. Lichstein, K. L. (2001, November). *Treatment of insomnia*. Workshop presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia.

#### 2002

25. Lichstein, K. L. (2002, January). *Treatment of refractory insomnia and the epidemiology of insomnia*. Invited paper presented to the Department of Psychology, University of Louisville.
26. Lichstein, K. L. (2002, January). *Clinical and epidemiological dimensions of insomnia*. Invited paper presented to the Department of Psychology, University of Arkansas.
27. Lichstein, K. L. (2002, October). *Two sleep stories: Hypnotic dependence and insomnia prevalence*. Invited paper presented to the Institute on Aging, University of Florida.

#### 2003

28. Lichstein, K. L. (2003, February). *Management of hypnotic dependence*. Invited paper presented to the Department of Psychology, Syracuse University.
29. Lichstein, K. L. (2003, February). *Bedtime stories*. Invited paper presented to the Sleep Research Laboratory, University of Rochester.
30. Lichstein, K. L. (2003, June). *Behavioral sleep medicine: A historical perspective*. Invited paper presented to the Sleep Research Society Annual Trainee Symposium, Chicago.

#### 2004

31. Lichstein, K. L. (2004, February). *Bedtime stories*. Invited paper presented to the Department of Psychology, SUNY Albany.
32. Lichstein, K. L. (2004, April). *Late-life insomnia: A behavioral sleep medicine perspective*. Invited paper presented at the annual meeting of the Southern Sleep Society, Memphis.
33. Lichstein, K. L. (2004, June). *Epidemiology of sleep*. Invited paper presented to the Sleep Research Society Annual Trainee Symposium, Philadelphia.
34. Lichstein, K. L. (2004, June). Strategies for discontinuation of hypnotic medication. In E. Stepanski (Chair), *Strategies for evaluation and cognitive-behavioral treatment of insomnia*. Workshop presented at the meeting of the Associated Professional Sleep Societies, Philadelphia.
35. Lichstein, K. L. (2004, July). *Treatment of late-life insomnia*. Workshop presented at the meeting of the American Psychological Association, Hawaii.

#### 2005

36. Lichstein, K. L., Benca, R. M., Hajak, G., Harvey, A. G., & Perlis, M. L. (2005, March). Evaluating comorbidity in insomnia research. In D. Buysse (Chair), *Recommendations for a standard research assessment of insomnia*. Invited meeting, Pittsburgh.
37. Lichstein, K. L. (2005, April). *Cognitive behavior therapy for late-life insomnia*. Invited paper presented at the annual meeting of the Southern Sleep Society, New Orleans.
38. Lichstein, K. L. (2005, June). *Psychological models of chronic insomnia*. Invited paper presented at the NIH State-of-the-Science Conference, Manifestations and Management of Chronic Insomnia in Adults, Bethesda, MD.
39. Lichstein, K. L. (2005, August). *Treatment of insomnia across the adult life span*. Workshop presented at the meeting of the American Psychological Association, Washington, DC.

40. Lichstein, K. L. (2005, September). *Behavioral intervention with special insomnia populations: Hypnotic-dependent insomnia and comorbid insomnia*. Invited plenary talk presented at the 3<sup>rd</sup> International Sleep Disorders Forum, Hudson Valley, NY.
41. Lichstein, K. L. (2005, October). *Treating hypnotic drug dependence*. Invited paper presented at the Penn State Sleep Disorders Medicine Symposium, Hershey, PA.
42. Lichstein, K. L. (2005, October). *Cognitive behavior therapy for insomnia*. Invited paper presented at the Wellmont Holston Valley Medical Center 2<sup>nd</sup> Annual Sleep Conference, Kingsport, TN.
43. Lichstein, K. L. (2005, November). *Insomnia*. Invited paper presented at the International Longevity Center: Sleep and Healthy Aging Scientific Consensus Conference, New York.

#### 2006

44. Lichstein, K. L. (2006, June). *How to review an article: What helps an author and what helps an editor?* Invited paper presented to the Sleep Research Society Annual Trainee Symposium, Salt Lake City.
45. Lichstein, K. L. (2006, June). The evaluation of insomnia. In A. Harvey (Chair), *Strategies for evaluation and cognitive-behavioral treatment of insomnia*. Workshop presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
46. Lichstein, K. L. (2006, August). *Treatment of insomnia across the adult life span*. Workshop presented at the meeting of the American Psychological Association, New Orleans.

#### 2007

47. Lichstein, K. L. (2007, March). *Cognitive-behavior therapy for late-life insomnia*. Geriatric Grand Rounds, University of Arkansas for Medical Sciences, Little Rock, AR.
48. Lichstein, K. L. (2007, March). *Cognitive-behavior therapy for hypnotic-dependent insomnia*. Psychiatric Grand Rounds, University of Arkansas for Medical Sciences, Little Rock, AR.
49. Lichstein, K. L. (2007, March). *Psychological management of insomnia in older adults*. Psychiatry Grand Rounds, University of Mississippi Medical Center, Jackson, MS.
50. Lichstein, K. L. (2007, August). *Insomnia across the adult life span: Diagnosis, assessment, & treatment*. Workshop presented at the meeting of the American Psychological Association, San Francisco.
51. Lichstein, K. L. (2007, October). *Cognitive-behavior therapy for insomnia*. Invited paper presented at the Veterans Administration Hospital, New Orleans.
52. Lichstein, K. L. (2007, November). *Insomnia: A behavioral sleep medicine perspective*. Invited paper presented at the meeting of the New Jersey Sleep Society, New Brunswick.

#### 2008

53. Lichstein, K. L. (2008, August). *Insomnia across the adult life span: Diagnosis, assessment, & treatment*. Workshop presented at the meeting of the American Psychological Association, Boston.

#### 2009

54. Lichstein, K. L. (2009, March). *Use of actigraphy in the diagnosis and treatment of sleep disorders*. Invited paper presented at Behavioral Sleep Medicine: A Consensus Conference, Ponte Vedra Beach, Florida.

55. Lichstein, K. L. (2009, March). *Relaxation approaches to insomnia*. Webinar presented by the American Academy of Sleep Medicine.
56. Lichstein, K. L. (2009, May). *Insomnia and cognitive behavior therapy*. Spring Educational Conference, DCH Regional Medical Center, Tuscaloosa, Alabama.
57. Lichstein, K. L. (2009, June). *How Do We Define Insomnia?* Invited paper presented to the Sleep Research Society Annual Trainee Symposium, Seattle.
58. Lichstein, K. L. (2009, August). *Insomnia across the adult life span: Diagnosis, assessment, & treatment*. Workshop presented at the meeting of the American Psychological Association, Toronto.

#### 2010

59. Lichstein, K. L. (2010, March). Scientific foundations and history of behavioral sleep medicine. In R. Wetzler (Chair), *Behavioral Sleep Medicine: An introduction to the psychology of sleep medicine*. Workshop sponsored by the American Academy of Sleep Medicine, Oak Brook, IL.
60. Lichstein, K. L. (2010, April). *Insomnia and cognitive behavior therapy*. Invited paper presented at the meeting of the Tennessee Sleep Society, Nashville.
61. Lichstein, K. L. (2010, June). *Publications: The roles of the author and the reviewer*. Invited paper presented to the Sleep Research Society Annual Trainee Symposium, San Antonio.
62. Lichstein, K. L. (2010, August). *Insomnia across the adult life span: Diagnosis, assessment, & treatment*. Workshop presented at the meeting of the American Psychological Association, San Diego.

#### 2011

63. Lichstein, K. L. (2011, January). *Sleep in older adults*. Invited paper presented to The University of Alabama Retirees Association Meeting, Tuscaloosa.
64. Lichstein, K. L. (2011, April). History and scientific underpinnings of behavioral sleep medicine. In R. Wetzler (Chair), *Behavioral Sleep Medicine Course*. Invited paper sponsored by the Society of Behavioral Sleep Medicine, Darien, IL.
65. Lichstein, K. L. (2011, April). Evaluation and treatment of hypnotic dependence. In R. Wetzler (Chair), *Behavioral Sleep Medicine Course*. Invited paper sponsored by the Society of Behavioral Sleep Medicine, Darien, IL.
66. Lichstein, K. L. (2011, June). *Psychological treatment of refractory insomnia*. Invited paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
67. Lichstein, K. L. (2011, June). *Primary vs. secondary insomnia mechanisms*. Invited Meet the Professor talk presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
68. Lichstein, K. L. (2011, June). *Normal sleepers and people with insomnia: Differences and similarities*. Invited paper presented to the Sleep Research Society Annual Trainee Symposium, Minneapolis.
69. Lichstein, K. L. (2011, June). *Confusional arousals*. Invited paper presented at the Stanford Sleep Epidemiology Research Centre conference on Parasomnias, Stanford University, Palo Alto, CA.
70. Lichstein, K. L. (2011, August). *Insomnia across the adult life span: Diagnosis, assessment, & treatment*. Workshop presented at the meeting of the American Psychological Association, Washington DC.

71. Lichstein, K. L. (2011, August). *Behavioral treatment of insomnia*. Invited paper presented at the PRIDE Summer Institute on Sleep Medicine, SUNY Downstate Medical Center, Brooklyn.
72. Lichstein, K. L. (2011, September). Racial and ethnic disparities in sleep health. In A. Diez-Roux & E. Van Cauter (Chairs), *Reducing health disparities: The role of sleep deficiency and sleep disorders*. Workshop conducted at the National Heart Lung and Blood Institute, Bethesda, MD.

#### 2012

73. Lichstein, K. L. (2012, August). *Insomnia across the adult life span: Diagnosis, assessment, & treatment*. Workshop presented at the meeting of the American Psychological Association, Orlando.
74. Lichstein, K. L. (2012, August). *Insomnia and related disorders: A behavioral sleep medicine perspective*. Invited paper presented at the PRIDE Summer Institute on Sleep Medicine, SUNY Downstate Medical Center, Brooklyn.

#### 2013

75. Lichstein, K. L. (2013, August). *Insomnia across the adult life span: Diagnosis, assessment, & treatment*. Workshop presented at the meeting of the American Psychological Association, Honolulu.

#### 2014

76. Lichstein, K. L. (2014, August). *Insomnia across the adult life span: Diagnosis, assessment, & treatment*. Workshop presented at the meeting of the American Psychological Association, Washington, DC.

#### 2015

77. Lichstein, K. L. (2015, January). *Insomnia and college students*. Invited paper presented to the Division of Student Affairs, University of Alabama, Tuscaloosa.
78. Lichstein, K. L. (2015, July). *Insomnia*. Invited paper presented at the PRIDE Summer Institute on Sleep Medicine, New York University, New York.
79. Lichstein, K. L. (2015, October). *Cognitive-behavioral treatment of insomnia*. Invited paper presented at the conference, *Insomnia: Prevalence, Diagnosis, Comorbidity & Treatment*, Stanford University, Stanford, CA.
80. Lichstein, K. L. (2015, November). *Cognitive therapy for insomnia: The insomnia identity problem*. Invited paper presented at the meeting of the Virginia Academy of Sleep Medicine, Richmond, VA.

#### 2016

81. Lichstein, K. L. (2016, January). *Insomnia identity*. Bootzin Memorial Lecture, the University of Arizona, Tucson, AZ.
82. Lichstein, K. L. (2016, July). *Insomnia*. Invited paper presented at the PRIDE Summer Institute on Sleep Medicine, New York University, New York.
83. Lichstein, K. L. (2016, September). *Insomnia identity*. Invited paper presented at Loughborough University, Leicestershire, England.

#### 2017



84. Lichstein, K. L. (2017, April). *Late-life insomnia*. Invited paper presented to the Alabama Research Institute on Aging, University of Alabama, Tuscaloosa.
85. Lichstein, K. L. (2017, May). *Insomnia identity*. Invited paper presented at The Center for Sleep and Circadian Neurobiology, University of Pennsylvania, Philadelphia, PA.
86. Lichstein, K. L. (2017, August). *Insomnia*. Invited paper presented at the PRIDE Summer Institute on Sleep Medicine, New York University, New York.

#### 2019

87. Lichstein, K. L. (2019, July). *Behavioral approaches to treat insomnia*. Invited paper presented at the PRIDE Summer Institute on Sleep Medicine, New York University, New York.
88. Ievers-Landis, C., Owens, J., Lichstein, K., Byars, K., Honaker, S. M., & Thomas, J. (2019, September). *Behavioral sleep medicine manuscript reviewer immersion experience with expert editorial guidance*. Workshop conducted at the meeting of the Society of Behavioral Sleep Medicine, Birmingham, AL.
89. Lichstein, K. L. (2019, September). *BSM: past, present, and future*. Keynote address presented at the meeting of the Society of Behavioral Sleep Medicine, Birmingham, AL.
90. Lichstein, K. L. (2019, September). *Relaxation for insomnia*. Workshop conducted at the meeting of the Society of Behavioral Sleep Medicine, Birmingham, AL.

### **PAPER PRESENTATIONS:**

#### 1977

1. Lichstein, K. L., & Kachmarik, G. (1977, October). *A non-aversive intervention for thumbsucking: Analysis across settings in the natural environment*. Paper presented at the meeting of the Tennessee-Kentucky Psychological Associations, Louisville.
2. Lichstein, K. L., & Sallis, J. F. (1977, October). *Psychophysiological and phenomenological correlates of ocular relaxation: Some preliminary findings*. Paper presented at the meeting of the Tennessee-Kentucky Psychological Associations, Louisville.

#### 1978

3. Lichstein, K. L., & Blew, A. (1978, February). *Some simple eye exercises employed as a sleep-induction aid*. Paper presented at the meeting of the Tennessee Behavior Therapy Association, Nashville.
4. Sallis, J. F., & Lichstein, K. L. (1978, March). *The adaptation response in electromyographic research: A possible source of confounding*. Paper presented at the meeting of the Southeastern Psychological Association, Atlanta.
5. Lichstein, K. L., & Stalgaitis, S. (1978, November). *The treatment of cigarette smoking in couples by reciprocal aversion*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Chicago.

#### 1979

6. Lichstein, K. L., & Sallis, J. F. (1979, March). *Covert sensitization for smoking: A methodological analysis*. Paper presented at the meeting of the Southeastern Psychological Association, New Orleans.

7. Lichstein, K. L., & Rosenthal, T. L. (1979, December). *Insomniacs' perceptions of cognitive versus somatic determinants of sleep disturbance*. Paper presented at the meeting of the Society of Behavioral Medicine, San Francisco.
8. Lichstein, K. L., Fanning, J., & Cernosek, J. (1979, December). *Insomniac and normal sleepers' differential physiological response to intrusive cognitions*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, San Francisco.

1980

9. Lichstein, K. L., Sallis, J. F., Hill, D., & Young, M. C. (1980, March). *Empirical attributes of SRL, EMG, and EKG adaptation*. Paper presented at meeting of the Southeastern Psychological Association, Washington, DC.
10. Lichstein, K. L., Cooper, P. D., & Hoelscher, T. J. (1980, November). *Marketing analysis in clinical psychology: A consumer profile of insomniacs*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York.
11. Lichstein, K. L. (1980, November). *Treatment of severe insomnia by manipulation of sleep schedule*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York.
12. Lichstein, K. L., & Blew, A. (1980, November). *Ocular relaxation and progressive relaxation treatments for insomnia*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York.

1982

13. Silver, B. V., & Lichstein, K. L. (1982, March). *Cognitive and relaxation therapies in the treatment of migraine headaches*. Paper presented at the meeting of the Society of Behavioral Medicine, Chicago.
14. Sallis, J. F., Lichstein, K. L., Clarkson, A. D., Stalgaitis, S., & Campbell, M. (1982, March). *Emotional skills training for elders; Health and mental health effects*. Paper presented at the meeting of the Society of Behavioral Medicine, Chicago.
15. Hoelscher, T. J., & Lichstein, K. L. (1982, March). *Blood volume pulse biofeedback treatment of chronic cluster headache*. Paper presented at the meeting of the Society of Behavioral Medicine, Chicago.
16. Lichstein, K. L., Hoelscher, T. J., Eakin, T., & Nickel, R. (1982, March). *Home trials of a sleep assessment device*. Paper presented at the meeting of the Society of Behavioral Medicine, Chicago.
17. Lichstein, K. L., Hoelscher, T. J., Nickel, R., & Hoon, P. W. (1982, March). *Integrated blood volume pulse biofeedback for migraineurs*. Paper presented at the meeting of the Society of Behavioral Medicine, Chicago.
18. Hoelscher, T. J., & Lichstein, K. L. (1982, March). *Progressive relaxation and self-control relaxation treatments for essential hypertension*. Paper presented at the meeting of the Southeastern Psychological Association, New Orleans.
19. Lichstein, K. L., & Hoelscher, T. J. (1982, August). *Imagery training to increase psychophysiological responsivity*. Paper presented at the meeting of the American Psychological Association, Washington, DC.

1983

20. Hoelscher, T. J., Lichstein, K. L., Rosenthal, T. L., & Hegarty, T. B. (1983, March). *Assessment of relaxation compliance: An empirical, unobtrusive approach*. Paper presented at the meeting of the Southeastern Psychological Association, Atlanta.
21. Lichstein, K. L., & Hoelscher, T. J. (1983, December). *Relaxation treatment of hypertension and anxiety: An empirical assessment of adherence*. Paper presented at the meeting of the World Congress on Behavior Therapy, Washington, DC.

1984

22. Lichstein, K. L., Hoelscher, T. J., & Eakin, T. L. (1984, May). *Insomniacs' empirical self-assessment of sleep in the home*. Paper presented at the meeting of the Society of Behavioral Medicine, Philadelphia.
23. Lichstein, K. L., Eakin, T. L., & Dunn, M. E. (1984, August). *Biofeedback treatment of oropharyngeal dysphagia: The interface of psychological and medical interventions*. Paper presented at the meeting of the American Association of Biofeedback Clinicians, Toronto.
24. Hoelscher, T. J., Lichstein, K. L., Fischer, S. M., & Hegarty, T. B. (1984, August). *Relaxation treatment of hypertension: Taped versus unassisted home practice*. Paper presented at the meeting of the American Psychological Association, Toronto.
25. Lichstein, K. L., & Eakin, T. L. (1984, August). *Relaxation therapy for hemophilia*. Paper presented at the meeting of the American Psychological Association, Toronto.
26. Lichstein, K. L. (1984, November). Interventions and dependent measures tailored for insomnioid states in the elderly. In S. N. Haynes (Chair), *Sleep disorders in the elderly*. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia.
27. Lichstein, K. L., Takayama, M., & Sanders, J. (1984, November). *Napping: Some epidemiological data*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia.

1985

28. Hoelscher, T. J., Lichstein, K. L., & Rosenthal, T. L. (1985, March). *Relaxation treatment of hypertension: Objective verification of home relaxation practice*. Paper presented at the meeting of the Society of Behavioral Medicine, New Orleans.

1987

29. Downs, A., Lichstein, K. L., & Rosenthal, T. L. (1987, August). *Modeling therapies for bathing fears in institutionalized elderly*. Paper presented at the meeting of the American Psychological Association, New York.
30. Lichstein, K. L., Fischer, S. M., Eakin, T. L., Amberson, J. I., Bertorini, T., & Hoon, P. W. (1987, November). *Physiological parameters of migraine and muscle contraction headaches*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Boston.
31. Lichstein, K. L., & Johnson, R. S. (1987, November). *Sleep compression treatment of an insomnioid*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Boston.

1988

32. Lichstein, K. L., Johnson, R. S., Sen Gupta, S., O'Laughlin, D. L., & Dykstra, T. A. (1988, November). *Pupillometric assessment of daytime sleepiness*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York.

1989

33. Lichstein, K. L., Johnson, R. S., Dykstra, T. A., O'Laughlin, D. L., Hoelscher, T. J., & Edinger, J. D. (1989, March). *Objective and subjective home sleep estimates*. Paper presented at the meeting of the Society of Behavioral Medicine, San Francisco.
34. Eakin, T. L., Lichstein, K. L., Moore, M. K., & Lupfer, M. B. (1989, March). *Directionality in the blood volume pulse biofeedback treatment of migraine*. Paper presented at the meeting of the Society of Behavioral Medicine, San Francisco.

1990

35. Lichstein, K. L., Johnson, R. S., Womack, T. D., Dean, J. E., & Childers, C. K. (1990, June). Relaxation therapy for polypharmacy use in elderly insomniacs and noninsomniacs. In T. L. Rosenthal (Chair), *Reducing medication in geriatric populations*. Symposium conducted at the International Congress of Behavioral Medicine, Uppsala, Sweden.
36. Johnson, R. S., & Lichstein, K. L. (1990, November). *Objective sleep assessment of older people in the natural environment*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, San Francisco.

1991

37. Lichstein, K. L. (Chair) (1991, November). *Insomnia: Clinical and basic research studies*. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, New York.
38. Lichstein, K. L., & Johnson, R. S. (1991, November). Daytime pupillometry to assess sleepiness in middle-aged subjects. In K. L. Lichstein (Chair), *Insomnia: Clinical and basic research studies*. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, New York.
39. Lichstein, K. L., Johnson, R. S., Fawcett, K., & McCabe, K. (1991, November). *Relaxation therapy for geriatric insomnia*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York.

1993

40. Lichstein, K. L., Wilson, N. M., Noe, S. L., Aguillard, R. N., & Bellur, S. N. (1993, June). *MSLT vs. pupillometry in insomnia diagnosis*. Paper presented at the meeting of the Associated Professional Sleep Societies, Los Angeles.

1994

41. Lichstein, K. L., Wilson, N. M., Noe, S. L., Aguillard, R. N., & Bellur, S. N. (1994, June). *The first night effect: Attenuation by a nap*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.
42. Riedel, B. W., & Lichstein, K. L. (1994, June). *Bed-time restriction and sleep education for older insomniacs: Self-help vs. therapist guidance*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.

43. Lichstein, K. L., & Johnson, R. S. (1994, June). *Pupillometrics of insomnia in older women*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.
44. Johnson, R. S., & Lichstein, K. L. (1994, November). *Relaxation vs. sleep compression/education in the treatment of geriatric insomnia*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, San Diego.

#### 1995

45. Lichstein, K. L., Means, M. K., Noe, S. L., & Aguillard, R. N. (1995, June). *Fatigue and sleep disorders*. Paper presented at the meeting of the Associated Professional Sleep Societies, Nashville.
46. Van Brunt, D. L., Lichstein, K. L., Noe, S. L., Aguillard, R. N., & Lester, K. (1995, June). *Acoustical pattern of snoring as a predictor of obstructive sleep apnea*. Paper presented at the meeting of the Associated Professional Sleep Societies, Nashville.
47. Lichstein, K. L., Peterson, B. A., Riedel, B. W., Means, M. K., Epperson, M. T., & Aguillard, R. N. (1995, June). *Relaxation therapy to assist sleep medication withdrawal*. Paper presented at the meeting of the Associated Professional Sleep Societies, Nashville.
48. Riedel, B. W., Lichstein, K. L., Peterson, B. A., Epperson, M. T., Means, M. K., & Aguillard, R. N. (1995, June). *Stimulus control and sleep medication withdrawal*. Paper presented at the meeting of the Associated Professional Sleep Societies, Nashville.
49. Lichstein, K. L., Peterson, B. A., Riedel, B. W., Means, M. K., Epperson, M. T., & Aguillard, R. N. (1995, November). *Relaxation to treat medicated and nonmedicated insomniacs*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

#### 1996

50. Riedel, B. W., Lichstein, K. L., Peterson, B. A., Epperson, M. T., Means, M. K., & Aguillard, R. N. (1996, May). *Stimulus control for medicated and non-medicated insomniacs*. Paper presented at the meeting of the Midwestern Psychological Association, Chicago.
51. Wilson, N. M., Lichstein, K. L., Neimeyer, R. A., Bright, J. I., Baker, K., & Fiedler, J. (1996, May). *Fatigue and daytime sleepiness in persons treated for depression*. Paper presented at the meeting of the Associated Professional Sleep Societies, Washington, DC.
52. Aguillard, R. N., Riedel, B. W., Lichstein, K. L., Johnson, C. T., Noe, S. L., & Grieve, R. (1996, June). *Daytime effects of sleep apnea: Fatigue and sleepiness*. Paper presented at the meeting of the Associated Professional Sleep Societies, Washington, DC.
53. Toy, K. K., Lichstein, K. L., Means, M. K., & Noe, S. L. (1996, June). *Measuring daytime impairment in sleep apnea patients: Steer clear vs. MSLT*. Paper presented at the meeting of the Associated Professional Sleep Societies, Washington, DC.
54. Means, M. K., Lichstein, K. L., Epperson, M. T., & Johnson, C. T. (1996, November). *Daytime functioning in insomnia*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York.

#### 1997

55. Lichstein, K. L., & Riedel, B. W. (1997, May). *Sleep apnea presenting as insomnia in older adults*. Paper presented at the meeting of the Midwestern Psychological Association, Chicago.
56. Riedel, B. W., & Lichstein, K. L. (1997, June). *Objective sleep assessment and subjective sleep quality in older adults with insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, San Francisco.
57. Means, M. K., Lichstein, K. L., Epperson, M. T., & Johnson, C. T. (1997, June). *Daytime functioning and relaxation therapy in college students with insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, San Francisco.
58. Lichstein, K. L., Riedel, B. W., Peterson, B. A., & Johnson, R. S. (1997, November). Behavioral treatment of hypnotic-dependent sleep disorder. In C. M. Morin (Chair), *Treatment of insomnia, anxiety, and benzodiazepine dependence in late life*. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, Miami.
59. Johnson, C. T., Lichstein, K. L., Toy, K. K., Thomas, J. A., & King, A. A. L. (1997, November). *Behavioral treatment of secondary insomnia in older adults*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Miami.

#### 1998

60. Lichstein, K. L., & Riedel, B. W. (1998, May). *Treatment of late-life insomnia*. Paper presented at the meeting of the Midwestern Psychological Association, Chicago.
61. Lichstein, K. L., & Riedel, B. W. (1998, June). *Placebo-controlled treatment of insomnia in older adults*. Paper presented at the meeting of the Associated Professional Sleep Societies, New Orleans.
62. Riedel, B. W., Winfield, C., & Lichstein, K. L. (1998, June). *Anxiety and first night effect in older insomniacs*. Paper presented at the meeting of the Associated Professional Sleep Societies, New Orleans.
63. Riedel, B. W., & Lichstein, K. L. (1998, November). *Do sleep changes after insomnia treatment predict daytime functioning changes?* Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

#### 1999

64. Lichstein, K. L., & Riedel, B. W. (1999, June). *Cognitive-behavioral treatment of insomnia in older adults: Objective and subjective outcomes of a placebo-controlled trial*. Paper presented at the meeting of the Associated Professional Sleep Societies, Orlando, FL.
65. Durrence, H. H., Lichstein, K. L., Bayen, U., & Riedel, B. W. (1999, June). *Nighttime and daytime characteristics of primary and secondary insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, Orlando, FL.
66. Lichstein, K. L., Wilson, N. M., & Johnson, C. T. (1999, November). Psychological treatment of secondary insomnia in older adults. In K. L. Lichstein (Chair), *Sleep disorders across the life span*. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, Toronto.

#### 2000

67. Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2000, June). *Self-reported ontogeny of sleep*. Paper presented at the meeting of the Associated Professional Sleep Societies, Las Vegas.

68. Taylor, D., J., Lichstein, K. L., Durrence, H. H., Bush, A. J., & Riedel, B. W. (2000, June). *Sleep and daytime functioning of different insomnia types*. Paper presented at the meeting of the Associated Professional Sleep Societies, Las Vegas.
69. Taylor, D. J., Lichstein, K. L., Durrence, H. H., Bush, A. J., & Riedel, B. W. (2000, June). *Do frequency of insomnia and type of insomnia change with age?* Paper presented at the meeting of the Associated Professional Sleep Societies, Las Vegas.
70. Durrence, H. H., Lichstein, K. L., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2000, June). *Racial differences in insomnia from a normative sample*. Paper presented at the meeting of the Associated Professional Sleep Societies, Las Vegas.
71. Durrence, H. H., Lichstein, K. L., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2000, June). *Comparison of people with insomnia and noncomplaining poor sleepers in a normative sample*. Paper presented at the meeting of the Associated Professional Sleep Societies, Las Vegas.
72. McCrae, C. S., Wilson, N. M., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2000, November). *“Young old” and “old old” poor sleepers with and without insomnia complaints*. Paper presented at the meeting of the Gerontological Society of America, Washington, DC.
73. Taylor, D. J., Lichstein, K. L., Durrence, H. H., Bush, A. J., & Riedel, B. W. (2000, November). *Effects of caffeine, nicotine and alcohol consumption on sleep*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans.
74. Durrence, H. H., Lichstein, K. L., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2000, November). *Psychological influences on the perception of sleep*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans.
75. Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2000, November). *Racial differences in sleep*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans.

#### 2001

76. Sanford, S. D., Durrence, H. H., Taylor, D. J., Lichstein, K. L., Bush, A. J., & Riedel, B. W. (2001, June). *The relation of insomnia and pain to mood variables in a randomized sample*. Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
77. Means, M. K., Lichstein, K. L., Edinger, J. D., Taylor, D. J., & Durrence, H. H. (2001, June). *Psychosocial improvements after continuous positive airway pressure (CPAP) treatment for sleep apnea*. Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
78. Durrence, H. H., Lichstein, K. L., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, June). *Ethnicity and the complaint of insomnia across age: an analysis from a randomized sample*. Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
79. Gellis, L., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, June). *Socio economic status, insomnia and daytime functioning*. Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
80. Taylor, D. J., Lichstein, K. L., Durrence, H. H., Bush, A. J., & Riedel, B. W. (2001, June). *Epidemiology of anxiety, depression, and sleep*. Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
81. McCrae, C. S., Wilson, N. M., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, June). *Self-reported sleep patterns and sleep-related*

- characteristics of 'young-old' and 'old-old' community dwelling seniors.* Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
82. Thornburg, B. W., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, June). *Sleep, daytime functioning, and insomnia in young adults.* Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
  83. Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, June). *The distribution of insomnia: Age, gender, type, and race.* Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
  84. Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, June). *Quantitative criteria for insomnia.* Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
  85. Lichstein, K. L. (2001, July). Insomnia treatment implementation. In C. M. Morin (Chair), *Treatment of insomnia: From research to clinical practice.* Panel discussion conducted at the meeting of the World Congress of Behavioral and Cognitive Therapies, Vancouver.
  86. Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, July). Ontogeny of insomnia. In A. Harvey (Chair), *Developments in the nature and treatment of insomnia.* Symposium conducted at the meeting of the World Congress of Behavioral and Cognitive Therapies, Vancouver.
  87. McCrae, C. S., Wilson, N. M., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, November). *Hypnotic dependent older adults: Does personality predict withdrawal compliance?* Paper presented at the meeting of the Gerontological Society of America, Chicago.
  88. Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, November). *The distribution of insomnia types.* Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia.
  89. Thornburg, B. W., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, November). *Sleep, insomnia, and daytime functioning in a normative sample of young adults.* Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia.
  90. Durrence, H. H., Lichstein, K. L., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, November). *Ethnic differences in insomnia from a normative sample.* Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia.
  91. Gellis, L., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2001, November). *Socio-economic status, insomnia and daytime functioning in a normative sample.* Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia.

#### 2002

92. Neimeyer, R. A., Gillies, J., Lichstein, K. L., & Hardison, H. (2002, April). *To sleep perchance to dream...Insomnia and traumatic grief.* Paper presented at the meeting of the Association for Death Education and Counseling, Portland, OR.
93. Taylor, D. J., Lichstein, K. L., Durrence, H. H., Bush, A. J., & Riedel, B. W. (2002, June). *What is normal sleep? A comparison of healthy, average, and sleep disordered individuals.* Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
94. Sanford, S. D., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2002, June). *Epworth sleepiness scale scores among normal sleepers: An analysis*



- from a randomized sample*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
95. Nau, S. D., Borkovec, T. D., & Lichstein, K. L. (2002, June). *The soporific effect of monotonous stimulation as a function of perceptual set and demand for sleep*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
  96. Durrence, H. H., & Lichstein, K. L. (2002, June). *Extending sleep or decreasing time in bed for insomnia: A comparative trial*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
  97. Gellis, L., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2002, June). *Sleep variables, sleep quality, and daytime functioning deficits*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
  98. Lichstein, K. L., McCrae, C. S., Wilson, N. M., Nau, S. D., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2002, June). *Psychological treatment of hypnotic dependent insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
  99. Means, M. K., Lichstein, K. L., Edinger, J. D., Taylor, D. J., Durrence, H. H., Husain, A. M., & Radtke, R. A. (2002, June). *Changes in Beck Depression Inventory (BDI) symptoms after continuous positive airway pressure (CPAP) treatment for obstructive sleep apnea (OSA)*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
  100. McCrae, C. S., Lichstein, K. L., Wilson, N. M., Nau, S. D., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2002, October). *The Effects of sleep medication withdrawal and psychological intervention on memory and learning in hypnotic dependent older adults*. Paper presented at the meeting of the National Academy of Neuropsychologists, Miami.

### 2003

101. Sanford, S., Lichstein, K. L., McCrae, C. S., Wilson, N. M., Nau, S. D., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2003, March). *Daytime functioning among older adults with insomnia following hypnotic medication withdrawal*. Paper presented at the meeting of the Society of Behavioral Medicine, Salt Lake City.
102. Lichstein, K. L. (2003, June). Behavioral management of hypnotic-dependence. In D. Buysse (Chair), *Is there a place for long-term hypnotics in the treatment of insomnia?*. Symposium conducted at the meeting of the Associated Professional Sleep Societies, Chicago.
103. Lichstein, K. L. (2003, June). Secondary insomnia. In C. M. Morin (Chair), *Controversial and unresolved issues in the treatment of insomnia*. Symposium conducted at the meeting of the Associated Professional Sleep Societies, Chicago.
104. Lichstein, K. L., McCrae, C. S., Wilson, N. M., Nau, S. D., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2003, June). *Treatment of hypnotic dependence in older adults: Pre-Post PSG effects*. Paper presented at the meeting of the Associated Professional Sleep Societies, Chicago.
105. Sanford, S., Lichstein, K. L., McCrae, C. S., Wilson, N. M., Nau, S. D., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2003, November). *Daytime functioning among older adults with insomnia following hypnotic medication withdrawal: Post-treatment and 12-month follow up*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Boston.
106. Lichstein, K. L., McCrae, C. S., Wilson, N. M., Nau, S. D., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2003, November). *Management of hypnotic dependent insomnia in older*

*adults*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Boston.

107. Nau, S. D., & Lichstein, K. L. (2003, November). *The Insomnia Experience Questionnaire: Seeking better descriptors to characterize the insomnia experience*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Boston.
108. Lichstein, K. L. (2003, November). Theoretical considerations inform treatment strategies with secondary insomnia. In C. Zayfert (Chair), *Mechanisms of secondary insomnia and its treatment Part I: Medical conditions*. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, Boston.
109. Lichstein, K. L. (2003, November). Prevention of insomnia. In T. Hart (Chair), *Prevention research in behavioral medicine*. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, Boston.

#### 2004

110. Lichstein, K. L. (2004, June). CBT for insomnia: Efficacy, residual sleep and daytime impairment, and confounding with sleep apnea. In M. Hirshkowitz (Chair), *Prevalence and treatment of sleep-disordered-breathing among chronic insomnia patients*. Symposium conducted at the meeting of the Associated Professional Sleep Societies, Philadelphia.
111. Lichstein, K. L. (2004, June). Empirically based, quantitative criteria for insomnia. In K. L. Lichstein (Chair), *Models for diagnosing insomnia*. Symposium conducted at the meeting of the Associated Professional Sleep Societies, Philadelphia.
112. Adlum, K. W., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2004, June). *Body mass index and sleep in normal sleepers by gender and age*. Paper presented at the meeting of the Associated Professional Sleep Societies, Philadelphia.
113. Soeffing, J. P., Lichstein, K. L., Nau, S. D., McCrae, C. S., Wilson, N. M., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2004, June). *Psychological treatment of insomnia in older adults using hypnotics*. Paper presented at the meeting of the Associated Professional Sleep Societies, Philadelphia.
114. Cook, K. G., Lichstein, K. L., Donaldson, J., Nau, S. D., Lester, K. W., & Aguillard, R. N. (2004, June). *An exploratory validation of actigraphic measures of insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, Philadelphia.
115. Gellis, L., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2004, June). *Is insomnia related to fatigue after controlling for anxiety?* Paper presented at the meeting of the Associated Professional Sleep Societies, Philadelphia.
116. Nau, S. D., & Lichstein, K. L. (2004, June). *New approach to insomnia measurement: Sample the experience during the night*. Paper presented at the meeting of the Associated Professional Sleep Societies, Philadelphia.
117. Cook, K. G., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2004, November). *Association between depression and subjective complaint of insomnia*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans.
118. Nau, S. D., & Lichstein, K. L. (2004, November). *Sleep restriction therapy: How much should time for sleeping be restricted?* Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans.
119. Sanford, S., Cook, K., Lichstein, K. L., Lester, K. W., & Aguillard, R. N. (2004, November). *The psychometric evaluation of the Beck Anxiety Inventory in individuals with*

*sleep apnea*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans.

#### 2005

120. Lichstein, K. L. (2005, April). Treatment of hypnotic-dependent insomnia. In D. Fiellin (Chair), *Prescription drug abuse: Science to practice*. Symposium conducted at the meeting of the American Society of Addiction Medicine, Dallas.
121. Lichstein, K. L., Nau, S. D., Wilson, N. M., McCrae, C. S., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2005, June). *Behavioral management of hypnotic dependent insomnia in older adults*. Paper presented at the meeting of the Associated Professional Sleep Societies, Denver.
122. Taylor, D. J., Lichstein, K. L., Weinstock, J., Temple, J., & Sanford, S. (2005, June). *Cognitive behavioral therapy of insomnia in people with major depressive disorder*. Paper presented at the meeting of the Associated Professional Sleep Societies, Denver.
123. Lichstein, K. L. (2005, November). Treating hypnotic dependent insomnia. In W. B. Britton (Chair), *Recent advances in the behavioral treatment of sleep disturbance*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
124. Lichstein, K. L. (2005, November). Discussant. In W. B. Britton (Chair), *Recent advances in the behavioral treatment of sleep disturbance*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

#### 2006

125. McCrae, C. S., Rowe, M. A., Dautovich, N. D., Lichstein, K. L., Durrence, H. H., Riedel, B. W., Taylor, D. J., & Bush, A. J. (2006, June). *Sleep hygiene practices in two community dwelling samples of older adults*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
126. Ustinov, Y., Lichstein, K. L., Durrence, H. H., Riedel, B. W., Taylor, D. J., & Bush, A. J. (2006, June). *Daytime functioning and insomnia complaints in people not having insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
127. Vander Wal, G. S., Lichstein, K. L., Durrence, H. H., Riedel, B. W., Taylor, D. J., & Bush, A. J. (2006, June). *Sleep pattern differences between people not having insomnia, complaining good sleepers, and persons with insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
128. Vander Wal, G. S., Lichstein, K. L., Durrence, H. H., Riedel, B. W., Taylor, D. J., & Bush, A. J. (2006, June). *Daytime functioning differences between people not having insomnia, complaining good sleepers, and persons with insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
129. Mallory, L. J., Taylor, D. J., Lichstein, K. L., Durrence, H. H., Riedel, B. W., & Bush, A. J. (2006, June). *Epidemiology of insomnia and medical disorders*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
130. Ustinov, Y., Lichstein, K. L., Durrence, H. H., Riedel, B. W., Taylor, D. J., & Bush, A. J. (2006, June). *Daytime functioning and insomnia complaints in people with poor sleep*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.

131. Dzierzewski, J. M., McCrae, C. S., Lichstein, K. L., Nau, S. D., Wilson, N. M., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2006, June). *Associations between sleep and memory in hypnotic dependent older adults*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
132. Nau, S. D., Lichstein, K. L., Wilson, N. M., McCrae, C. S., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2006, June). *Sleep medications chronically used by older adults with hypnotic-dependent insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
133. Soeffing, J. P., Lichstein, K. L., Durrence, H. H., Riedel, B. W., Taylor, D. J., & Bush, A. J. (2006, June). *Quantity of sleep dysfunction and corresponding levels of daytime function*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
134. Payne, K. L., Lichstein, K. L., Durrence, H. H., Riedel, B. W., Taylor, D. J., & Bush, A. J. (2006, June). *Insomnia and pain in older adults*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
135. Morin, C. M., Bootzin, R., Buysse, D. J., Edinger, J. D., Espie, C., & Lichstein, K. L. (2006, June). *Psychological and behavioral treatment of insomnia: Update of recent evidence (1998-2004)*. Paper presented at the meeting of the Associated Professional Sleep Societies, Salt Lake City.
136. Lichstein, K. L., Bush, A., J., Nau, S. D., Wilson, N. M., McCrae, C. S., & Aguillard, R. N. (2006, November). *Minimizing sleep medication withdrawal side-effects*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Chicago.
137. Payne, K. L., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2006, November). Pain and sleep in the young-old and old-old. In P. L. Haynes (Chair), *Future directions in behavioral sleep medicine research: Characterizing sleep disturbances in novel populations*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Chicago.
138. Lichstein, K. L. (2006, November). Translational research published in Behavioral Sleep Medicine. In C. E. Carney (Chair), *The state of translational research in insomnia: Current research and clinical applications*. Clinical round table conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Chicago.

#### 2007

139. Lichstein, K. L. (2007, June). Participant. In W. Pigeon (Chair), *Delivering cognitive behavioral therapy for insomnia: Who, where & how?* Panel discussion conducted at the meeting of the Associated Professional Sleep Societies, Minneapolis.
140. Lichstein, K. L., Nau, S. D., Wilson, N. M., McCrae, C. S., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2007, June). *Behavioral management of hypnotic dependent insomnia: 1-year follow-up*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
141. Kleinman, L., Roth, T., Buysse, D., Kalsekar, A., Harding, G., Lichstein, K. L., & Revicki, D. A. (2007, June). *Patient-reported outcomes (pros) in insomnia: An endpoint model*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
142. Vander Wal, G. S., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2007, June). *Sleep, daytime functioning, and insomnia complaints in well-functioning*

- individuals with insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
142. Ruitter, M. E., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2007, June). *The distribution and impact of narcolepsy symptoms in non-sleep-disordered individuals*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
144. Ruitter, M. E., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2007, June). *Ethnic differences in sleep between middle-aged African-American and Caucasian-American insomniacs*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
145. Ustinov, Y., Lichstein, K. L., Nau, S. D., Wilson, N. M., McCrae, C. S., Aguillard, R. N., Lester, K. W., & Bush, A. J. (2007, June). *Cognitive behavioral treatment with hypnotic dependent older adults*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
146. Lichstein, K. L. (2007, August). Discussant. In S. M. McCurry (Chair), *Challenges using psychological interventions to improve sleep in older adults*. Symposium conducted at the meeting of the American Psychological Association, San Francisco.

#### 2008

147. Vander Wal, G., Szeinbach, S. L., Doan, J., & Lichstein, K. L. (2008, May). *The development of a patient satisfaction instrument for insomnia: A psychometric approach*. Paper presented at the meeting of the International Society for Pharmacoeconomics and Outcomes Research, Toronto.
148. Durrence, H. H., Taylor, D. J., & Lichstein, K. L. (2008, June). *Psychological influences associated with poor sleep*. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.
149. Dillon, H., Salstrom, S., & Lichstein, K. L. (2008, June). *Sleep quality in female undergraduates with and without posttraumatic stress symptoms*. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.
150. Ruitter, M. E., DeCoster, J., Lichstein, K. L., & Jacobs, L. (2008, June). *Ethnic group differences between African-Americans and Caucasian-Americans on normal and disordered sleep: A meta-analytic summary*. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.
151. Ruitter, M., Britton, W., Bootzin, R. R., & Lichstein, K. L. (2008, June). *The interaction between depression and perceived sleep changes affects emotional reactions to stressful events and objective sleep*. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.
152. Soeffing, J. P., Lichstein, K. L., Stone, K. C., Donaldson, J., Nau, S. D., Lester, K. W., & Aguillard, R. N. (2008, June). *Four sessions of CBT for self-referred persons with insomnia*. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.
153. Ustinov, G. S., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2008, June). *The relation of sleep complaints and daytime functioning*. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.
154. Vander Wal, G. S., Lichstein, K. L., Hardin, J., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2008, June). *Impaired daytime functioning related to sleep:*

*Psychometric properties of the Insomnia Impact Scale.* Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.

155. Beyer, A. P., Szeinbach, S. L., Vander Wal, G. S., Doan, J., & Lichstein, K. L. (2008, September). *Development of an instrument to assess treatment satisfaction in insomnia.* Paper presented at the meeting of the European Sleep Research Society, Glasgow.
156. Lichstein, K. L. (2008, November). Tom Borkovec's contributions to relaxation therapy. In A. G. Harvey (Chair), *Past, present and future directions in research on, and treatment for, chronic insomnia: A tribute to Tom Borkovec.* Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Orlando.

#### 2009

157. Dillon, H. R., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2009, June). *Unique contribution of chronic pain to fatigue.* Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
158. Ruitter, M. E., DeCoster, J., Jacobs, L., & Lichstein, K. L. (2009, June). *Normal sleep in African Americans and Caucasian Americans: A meta-analysis.* Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
159. Thomas, S. J., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2009, June). *Epidemiology of bedtimes: age, gender, and ethnicity.* Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
160. Ustinov, Y., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2009, June). *Demographic variables and insomnia complaints.* Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
161. Lichstein, K. L., Durrence, H. H., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2009, June). *Insomnia in African American and Caucasian older adults.* Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
162. Kleinman, L., Harding, G., Van Brunt, D. L., Sarsour, K., Kalsekar, A., Lichstein, K. L., Buysse, D., & Roth, T. (2009, June). *Psychometric validation of the Assessment of Sleep Questionnaire.* Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
163. Kleinman, L., Harding, G., Van Brunt, D. L., Sarsour, K., Kalsekar, A., Lichstein, K. L., Buysse, D., & Roth, T. (2009, June). *Psychometric validation of the Daytime Consequences of Insomnia Questionnaire.* Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
164. Beyer, A. P., Szeinbach, S. L., Seoane-Vazquez, E., Gliem, J. A., Doan, J., Vander Wal, G. S., & Lichstein, K. L. (2009, June). *Using the ITSAT-Q to evaluate patients with and without anxiety or depression: A multi-group analysis.* Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
165. S. Ancoli-Israel & K. L. Lichstein (Chairs). (2009, June). *Ethnicity and sleep disorders.* Symposium presented at the meeting of the Associated Professional Sleep Societies, Seattle.
166. Lichstein, K. L., Nau, S. D., Wilson, N. M., Aguillard, R. N., Lester, K. W., Andrew J. Bush, A. J., & McCrae, C. S. (2009, November). Psychological treatment of hypnotic-dependent insomnia. In D. Taylor (Chair), *CBT of insomnia: Mediators and moderators of response, remission, and relapse.* Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, New York.

2010

167. Lichstein, K. L., Geyer, J. D., Thomas, S. J., & Woosley, J. A. (2010, June). *Co-occurring insomnia and obstructive sleep apnea*. Paper presented at the meeting of the Associated Professional Sleep Societies, San Antonio.
168. Dillon, H. R., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2010, June). *Variability in self-reported sleep among young, middle-aged, and older adults*. Paper presented at the meeting of the Associated Professional Sleep Societies, San Antonio.
169. Ruiters, M. E., Lichstein, K. L., Nau, S., Geyer, J., Doekel, R., & Hardin, M. (2010, June). *Personality disorder features predict the insomnia experience among hypnotic-dependent patients*. Paper presented at the meeting of the Associated Professional Sleep Societies, San Antonio.
170. Smitherman, A. H., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2010, June). *Sleep in diabetes*. Paper presented at the meeting of the Associated Professional Sleep Societies, San Antonio.
171. Thomas, S. J., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2010, June). *Epidemiology of time in bed: Age, ethnicity, and gender*. Paper presented at the meeting of the Associated Professional Sleep Societies, San Antonio.

2011

172. Thomas, S. J., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2011, June). *Epidemiology of bedtime, arising time and time in bed: Analysis of age, gender and ethnicity*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
173. Ustinov, Y., & Lichstein, K. L. (2011, June). *Actigraphy reliability*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
174. Dillon, H. R., & Lichstein, K. L. (2011, June). *Pre-sleep arousal and pain catastrophizing in comorbid insomnia and chronic pain*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
175. Woosley, J., Lichstein, K. L., Thomas, S. J., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2011, June). *Sleep variables related to sleep quality rating*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
176. Ruiters, M., & Lichstein, K. L. (2011, June). *Ethnic effects on working memory capacity in sleep disorders*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
177. Kvale, E., & Lichstein, K. L. (2011, June). *Sleep and cancer: From the bench to the bedside*. Paper presented at the University of Alabama Comprehensive Cancer Center, Birmingham, AL.

2012

178. Lichstein, K. L., Nau, S. D., Geyer, J. D., Doekel, R. C., & Pegram, V. (2012, June). *CBT treatment of sleep medication dependence*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.
179. Thomas, S. J., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2012, June). *The relationship between sleep quality, daytime functioning, and psychopathology*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.

180. Zamora, R. B., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2012, June). *Epidemiology analysis on the effect of self-monitoring on sleep diaries*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.
181. Woosley, J., & Lichstein, K. L. (2012, June). *Insomnia severity index score predicts menstrual pain severity and interference*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.
182. Lichstein, K. L. (2012, June). Pilot studies of CBT for insomnia dissemination. In D. J. Taylor (Chair), *Dissemination of Behavioral Sleep Medicine Interventions*. Discussion group conducted at the meeting of the Society of Behavioral Sleep Medicine, Boston.
183. Lichstein, K. L. (2012, June). Controlled studies of hypnotic withdrawal. In R. G. Wetzler (Chair), *Varying approaches to hypnotic withdrawal: From the bench to the bedside*. Discussion group conducted at the meeting of the Society of Behavioral Sleep Medicine, Boston.
184. Lichstein, K. L. (Chair). (2012, November). *Innovative dissemination strategies for CBT for insomnia*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
185. Lichstein, K. L., Scogin, F., Dillon, H., DiNapoli, B., & Thomas, S. J. (2012, November). Telehealth CBT for co-occurring insomnia/depression in rural older adults. In K. L. Lichstein (Chair), *Innovative dissemination strategies for CBT for insomnia*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
186. Woosley, J. A., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2012, November). *Predictors of sleep quality ratings in older adults with insomnia*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
187. Dillon, H. R., & Lichstein, K. L. (2012, November). *Bedtime pain, pre-sleep arousal, and insomnia severity*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
188. Ruiterv Petrov, M. E., Lichstein, K. L., Huisingh, C. E., & Bradley, L. A. (2012, November). *Barriers and facilitators of adherence to a brief behavioral insomnia intervention: Daily process analysis*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
189. Thomas, S. J., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2012, November). *Sleep, daytime functioning, and pain in older adults*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
190. Zamora, R., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2012, November). *Older adults' sleep diaries over two weeks: A Hawthorne effect?* Paper presented at the meeting of the Gerontological Society of America, San Diego.

### 2013

191. Lichstein, K. L., Thomas, S. J., Woosley, J. A., & Geyer, J. D. (2013, June). *Presentation of insomnia alone compared to insomnia comorbid with obstructive sleep apnea*. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.
192. Woosley, J. A., & Lichstein, K. L. (2013, June). Young women with insomnia experience more severe menstrual pain. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.



193. Vander Wal, G. S., Lichstein, K. L., & Perkins, C. K. (2013, June). The changing association between sleep, insomnia, and cancer-related distress over time in women with breast cancer. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.
194. Lichstein, K. L., Dillon, H., & Wetzler, R. (2013, July). An update on evidence-based treatments for insomnia among older adults. In F. Scogin (Chair), *An update on evidence-based psychological treatments with older adults*. Symposium conducted at the meeting of the American Psychological Association, Honolulu.
195. Zamora, R., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2013, November). *The effect of age, gender, race, and insomnia on the night-to-night variability in sleep efficiency*. Paper presented at the meeting of the Gerontological Society of America, New Orleans.
196. DiNapoli, E. A., Thomas, S. J., Dillon, H. R., Woosley, J. A., McFadden, A., Scogin, F. R., & Lichstein, K. L. (2013, November). *Impact of using teleconferencing cognitive behavioral therapy on therapeutic alliance and treatment outcomes for co-occurring insomnia and depression in older adults*. Paper presented at the meeting of the Gerontological Society of America, New Orleans.
197. Neuhauser, A., Thomas, S. J., & Lichstein, K. L. (2013, November). *Technology use and sleep in college students*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Nashville.
198. Woosley, J. A., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2013, November). *Insomnia identity predicts suicidal ideation*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Nashville.
199. Thomas, S. J., & Lichstein, K. L. (2013, November). *Sleep disorders and mental health, physical health, and academic outcomes in college students*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Nashville.
200. Lichstein, K. L. (2013, November). Discussant. In A. Harvey (Chair), *Treating sleep problems in adolescents and adults: New treatments and new outcome data*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Nashville.

#### 2014

201. Woosley, J. A., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2014, April). Hopelessness mediates the relation between insomnia and suicidal ideation. In M. Nadorff (Chair), *Connecting sleep medicine and suicidology: Recent advances and potential opportunities*. Symposium conducted at the meeting of the American Association of Suicidology, Los Angeles.
202. Dautovich, N. D., Giyeon, K., Tighe, C. A., Shoji, K. D., & Lichstein, K. L. (2014, June). *Experience of daily versus lifetime perceived discrimination: prediction of sleep quality in a population-based sample*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
203. Moran, C. E., Woosley, J. A., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2014, June). *Race as a moderator in insomnia risk for suicidal ideation*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
204. Thomas, S. J., & Lichstein, K. L. (2014, June). *The prevalence and impact of sleep disorders in college students*. Paper presented at the meeting of the Associated Professional

Sleep Societies, Minneapolis.

205. Tighe, C. A., Shoji, K. D., Dautovich, N. D., Lichstein, K. L., & Scogin, F. (2014, June). *Social integration and sleep: An indirect and age-moderated association*. Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
206. Woosley, J., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2014, June). *Complaining good sleepers vs. complaining poor sleepers: Who is more hopeless?* Paper presented at the meeting of the Associated Professional Sleep Societies, Minneapolis.
207. Lichstein, K. L. (2014, June). CBT and hypnotics interactions. In T. Roth (Chair), *Tailoring sleep medications for individual patients*. Discussion group conducted at the meeting of the Associated Professional Sleep Societies, Minneapolis.
208. LaRocca, M. A., Scogin, F. R., Lichstein, K. L., Woosley, J., Di Napoli, E. A., Thomas, S. J., Dillon, H. R., & McFadden, A. (2014, November). *Predictors of sleep symptoms and quality of life among rural older adults*. Paper presented at the meeting of the Gerontological Society of America, Washington, DC.

#### 2015

209. Petrov, M. E., Emert, S., & Lichstein, K. L. (2015, June). *Personality disorder features and response to CBT-I*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
210. Emert, S. E., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2015, June). *Insomnia identity versus poor sleep effects on daytime functioning*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
211. Moran, C. E., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2015, June). *Insomnia identity as a determinant of daytime impairment*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
212. Tutek, J., Emert, S., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2015, June). *Demographic differences in insomnia impact severity across domains of daytime functioning*. Paper presented at the meeting of the Associated Professional Sleep Societies, Seattle.
213. LaRocca, M. A., Scogin, F. R., Lichstein, K. L., Mieskowski, L., Moran, C., Woosley, J., Di Napoli, E. A., Thomas, S. J., Dillon, H. R., & McFadden, A. (2015, November). *Predictors of quality of life among rural older adults*. Paper presented at the meeting of the Gerontological Society of America, Orlando.

#### 2016

214. Emert, S. E., & Lichstein, K. L. (2016, June). *Sleep disturbances, personality, and emotional intelligence*. Paper presented at the meeting of the Associated Professional Sleep Societies, Denver.
215. Molzof, H. E., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2016, June). *Epidemiology of mid-sleep time among normal sleepers: Age, race, and gender*. Paper presented at the meeting of the Associated Professional Sleep Societies, Denver.
216. Molzof, H. E., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2016, June). *Epidemiology of mid-sleep time among people with insomnia: Age, race, and gender*. Paper presented at the meeting of the Associated Professional Sleep Societies, Denver.
217. Tutek, J., Emert, S. E., & Lichstein, K. L. (2016, June). *Association between chronotype and nonrestorative sleep*. Paper presented at the meeting of the Associated Professional

Sleep Societies, Denver.

218. Lichstein, K., & Emert, S. (2016, October). Insomnia identity. In E. McGlinchey (Chair), *Past and future of behavioral sleep medicine: (Whole) health in sleep*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, New York.
219. Molzof, H. E., Lichstein, K., Taylor, D., Riedel, B., & Bush, A. (2016, October). *Differences in midsleep time among insomnia subtypes*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, New York.
220. Emert, S. E., Lichstein, K., Scogin, F. & McFadden, A. (2016, October). *Treatment of insomnia and depression in elders: Baseline assessment predicting outcomes, attrition, and attendance*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, New York.

#### 2017

221. Molzof, H. E., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2017, May). *Weeknight versus weekend total sleep time varies by sleep group: A multi-level modeling approach*. Paper presented at the meeting of the Rhythms in the South East Region (RISER) conference, Murfreesboro, TN.
222. Molzof, H. E., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2017, June). *Weeknight versus weekend differences in total sleep time across sleep groups*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.
223. Knutson, K. L., Phelan, J., Paskow, M., Roach, A., Whiton, K., Langer, G., Broughton, W. A., Chokroverty, S., Lichstein, K., Weaver, T., & Hirshkowitz, M. (2017, June). *The National Sleep Foundation's Sleep Health Index*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.
224. Tutek, J., Molzof, H., & Lichstein, K. L. (2017, June). *Calendar day type accounts for intraindividual variability in nonrestorative sleep*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.
225. Emert, S. E., & Lichstein, K. L. (2017, June). *Insomnia identity relation to the Big Five personality traits and trait emotional intelligence*. Paper presented at the meeting of the Associated Professional Sleep Societies, Boston.

#### 2018

226. Molzof, H. E., Lichstein, K. L., Taylor, D. J., Riedel, B. W., & Bush, A. J. (2018, May). *Impact of night-to-night variability in sleep parameters on sleep complaint and sleep quality*. Paper presented at the meeting of the Society for Research on Biological Rhythms, Amelia Island, FL.
227. Tutek, J., Lichstein, K., Taylor, D., Riedel, B., & Bush, A. (2018, June). *Discriminators of an insomnia identity*. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.
228. Molzof, H. E., Lichstein, K. L., Taylor, D. J., Riedel, B.W., & Bush, A. J. (2018, June). *Complaining versus noncomplaining good sleepers: impact of night-to-night variability in sleep parameters on subjective sleep appraisal*. Paper presented at the meeting of the Associated Professional Sleep Societies, Baltimore.

#### 2019

229. Goodliness, P. A., Bastidas, C. E. C., Rajagopala, A., Park, A., Lichstein, K. L., & Gellis, L. A. (2019, June). *Real-time monitoring of sleep-wake status and thought content: Associations with insomnia symptom reduction*. Paper presented at the meeting of the Associated Professional Sleep Societies, San Antonio.
230. Lichstein, K. L. (2019, September). Insomnia identity. In K. L. Lichstein (Chair), *Insomnia identity*. Symposium conducted at the meeting of the Society of Behavioral Sleep Medicine, Birmingham, AL.