**CURRICULUM VITAE**

**Lauren N. Whitehurst, PhD**

Assistant Professor

Department of Psychology

University of Kentucky

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**Research Interests**

My research program works to understand how sleep contributes to health and cognition. I explore how sleep can be leveraged to combat disease and cognitive decline. I use behavioral and neuroimaging methodologies to quantify the impact of sleep on cognition, psychosocial functioning, and health. I also use experimental methods to determine the impact of sleep perturbations on health and well-being, including examining the impact of drug use and stress exposures on sleep and related psychosocial outcomes. I engage interdisciplinary approaches and have a history of productive collaborations that facilitate the success of my research program, including relationships with colleagues in public health, physiology, biology, sociology, business, engineering, and medicine. I am focused on transdisciplinary science that leverages sleep to promote health, reduce cognitive impairment, and slow age-related cognitive decline. I intentionally center those who experience social disadvantage in my research program as they are especially vulnerable to sleep and cognitive losses across the lifespan.

**Positions**

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

06/2021-present **Core Faculty**, Center for Health Equity Transformation, University of Kentucky, Lexington, KY

09/2021-present **Faculty Affiliate**, African American Africana Studies, University of Kentucky, Lexington, KY

09/2022- present **Director of Team Science**, Center for Clinical and Translational Science, University of Kentucky, Lexington, KY

02/2023 – present **Assistant Director**, United in True Racial Equity Research Priority Area, Office of the Provost, University of Kentucky, Lexington, KY

01/2024 – present **Associate Director** (Research and Community Engagement), Center for Health Equity Transformation, University of Kentucky, Lexington, KY

**Education**

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

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

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

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

**Research Honors & Awards**

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

2020 Early-Stage Investigator Award, Academy of Behavioral Medicine Research

2020 Young Investigator Research Fellow, American Academy of Sleep Medicine

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

2019 Young Investigator Colloquium Scholar, American Psychosomatic Society

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

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

2017 Dissertation Award Honorable Mention, Ford Fellowship

2015 Graduate Student Research Award, University of California, Riverside

2013 GradEdge Summer Research Award, University of California, Riverside

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

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

**Research Support**

**Ongoing**

*Role: Multiple Principal Investigator*, National Institute on Alcohol Abuse and Addiction. R01AA030308.**Project Title:** Sex and sex hormone factors influencing acute alcohol effects on sleep physiology. Funding Dates: 09/2023-08/2028.

Role: *Principal Investigator-UK Site*, Clinical and Translational Science Center Inter-Institutional Pilot Project. **Project Title:** Evaluating sleep disturbances in adolescents and young adults with intellectual and developmental disabilities, $25,000. Funding Dates: 10/2022 – 08/2024.

Role: *Principal Investigator*, Neuroscience Research Priority Area Pilot Awards, University of Kentucky Institutional Pilot Grant. **Project Title:** Cognitive Sequelae of Beta-Amyloid Accumulation and Sleep Dysfunction in Parkinson’s Disease. $22,557. Funding Dates:08/2021-06/2024.

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

Role: *Co-Investigator*, National Institute on Aging. **Project Title:** University of Kentucky Alzheimer’s Disease Research Center. $14,452, 855. Funding Dates: 08/2021-06/2026.

Role: *Co-Investigator*, National Center for Advancing Translational Sciences. **Project Title**: University of Kentucky Center for Clinical and Translational Science. $16,599,590. Funding Dates: 08/2016-06/2026.

**Under Review**

Role: Co-Investigator, National Institute on Drug Abuse, **Project Title:** Center for Research on Existing & Alternative Treatment Endpoints (CREATE). $14,866,217. Proposed Start and End Date: 07/2024-06/2029.

Role: Co-Investigator, Patient Centered Outcomes Research Institute, **Project Title**: Comparing Two Delivery Methods of Cognitive Behavioral Therapy for Insomnia Among Rural Adults with Insomnia and Coronary Heart Disease. $10,224,232. Proposed Start and End Date: 11/2024-10/2029.

Role: Co-Investigator, National Institute on Alcohol Abuse and Alcoholism, **Project Title**: Influence of Orexin Antagonism on Motivation for Alcohol. 2,046,992. Proposed Start and End Date: 04/2024-03/2027.

**In-Progress**

Role, Principal Investigator, National Institute on Aging. **Project Title:** Quantifying moderators of sleep loss in Black Americans.

**Completed**

*Role: Senior Personnel*, National Science Foundation Small Business Innovation Research (SBIR). NSF 2125984 **Project Title:** VRTogether - a multi-user VR approach to address isolation through co-presence. $249,628. Funding dates: 02/2021-01/2023.

Role: *Principal Investigator*, Nesos Company; Location: Redwood City, CA. **Project Title:** Autonomic mechanisms of sleep-dependent cognition; $81,215. 08/2020-04/2022.

Role: *Principal Investigator*, Nesos Company; Location: Redwood City, CA. **Project Title:** Effect of vagus nerve stimulation on acute stress reactivity; $127,334. 08/2020-04/2022.

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

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

Role: *Principal Investigator*, UNited in True Racial Equity (UNITE) Research Priority Grant. **Project Title:** The impact of daily stress on EEG-derived sleep in mid-life Black Americans, $49, 996. Funding Dates: 07/2022-06/2023.

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

29. Jelmini JD^, Gribble PA, Abel MG, **Whitehurst LN**, Heebner NR. The effect of emergency call volume on occupational stress exposure and sleep quality in urban firefighters. (accepted). *Journal of Occupational and Emergency Medicine.*

28. Crosswell AD, Mayer S, **Whitehurst LN**, Picard M, Zebarjadian, S, & Epel ES. (2023). Deep rest: An integrative model of how contemplative practices enhance the body’s restorative capacity. *Psychological Review.* doi:10.1037/rev0000453.

27. Jelmini JD^, Ross J, **Whitehurst LN**, Heebner NR. (2023). The effect of extended shiftwork on autonomic function in occupational settings: A systematic review and meta-analysis. *Journal of Occupational Health.* doi: 10.1002/1348-9585.12409.

26. **Whitehurst LN**, Subramoniam, A**^**., Krystal A, Prather AK. (2022). Links between the brain and body during sleep: implications for memory processing. *Trends in Neurosciences.* https://doi.org/10.1016/j.tins.2021.12.007

25. Chen PC, Simon KC, Sattari N, **Whitehurst LN,** & Mednick SC. (2022). Autonomic central coupling differs between older and younger people. *Neurobiology of Learning and Memory.* https://doi.org/10.1016/j.nlm.2022.107646

24. Malerba P, **Whitehurst LN**, Mednick SC. (2022). The space-time profiles of sleep spindles and their coordination with slow oscillations on the electrode manifold. *SLEEP*. https://doi.org/10.1093/sleep/zsac132

23. Sattari N, **Whitehurst LN** & Mednick SC. (2022). The role of working memory in age-related emotional memory bias *Affective Science*. https://doi.org/10.1007/s42761-022-00134-5.

22. Verlinden JJ^, Moloney ME, **Whitehurst LN**, Weafer J. (2022). Sex Differences in the Association Between Poor Sleep Quality and Alcohol-Related Problems Among Heavy Drinkers with Insomnia. *Frontiers in Behavioral Neuroscience*, 193. https://doi.org/10.3389/fnbeh.2022.875168.

21. Zhang J, **Whitehurst LN**, Mednick SC. (2022). The role of sleep for episodic memory consolidation: stabilizing or rescuing? *Neurobiology of Learning and Memory, 191.* https://doi.org/10.1016/j.nlm.2022.107621.

20. Chen PC, Niknazar H, AlaynickWA**, Whitehurst LN**, Mednick, SC. (2021). Competitive dynamics underlie cognitive improvements during sleep. *Proceedings of the National Academy of Sciences*. https://doi.org/10.1073/pnas.2109339118

19. Simon KC\*, **Whitehurst LN**\*, Zhang J, Mednick SC. (2021). Zolpidem maintains memories for negative emotions across a night of sleep. *Affective Science.* doi.org/10.1007/s42761-021-00079-1

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Manuscripts under review**

**Whitehurst LN,** Morehouse A, Mednick SC. Can stimulant use make you smarter, even though they steal your sleep? (*revise and resubmit*)

Gilmore G^, Smith A, Crosswell A, Gordon A, Mendes WB, **Whitehurst LN**. Sleep/wake regularity influences how stress shapes executive function. (*revise and resubmit*).

Silva-Jones J^, Smith A, Crosswell A, Gordon A, Mendes WB, **Whitehurst LN**. Environmental context interacts with daily stress exposures to predict memory.

Tinney EM, Espana-Irla G, Warren AEL, **Whitehurst LN**, Stillman AM, Hillman CH, Morris TP. Axonal injury to the anterior internal capsule is associated with sleep disturbances and memory decline following traumatic brain injury.

**Manuscripts in progress**

**Whitehurst LN**, Concepcion CJ, Krystal AP, Mendes WB, Prather AP. The cost of racial sleep disparities for sleep-dependent memory processing.

**Whitehurst LN**, Silva-Jones J^, Smith A, Crosswell A, Gordon A, Mendes WB. Spatial mapping of sleep and cognition in the United States.

Davenport M, Silva-Jones J^, **Whitehurst LN**. Racial sleep disparities in the United States: A spotlight on racialized labor practices and sleep health across the lifespan.

Subramoniam A^, Chen, PC, Mednick SC, **Whitehurst LN**. Sleep correlates of positive and negative affect in older and younger adults.

Silva-Jones J^ Smith A, Crosswell A, Gordon A, Mendes WB, **Whitehurst LN**. Sleep duration and quality interact with daily stress exposures to impact memory in Black Americans.

**Invited Symposia and Oral Conference Presentations**

**Upcoming**

*“Quantifying the impact of racial sleep disparities on daily cognitive function.”* Presented in the Symposium “Mechanisms of Sleep-Mediated Brain Health Outcomes in Socially Disadvantaged Adults” at the 38th Annual Meeting of Associated Professional Sleep Societies. Houston, TX USA. June 2024.

*Title TBD.* Invited symposium. Neuroscience and Behavior Seminar*.* Department of Psychological and Brain Sciences. University of Massachusetts, Amherst. May 8, 2024.

*“Manipulating autonomic activity during sleep: implications for sleep physiology and next-day cognitive performance.”* Presented in the Symposium “From Magic to Memory: Eye Movements, Cognition, and the Brain” at the 96th Annual Meeting of the Midwestern Psychological Association, Chicago, Illinois, April 18-20, 2023.

*The quantitative cost of racial sleep disparities for daily memory processing.* Selected oral presentation presented at the 81st Annual Meeting of the American Psychosomatic Society. March 22, 2024.

**Completed**

*The importance of sleep for health and longevity: physiological and psychosocial correlates of “good sleep.”* Invited talk presented at the Center for Interdisciplinary Neuroscience, University of California, Merced. February 26, 2024.

“*Sleep and Physician Well-Being.*” Invited talk and panel presented at the University of Chicago, Bucksbaum Institute for Clinical Excellence, School of Graduate Medical Education. February 22, 2024.

*“The impact of stress and sleep on memory processing: insights from a large, multinational dataset.”* Presented in the Symposium “Sleep and psychosocial behavioral outcomes across the lifespan” at the 17th World Sleep Congress, Rio de Janiero, Brazil, October 20-25, 2023.

*“The memory cost of racial sleep disparities.”* Invited symposium presented at the University of California, San Francisco’s Memory and Aging Center Grand Rounds. May 5, 2023.

*“Sleep on it”: how stress and affect interact with sleep to consolidate psychosocial experiences and impact health outcomes.* Presidential Address presented at the 15th annual Social and Affective Neuroscience Conference. Santa Barbara, CA. April 27-29, 2023.

*“The memory cost of racial sleep disparities.”* Invited talk presented at the 53rd annual meeting of the American Society for Neurochemistry, Public Forum, Lexington, KY. March 18, 2023.

*“Sleep tight, memory bright:” The cost of racial sleep disparities for memory processing.* Invited talk presented at the 12th annual Markesbury Symposium on Aging and Dementia, Sanders Brown Center on Aging, Lexington, KY. November 19, 2022.

*Physiological and psychosocial correlates of “good sleep”: Implications for cognition, health, and aging.* Invited talk presented at the Rotman Research Institute Rounds, Rotman Research Institute at Baycrest Health Sciences, Toronta, CA. October 3, 2022.

*Physiological and psychosocial correlates of “good sleep”: Implications for cognition, health, and aging.* Invited talk presented at the Northeastern University, Center for Cognition and Brain Health Colloquium Series, Boston MA. September 28, 2022.

*Sleep is not a luxury:* Leveraging sleep science in pursuit of a more just and equitable future. Invited talk presented at NextDoor Foundation, Milwaukee, WI. August 29, 2022.

*Physiological and psychosocial correlates of “good sleep”: Implications for cognition, health, and aging.* Invited talk presented at the University of Chicago, Department of Psychology Cognition Workshop Colloquium Series. May 11, 2022.

*Sleep is not a luxury: Leveraging sleep as a tool for health justice.* Invited talk presented at the UNITE Research Showcase*,* University of Kentucky.May 4, 2022*.*

*Links between the brain and the body during sleep: implications for cognitive processing.* Invited talk presented at the University of North Carolina, Chapel Hill “Cognitive Tea” Psychology Departmental Colloquium Speaker Series. April 7, 2022.

*Sleep is not a luxury: links between sleep, cognitive function, and health.* Invited talk presented at the University of California, Santa Barbara Psychology Departmental Colloquium Speaker Series. March 31, 2022.

*Sleep is not a luxury: links between sleep, cognitive function, and health.* Invited talk presented at the North Dakota State University Psychology Departmental Colloquium Speaker Series. March 11, 2022.

*Sleep is not a luxury: The restorative role of sleep for cognition and health.* Invited talk presented at the University of California, Riverside Psychology Departmental Colloquium Speaker Series. February 2, 2022.

*Links between the brain and the body during sleep: implications for cognitive processing.* Invited talk presented at McLean Hospital Imaging Center Speaker Series. January 12, 2022.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Peer-reviewed Conference Abstracts (^ indicate student trainees)**

Subramoniam A^, Silva-Jones JR^, Crosswell AD, **Whitehurst LN**. Effect of daily transcutaneous vagal nerve stimulation on objective and subjective sleep features in young, healthy adults. Poster to be presented at the 38th annual meeting of the Associated Professional Sleep Societies, Houston, Texas, USA.

Perez RA^, Subramoniam A^, Gilmore GR^, **Whitehurst LN**. The impact of transcutaneous vagal nerve stimulation on sleep-dependent emotional memory. Poster to be presented at the 38th annual meeting of the Associated Professional Sleep Societies, Houston, Texas, USA.

Schuler M^ and **Whitehurst LN**. (2024). Menstrual Cycle Phase and Alcohol Use Interact to Influence Daily Sleep Outcomes. Oral Presentation and Poster to be presented at the 38th annual meeting of the Associated Professional Sleep Societies, Houston, Texas, USA.

Silva-Jones J^, Subramoniam A^, Crosswell AD, **Whitehurst LN**. Nighttime vagal nerve stimulation interacts with sleep to predict next-day affective states. Oral Presentation and Poster to be presented at the 38th annual meeting of the Associated Professional Sleep Societies, Houston, Texas, USA.

**Whitehurst LN**, Kelly TH, King VL, Elam CL (2024). Creating an In-Person Workshop Series Addressing Core Team Science Principles for Early Career Investigators. Poster presented at the 15th annual meeting of the Associate for Clinical and Translational Science, Las Vegas, Nevada, USA.

Subramoniam A, Chen Pin-Chun, Mednick SM, & **Whitehurst LN** (October 2023). Physiological sleep correlates are associated with positive and negative affect in younger and older adults. Poster presented at the 17th meeting of the World Sleep Congress, Rio de Janeiro, Brazil.

Gilmore GR & **Whitehurst LN** (October 2023). Circadian regularity moderates the impact of stress on cognitive processes. Poster presented at the 17th meeting of the World Sleep Congress, Rio de Janeiro, Brazil.

Silva-Jones J & **Whitehurst LN** (October 2023). Consider the context: Understanding how individual, interpersonal, and environmental stress exposures impact sleep. Poster presented at the 17th meeting of the World Sleep Congress, Rio de Janeiro, Brazil.

Silva-Jones J^, Smith A, Crosswell AD, Gordon AM, Mendes WB, **Whitehurst LN** (February 2023). Stress intensity and prior sleep loss predicts memory performance in Black American adults. Poster accepted at the 23rd annual meeting of the Society for Personality and Social Psychology, Atlanta, GA, USA.

Silva-Jones J\*, Smith A, Crosswell AD, Gordon AM, Mendes WB, **Whitehurst LN** (June 2022). The impact of sleep, stress, and environmental context on memory pre- and during the COVID-19 pandemic in the Unites States. Poster accepted at the 36th Annual Meeting of the Associated Professional Sleep Societies, Charlotte, NC, USA.

Subramoniam A\*, Chen Pin-Chun, Mednick SC, **Whitehurst LN** (June 2022). Slow oscillation power and heart rate variability predict subjective sleepiness in healthy, young adults. Poster accepted at the 36th Annual Meeting of the Associated Professional Sleep Societies, Charlotte, NC, USA.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Teaching Experience**

**Graduate:**

**University of Kentucky**

**Department of Psychology**

Fall 2023 Instructor of Record, Physiological Psychology (PSY 627/PGY627; 24 students)

**Undergraduate:**

**University of Kentucky**

**Department of Psychology**

Fall 2022 **Instructor of Record**, Capstone Seminar: Sleep Neuroscience (PSY 565; 11 students)

Spring 2022 **Instructor of Record**, Capstone Seminar: Sleep Neuroscience (PSY 565; 14 students)

Fall 2022 **Instructor of Record**, Capstone Seminar: Sleep Neuroscience (PSY 561; 15 students)

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

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

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

**University of California, Riverside**

**Department of Psychology**

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

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

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

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

**James Madison University**

**Department of Psychology**

Summer 2011 **Graduate Teaching Assistant**, Biopsychology

Summer 2011 **Graduate Teaching Assistant**, Research Methods

Spring 2011 **Undergraduate Teaching Assistant**, Research Methods

**Primary Advising and Mentoring**

**University of Kentucky**

**Graduate:**

08/2020-present **Research Mentor to Jillian Silva-Jones,** 4th year graduate student in Developmental, Social and Health Area in the Psychology Department

Lyman T. Johnson Fellowship, 2022-2025

UNITE Predoctoral Fellowship, 2022-2024

Dream Scholars Fellowship, 2023-2025

08/2021-present **Research Mentor to Gabriel Gilmore,** 3rd year graduate student in Cognitive Neuroscience Area in the Psychology Department

08/2020-present **Research Mentor to Anjana Subramoniam,** 4th year graduate student in the Biology Department

Sleep Research Society Trainee Merit Award, 2022

Sleep Research Society Competitive Grant Workshop, 2022

08/2023-present **Research Mentor to Rene Perez**, 1st year graduate student in Cognitive Neuroscience Area in the Psychology Department

08/2023-present **Research Mentor to Maricel Schuler**, 1st year graduate student in Cognitive Neuroscience Area in the Psychology Department

Lyman T. Johnson Fellowship, 2023-2026

**Undergraduate:**

**07/2022 – present Research Mentor to Peyton Varney,** Psychology Honors Student

*Project Title: Restless nights and fading memories: Unveiling the intersection of minority stress, sleep, and memory for LGBTQ+ Individuals.*

**09/2021-present** **Research Mentor to Zora Woolfolk,** Chellgren Fellows Program.

*Project Title: Does Racial Stress Moderate the Relationship between sleep quality and depressive symptoms in Black adults? Presented at the University of Kentucky Undergraduate Research Showcase, Spring 2022*

*Honors Theses*

**08/2021-06/2023 Research Mentor to Maricel Schuler,** Senior Thesis Project. Project Title: Alcohol effects on sleep and behavioral circadian entrainment

**08/2021-06/2023 Research Mentor to Rachel Parsons,** Senior Thesis Project. Project Title: The impact of stress on creative thinking and executive function: the moderating role of dispositional anxiety

**09/2020-05/2023 Research Mentor to Constance Bledsoe,** Chellgren Fellows Program, NEURO Fellows Program. *Project Title: The effect of vagus nerve stimulation on sleep quality and emotion in healthy adults. Presented at the University of Kentucky Undergraduate Research Showcase, Spring 2021*

**09/2021-05/2023** **Research Mentor to Ryan Crane**, Chellgren Fellows Program.

*Project Title: Can slow oscillation power and heart rate variability during sleep predict next-day subjective sleepiness in healthy, young adults? Presented at the University of Kentucky Undergraduate Research Showcase, Spring 2022*

**09/2021-06/2022** **Research Mentor to Regan Cecil,** Lewis Honors College.

*Senior Honors Thesis: Exploring the relationship between affect and circadian preference: the bridge between morningness-eveningness and mood.*

**University of California, Riverside**

**Undergraduate:**

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

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

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

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

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

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

**Master’s and Dissertation Committee Appointments**

2020-2022 **Linda Sangalli, MD**

Role: Committee Member, Master’s Thesis

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

2020-2021 **Ren Guierro, PhD**

Role: Outside Committee Member, Dissertation

Project Title: Impact of short meditation on attentional performance

2021-present **Jacob Jelmini, MA**

Role: Outside Committee Member, Qualification Exam

Project: TBD

2022-present **Natalie Malone, MA**

Role: Outside Committee Member, Qualification Exam

Project Title: Impact of yoga intervention on sexual health in Black, queer people

2020-present **Anjana Subramoniam, MS**

Role: Committee Member, Qualification Exam

Project Title: The role of autonomic nervous system activity during sleep for cognition

**Service Activities**

**Professional:**

**Editorial Board Member**

Affective Science, 2019-present

Psychosomatic Medicine, 2022-present (Early Career Editorial Board)

Journal of Cognitive Enhancement, 2022-present

**Advisory Boards**

Medical Advisory Team Member, San Francisco MUNI: BackFirst Program, 2020

Scientific Advisory Team Member, Philia Labs, 2021-present

Internal Advisory Board Member, Center for Clinical and Translational Science, University of Kentucky, 2022

Internal Advisor Board Member, Students Participating as Ambassadors for Research in Kentucky (SPARK) program, 2022

**Ad-hoc Reviewing**

SLEEP

Scientific Reports

Sleep Health

Psychophysiology

Behavioral Sleep Medicine

Physiology & Behavior

Frontiers in Psychology

Frontiers in Neuroscience

Proceedings of the National Academies

Cognitive Development

International Journal of Psychophysiology

Psychophysiology

Journal of Affective Disorders

Ethnicity and Health

**Membership in Professional Societies**

2019-present American Psychosomatic Society

2016-present Society for Neuroscience

2012-present Sleep Research Society

**Professional Activities:**

2015 Associated Professional Sleep Societies Trainee Symposia Series Subcommittee, Member

**University Service:**

**University of Kentucky**

**Committee Appointments**

2022-2025 College of Arts and Sciences, Neuroscience Major Executive Committee, Member

2022 Center for Clinical and Translational Science, Internal Advisory Board, Member

2022 Director of Team Science, Center for Clinical and Translational Science

**Departmental Service:**

**University of Kentucky**

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

**University of California, Riverside**

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

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

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

2017 Guest Lecturer, Interpreting data. April 21, 2017

**James Madison University**

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

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

**News Media Spotlight:**

*Sleeping on a regular schedule is key to health benefits, research says.* Morning Edition. NPR. December 5, 2023. [https://www.npr.org/2023/12/05/1217240862/sleeping-on-a-regular-schedule-is-key-to-health-benefits-researcher-says](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.npr.org%2F2023%2F12%2F05%2F1217240862%2Fsleeping-on-a-regular-schedule-is-key-to-health-benefits-researcher-says&data=05%7C01%7Clauren.whitehurst%40uky.edu%7C957374710c7a4abf448a08dbf59d6a60%7C2b30530b69b64457b818481cb53d42ae%7C0%7C0%7C638373828656507552%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=jQPWO%2FVCKrTfYuTfe%2Bjo%2FUb44eZUXKTeUrOnmQtCz3E%3D&reserved=0)

*What is revenge sleep procrastination and why do we do it?* Good Morning America. ABC News. March 15, 2023. <https://abcnews.go.com/GMA/Wellness/video/revenge-sleep-procrastination-97865896>

*Stop doomscrolling and get ready for bed. Here’s how to reclaim a good night’s sleep.* LifeKit NPR Podcast. June 16, 2022. <https://www.npr.org/2022/06/14/1105122521/stop-revenge-bedtime-procrastination-get-better-sleep>

*Will I ever sleep again?* Childproof Podcast. April 7, 2022. <https://www.tenpercent.com/childproof-podcast-episodes/will-i-ever-sleep>

*Where do we go when we go to sleep?* The Garden: an online community for the curious. February 3, 2022. <https://onegarden.com/human-biology/lauren-whitehurst-dreams-unconscious-mind>

*More than a third of U.S. adults don’t get enough sleep. Here’s how to get the rest we need.* NPR’s Weekend Edition Sunday. Host: Sacha Pfieffer. January 16, 2022. <https://www.npr.org/2022/01/16/1073459183/more-than-a-third-of-u-s-adults-dont-get-enough-sleep-heres-how-to-get-the-rest->

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

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

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

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

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

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

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

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