

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

Positions

08/2020	Assistant Professor, Department of Psychology, University of Kentucky, Lexington, KY
06/2021	Core Faculty, Center for Health Equity Transformation, University of Kentucky, Lexington, KY
09/2021	Faculty Affiliate, African American Africana Studies, University of Kentucky, Lexington, KY
12/2021	Faculty Affiliate, Alzheimer’s Disease Research Center, 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: 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. Funding Dates: 07/2022-07/2023.

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. Funding Dates: 07/2022 – 07/2023.

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

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

Under Review

Role: Principal Investigator, National Institute on Alcohol Abuse and Addiction. **Project Title:** Sex and Sex Hormone Factors Influencing Acute Alcohol Effects on Sleep Physiology. *To be resubmitted June 2022.*

Completed

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

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

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. (completed June 2021)

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

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

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

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

26. 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*.
25. Malerba P, **Whitehurst LN**, Mednick SC. (accepted). The space-time profiles of sleep spindles and their coordination with slow oscillations on the electrode manifold. *SLEEP*
24. Sattari N, **Whitehurst LN** & Mednick SC. (accepted). Is working memory associated with age-related emotional memory biases? *Affective Science*.
23. 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.
22. 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>.
21. **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>
20. Chen PC, Niknazar H, Alaynick WA, **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 (2020). Autonomic/Central coupling benefits working memory in healthy young adults. *Neurobiology of Learning and Memory*, 173, 107267. doi.org/10.1016/j.nlm.2020.107267
13. Chen P*, **Whitehurst LN***, Naji M, Mednick SC. (2020). Autonomic activity during a daytime nap facilitates working memory improvement. *Journal of Cognitive Neuroscience*. doi.org/10.1162/jocn_a_01588
12. Zhang J, Yetton B, **Whitehurst LN**, Naji M, Mednick SC (2020). The effect of zolpidem on memory consolidation over a night of sleep. *SLEEP*. doi: 10.1093/sleep/zsaa084

11. **Whitehurst LN**, Agosta S, Castanos, R, Batteli L & Mednick SC. (2019). The impact of psychostimulants on sustained attention across a 24-hr period. *Cognition*, 193, 104015. doi.org/10.1016/j.cognition.2019.104015
10. Tselha T*, **Whitehurst LN***, Yetton, BD, Vo T[^], Mednick SC. (2019). Morning stimulant administration reduces sleep and overnight working memory improvement. *Behavioral Brain Research*, 370, 111940. doi.org/10.1016/j.bbr.2019.111940
9. Sattari N, **Whitehurst LN**, Ahmadi M, Mednick, SC. (2019). Does working memory improvement benefit from sleep in older adults? *Neurobiology of Sleep and Circadian Rhythms*, 6, 53-61. doi.org/10.1016/j.nbscr.2019.01.001.
8. **Whitehurst LN** Naji, M & Mednick SC. (2018). Comparing the cardiac autonomic activity profile of daytime naps and nighttime sleep. *Neurobiology of Sleep and Circadian Rhythms*, 5, 52-57. doi.org/10.1016/j.nbscr.2018.03.001.
7. Malerba P, **Whitehurst LN**, Simons SB & Mednick SC. (2018). Spatio-temporal structure of sleep slow oscillations on the electrode manifold and its relation to spindles. *SLEEP*, 42, zsy197. doi.org/10.1093/sleep/zsy197
6. McDevitt EA, Sattari N, Duggan KA, Cellini N, **Whitehurst LN**, Perera C[^], Reihanabad N[^], Granados S[^], Hernandez L[^], Mednick SC. (2018). The impact of frequent napping and nap practice on sleep-dependent memory in humans. *Scientific Reports*, 8, 15053. doi.org/10.1038/s41598-018-33209-0
5. Duggan KA, McDevitt EA, **Whitehurst LN**, Mednick SC. (2018). To nap, perchance to DREAM: A factor analysis of self-reported reasons for napping. *Behavioral Sleep Medicine*, 16, 135-153, doi: 10.1080/15402002.2016.1178115.
4. **Whitehurst LN***, Cellini N*, McDevitt EA, Duggan, KA, & Mednick SC. (2016). Autonomic activity predicts memory consolidation in humans. *Proceedings of the National Academy of Sciences*, 113, 7272-77, doi: 10.1073/pnas.1518202113.
3. Cellini N*, **Whitehurst LN***, McDevitt EA, Mednick SC. (2016). Heart rate variability during daytime naps in healthy adults: autonomic profile and short-term reliability. *Psychophysiology*, 53, 473-481, doi: 10.1111/psyp.12595.
2. Yetton BD, Niknazar M, Duggan KA, McDevitt EA, **Whitehurst LN**, Sattari N, Mednick SC. (2016). Automatic detection of rapid eye movements (REMs): A machine learning approach *Journal of Neuroscience Methods*, 259, 72-82. doi:10.1016/j.jneumeth.2015.11.015
1. **Whitehurst LN**, Fogler KA, Hall, MK, Hartmann, M & Dyche JS. (2015). The effects of chronic marijuana use on circadian entrainment. *Chronobiology International*, 32, 561-57. doi:10.3109/07420528.2015.1004078.

Manuscripts under review

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

Manuscripts in progress

Silva-Jones J[^], Smith A, Crosswell A, Gordon A, **Whitehurst LN**, Mendes WB. The effects of stress on memory function before and during the COVID pandemic in a geographically representative sample of US adults.

Whitehurst LN, Silva-Jones J[^], Smith A, Crosswell A, Gordon A, Mendes WB. Memory function is impacted by sleep, rurality, and the COVID-pandemic context.

Subramoniam A[^], Chen, PC, Mednick SC, **Whitehurst LN**. Neural and cardiac predictors of subjective sleepiness in healthy adults.

Davenport M, Silva-Jones J, **Whitehurst LN**. Racial sleep disparities in the United States: A spotlight on the links between sleeplessness, labor exploitation, and racialized capitalism

Invited Talks

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 Member Academy of Behavioral Medicine Research, Santa Cruz, CA, October 10, 2021. Other panel members include: Richard Sloan, PhD (Columbia University) and Julian Thayer, PhD (University of California, Irvine).

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

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

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

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

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

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

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

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

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

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

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

Oral Conference/Symposium Presentations

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

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

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

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

Peer-reviewed Abstracts (* indicate mentees)

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

Subramoniam A*, Chen Pin-Chun, Mednick SC, **Whitehurst LN** (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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Teaching Experience

Undergraduate:

University of Kentucky

Department of Psychology

Spring 2021 **Instructor of Record**, Capstone Seminar: Sleep Neuroscience (PSY 565; 14 students)

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

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

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

University of California, Riverside

Department of Psychology

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

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

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

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

James Madison University, Department of Psychology

Graduate Teaching Assistant, Biopsychology, Summer 2011

Graduate Teaching Assistant, Research Methods, Summer, 2011

Undergraduate Teaching Assistant, Research Methods, Spring 2011

Primary Advising and Mentoring

University of Kentucky

Undergraduate:

- 09/2020-present** **Research Mentor to Constance Bledsoe**, Chellgren Fellows Program, NEURO Fellows Program. *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-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*
- 09/2021-present** **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.*

Graduate:

- 08/2020-present **Research Mentor to Jillian Silva-Jones**, 2nd year graduate student in Developmental, Social and Health Area in the Psychology Department
- 08/2021-present **Research Mentor to Gabriel Gilmore**, 1st year graduate student in Cognitive Neuroscience Area in the Psychology Department
- 08/2020-present **Research Mentor to Anjana Subramoniam**, 2nd year graduate student in the Biology Department

University of California, Riverside

Undergraduate:

- 01/2016-06/2018 **Research Mentor for Tina Vo**. Research Assistant Institutional Grant Awarded. **Project Title: Psychostimulant's Disruption of Sleep has Minimal Impact on Post-Sleep Working Memory.** Undergraduate Education Research Grant Awarded February 2018.
- 08/2017-06/2018 **Research Mentor for Rainita Narender**. Research Assistant Institutional Grant Awarded. **Project Title: Zolpidem, administered at night, facilitates sleep-dependent consolidation of previous day learning.** Undergraduate Education Research Grant Awarded February 2018.
- 08/2016-06/2018 **Research Mentor for Zahab Qazi**. Research Assistant. Honors Capstone Project: Can Sleep Modulate Emotional Memories? presented May 2017.

Master's and Dissertation Committee Appointments

2020-present	Linda Sangalli, MD Role: Committee Member Project Title: Establishing the Effectiveness of BBTI vs. PSR on sleep and pain parameters in Adults with Musculoskeletal Orofacial Pain
2020-2021	Ren Guierro, PhD Role: Outside Committee Member Project Title: Impact of short meditation on attentional performance
2021-present	Jacob Jelmini, MA Role: Outside Committee Member Project: TBD

Service Activities

Professional:

Editorial Board Member

Affective Science, 2019-present

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

Medical Advisory Team

San Francisco MUNI: BackFirst Program, 2020

Ad-hoc Reviewing

SLEEP

Scientific Reports

Sleep Health

Psychophysiology

Behavioral Sleep Medicine

Physiology & Behavior

Frontiers in Psychology

Frontiers in Neuroscience

Proceedings of the National Academies

Cognitive Development

International Journal of Psychophysiology

Psychophysiology

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

Departmental Service:

University of Kentucky

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

University of California, Riverside

- 2018 Graduate Student Member, Inclusion and Diversity Committee, Department of Psychology
- 2018 Graduate Student Member, Committee on the Graduate Statistical Curriculum, Department of Psychology
- 2017 Guest Lecturer, Single-subject designs. March 8, 2017
- 2017 Guest Lecturer, Interpreting data. April 21, 2017

James Madison University

- 2012 Search Committee Member, Biopsychology faculty position, Department of Psychology
- 2011 Search Committee Member, Research Methods faculty position, Department of Psychology

Community Engagement / Media Spotlight:

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 Pfeiffer. 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-zzss-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.