

3/21/11

**CURRICULUM VITAE****Michael V. Vitiello****Personal**

Birthplace: Brooklyn, New York  
 Citizenship: U.S.A.  
 Business address: Psychiatry and Behavioral Sciences  
 University of Washington Box 356560  
 Seattle, WA 98195-6560  
 Telephone: 206-616-3444  
 Fax: 206-543-9520  
 Email: [vitiello@u.washington.edu](mailto:vitiello@u.washington.edu)  
 Homepage: <http://faculty.washington.edu/vitiello/>

**Undergraduate and Graduate Education**

A.B.	Columbia University	Psychology	1973
Ph.D.	University of Washington	Physiological Psychology	1980

**Postgraduate Training**

Post-Doctoral Research Fellow, Gerontology, Geriatric Research Education and Clinical Center, Seattle and American Lake Veterans Affairs Medical Centers	1980-1982
Post-Doctoral Training, Clinical Psychology, Department of Psychology, UW	1982-1984

**Faculty Positions Held**

Lecturer, Department of Psychology, UW	1977-1980
Research Assistant Professor, Department of Psychiatry and Behavioral Sciences, UW	1982-1985
Adjunct Research Assistant Professor, Department of Psychology, UW	1983-1985
Graduate Faculty, UW	1984-
Assistant Professor, Department of Psychiatry and Behavioral Sciences, UW	1985-1987
Adjunct Assistant Professor, Department of Psychology, UW	1985-1987
Associate Professor, Department of Psychiatry and Behavioral Sciences, UW	1987-1993
Adjunct Associate Professor, Department of Psychology, UW	1987-1993
Adjunct Associate Professor, Department of Physiological Nursing, UW	1992-1993
Professor, Department of Psychiatry and Behavioral Sciences, UW	1993-
Adjunct Professor, Department of Psychology, UW	1993-2007
Adjunct Professor, Department of Physiological Nursing, UW	1993-1995
Adjunct Professor, Department of Biobehavioral Nursing and Health Systems, UW	1995-
Adjunct Professor, Department of Medicine, Division of Gerontology and Geriatrics, UW	2007-

**Research Affiliate Positions Held**

Research Affiliate, Alcohol and Drug Abuse Institute, UW	1980-
Investigator, General Clinical Research Center, UWMC	1980-2008
Research Affiliate, Institute on Aging, UW	1983-
Affiliate Investigator, Clinical Nutrition Research Unit, UW	1996-
<b>Invited Scientist</b> , Stanford Sleep Epidemiology Research Center, Stanford University	2006-2010
Member, Institute for Translational Health Sciences, UW	2008-
<b>Investigator</b> , INSIGHT Center, National Taiwan University	2010-
<b>Invited Professor</b> , Stanford Sleep Epidemiology Research Center, Stanford University	2010-

**Administrative Positions Held**

<b>Associate Director</b> , Sleep and Aging Research Program, Psychiatry, UW	1982-1997
------------------------------------------------------------------------------	-----------

<b>Senior Scientist</b> , Sleep Research Group, Psychiatry, UW 2006	1997-
<b>Special Assistant to the Vice Provost for Research</b> , UW	1998-2002
<b>Director</b> , Grant and Contract Initiative, University Initiative Fund, UW	1999-2003
<b>Chair</b> , UWMC Psychiatry Space Committee, UW	2002-
Psychiatry and Behavioral Sciences Departmental Advisory Board, UW	2002-
<b>Assistant Vice Provost for Research</b> , UW	2002-2005
<b>Chair</b> , Faculty Advisory Group, Office of Research Information Services 2005	2003-
<b>Associate Director</b> , Northwest Geriatric Educational Center (NWGEC), UW	2003-2010
<b>Co-Director</b> , Center for Research on the Management of Sleep Disturbances, UW	2009-
<b>Co-Director</b> , Northwest Geriatric Education Center (NWGEC), UW	2010-
<b><u>Hospital Positions Held</u></b>	
Research Psychologist, GRECC, American Lake VAMC	1980-1983
Research Scientist, GRECC, Seattle, VA PSHCS 1994	1991-
<b><u>Honors</u></b>	
New York State Regents Scholarship	1969-1973
Columbia College Scholarship, Columbia University	1969-1973
National Merit Scholarship Semi-Finalist	1969
DeKoff Prize, Columbia College, Columbia University	1972
<b>NIA New Investigator Research Award (NIRA)</b>	1983-1986
<b>Editorial Board</b> , <i>Journal of Gerontology: Medical Sciences</i> (two terms)	1992-2000
<b>NIMH K02 Independent Scientist Awards</b> (two)	1994-2004
<b>Fellow</b> (Health Sciences), Gerontological Society of America (GSA)	1994
Clinical Centers and Special Projects Review Committee, NIMH 1998	1994-
<b>Editorial Board</b> <i>Sleep</i>	1997
<b>Founding Co-Editor-in-Chief</b> , <i>Sleep Medicine Reviews</i>	1997
<b>Editor-in-Chief</b> (for the Americas), <i>Sleep Medicine Reviews</i>	1997-
<b>Editorial Board</b> , <i>Journal of Gerontology: Psychological Sciences</i> (two terms)	1998-2004
Research Committee, American Academy of Sleep Medicine (AASM)	2000-2002
<b>Section Head</b> , Circadian Rhythms, Sleep Research Society (SRS)	2001-2004
<b>Board of Directors</b> , Sleep Research Society (SRS)	2001-2004
Scientific Program Committee, Associated Professional Sleep Societies (APSS)	2001- 2006
<b>Founding Member</b> , International College of Geriatric Psychoneuropharmacology (ICGP)	2001
<b>Editorial Board</b> , <i>Behavioral Sleep Medicine</i>	2003-2009
<b>Editorial Board</b> , <i>European Journal of General Medicine</i>	2004-2008
<b>Editorial Board</b> , <i>Journal of the American Geriatrics Society</i>	2005-
<b>Board of Directors</b> , National Sleep Foundation (NSF)	2005-2009
<b>Visiting Professor</b> , Department of Neurology, Washington University, St. Louis	2005
<b>Chair</b> , Scientific Program Committee, Associated Professional Sleep Societies (APSS)	2006-2008
<b>Guest Co-Editor</b> <i>American Journal of Geriatric Psychiatry</i>	2006
<b>Invited Scientist</b> , Stanford Sleep Epidemiology Research Center, Stanford University	2006-2010
<b>International Scientific Program Committee</b> , WSF, WorldSleep2007, Caines	2006-2007
<b>President</b> , Sleep Research Society (SRS)	2008-2009
<b>Menopause and Sleep Award</b> , North American Menopause Society (NAMS)	2008
<b>Editorial Board</b> , <i>Sleep Medicine</i>	2009-
<b>President</b> , Sleep Research Society Foundation (SRSF)	2009-2010
<b>President</b> , Associated Professional Sleep Societies (APSS)	2009-2010
<b>International Scientific Program Committee</b> , WSF, WorldSleep2011, Kyoto	2009-2011
<b>Board of Directors</b> , Society of Behavioral Sleep Medicine (SBSM)	2010-2012
<b>Visiting Professor</b> , Department of Psychology, University of Naples II, Naples, Italy	2010

<b>Invited Professor</b> , Stanford Sleep Epidemiology Research Center, Stanford University	2010-
<b>Triage Editor</b> , <i>American Journal of Geriatric Psychiatry</i>	2010-
<b>Sleep Disorders Research Advisory Board (SDRAB)</b> , National Center for Sleep Disorders Research (NCSDR), NHLBI, NIH	2010-2012
<b>Pioneers and Thought Leaders in Sleep Medicine</b> , Principles and Practice of Sleep Medicine, Fifth Edition, Kryger et al.	2011
<b>Guest Co-Editor</b> <i>American Journal of Geriatric Psychiatry</i>	2011
<b>Deputy Editor</b> , <i>Journal of Sleep Technology</i>	2011-
<b><u>Scientific Societies/Organizations</u></b>	
<b>American Academy of Sleep Medicine (AASM)</b>	1998-
Research Committee	1999-2002
International Affairs Committee	2003-2005
AASM Sleep Scoring Manual Revision Age and Digital Task Forces	2004-2006
AASM Circadian Rhythms Sleep Disorders Task Force	2006-2007
AASM Circadian Rhythms Section Steering Committee	2006-2008
<b>Associated Professional Sleep Societies (SRS and AASM)</b>	1986-
Scientific Program Committee	2001-2005
<b>Incoming Chair</b> , Scientific Program Committee	2005-2006
<b>Chair</b> , Scientific Program Committee	2006-2008
<b>Board of Directors</b>	2007-2010
<b>President</b>	2009-2010
<b>European Sleep Research Society (ESRS)</b>	1986-
<b>Gerontological Society of America (GSA)</b>	1980-
<b>Fellow</b> (Health Sciences)	1994
<b>International College of Geriatric Psychoneuropharmacology (ICGP)</b>	2001-2007
<b>Founding Member</b>	2001
<b>Sleep Research Society (SRS)</b>	1980-
<b>Section Head</b> , Circadian Rhythms	2001-2004
<b>Board of Directors</b>	2001-2004
SRS Representative, APSS Scientific Program Committee	2001-2008
Nominations Committee	2001-
2004	
<b>Chair</b> , International Outreach Program Task Force and Committee	2001-2003
Planning Committee, Conference on the Circadian Control of Sleep	2001-2002
Committee on Committees	2002-2004
International Scientific Program Committee, WSF, WorldSleep2007, Caines	2003-2007
SRS Representative, NCCAM, Strategic Planning Forum, Seattle	2004
<b>Founding Course Director</b> , 2005 Primer of Sleep Research, Miami, FL	2005
<b>Course Co-Director</b> , 2006 Primer of Sleep Research, La Jolla, CA	2006
<b>Chair</b> APSS Scientific Program Committee	2006-2008
<b>Board of Directors</b>	2007-2010
<b>President</b>	2008-2009
<b>Governing Council</b> , World Sleep Federation (SRS representative)	2009-
International Scientific Program Committee, WSF, WorldSleep2011, Kyoto	2009-2011
<b>Congressional Liaison Group</b>	2010-
<b>Society of Behavioral Sleep Medicine (SBSM)</b>	2010-
<b>Founding Member</b>	2010
<b>Board of Directors</b>	2010-2012
<b>Co-chair, Program Committee</b>	2010-2012
<b><u>Foundations (non-profit)</u></b>	
<b>International Longevity Center (ILC) – USA</b> , New York, NY	
Sleep, Health and Longevity Workshop	2002
<b>Chair</b> , Advisory Board, Sleep and Healthy Aging	2004-2006

<b>Scientific Coordinator, Plenary Speaker and Participant</b>	
ILC Consensus Conference: Sleep and Healthy Aging	2005
<b>Plenary Speaker and Participant</b>	
ILC Consensus Conference: Sleep and Chronic Disease in Older People	2006
<b>Taskforce Member</b> , National Coalition for Sleep Guidelines for Older People	2006-2009
<b>National Sleep Foundation (NSF)</b> , Washington, DC	
Consultant Reviewer	2002
<b>Board of Directors</b>	2005-2009
Government Affairs, Research and Nominations Committees	2005-2009
Task Force on Treatment of Snoring and Sleep Apnea	2005-2006
<b>Chair</b> , Task Force on Sedative-Hypnotic Use	2006
<b>Co-Chair</b> , Organizing Committee, Young Investigators Conference	2007-2008
<b>Co-Chair</b> , 2009 Sleep in America Poll Task Force	2008-2009
<b>Sleep Medicine Education Institute (SMEI)</b> , Parsippany, NJ	
<b>Board of Advisors</b> , Insomnia Education Initiative	2005-2009
<b>Sleep Research Society Foundation (SRSF)</b>	
<b>Board of Directors</b>	2007-2010
<b>President</b>	2009-2010

**Editorial**

**Founding Co-Editor-in-Chief and Editor-in-Chief (for the Americas);**

*Sleep Medicine Reviews* (2010 ISI Five-year Impact Factor: **6.704**) 1997-

**Deputy Editor;**

*Journal of Sleep Technology* 2011-

**Editorial Board;**

*Journal of Gerontology: Medical Sciences* (two terms) 1992-2000

*Sleep* 1996-1997

*Journal of Gerontology: Psychological Sciences* (two terms) 1998-2004

*Research and Practice in Alzheimer's Disease* 1999

*Behavioral Sleep Medicine* 2003-2009

*European Journal of General Medicine* 2004-2008

*Journal of the American Geriatrics Society* 2005-

*Sleep Medicine* 2009-

*Stanford Journal of Sleep Epidemiology (on-line)* 2009-

**Triage Editor;**

*American Journal of Geriatric Psychiatry* 2010-

**Guest Co-Editor;**

*American Journal of Geriatric Psychiatry* (Volume 14, Issue 2) 2006

*American Journal of Geriatric Psychiatry* (Volume 19, Issue TBD) 2011

**Periodic ad hoc reviewer;**

*Aging: Clinical and Experimental Research; Aging and Mental Health; Alcohol Health and Research World; Alcoholism: Clinical and Experimental Research; American Journal of Geriatric Psychiatry; Archives of General Psychiatry; Archives of Internal Medicine; Behavioral Sleep Medicine; Biological Psychiatry; Cleveland Clinic Journal of Medicine; CNS Drugs; Experimental Gerontology; The Gerontologist; International Journal of Geriatric Psychiatry; Journal of Abnormal Psychology; Journal of Aging and Physical Activity; Journal of Alzheimer's Disease; Journal of the American Geriatrics Society; Journal of the American Medical Association; Journal of Applied Gerontology; Journal of Clinical Sleep Medicine; Journal of Geriatric Psychiatry and Neurology; Journal of Gerontology: Medical Sciences; Journal of Gerontology: Psychological Sciences; Journal of Integrative Neuroscience; Journal of Psychosomatic Research; Journal of Sleep Research; Medical Science Monitor; Neurobiology of Aging; Pharmacology, Biochemistry, and Behavior; Psychological Review; Psychology and Aging; Physiology and Behavior; Psychosomatic Medicine; Sleep; Sleep Medicine*

**Special National and International Responsibilities**

**Member or Ad hoc member NIMH, NIA, NIAAA, NIH, VA, HRSA and NASA Initial Review Groups, Special Emphasis Panels, etc.;**

Psychopathology and Clinical Biology Research Review Committee, NIMH	1985-1986
Neurological Sciences II Research Review Committee, NIH	1986
Subcommittee on Aging, Life Course and Prevention RRC, NIMH	1988-1990
Special Projects-Clinical Research Review Committee, NIMH	1990
Treatment, Development and Assessment Research Review Committee, NIMH	1990
Mental Health Special Projects-Clinical Research Review Committee, NIMH	1991
Neuroscience and Behavior Subcommittee 2, NIAAA	1991
Neuroscience and Behavior Subcommittee 2, NIAAA	1992
Mental Health Special Projects-Clinical Research Review Committee, NIMH	1992
Special Review Committee, NIMH	1992
Neuroscience and Behavior Subcommittee 2, NIAAA	1993
Mental Health Special Projects-Clinical Research Review Committee, NIMH	1993
Special Review Committee, NIMH	1993
Special Review Committee, NIMH	1994
General Clinical Research Centers Committee, NCRR/NIH	1994
Special Review Committee, NIMH	1994
Human Development and Aging Subcommittee 2, NIH	1994-1995
Clinical Centers and Special Projects Review Committee (CCSP), NIMH	1994-1998
Special Review Committee, NIMH	1995
Neuroscience and Behavior Subcommittee 2, NIAAA	1995
Special Review Committee, NIMH	1996
Alcohol/Toxicology (ALTX-3) Review Committee, NIAAA	1996
Biological and Physiological Sciences Special Emphasis Panel, NIH	1996
Pilot Project Research Grant Program, NIA	1996
Special Emphasis Panel, NIMH	1996
Alcohol/Toxicology (ALTX-3) Review Committee, NIH	1997
<b>Chair</b> , Special Emphasis Panel, NIMH	1997
<b>Chair</b> , Special Emphasis Panel, NIMH	1998
Special Emphasis Panel, NIMH	1998
Special Emphasis Panel, NIMH	1999
Special Emphasis Panel, NIMH	1999
Special Emphasis Panel, CSR, NIH	2000
Special Emphasis Panel, NIMH	2000
Alcohol/Toxicology Review Committee – 3 (ALTX-3), CSR, NIH	2000
<b>Chair</b> , Special Emphasis Panel on Alcohol and Sleep, NIAAA	2000
Special Emphasis Panel, CSR, NIH	2000
Interventions Review Committee (ITV), NIMH	2001
Integrative Functional and Cognitive Neurosciences 3 (IFCN-3) CSR, NIH	2001
NIAAA Working Group, Exploiting Clinical Trials to Study the Basis of Recovery	2001
Special Emphasis Panel, CSR, NIH	2001
Special Emphasis Panel, SRO, NIA	2001
Alcohol/Toxicology Review Committee 3 (ALTX-3), CSR, NIH	2001
Brain Disorders and Clinical Neuroscience Study Section 6 (BDCN-6) CSR, NIH	2001
Integrative Functional and Cognitive Neurosciences 7 (IFCN-7) CSR, NIH	2001
Special Emphasis Panel, SRO, NIA	2002
Brain Disorders and Clinical Neuroscience Study Section 6 (BDCN-6) CSR, NIH	2002
<b>Chair</b> , Special Emphasis Panel, SRO, NIA	2002
Special Emphasis Panel, SRO, NIA	2002
Alcohol/Toxicology Review Committee – 3 (ALTX-3), CSR, NIH	2002
B/START reviewer, NIMH	2002
Special Emphasis Panel (T32's), NIMH	2002
Biobehavioral and Behavioral Processes 2 (BBBP2), CSR, NIH	2003
Brain Disorders and Clinical Neuroscience Study Section 6 (BDCN-6) CSR, NIH	2003

Special Emphasis Panel, SRO, NIA	2003
Special Emphasis Panel, NIMH	2003
Human Performance Factors, Sleep and Chronobiology (HPFSC) Review Panel, NASA	2003
NIMH LRP reviewer	2004
<b>Chair</b> , Special Emphasis Panel, NIAAA	2004
<b>Chair</b> , Special Emphasis Panel (BBBP-J 03), CSR, NIH	2005
Health Services Research Review Committee (AA-2), NIAAA, NIH	2005
Geriatric Education Centers Review Committee, DIR, HRSA	2005
<b>Chair</b> , Special Emphasis Panel (ZAG1 ZIJ-5 J3), NIA, NIH	2005
Special Emphasis Panel (ZRG1 BDA-J 10 S, SBIR), CSR, NIH	2006
Special Emphasis Panel (ZRG1 RPHB-G 03 M), CSR, NIH	2006
Psychosocial Risk and Disease Prevention (PRDP), CSR, NIH	2006
Special Emphasis Panel (ZMH1-ERB-H 01), NIMH, NIH	2007
Special Emphasis Panel (ZMH1-ERB-H 05), NIMH, NIH	2008
Special Emphasis Panel (ZMH1-ERB-H 09), NIMH, NIH	2008
<b>Chair</b> , Special Emphasis Panel (ZAG1 ZIJ-1 J2 Sleep and Age), NIA, NIH	2008
Special Emphasis Panel (ZMH1-ERB-H 11), NIMH, NIH	2008
Clinical Aging (NIA-C), NIA, NIH	2009
Special Emphasis Panel, (ZRG1 BBBP-C 02), CSR, NIH	2009
Special Emphasis Panel, (ZRG1 BBBP-C 96), CSR, NIH	2009
<b>Chair</b> , Special Emphasis Panel (ZAG1 ZIJ-1 J3 Sleep and Age), NIA, NIH	2009
Special Emphasis Panel (ZRG1 BBBP-S 03), CSR, NIH	2010

**Special National and International Responsibilities**

**Other;**

<b>New Investigator Research Award</b> (NIRA), NIA	1983-1986
<b>Program Co-Chair</b> , Joint Meeting of the SRS and ASDC, Seattle	1985
Faculty, Postdoctoral Alcohol Research Training Grant (NIAAA), Psychology, UW	1989-2009
Faculty, Postdoctoral Geriatric Mental Health Training Grant (NIMH), Psychiatry, UW	1990-1993
Consultant, American Board of Psychiatry and Neurology, Exam for Geriatric Psychiatry	1990
Consultant Reviewer, Merit Review Board for Mental Health and Behavior, VA	1990,91,96,98
<b>Editorial Board</b> , <i>Journal of Gerontology, Medical Sciences</i> (two terms)	1992-2000
<b>Fellow</b> , Gerontological Society of America (Clinical Medicine)	1994
<b>Independent Scientist Research Career Award</b> (K02), NIMH	1994-1999
Computerized Polysomnography Task Force, ASDA	1996
<b>Editorial Board</b> , <i>Sleep</i>	1996-1997
Consultant Reviewer, Air Force Office of Scientific Research (AFOSR/NL)	1997
<b>Founding Co-Editor-in-Chief</b> , <i>Sleep Medicine Reviews</i>	1997
<b>Editor-in-Chief</b> (for the Americas), <i>Sleep Medicine Reviews</i>	1997-
<b>Editorial Board</b> , <i>Journal of Gerontology, Psychological Sciences</i> (two terms)	1998-2004
<b>Internal Advisory Board Member</b> , Neurobehavior, Neuroendocrinology, and Genetics of AD Postdoctoral Training Grant (NIA)	1999-2004
<b>Organizing Committee</b> and Faculty Member, NIMH/AAGP Summer Research Institute in Geriatric Psychiatry, Seattle	1999
<b>Editorial Board</b> , <i>Research and Practice in Alzheimer's Disease</i>	1999
<b>Independent Scientist Research Career Award</b> (K02), NIMH (second award)	2000-2004
Research Committee, American Academy of Sleep Medicine	2000-2003
Grant Review Panel, Sleep Medicine Education and Research Foundation	2000-2003
<b>Section Head</b> , Circadian Rhythms, Sleep Research Society	2001-2004
<b>Board of Directors</b> , Sleep Research Society	2001-2004
<b>Program Committee</b> , Associated Professional Sleep Societies (APSS)	2001-2007
<b>Chair</b> , International Outreach Program Task Force, Sleep Research Society	2001
Council on Governmental Relations (COGR), Cost of Compliance Task Group	2001
<b>Editorial Board</b> , <i>Behavioral Sleep Medicine</i>	2001-2009

<b>Chair</b> , International Outreach Committee, Sleep Research Society	2001-2002
<b>Organizing Committee</b> , Joint Conference on the Circadian Control of Sleep (Sleep Research Society and Society for Research in Biological Rhythms)	2001- 2002
<b>Founding Member</b> , International College of Geriatric Psychoneuropharmacology	2001
Sleep Research Society Representative, NIH-NCSDR Advisory Board Meeting	2001
Sleep Research Society Representative, WFSRS, Reykjavik, Iceland	2002
<b>UW Faculty Representative</b> , Federal Demonstration Partnership, Phase IV	2002-2004
Grant Reviewer, Alzheimer's Association	2002
Grant Reviewer, Georgian-U.S. Bilateral Grants Program	2002
<b>Outcomes Research Advisory Board</b> , Takeda Pharmaceuticals Inc.,	2002-2004
Consultant Reviewer, National Sleep Foundation	2002
<b>Committee on Committees</b> , Sleep Research Society	2002-2004
<b>Editorial Board</b> , <i>European Journal of General Medicine</i>	2003-2008
Official NSF Spokesperson, 2003 Sleep Opinion Poll - Sleep, Health and Aging	2003
Mentor, Clinical Medicine Fellows Mentoring Program, Gerontological Society of America	2003-2006
<b>Chair</b> , Meet the Professor Sub-Committee, APSS Scientific Program Committee	2003-2004
<b>Chair</b> , OSMB, "Outcomes of Sleep Disorders in Older Men", UCSF	2003-2008
<b>College of Reviewers</b> , Canada Research Chairs Program, NSERC, Canada	2003
Grant Reviewer, Alzheimer's Association	2003-
Sleep Research Society Representative, WFSRSMS, Caines, AU 2007 Meeting	2003-2007
Abstract Reviewer, Clinical Medicine Section, Gerontological Society of America	2003- 2005
<b>International Scientific Program Committee</b> , WFSRSMS, WorldSleep2007, Caines	2003-2007
Representative, Sleep Research Society, NCCAM, Strategic Planning Forum, Seattle	2004
Age Task Force, Revision of Rechtschaffen and Kales, AASM	2004-2006
Digital Task Force, Revision of Rechtschaffen and Kales, AASM	2004- 2006
International Affairs Committee, American Academy of Sleep Medicine	2003-2005
<b>Founding Course Director</b> , 2005 Primer of Sleep Research, Sleep Research Society	2004-2005
<b>Incoming Chair</b> , Scientific Program Committee, Associated Professional Sleep Societies	2005-2006
<b>Chair</b> , Advisory Board, Sleep and Healthy Aging, International Longevity Center	2005
<b>Scientific Coordinator</b> , Consensus Conference on Sleep and Healthy Aging, International Longevity Center, New York	2005
<b>Board of Advisors</b> , Insomnia Education Initiative, Sleep Medicine Education Institute	2005-2009
<b>Board of Directors</b> , National Sleep Foundation, Washington, DC	2005-2009
Government Affairs Committee, National Sleep Foundation, Washington, DC	2005-2009
Research Committee, National Sleep Foundation, Washington, DC	2005-2009
Nominations Committee, National Sleep Foundation, Washington, DC	2005-2009
Task Force on Treatment of Snoring and Sleep Apnea, National Sleep Foundation	2005- 2006
<b>Visiting Professor Award</b> , American Academy of Sleep Medicine	2005
<b>Advisory Board</b> , Alzheimer's disease Core Center, Stanford University	2005-2010
<b>Course Co-Director</b> , 2006 Primer of Sleep Research, Sleep Research Society	2005-2006
<b>Incoming Chair</b> , Scientific Program Committee, Associated Professional Sleep Societies	2006-2008
International Scientific Advisory Committee, WorldSleep2007, World Federation of Sleep Research and Sleep Medicine Societies Caines, Australia	2006- 2007
<b>Chair</b> , Scientific Program Committee, Associated Professional Sleep Societies	2006-2008
Reviewer, Natural Sciences and Engineering Research Council (NSERC), Canada	2006
Task Force on Circadian Rhythm Sleep Disorders, American Academy of Sleep Medicine	2006- 2007
<b>Invited Scientist</b> , Stanford Sleep Epidemiology Research Center, Stanford University	2006-2010

<b>Board of Directors</b> , Sleep Research Society	2007-2010
<b>President-Elect</b> , Sleep Research Society	2007-2008
<b>College of Reviewers</b> , Canada Research Chairs Program, NSERC, Canada	2007
<b>NIH Peer Review Advisory Committee to the Director</b>	2007-2008
Alzheimer's Association Grant Reviewer	2008
<b>President</b> , Sleep Research Society	2008-2009
<b>NIH Director's Review Group</b> , NIH Draft 2007-2008 Peer Review Self-Study	2008
<b>Editorial Board</b> , <i>Sleep Medicine</i>	2008-
Data and Safety Monitoring Board, MH078924, Stanford University	2008-2013
<b>Chair</b> , Observational Study Monitoring Board, HL071194, CPMCRI	2008-2013
<b>Past President</b> , Sleep Research Society	2009-2010
<b>President</b> , Associated Professional Sleep Societies	2009-2010
<b>President</b> , Sleep Research Society Foundation	2009-2010
<b>Governing Council</b> , World Sleep Federation (WSF)	2009-
<b>International Scientific Program Committee</b> , WSF, WorldSleep2011, Kyoto	2009-2011
<b>Board of Directors</b> , Society of Behavioral Sleep Medicine	2010-
<b>Invited Professor</b> , Stanford Sleep Epidemiology Research Center, Stanford University	2010-
<b>Sleep Disorders Research Advisory Board (SDRAB)</b> , National Center on Sleep Disorders Research (NCSDR), NHLBI, NIH	2010-2012
Sleep Working Group, International Society to Advance Alzheimer Research and Treatment (ISTAART)	2010-
<b>College of Reviewers</b> , Canada Research Chairs Program, NSERC, Canada	2011
<b>Invited Participant</b> , NIA Workshop Sleep in Aging and Dementias	2011

**Special National and International Responsibilities**

**Invited Speaker;**

Meetings of the Gerontological Society of America, San Francisco	1983
13 <sup>th</sup> International Congress of Gerontology, New York	1985
University Hospital, Glostrup, Department of Neurophysiology, Copenhagen	1985
Karolinska Institute/National Defense Research Institute, Stockholm	1985
University of Groningen, Department of Physiology, Groningen, Netherlands	1985
Hospital Civil, Departments of Neurology and Psychiatry, Strasbourg	1985
University of Zurich, Department of Pharmacology, Zurich	1985
International Study Group on the Pharmacology of Memory Disorders in Aging, Zurich	1987
Meetings of the American Psychological Association, New York	1987
9 <sup>th</sup> European Congress of Sleep Research, Jerusalem	1988
10 <sup>th</sup> European Congress of Sleep Research, Strasbourg	1990
National Commission on Sleep Disorders Research, DHHS, Portland	1991
2 <sup>nd</sup> International Symposium on Sleep and Respiration, Houston	1991
5 <sup>th</sup> Annual Meetings of the Association of Professional Sleep Societies, Toronto	1991
NIMH Mentored Awardees Program, Bethesda, MD	1991
3 <sup>rd</sup> International Symposium on Sleep: Sleep, Hormones and the Immunology, Milan	1991
Black Hills Neurology Conference, Spearfish, SD	1992
Institute of Gerontology, University of Michigan School of Medicine, Ann Arbor	1992
6 <sup>th</sup> Annual Meetings of the Association of Professional Sleep Societies, Phoenix	1992
International Update Conference, Australasian Sleep Association, Cairns, Australia	1992
3 <sup>rd</sup> International Symposium on Sleep and Respiration, Palm Cove, Australia	1992
Flinders University of South Australia, Department of Psychology, Adelaide, Australia	1992
Gerontology Research Centre, Simon Frazier University, Vancouver, Canada	1992
International Conference on the Cellular Consequences of Sleep, WFSRS, Maui	1993
8 <sup>th</sup> Annual Meetings of the Association of Professional Sleep Societies, Boston	1994
12 <sup>th</sup> European Congress of Sleep Research, Florence	1994
9 <sup>th</sup> Annual Meetings of the Association of Professional Sleep Societies, Nashville	1995
University of California, Los Angeles, Department of Medicine, Los Angeles	1996



10 <sup>th</sup> Annual Meetings of the Association of Professional Sleep Societies, Washington DC	1996
26 <sup>th</sup> International Congress of Psychology, Montreal	1996
Annual Meeting of the Hong Kong Society of Sleep Medicine	1997
University of Melbourne & Monash University, Departments of Psychology, Melbourne	1997
Annual Meeting of the Australasian Sleep Association, Wellington, NZ	1997
11 <sup>th</sup> Annual Meetings of the Association of Professional Sleep Societies, San Francisco	1997
Sepulveda VAMC, Geriatric Research Education and Clinical Center, Los Angeles	1997
Washington University, Multidisciplinary Sleep Medicine Center, St. Louis	1997
University of Florence, Department of Psychology, Florence	1997
Annual Meetings of the Society for Biological Psychiatry, Toronto	1998
12 <sup>th</sup> Annual Meetings of the Associated Professional Sleep Societies, New Orleans	1998
14 <sup>th</sup> European Congress of Sleep Research, Madrid	1998
World Health Organization (WHO) Workshop on Sleep and Cognitive Function, Cancun	1999
Sam and Rose Stein Institute for Research on Aging, UCSD, San Diego	1999
13 <sup>th</sup> Annual Meetings of the Associated Professional Sleep Societies, Orlando	1999
NIMH/AAGP Summer Research Institute in Geriatric Psychiatry, Seattle	1999
21 <sup>st</sup> Arbeitsgemeinschaft Neuropsychopharmakologie und Pharmakopsychiatrie (AGNP), Nuremburg, Germany	1999
Max Planck Institute for Psychiatry, Munich, Germany	1999
Behavioral Sciences, School of Medicine, University of Kentucky, Lexington	1999
International Conference on Growth Hormone Releasing Hormone, Palm Beach	2000
Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle	2000
School of Veterinary Medicine, Washington State University, Pullman WA	2000
Pacific Northwest Conference for Primary Health Care Practitioners, Seattle	2000
Meeting of the Medical Advisory Board on Aging, Serono Laboratories, Boston	2001
NIAAA, Clinical Trials and the Biological Basis of Recovery, Rockville, MD	2001
Pacific Northwest Sleep Association, Skamania WA	2001
UW NWGEC-Wyoming Governor's Conference on Aging, Casper WY	2001
15 <sup>th</sup> Annual Meetings of the Associated Professional Sleep Societies, Chicago	2001
7 <sup>th</sup> World Congress of Biological Psychiatry, Berlin	2001
University Hospital, University of Antwerp, Belgium	2001
4 <sup>th</sup> International Symposium on Sleep: Epidemiology of Sleep Disorders, Milan	2001
Ist Meeting of the International College of Geriatric Psychoneuropharmacology, Hawaii	2001
Neuroscience Imaging Conference, Radiology, UW	2002
Grand Rounds, Stanford Sleep Disorders and Research Center, Stanford University	2002
UW School of Nursing Clinical Pharmacology Series, Seattle	2002
16 <sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Seattle	2002
University of Washington Sleep Disorders Center, Harborview Medical Center, Seattle	2002
University of Alaska and UW NWGEC Summer Institute in Gerontology, Anchorage	2002
Department of Psychology, University of Arizona, Tucson	2002
Sleep, Health and Longevity Workshop, International Longevity Center, Tucson	2002
Center for Healthy Aging, Emory University, Atlanta, GA	2002
Leadership Conference on Sleep, Health and Aging, (NSF, NIMH, NIA), DC	2003
Pacific Northwest Ambulatory Care Conference, Seattle	2003
17 <sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Chicago	2003
Advanced Research Workshop on Aging, Exercise and Cognition, U of Texas, Austin	2003
Chronic Insomnia: A Debate on Symptoms and Diagnosis, Stanford University	2003
University of Washington Sleep Disorders Center, Harborview Medical Center, Seattle	2003
University of Washington, Seattle, Grand Rounds, Neurosurgery	2003
University of Washington Sleep Disorders Center, Harborview Medical Center, Seattle	2004
GRECC, VAPSHCS, Seattle, Geriatric Telemed Lecture	2004
University of Washington School of Medicine Visiting Committee	2004
University of Washington Sleep Disorders Center, Harborview Medical Center, Seattle	2004
Geriatric Research Education and Clinical Center (GRECC), VAPSHCS, Seattle	2004
18 <sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Philadelphia	2004

Primer of Sleep Research, Sleep Research Society, Miami	2005	
University of Washington, Seattle, Psychiatry Grand Rounds	2005	
Takeda Pharmaceuticals North America, Inc. Lincolnshire, IL	2005	
19 <sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Denver	2005	
8 <sup>th</sup> World Congress of Societies of Biological Psychiatry, Vienna	2005	
Founding Congress, World Association of Sleep Medicine, Berlin	2005	
Department of Neurology Grand Rounds, Washington University, St. Louis, MO	2005	
Multidisciplinary Sleep Center, Washington University, St. Louis, MO	2005	
Masters of Nursing Program, University of Washington, Bothell, WA	2005	
International Longevity Center Conference: Sleep Health and Aging, New York	2005	
Primer of Sleep Research II, Sleep Research Society, La Jolla, CA	2006	
Northwest Regional Rural Health Conference, Spokane, WA	2006	
Geriatric Grand Rounds, Department of Medicine, UW, Seattle, WA	2006	
30 <sup>th</sup> Annual Oregon State University Gerontology Conference, Corvallis, OR	2006	
Department of Geriatrics, Mount Sinai / Jewish Home Hospital, New York, NY	2006	
Community Health Plan of Washington, 2006 Medicare Summit, Seattle, WA	2006	
ILC Consensus Conference: Sleep and Chronic Disease in Older People, New York	2006	
Sleep Disorders 2007, Las Vegas, NV	2007	
Pacific Northwest Sleep Association, Skamania WA	2007	
Stanford Sleep Epidemiological Center, Stanford University, Palo Alto, CA	2007	
SLEEP2007, Meetings of the Associated Professional Sleep Societies, Minneapolis, MN	2007	
Allen Institute for Brain Sciences, Seattle, WA	2007	
WORLDSLEEP2007, WFSRSMS, Caines, Australia	2007	
5th International Sleep Disorders Forum, Chicago, IL	2007	
Insomnia: Behavioral and Pharmacological Management in Primary Care, Seattle, WA	2007	
Sleep Disorders 2008, Orlando, FL	2008	
National Sleep Foundation Conference: The Role of Sleep in Learning and Memory, DC	2008	
SLEEP2008, Meetings of the Associated Professional Sleep Societies, Baltimore, MD	2008	
Meetings of the National Fibromyalgia Research Association, Portland, OR	2008	
Geriatric Grand Rounds, Harborview Medical Center, Seattle, WA	2009	
National Sleep Foundation Conference: Sleep and Pain Interactions, Washington, DC	2009	
Japan Somnology Center, Neuropsychiatric Research Institute, Tokyo, Japan	2009	
3 <sup>rd</sup> Annual Meeting of the Kinki Regional Sleep Society, Kyoto, Japan	2009	
6 <sup>th</sup> Sleep Respiration Forum, Daebu Island, South Korea	2009	
WSCA2009, 9 <sup>th</sup> World Congress on Sleep Apnea, Seoul, South Korea	2009	
Department of Integrative Physiology, University of Colorado at Boulder, CO	2009	
de Tornay Center for Healthy Aging, School of Nursing, UW, Seattle WA	2009	
Psychiatry Grand Rounds, Harborview Medical Center, Seattle, WA	2009	
Stanford Sleep Epidemiological Research Center, Stanford University, Palo Alto, CA	2009	
31 <sup>st</sup> Meeting of the American Association of Sleep Technologists, Seattle, WA	2009	
Faculty of Medicine, University Joseph Fourier, Grenoble, France		2009
Center for Sleep and Respiratory Neurobiology, University of Pennsylvania	2009	
Geriatric Medicine and Gerontology Grand Rounds, Emory University, Atlanta GA	2009	
Stanford Sleep Epidemiological Research Center, Stanford University, Palo Alto, CA	2009	
Center for Research on Management of Sleep Disturbances, UW, Seattle, WA	2010	
Department of Psychobiology, Federal University of Sao Paulo, Sao Paulo, Brazil		2010
SLEEP2010, Meetings of the Associated Professional Sleep Societies, San Antonio, TX	2010	
National Taiwan University, 1 <sup>st</sup> International Sleep Symposium, Taipei, Taiwan	2010	
Department of Psychology, University of Naples II, Caserta, Italy		2010
26 <sup>th</sup> Annual Japanese Insomnia Forum, Tokyo, Japan	2010	
Pacific Northwest Sleep Association, Skamania WA	2011	
National Institute on Aging Workshop Sleep in Aging and Dementias, Washington DC	2011	
SLEEP2011, Meetings of the Associated Professional Sleep Societies, Minneapolis, MN	2011	
4 <sup>th</sup> International World Sleep Congress, Quebec City, Canada	2011	
WORLDSLEEP2011, World Sleep Federation, Kyoto, Japan	2011	

Gerontological Society of America, Boston, MA	2011
<b><u>Special Local Responsibilities</u></b>	
Alumni Representative Committee, Columbia University 2001	1976-
Speakers Bureau, University of Washington	1980-
Research Affiliate, Alcohol and Drug Abuse Institute, UW	1980-
Investigator, General Clinical Research Center, UW	1980-
Executive Committee, Alzheimer's Research Program, Psychiatry, UW	1982-1986
Departmental Computer Committee, Psychiatry, UW	1982-1984
Scientific Advisory Committee, GCRC, SOM, UW	1982-1986
Biology Psychiatry Study Group, UW	1983-1984
Research Affiliate, Institute on Aging, UW	1983-
Executive Committee, NIMH CRCAD, Psychiatry, UW	1984-1986
Small Grants Review Committee, Alcohol and Drug Abuse Institute, UW 1984-1986	
Behavioral Medicine Group, UW	1984-1986
<b>Chair</b> , Committee on Guidelines for Research Involving Cognitively Impaired Elderly Subjects, NIMH CRCAD, Psychiatry, UW	1984-1985
Independent Study in Medical Sciences (ISMS) Committee, SOM, UW	1985-1995
Undergraduate Education Steering Committee, Psychiatry, UW	1985-1988
Committee on Admissions, SOM, UW	1985-1988
Participating Faculty, Institute on Aging, UW	1987-
<b>Chair</b> , Scientific Advisory Committee, General Clinical Research Center, UWMC	1987-1989
Departmental Promotions Committee, Psychiatry, UW	1987-1989
Alcohol and Drug Abuse Curriculum Theme Committee, SOM, UW	1987-1990
Curriculum Committee, SOM, UW	1987-1989
Special Appointment Re-Evaluation Committee, Psychology, UW	1987-1988
Preventive Medicine Task Force, SOM, UW	1987-1990
Scientific Advisory Committee, General Clinical Research Center, UWMC	1989-1991
<b>Chair</b> , Independent Study in Medical Science (ISMS) Committee, SOM, UW	1988-1995
Curriculum Committee (ex officio), SOM, UW	1988-1995
Research Scientist, GRECC, Seattle VA Puget Sound Health Care System 1994	1991-
Undergraduate Education Committee, Psychiatry, UW	1992-1995
<b>Senator</b> , Psychiatry and Behavioral Sciences, Group 7, Faculty Senate, UW	1992-1994
Advisory Group, Extracurricular Academic Programs, SOM, UW	1992
Standardized Patient Examination Development Group, SOM, UW	1992-1993
Mentoring Committee (Dr. Susan McCurry), Psychiatry, UW	1993-1998
Mentoring Committee (Dr. Rebecca Logsdon), Psychiatry, UW	1993-1994
Mentoring Committee (Dr. Karen Moe), Psychiatry, UW	1993-1997
<b>Chair</b> , Mentoring Committee (Dr. Rebecca Logsdon), Psychiatry, UW	1994-1997
LCME Accreditation Subcommittee, SOM, UW	1994
Consultant Reviewer, Royalty Research Fund, UW	1994-1996
<b>Chair</b> , Political Science Program Review Committee, Graduate School, UW	1995
<b>Chair</b> , Dance Program Review Committee, Graduate School, UW	1996
Faculty Council on Research, Faculty Senate, UW	1996-1999
Affiliate Investigator, Clinical Nutrition Research Unit, UW	1996-
<b>Acting Chair</b> , (Winter Quarter) Faculty Council on Research, UW	1997
<b>Vice Chair</b> , (Spring and Summer Quarters) Faculty Council on Research, UW	1997
<b>Chair</b> , Faculty Council on Research, UW	1997-1999
<b>President's Research Advisory Board</b> , UW	1997-1999
<b>Senator</b> , (Faculty Council Chair), Faculty Senate, UW	1997-1999
<b>Senate Executive Committee</b> (Ex-Officio, Faculty Council Chair), Faculty Senate, UW	1997-1999
Grant & Contract Process Enhancement Team, Grant & Contract Initiative, UW	1997-1998

<b>Acting Chair</b> , Committee on Research, Psychology Faculty, SOM, UW	1998-2001
<b>Chair</b> , Grant & Contract Process Enhancement Team, Grant & Contract Initiative, UW	1998-2000
<b>Chair</b> , Task Group on Award Administration, Grant & Contract Initiative, UW	1998-2000
<b>Special Assistant to the Vice Provost for Research</b> , Office of Research, UW	1998-2002
<b>Chair</b> , Search Committee, Director of Grant and Contract Services, UW	1999
<b>Director</b> , Grant & Contract Initiative, Office of Research, Office of the Executive Vice President, and Computing & Communications, UW	1999-2004
Mentoring Committee (Dr. Monique Cherrier), Psychiatry, UW	1999-2003
Industry Relations Task Group, Office of Research, UW	1999
<b>Chair</b> , Search Committee, Grant & Contract Initiative Project Manager, UW	1999
Review Committee, Director of the Applied Physics Laboratory, UW	1999-2000
Search Committee, Director of Industry Sponsored Research, Grant and Contract Services, Office of Research, UW	1999
<b>Chair</b> , Task Group on Internal Review, Grant & Contract Initiative, UW	1999-2000
Departmental Promotions Committee, Psychiatry, SOM, UW	1999-2001
Discussion Leader, Biomedical Research Integrity Series, Office of Research and Graduate Education, SOM, UW	1999-2001
<b>Co-Chair</b> , Grant & Contract Process Enhancement Team, Grant & Contract Initiative, UW	2000-2003
Search Committee, Director for Industry Agreements, Grant and Contract Services, Office of Research, UW	2000-2001
Reviewer, Royalty Research Fund, Office of Research, UW	2000-2003
<b>Chair</b> , UWMC Psychiatry and Behavioral Sciences Space Committee	2002-
Discussion Leader, Biomedical Research Integrity Series, Department of Medical History and Ethics, UW	2002-
Psychiatry and Behavioral Sciences Departmental Advisory Board, UW	2002-
<b>Assistant Vice-Provost for Research</b> , Office of Research UW	2002-2005
Good Clinical Practices Program Evaluation Group, SOM, UW	2003
<b>Chair</b> , Office of Research Information Services Faculty Advisory Group	2003-2004
<b>Senator</b> , Psychiatry and Behavioral Sciences, Group 7, Faculty Senate, UW	2003-2004
Sleep Research Initiative Director Search Committee, WSU	2003-2004
<b>Associate Director</b> , Northwest Geriatric Educational Center, UW	2004-2010
<b>Senator</b> , Psychiatry and Behavioral Sciences, Group 7, Faculty Senate, UW	2004-2006
Faculty Search Committee, Psychiatry, UW	2005
<b>Senate Executive Committee</b> , Group 7 Representative, UW	2005-2006
Program Faculty, Center for Interdisciplinary Geriatric Research, UW	2006-2009
Academic Promotions Committee, Psychiatry, UW	2007-2008
Academic Review Committee, Chair of Dental Public Health Sciences, School of Dentistry, UW	2007-2008
Mentoring Committee (Dr. Laura D. Baker), Psychiatry, UW	2008-2010
Mentoring Committee (Dr. Michael Clark), Psychiatry, UW	2008-
<b>Co-Director</b> , Center for Research on Management of Sleep Disturbances, UW	2009-
Mentoring Committee (Dr. Paul Borghesani), Psychiatry, UW	2009-
<b>Co-Director</b> , Northwest Geriatric Educational Center, UW	2010-
<b>Chair</b> , Mentoring Committee (Dr. Eric Strachan), Psychiatry, UW	2010-

## SCIENTIFIC BIBLIOGRAPHY

### Refereed, Data-based Papers\*; and Invited Review Articles and Chapters (in print or press)

- \*1. Hirsch, J., Schneider, B. and **Vitiello, M.V.**: The effects of adaptation to square wave gratings as a function of grating orientation. *Percept. and Psychophysics*. 15:475-478, 1974.
- \*2. **Vitiello, M.V.** and Woods, S.C.: Caffeine: Preferential consumption by rats. *Pharmacol. Biochem. Behav.* 3:147-148, 1975.

- \*3. Woods, S.C., Vaselli, J.R., Kaestner, E., Szakmary, G.A., Milburn, P. and **Vitiello, M.V.**: Conditional insulin secretion and mealfeeding in rats. *J. Compar. Physiol. Psychol.* 91: 128-133, 1977.
- \*4. **Vitiello, M.V.** and Woods, S.C.: Evidence for withdrawal from caffeine by rats. *Pharmacol. Biochem. Behav.* 5: 553-555, 1977.
- \*5. Bernstein, I.L. and **Vitiello, M.V.**: The Effect of intestinal distention on meal patterns of rats. *Physiol. and Behav.* 20:417-422, 1978.
- \*6. Bernstein, I.L., **Vitiello, M.V.** and Sigmundi, R.O.: Effects of tumor growth on taste aversion learning produced by anti-tumor drugs in the rat. *Physiol. Psychol.* 8:51-55, 1980.
- \*7. Bernstein, I.L., **Vitiello, M.V.** and Sigmundi, R.O.: The effects of interference stimuli on the acquisition of learned aversions to foods in the rat. *J. Compar. Physiol. Psychol.* 94: 921-931, 1980.
- \*8. Vitaliano, P.P., Prinz, P.N., **Vitiello, M.V.**, Olshan, A. and Roehrs, T.A.: On the use of repeated measures designs in psychopharmacology. *Psychopharm.* 72:247-249, 1981.
- \*9. Prinz, P.N., **Vitiello, M.V.**, Roehrs, T.A., Linnoila, M. and Weitzman, E.D.: Effect of phenobarbital on sleep and nighttime plasma growth hormone and cortisol levels. *Can. J. Physiol. Pharmacol.* 59:1139-1145, 1981.
- \*10. Prinz, P.N., Vitaliano, P.P., **Vitiello, M.V.**, Bokan, J., Raskind, M. and Gerber, C.: Sleep, EEG and mental function changes in mild, moderate and severe senile dementia of the Alzheimer's type. *Neurobiol. Aging.* 3(4): 361-370, 1982.
- \*11. **Vitiello, M.V.**, Giblin, E., Schoene, R., Halter, J. and Prinz, P.: Obstructive apnea: Sympathetic activity, respiration and sleep. *Neurobiol. Aging,* 3: 263-266, 1982.
- \*12. Smallwood, R., **Vitiello, M.V.**, Giblin, E. and Prinz, P.N.: Sleep apnea: Relationship to age, sex and Alzheimer's dementia. *Sleep.* 6(1): 16-22, 1983.
- \*13. **Vitiello, M.V.**, Prinz, P.N. and Halter, J.B.: Sodium-restricted diet increases nighttime plasma norepinephrine and impairs sleep patterns in man. *J. Clin. Endocrinol. Metab.* 56(3):553-556, 1983.
- \*14. Bremner, W.J., **Vitiello, M.V.** and Prinz, P.N.: A loss of circadian rhythmicity in blood testosterone levels with aging in normal men. *J. Clin. Endocrinol. Metab.* 56(6): 1278-1281, 1983.
- \*15. Prinz, P.N., Christie, C., Smallwood, R., Vitaliano, P., Bokan, J., **Vitiello, M.V.** and Martin, D.: Circadian temperature variation in healthy aged and in Alzheimer's disease. *J. Gerontol.* 39(1):30-35, 1984.
- \*16. Prinz, P.N., **Vitiello, M.V.**, Smallwood, R.G., Schoene, R.B. and Halter, J.B.: Plasma norepinephrine in normal young and aged men: relationship with sleep. *J. Gerontol.* 39(5):561-567, 1984.
- \*17. **Vitiello, M.V.**, Bokan, J.A., Kukull, W.A., Muniz, R.L., Smallwood, R.G. and Prinz, P.N.: REM sleep measures of Alzheimer's type dementia patients and optimally healthy aged individuals. *Biol. Psychiatry.* 19(5): 721-734, 1984.
- \*18. Vitaliano, P., Breen, A., Russo, J., Albert M., **Vitiello, M.V.** and Prinz, P.: The clinical utility of J. the dementia rating scale for assessing Alzheimer patients. *Chronic Dis.* 37:743-753, 1984.
- \*19. Florini, J.R., Prinz, P.N., **Vitiello, M.V.** and Hintz, R.L.: Somatomedin-C levels in healthy young and aged men: relationship to peak and 24-hour integrated levels of growth hormone. *J. Gerontol.* 40(1):2-7, 1985.
- \*20. **Vitiello, M.V.**, Smallwood, R.G., Avery, D.H., Pascualy, R.A., Martin, D.C. and Prinz, P.N.: Circadian temperature rhythms in young and aged men. *Neurobiol. Aging.* 7(2): 97-100, 1986.
- \*21. Vitaliano, P.P., Russo, J., Breen, A.R., **Vitiello, M.V.** and Prinz, P.N.: Longitudinal predictions of functional decline in patients in the early stages of Alzheimer's disease. *Psychol. Aging.* 1(1):41-46, 1986.
- 22. Prinz, P.N., **Vitiello, M.V.**, Bokan, J., Kukull, W.A., Russo, J. and Vitaliano, P.P. Sleep in Alzheimer's disease. In: W. Emser, D. Kurtz, and W.B. Webb (Eds.), Vol. 22, Sleep,

- aging and related disorders, *Interdisciplinary Topics in Gerontology Series*, H.P. von Hahn (Ed.), (pp. 128-143). S Karger AG: Basel, 1987.
- \*23. **Vitiello, M.V.**, Prinz, P.N., Personius, J.P., Nuccio, M.A., Ries, R.K. and Koerker, R.M.: History of chronic alcohol abuse is associated with increased nighttime hypoxemia in older men. *Alcoholism: Clin. Exp. Res.* 11(4):368-371, 1987.
  24. **Vitiello, M.V.** and Prinz, P.N.: Sleep and EEG studies in Alzheimer's disease. In: R. Wurtman, S. Corkin and J. Growdon (Eds.), *Alzheimer's Disease: Advances in Basic Research Therapies* (pp. 625-634). Center for Brain Sciences, Cambridge, MA, 1987.
  - \*25. Prinz, P., **Vitiello, M.V.**, Potter, H. and Frommlet, M.: Circadian body temperature in entrained (habitual rest-activity) conditions in older adults. In: W.P. Koella, et al. (Eds.), *Sleep '86* (pp. 312-314). Gustav Fischer Verlag: New York, 1988.
  26. **Vitiello, M.V.** and Prinz, P.N.: Aging and sleep disorders. In: R.L. Williams, I. Karacan and C. Moore (Eds.), *Sleep Disorders: Diagnosis and Treatment*, 2nd Ed., (pp. 293-312). John Wiley and Sons, Inc.: New York, NY, 1988.
  - \*27. Williams, D.E., **Vitiello, M.V.**, Ries, R.K., Bokan, J. and Prinz, P.: Successful recruitment of elderly, community dwelling subjects for Alzheimer's disease research: Cognitively impaired, major depressive disorder, and normal control groups. *J. Gerontol.* 43(3):M69-74, 1988.
  28. Prinz, P.N. and **Vitiello, M.V.**: Sleep, EEG and sleep disorders in Alzheimer's disease. In: J.H. Altman (Ed.), *Alzheimer's Disease: Problems, Prospects and Perspectives* (pp. 113-128). Plenum: New York, NY, 1988.
  - \*29. Hochberg, M.G., Russo, J., Vitaliano, P.P., Prinz, P.N., **Vitiello, M.V.** and Yi, S.: Initiation and perseveration as a subscale of the dementia rating scale. *Clin. Gerontologist.* 8(3): 27-42, 1989.
  30. **Vitiello, M.V.** and Prinz, P.N.: Alzheimer's disease: Sleep and sleep/wake patterns. In: T. Roth and T.A. Roehrs (Eds.), *Clinics in Geriatric Medicine: Sleep Disorders in the Elderly* (pp. 289-299). W.B. Saunders Company: Philadelphia, PA, 1989.
  - \*31. **Vitiello, M.V.**, Carlin, A.S., Becker, J., Barris, B. and Dutton, J.: The effect of subliminal oedipal and competitive stimulation on dart throwing: Another miss. *J. Abnorm. Psychol.* 98(1):54-56, 1989.
  - \*32. **Vitiello, M.V.**, Veith, R.C., Ralph, D.D., Frommlet, M.S. and Prinz, P.N.: Low sodium diet elevates plasma norepinephrine and impairs sleep patterns in man: A replication. In: J. Horne (Ed.), *Sleep '88* (pp. 206-207). Gustav Fischer Verlag: New York, 1989.
  - \*33. Logsdon, R., Teri, L., Williams, D., **Vitiello, M.V.** and Prinz, P. The usefulness of Fuld's WAIS-R profile in the diagnosis of dementia of the Alzheimer's type. *J. Clin. Exp. Neuropsychol.* 11(6):832-898, 1989.
  - \*34. Prinz, P.N. and **Vitiello, M.V.**: Dominant occipital (alpha) rhythm frequency in early stage Alzheimer's disease and depression. *Electroencephalogr. Clin. Neurophysiol.* 73:427-432, 1989.
  - \*35. Avery, D., Dahl, K., Savage, M., Brengelmann, G., Larsen, L., **Vitiello, M.V.** and Prinz, P.: Sleep and circadian temperature rhythms in winter depression. In: Y. Kim and F.A. Spelman (Eds.), Vol. 1, *Images of the Twenty-First Century*. (pp. 315-316). Proc. of the International Conference of the IEEE Engineering in Medicine and Biology Society. IEEE: New York, NY, 1989.
  36. Prinz, P.N., Poceta, J.S. and **Vitiello, M.V.**: Sleep in the dementing disorders. In: F. Boller and J. Grafman (Eds.), *Handbook of Neuropsychology*, Vol. 4. (pp. 335-347). Elsevier: Amsterdam, 1990.
  - \*37. **Vitiello, M.V.**, Prinz, P.N., Personius, J.P., Vitaliano, P.P., Nuccio, M.A. and Koerker, R.: Relationship of alcohol abuse history to nighttime hypoxemia in abstaining chronic alcoholic men. *J. Stud. Alcohol.* 51(1):29-33, 1990.
  - \*38. **Vitiello, M.V.**, Prinz, P.N., Avery, D.H., Williams, D.E., Ries, R.K., Bokan, J.A. and Khan, A.: Sleep is undisturbed in elderly, depressed individuals who have not sought health care. *Biol. Psychiatry.* 27(4): 431-440, 1990.

39. **Vitiello, M.V.** and Prinz, P.N.: Sleep and sleep disorders in normal aging. In: M.J. Thorpy (Ed.), *Handbook of Sleep Disorders, Neurological Diseases and Therapy*, (pp. 139-151). Marcel Dekker: New York, NY, 1990.
40. **Vitiello, M.V.** and Prinz, P.N.: Sleep/wake patterns and sleep disorders in Alzheimer's disease. In: M.J. Thorpy (Ed.), *Handbook of Sleep Disorders, Neurological Diseases and Therapy*, (pp. 703-718). Marcel Dekker: New York, NY, 1990.
- \*41. **Vitiello, M.V.**, Prinz, P.N., Personius, J.P., Nuccio, M.A., Koerker, R.M. and Scurfield, R.: Nighttime hypoxemia is increased in abstaining chronic alcoholic men. *Alcoholism: Clin. Exp. Res.* 14(1): 38-41, 1990.
42. Prinz, P.N. and **Vitiello, M.V.**: Sleep in Alzheimer's dementia and in healthy non-complaining seniors. National Institute of Health Consensus Development Conference: *The Treatment of Sleep Disorders of Older People*. (pp. 41-46). National Institute of Aging, Government Printing Office: Washington, DC, 1990.
- \*43. **Vitiello, M.V.**, Prinz, P.N., Williams, D.E., Frommlet, M.S. and Ries, R.K.: Sleep disturbances in patients with mild-stage Alzheimer's disease. *J. Gerontol.* 45(4):M131-M138, 1990.
44. Prinz, P.N., **Vitiello, M.V.**, Raskind, M.A. and Thorpy, M.J.: Sleep disorders and aging. *N. Engl. J. Med.* 323: 520-526, 1990.
- \*45. **Vitiello, M.V.**, Ralph, D.D., Veith, R.C. and Prinz, P.N.: Suppression of nighttime sympathetic activity does not affect the sleep quality of healthy young men. In: J. Horne (Ed.), *Sleep '90*, (pp. 34-36). Pontenagel Press: Bochum, 1990.
- \*46. Moe, K.E., Prinz, P.N., **Vitiello, M.V.**, Marks, A.L. and Larsen, L.H.: Gender differences in circadian temperature rhythms of healthy elderly humans. In: J. Horne (Ed.), *Sleep '90* (pp. 37-38). Pontenagel Press: Bochum, 1990.
- \*47. Prinz, P.N., Larsen, L.H., **Vitiello, M.V.** and Williams, D.E.: The sleep EEG: A biomarker for mild Alzheimer's disease and cognitive decline. *Neurobiol. Aging.* 11(3): 337, 1990.
- \*48. Moe, K.E., Prinz, P.N., **Vitiello, M.V.**, Marks, A.L. and Larsen, L.H.: Healthy elderly women and men have different entrained circadian temperature rhythms. *J. Am. Geriatr. Soc.* 39: 383-387, 1991.
- \*49. **Vitiello, M.V.**, Poceta, J.S. and Prinz, P.N.: Sleep in Alzheimer's disease and other dementing disorders. *Can. J. Psychol.* 45(2): 221-239, 1991.
50. **Vitiello, M.V.**: Normal versus pathological sleep changes in aging humans. In: S.T. Kuna, P.M. Suratt and J.E. Remmers (Eds.), *Sleep and Respiration in Aging Adults*, (pp. 71-76). New York: Elsevier, 1991.
51. Prinz, P.N., Bliwise, D.L., **Vitiello, M.V.**, Koerker, R., Nuccio, M., Personius, J. and Cashman, M.: Relationship between impaired sleep, nocturnal oxygen desaturation and systemic diseases. In: S.T. Kuna, P.M. Suratt and J.E. Remmers (Eds.), *Sleep and Respiration in Aging Adults*, (pp. 179-187). New York: Elsevier, 1991.
52. Poceta, J.S., **Vitiello, M.V.** and Prinz, P.N.: Sleep disorders in dementia: directions for future research. Invited position paper, Report of the National Commission on Sleep Disorders Research, Government Printing Office: Washington, DC, 1992.
53. **Vitiello, M.V.** and Prinz, P.N. Sleep problems of older citizens: Overview and directions for future research. Invited position paper, Report of the National Commission on Sleep Disorders Research, Government Printing Office: Washington, DC, 1992.
54. Bliwise, D.L., Prinz, P.N. and **Vitiello, M.V.**: Sleep and physical health in the elderly, status of current literature, recommendations for the future. Invited position paper, Report of the National Commission on Sleep Disorders Research, Government Printing Office: Washington, DC, 1992.
- \*55. Prinz, P.N., Moe, K.E., **Vitiello, M.V.**, Marks, A.L. and Larsen, L.H.: Entrained body temperature rhythms are similar in mild Alzheimer's Disease, geriatric onset depression, and normal aging. *J. Geriatr. Psychiatry Neurol.* 5(2): 65-71, 1992.
- \*56. Kerr, B., Calogero, M., **Vitiello, M.V.**, Prinz, P.N., Williams, D.E. and Wilkie, F.: Letter matching: Effects of age, Alzheimer's disease, and major depression. *J. Clin. Exp. Neuropsychol.* 14(4): 478-498, 1992.

- \*57. Prinz, P.N., Larsen, L.H., Moe, K.E. and **Vitiello, M.V.**: EEG markers of early Alzheimer's disease in computer selected tonic REM sleep. *Electroencephalogr. Clin. Neurophysiol.* 83: 36-43, 1992.
- \*58. **Vitiello, M.V.**, Bliwise, D.L. and Prinz, P.N.: Sleep in Alzheimer's disease and the sundown syndrome. In: A. Culebras (Ed.), *The Neurology of Sleep*, Neurology. 42(7) Suppl 6:83-94, 1992.
- 59. **Vitiello, M.V.**, Veith, R.C., Ralph, D.D. and Prinz, P.N.: Nighttime plasma norepinephrine and sleep fragmentation. In: S. Smirne, M. Franceschi, L. Ferini-Strambi and M. Zucconi (Eds.), *Sleep, Hormones and the Immunological System*, Masson: Milan, 1992: 155-170.
- \*60. Moe, K.E., Larsen, L.H., Prinz, P.N., **Vitiello, M.V.**: Major unipolar depression and mild Alzheimer's disease: Differentiation by quantitative tonic REM EEG. *Electroencephalogr. Clin. Neurophysiol.* 86: 238-246, 1993.
- 61. Prinz, P.N. and **Vitiello, M.V.**: Sleep loss in aging. In: J.L. Albaredo, J.E. Morley, T. Roth and B.J. Vellas (Eds.), *Sleep Disorders and Insomnia in the Elderly: Facts and Research in Gerontology*, Vol. 7. Springer Publishing Company: New York, 1993: 55-68.
- 62. Prinz, P.N. and **Vitiello, M.V.**: Sleep in Alzheimer's disease. In: J.L. Albaredo, J.E. Morley, T. Roth and B.J. Vellas (Eds.), *Sleep Disorders and Insomnia in the Elderly: Facts and Research in Gerontology*, Vol. 7. Springer Publishing Company: New York, 1993: 33-54.
- \*63. Dahl, K., Avery, D.H., Lewy, A., Savage, M.V., Brengelmann, G.L., Larsen, L.H., **Vitiello, M.V.** and Prinz, P.N.: Dim light melatonin onset and circadian temperature during a constant routine in hypersomnic winter depression. *Acta Psychiatrica Scandinavica.* 88: 60-66, 1993.
- \*64. Tröster, A.I., Moe, K.E., **Vitiello, M.V.** and Prinz, P.N.: Predicting long-term outcome in individuals at-risk for Alzheimer's Disease with the Dementia Rating Scale. *J. Neuropsychiatry Clin. Neurosci.* 6: 54-57, 1994.
- 65. **Vitiello, M.V.** and Prinz, P.N.: Sleep disturbances in the elderly. In: M.L. Albert and J.E. Knoefel (Eds.), *Clinical Neurology of Aging*. 2nd Ed., Oxford University Press: New York, 637-650, 1994.
- \*66. Prinz, P.N., Larsen, L.H., Moe, K.E., Dulberg, E.M. and **Vitiello, M.V.**: C STAGE, automated sleep scoring development and validation with human sleep scoring for healthy older men and women. *Sleep.* 17(8): 711-717, 1994.
- 67. Monjan, A.A., Bliwise, D., Ancoli-Israel, S., Prinz, P. and **Vitiello, M.V.**: Sleep and aging. Invited position paper, Report of the National Commission on Sleep Disorders Research, *Wake Up America: A National Sleep Alert*, Vol. 2: Working Group Reports; Sect. 4: Lifespan Issues, Government Printing Office: Washington, DC, 182-204, 1994.
- 68. Prinz, P.N., **Vitiello, M.V.** and Borson, S.: Sleep disorders. In: H. Kaplan and B. Sadock (eds.), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 2576-2580, 1995.
- \*69. Larsen, L.H., Moe, K.E., **Vitiello, M.V.** and Prinz, P.N.: A note on the night-to-night stability of stages 3 + 4 sleep in healthy older adults: A comparison of visual and spectral evaluations of stage 3 + 4 sleep. *Sleep.* 18(1): 7-10, 1995.
- \*70. Moe, K.E., **Vitiello, M.V.**, Larsen, L.H. and Prinz, P.N.: Sleep/wake patterns in Alzheimer's disease: Relationships with cognition and function. *J. Sleep Res.* 4: 15-20, 1995.
- \*71. Prinz, P.N., Moe, K.E., Dulberg, E.M., Larsen, L.H., **Vitiello, M.V.**, Toivola, B. and Merriam, G.R.: Higher plasma IGF-1 levels are associated with increased delta sleep in healthy older men. *J. Gerontol.: Med. Sci.* 50A(4): M222-M226, 1995.
- \*72. Larsen, L.H., Moe, K.E., **Vitiello, M.V.** and Prinz, P.N.: Age trends in the sleep EEG of healthy older men and women. *J. Sleep Res.* 4: 160-172, 1995.
- \*73. Chandler, W.L., Schwartz, R.S., Stratton, J.R., **Vitiello, M.V.**: Effects of endurance training on the circadian rhythm of fibrinolysis in men and women. *Medicine and Science in Sports and Exercise.* 28(1): 647-655, 1996.
- \*74. **Vitiello, M.V.**, Larsen, L.H., Moe, K.E., Borson, S., Schwartz, R.S., Prinz, P.N.: The objective sleep quality of healthy older men and women is differentially disrupted by nighttime periodic blood sampling via indwelling catheter. *Sleep.* 19(4): 304-311, 1996.



75. **Vitiello, M.V.**: Sleep disorders and aging. *Current Opinion in Psychiatry (Geriatric Psychiatry)*. 9(4): 284-289, 1996.
76. **Vitiello, M.V.**: Sleep, alcohol and alcohol abuse. *Addiction Biology*. 2(2): 151-158, 1997.
- \*77. **Vitiello, M.V.**, Wilkinson, C.W., Moe, K.E., Prinz, P.N., Ralph, D.D., Merriam, G.R., Colasurdo, E.A., Schwartz, R.S. Successful 6-month endurance training does not alter insulin-like-growth-factor-I in healthy older men and women. *J. Gerontol.: Med. Sci.* 52A(3): M149-M154, 1997.
- \*78. Avery, D.H., Dahl, K., Savage, M.V., Brengelmann, G.L., Larsen, L.H., Kenny, M.A., Eder, D.N., **Vitiello, M.V.**, Prinz, P.N.: Circadian temperature and cortisol rhythms during a constant routine are phase-delayed in hypersomnic winter depression. *Biol. Psychiatry*. 41(11): 1109-1123, 1997.
79. **Vitiello, M.V.** and Ancoli-Israel, S.: Invited Review: (Sleep in Alzheimer's Disease: Further considerations on the role of brainstem and forebrain cholinergic populations in sleep-wake mechanisms. Montplaisir, J., et al., *Sleep*, 18(3): 145-148, 1995.) *Sleep Research*, 26: 771, 1997.
80. **Vitiello, M.V.**: Sleep disorders and aging: Understanding the causes. *J. Gerontol.: Med. Sci.* 52A(4): 189-191, 1997.
- \*81. Merriam, G.R., Buchner, D.M., Prinz, P.N., Schwartz, R.S., **Vitiello, M.V.**: Potential applications of GH secretagogues in the evaluation and treatment of the age-related decline in growth hormone secretion. *Endocrine*. 7(1): 49-52, 1997.
- \*82. Moe, K.E., Prinz, P.N., Larsen, L.H., **Vitiello, M.V.**, Reed, S.O., Merriam, G.R.: Growth hormone in postmenopausal women after long-term oral estrogen replacement therapy. *J. Gerontol.: Bio. Sci.* 53A(2): B117-B124, 1998.
- \*83. Edwards, K.L., Burchfiel, C.M., Sharp, D.S., Curb, J.D., Rodriguez, B.L., Fujimoto, W.Y., LaCroix, A.Z., **Vitiello, M.V.**, Austin, M.A.: Factors of the insulin resistance syndrome in non-diabetic and diabetic elderly Japanese American men. *Am J Epidemiology*. 147(5): 441-447, 1998.
- \*84. McCurry, S., Logsdon, R., **Vitiello, M.V.**, Teri, L.: Successful behavioral treatment of sleep disturbance in caregivers of dementia patients. *J Gerontol: Psychological Sciences*. 53B(2): P122-P129, 1998.
- \*85. Kerr, B., **Vitiello, M.V.**, Calogero, M., Wilkie, F., Prinz, P.N.: Memory-scanning task performance in Alzheimer's Disease. *Aging: Clinical and Experimental Research*. 10(5): 401-410, 1998.
86. **Vitiello, M.V.** and Armitage, R.: Invited Review (Effect of age on EEG arousals in normal sleep. Boselli, M., et al., *Sleep*, 21(4): 351-358, 1998.) *World Federation of Sleep Research Societies' Newsletter Online*, 7:1, 1999.
87. McCurry, S. and **Vitiello, M.V.** Sleep Disturbance in Alzheimer's disease. *Alzheimer's disease: Management Today*. 2(2): 3-9, 1999.
88. **Vitiello, M.V.** Effective Treatments for Complaints of Age-related Sleep Disturbances. *Geriatrics*. 54(11): 47-52, 1999.
89. Prinz, P.N., **Vitiello, M.V.** and Borson, S.: Sleep disorders. In: B. Sadock and V. Sadock (eds.), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 3053-3057, 1999.
90. **Vitiello, M.V.**: Treating sleep disturbances in older adults. *Extended Care Information Network*. 1999. <http://www.extendedcare.com/library/sleep01.asp>
91. **Vitiello, M.V.** Sleep, Aging and Cognitive Function. *World Health Organization International Workshop on Sleep and Cognitive Function: Research and Clinical Perspectives*. 1999. [www.websciences.org/worldsleep/cancun99/vitiello2.html](http://www.websciences.org/worldsleep/cancun99/vitiello2.html)
92. **Vitiello, M.V.** Effective Treatment of Sleep Disturbances in Older Adults. *clinical CORNERSTONE*. 2(5): 16-27, 2000.
93. Merriam, G.R., Kletke, M., Barsness, S., Buchner, D., Schwartz, R.S., Hirth, V.A., Moe, K.E., and **Vitiello, M.V.**, Growth Hormone-Releasing Hormone in Normal Aging: An Update. *Today's Therapeutic Trends*. 18(4):335-354, 2000.

94. McCurry, S. Reynolds, C.F., Ancoli-Israel, S., Teri, L. and **Vitiello, M.V.** Treatment of sleep disturbance in Alzheimer's Disease. *Sleep Medicine Reviews*. 4(6):603-628, 2000.
- \*95. Avery, D.H., Eder, D.N., Bolte, M.A., Hellekson, C.J., Cox, G.B., Dunner, D.L., **Vitiello, M.V.**, and Prinz, P.N. Dawn Simulation and Bright Light Therapy in the Treatment of SAD: A Controlled Study. *Biological Psychiatry*. 49(15):205-216, 2001.
96. **Vitiello, M.V.**, Schwartz, R.S., Buchner, D.M., Moe, K.E., Mazzoni, G. and Merriam, G.R. Treating age-related changes in somatotrophic hormones, sleep and cognition. *Dialogues in Clinical Neuroscience*. 3(3):229-236, 2001.
97. **Vitiello, M.V.** and Borson, S. Sleep disturbances in patients with Alzheimer's Disease: Epidemiology, Pathophysiology and Management. *CNS Drugs*. 15(10):777-796, 2001.
- \*98. Moe, K.E., Larsen, L.H., **Vitiello, M.V.** and Prinz, P.N.: Estrogen replacement therapy moderates the sleep disruption associated with nocturnal blood sampling. *Sleep*. 24(8): 886-894, 2001.
99. **Vitiello, M.V.**: Sleep, Aging and Circadian Rhythms: The Year in Review. *The Bulletin of the American Academy of Sleep Medicine*. 8(2):31-32, 2001.
100. Merriam, G.R., Barsness, S., Buchner, D.M., Kletke, M., Moe, K.E., Larsen, L.H., Schwartz, R.S. and **Vitiello, M.V.** Growth hormone-releasing hormone treatment in normal aging. *Journal of Anti-Aging Medicine*. 4(4):331-344, 2001.
- \*101. **Vitiello, M.V.**, Moe, K.E. and Prinz, P.N. Sleep complaints cosegregate with illness older adults: Clinical research informed by and informing epidemiological studies of sleep. *Journal of Psychosomatic Research*. 53(1):555-559 2002.
102. **Vitiello, M.V.** Sleep Disorders in the Elderly: How They are Being Treated. *Sleep Health and Aging Workshop Report*. International Longevity Center, New York, 2003.  
<http://www.ilcusa.org/lib/pdf/ilcsleephealth1103.pdf>
103. **Vitiello, M.V.** Dual Role of Exercise: Improving Health Directly and Through Improved Sleep. *Sleep Health and Aging Workshop Report*. International Longevity Center, New York, 2003.  
<http://www.ilcusa.org/lib/pdf/ilcsleephealth1103.pdf>
- \*104. McCurry, S.M., Logsdon, G.D., **Vitiello, M.V.**, Gibbons, L.E. and Teri, L. Training Caregivers to Change the Sleep Hygiene Practices of Patients with Dementia: The NITE-AD Project. *Journal of the American Geriatrics Society*. 51(10): 1445-1460, 2003.
105. **Vitiello, M.V.** Sleep Disturbance and Sleep Disorders. In: *Alzheimer's Dementia*. In Vellas et al. (eds.) *Research and Practice in Alzheimer's Disease 2003: Special Issue on Severe Dementia*. Springer Publishing Company, New York, 112-123, 2003.
106. Yesavage, J.A., Friedman, L., Ancoli-Israel, A., Bliwise, D.L., Singer, C., **Vitiello, M.V.**, Monjan, A.A. and Lebowitz, B. Development of Diagnostic Criteria for Defining Sleep Disturbance in Alzheimer's Disease. *Journal of Geriatric Psychiatry and Neurology*. 16(3): 131-139, 2003.
- \*107. Tworoger S.S., Yasui Y, **Vitiello M.V.**, Schwartz R.S., Ulrich C.M., Aiello E.J., Irwin M.L., Bowen D.B., Potter J.D., McTiernan A. Effects of a Yearlong Moderate-Intensity Exercise and a Stretching Intervention on Sleep Quality in Postmenopausal Women. *Sleep*. 26(7): 830-836, 2003.
108. Merriam, G.M., Schwartz, R.S. and **Vitiello, M.V.** Growth Hormone-Releasing Hormone and Growth Hormone Secretagogues in Normal Aging. *Endocrine*. 22(1):41-8, 2003
- \*109. **Vitiello, M.V.**, Larsen, L.H., and Moe, K.E. Age-related Sleep Change: Gender and Estrogen Effects on the Subjective-Objective Sleep Quality Relationships of Healthy, Non-Complaining Older Men and Women. *Journal of Psychosomatic Research*. 56(5): 503-510, 2004.
- \*110. McCurry, S.M., Logsdon, R.G., **Vitiello, M.V.** and Teri, L. Treatment of sleep and nighttime disturbances in Alzheimer's disease: A behavior management approach. *Sleep Medicine*. 5(4): 373-377, 2004.
111. Banerjee, D., **Vitiello, M.V.** and Grunstein, R. Pharmacotherapy for Excessive Daytime Sleepiness. *Sleep Medicine Reviews*. 8(5): 339-354, 2004.
- \*112. Ohayon, M.M., Carskadon, M., Guilleminault, C. and **Vitiello, M.V.** Meta-Analysis Of

- Quantitative Sleep Parameters From Childhood To Old Age In Healthy Individuals:  
Developing Normative Sleep Values Across The Human Lifespan. *Sleep*. 27(7): 1255-1273, 2004.
113. Prinz, P.N., **Vitiello, M.V.** and Borson, S.: Sleep disorders. In: B. Sadock and V. Sadock (eds.), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 3669-3673, 2005.
- \*114. McCurry, S.M., Gibbons, L.E., Logsdon, R.G., **Vitiello, M.V.** and Teri, L. Nighttime Insomnia Treatment and Education for Alzheimer's Disease (NITE-AD): A Randomized Controlled Trial. *Journal of the American Geriatrics Society*. 53(5): 793-802, 2005.
- \*115. Tworoger, S.S., Davis, S., **Vitiello, M.V.**, Lentz, M.J. and McTiernan, A. Factors Associated with Objective (Actigraphic) and Subjective Sleep Quality in Young Adult Women. *Journal of Psychosomatic Research*. 59(1):11-9, 2005.
- \*116. Anderson, G.D., Elmer, G.W., Kantor, E.D., Templeton, I.E. and **Vitiello, M.V.** Pharmacokinetics of valerianic acid after administration of valerian in healthy subjects. *Phytotherapy Research*. 19(9): 801-3, 2005.
117. **Vitiello, M.V.**: Alzheimer's Dementia. In: T. Lee-Chiong (Ed.), *SLEEP: A Comprehensive Handbook*. New York: John Wiley and Sons, Inc., 775-781, 2005.
- \*118. **Vitiello, M.V.**, Moe, K.E., Merriam G.R., Mazzoni, G., Buchner, D.H. and Schwartz, R.S. GHRH Treatment Improves Cognitive Function in Healthy Older Adults. *Neurobio Aging*. 27(2): 318-323, 2006.
- \*119. McCurry, S.M., **Vitiello, M.V.**, Gibbons, L.E., Logsdon, R.G. and Teri, L. Factors associated with caregiver perceptions of sleep disturbances in persons with dementia. *American Journal of Geriatric Psychiatry*. 14 (2): 112-120, 2006.
120. **Vitiello, M.V.** Sleep Disturbances in Alzheimer's Disease. In Pandi-Perumal, S.R. and Monti, J. (Eds.) *Clinical Pharmacology of Sleep*. Birkhaeuser Pub Ltd. Basel, Switzerland. 173-182, 2006.
121. **Vitiello, M.V.** Sleep in Normal Aging. *Sleep Medicine Clinics*. 1(2):171-176, 2006.
122. McCurry, S.M., Logsdon, R.G., Gibbons, L.E., **Vitiello, M.V.**, & Teri, L. Behavioral treatment for sleep disturbances in Alzheimer's disease: The NITE-AD study. In: Vellas, B., Fitten, L.J., Winblad, B., Feldman, H., Grundman, M., & Giacobini, E. (Eds.), *Research and practice in Alzheimer's disease and cognitive decline*, Volume 11, pp. 341-346, 2006.
- \*123. Littman, A.J., **Vitiello, M.V.**, Foster-Schubert, K., Ulrich, C.M., Tworoger, S.S., Potter, J.D., Weigle, D.S., Cummings, D.E. and McTiernan, A. Sleep as a predictor of ghrelin, leptin, and changes in body weight during a 1-year moderate-intensity physical activity intervention. *International Journal of Obesity* 31(3):466-75, 2007.
124. McCurry, S.M., Logsdon, R.G., Teri, L. and **Vitiello, M.V.** Sleep disturbances in caregivers of persons with dementia: Contributing factors and treatment implications. *Sleep Medicine Reviews* 11(2):143-53, 2007.
- \*125. Foley, D.J., **Vitiello, M.V.**, Bliwise, D.L., Ancoli-Israel, S., Monjan, A.A. and Walsh, J.K. Frequent Napping is Associated with Excessive Daytime Sleepiness, Depression, Pain and Nocturia in Older Adults. *American Journal of Geriatric Psychiatry* 15:344-350, 2007.
126. McCurry, S.M., Logsdon, R.G., Teri, L. and **Vitiello, M.V.** Evidence-Based Psychological Treatments for Older Adult Sleep Disorders. *Psychology and Aging* 22(1):18-27, 2007.
127. Penzel, T., Hirskowitz, M., Harsh, J., Chervin, R.D., Butkov, N., Krieger, M., Malow, B., **Vitiello, M.V.**, Silber, M.H., Kushida, C. E. and Chesson, A.L. Digital Analysis and Technical Specifications. *Journal of Clinical Sleep Medicine* 3(2):109-120, 2007
128. Taibi, D.M., Landis, C.A., Petry, H. and **Vitiello, M.V.** A Systematic Review of Valerian as a Sleep Aid: Safe but Not Effective. *Sleep Medicine Reviews* 10(3):209-230, 2007.
- \*129. Watson, N.F. and **Vitiello, M.V.** Management of Obstructive Sleep Apnea in Acromegaly. *Sleep Medicine* 8(5):539-40, 2007
130. Sack, R.L., Auckley, D., Auger, R.R., Carskadon, M.A., Wyatt, J.K., Wright, K., **Vitiello, M.V.** and Zhdanova, I.V. Circadian Rhythm Sleep Disorders: Part I, Basic Principles, Shift Work and

- Jet Lag Disorders; An American Academy of Sleep Medicine Review. *Sleep* 30(11):1460-1483, 2007
131. Sack, R.L., Auckley, D., Auger, R.R., Carskadon, M.A., Wyatt, J.K., Wright, K., **Vitiello, M.V.** and Zhdanova, I.V. Circadian Rhythm Sleep Disorders: Part II, Advanced Sleep Phase Syndrome, Delayed Sleep Phase Syndrome, Free-running Type, and Irregular Sleep Wake Rhythm; An American Academy of Sleep Medicine Review. *Sleep* 30(11):1484-1501, 2007
132. **Vitiello, M.V.** Exercise, Sleep and Cognition: Interactions in Aging. In: Spirduso, W., Poon, L. and Chodzko-Zajko, W. (Eds.) *Exercise Effects on Mediators of Cognition: Volume 2. Human Kinetics Publishers Inc., Champaign IL. 147-168, 2008*
- \*133. McCurry, S.M., Pike, K.C., **Vitiello, M.V.**, Logsdon, R.G. and Teri, L. Factors associated with concordance and variability of sleep quality in Alzheimer's patients and their caregivers. *Sleep* 31(5):741-748, 2008.
- \*134. King, A.C., Pruitt, L.A., Woo, S., Castro, C., Ahn, S., **Vitiello, M.V.**, Woodward, S. and Bliwise, D.L. Effects of moderate-intensity exercise on polysomnographic and subjective sleep quality in older adults with mild to moderate sleep complaints. *J of Gero: Med Sci* 63(9):997-1004, 2008.
135. Landis, C.A., Taibi, D.M. **Vitiello, M.V.** Valerian and Sleep. In Watson, R. and Preedy, V.R. (Eds.) *The Encyclopedia of Herbal Medicine in Clinical Practice. CABI Publishing, Oxfordshire, UK. 831-840, 2008. [www.cabi.org](http://www.cabi.org)*
136. **Vitiello, M.V.** Sleep and Circadian Rhythm Disorders in Human Aging and Dementia. In: L.R. Squire (Ed), *Encyclopedia of Neuroscience, Academic Press, Oxford, UK. 897-903, 2009.*
137. **Vitiello, M.V.** Dementia. In: T. Lee-Chiong T (Ed), *Sleep Medicine Essentials. Wiley-Blackwell, Hoboken, New Jersey, 359-364, 2009.*
- \*138. Taibi, D.M., **Vitiello, M.V.**, Barsness, S., Anderson, G.D., Elmer, G.W. and Landis, C.A. A Randomized Clinical Trial of Valerian Fails to Improve Subjective and Objective Sleep Quality of Older Women with Insomnia. *Sleep Medicine* 10(3): 319-328, 2009.
- \*135. Bliwise D.L., Foley D.J., **Vitiello M.V.**, Pour Ansari F., Ancoli-Israel S. and Walsh J.K. Nocturia and Disturbed Sleep in the Elderly. *Sleep Medicine* 10(5): 540-548, 2009.
140. Bloom, H.G., Ahmed, I., Alessi, C.A., Ancoli-Israel, S., Buysse, D.J., Kryger, M.H., Phillips, B.A., Thorpy, M.J., **Vitiello, M.V.**, and Zee, P.C. Evidence-Based Recommendations for the Assessment and Management of Sleep Disorders in Older Persons. *Journal of the American Geriatrics Society* 57(5); 761-789, 2009.
141. Zee P.C. and **Vitiello, M.V.** Circadian Rhythm Sleep Disorder: Irregular Sleep Wake Rhythm Type. *Sleep Medicine Clinics* 4(2): 213-218, 2009.
142. **Vitiello, M.V.** Sleep and Circadian Rhythm Disorders in Human Aging and Dementia. In: P. R. Hof and C. V. Mobbs (Eds), *Handbook of the Neuroscience of Aging, Academic Press, San Diego, 365-371, 2009.*
- \*143. **Vitiello, M.V.**, Rybarczyk, B.D., Von Korff, M. and Stepanski, E.J. Cognitive Behavioral Therapy for Insomnia Improves Sleep and Decreases Pain in Older Adults with Co-morbid Insomnia and Osteoarthritis. *Journal of Clinical Sleep Medicine* 5(4): 355-362, 2009.
144. McCurry, S.M., Logsdon, R.G., Gibbons, L.E., **Vitiello, M.V.**, & Teri, L. Insomnia in Caregivers of Persons with Dementia: Who is at Risk and What Can Be Done about It? *Sleep Medicine Clinics* 4(4): 519-526, 2009.
145. **Vitiello, M.V.** Recent Advances in Understanding Sleep and Sleep Disturbances in Older Adults. *Current Directions in Psychological Science* 18(6):316-320, 2009.
- \*146. Watson, N.F., Buchwald, D., **Vitiello, M.V.**, Pack, A., Noonan, C., Goldberg, J. A Twin Study of Sleep Duration and Body Mass Index. *Journal of Clinical Sleep Medicine* 6(1):11-17, 2010
- \*147. Ohayon, M.M., Krystal, A., Roehrs, T.A., Roth, T., **Vitiello, M.V.** Using Difficulty Returning to Sleep to Define Nocturnal Awakenings. *Sleep Medicine* 11(3):236-241, 2010.
148. Ficca G., Axelsson J., Mollicone D., Muto V., **Vitiello M.V.** Napping, Cognition and Performance. *Sleep Medicine Reviews* 14(4): 249-258, 2010.
- \*149. McCurry, S.M., Pike, K.C., Logsdon, R.G., **Vitiello, M.V.**, Larson, E.B. & Teri, L. Predictors of

- Short and Long-Term Adherence to a Daily Walking Program in Persons with Alzheimer's Disease. *American Journal of Alzheimer's Disease and other Dementias* 25(6): 505-512, 2010.
- \*150. Anderson, G.D., Elmer, G.W., Taibi, D.M., **Vitiello, M.V.**, Kantor, E., Kalthorn, T., Howald, W., Barsness, S.M., Landis, C.A. Pharmacokinetics of Valerenic Acid After Single and Multiple Doses of Valerian in Older Women. *Phytotherapy Research* 24(10):1442-1446, 2010.
151. Alessi, C.A. and **Vitiello, M.V.** Insomnia in the Elderly. *Clinical Evidence (Online)* 2011 (in press).
152. **Vitiello, M.V.** The Effective Assessment and Management of Sleep Disturbances in Community-Dwelling and Institutionalized Older Adults. In: R. Chiang (Ed.) *Introduction to Sleep Technology*, Springer, New York, 2011 (in press)
- \*153. Taibi, D.M. and **Vitiello, M.V.** A Pilot Study of Gentle Yoga for Sleep Disturbance in Women with Osteoarthritis. *Sleep Medicine* 2011 (in press).
154. Ohayon, M.M., O'Hara, R. and **Vitiello, M.V.** Epidemiology of Restless Legs Syndrome: A Synthesis of the Literature. *Sleep Medicine Reviews* 2011 (in press).
- \*155. McCurry, S.M., Pike, K.C., **Vitiello, M.V.**, Logsdon, R.G., Larson, E.B. & Teri, L. Walking, bright light, and a combination intervention all improve sleep in community-dwelling persons with Alzheimer's disease: Results of a randomized, controlled trial. *Journal of the American Geriatrics Association* 2011 (in press).

**Refereed, Data-based Papers\*; and Invited Review Articles and Chapters (submitted or revising)**

- \*156. Watson, N.F., Buchwald, D., Noonan, C., **Vitiello, M.V.**, Pack, A., Goldberg, J. Is Circadian Type Associated with Sleep Duration in Twins? *Journal of Clinical Sleep Medicine* 2011 (submitted).
- \*157. Parsons, E.C., Caldwell, E.S., Kross, E., Kapur, V.K., McCurry, S.M., **Vitiello, M.V.**, and Hough, C.L. Sleep Disturbance and Quality of Life After Discharge Among Survivors of Acute Lung Injury. *Chest* 2011 (submitted)
- \*158. Von Korff, M., **Vitiello, M.V.**, McCurry, S.M., Balderson, B., Moore, A.L., Baker, L.D., Shortreed, S., Yarbro, P., Saunders, K., Keefe, F., Rybarczyk, B.D. Evaluation of Behavioral Interventions for Co-Morbid Chronic Pain and Insomnia in Primary Care: Lifestyles Trial Design. *Clinical Journal of Pain* 2011 (submitted).
- \*159. McCurry, S.M., Von Korff, M., **Vitiello, M.V.**, Balderson, B., Moore, A.L., Baker, L.D., Shortreed, S., Yarbro, P., Saunders, K., Keefe, F., Rybarczyk, B.D. Frequency of Co-Morbid Insomnia, Pain, and Depression in Older Adults with Osteoarthritis: Predictors of Enrollment in a Randomized Treatment Trial. *Journal of Psychosomatic Research* 2011 (submitted).
- \*160. Taibi, D.M., Landis, C.A., **Vitiello, M.V.** The Validity and Utility of Actigraphy for Assessing Sleep and Wake in Nursing Science. *Biological Research for Nursing* 2011 (in preparation).
- \*161. Yeh, Z.T., Kang, S.C., Chiang, R.P.Y., **Vitiello, M.V.**, Chiang, C.H. Development and Validation of the Insomnia Screening Scale. *Journal of Psychosomatic Research* 2011 (in preparation).
162. Ohayon, M.M. and **Vitiello, M.V.** Epidemiology of Difficulties Maintaining Sleep. *Sleep Medicine Reviews* 2011 (in preparation).
- \*163. **Vitiello, M.V.**, Foley, D.J., Stratton, K.L. and White, E. Prevalence of Chronic Insomnia and Association with Medical Conditions Among Adults 50 to 76 Years of Age In the Vitamins and Lifestyle (VITAL) Cohort Study. (in revision).
164. Garner B.K., Jarrett M., Landis C.A., McCarthy M., **Vitiello M.V.** Sleep Disturbances and Associated Factors in U.S. Soldiers after Deployment. *Sleep Medicine Reviews* (in preparation).

**Other Scientific Publications (Editorials, Letters to the Editor, Forewords, etc, in print or press)**

1. **Vitiello, M.V.** & Krieger, J.: Inaugural Editorial. *Sleep Med Rev.* 1(1):1-2, 1997.
2. **Vitiello, M.V.** & Krieger, J.: Obstructive sleep apnea: surgery or CPAP? (Editorial). *Sleep Med Rev.* 1(2):73, 1997.
3. **Vitiello, M.V.** & Krieger, J.: Such stuff as dreams are made (Editorial). *Sleep Med Rev.* 3(1):1-2, 1999.

4. **Vitiello, M.V.:** Sleep and sleep disturbance in older adults. Northwest Geriatric Education Center Curriculum Module. 1999.
5. **Vitiello, M.V. & Krieger, J.:** Reflections on the Past, Present and Future. (Editorial). *Sleep Med Rev.* 3(4):261-262, 1999.
6. **Vitiello, M.V.:** Foreword. In: K. Lichstein and C. M. Morin (Eds), *Treatment of Late-Life Insomnia*. Thousand Oaks, CA. Sage Publications Inc., 2000.
7. **Vitiello, M.V. & Krieger, J.:** Growth, Change and Controversy. (Editorial). *Sleep Med Rev.* 4(1):3-4, 2000.
8. **Vitiello, M.V. & Krieger, J.:** Promised Made... Promises Kept. (Editorial). *Sleep Med Rev.* 4(6):519-520, 2000.
9. **Vitiello, M.V. & Krieger, J.:** Expanding Horizons. (Editorial). *Sleep Med Rev.* 5(1):1-2, 2001.
10. **Vitiello, M.V. & Krieger, J.:** Half a Decade of Growth and Service. (Editorial). *Sleep Med Rev.* 6(1):1-2, 2002.
11. **Vitiello, M.V. & Krieger, J.:** Lucky Number Seven. (Editorial). *Sleep Med Rev.* 7(1):1-2, 2003.
12. **Vitiello, M.V.:** Past as Prologue. (Editorial). *Sleep Med Rev.* 7(4):287, 2003.
13. **Vitiello, M.V. & Krieger, J.:** Milestones Past and Future. (Editorial). *Sleep Med Rev.* 8(1):1-2, 2004.
14. **Vitiello, M.V.:** In Memoriam: Ferenc Obal, M.D., Ph.D. *Sleep Med Rev.* 8(6):427, 2004.
15. **Vitiello, M.V. & Krieger, J.:** Quality... In Breadth... In Depth... And... In Demand! (Editorial) *Sleep Med Rev.* 9(1):3-4, 2005.
16. **Vitiello, M.V.:** First Primer of Sleep Research a Success. *Sleep Research Society Bulletin,* 10(2):22, 2005.
17. **Vitiello, M.V.:** In Memoriam: Elizabeth Giblin EdD, RN. *Sleep Med Rev.* 9(4):331, 2005.
18. **Vitiello, M.V.:** Primer of Sleep Research a Great Success. *J of Clin Sleep Med.* 1(3):317, 2005.
19. **Vitiello, M.V. & Krieger, J.:** Year Ten and Things Could Not Look Brighter! (Editorial) *Sleep Med Rev.* 10(1):1-2, 2006.
20. Ancoli-Israel, S. & **Vitiello, M.V.:** Sleep and Dementia (Guest Editorial) *Am J Geri Psychiat.* 14 (2):91-94, 2006.
21. **Vitiello, M.V. & Ancoli-Israel, S.:** Appropriate Assessment of Sleep Disturbance in Dementing Disorders (Letter to the Editor) *Am J Geri Psychiat.* 14(11):986-7, 2006.
22. **Vitiello, M.V. & Krieger, J.:** Evaluating Sleep Medicine Reviews' Influence on Sleep Research and Sleep Medicine: Immediate and Significant Impact. (Editorial) *Sleep Med Rev.* 10(6): 373-376, 2006.
23. **Vitiello, M.V.** Growing Old Should Not Mean Sleeping Poorly: Recognizing and Properly Treating Sleep Disorders in Older Adults (Guest Editorial) *J Am Geri Soc.* 55(11): 1882-3, 2007.
24. **Vitiello, M.V. & Krieger, J.:** Looking Back but Moving Forward. (Editorial) *Sleep Med Rev.* 11(6): 421-422, 2007.
25. **Vitiello, M.V.** Sleep Schedules of Elderly Persons. *Scientific American Mind (Ask the Brains).* 19(2):84, 2008.
26. **Vitiello, M.V.:** President's Message. *Sleep Research Society Bulletin,* 14(2):4-5, 2008.
27. **Vitiello, M.V.** We Have Much More to Learn About Napping in Older Adults (Guest Editorial) *J Am Geri Soc.* 56(9):1753-5, 2008.
28. **Vitiello, M.V.:** President's Message. *Sleep Research Society Bulletin,* 14(3):4-5, 2008.
29. **Vitiello, M.V.:** Foreword. In: A. Avidan and C. Alessi (Eds), *Geriatric Sleep Medicine*. Informa Healthcare, New York. 2008.
30. **Vitiello, M.V. & Krieger, J.:** A Heartfelt Thank You. (Editorial) *Sleep Med Rev.* 13(1):1-3, 2009.
31. **Vitiello, M.V.:** President's Message. *Sleep Research Society Bulletin,* 15(1):4-5, 2009.
32. **Vitiello, M.V. & Krieger, J.:** Excelsior. (Editorial) *Sleep Med Rev.* 14(1):1-2, 2010.
33. **Vitiello, M.V.:** Sleep and Circadian Scientists and Clinicians to Gather in Kyoto, Japan, for WorldSleep2011. *Sleep Research Society Bulletin,* 16(3):10, 2011.

34. **Vitiello, M.V.** & Krieger, J: Another Milestone. (Editorial) Sleep Med Rev. 15(1):1, 2011 (in press).

**Published Abstracts**

225+ published abstracts in the areas of sleep, circadian rhythms, neuroendocrinology, cognition and aging. A full list follows on pages 31-36.

**Presentations at Universities and Regional, National and International Scientific Meetings**

250+ presentations at universities and scientific meetings in the areas of sleep, circadian rhythms, sleep disorders, neuroendocrinology, cognition and aging. A full list follows on pages 37-44.



**Research and Training Grants since 1980: Past, Current (bolded) and Pending**

- 1980-1987 Sleep and EEG Discrimination of Dementia from Depression. R01 MH33688, \$186,000 annually, Patricia N. Prinz, PI; Michael V. Vitiello, Co-I.
- 1980-1984 Sleep and EEG in Dementia of the Alzheimer's Type. VA Merit Review, \$85,000 annually, Patricia N. Prinz, PI; Michael V. Vitiello, Co-I.
- 1980-2008 General Clinical Research Center. MO1 RR00037, \$1,950,000 annually, Paul G. Ramsey, PI, Mary L. (Nora) Disis, Program Director, Michael V. Vitiello, Investigator.
- 1983-1986 Sleep, Sympathetic Nervous Activity and Aging. New Investigator Research Award (NIRA) AG04348, \$75,000 annually, Michael V. Vitiello, PI.
- 1984-1993 Automated EEG Biomarkers: Alzheimer's, Multi-Infarct Dementia and Depression. VA Merit Review, \$110,000 annually, Patricia N. Prinz, PI; Michael V. Vitiello, Co-I.
- 1987-1997 Biomarkers for Early Expression of Alzheimer's Disease. R37 MH33688, \$214,000 annually, Patricia N. Prinz, PI; Michael V. Vitiello, Co-I.
- 1988-1990 Alcohol Abuse as a Risk Factor for Sleep Apnea. UW Alcohol and Drug Abuse Institute grant \$20,000 annually, Michael V. Vitiello, PI.
- 1989-2011 Postdoctoral Psychology Training in Alcohol Research. T32 AA07455, \$140,000 annually, Mary Larimer, Program Director; Michael V. Vitiello, Faculty.
- 1990-1993 Clinical Training in Geriatric Mental Health. T32 MH19332, \$134,000 annually, Linda Teri, Program Director; Michael V. Vitiello, Faculty.
- 1990-1995 Aerobic Fitness: Sleep and its Correlates in the Aged. R01 MH45186, \$248,000 annually, Michael V. Vitiello, PI.
- 1991 Computerized Physiological Data System. Shared Instrumentation Grant. S10 RR06741, \$359,000, S. Hegyvary, PI; Michael V. Vitiello, Co-I.
- 1991-1995 Caregiver Mental Health and Patient Outcomes. R01 AG10760, \$180,000 annually, Peter P. Vitaliano, PI; Michael V. Vitiello, Co-I.
- 1991-1992 Effect of Heart Disease, Age and Inflammation on Thrombolysis. American Heart Association, \$26,000 annually, Wayne Chandler, PI; Michael V. Vitiello, Co-I.
- 1992-2000 Growth Factors and Exercise in Elderly Women. R01 AG10943, \$365,000 annually, Robert S. Schwartz, PI (Michael V. Vitiello, PI, UW Sub-contract, 120,000 annually).
- 1993-1996 Cognition, Sleep and Anabolic Hormones in Older Adults. VA Merit Award, \$119,000 annually, Patricia N. Prinz, PI, Michael V. Vitiello, Co-I.
- 1994-2004 Age-Related Sleep Impairment: Possible Interventions. NIMH Independent Scientist Award, K02- MH01158, \$97,200 annually, Michael V. Vitiello, PI.
- 1994-1997 Sleep & Mental Function in the Aged: Anabolic Influences. R01 AG12915, \$208,000 annually, Patricia N. Prinz, PI; Michael V. Vitiello, Co-I.
- 1995-1999 Dawn Simulation and Bright Light Treatments of SAD. R01 MH50593, \$138,909 annually, David H. Avery, PI; Michael V. Vitiello, Co-I.
- 1996-2003 Age-Related Sleep Impairment: Treatment with GHRH. R01 MH53575, \$235,000 annually, Michael V. Vitiello, PI.
- 1996-2010 Clinical Nutrition Research Unit. 5P30-DK35816, \$610,000 annually, Alan Chait, PI, Michael V. Vitiello, Affiliate Investigator.
- 1996-1998 Estrogen and Memory Stability in Older Women. R29 MH55559, \$48,767 annually, Karen E. Moe, PI; Michael V. Vitiello, Co-I.
- 1998-2002 Sleep in Older Women: Effects of Estrogen. R01 AG15357, \$244,000 annually, Karen E. Moe, PI; Michael V. Vitiello, Co-I.
- 1999-2003 Promoting Exercise, Sleep and Well Being in Older Adults. R01 MH58853, \$328,000 annually, Abby King, PI, Stanford University; Michael V. Vitiello, Co-I.
- 1999-2004 Treating Neuropsychiatric Problems in Dementia. K01-MH01644, \$102,000 annually, Susan McCurry, PI; Michael V. Vitiello, Sponsor.
- 1999-2009 Neurobehavior, Neuroendocrinology, and Genetics of AD, T32 AG00258-01, \$189,000 annually, Murray Raskind and Suzanne Craft, Co-PIs, Michael V. Vitiello, IAC Member.
- 1999-2004 Cohort Study of Dietary Supplements and Cancer Risk. R01 CA74846, \$1,860,000 annually, Emily White, PI; Michael V. Vitiello, Co-I.
- 2001-2006 Interdisciplinary Clinical Research Skills Training. R25 MH60486, \$140,000 annually, Deborah Cowley and Joan Romano, Co-PI's; Michael V. Vitiello, Faculty.



- 2001-2003 Linkage between Growth Hormone and Sleep in Older Women: Effects of Estrogen Replacement. Lily Center for Women's Health, \$30,000 annually, George Merriam, PI, Michael V. Vitiello, Co-I.
- 2002-2005 Progesterone and Sleep in Older Women. R01 AG20082, \$200,000 annually, Michael V. Vitiello, PI.
- 2002-2003 Electronic Protection System for Subjects (EPSS). S07 RR018268, \$250,000, Malcolm R. Parks, PI; Michael V. Vitiello, Co-Investigator.
- 2003-2004 Normal Sleep from Childhood to Old Age. American Academy of Sleep Medicine, \$75,000, Maurice Ohayon (Stanford), PI; Michael V. Vitiello, Co-I.
- 2003-2005 Sleep Apnea and Perioperative Complications in Geriatric Patients. AGS Jahnigen Career Scholar's Development Award. \$100,000 annually, Edward M. Weaver, PI; Michael V. Vitiello, Co-I.
- 2003-2008 Nasal Obstruction and Sleep Apnea Treatment Outcomes K23 HL068849, \$172,000 annually, Edward M. Weaver, PI; Michael V. Vitiello, Sponsor.
- 2004-2006 Valerian for Sleep Disturbance in Healthy Older Adults. R21 AT002108, \$125,000 annually, Carol Landis, PI; Michael V. Vitiello, Co-I.
- 2005-2012 GHRH: Cognition in Aging and Mild Cognitive Impairment. R01 AG025515, \$338,000 annually, Michael V. Vitiello, PI.**
- 2005-2010 Behavioral Treatment of Nocturnal Disturbances in AD. R01 MH072736, \$321,000 annually, Susan McCurry, PI; Michael V. Vitiello, Co-I.
- 2005-2010 Gut Function in Menstruating Women. R01 NR04101, \$352,000 annually, Margaret M. Heitkemper, PI; Michael V. Vitiello, Co-I.
- 2006-2007 Post-Doctoral Training in Sleep and Post-Traumatic Stress Disorder. Takeda Pharmaceuticals of North America, \$10,000 annually, Michael V. Vitiello, Program Director.
- 2007-2012 Night Shift Work and Hormone Levels in Men. R01 CA116400, \$407,000 annually, Scott Davis, PI; Michael V. Vitiello, Co-I.**
- 2007-2009 Growth Hormone Releasing Hormone and Aging. UW Royalty Research Fund, \$37,500, Seth D. Friedman, PI; Michael V. Vitiello, Co-I.
- 2007-2012 Sleep Duration and Metabolism in Twins. K23 HL083350, \$175,000 annually. Nathaniel F. Watson, PI; Michael V. Vitiello, Sponsor.**
- 2007-2010 Geriatric Education Center. D31HP08846, \$215,000 annually, Itamar Abrass, PI/Program Director, Michael V. Vitiello, Co-I/Associate Director.
- 2008-2013 Cognitive Behavioral Therapy for Arthritis Pain and Insomnia in Older Adults. R01 AG031126, \$593,700 annually, Michael V. Vitiello, Lead PI; Susan McCurry and Michael Von Korff, Co-PIs.**
- 2009-2012 GHRH: Cellular Integrity in Aging and Mild Cognitive Impairment. R01 AG030484, \$183,000 annually, Seth D. Friedman, PI (Michael V. Vitiello, PI, UW Sub-contract, \$139,000 annually).**
- 2009-2014 Biobehavioral Nursing Research Training Program. T32 NR007106-10, \$456,385 annually, Carol A. Landis, Principal Investigator/Program Director, Michael V. Vitiello, Faculty.**
- 2009-2014 Center for Research on the Management of Sleep Disturbances. P30 NR011400, \$305,000 annually, Margaret M. Heitkemper, PI/Co-Director; Michael V. Vitiello, Co-I/Co-Director.**
- 2010-2015 Geriatric Education Center. UB4 HP19195, \$209,000 annually, Itamar Abrass, PI/Program Director; Michael V. Vitiello, Co-I/Co-Director.**
- 2011-2016 Epidemiology of Sleep Problems and Perinatal Outcomes. 1 R01 HD067263-01A1, \$497,000 annually, Michelle A. Williams, PI; Michael V. Vitiello, Co-I (Priority score 23, percentile 14%, pending)
- 2011-2015 Viniyoga for Pain and Sleep Disturbance in Osteoarthritis. NCCAM, \$274,000 annually, Diana M. Taibi, PI, Michael V. Vitiello, Co-I (in revision)

### **Administration**

Dr. Vitiello served as Special Assistant to the Vice-Provost for Research (1998-2002), Assistant Vice-Provost for Research (2002-2005), and Director of the Grant and Contract Initiative (GCI, 1999-2004). As GCI Director he supervised a full-time staff of six and coordinated a large resource group in a 2.5 million dollar project that developed the Researcher's Guide (<http://www.washington.edu/research/guide/index.php>), and SAGE, a web-based research proposal application development, routing and approval system to better serve the needs of principal investigators, their staffs, and campus administrators (<https://ucs.admin.washington.edu/sagenet/>).

Dr. Vitiello chaired the Faculty Senate's Faculty Council on Research (1996-1999). He also served on the President's Research Advisory Board (1996-1999), the Faculty Senate (1992-1994, 1996-1999, 2003-2006) and the Faculty Senate Executive Committee (1996-1999, 2005-2006).

Dr. Vitiello serves half-time as Co-Director of the Northwest Geriatric Educational Center (NWGEC, [www.nwgec.org](http://www.nwgec.org)). Established in 1985 and funded by HRSA, the NWGEC is an interdisciplinary center at the University of Washington dedicated to improving health outcomes and quality of life for older adults. The NWGEC conducts health promotion training programs state-wide and develops educational programs and resources for health care and social service professionals working with underserved and rural older adults throughout the Northwest. Dr. Vitiello is a member of the Department of Psychiatry and Behavioral Sciences's Advisory Board and chairs the department's UWMC Space Committee.

Dr. Vitiello spends approximately half of his time on research. From 1982 to 1997 he was the Associate Director of the Department of Psychiatry's Sleep and Aging Research Program and from 1997 he has been Senior Scientist of the Department of Psychiatry's Sleep Research Group, directing a full-time research staff of up to ten. He is currently, principal investigator of two NIA-funded randomized controlled trials; SMART (Somatophics Memory and Aging Research Trial) and LIFESTYLES (in Osteoarthritis), co-investigator on three other major federally-funded research projects (NCI, NIA and NIMH), and sponsor of two K-23 (NHLBI) awardees.

Dr. Vitiello is Co-Director of the NINR-funded Center for Research on Management of Sleep Disturbances (CRMSD, [www.uw-crmsd.org](http://www.uw-crmsd.org)). The CRMSD's mission is to ameliorate sleep disturbances in chronic illnesses through the development of interventions to improve sleep quality and supports a number of large research projects and a pilot grant program.

Dr. Vitiello's research efforts focus on the causes, consequences and treatments of age-related changes in sleep, circadian rhythms and cognition. He works with a wide network of scientific collaborators at both the UW and other universities. He has received two Independent Scientist Research Career Awards (K02s) from the NIMH. His research is or has been directly supported by: PHS Grants; AG031126, AG030484, AG025515, AG15357, AG12915, AG10943, MH072736, MH55559, MH53575, MH50593, MH45186, MH33688, MH01158, NR04101, NR11400, CA116400, AT002108, and RR37; Veteran's Health Services and Research Administration; American Heart Association; Alcohol and Drug Abuse Institute, UW; Office of Research, UW; Sero Inc. and Theratechnologies Inc.

### **Active Research Collaborators:**

Laura D. Baker, PhD, Psychiatry and Behavioral Sciences, UW and GRECC, Seattle VAMC  
Soo Borson, MD, Psychiatry and Behavioral Sciences, UW  
Rayleigh Chiang, MD, Sleep Technology Center, National Taiwan University, Taipei, Taiwan  
Suzanne Craft, PhD, Psychiatry and Behavioral Sciences, UW and GRECC, Seattle VAMC  
Scott Davis, PhD, Epidemiology, UW and Fred Hutchison Cancer Research Center, Seattle,  
Seth Friedman, PhD, Children's Hospital and Medical Center, Seattle, WA  
Margaret M. Heitkemper, PhD, RN, Biobehavioral Nursing and Health Systems, UW  
Monica E. Jarrett, PhD, RN, Biobehavioral Nursing and Health Systems, UW  
Carol Landis, PhD, RN, Biobehavioral Nursing and Health Systems, UW  
Susan McCurry, PhD, Psychosocial and Community Health Nursing, UW  
George Merriam, MD, Medicine (Endocrinology), UW and American Lake Division, VAPSHCS  
Maurice M. Ohayon, MD, DSc, PhD, Stanford Sleep Epidemiology Research Center, Stanford  
Diana Taibi, PhD, RN, Biobehavioral Nursing and Health Systems, UW  
Nathaniel Watson, MD, Neurology, UW  
Edward M. Weaver, MD, Otolaryngology, UW  
Michelle A. Williams, DSc, Epidemiology and Global Health, UW

Michael R. Von Korff, DSc, Group Health Research Institute, Seattle

**Mentoring, Teaching and Instructional Responsibilities**

**NIH Career (K) Award Mentees:**

**K01:** Seth Freidman, PhD, Radiology, UW

**K01:** Susan M. McCurry, PhD, Psychiatry and Psychosocial Nursing, UW

**K01:** Douglas S. Ramsay, DDS, PhD, Dental Public Health Sciences, UW

**K23:** Edward M. Weaver, MD, MPH, Otolaryngology, UW

**K23:** Nathaniel F. Watson, MD, Neurology, UW

**Mentoring of Residents, Post-Doctoral Fellows and Junior Faculty (UW and other universities):**

David H. Avery, MD, Psychiatry and Behavioral Sciences, UW

Kimberly Babson, PhD, Psychology Resident, Psychiatry and Behavioral Sciences, UW

Laura D. Baker, PhD, Psychiatry and Behavioral Sciences, UW

John A. Bokan, MD, Psychiatry and Behavioral Sciences, UW

Molly C. Carr, MD, Medicine (Metabolism, Endocrinology and Nutrition), UW

Melynda Casement, PhD, Psychology Resident, Psychiatry and Behavioral Sciences, UW

Kate Crowley, PhD, Stanford Research Institute, Palo Alto

Monique Cherrier, PhD, (K01 Awardee) Psychiatry and Behavioral Sciences, UW

Kyl Dinsio, MD, Chief Resident 2009-2010, Psychiatry and Behavioral Sciences, UW

Cynthia Dorsey, PhD, Psychiatry, Harvard

Steven P. Duntley, MD, Neurology, Washington University

Karen L. Edwards, PhD, Epidemiology, UW

Carol Everson, PhD, Neurology, MCW

Seth Freidman, PhD, (K01 Awardee) Radiology, UW

Christopher Gross, MD, Psychiatry and Behavioral Sciences, UW

Rebecca Hendricks, MD, PhD, Psychiatry Resident, Psychiatry and Behavioral Sciences, UW

Carolyn Hoch, RN, PhD, Psychiatry, University of Pittsburgh

Monica E. Jarrett, PhD, Biobehavioral Nursing and Health Systems, UW

Robert Kalus, MD, Chief Resident 2001-2002, Medicine, UW

Andrea Landis, PhD, RN, Biobehavioral Nursing and Health Systems, UW

Alyson J. Littman, PhD, Epidemiology, UW

Rebecca Logsdon, PhD, Psychosocial and Community Health Nursing, UW

Karen E. Moe, PhD, Psychiatry and Behavioral Sciences, UW

Susan M. McCurry, PhD, (K01 Awardee) Psychosocial and Community Health Nursing, UW

Patricia Murphy, PhD, Psychiatry, Cornell

Elizabeth Parson, MD, Post-Doctoral Fellow, Pulmonary Medicine, UW

Douglas S. Ramsay, PhD, DDS, (K01 Awardee) Pediatric Dentistry, UW

Joan Russo, PhD, Psychiatry and Behavioral Sciences, UW

Molly Shores, MD, Psychiatry and Behavioral Sciences, UW

Clifford Singer, MD, Psychiatry, University of Vermont

Jacqueline R. Starr, MD, Pediatrics and Epidemiology, UW

Diana M. Taibi, PhD, Biobehavioral Nursing and Health Systems, UW

Kelly L. Tremblay, PhD, Speech and Hearing Sciences, UW

Edward M. Weaver, MD, MPH, (K23 Awardee) Otolaryngology, UW

Nathaniel F. Watson, MD, (K23 Awardee) Neurology, UW

**Doctoral and Masters Supervisory Committees:**

Greta Cammermeyer, PhD (Physiological Nursing)

Kitty Dahl, PhD (Psychology/Physiology)

Derek Eder, PhD (Psychology)

Karen Edwards, PhD (Epidemiology)

Paul M. Faestel, MD, MPH (Epidemiology)

Betty K. Garner PhD (Biobehavioral Nursing)

Sang-Eun Jun, PhD (Biobehavioral Nursing)

Han Kim Ph.D. (Epidemiology)

Deborah Schechter, PhD (Anthropology)

Heather Young, PhD (Psychosocial Nursing)

Luan Keng Wang PhD (Zoology)

**Research Supervision (Undergraduate and graduate students):**

Richard Abrams, PhD (Psychology)	Zoe Holbrooks, MLS (undergraduate)
Gwynne Armstrong, BA (undergraduate)	Amy Hong, BS (undergraduate)
Darlene Axelson, BA (undergraduate)	Richard Lane, BA (undergraduate)
Kimberly Babson, PhD (Psychology Resident)	Jong-Ni Lin, RN (Biobehavioral Nursing, grad student)
Bradley Barris, BS, MD (undergraduate)	Jo Laskowski, BA (General Studies)
Laura Baehner, BS (undergraduate)	Kathy Lee, PhD (Physiological Nursing)
Lorenzo Cabanilla, BA (undergraduate)	Marty Lentz, PhD (Physiological Nursing)
Mark Calogero, PhD (Psychology)	Jacob Leonesio, PhD (Psychology)
Melynda Casement, PhD (Psychology Resident)	Susann Ocken, BS (undergraduate)
Chad Counselor, BA (undergraduate)	Michael Palmer, BS (undergraduate)
Marie Douglas, BS (undergraduate)	Jean Paylow, BS (undergraduate)
Stephen Duntley, MA, MD (Medicine)	Lyvuth Phu, BA (undergraduate)
Jeff Dutton, MD (Psychiatry)	Joan Russo, PhD (Psychology)
Derek Eder, PhD (Psychology)	Deborah Schechter, PhC (Anthropology, grad student)
Jennifer Egglin, BA (undergraduate)	Lisa Sharon, BA (General Studies)
Rhiannon Ellis (undergraduate)	Tanya Turkovich, BA (undergraduate)
Roberta Erickson, PhD (Physiological Nursing)	Shelley Tworoger, PhD (Epidemiology)
Michael Frommlet, MD (Medicine)	Margaret Wallhagen, MSN (Psychosocial Nursing)
Rebecca Green LLD (undergraduate)	Ryan White, BS (undergraduate)
Brenda Harris (General Studies)	Emily Yamato, PhD (Psychology)
Deb Heinricher (Geriatric Nursing)	Heather Young, PhD (Psychosocial Nursing)
Christopher Hennessy (Psychology, grad student)	June Zhang, MD (Medicine)
Stacy Herring, BS (undergraduate)	Caroline Zee, BS (undergraduate)

**Regular Instructional Duties:**

UConjoint 411, Psychology of Aging (Lecturer); Sleep and Aging (1990-2001)  
Psychology 102, Psychology as a Natural Science (Instructor; Winter, Spring and Summer 1989, Winter and Summer 1990, Spring 1991, Summer 1993, Winter and Summer 1994, Summer 1995, Winter 1998)  
Psychology 101, Psychology as a Social Science (Instructor; Winter 1993, Winter and Autumn 1996; Winter 1997)  
Psychology 451, Health Psychology (Instructor; Spring and Summer 1993, Summer 1994, Autumn 1995, Autumn 1997)  
Psychology 448, Psychobiology of Sleep and Circadian Rhythms (Instructor; Winter 1995)  
Psychiatry & Behavioral Sciences 548, Aging and Adult Development (Instructor, 1984-1994)  
Human Biology 516-526, Systems of Human Behavior (Course Committee Member, 1990-1993)  
UConjoint 440, Biology of Aging (Lecturer); Sleep and Aging (1985-1993)  
Psychology 209, Research Methods (Instructor; Autumn 1992, 1993)  
Psychology 222, Introduction to Physiological Psychology (Instructor; Autumn 1992)  
Psychology 322, Drugs and Human Behavior (Instructor; Winter 1991, UW Extension)  
Psychiatry and Behavioral Sciences 557, Behavioral Medicine (Instructor, 1984-1986; Co-Instructor with Dr. Barbara McCann, 1986-1991)  
Psychology 421, Neural Basis of Behavior (Lecturer); Psychophysiology of Sleep (1988-1991)  
Human Biology 516-526, Systems of Human Behavior (Assistant Chair, 1988-1989)  
UConjoint 475, Alcoholism (Lecturer); Alcohol, Sleep and Sleep Disorders (1986-1989) Human Biology 526, System of Human Behavior (Chair, 1985-1988)  
Psychology 448, Psychophysiology of Sleep and Sleep Disorders (Instructor; Summer, 1987).

**Periodic Instructional Duties:**

UW Northwest Geriatric Education Center, Geriatric Healthcare Series (CME/CNE). Diagnosis and Treatment Sleep Disorders in Older Adults, Seattle, 01/11  
Center for Research in the Management of Sleep Disturbances, UW, Recent Advances in the Effective Treatment of Insomnia in Older Adults. Seattle, 04/10  
Psychiatry Grand Rounds, Harborview Medical Center, UW. Recent Advances in Treatment of Insomnia in Older Adults, Seattle 05/09

- UW Northwest Geriatric Education Center, Keeping Elders Healthy (CME/CNE), Sleep Disorders in Older Adults, Wenatchee, WA 04/09
- UW Northwest Geriatric Education Center, Keeping Elders Healthy (CME/CNE), Sleep Disorders in Older Adults, Port Angeles, WA 04/09
- Geriatric Grand Rounds, UW School of Medicine. Growing Old Does Not Mean Sleeping Poorly, Seattle 01/09
- The Seattle What If Organization. The Causes and Treatment of Insomnia in Post-Menopausal Women. Seattle 01/09
- Insomnia: Behavioral and Pharmacological Management in Primary Care (CNE). Insomnia: Etiology, Prevalence, and Morbidity. Seattle 11/07
- BNURS 521: Scholarly Inquiry for Nursing Practice. Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly? UW Bothell, 04/07
- Sleep Medicine Education Institute (CME). Recent Perspectives in the Management of Insomnia. Sacramento, CA 01/07
- Sleep Medicine Education Institute (CME). Recent Perspectives in the Management of Insomnia. Portland, OR 12/06
- Sleep Medicine Education Institute (CME). Recent Perspectives in the Management of Insomnia. Seattle, WA 11/06
- BHLTH 497: Aging and Health Promotion. Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly? UW Bothell, 10/06
- Washington State Residence Care Council of Adult Family Homes Annual Meeting. Effective Treatment of Sleep Disturbances in Older Adults. Lynnwood, WA 10/06
- Group Discussion Leader, Biomedical Research Integrity (BRI) Lecture Series, Department of Medical History and Ethics, UW, Seattle, 09/06
- Community Health Plan of Washington Medicare Summit. Continuing Education Opportunities Offered by the Northwest Geriatric Education Center. Tukwila, WA 09/06
- Geriatric Grand Rounds, Division of Geriatrics and Gerontology, Department of Medicine, University of Washington (CME). Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly? Seattle, WA 04/06.
- Good 30<sup>th</sup> Annual Oregon State University Gerontology Course (CME/CNE). Do Not Go Gentle Into That Night: Does Growing Old Mean Sleeping Poorly? Corvallis, OR 04/06
- NW Regional Rural Health Conference, Geriatric Health Promotion for Rural Health Care Providers: Providing State-of-the-Art Telehealth Education to Rural. Spokane, WA 03/06.
- NURS 499/599, Effective Treatment of Sleep Disorders in Older Adults, Seattle, WA, 03/06
- UW Northwest Geriatric Education Center, Geriatric Health Promotion 2006 Telehealth Series (CME/CNE), Sleep Disturbance in Older Adults, Seattle, WA, 03/06
- Group Discussion Leader, Biomedical Research Integrity (BRI) Lecture Series, Department of Medical History and Ethics, UW, Seattle, 09/05
- UW Northwest Geriatric Education Center, Keeping Elders Healthy: Strategies for Healthcare Professionals (CME/CNE), Sleep Disturbance in Older Adults, Wenatchee, WA, 9/05
- Washington University Sleep Disorders Clinic (CME), Sleep Disturbance in Aging, Washington University, St. Louis, 8/05
- Neurology Grand Rounds (CME), Sleep Disturbance in Alzheimer's disease, Washington University, St. Louis, 8/05
- Psychiatry Grand Rounds (CME), Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly? University of Washington, Seattle, 4/05
- Group Discussion Leader, Biomedical Research Integrity (BRI) Lecture Series, Department of Medical History and Ethics, UW, Seattle, 9/04
- UW Northwest Geriatric Education Center, Keeping Elders Healthy: Strategies for Healthcare Professionals (CNE), Sleep Disturbance in Older Adults, Sequim, WA, 5/04
- Group Discussion Leader, Biomedical Research Integrity (BRI) Lecture Series, Department of Medical History and Ethics, UW, Seattle, 9/03
- UW Fourteenth Annual Ambulatory Care Nursing Conference – 2003 (CNE), Sleep Issues in the Elderly,

Seattle, WA, 04/03

UW Alumni Association, Dawg Days in the Desert, Putting Myths to Bed: What We Know about Sleep and Aging, Palm Springs, CA, 3/03

UW Northwest Geriatric Education Center, Keeping Elders Healthy: Strategies for Healthcare Professionals (CNE), Sleep Disturbance in Older Adults, Seattle, WA, 3/03

United General Hospital, Men's Cancer Club, Optimizing Sleep in Aging and Illness, Burlington, WA, 12/02

Nathan Hale High School PTA, Sleep Needs and Patterns of Adolescents and the Issue of School Start Time, Seattle WA, 12/02

UW Northwest Geriatric Education Center, Keeping Elders Healthy: Strategies for Healthcare Professionals (CNE), Sleep and Sleep Disturbance, Spokane, WA 10/02

UW Northwest Geriatric Education Center, Keeping Elders Healthy: Strategies for Healthcare Professionals (CNE), Sleep and Sleep Disturbance, Friday Harbor, WA 9/02

Group Discussion Leader, Biomedical Research Integrity (BRI) Lecture Series, Department of Medical History and Ethics, UW, Seattle, 8/02

UW Northwest Geriatric Education Center and University of Alaska, Anchorage, Summer Seminar in Gerontology (CNE), Sleep Disturbance in Older Adults, Anchorage, AK, 7/02

UW Northwest Geriatric Education Center Workshop (CNE): Keeping Elders Healthy, Strategies for Healthcare Professionals, Treating the Sleep Disturbances of Older Adults in Hospital and Long Term Care Settings, Forks, WA, 6/02

Clinical Pharmacology Series –2002: Geriatric Drug Therapy (CNE), Sleep Disorders in the Elderly, Seattle, 6/02

Group Discussion Leader, Biomedical Research Integrity (BRI) Lecture Series, UW School of Medicine, Seattle, 8/01

UW Northwest Geriatric Education Center, Health Promotion for Older Adults (CNE), Sleep and Sleep Disturbances, Bozeman, MT, 6/01

NWGEC-Wyoming Governor's Conference on Aging, Sleep and Sleep Disturbances in the Elderly, Casper, WY, 5/01.

Clinical Pharmacology Series (CNE), Geriatric Drug Therapy, Sleep Disorders in the Elderly, To Sleep or Not to Sleep, Seattle, 4/01

Group Discussion Leader, Biomedical Research Integrity (BRI) Lecture Series, UW School of Medicine, Seattle, 8/00

Pacific Northwest Conference for Primary Health Care Practitioners (CNE), Effective Treatment of Sleep Disorders in Older Adults, Seattle, 9/00.

UW Northwest Geriatric Education Center, Health Promotion for Older Adults (CNE), Sleep and Sleep Disturbance in Older Adults, Kalispell, MT, 5/00.

UW Northwest Geriatric Education Center, Health Promotion for Older Adults (CNE), Sleep and Sleep Disturbance in Older Adults, Moscow, ID, 4/00.

UW Department of Psychiatry and Behavioral Sciences, Neurosciences Colloquium, The Effects of Chronic Growth Hormone Releasing Hormone Administration in Healthy Older Men and

Women.

Seattle, 1/00

Geriatric Grand Rounds, Division of Geriatrics and Gerontology, Department of Medicine, UW, Diagnosing and Treating Sleep Disturbance in Older Adults, Seattle, 1/00.

UW, CNE, Pain, Sleep and Alcohol Use in Older Adults, Sleep Disruption in Older Adults, Seattle,

11/99.

UW CME, New Approaches to Treatment and Care for Older Adults, Treating Sleep Disturbance in the Older Adult, Seattle, 5/99.

UW Northwest Geriatric Education Center, Health Promotion for Older Adults (CNE), Sleep Disturbance in Older Adults, Anchorage, 4/99.

UW Northwest Geriatric Education Center, Health Promotion for Older Adults (CNE), Sleep Disturbance in Older Adults, Seattle, 4/99.

Washington University (CME), Sleep Disorders and Aging. St. Louis, 10/97.

- Sepulveda VAMC-GRECC (CME), Sleep Disorders in the Elderly, How and Why We Sleep: Basic Mechanisms of Sleep and Changes over the Lifespan. Los Angeles, 8/97.
- Geriatric Psychiatry Grand Rounds, Seattle VAMC: Sleep Disorders and Aging, Understanding the Causes. Seattle, 5/97.
- UW Mental Health Update (CME): Sleep Disorders in the Elderly, Seattle, 10/96.
- UCLA, Intensive Course in Geriatric Medicine and Board Review: Sleep Disorders, Los Angeles, 1/96.
- Cascade Mental Health Center (CME). Circadian Rhythms and Mental Health, Seattle, 12/95.
- UW Psychology Department Colloquium, The Effects of Successful Aerobic Training on the Sleep Quality and Nighttime Physiology of Healthy Older Adults, Seattle, 5/95.
- UW School of Nursing CNE Program. Sleep and Women: Effects of the Reproductive Cycle, Seattle, 2/95.
- Geriatric Grand Rounds, Department of Medicine, Sleep and Sleep Disorders in the Elderly, Seattle, 3/94.
- UW School of Nursing CNE Program: The Basics of Sleep Behavior: Sleep Patterns Across the Life Span. Enhancing the Sleep of Older Adults, Seattle, 12/93.
- Summer Institute in Gerontology (CNE), UW Schools of Nursing and Social Work, Age Related Changes in Sleep, Seattle, 7/93.
- Grand Rounds, St. Francis Hospital, UW CME, Sleep Problems Among the Elderly, Olympia WA, 4/93.
- Grand Rounds, UW Department of Psychiatry and Behavioral Sciences, Fitness Training in the Elderly: Effects on Sleep and Cognition, Seattle, 3/92.
- Geropsychiatric Clinical Conference, VA GRECC, Sleep Disorders of the Elderly, Seattle, 2/92.
- Geriatric Grand Rounds, Department of Medicine, Sleep Disturbance in the Elderly, Seattle, 1/92.
- Faculty Lecturer, NWGEC / VA GRECC, Puget Sound Forum on Aging, Sleep Disorders, Seattle, 1/92.
- Faculty Lecturer, Seattle Conference for Long-Term Care Providers, Sleep Disorders of the Elderly, Seattle, 10/91.
- Faculty Lecturer, Workshop Dealing with Insomnia as a Health Care Provider: Older Patients with Insomnia, Seattle, 4/91.
- Faculty Lecturer, Geriatric Assessment Conference, Common Sleep Disorders of the Elderly, Seattle, 4/91.
- Faculty Lecturer, NWGEC, Winter Seminar Series, Sleep Disorders and Aging, Seattle, 3/91.
- Faculty Lecturer, Frontiers of Clinical Medicine, UW CME, Alzheimer's Disease: The Search for Biomarkers, Seattle, 2/90.
- Second Year Psychiatry Resident Didactic (Lecturer); Normal and Pathological Sleep, Seattle (1988-1990)
- Research Forum, UW Alcohol and Drug Abuse Institute, Sleep and Alcohol, Seattle, 4/87.
- Behavioral Science Study Unit, Department of Psychiatry and Behavioral Sciences, Seattle, 11/87.
- News Media Workshop, Health Sciences News and Information Services, Panel Discussant Seattle, 2/86.
- First Year Resident Didactic, UW Psychiatry and Behavioral Sciences, Cognitive Behavioral Therapy, Seattle (Section Coordinator and Lecturer, 1985-1987)
- Human Biology 533, System of Human Behavior UWSOM, Seattle (Group Co-leader, Spring, 1985)
- Geriatrics Didactic, UW Psychiatry and Behavioral Sciences, Seattle (Lecturer, 1984)
- Didactics on Sleep, Sleep Disorders and Aging: University Hospital; Harborview Medical Center; Seattle and American Lake VA Medical Centers (Various dates 1984-88).
- Grand Rounds, UW Department of Psychiatry and Behavioral Sciences, Seattle, 1/84, 5/87.
- UW Conjoint 411, Psychology of Aging, Seattle (Lecturer, 1983, 1984)
- Psychology 101, Psychology as a Social Science, Autumn 1983 and Spring 1984, UW, Seattle
- (Instructor)
- Faculty Lecturer, UW Continuing Nursing Education, Treatment of Sleep Disorders, Seattle, 6/83.
- Presentation to Harborview Community Mental Health Center, Seattle, 10/83.
- Presentations to UW Biological Psychiatry Study Group, Seattle, 11/83 and 4/84.
- First Year Psychiatry Resident Didactic, UW, Sleep and Sleep Disorders, Seattle (Lecturer, 1983-1987)
- UW HuBio 563, Neuropsychological Testing, Sleep and Sleep Disorders, Seattle (Lecturer, 1982-1985)

**Published Abstracts (in print and in press)**

1. Woods, S.C., Vasselli, J.R., Kaestner, E., Szakmary, G.A., Milburn, P. and **Vitiello, M.V.**: Conditioned Insulin Secretion Associated with Meals in Rats. *Diabetes*, 25:390, 1976.
2. **Vitiello, M.V.**, Prinz, P.N., Roehrs, T.A., Vitaliano, P.P., Linnoila, M. and Weitzman, E.D.: Effect of Alcohol on Sleep and Nighttime Plasma Growth Hormone and Cortisol Levels. *Sleep Res.*, 9:96, 1980.
3. Smallwood, R., Prinz, P., **Vitiello, M.**, Roehrs, T., Linnoila, M. and Weitzman, E.: Effects of Phenobarbital on Sleep and Nighttime Plasma Growth Hormone and Cortisol Levels. *Sleep Res.*, 10:99, 1981.
4. **Vitiello, M.V.**, Prinz, P.N., Giblin, E.C. and Halter, J.B.: Relationship of Respiration, Hypoxia, Blood Pressure, Plasma Norepinephrine and Sleep Stage in Two Older Individuals with Respiratory Dysfunction. *Sleep Res.*, 10:239, 1981.
5. Prinz, P.N., **Vitiello, M.V.** and Halter, J.B.: Sleep/Waking Patterns and Plasma Norepinephrine in Young and Aged Normal Men. *Sleep Res.*, 10:70, 1981.
6. **Vitiello, M.V.**, Prinz, P.N., Giblin, E.C., Schoene, R.B. and Halter, J.B.: Relationship of Plasma Norepinephrine, Blood Pressure, Respiration and Hypoxia in Two Older Individuals with Respiratory Dysfunction. *Neurosci. Abstr.*, 373, 1981.
7. Prinz, P.N., **Vitiello, M.V.** and Halter, J.B.: Sleep/Waking Patterns and Plasma Norepinephrine in Young and Aged Men. *Neurosci. Abstr.*, 373, 1981.
8. Smallwood, R.G., **Vitiello, M.V.** and Prinz, P.N.: Sleep Apnea in Alzheimer's Dementia. *Sleep Res.*, 11:191, 1982.
9. Prinz, P.N., **Vitiello, M.V.**, Vitaliano, P.P. and Raskind, M.: Sleep and Mental Function in Nondemented and Demented Aged Adults. *Sleep Res.*, 11:190, 1982.
10. **Vitiello, M.V.**, Prinz, P.N. and Halter, J.B.: Sodium Restricted Diet Increases Nighttime Plasma Norepinephrine Levels and Impairs Sleep Patterns in Man. *Sleep Res.*, 11:50, 1982.
11. Smallwood, R.G., **Vitiello, M.V.**, Giblin, E. and Prinz, P.N.: Sleep Apnea: Relationship to Age, Sex and Alzheimer's Dementia. *Gerontologist*, 22:5, 148, 1982.
12. **Vitiello, M.**, Bokan, J., Kukull, W., Muniz, R., Smallwood, R. and Prinz, P.: REM Sleep Measures in Healthy and Demented Elderly. *Sleep Research*, 12:217, 1983.
13. Prinz, P., Giblin, E., Smallwood, R., Smythe, M. and **Vitiello, M.**: Nighttime O2 Desaturation and Apnea/Hypopnea in Young and Older Men: Relationship with Subjective Questionnaire Finding. *Sleep Research*, 12:275, 1983.
14. **Vitiello, M.**, Bremner, W., Hintz, R. and Prinz, P.: Age-Related Changes in Diurnal Rhythm of Testosterone and Somatomedin-C. *Sleep Research*, 12:137, 1983.
15. **Vitiello, M.V.**, Muniz, R., Smallwood, R.G. and Prinz, P.N.: REM Sleep Measures in Demented and Nondemented Elderly Individuals. *Gerontologist*, 23:127, 1983.
16. Kukull, W., **Vitiello, M.V.** and Prinz, P.N.: Sleep and EEG Classification of Alzheimer's Dementia. *Gerontologist*, 23:139, 1983.
17. Smallwood, R.G., Prinz, P.N. and **Vitiello, M.V.**: Circadian Temperature Rhythms in Young Males and Healthy Older Adults. *Gerontologist*, 23:247, 1983.
18. Vitaliano, P.P., Breen, A., Russo, J., Alpert, M. and **Vitiello, M.V.**: The Clinical Utility of the Dementia Rating Scale for Assessing Alzheimer's patients. *Gerontologist*, 23:170, 1983.
19. Bokan, J., Smallwood, R., **Vitiello, M.**, Christie, C. and Prinz, P.: Circadian Rhythm of Core Temperature in Healthy Young Men and in Healthy and Demented Elderly. *Sleep Research*, 12:361, 1983.
20. Prinz, P., Giblin, E., Smallwood, R., Smythe, M. and **Vitiello, M.**: Nighttime Oxygen Desaturation and Apnea/Hypopnea in Young and Older Men. *Gerontologist*, 23:128, 1983.
21. Smallwood, R., Giblin, E., Ralph, D., **Vitiello, M.** and Prinz, P.: An Analysis of the 10 sec Criterion for Apnea-Hypopnea Scoring: A Comparison Using a 25 sec Criterion. *Sleep Research*, 13:166, 1984.
22. Prinz, P., Smallwood, R., Giblin, E., Ralph, D. and **Vitiello, M.**: Breathing Dysfunction During Sleep: Normative Data for Asymptomatic Older Adults in Relation to Sleep Apnea Syndrome. *Sleep Research*, 13:158, 1984.
23. Bokan, J., Smallwood, R., **Vitiello, M.** and Prinz, P.: Acute Reversal of Night to Day Sleep in Young and Aged Normal Males. *Sleep Research*, 13:218, 1984.
24. Muniz, R., Smallwood, R., **Vitiello, M.** and Prinz, P.: Effect of Induced Awakenings on Sleep Quality of Young and Aged Normal Males. *Sleep Research*, 13:192, 1984.
25. **Vitiello, M.**, Kukull, W. and Prinz, P.: Sleep/Waking and EEG Pattern Classification of Alzheimer's Dementia. *Sleep Research*, 13:213, 1984.
26. **Vitiello, M.** and Prinz, P.: Effects of Acute Day/Night Reversal on Sleep Quality of Young and Aged Normal Males. *Gerontologist*, 24:178, 1984.
27. Prinz, P. and **Vitiello, M.**: Effect of Induced Awakenings on Sleep Quality of Young and Aged Normal Males. *Gerontologist*, 24:256, 1984.
28. Vitaliano, P.P., Russo, J., **Vitiello, M.V.** and Breen, A.R.: Cognitive and Functional Predictors of Functional Decline among Alzheimer's Patients. *The Society of Behavioral Medicine Proceedings*, 1985.
29. **Vitiello, M.**, Ralph, D., Veith, R., Frommlet, M. and Prinz, P.: Sleep Apnea, REM Sleep and Nighttime Hypoxemia are Associated with Elevated Plasma Norepinephrine Levels. *Gerontologist*, 25:119, 1985.
30. Prinz, P., Giblin, E., Ralph, D. and **Vitiello, M.**: Breathing Dysfunction During Sleep in Normal Older Adults, and in Sleep Apnea Syndrome. *Gerontologist*, 25:6, 1985.
31. **Vitiello, M.V.**, Prinz, P., Personius, J., Ries, R., Nuccio, M. and Koerker, R.: A History of Chronic Alcohol Abuse is Associated with Increased Nighttime Hypoxemia in Older Males. *Sleep Research*, 15:178, 1986.
32. Frommlet, M., Prinz, P., **Vitiello, M.V.**, Ries, R. and Williams, D.: Sleep Hypoxemia and Apnea are Elevated in Females with Mild Alzheimer's Disease. *Sleep Research*, 15:189, 1986.
33. Prinz, P., Frommlet, M., **Vitiello, M.V.**, Ries, R. and Williams, D.: Periodic Leg Movements are Unaffected by Mild Alzheimer's Disease. *Sleep Research*, 15:200, 1986.
34. **Vitiello, M.V.**, Prinz, P.N., Personius, J.P., Nuccio, M.A., Ries, R.K. and Koerker, R.M.: Relationship of Alcohol Abuse and Nighttime Hypoxemia in Older Abstaining Alcoholic Men. *Proceedings of the Eighth European Congress of Sleep Research*, 8:398, 1986.
35. Prinz, P.N., **Vitiello, M.V.** and Potter, H.H.: Circadian Temperature Rhythm in Healthy Older Subjects. *Proceedings of the Eighth European Congress of Sleep Research*, 8:288, 1986.
36. Poon, L., Potter, H., **Vitiello, M.** and Prinz, P.: Qualitative Changes in Patterns of Alerting in Patients Diagnosed with Early Stages of Alzheimer's Disease. *Gerontologist*, 26:143A, 1986.
37. **Vitiello, M.**, Prinz, P., Avery D., Potter, H. and Frommlet, M.: Circadian Body Temperature in Depressed and Normal Aged Females. *Gerontologist*, 26:75A, 1986.
38. Prinz, P., **Vitiello, M.**, Potter, H. and Frommlet, M.: Circadian Body Temperature in Entrained (Habitual Rest Activity) Conditions: Effect of Age. *Gerontologist*, 26:76A, 1986.
39. Wilkie, F., Prinz, P., **Vitiello, M.** and Potter, H.: Memory Impairments Related to Clinical Depression, Alzheimer's Disease and Age. *Gerontologist*, 26:144A, 1986.



40. **Vitiello, M.**, Prinz, P., Williams, D., Frommlet, M. and Ries, R.: Sleep Related Respiratory Dysfunction in Normal Healthy Aged Individuals, Alzheimer's Disease and Major Depressive Disorder Patients. *Sleep Research*, 16:453, 1987.
41. Prinz, P., **Vitiello, M.**, Williams, D., Frommlet, M., Ries, R., Poon, L. and Wilkie, F.: Sleep Apnea and Periodic Leg Movements in Healthy Seniors: Relation to Memory. *Sleep Research*, 16:409, 1987.
42. **Vitiello, M.**, Prinz, P., Personius, J. Vitaliano, P., Nuccio, M. and Koerker, R.: Alcohol Abuse History is Related to Nighttime Hypoxemia in Abstaining Chronic Alcoholic Men. *Sleep Research*, 16:451, 1987.
43. **Vitiello, M.**, Prinz, P., Williams, D., Frommlet, M. and Ries, R. Periodic Leg Movement During Sleep in Normal healthy Aged Individuals and Alzheimer's Disease and Major Depressive Disorder Patient and its Relationship with Sleep Related Respiratory Dysfunction. *Sleep Research*, 16:452, 1987.
44. Prinz, P. and **Vitiello, M.**: A Possible EEG Biomarker for Alzheimer's Disease: Dominant Occipital Frequency (DOF). *Gerontologist*, 27:4A, 1987.
45. **Vitiello, M.** and Prinz, P.: Dominant Occipital Frequency: A Possible Useful Biomarker of Early Stage Alzheimer's Disease. *Gerontologist*, 27:40A, 1987.
46. Poon, L., Myerson, J., Hale, S., Smith, G., **Vitiello, M.** and Prinz, P.: Allometric Analysis of Neuropsychopathology. Proceedings of the Third Congress of the International Psychogeriatric Associate, Chicago, Illinois, August, 1987.
47. Prinz, P.N. and **Vitiello, M.V.**: A Possible EEG Biomarker for Alzheimer Disease: Dominant Occipital Frequency (DOF). *Neuroscience Abstracts* 13:1628, 1987.
48. **Vitiello, M.V.** and Prinz, P.N.: Dominant Occipital Frequency: A Possible Useful Biomarker for Early Stage Alzheimer's Disease. *Neuroscience Abstracts*, 13:1628, 1987.
49. Prinz, P.N., Larsen, L.H., Akins, M.L., Cabanilla, L.T. and **Vitiello, M.V.**: Computer Automated Sleep EEG Biomarkers for Alzheimer's Dementia: Preliminary Results. *Sleep Research*, 17:296, 1988.
50. **Vitiello, M.V.**, Prinz, P.N., Frommlet, M.S., Cabanilla, L.T., Williams, D.E. and Ries, R.K. Sleep/Wake Stage Measures Fail to Discriminate Early Alzheimer's Disease Patients from Controls. *Sleep Research*, 17:306, 1988.
51. Larsen, L., Prinz, P., Akins, M. and **Vitiello, M.** Computer Automated Sleep EEG Biomarkers for Alzheimer's Dementia: Methodology. *Sleep Research*, 17:337, 1988.
52. **Vitiello, M.V.**, Veith, R.C., Ralph, D.D. and Prinz, P.N. Low Sodium Diet Elevates Plasma Norepinephrine and Impairs Sleep Patterns in Man: A Replication. Proceedings of the 9th European Congress of Sleep Research; 89, 1988.
53. Prinz, P., **Vitiello, M.**, Williams, D., Poon, L. & Wilkie, F.: Cognitive Deficits in Geriatric Onset Depression are Minimal. *Gerontologist*. 28:284A, 1988.
54. Ries, R.K., Prinz, P.N., Williams, D.E. and **Vitiello, M.V.**: Sleep Deficits in Geriatric Onset Depression are Minimal. *Gerontologist*, 28:73A, 1988.
55. **Vitiello, M.V.**, Prinz, P.N., Williams, D.E. and Ries, R.K.: Sleep/Wake Variables Fail to Discriminate Early Alzheimer's Disease Patients from Controls. *Gerontologist*, 28:73A, 1988.
56. Logsdon, R., Teri, L., Williams, D., **Vitiello, M.** and Prinz, P.: The WAIS-R Profile: A Diagnostic Tool for Alzheimer's Disease? *Gerontologist*, 28:210A, 1988.
57. **Vitiello, M.V.**, Veith, R.C., Ralph, D.D. and Prinz, P.N.: Low Sodium Diet Elevates Plasma Norepinephrine (NE) and Impairs Sleep Patterns in Man: A Replication. *Neuroscience Abstracts*, 14:908, 1988.
58. Williams, D.E., **Vitiello, M.V.**, Prinz, P.N. and Ries, R.K.: Sleep is Impaired in Early Alzheimer's Disease (AD). *Neuroscience Abstracts*, 14:102, 1988.
59. Prinz, P.N., Larsen, L.H., Akins, M.L. and **Vitiello, M.V.**: Computer Automated Sleep EEG Biomarkers for Early Alzheimer's Dementia (AD). *Neuroscience Abstracts*, 14:102, 1988.
60. **Vitiello, M.V.**, Ralph, D.D., Veith, R.C., Frommlet, M.S. and Prinz, P.N.: Dietary Sodium: Effects on Sympathetic Nervous System Activity and Sleep Quality in Young Men. *Sleep Research*, 18:99, 1989.
61. **Vitiello, M.V.**, Prinz, P.N., Personius, J.P., Nuccio, M.A., Koerker R. and Scurfield R.: Increased Nighttime Hypoxemia in Abstaining Chronic Alcoholic Men. *Sleep Research*, 18:319, 1989.
62. **Vitiello, M.V.**, Prinz, P.N., Ralph, D.D., Veith, R.C. and Frommlet, M.S.: Sleep Quality in Young Men: Relationship to Dietary Sodium Induced Changes in Sympathetic Nervous System Activity. Proceedings of the 71st Annual Meeting of the Endocrine Society; 236, 1989.
63. **Vitiello, M.V.**, Prinz, P.N., Larsen, L.H. and Marks, A.L.: Gender-differences in Circadian Temperature Rhythms of Healthy Elderly Subjects. *Neuroscience Abstracts*, 15:243, 1989.
64. Prinz, P.N., Larsen, L.H. and **Vitiello, M.V.**: Computer quantitated all night sleep/wake EEG in Early Alzheimer's Disease. *Neuroscience Abstracts*, 15:862, 1989.
65. Dahl, K., Avery, D., Savage, M., Brengelmann, G., Larsen, L., **Vitiello, M.** and Prinz, P.: Phase typing seasonal affective disorder using a constant routine. *Neuroscience Abstracts*, 15:1326, 1989.
66. **Vitiello, M.**, Schwartz, R., Abrass, I., Bradbury, V. and Stratton, J.: Increased Aerobic Fitness is Associated with Improved Sleep Quality in Healthy Aged Men. *Gerontologist*, 29:258A, 1989.
67. Prinz, P., **Vitiello, M.**, Personius, J., Nuccio, M., Koerker, R. and Scurfield, R.: Nighttime Hypoxemia is Increased in Abstaining Chronic Alcoholic Men. *Gerontologist*, 29:163A, 1989.
68. Myerson, J., Hale, S., Poon, L.W., Dudley, W., Prinz, P., **Vitiello, M.** and Wilkie, F.: Allometric Analysis of Cognitive Speed Identifies Individuals with Alzheimer's Disease. *Gerontologist*, 29:147A, 1989.
69. **Vitiello, M.V.**, Prinz, P.N., Larsen, L.H. and Marks, A.L.: Circadian Temperature Rhythms of Healthy Elderly Subjects: Effects of Gender. *Sleep Research*, 19:412, 1990.
70. **Vitiello, M.V.**, Prinz, P.N., Avery, D.H., Williams, D.E., Ries, R.K., Bokan, J.A. and Khan, A.: Sleep is Undisturbed in Elderly, Depressed Individuals Who Have Not Sought Health Care. *Sleep Research*, 19:349, 1990.
71. **Vitiello, M.V.**, Schwartz, R.S., Bradbury, V.L., Abrass, I.B., Stratton, J.R. and Prinz, P.N.: Improved Subjective Sleep Quality Following Fitness Training in Healthy Elderly Males. *Sleep Research*, 19:154, 1990.
72. Avery, D.H., Dahl, K., Savage, M., Brengelmann, G., Larsen, L.H., **Vitiello, M.V.** and Prinz, P.N.: Rectal Temperature and TSH During a Constant Routine in Winter Depression. *Sleep Research*, 19:385, 1990.
73. **Vitiello, M.V.**, Ralph, D.D., Veith, R.C. and Prinz, P.N.: Suppression of Nighttime Sympathetic Activity Does Not Affect the Sleep Quality of Healthy Young Men. Proceedings of the 10th European Congress of Sleep Research; 94, 1990.
74. Prinz, P.N., **Vitiello, M.V.**, Marks, A.L. and Larsen, L.H.: Entrained Circadian Temperature in Aged Controls, Depressives and Alzheimer's Patients; Group and Gender Effects. Proceedings of the 10th European Congress of Sleep Research; 81, 1990.
75. Prinz, P.N., Larsen, L.H., **Vitiello, M.V.** and Williams, D.E.: The Sleep EEG: A Biomarker for Mild Alzheimer's Disease and Cognitive Decline. *Neurobiol. Aging: Abstracts of the Second International Conference on Alzheimer's Disease and Related Disorders*; 11(3):337, 1990.
76. **Vitiello, M.V.**, Prinz, P.N., Poon, L.W. and Williams, D.E.: Memory Impairment in the Elderly is Associated with Validated Memory Complaint but not with Major Depressive Disorder. *Gerontologist*, 30:157A, 1990.
77. Prinz, P.N., Williams, D.E. and **Vitiello, M.V.**: Prevalence of Sleep Complaints in Aged Populations With and Without Health Screens. *Gerontologist*, 30:50A, 1990.
78. **Vitiello, M.V.**, Prinz, P.N., Personius, J.P., Vitaliano, P.P., Nuccio, M.A. and Koerker, R.: Relationship of alcohol abuse history to nighttime hypoxemia in abstaining chronic alcoholic men. *Psychiatry Digest*, 1:16-17, 1991.
79. Avery, D.H., Brengelmann, G., Prinz, P.N. and **Vitiello, M.V.**: Does an elevated temperature set point explain the REM and SWS abnormalities of depression? *Sleep Research*, 20:360, 1991.

80. **Vitiello, M.V.**, Prinz, P.N., Williams, D.E., Moe, K.E. and Vitaliano, P.P.: Sleep/wake patterns in Alzheimer's disease: Relationships with cognition and function. *Sleep Research*, 20:400, 1991.
81. **Vitiello, M.V.**, Chandler, W.L., Schwartz, R.S. and Stratton, J.R.: Tissue-type plasminogen activator exhibits a circadian rhythm in healthy normal men. *Sleep Research*, 20A:562, 1991.
82. Eder, D.N., **Vitiello, M.V.** and Prinz, P.N.: Phenomenology of body temperature and EEG sleep during eighteen hours bedrest: preliminary observations. *Sleep Research*, 20A:532, 1991.
83. **Vitiello, M.V.**, Prinz, P.N., Williams, D.E., Moe, K.E. and Vitaliano, P.P.: Sleep quality and cognitive function decline in parallel in Alzheimer's disease. *Gerontologist*, 31:284, 1991.
84. **Vitiello, M.V.**, Veith, R.C., Ralph, D.D. and Prinz, P.N.: Plasma norepinephrine manipulation by dietary sodium fails to modify sleep patterns in healthy older men. *Neuroscience Abstracts*, 17:729, 1991.
85. **Vitiello, M.V.**, Chandler, W.L., Schwartz, R.S. and Stratton, J.R.: Endurance training changes in the circadian variation of clotting factors in healthy aged men. *Sleep Research*, 21:389, 1992.
86. **Vitiello, M.V.**, Ralph, D.D., Veith, R.C. and Prinz, P.N.: Sleep fragmentation in healthy aged men: effects of plasma norepinephrine manipulation by dietary sodium. *Sleep Research*, 21:82, 1992.
87. **Vitiello, M.V.**, Larsen, L.H., Prinz, P.N., Moe, K.E. and Schwartz, R.S. Endurance training and circadian core body temperature changes in healthy aged men. *Sleep Research*, 21:390, 1992.
88. Larson, V., Schwartz, R. and **Vitiello, M.** Frequency of training and VO2 max in healthy older men. Proceedings of the International Conference on Physical Activity, Fitness and Health, Toronto, Canada, 1992.
89. Larson, V., Schwartz, R., Bryan, J. and **Vitiello, M.** Current VO2 max prediction equations for healthy older women are inaccurate. Proceedings of the International Conference on Physical Activity, Fitness and Health, Toronto, Canada, 1992.
90. Larson, V., Schwartz, R., **Vitiello, M.** Accuracy of VO2 max prediction formula is compromised in healthy older subjects. Proceedings of the International Conference on Physical Activity, Fitness and Health, Toronto, Canada, 1992.
91. Chandler, W.L., **Vitiello, M.V.**, Schwartz, R.S. and Stratton, J.R. Endurance training reduces and shifts the circadian secretion of plasminogen activator inhibitor type 1 (PAI-1). Proceedings of the International Congress on Fibrinolysis, 1992.
92. **Vitiello, M.V.**, Schwartz, R.S., Davis, M.W., Ward, R.R. and Prinz, P.N. Sleep quality and increased aerobic fitness in healthy aged men: Preliminary data. *Journal of Sleep Research*, 1(Suppl.1):244, 1992.
93. **Vitiello, M.V.**, Larsen, L.H., Prinz, P.N., Moe, K.E. and Schwartz, R.S. Circadian temperature and increased aerobic fitness in healthy aged men: Preliminary findings. *Journal of Sleep Research*, 1(Suppl.1):245, 1992.
94. Prinz, P.N., **Vitiello, M.V.**, Larsen, L.H., Moe, K.E. and Beckwith, T.A. Temperature and sleep EEG relationships in healthy entrained seniors. *Journal of Sleep Research*, 1(Suppl1):185, 1992.
95. **Vitiello, M.V.**, Vieth, R.C., Schwartz, R.S., Ralph, D.D. and Prinz, P.N.: Nighttime Growth Hormone Secretion in Healthy Aged Men is Increased Following Successful Endurance Training. *Gerontologist*, 32, 1992.
96. Prinz, P.N., **Vitiello, M.V.**, Moe, K.E., Larsen, L.H. and Lee K.: Entrained Circadian Temperature Rhythms: Age Changes in Healthy Men and Women. *Gerontologist*, 32, 1992.
97. **Vitiello, M.V.**, Larsen, L.H., Prinz, P.N., Larson, V.G. and Schwartz, R.S.: Delta Energy During Sleep is Increased Following Successful Endurance Training. AUS-SLEEP '92. Proceedings of the International Update Conference, 1992.
98. Prinz, P.N., **Vitiello, M.V.**, Moe, K.E., Larsen, L.H. and Lee, K.A.: Cosinor Temperature Measures in Healthy Entrained Men and Women: Relationships with Age, Sleep Quality, and Gender. AUS-SLEEP '92. Proceedings of the International Update Conference, 1992.
99. Tröster, A.I., Moe, K.E., **Vitiello, M.V.** and Prinz, P.N.: Predicting Long-Term Outcome in Individuals At-Risk for Alzheimer's Disease: A Study with the Dementia Rating Scale. *Journal of clinical and Experimental Neuropsychology*, 15(1):55, 1993.
100. **Vitiello, M.V.**, Moe, K.E. and Prinz, P.N.: Sleep/Wake Patterns in Alzheimer's Disease: Relationship with Longitudinal Measures of Cognition. *Sleep Research*, 22:593, 1993.
101. Prinz, P.N., Moe, K.E., **Vitiello, M.V.**, Larsen, L.H. and K.A. Lee: Cosinor Temperature Measures in Healthy Entrained Men and Women: Relationships with Age, Gender and Sleep Timing and Quality. *Sleep Research*, 22:630, 1993.
102. Prinz, P.N., **Vitiello, M.V.** and Moe, K.E.: Sleep Complaints and Disorders Cosgregate with Disease in Aged Populations. *Sleep Research*, 22:314, 1993.
103. Avery, D.H., Dahl, K., Larsen, L., Eder, D., **Vitiello, M.**, Prinz, P., Brengelmann, G.: Is the Low Temperature Trough Duration Increased During a Constant Routine in Winter Depression? *Sleep Research*, 22:392, 1993.
104. Eder, D.N., **Vitiello, M.V.**, Avery, D.H. and Smith, J.R.: The Temporal Covariation of Delta EEG and Body Temperature During Sleep. *Sleep Research*, 22:403, 1993.
105. Kerr, B., Scott, M. and **Vitiello, M.V.**: Can Aerobic Exercise Influence Cognitive and Motor Function for Older Individuals. Proceedings of the Psychonomic Society, 34:3, 1993.
106. **Vitiello, M.V.**, Chandler, W.L., Schwartz, R.S. and Stratton, J.R.: Endurance Training Lowers the Circadian Amplitude of Fibrinolytic Factors in Healthy Elderly Men But Not Women. *Gerontologist*, 33, Special Issue 1:139, 1993.
107. **Vitiello, M.V.**, Wilkinson, C.W., Prinz, P.N. and Schwartz, R.S.: Successful Endurance Training Does Not Increase Plasma IGF-1 Levels in Healthy Older Men and Women. *Clinical Research*, 1994.
108. McCann, B.S., Yun, C.H. and **Vitiello, M.V.**: Effects of Aerobic Training on Cardiovascular Reactivity to Stress in Older Men and Women. *Annals of Behavioral Medicine*, 16, S49, 1994.
109. **Vitiello, M.V.**, Prinz, P.N. and Schwartz, R.S.: Slow Wave Sleep But Not Overall Sleep Quality of Healthy Older Men and Women is Improved by Increased Aerobic Fitness. *Sleep Research*, 23:149, 1994.
110. **Vitiello, M.V.**, Chandler, W.L., Stratton, J.R. and Schwartz, R.S.: Successful Aerobic Training Enhances the Circadian Rhythm of Plasma Fibrinolytic Factors in Healthy Older Men and Women by Different Mechanisms. *Sleep Research*, 23:513, 1994.
111. **Vitiello, M.V.**, Larsen, L.H., Moe, K.E., Prinz, P.N. and Schwartz, R.S.: The Circadian Body Temperature Rhythm of Healthy Older Men and Women is Enhanced with Increased Aerobic Fitness. *Sleep Research*, 23:514, 1994.
112. **Vitiello, M.V.**, Prinz, P.N. and Schwartz, R.S.: The Subjective Sleep Quality of Healthy Older Men and Women is Enhanced by Participation in Two Fitness Training Programs: A Nonspecific Effect. *Sleep Research*, 23:148, 1994.
113. Prinz, P.N., Larsen, L.H., Moe, K.E., Dulberg, E.M. and **Vitiello, M.V.**: The Sleep EEG: A Comparison of a New Computer Scoring System (C STAGE) and Human Scoring. *Sleep Research*, 23:461, 1994.
114. Larsen, L.H., Moe, K.E., Dulberg, E.M., **Vitiello, M.V.** and Prinz, P.N.: C STAGE, Automated Sleep Scoring: A Validation and Epoch by Epoch Comparison with Human Sleep Scoring in Healthy Older Adults. *Sleep Research*, 23:449, 1994.
115. Moe, K.E., Prinz, P.N., Dulberg, E.M., Larsen, L.H. and **Vitiello, M.V.**: IGF-1 and Its Relationship to Delta Sleep in Healthy Older Women: Role of Other Anabolic Measures and Estrogen. *Sleep Research*, 23:92, 1994.
116. Prinz, P.N., Moe, K.E., Dulberg, E.M., Larsen, L.H., **Vitiello, M.V.**, Toivola, B. and Merriam, G.R.: Higher Plasma IGF-1 Levels are Associated with Increased Delta Sleep in Healthy Older Men. *Sleep Research*, 23:95, 1994.
117. Eder, Derek N., **Vitiello, M. V.** and Avery, David H.: Links Between Delta-EEG Intensity and Decreases in Core Temperature. *Sleep Research*, 23:493, 1994.

118. **Vitiello, M.V.**, Larsen, L.H., Moe, K.E., Prinz P.N. and Schwartz, R.S.: The Circadian Temperature Rhythm of Healthy Older Adults is Enhanced with Improved Aerobic Fitness. *Journal of Sleep Research*, 3(Suppl.1):270, 1994.
119. **Vitiello, M.V.**, Prinz, P.N. and Schwartz, R.S.: The Slow Wave Sleep of Healthy Older Men and Women is Enhanced with Improved Aerobic Fitness. *Journal of Sleep Research*, 3(Suppl.1):270, 1994.
120. Larsen, L.H., Moe, K.E., Prinz, P.N., Dulberg, E.M. and **Vitiello, M.V.**: The Use of Normalization Techniques to Reveal Age Effects in the Sleep EEG. *Journal of Sleep Research*, 3(Suppl.1):138, 1994.
121. Prinz, P.N., Moe, K.E., Dulberg, E.M., Larsen, L.H., **Vitiello, M.V.**, Toivola, B. and Merriam, G.R.: Plasma IGF-1 Levels Correlate with Delta Sleep in Healthy Older Men. *Journal of Sleep Research*, 3(Suppl.1):211, 1994.
122. Moe, K.E., Prinz, P.N., Dulberg, E.M., Larsen, L.H. and **Vitiello, M.V.**: IGF-1 and Delta Sleep in Healthy Older Women: Role of Other Anabolic Measures and Estrogen. *Journal of Sleep Research*, 3(Suppl.1):168, 1994.
123. Eder, Derek N., **Vitiello, M. V.** and Avery, David H.: Links Between Delta-EEG Intensity and Decreases in Core Temperature. *Sleep Research*, 23:493, 1994.
124. Hirth, V.A., Schwartz, R.S., **Vitiello, M.V.**, Wilkinson, C.W., Prinz, P.N.: Endurance Training Does Not Increase IGF-1 Levels in Older Individuals. *Serono Symposia*, USA, 1994.
125. Prinz, P.N., Moe, K.E., Dulberg, E.M., Larsen, L.H., **Vitiello, M.V.**: Higher Plasma IGF-1 Levels are Associated with Increased Delta Sleep in Healthy Older Men. *Serono Symposia*, USA, 1994.
126. Moe, K.E., Prinz, P.N., Dulberg, E.M., Larsen, L.H. and **Vitiello, M.V.**: IGF-1 and Delta Sleep in Healthy Older Women: Role of Other Anabolic Measures and Estrogen. *Serono Symposia*, USA, 1994.
127. **Vitiello, M.V.**, Wilkinson, C.W., Prinz, P.N. and Schwartz, R.S. Successful Endurance Training Does Not Increase Plasma IGF-1 Levels in Healthy Older Men and Women. *Clinical Research*, 42(1):A12, 1994.
128. Eder, D.N., **Vitiello, M.V.** and Avery, D.H. Evidence of the Role of Delta-EEG Intensity and Thermoregulatory Drive. *Biological Psychiatry*, 35(9): 671-672, 1994.
129. Avery DH, Dahl K, Larsen lh, **Vitiello MV**, Prinz PN, Brengelmann GL, Savage MV and Kenny MA. Is PSIM-E Increased in Winter Depression. *Biological Psychiatry* 35(9):668, 1994.
130. **Vitiello, M.V.**, Wilkinson, C.W., Prinz, P.N. and Schwartz, R.S. Plasma IGF-1 Levels in Healthy Older Men and Women are Not Increased by a Six-Month Endurance Training Program. *Gerontologist*, 34, Special Issue 1:265-266, 1994.
131. Moe, K.E., Prinz, P.N., Dulberg, E.M., Larsen, L.H. and **Vitiello, M.V.** IGF-1 and Its Relationship to Delta Sleep in Healthy Older Women: Role of Other Anabolic Measures and Estrogen. *Gerontologist*, 34, Special Issue 1:124, 1994.
132. Prinz, P.N., Moe, K.E., Dulberg, E.M., Larsen, L.H. **Vitiello, M.V.**, Toivola, B. and Merriam, G.R. Higher Plasma IGF-1 is Associated with Increased Delta Sleep in Healthy Older Men. *Gerontologist*, 34, Special Issue 1:116, 1994.
133. Larsen, L.H., Moe, K.E., Prinz, P.N., **Vitiello, M.V.**: Age Trends in the All-Night NREM Sleep EEG of Healthy Older Men and Women. *Sleep Research*, 24:71, 1995.
134. **Vitiello, M.V.**, Veith, R.C., Ralph, D.D., Prinz, P.N. and Schwartz, R.S.: Nocturnal Growth Hormone Secretion as Increased in Healthy Older Men and Women Following Successful Endurance Training: Preliminary Findings. *Sleep Research*, 24:61, 1995.
135. **Vitiello, M.V.**, Larsen, L.H., Moe, K.E. and Prinz, P.N.: The Sleep Quality of Healthy Older Men and Women is Changed by Nighttime Periodic Blood Sampling Through an Intravenous Catheter. *Sleep Research*, 24A:174, 1995.
136. Moe, K.E., Dulberg, E.M., Larsen, L.H., **Vitiello, M.V.** and Prinz, P.N.: IGF-1 and Its Relationship to Delta Sleep in Healthy Older Men and Women. *Sleep Research*, 24A:170, 1995.
137. **Vitiello, M.V.**, Prinz, P.N. and Schwartz, R.S.: The Objective and Subjective Sleep Quality in Healthy Older Men and Women is Improved by Increased Aerobic Fitness. *Gerontologist*, 35, Special Issue 1:284, 1995.
138. Moe, K.E., Larsen, L.H., Prinz, P.N. and **Vitiello, M.V.**: Sleep Quality of Healthy Older Subjects is Reduced by Nighttime Blood Sampling. *Gerontologist*, 35, Special Issue 1:420, 1995.
139. Edwards, K.L., Burchfiel, C.M., Sharp, D.S., Curb, J.D., Rodriguez, B.L., Fujimoto, W.Y., LaCroix, A.Z., **Vitiello, M.V.**, Austin, M.A.: Multivariate Factors of the Insulin Resistance Syndrome (IRS) in Elderly Japanese-American (JA) Men. *Diabetes*, 44(5) Suppl., 1996.
140. **Vitiello, M.V.**, Larsen, L.H., Moe, K.E., Prinz, P.N. and Schwartz, R.S.: Sleep Quality and Circadian Temperature Rhythm of Healthy Older Adults Improve Following Successful Aerobic Training. *Sleep Research*, 25:115, 1996.
141. **Vitiello, M.V.**, Larsen, L.H., Moe, K.E., Prinz, P.N., Schwartz, R.S.: The Sleep Quality and Circadian Temperature Rhythm of Healthy Older Adults Both Improve Following Successful Aerobic Training. (ESRS, Brussels) *Journal of Sleep Research*, 5(Suppl.1), 245, 1996.
142. Larsen, L.H., **Vitiello, M.V.**, Moe, K.E., Prinz, P.N.: The Spectral Sleep Quality of Healthy Older Men and Women is Altered by Nighttime Periodic Blood Sampling via Intravenous Catheter. (ESRS, Brussels) *Journal of Sleep Research*, 5(Suppl.1), 119, 1996.
143. Moe, K.E., Larsen, L.H., **Vitiello, M.V.**, Prinz, P.N.: Endogenous DHEAS (Dehydroepiandrosterone Sulfate) and Sleep in Healthy Older Women. (ESRS, Brussels) *Journal of Sleep Research*, 5(Suppl.1), 144, 1996.
144. Prinz, P.N., Larsen, L.H., **Vitiello, M.V.**, Borson, S., Moe, K.E., Scanlan, J.: Plasma Thyroid Hormones: Positive Relationship to Sleep Quality and Sleep EEG in Normal Aging. (ESRS, Brussels) *Journal of Sleep Research*, 5(Suppl.1), 187, 1996.
145. **Vitiello, M.V.**: Insomnia and Aging: Causes and Consequences. *International Journal Of Psychology*, 31 (3-4): 3153-3153,1996.
146. **Vitiello, M.V.**, Schwartz, R.S., Reed, S., Moe, K.E., Prinz, P.N., Merriam, G.R.: Effect of GHRH Treatment on 24 Hour GH Secretion of Healthy Older Women. *Gerontologist*, 36, Special Issue 1, 91, 1996.
147. Prinz, P.N., Larsen, L.H., Reed, H.L., Moe, K.E., Toivola B., Scanlan, J., **Vitiello, M.V.**, Merriam, G.R.: Plasma Thyroid Hormones: Positive Relationship to Sleep Quality and Sleep EEG in Normal Aging. *Gerontologist*, 36, Special Issue 1, 93, 1996.
148. Moe, K.E., Larsen, L.H., Prinz, P.N., **Vitiello, M.V.**, Merriam, G.R.: Effects of Chronic Oral Estrogen Replacement Therapy on Growth Hormone in Healthy Post-Menopausal Women. *Gerontologist*, 36, Special Issue 1, 167, 1996.
149. Moe, K.E., Larsen, L.H., **Vitiello, M.V.**, Prinz, P.N.: Objective and Subjective Sleep on Post-Menopausal Women: Effects of Long-Term Estrogen Replacement Therapy. *Sleep Research*, 26:143, 1997.
150. **Vitiello, M.V.**, Moe, K.E., Larsen, L.H., Prinz, P.N.: Age-Related Sleep Change: Relationships of Objective and Subjective Measures of Sleep in Healthy Older Men and Women. *Sleep Research*, 26:220, 1997.
151. **Vitiello, M.V.**: Growth Hormone Releasing Hormone and Sleep Quality in Healthy Older Men and Women. *Biological Psychiatry*, 43(8S):15S, 1998.
152. Merriam, G.R., Barsness, S., Drolet, G., Galt, S., Hastings, R., Moe, K.E., Schwartz, R.S. and **Vitiello, M.V.** IGF-1 Variability during GHRH Treatment: Effect of Dietary Control. *Growth Hormone and IGF Research*, 8(4): 330, 1998.
153. **Vitiello, M.V.**, Schwartz, R.S., Buchner, D.M., Moe, K.E., Trimm, K. and Merriam, G.R.: Dietary Control and IGF-I Response Variability to GHRH in the Aged. *The Gerontologist*, 38, Special Issue 1:96-97, 1998.
154. Merriam, G. R., Galt, S., Drolet, G., Barsness, S., Moe, K. E., Schwartz, R.S. and **Vitiello, M.V.** Effects of GHRH treatment on 24-hour GH secretion in healthy older men. *J. Invest. Med.* 47: 23A, 1999.
155. Merriam, G.R., Barsness, S., Drolet, G., Galt, S., Kletke, M., Trimm, K., Moe, K.E., Schwartz, R.S. and **Vitiello, M.V.**: Effects of GHRH Treatment on 24- GH Secretion, IGF-I and Body Fat in Healthy Older Men and Women. *Proceedings of the Endocrine Society*, OR9-6, 1999.
156. **Vitiello, M.V.** Sleep, Aging and Cognition. *Proceedings of the World Health Organization Workshop on Sleep and Cognitive Function: Research and Clinical Perspectives*, 1999.

157. **Vitiello, M.V.**, Merriam G.R., Moe K.E., Drolet G., Barsness S., Kletke, M. and Schwartz, R.S. IGF-I Correlates with Cognitive Function In Healthy Older Men And Estrogenized Women. *Gerontologist*, 39, Special Issue 1, 6, 1999.
158. **Vitiello, M.V.**, Moe, K.E., Drolet, G.C., Schwartz, R.S., Barsness, S. and Larsen, L.H. The Relationship Between Skull Mineral Bone Density and the All-Night Sleep EEG in Healthy Older Women and Men. Proceedings of the World Federation of Sleep Research Societies, Sleep Research Online (Supplement 1), 269, 1999. <http://www.sro.org/cftemplate/wfsrcongress/indiv.cfm?ID=19998269>
159. **Vitiello, M.V.**, Moe, K.E., Larsen, L.H. Merriam, G. R. and Schwartz, R.S. Endocrine Interventions for Sleep Disturbance in the Elderly. 21<sup>st</sup> Symposium of the Arbeitsgemeinschaft Neuropsychopharmakologie und Pharmakopsychiatrie (AGNP), *Pharmacopsychiatry* 32(5): 216, 1999.
160. Schwartz, R., Merriam, G., **Vitiello, M.**, Barsness, S., Hastings R. and Buchner, D. GHRH and Exercise Effects on Body Composition in Healthy Older Women. *Journal of the American Geriatrics Society*, 48(8): S115, 2000.
161. Schwartz, R., Merriam, G., Cress, M., **Vitiello, M.**, Barsness, S., Hastings R. and Buchner, D. GHRH and Exercise Effects on Strength and Function. *Journal of the American Geriatric Society*, 48(8):S116, 2000.
162. Schwartz, R.S., Buchner, D., Merriam, G.R., Cress, E., and **Vitiello, M.V.**: Exercise and GHRH(1-29) Treatment of the Elderly. Proceedings of the Endocrine Society, 218, 2000.
163. Merriam, G.R., Barsness, S., Drolet, G., Kletke, M., Moe, K.E., Schwartz, R.S. and **Vitiello, M.V.**:. Responses to a GH-Releasing Hormone in Normal Aging: Effects of Gender and Estrogen Replacement. Proceedings of the Endocrine Society, 1634, 2000.
164. **Vitiello, M.V.**, Mazzoni, G., Moe, K.E., Drolet, G., Barsness, S., Merriam G.R., and Schwartz, R.S.. GHRH Treatment May Improve Cognitive Function in the Healthy Elderly. *The Gerontologist*, 40, Special Issue 1, 39, 2000.
165. Kletke ML, Barsness S, Drolet G, Moe KE, Schwartz RS, **Vitiello MV**. Merriam GR Effects of gender and estrogen replacement status on responses to GH- releasing hormone treatment in normal aging. *J. Invest. Med.* 48 (1): 337, Suppl. 2000.
166. **Vitiello, M.V.**, Merriam G.R., Moe K.E., Larsen, L.H., Drolet G., Barsness S., and Schwartz, R.S. Growth Hormone Releasing Hormone Treatment for Sleep Disturbance in Elderly Men and Women. Proceedings of the VIIth International Congress of Biological Psychiatry, 2001.
167. **Vitiello, M.V.**, Buchner, D.M., Cress, M.E., Merriam, G.R., Moe, K.E., Barsness, S., Drolet, G., Yancey, D. and Schwartz, R.S. GHRH Effects on Body Composition and Physical Function in Healthy Older Men and Women. *The Gerontologist*, 41, Special Issue 1, 66, 2001.
168. **Vitiello, M.V.** Treating Sleep Disturbances in the Elderly: What We Need to Know. Proceedings of the IVth International Symposium on Sleep: Epidemiology of Sleep Disorders, Supplement 118, 73, 2001.
169. **Vitiello, M.V.** Psychoneuropharmacology Treatment of Geriatric Sleep Disturbances: A View Towards the Future. Augmentation of the Somatotrophic Axis to Improve Sleep Quality in the Elderly. Proceedings of the 1st Annual Meeting of the International College of Geriatric Psychoneuropharmacology, Waikoloa, Hawaii, 2001. [http://www.icgp.org/Panel\\_Abstracts/Vitiello.pdf](http://www.icgp.org/Panel_Abstracts/Vitiello.pdf)
170. Merriam, G.R., Barsness, S., Buchner, D.M., Kletke, M., Larsen, L.H., Moe, K.E., Schwartz, R.S., and **Vitiello, M.V.** Growth Hormone-Releasing Hormone in Normal Aging: Effects of Gender and Estrogen Replacement. Proceedings of the Third International Symposium on Endocrine Interventions in Aging: Growth Hormone, Clearwater Beach, FL, 2001.
171. McCurry, S.M., **Vitiello, M.V.**, Logsdon, R.G., Gibbons, L.E. and Teri, L. Relationships between mood, behavioral disturbance, and sleep in Alzheimer's disease patients and their caregivers. *Sleep*, 25, A201, Supplement, 2002.
172. **Vitiello, M.V.**, Larsen, L.H., Drolet, G., Madar, E.L. and Moe, K.E. Gender Differences in Subjective-Objective Sleep Relationships in Non-Complaining Healthy Older Men and Women. *Sleep*, 25, A61-A62, Supplement, 2002.
173. Moe, K.E., Levy, W. C., Sullivan, M. D. and **Vitiello, M.V.** Sleep Complaints Are Associated With Disease Severity and Increased TNF $\alpha$  Soluble Receptors in Congestive Heart Failure Sleep, 25, A262, Supplement, 2002.
174. **Vitiello, M.V.** Mazzoni, G., Moe, K.E., Drolet, G., Barsness, S., Merriam G.R., and Schwartz, R.S. Growth Hormone Releasing Hormone Improves the Cognitive Function of Healthy Older Men and Women. *J Clin Psychiatry*, 63(11): 1084, 2002.
175. Merriam, G.R., Schwartz, R.S. and **Vitiello, M.V.** GHRH And Oral GH Secretagogues in Aging. Proceedings of the Fourth International Symposium on Growth Hormone Secretagogues, Clearwater, Florida, 2002
176. Woo, S., Morris, S., Castro, C.M., Thomson, J., Morton, J., Wu, J., Pruitt, L.A., Bliwise, D.L., **Vitiello, M.V.**, Woodward, S. and King, A.C. Associations Between Physical Fitness and Sleep in Older Adults. *Sleep*, 26, Abstract Supplement A162, 2003.
177. Thomson, J., Pruitt, L.A., Woo, S., Morton, J., Morris, S., Wu, J., Bliwise, D.L., **Vitiello, M.V.**, Woodward, S. and King, A.C. Ambulatory PSG First Night Effects in Community-Dwelling Sleep Impaired Older Adults. *Sleep*, 26, Abstract Supplement A167, 2003.
178. McCurry, S.M., Logsdon, R.G., Gibbons, L.E., **Vitiello, M.V.**, and Teri, L.T. Treating Sleep Disturbances in community dwelling Alzheimer's Disease Patients: The Nite-AD Study. *Sleep*, 26, Abstract Supplement A152, 2003.
179. **Vitiello, M.V.**, Moe, K.E., Larsen, L.H., Merriam, G.R., and Schwartz, R.S. Long-Term Growth Hormone Releasing Hormone Administration Does Not Improve The Sleep Quality Of Healthy Older Men And Women. *Sleep*, 26, Abstract Supplement A154, 2003.
180. McCurry, S.M., **Vitiello, M.V.**, Logsdon, R.G., Gibbons, L.E., and Teri, L.T. Sleep Disturbance in Dementia Patients: Interactions Between Mood, Health, and Behavior. *The Gerontologist*, 43, Special Issue 1, 519, 2003.
181. **Vitiello, M.V.**, Baker, L.D., Mazzoni, G., Moe, K.E., Craft, S., Merriam, G.R. and Schwartz, R.S. Growth Hormone Releasing Hormone Treatment Improves Cognitive Function In Healthy Older Men And Women. *The Gerontologist*, 43, Special Issue 1, 527, 2003.
182. Morris, S.E., Woo, S, Thomson, J., Wu, J., Castro, M.C., Pruitt, L.A., Bliwise, D.L., **Vitiello, M.V.**, Woodward, S and King, A.C. The Effects of Physical Activity and Sleep in a Patient with Parkinson's: A Case Study. *The Gerontologist*, 43, Special Issue 1, 381, 2003.
183. Thomson, J., Woo, S., Morris, S.E., Pruitt, L.E., Bliwise, D.L., **Vitiello, M.V.**, Woodward, S. and King, A.C. Preliminary Effects of Acute Versus Chronic Physical Activity on Sleep in Older Adults with Poor Sleep. *The Gerontologist*, 43, Special Issue 1, 380, 2003.
184. **Vitiello, M.V.**, Foley, D.J., Stratton, K.L. and White, E. Prevalence Of Sleep Complaints And Insomnia In The Vitamins And Lifestyle (VITAL) Study Cohort Of 77,000 Older Men And Women. *Sleep*, 27, Abstract Supplement, A120, 2004.
185. Bliwise, D.L., Ansari, F.P., Ancoli-Israel, S., **Vitiello, M.V.**, Walsh, J. and Foley, D. Relationship of Nocturia to Chronic Self-Reported Poor Sleep: Results from the 2003 NSF Sleep in America Poll. *Sleep*, 27, Abstract Supplement, A120, 2004.
186. Larsen, L.H., Barsness, S., Moe, K.E. and **Vitiello, M.V.** Nighttime NREM QEEG is Unrelated to Self-Endorsement of Symptoms of Disturbed Sleep in Non-Complaining Healthy Older Men and Women. *Sleep*, 27, Abstract Supplement, A124-125, 2004.
187. **Vitiello, M.V.**, Larsen, L.H., Bliwise, D.L., Ancoli-Israel, S., Walsh, J., Monjan, A.A. and Foley, D.J. Relationship of Regular Napping to Health and Self-Reported Sleep Quality in Older Adults: Results from the 2003 NSF Sleep in America Poll. *Sleep*, 27, Abstract Supplement, A126, 2004.
188. Moe, K.E., Corkery Hahn, J., Carr, D., Carr, M., Barsness, S.M. and **Vitiello, M.V.** Micronized Progesterone Reduces MSLT Latency to Sleep Onset and Increases Subjective Sleepiness in Postmenopausal Women. *Sleep*, 27, Abstract Supplement, A127-128, 2004.
189. Ohayon, M.M., Carskadon, M., Guilleminault, C. and **Vitiello, M.V.** Evolution of PSG Sleep Parameters with Age. *Sleep*, 27, Abstract Supplement, A134-135, 2004.
190. Merriam, G.R., Kletke, M., Barsness, S. and **Vitiello, M.V.** Linkages Between The Ultradian Patterns Of Growth Hormone (GH) And Ghrelin: External Vs. Internal Cueing. *AFMR* 2004.
191. **Vitiello, M.V.**, Foley, D.J., Stratton, K.L. and E.White, E. Prevalence Of Sleep Complaints And Insomnia And Their Relationship to Medical Conditions In The Vitamins And Lifestyle (VITAL) Study Cohort Of 77,000 Older Men And Women. *Journal of Sleep Research*, 13, Supplement 1, 2004.

192. **Vitiello, M.V.**, Kantor, E., Templeton, I., Barsness, S.M., Elmer, G.W. and Anderson G.D. Pharmacokinetics of Valerian In Healthy Normal Men And Women. *Journal of Sleep Research*, 13, Supplement 1, 2004.
193. **Vitiello, M.V.**, Foley, D.J., Stratton, K.L. and White, E. Relationships of Sleep Complaints, Insomnia and Medical Conditions in the VITAL Study Cohort of 77,000 Older Men and Women. *The Gerontologist*, 44, Special Issue 1:38, 2004.
194. **Vitiello, M.V.**, Foley, D.J., Bliwise, D.L., Ancoli-Israel, S., Monjan, A.A. and Walsh, J.K. Relationship of Napping, Health and Subjective Sleep Quality in Older Adults: Results from the 2003 NSF Sleep in America Poll. *The Gerontologist*, 44, Special Issue 1:39, 2004.
195. Kletke, M., Barsness, S., **Vitiello, M.V.** and Merriam, G.R. Linkage of the Ultradian Patterns of Growth Hormone (GH) and Ghrelin: External Vs. Internal Cueing. *Proceedings of the Endocrine Society*, 2005.
196. **Vitiello, M.V.**, Moe, K.E., Merriam, G.R., Mazzoni, G. and Schwartz, R.S. Growth Hormone Releasing Hormone, Sleep and Cognition in Older Adults. *The World Journal of Biological Psychiatry*, 6, Supplement 1: 152, 2005.
197. **Vitiello, M.V.** and McCurry, S. The treatment of sleep disturbances in Alzheimer's disease. *The World Journal of Biological Psychiatry*, 6, Supplement 1: 130, 2005
198. King A.C., Bliwise D., Pruitt L., Woodward S., **Vitiello M.V.** Physical activity and sleep in older adults: the Round the Clock Wellness Trial. *Annals of Behavioral Medicine*, 29, Supplement 1: B-67, 2005.
199. Merriam, G.R., Kletke, M. Barsness, S and **Vitiello, M.V.** Linkages between the ultradian patterns of growth hormone and ghrelin: External versus internal cueing. *Journal of Investigative Medicine* 53 (1): S97-S97 114 Suppl. S, JAN 2005
200. **Vitiello, M.V.** Sleep problems in older adults and the effects of aerobic training. *Sleep Medicine* 6:S2, S21, 2005
201. Littman AJ, **Vitiello MV**, Foster-Schubert K, Ulrich CM, Tworoger SS, Potter JD, Weigle DS, McTiernan A. Sleep, ghrelin, leptin, and changes in body weight during a 1-year moderate-intensity physical activity intervention. *Proceedings of the International Congress on Physical Activity and Public Health* 154, 2006.
202. **Vitiello, M.V.**, Foley, D.J., Bliwise, D.L., Ancoli-Israel, S., Monjan, A.A. and Walsh, J.K. Frequent Napping in Older Adults is Associated with Excessive Daytime Sleepiness, Depression, Pain and Nocturia: Findings from the National Sleep Foundation "2003 Sleep in America" Poll. *Journal of Sleep Research*, 15, Supplement 1; 130, 2006.
203. Taibi, D.M, Barsness, S., Anderson, G.D., Elmer, G.W., **Vitiello, M.V.** and Landis, C.A. A Randomized Clinical Trial of Valerian Fails to Improve the Sleep Quality of Older Women with Insomnia: Preliminary Results. *Proceedings of the National Congress on the State of the Science of Nursing Research*, 2006.
204. **Vitiello, M.V.** and Foley, D.J. Predictors of Planned and Unplanned Napping in Older Adults. *Sleep* 30: A105-106, 2007.
205. **Vitiello, M.V.**, Rybarczyk, B.D. and Stepanski, E.J. Sleep as Analgesic: Improving Sleep and Pain in Older Adults. *Sleep* 30: A103, 2007.
206. Taibi, D.M., **Vitiello, M.V.**, Anderson, G.D., Elmer, G.W., Barsness, S.M. and Landis, C.A. Valerian Fails To Improve The Sleep Of Older Women With Insomnia. *Sleep* 30: A270, 2007.
207. Gross, C., **Vitiello, M.V.**, Peskind, E., Conybeare and Raskind, M. Sleep Disruption in Combat Veterans with Chronic PTSD on and off Prazosin. *Sleep* 30: A340, 2007.
208. Friedman SD, Richards TR, Borson S, Baker L, Vitiello MV. NAAG Measurement in the Aging Human Brain: The Value of Removing Intrinsic Biological Variability. *Organization for Human Brain Mapping 2007* (S47).
209. **Vitiello, M.V.**, Rybarczyk, B.D., and Stepanski, E.J. Cognitive Behavioral Therapy for Insomnia Improves both Sleep and Pain in Older Insomniacs with Co-Morbid Osteoarthritis. *Meetings of the Gerontological Society of America. Late Breaking Poster*, 2007.
210. McCurry, S.M., Pike, K.C., Logsdon, R.G., **Vitiello, M.V.**, and Teri, L. Factors associated with daytime inactivity and sleepiness in persons with Alzheimer's disease (AD) and family caregivers. *The Gerontologist*, 47, Special Issue 1; 601 2007.
211. **Vitiello, M.V.** Treating Insomnia in Older Adults. In: *Treating Sleep Disorders in Aging, State-of-the-Art: Should Sleep Be a Vital Sign?* (Symposium), Vitiello M. V. and Bernard, M. A. (Chairs). *The Gerontologist*, 47, Special Issue 1; 751-752, 2007.
212. Merriam, G.R., Bowers, C.Y., Cassorla, F.G., Mericq, V., Schwartz, R.S., **Vitiello, M.V.**, White, H/K. Growth Hormone Secretagogues: "Magic Bullets" for Hypothalamic-Pituitary Diagnosis and Therapy. *Erhlich II - 2<sup>nd</sup> World Conference on Magic Bullets 2007*, Nuremberg, GR
213. **Vitiello, M.V.** Causes of Daytime Sleepiness and Napping in Older Adults. *Journal of Sleep Research*, 17, Supplement 1:63-64, 2008.
214. Watson, N.F., Buchwald, D., **Vitiello, M.V.**, Noonan, C., Goldberg, J. Does Sleep Duration Influence Body Mass Index in Twins? *Sleep* 32:A320, 2009.
215. **Vitiello, M.V.**, Ohayon, M.M. Non-Restorative Sleep is Different in Older Adults. *Sleep* 33:A345, 2010.
216. Watson, N.F., Noonan, C., Buchwald, D., **Vitiello, M.V.**, Pack, A.I., Goldberg, J. Is Circadian Type Associated with Sleep Duration in Twins? *Sleep* 33:A187, 2010.
217. McCurry, S.M., Pike, K.C., Logsdon, R.G., **Vitiello, M.V.**, Larson, E.B. and Teri, L. Walking, bright light, and combination intervention all improve sleep in community-dwelling persons with Alzheimer's disease and caregivers: Results of a randomized, controlled trial. *Sleep* 33; A353, 2010.
218. McCurry, S.M., Von Korff, M., Saunders, K., Balderson, B., and **Vitiello, M.V.** Frequency of Co-Morbid Insomnia, Pain and Depression in Older Adults with Osteoarthritis: Predictors of Enrollment in a Randomized Treatment Trial. *Sleep* 33; A352-3, 2010.
219. Garner, B.K., Landis, C.A., Jarrett, M.E., McCarthy, M.S., **Vitiello, M.V.** Sleep Disturbances in U. S. Soldiers Returning from Wartime Deployment: Preliminary Findings. *Sleep* 33; A233, 2010.
220. Watson, N.F., Noonan, C., Buchwald, D., **Vitiello, M.V.**, Pack, A.I., Goldberg, J. Is Circadian Type Associated with Sleep Duration in Twins? *Journal of Investigative Medicine* 58(4); 678, 2010.
221. Taibi, D.M. and **Vitiello, M.V.** A Feasibility Study Shows Gentle Yoga Decreases Sleep Disturbance in Older Women with Osteoarthritis. *State of the Science Conference on Nursing Research* 2010.
222. McCurry, S.M., Pike, K.C., Logsdon, R.G., Teri, L. and **Vitiello, M.V.** Subjective Versus Objective Sleep Outcomes: Does The Caregiver Always Know Best? *The Gerontologist*, 50, Special Issue 1; 313, 2010.
223. **Vitiello, M.V.**, Barsness, S.M., Baker, L.D., Merriam, G.R. and Borson, S. Mild Cognitive Impairment In Older Adults Is Not Associated With Significant Subjective Sleep Disturbance. *Sleep* 34, 2011 (in press).
224. Baker, L.D., Borson, S., Merriam, G.R., Barsness, S.M., Friedman, S.D. and **Vitiello, M.V.** Tesamorelin, A Growth Hormone Releasing Hormone Analogue, Improves Cognitive Function In MCI And Healthy Aging: Results Of A Randomized Controlled Trial. *Alzheimer's Association International Conference on Alzheimer's Disease*, 2011 (in press).
225. Ancoli-Israel, S., Bliwise, D.L., Martin, J.L., **Vitiello, M.V.**, Yaffe, K.L., Zee, P.C. Sleep in Alzheimer's Disease: Towards an Integrated Research Agenda. *Alzheimer's Association International Conference on Alzheimer's Disease*, 2011 (in press).
226. **Vitiello, M.V.** Baker, L.D., Borson, S., Friedman, S.D., Barsness, S.M., and Merriam, G.R. Tesamorelin, A Growth Hormone Releasing Hormone Analogue, Improves Cognitive Function In MCI And Healthy Aging: Results Of A Randomized Controlled Trial. *The Gerontologist* 51, Special Issue 1, 2011 (in press).

**Presentations and Lectures at Universities and Regional, National and International Scientific Meetings**

1. Western Psychological Association, San Francisco, 1974.  
**Vitiello, M.V.** and Woods, S.C.: Caffeine Preferential Consumption by Rats.
2. Meetings of the Psychonomic Society, Denver, 1975.  
**Vitiello, M.V.** and Woods, S.C.: Evidence for Withdrawal From Caffeine by Rats.
3. Meetings of the American Diabetes Association, San Francisco, 1976.  
Woods, S.C., Vasselli, J.R., Kaestner, E. and **Vitiello, M.V.**: Conditioned Insulin Secretion Associated with Meals in Rats.
4. Meetings of the Association for the Psychophysiological Study of Sleep, Mexico City, 1980.  
**Vitiello, M.V.**, Prinz, P.N., Roehrs, T.A., Vitaliano, P.P., Linnoila, M. and Weitzman, E.D.L. Effect of Alcohol on Sleep and Nighttime Plasma Growth Hormone and Cortisol Levels.
5. Meetings of the Gerontological Society, San Diego, 1980.  
Prinz, P., **Vitiello, M.V.** and Halter, J.B.: Sleep/Waking Patterns and Plasma Norepinephrine in Young and Aged Normal Men.
6. Meetings of the Association for the Psychophysical Study of Sleep, Hyannis Port, 1981.  
**Vitiello, M.V.**, Halter, J.B., Giblin, E.C., Schoene, R.B. and Prinz, P.N.: The Sympathetic Nervous System and its Relationship to Sleep.
7. Meetings of the Society for Neuroscience, Los Angeles, 1981.  
**Vitiello, M.V.**, Halter, J.B. and Prinz, P.N.: Sympathetic Nervous Activity and Sleep/Waking Patterns in Man.
8. Meetings of the Association for the Psychophysiological Study of Sleep, San Antonio, 1982.  
**Vitiello, M.V.**, Prinz, P.N. and Halter, J.B.: Sodium Restricted Diet Increases Nighttime Norepinephrine and Impairs Sleep in Man.
- 9-11. Meetings of the Washington State Medical Association, Yakima, 1982.  
**Invited Lectures:**  
**Vitiello, M.V.**: Sleep and Sleep Disorders.  
**Vitiello, M.V.**: Aging, Dementia and Sleep.  
**Vitiello, M.V.**, Trupin, E. and King, K.: Sleep: Theoretical and Clinical Issues.
12. International Conference on Sleep in Relation to Disease, Oxford, U.K., 1983.  
**Vitiello, M.V.**, Kukull, W.A. and Prinz, P.N.: Sleep and EEG Classification of Alzheimer's Dementia.
- 13-14. Fourth International Congress on Sleep Research, Bologna, Italy, 1983.  
**Vitiello, M.V.**, Muniz, R., Smallwood, R.G. and Prinz, P.N.: REM Sleep Measures in Demented and Nondemented Elderly Individuals.  
**Vitiello, M.V.**, Bremner, W., Hintz, R. and Prinz, P.N.: Age-Related Changes in Diurnal Rhythm of Testosterone and Somatomedin-C.
15. Nutritional Intervention in the Aging Process, St. Louis, 1983.  
**Vitiello, M.V.**, Prinz, P.N. and Halter, J.B.: Low Sodium Diet Impairs Sleep Patterns in Man.
16. Meetings of the Gerontological Society of America, San Francisco, 1983.  
**Invited symposium participant:** Research in Alzheimer's Disease; Important Considerations. **Vitiello, M.V.**, Muniz, R., Smallwood, R.G. and Prinz, P.N.: REM Sleep Measures in Demented and Nondemented Elderly Individuals.
- 17-18. Meetings of the Sleep Research Society, Toronto, 1984.  
**Vitiello, M.V.**, Kukull, W. and Prinz, P.: Sleep/Waking and EEG Classification of Alzheimer's Dementia.  
**Vitiello, M.V.**, Muniz, R., Smallwood R. and Prinz, P.: Effect of Induced Awakenings on Sleep Quality of Young and Aged Normal Men.
19. Meeting of the Gerontological Society of America, San Antonio, Texas, 1984.  
**Vitiello, M.V.**, Prinz, P.N.: Effects of Acute Day/Night Reversal on Sleep Quality of Young and Aged Normal Males.
20. XIIIth International Congress of Gerontology, New York, New York, 1985.  
**Invited Round Table Participant:** Sleep Patterns and Aging. **Vitiello, M.V.**: Sleep in Alzheimer's Disease.
21. XIIIth World Congress of Neurology, Hamburg, F.R.G., 1985.  
Prinz, P.N. and **Vitiello, M.V.**: Sleep Disorders in Alzheimer's Disease.
22. University Hospital, Glostrup, Department of Neurophysiology, Copenhagen, Denmark, 1985.  
**Invited Lecture:** **Vitiello, M.V.** Sympathetic Nervous Activity and Plasma Catecholamines; Possible Role in Age-Related Sleep Changes.
- 23-24. Karolinska Institute/National Defense Research Institute, Stockholm, Sweden, 1985.  
**Invited Lecture:** **Vitiello, M.V.**: Sympathetic Nervous Activity: Possible Role in Age-Related Sleep Changes.  
**Invited Lecture:** **Vitiello, M.V.**: Sleep and Waking EEG Measures in the Diagnosis of Alzheimer's Disease.
25. University of Gronigen, Department of Physiology, Gronigen, The Netherlands, 1985.  
**Invited Lecture:** **Vitiello, M.V.**: Sympathetic Activity Measured by Plasma Catecholamines; Possible Role in Age-Related Sleep Changes.
26. Hospital Civil, Departments of Neurology and Psychiatry, Strasbourg, France, 1985.  
**Invited Lecture:** **Vitiello, M.V.**: Sleep and Waking EEG Measures in the Diagnosis of Alzheimer's Disease.
27. University of Zurich, Department of Pharmacology, Zurich, Switzerland, 1985.  
**Invited Lecture:** **Vitiello, M.V.**: Sympathetic Activity Measured by Plasma Catecholamines; Possible Role in Age-Related Sleep Changes.
28. Meetings of the Gerontological Society of America, New Orleans, 1985.  
**Vitiello, M.V.**, Ralph, D., Veith, R., Frommlet, M. and Prinz, P.: Sleep Apnea, REM Sleep and Nighttime Hypoxemia are Associated with Elevated Plasma Norepinephrine.
29. VIIIth European Congress of Sleep Research, Szeged, Hungary, 1986.  
**Vitiello, M.V.**, Prinz, P.N., Personius, J.P., Nuccio, M.A., Ries, R. K. and Koerker, R.M.: A History of Chronic Alcohol Abuse is Associated with Increased Nighttime Hypoxemia in Older Men.
30. Meetings of the Gerontological Society of America, Chicago, 1986.  
**Vitiello, M.V.**, Prinz, P.N., Avery, D.H., and Frommlet, M.S. Circadian Body Temperature in Depressed and Normal Aged Females.
31. The Fourth Meeting of the International Study Group on the Pharmacology of Memory Disorders Associated with Aging, Zurich, Switzerland, 1987.  
**Invited Plenary Session Speaker:** **Vitiello, M.V.** and Prinz, P.N. Sleep and EEG Studies in Alzheimer's Disease.
32. Meetings of The American Psychological Association, New York, 1987.  
**Invited Symposium Presentation:** **Vitiello, M.V.**, Poon, L.W., Gilewski, M.J. and Prinz, P.N. In Memory Complaint and Objective Memory Assessment in Several Aged Groups. Memory Complaints in Clinical and Non-Clinical Aged Groups.
33. Meetings of the Society for Neuroscience, New Orleans, 1987.  
**Vitiello, M.V.** and Prinz, P.N. Dominant Occipital Frequency: A Possible Useful Biomarker of Early Stage Alzheimer's Disease.
34. Second Annual Meeting of the Association of Professional Sleep Societies, San Diego, 1988.  
**Vitiello, M.V.**, Prinz, P.N., Frommlet, M.S., Cabanilla, L.T., Williams, D.E., & Ries, R.K. Sleep/Wake Stage Measures Fail to Discriminate Early Alzheimer's Disease Patients from Controls.
- 35-36. IXth European Congress of Sleep Research, Jerusalem, Israel, 1988.

- Vitiello, M.V.**, Veith, R.C., Ralph, D.D. and Prinz, P.N. Low Sodium Diet Elevates Norepinephrine and Impairs Sleep Patterns in Man. **Vitiello, M.V.**, **Invited Session Chairman**, Sleep Disorders - General I. Meetings of the Gerontological Society of America, Toronto, 1988.
- Vitiello, M.V.**, Prinz, P.N. and Ries, R.K.: Sleep/Wake Variables Fail to Discriminate Early Alzheimer's Disease Patients from Controls. Meetings of the Society for Neuroscience, San Francisco, 1988.
- Vitiello, M.V.**, Veith, R.C., Ralph, D.D. and Prinz, P.N.: Low Sodium Diet Elevates Norepinephrine and Impairs Sleep Patterns in Man. Third Annual Meeting of the Association of Professional Sleep Societies, Washington, D.C., 1989.
- Vitiello, M.V.**, Ralph, D.D., Veith, R.C., Frommlet, M.S. and Prinz, P.N.: Dietary Sodium: Effects on Sympathetic Nervous System Activity and Sleep Quality in Young Men.
- Vitiello, M.V.**, Prinz, P.N., Personius, J.P., Nuccio, M.A., Koerker, R. and Scurfield, R.: Increased Nighttime Hypoxemia in Abstaining Chronic Alcoholic Men.
- Meetings of the Gerontological Society of America, Minneapolis, 1989.
- Vitiello, M.**, Prinz, P., Personius, J. and Scurfield, R. Nighttime Hypoxemia is Increased in Abstaining Chronic Alcoholic Men. Frontiers of Clinical Medicine, University of Washington School of Medicine, Seattle, Washington, 1990.
- Invited Lecture: Vitiello, M.V.**, Alzheimer's Disease: The Search for Biological Markers.
- Xth European Congress of Sleep Research, Strasbourg, France, 1990.
- Vitiello, M.V.**, Ralph, D.D., Veith, R.C. and Prinz, P.N. Suppression of Nighttime Sympathetic Activity Does Not Affect the Sleep Quality of Healthy Young Men.
- Moe, K.E., Prinz, P.N., **Vitiello, M.V.**, Marks, A.L. and Larsen, L.H.: Gender Differences in the Circadian Temperature Rhythms of Healthy Elderly Humans.
- Vitiello, M.V.**, **Invited Session Co-Chairman** (with I. Murri), Human Sleep 1. Fourth Annual Meeting of the Association of Professional Sleep Societies, Minneapolis, 1990.
- Vitiello, M.V.**, Prinz, P.N., Larsen, L.H. and Marks, A.L. Circadian Temperature Rhythms in Healthy Elderly Subjects: Effects of Gender. Meetings of the Gerontological Society of America, Boston, 1990.
- Vitiello, M.V.**, Prinz, P.N., Poon, L.W., Wilkie, F. and Williams, D.E. Memory Impairment in the Elderly is Not Associated with Major Depressive Disorder or Unvalidated Memory Complaint.
- Second International Symposium on Sleep and Respiration (Sleep and Respiration in Aging Adults), Houston, 1991.
- Invited Presentation: Vitiello, M.V.**, Normal Versus Pathological Sleep Changes In Aging Humans.
- Invited Session Chairman: Vitiello, M.V.**, Cognitive Function, Dementia and Sleep Disordered Breathing.
- Fifth Annual Meeting of the Association of Professional Sleep Societies, Toronto, 1991.
- Vitiello, M.V.**, Prinz, P.N., Moe, K.E. and Vitaliano, P.P.: Sleep/Wake Patterns in Alzheimer's Disease: Relationships with Cognition.
- Fifth Annual Meeting of the Association of Professional Sleep Societies, Toronto, 1991.
- Invited Lecture: Vitiello, M.V.**, Sleep Apnea in the Elderly.
- Third International Symposium on Sleep: Sleep, Hormones and the Immune System, Milan, Italy, 1991.
- Invited Presentation: Vitiello, M.V.**, The Sympathetic Nervous System, Plasma Norepinephrine and Sleep Fragmentation.
- Meetings of the Gerontological Society of America, San Francisco, 1991.
- Vitiello, M.V.**, Prinz, P.N., Moe, K.E., Vitaliano, P.P. Sleep Quality and Cognitive Function Decline in Parallel in Alzheimer's Disease.
- Meetings of the Society for Neuroscience, New Orleans, 1991.
- Vitiello, M.V.**, Veith, R.C., Ralph, D.D. and Prinz, P.N. Plasma Norepinephrine Manipulation by Dietary Sodium Fails to Modify Sleep Patterns in Healthy Older Men.
- Black Hills Neurology Conference: Advances in Clinical Adult Neurology, Spearfish, South Dakota, 1992.
- Invited Lectures:**
- Vitiello, M.V.**, Sleep Disorders in the Elderly: An Overview.
- Vitiello, M.V.**, Sleep Apnea in Older Patients.
- Vitiello, M.V.**, Alzheimer's Disease: Clinical Syndrome and Sleep Disorders. Institute of Gerontology, University of Michigan School of Medicine. Detroit 1992.
- Invited Lecture: Vitiello, M.V.** Sleep and Sleep Disorders in the Aged.
- Sixth Annual Meeting of the Association of Professional Sleep Societies, Phoenix, 1992.
- Invited Lecture: Vitiello, M.V.** Sleep Changes in Dementia and Depression.
- Invited Presentation: (Meet the Professor Series): Vitiello, M.V.** Circadian Rhythms and Aging.
- Vitiello, M.V.**, Chandler, W.L., Schwartz, R.S. and Stratton, J.R.: Endurance Training Changes in the Circadian Variation of Clotting Factors in Healthy Aged Men.
- Vitiello, M.V.**, Ralph, D.D., Veith, R.C. and Prinz, P.N.: Sleep Fragmentation in Healthy Aged Men: Effects of Plasma Norepinephrine Manipulation by Dietary Sodium.
- AUS-SLEEP '92, International Update Conference, Australasian Sleep Association, Cairns, Australia, 1992.
- Invited Presentation: Vitiello, M.V.** Sleep and Fitness in the Elderly.
- Department of Psychology, Flinders University of South Australia, Adelaide, 1992.
- Invited Lecture: Vitiello, M.V.**, Aerobic Fitness: Sleep and Circadian Rhythms in the Aged.
- Gerontology Research Centre and School of Kinesiology. Simon Fraser University, Vancouver, Canada, 1992.
- Invited Presentation: Vitiello, M.V.** Sleep and Fitness in the Elderly.
- Meetings of the Gerontological Society of America, Washington, D.C., 1992.
- Vitiello, M.V.**, Vieth, R.C., Schwartz, R.S., Ralph, D.D. and Prinz, P.N.: Nighttime Growth Hormone Secretion in Healthy Aged Men is Increased Following Successful Endurance Training.
- International Conference on the Cellular Consequences of Sleep, World Federation of Sleep Research Societies, Maui, 1993.
- Invited Symposium Participant: Vitiello, M.V.**, Prinz, P.N., Moe, K.E. Larsen, L.H. and Poon, L.W.: Cognitive Function and Sleep in Alzheimer's Disease.
- Meetings of the Gerontological Society of America, New Orleans, 1993.
- Vitiello, M.V.**, Chandler, W.L., Schwartz, R.S. and Stratton, J.R.: Endurance Training Lowers the Circadian Amplitude of Fibrinolytic Factors in Healthy Elderly Men But Not Women.
- Geriatric Grand Rounds, Division of Geriatrics and Gerontology, Department of Medicine, University of Washington, Seattle, 1994.
- Invited Lecture: Vitiello, M.V.** Sleep and Sleep Disorders in the Elderly.
- Eighth Annual Meeting of the Association of Professional Sleep Societies, Boston, 1994.
- Invited Presentation: (Meet the Professor Series): Vitiello, M.V.** Sleep, Aging and Fitness Training.
- Vitiello, M.V.**, Prinz, P.N. and Schwartz, R.S.: Slow Wave Sleep But Not Overall Sleep Quality of Healthy Older Men and Women is Improved by Increased Aerobic Fitness.



- Vitiello, M.V.**, Chandler, W.L., Stratton, J.R. and Schwartz, R.S.: Successful Aerobic Training Enhances the Circadian Rhythm of Plasma Fibrinolytic Factors in Healthy Older Men and Women by Different Mechanisms.
- Vitiello, M.V.**, Larsen, L.H., Moe, K.E., Prinz, P.N. and Schwartz, R.S.: The Circadian Body Temperature Rhythm of Healthy Older Men and Women is Enhanced with Increased Aerobic Fitness.
74. XIIth European Congress of Sleep Research, Florence, Italy, 1994.  
**Vitiello, M.V.**, Prinz, P.N. and Schwartz, R.S.: The Slow Wave Sleep of Healthy Older Adults is Enhanced with Improved Aerobic Fitness.
75. XIIth European Congress of Sleep Research, Florence, Italy, 1994.  
**Vitiello, M.V.**, **Invited Session Chairman**, Physiology of Human Sleep.
76. Meetings of the Gerontological Society of America, Atlanta, 1994.  
**Vitiello, M.V.**, **Invited Session Chairman**, Sleep Disorders.
- 77-81. Ninth Annual Meeting of the Association of Professional Sleep Societies, Nashville, 1995.  
**Invited Lecture: Vitiello, M.V.**, Behavioral Treatments for Insomnia in the Elderly.  
**Invited Presentation:** (Meet the Professor Series): **Vitiello, M.V.** Sleep, Aging and Exercise.  
**Invited Discussant:** Sleep Disorders Nosology: Possible New Diagnostic Categories. **Vitiello, M.V.**, Age-Related Sleep Disturbance.  
**Vitiello, M.V.**, Veith, R.C., Ralph, D.D., Prinz, P.N. and Schwartz, R.S.: Nocturnal Growth Hormone Secretion as Increased in Healthy Older Men and Women Following Successful Endurance Training: Preliminary Findings.
82. Meetings of the Gerontological Society of America, Los Angeles, 1995.  
**Vitiello, M.V.**, Prinz, P.N. and Schwartz, R.S.: Objective and Subjective Sleep Quality in Healthy Older Adults is Improved by Increased Aerobic Fitness.
83. Departments of Medicine and Psychiatry, University of California, Los Angeles, 1996.  
**Invited Lecture: Vitiello, M.V.**, Sleep Disorders.
- 84-85. Tenth Annual Meeting of the Association of Professional Sleep Societies, Washington DC, 1996.  
**Invited Presentation:** (Meet the Professor Series): **Vitiello, M.V.** Causes of Sleep Disturbances in Older Adults.  
**Vitiello, M.V.**, Larsen, L.H., Moe, K.E., Prinz, P.N. and Schwartz, R.S.: Sleep Quality and Circadian Temperature Rhythm of Healthy Older Adults Improve Following Successful Aerobic Training.
- 86-87. XIIIth European Congress of Sleep Research, Brussels, 1996.  
**Vitiello, M.V.**, Larsen, L.H., Moe, K.E., Prinz, P.N., Schwartz, R.S.: The Sleep Quality and Circadian Temperature Rhythm of Healthy Older Adults Both Improve Following Successful Aerobic Training.  
**Invited Session Chairman:** Sleep and Aging.
88. XXVth International Congress of Psychology, Quebec, 1996.  
**Invited Symposium Participant:** Developments in the Study of Sleep Disorders: **Vitiello, M.V.**: Insomnia and Aging: Causes and Consequences.
89. Meetings of the Gerontological Society of America, Washington, D.C., 1996.  
**Vitiello, M.V.**, Schwartz, R.S., Reed, S., Moe, K.E., Prinz, P.N., Merriam, G.R.: Effect of GHRH Treatment on 24-hour GH Secretion of Healthy Older Women.
- 90-91. Annual Meeting and Scientific Symposium of the Hong Kong Society of Sleep Medicine, Hong Kong, 1997.  
**Keynote Speaker: Vitiello, M.V.**, Sleep Disorders in the Elderly, Understanding the Causes.  
**Invited Presentation: Vitiello, M.V.** Fitness Training and Sleep Quality in the Elderly.
92. Departments of Psychology, University of Melbourne and Monash University, Melbourne, Australia, 1997.  
**Invited Lecture: Vitiello, M.V.**, Physical Fitness and Sleep Quality in Healthy Older Men and Women.
- 93-94. Conjoint Meeting of the Australasian Sleep Association and the Australian and New Zealand Thoracic Society, Wellington, New Zealand, 1997.  
**Invited Plenary Lecture: Vitiello, M.V.** Sleep Disorders and Aging: Recent Advances in Understanding the Causes.  
**Invited Plenary Lecture: Vitiello, M.V.** Aerobic Fitness, Sleep Quality, Circadian Rhythms and Aging.
- 95-96. Eleventh Annual Meeting of the Association of Professional Sleep Societies, San Francisco, 1997.  
**Invited Presentation:** (Meet the Professor Series): **Vitiello, M.V.** Recent Advances in Sleep and Aging.  
**Vitiello, M.V.**, Moe, K.E., Larsen, L.H., Prinz, P.N.: Age-Related Sleep Change: Relationships of Objective and Subjective Measures of Sleep in Healthy Older Men and Women.
97. Geriatric Research Education and Clinical Center, Sepulveda VAMC, Los Angeles, 1997.  
**Invited Lecture: Vitiello, M.V.** Basic Mechanics of Sleep and Sleep Changes Over the Life-span.
98. Multidisciplinary Sleep Medicine Center, Washington University, St. Louis, MO, 1997.  
**Invited Lecture: Vitiello, M.V.** Sleep and Aging.
99. Department of Psychology, University of Florence, Florence, Italy, 1997.  
**Invited Lecture: Vitiello, M.V.** Sleep, Aging and Exercise.
100. Annual Meeting of the Society for Biological Psychiatry, Toronto, 1998  
**Invited Workshop Participant: Vitiello, M.V.**, Growth Hormone Releasing Hormone and Sleep Quality in Healthy Older Adults.
- 101-102. Twelfth Annual Meeting of the Association of Professional Sleep Societies, New Orleans, 1998  
**Invited Presentation:** (Meet the Professor Series): **Vitiello, M.V.** Sleep, Exercise and Fitness in Aging.  
**Invited Presentation: Vitiello, M.V.** Sleep Change in Normal Healthy Aging.
103. XIVth Congress of the European Sleep Research Society, Madrid, 1998.  
**Invited Symposium Participant: Vitiello, M.V.** Effects of Long-Term GHRH Treatment in Elderly Subjects.
104. Meetings of the Gerontological Society of America, Philadelphia, 1998.  
**Vitiello, M.V.**, Schwartz, R.S., Buchner, D.M., Moe, K.E., Trimm, K and Merriam, G.R.: Dietary Control and IGF-I Response Variability to GHRH in the Aged.
105. World Health Organization Workshop on Sleep and Cognitive Function: Research and Clinical Perspectives, Cancun, Mexico, 1999.  
**Invited Plenary Lecture: Vitiello, M.V.** Sleep, Aging and Cognitive Function.
- 106-107. Thirteenth Annual Meeting of the Association of Professional Sleep Societies, Orlando, 1999.  
**Invited Presentation:** (Meet the Professor Series): **Vitiello, M.V.** Improving the Sleep of the Elderly: The Role of Sleep Hygiene.  
**Invited Discussant:** (Discussion Group: Does Exercise Promote Sleep, S.D. Youngstedt, Organizer) **Vitiello, M.V.** Exercise, Fitness and Sleep Quality in Aging.
108. Meetings of the Endocrine Society, San Diego, 1999.  
**Vitiello, M.V.**, Barsness, S., Drolet, G., Galt, S., Kletke, M., Trimm, K., Moe, K.E., Schwartz, R.S. and Merriam, G.R.: Effects of GHRH Treatment on 24-GH Secretion, IGF-I and Body Fat in Healthy Older Men and Women.
109. Circadian Pacemaker Laboratory, Sam and Rose Stein Institute for Research on Aging, University of California at San Diego, San Diego, 1999.  
**Invited Presentation: Vitiello, M.V.**, Recent Advances in Sleep and Aging.
110. NIMH and American Association for Geriatric Psychiatry Summer Research Institute in Geriatric Psychiatry, Seattle 1999.  
**Invited Lecture: Vitiello, M.V.**, Sleep Research and Career Development.
111. Meetings of the World Federation of Sleep Research Societies, Dresden, 1999.



- Vitiello, M.V., Moe, K.E., Drolet, G.C., Schwartz, R.S., Barsness, S. and Larsen, L.H. The Relationship Between Skull Mineral Bone Density and the All-Night Sleep EEG in Healthy Older Women and Men.
112. Annual Meeting of the Arbeitsgemeinschaft Neuropsychopharmakologie und Pharmakopsychiatrie (AGNP), Nuremberg, 1999.  
**Invited Presentation: Vitiello, M.V.**, Moe, K.E., Larsen, L.H., Merriam, G.R. and Schwartz, R.S. Endocrine Interventions for Sleep Disturbance in the Elderly.
113. Max Planck Institute for Psychiatry, Munich, 1999.  
**Invited Lecture: Vitiello, M.V.**, Moe, K.E., Larsen, L.H., Merriam, G. R. and Schwartz, R.S. Treating Somatopause: the Impact of Chronic Growth Hormone Releasing Hormone Treatment on Sleep, Cognitive, Neuroendocrine and body compositional status of the healthy elderly.
114. Meetings of the Gerontological Society of America, San Francisco, 1999.  
**Vitiello, M.V.**, Merriam G.R., Moe K.E., Drolet G., Barsness S., Klelte, M. and Schwartz, R.S. IGF-I is Correlated with Cognitive Function In Healthy Older Men And Estrogenized Women.
115. School of Medicine, University of Kentucky, Lexington, 1999.  
**Invited Lecture: Vitiello, M.V.**, Twenty Years of Research in Sleep and Aging: Lessons Learned and Questions Revealed.
116. Geriatric Grand Rounds, Division of Geriatrics and Gerontology, Department of Medicine, University of Washington, Seattle, 2000.  
**Invited Lecture: Vitiello, M.V.** Diagnosing and Treating Sleep Disturbance in Older Adults.
- 117-118. International Meeting on Growth Hormone Releasing Hormone (GEREF®), Palm Beach, 2000.  
**Invited Presentation: Vitiello, M.V.** Central Nervous System Effects of GHRH in an Elderly Population.  
**Invited Presentation: Vitiello, M.V.** Continuous Nighttime Infusion of GHRH: Growth Hormone and Sleep Effects.
119. Department of Psychiatry and Behavioral Sciences Neurosciences Seminar, University of Washington, Seattle, 2000  
**Invited Lecture: Vitiello, M.V.** The Effects of Chronic Growth Hormone Releasing Hormone Administration on Neuroendocrine, Body Composition, Sleep, Functional and Cognitive Status of Healthy Older Men and Women.
120. Department of Veterinary and Comparative Anatomy, College of Veterinary Medicine, Washington State University, Pullman, 2000.  
**Invited Lecture: Vitiello, M.V.** Treating Somatopause in Healthy Older Men and Women: Effects of Growth Hormone Releasing Hormone Treatment on Neuroendocrine, Body Composition, Physical Function, Sleep and Cognitive Status.
121. Pacific Northwest Conference for Primary Health Care Practitioners, Seattle, 2000  
**Invited Lecture: Vitiello, M.V.** Effective Treatment of Sleep Disorders in Older Adults.
122. Aging Medical Advisory Board Meeting, Serono Laboratories, Boston, 2001  
**Invited Presentation: Vitiello, M.V.**, Moe K.E., Larsen, L.H., Merriam G.R., and Schwartz, R.S. Effects of Chronic GERE Treatment on Sleep and Cognitive Function in Healthy Older Men and Women.
123. NIAAAA, Working Group: Exploiting Clinical Trials to Study the Biological Basis of Recovery, Rockville, MD, 2001  
**Invited Presentation: Vitiello, M.V.** Sleep in Recovering Alcoholics: What We Know and What We Need to Know.
124. Pacific Northwest Sleep Association, Skamania, WA, 2001  
**Invited Lecture: Vitiello, M.V.** Exercise, Fitness and Sleep.
125. NWGEC-Wyoming Governor's Conference on Aging, Casper, Wy, 2001  
**Invited Lecture: Vitiello, M.V.** Sleep and Sleep Disturbances in the Elderly.
126. XVth Annual Meetings of the Associated Professional Sleep Societies, Chicago, 2001  
**Symposium Organizer and Chair: Vitiello, M.V.** Epidemiology of Sleep Disorders in Mid and Late Life: How Do We Properly Answer the Important Questions?  
**Symposium Participant: Vitiello, M.V.** What Do We Need to Know About Sleep Disorders in Mid and Late Life?
127. VIth World Congress of Biological Psychiatry, Berlin, 2001  
**Invited Symposium Participant: Vitiello, M.V.**, Merriam G.R., Moe K.E., Larsen, L.H., Drolet G., Barsness S., and Schwartz, R.S. Growth Hormone Releasing Hormone Treatment for Sleep Disturbance in Elderly Men and Women.
128. Sleep Center, Department of Psychiatry, University Hospital, University of Antwerp, 2001  
**Invited Lecture: Vitiello, M.V.** Effective Treatment of Sleep Disturbances in Older Adults.
- 129-130. IVth Milano International Symposium on Sleep: Epidemiology of Sleep Disorders, Milan, 2001  
**Invited Lecture: Vitiello, M.V.** Treating Sleep Disturbances in the Elderly: What We Need to Know.  
**Invited Panelist:** Consensus Panel on Insomnia: "What it is and what it is not". Ohayon, M. and Smirne, S. Chairmen.
131. Meetings of the Gerontological Society of America, Chicago, 2001  
**Vitiello, M.V.**, Buchner, D.M., Cress, M.E., Merriam, G.R., Moe, K.E., Barsness, S., Drolet, G., Yancey, D. and Schwartz, R.S. GHRH Effects on Body Composition and Physical Function in Healthy Older Men and Women.
- 132-133. First Annual Meeting of the International College of Geriatric Psychoneuropharmacology, Waikoloa, Hawaii, 2001  
**Panel Organizer and Chair: Vitiello, M.V.** Psychoneuropharmacology Treatment of Geriatric Sleep Disturbances.  
**Panel Participant: Vitiello, M.V.** Sleep Disturbances in the Elderly: The Nature of the Problem and Potential Novel Solutions.  
**Panel Participant: Vitiello, M.V.** Augmentation of the Somatotrophic Axis to Improve Sleep Quality in the Elderly.
134. Stanford Sleep Center, Stanford University, Palo Alto, 2002  
**Grand Rounds: Vitiello, M.V.** Augmentation of the Somatotrophic Axis: Effects on Somatotrophic Hormones, Body Composition, Physical Function, Sleep and Cognition in Healthy Elderly Men and Women.
- 135-136. Sixteenth Annual Meeting of the Associated Professional Sleep Societies, Seattle, 2002  
**Invited Presentation: Vitiello, M.V.** (in the Post-Graduate Class: Sleep Disorders in the Older Patient) Age-Related Sleep Change  
**Vitiello, M.V.**, Larsen, L.H., Drolet, G., Madar, E.L. and Moe, K.E. Gender Differences in Subjective-Objective Sleep Relationships in Non-Complaining Healthy Older Men and Women.
137. University of Washington Sleep Disorders Center at Harborview Medical Center, Seattle, 2002  
**Invited Lecture: Vitiello, M.V.** Sleep and Exercise: What We Know and What Remains to be Learned
138. Summer Institute in Gerontology, University of Alaska and the UW Northwest Geriatric Educational Center, Anchorage, 2002  
**Invited Plenary Lecture: Vitiello, M.V.** Sleep Disturbance in Older Adults.
139. University of Arizona, Department of Psychology, Tucson, 2002  
**Invited Lecture: Vitiello, M.V.** Treating "Somatopause": Effects on Somatotrophic Hormones, Body Composition, Physical Function, Sleep and Cognition in Healthy Elderly Men and Women.
- 140-142. NIA/ILC Sleep, Health and Longevity Workshop. Canyon Ranch Health Resort, Tucson, AZ, 2002.

- Invited Plenary Presentation:** Vitiello, M.V. Sleep Disorders in the Elderly: How They are Being Treated.  
**Invited Plenary Presentation:** Vitiello, M.V. Dual Role of Exercise: Improving Health Directly and Indirectly via Improved Sleep  
**Invited Discussion Leader:** Vitiello, M.V. Biological Basis of Age-Related Cognitive Change
- 143-144. Second Annual Meeting of the International College of Geriatric Psychoneuropharmacology, Barcelona, Spain, 2002.  
**Panel Organizer and Chair:** Vitiello, M.V. Somatotrophic Hormones and Cognitive Function in Older Adults  
**Panel Participant:** Vitiello, M.V. Cognitive Changes and Aging; The Role of the Somatotrophic Axis  
**Panel Participant:** Vitiello, M.V. Growth Hormone Releasing Hormone Improves the Cognitive Function of Healthy Older Adults.
145. Center for Healthy Aging, Emory University, Atlanta, GA, 2002.  
**Invited Lecture:** Vitiello, M.V. Treating Somatopause: GHRH Effects on Somatotrophic Hormones, Body Composition, Physical Function, Sleep Quality and Cognition in Healthy Elderly Men and Women.
146. Department of Biobehavioral Nursing and Health Systems, School of Nursing, UW, Seattle, 2003  
**Invited Lecture:** Vitiello, M.V. Sleep and Exercise.
147. NIA/NIMH/NSF Leadership Congress on Sleep, Health and Aging, Washington, DC, 2003.  
**Invited Plenary Lecture:** Vitiello, M.V. Neurodegenerative Diseases and Sleep Interacting in Aging
148. Pacific Northwest Ambulatory Care Conference, Seattle, 2003  
**Invited Lecture:** Vitiello, M.V. Effective Treatment of Sleep Disorders in Older Adults.
- 149-152. Seventeenth Annual Meeting of the Associated Professional Sleep Societies, Chicago, 2003  
**Invited Presentation:** Vitiello, M.V. Age-Related Sleep Change. In the Post-Graduate Course: Sleep Disorders in the Older Patient.  
Vitiello, M.V., **Invited Session Chairman.** Sleep and Aging: Physiology and Treatment  
Vitiello, M.V., **Invited Session Chairman.** Circadian Rhythms/Sleep Relationships  
Vitiello, M.V., Moe, K.E., Larsen, L.H., Merriam, G.R., and Schwartz, R.S. Long-Term Growth Hormone Releasing Hormone Administration Does Not Improve The Sleep Quality Of Healthy Older Men And Women.
153. Second Advanced Research Workshop on Aging, Exercise and Cognition, University of Texas, Austin, 2003  
**Invited Plenary Presentation and Discussion Leader:** Vitiello, M.V. Exercise, Sleep and Cognition Relationships in Aging
154. Chronic Insomnia: A Debate on Symptoms and Diagnosis, Stanford University, Palo Alto, 2003.  
**Invited Presentation:** Vitiello, M.V. Subjective and Objective Sleep in Health “Non-Complaining” Adults: Implications for Understanding Chronic Insomnia.
155. University of Washington Sleep Disorders Center, Harborview Medical Center, Seattle, 2003  
**Invited Lecture:** Vitiello, M.V. Treating Somatopause: GHRH Effects on Somatotrophic Hormones, Body Composition, Physical Function, Sleep Quality and Cognition in Healthy Elderly Men and Women.
156. Department of Neurosurgery, University of Washington School of Medicine, Seattle, 2003  
**Grand Rounds:** Vitiello, M.V. Augmentation of the Somatotrophic Axis: GHRH Effects on Somatotrophic Hormones, Body Composition, Physical Function, Sleep Quality and Cognition in Healthy Elderly Men and Women.
157. Meetings of the Gerontological Society of America, San Diego, 2003.  
Vitiello, M.V., Baker, L.D., Mazzoni, G., Moe, K.E., Craft, S., Merriam, G.R. and Schwartz, R.S. Growth Hormone Releasing Hormone Treatment Improves Cognitive Function In Healthy Older Men And Women.
158. Geriatric TeleMed Lecture, Geriatric Research Education and Clinical Center (GRECC), VAPSHCS, Seattle, 2004  
**Invited Lecture:** Vitiello, M.V. Effectively Treating Sleep Disorders in Older Adults.
159. Geriatric Reseach Education and Clinical Center (GRECC), Veteran’s Affairs Puget Sound Health Care System, Seattle, 2004  
**Invited Lecture:** Vitiello, M.V. Treating Somatopause: GHRH Effects on Somatotrophic Hormones, Body Composition, Physical Function, Sleep Quality and Cognition in Healthy Elderly Men and Women.
160. Univeristy of Washington, School of Medicine’s Visiting Committee, Seattle, 2004  
**Invited Lecture:** Vitiello, M.V. Sleep and Sleep Disorders in Older Adults.
161. University of Washington Sleep Disorders Center at Harborview Medical Center, Seattle, 2004  
**Invited Lecture:** Vitiello, M.V. Recent Epidemiological Findings in Sleep and Aging.
- 162-166. Eighteenth Annual Meeting of the Associated Professional Sleep Societies, Philadelphia, 2004  
**Invited Presentation:** Vitiello, M.V. Insomnia in the Elderly. In the Post-Graduate Course: Geriatric Sleep Medicine (A. Alon, Chair)  
**Invited Presentation:** Vitiello, M.V. Experimental Confounds. In the Post-Graduate Course: Lies, Damned Lies, and Statistics: How Research Study Design and Analysis Impact Clinical Interpretations (E. W. Weaver and T. Weaver, Chairs)  
**Invited Symposium Participant:** Vitiello, M.V., Normative Sleep in Older Adults. In the Symposium: Normative Sleep. Evolution of Objective Parameters from Childhood to Old Age (Ohayon, M.M., Chair)  
Vitiello, M.V., Foley, D.J., Stratton, K.L. and White, E. Prevalence Of Sleep Complaints And Insomnia In The Vitamins And Lifestyle (VITAL) Study Cohort Of 77,000 Older Men And Women.  
Vitiello, M.V., Larsen, L.H., Bliwise, D.L., Ancoli-Israel, S., Walsh, J., Monjan, A.A. and Foley, D.J. Relationship of Regular Napping to Health and Self-Reported Sleep Quality in Older Adults: Results from the 2003 NSF Sleep in America Poll.
- 167-168. Meetings of the Gerontological Society of America, Washington DC, 2004  
Vitiello, M.V., Foley, D.J., Stratton, K.L. and White, E. Relationships of Sleep Complaints, Insomnia and Medical Conditions in the VITAL Study Cohort of 77,000 Older Men and Women.  
Vitiello, M.V., Foley, D.J., Bliwise, D.L., Ancoli-Israel, S., Monjan, A.A. and Walsh, J.K. Relationship of Napping, Health and Sleep Quality in Older Adults: Results from the 2003 NSF Sleep in America Poll.
- Subjective
169. Primer of Sleep Research. Sleep Research Society, Miami, 2005  
**Course Director:** Vitiello, M.V.  
**Invited Presentation:** Vitiello, M.V. Important Issues in Studying the Sleep of Older Adults
170. Psychiatry and Behavioral Sciences, University of Washington, Seattle, 2005  
**Psychiatry Grand Rounds:** Vitiello, M.V. Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly?
- 171-172. Nineteenth Annual Meeting of the Associated Professional Sleep Societies, Denver, 2005  
**Invited Symposium Participant:** Vitiello, M.V., Sleep Problems in the Elderly and the Effects of Aerobic Fitness Training. In the Symposium: New Developments in the Treatment of Sleep Disturbances in the Elderly (Bjorvatn and Morin, Co-Chairs)  
**Invited Session Chairman:** Vitiello, M.V. Epidemiology of Sleep and Aging.
- 173-174. Eighth World Congress of Biological Psychiatry, Vienna, 2005

- Invited Symposium Participant: Vitiello, M.V.,** Moe, K.E., Merriam, G.R., Mazzoni, G. and Schwartz, R.S. Growth Hormone Releasing Hormone. Sleep and Cognition in Older Adults. In the Symposium: Stress and Sleep (Holsboer-Trachsler and Steiger, Co-Chairs)
- Invited Symposium Participant: Vitiello, M.V.** and McCurry, S. The Treatment of Sleep Disturbances in Alzheimer's Disease. In the Symposium: Advances in Diagnosis and Treatment of Sleep Disorders in Psychiatric Illness (Saletu-Zyhlarz and Soldatos, Co-Chairs).
- 175-176. Washington University School of Medicine, St. Louis, 2005
- Neurology Grand Rounds: Vitiello, M.V.** The Treatment of Sleep Disturbances in Alzheimer's Disease.
- Sleep Medicine Grand Rounds: Vitiello, M.V.** Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly?
177. First Congress of the World Association of Sleep Medicine, Berlin, 2005
- Invited Symposium Participant: Vitiello, M.V.** Sleep Problems in the Elderly and the Effects of Aerobic Fitness Training. In the Symposium: New Developments in the Treatment of Sleep Disturbances in the Elderly (Bjorvatn and Morin, Co-Chairs)
178. School of Nursing, University of Washington, Bothell, 2005
- Invited Presentation: Vitiello, M.V.** Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly?
- 179-181. International Longevity Center Consensus Conference: Sleep Health and Aging, New York, 2005
- Scientific Coordinator and Advisory Board Chair: Vitiello, M.V.**
- Session Moderator (Lifestyle and Circumstance): Vitiello, M.V.**
- Invited Presentation: Vitiello, M.V.** The Positive Impact of Regular Exercise on the Sleep Quality of Older Adults.
- 182-183. Primer of Sleep Research. Sleep Research Society, La Jolla, CA, 2006
- Course Co-Director: Vitiello, M.V.**
- Invited Presentation: Vitiello, M.V.** Important Issues in Studying the Sleep of Older Adults
184. NW Regional Rural Health Conference, Spokane, WA, 2006
- Vitiello, M.V.** Geriatric Health Promotion for Rural Health Care Providers: Providing State-of-the-Art Telehealth Education to Rural Areas
185. Geriatric Grand Rounds, Division of Geriatrics and Gerontology, Department of Medicine, University of Washington, Seattle, 2006.
- Invited Lecture: Vitiello, M.V.** Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly?
186. 30<sup>th</sup> Annual Oregon State University Gerontology Course. Corvallis, Or, 2006
- Invited Lecture: Vitiello, M.V.** Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly?
- 187-188. Seventeenth Annual Meeting of the Associated Professional Sleep Societies, Salt Lake City, 2006.
- Invited Course Chair: Vitiello, M.V.** The Year in Review (Post-Graduate Course)
- Invited Session Chair: Vitiello, M.V.** Sleep and Aging: Morbidity and Mortality
199. International Longevity Center Consensus Conference: Sleep and Chronic Disease in Older People, New York, 2006
- Invited Plenary Lecture: Vitiello, M.V.** Epidemiology and Treatment of Insomnia in Older Adults.
200. Pacific Northwest Sleep Association, Skamania, WA, 2007
- Invited Plenary Lecture: Vitiello, M.V.** Do Not Go Gentle Into That Good Night: Does Growing Old Mean Sleeping Poorly?
- 201-202. Sleep Medicine 2007, Las Vegas, 2007
- Invited Lecture: Vitiello, M.V.** Sleep in Older Adults
- Invited Lecture: Vitiello, M.V.** Sleep in Alzheimer's disease
203. Stanford Sleep Epidemiology Research Center Symposium, Stanford University, Palo Alto, CA, 2007
- Invited Lecture: Vitiello, M.V.** Relationships of Sleep Complaints, Insomnia and Medical Conditions in the VITAL Study Cohort.
- 204-207. SLEEP2007, 21<sup>st</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, 2007
- Invited Symposium Participant: Vitiello, M.V.** Sleep Changes in Healthy and Pathological Aging. In the Symposium: Individual Differences in Sleep: Basic Research and Clinical Relevance (Van Dongen, H., Chair)
- Invited Trainee Day Workshop Presentation: Vitiello, M.V.** Manuscripts: Preparation and Responding to Reviewers
- Vitiello, M.V.** and Foley, D.J. Predictors of Planned and Unplanned Napping in Older Adults.
- Vitiello, M.V.,** Rybarczyk, B.D. and Stepanski, E.J. Sleep as Analgesic: Improving Sleep and Pain in Older Adults.
208. 5<sup>th</sup> International Sleep Disorders Forum, Chicago 2007
- Vitiello, M.V.,** Rybarczyk, B.D., Von Korff, M. and Stepanski, E.J. CBT-I Results in Both Immediate and Long-Term Improvements of Sleep and Reductions of Pain in Older Adults with Co-Morbid Insomnia and Osteoarthritis
- 209-211. WorldSleep07, 5<sup>th</sup> World Congress of the World Federation of Sleep Research and Sleep Medicine Societies, Cairns, Australia, 2007
- Invited Symposium Participant: Vitiello, M.V.** Age Changes in Female Gonadal Axis Regulation. In the Symposium: The Reproductive Endocrinology of Sleep, Sleep Disorders and Aging (Liu, P., Chair)
- Invited Symposium Participant: Vitiello, M.V.** Napping, Sleep Quality and Health Relationships in Older Adults. In the Symposium: The Effects of Daytime Naps on Health and Cognition (Ficca, G., Chair)
- Invited Trainee Day Workshop Presentation: Year in Review: Clinical and Applied Research**
212. Meetings of the Gerontological Society of America, San Francisco, 2007
- Invited Symposium Participant: Vitiello, M.V.** Treating Insomnia in Older Adults. In the Symposium: Treating Sleep Disorders In Aging, State-Of-The-Art: Should Sleep Be A Vital Sign? (Bernard, M.A. and Vitiello, M.V., Chairs)
213. Allen Institute for Brain Sciences, Molecular Approaches to Understanding Sleep Regulation and Consequences of Sleep Deprivation, Seattle 2007
- Invited Symposium Participant: Vitiello, M.V.** The Emerging Science of Sleep
214. Insomnia: Behavioral and Pharmacological Management in Primary Care, Seattle 2007
- Invited Lecture: Vitiello, M.V.** Insomnia: Etiology, Prevalence, and Morbidity
- Invited Panel Discussant: Vitiello, M.V.** Integrating Insomnia Management into Primary Care
215. National Sleep Foundation Conference: The Role of Sleep in Learning and Memory, Washington DC, 2008
- Invited Lecture: Vitiello, M.V.** The Role of Sleep in Age-Related Memory Decline
- 216-217. SLEEP2008, 22<sup>nd</sup> Annual Meeting of the Associated Professional Sleep Societies, Baltimore, 2008
- Invited Discussant: Vitiello, M.V.** Sleep and Society: Towards a Research Agenda on the Social Determinants of Sleep.
- Invited Symposium Participant: Vitiello, M.V.** Nocturnal Awakenings and Aging. In the Symposium: Nocturnal Awakenings: Prevalence, Co-morbidity and Daytime Consequences (Ohayon, M., Chair).

- Invited Post-Graduate Course Lecture: Vitiello, M.V.** Irregular Sleep-Wake Rhythm. In the Post-Graduate Course: "Evaluation and Treatment of Circadian Rhythm Sleep Disorders" (Sack, R. and Wright, K., Co-Chairs)
218. Fibromyalgia and Sleep Disorders, National Fibromyalgia Research Association Scientific Conference, Portland, 2008
- Invited Lecture: Vitiello, M.V.** Sleep and Aging: Growing Old Should Not Mean Sleeping Poorly.
219. Geriatric Grand Rounds, Harborview Medical Center, Seattle, WA, 2009
- Invited Lecture: Vitiello, M.V.** Growing Old Should Not Mean Sleeping Poorly.
220. National Sleep Foundation Conference: Sleep and Pain Interactions, Washington DC, 2009
- Invited Lecture: Vitiello, M.V.** Aging and Co-Morbidities in Sleep and Pain Interactions.
221. Japan Somnology Center, Neuropsychiatric Research Institute, Tokyo, Japan, 2009
- Invited Lecture: Vitiello, M.V.** Sleep and Aging: Growing Old Should Not Mean Sleeping Poorly.
222. 3<sup>rd</sup> Annual Meeting of the Kinki Sleep Society, Kyoto, Japan, 2009
- Invited Lecture: Vitiello, M.V.** Sleep and Aging: Growing Old Should Not Mean Sleeping Poorly.
223. 6<sup>th</sup> Sleep Respiration Forum, Daebu Island, South Korea, 2009
- Invited Lecture: Vitiello, M.V.** Sleep Apnea and Aging: Questions of Cause, Consequence and Treatment.
224. 9<sup>th</sup> World Congress on Sleep Apnea, Seoul, South Korea, 2009
- Invited Symposium Participant: Vitiello, M.V.** Prevalence and Associations of Sleep Apnea in Dementia. In the Symposium: Obstructive Sleep Apnea in the Elderly.
225. de Tornyay Center for Healthy Aging, UW, Seattle, WA, 2009
- Invited Lecture: Vitiello, M.V.** Growing Old Does Not Mean Sleeping Poorly.
226. Department of Integrative Physiology, University of Colorado at Boulder, CO, 2009
- Invited Lecture: Vitiello, M.V.** Lessons Learned from Thirty Years of Sleep and Aging Research
227. Psychiatry Grand Rounds, Harborview Medical Center, Seattle, WA, 2009
- Invited Lecture: Vitiello, M.V.** Recent Advances in Treating Insomnia in Older Adults.
228. 31<sup>st</sup> Annual Meeting of the American Association of Sleep Technologists, Seattle, WA, 2009
- Invited Lecture: Vitiello, M.V.** Growing Old Does Not Mean Sleeping Poorly
229. Stanford Sleep Epidemiology Research Center Symposium, Stanford University, Palo Alto, CA, 2009
- Invited Lecture: Vitiello, M.V.** Is Non Restorative Sleep Different for Older Adults?
230. Faculty of Medicine, University Joseph Fourier, Grenoble, France, 2009
- Invited Lecture: Vitiello, M.V.** Growing Old Does Not Mean Sleeping Poorly: Dispelling the Myths of Sleep and Aging
231. Center for Sleep and Respiratory Neurobiology, University of Pennsylvania, 2009
- Invited Lecture: Vitiello, M.V.** Growing Old Does Not Mean Sleeping Poorly: Dispelling Some Myths About Sleep and Aging.
- 232-3. Nebraska Sleep Conference, Lincoln NE, 2009
- Invited Lecture: Vitiello, M.V.** Growing Old Does Not Mean Sleeping Poorly: Dispelling Some Myths About Sleep and Aging.
- Invited Lecture: Vitiello, M.V.** Effective Treatment of Sleep Disorders in Older Adults.
234. Geriatric Medicine and Gerontology, Geriatric Grand Rounds, Emory University, Atlanta GA, 2009
- Invited Lecture: Vitiello, M.V.** Recent Advances in Treating Insomnia in Older Adults.
235. Stanford Sleep Epidemiology Research Center Symposium, Stanford University, Palo Alto, CA, 2009
- Invited Lecture: Vitiello, M.V.** Nocturnal Awakenings from Sleep in Older Adults: Prevalence and Relations with Sleep Dissatisfaction.
236. Center for Research in the Management of Sleep Disturbances, University of Washington, Seattle, WA, 2010
- Invited Lecture: Vitiello, M.V.** Recent Advances in the Effective Treatment of Insomnia in Older Adults.
- 237-8. Department of Psychobiology, Federal University of Sao Paulo, Sao Paulo, Brazil, 2010
- Invited Lecture: Vitiello, M.V.** Growing Old Does Not Mean Sleeping Poorly: Dispelling Myths About Sleep and Aging.
- Invited Lecture: Vitiello, M.V.** Recent Advances in Treating Insomnia in Older Adults.
- 239-40. SLEEP2010, 24<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX 2010
- Invited Trainee Day Workshop Presentation: Vitiello, M.V.** Sleep and Aging
- Vitiello, M.V., Ohayon, M.M.** Non-Restorative Sleep is Different in Older Adults.
241. National Taiwan University, First International Sleep Technology Symposium, Taipei, Taiwan, 2010
- Plenary Lecture: Vitiello, M.V.** The Management of the Sleep Disorders in Older Adults, Healthy and Frail.
- 242-3. Department of Psychology, University of Naples II, Caserta, Italy, 2010
- Invited Lecture: Vitiello, M.V.** Growing Old Does Not Mean Sleeping Poorly: Dispelling Myths About Sleep and Aging.
- Invited Lecture: Vitiello, M.V.** Recent Advances in Treating Insomnia in Older Adults.
244. 26<sup>th</sup> Annual Japanese Insomnia Forum, Tokyo, Japan, 2010
- Invited Plenary Lecture: Vitiello, M.V.** Effective Management of Insomnia and Risk of Falls in Older Adults.
245. Pacific Northwest Sleep Association, Skamania, WA, 2011
- Invited Plenary Lecture: Vitiello, M.V.** Menopause and Sleep.
246. National Institute on Aging Workshop on Sleep in Aging and Dementias, Washington, DC, 2011
- Invited Presentation: Vitiello, M.V.** TBD
- 247-8. SLEEP2011, 25<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, 2011
- Invited "Meet the Professor" Presentation: Vitiello, M.V.** Sleep and Pain: A Two-Way Street.
- Invited Discussant: Vitiello, M.V.** In the Discussion Group: The National Institutes of Health Sleep Research Plan (2011).
249. 4<sup>th</sup> International World Sleep Congress, Meetings of the World Association of Sleep Medicine, Quebec City, Canada, 2011
- Invited Symposium Chair and Participant: Vitiello, M.V.** Sleep as Analgesic: Cognitive Behavioral Treatment of Pain and Sleep Disturbance in Older Adults with Co-Morbid Osteoarthritis and Insomnia. In the Symposium: Advances in Diagnosis and Management of Sleep Disorders in Older Adults.
250. WORLDSLEEP2011, Meetings of the World Sleep Federation, Kyoto, Japan, 2011
- Invited Symposium Participant: Vitiello, M.V.** Cognitive Behavior Therapy for Insomnia Improves Sleep and Decreases Pain In Older Adults With Co-Morbid Insomnia And Osteoarthritis. In the Symposium: The Clinical Efficacy and Indications of Cognitive Behavior Therapy for Insomnia.
251. Meetings of the Gerontological Society of America, Boston, 2011
- Invited Symposium Participant: Vitiello, M.V.** Interactions of Sleep Disturbance and Pain in Older Adults: Implications for Effective Treatment. In the Symposium: Poor Sleep and Adverse Health Outcomes in Older Adults.