Stanford



# Elsa Pittaras

Basic Life Research Scientist, Biology

## Bio

### ACADEMIC APPOINTMENTS

- Basic Life Research Scientist, Biology

### PROFESSIONAL EDUCATION

- Doctor, University Paris XI , Neuroscience (2016)

## Publications

### PUBLICATIONS

- **Automated sleep scoring in hibernating and non-hibernating American black bears.** *PloS one*
  Tøien, Ø., Pittaras, E. C., Huang, Y. G., Brodersen, P. J., Allocca, G., Barnes, B. M., Heller, H. C.
  2026; 21 (8): e0352640

- **Effect of a Tryptophan Enriched Diet on Mood, Cognition, Sleep and Their Associated Neurotransmitters/Hormones in a Mouse Model of Down Syndrome**
  Pittaras, E., Kurashige, T., Peroulas, S., Lopez, S., Chan, L., Heller, C.
  OXFORD UNIV PRESS INC.2026: A33-A34

- **Selectively Blocking Small Conductance Ca2+-Activated K+ Channels Improves Cognition in Aged Mice.** *Biology*
  Ong, J., Heller, H. C., Pittaras, E.
  2025; 14 (2)

- **Automated sleep scoring in hibernating and non-hibernating American black bears.** *bioRxiv*
  Tøien, O., Pittaras, E., Huang, Y., Brodersen, P., Allocca , G., Barnes, B., Heller, C.
  2025

- **Short term GABA antagonist treatment improves long term sleep quality, memory, and decision-making in a Down syndrome mouse model.** *Sleep*
  Pittaras, E. C., Artal, J. M., Ajibola, G., Allocca, G., Bennett, M., Camargo, A., Carpio, A., Gessner, N., Hinton, M., Pizzitola, R., Tan, N., Zhang, E., Zhong, et al
  2024

- **Automating Polysomnography in an Under-Explored Animal Model: Preliminary Results from Hibernating Bears.** *Physiology*
  Tøien, O., Pittaras, E., Brodersen, P., Alloca, G., Barnes, B., Heller, H.
  2024

- **Behavioral and Neuronal Characterizations, across Ages, of the TgSwDI Mouse Model of Alzheimer's Disease.** *Genes*
  Tan, N. A., Carpio, A. M., Heller, H. C., Pittaras, E. C.
  2023; 15 (1)

- **Enhancing sleep after training improves memory in down syndrome model mice.** *Sleep*

Pittaras, E., Colas, D., Chuluun, B., Allocca, G., Heller, C.
2022; 45 (4)

- **Handling, task complexity, time-of-day, and sleep deprivation as dynamic modulators of recognition memory in mice.** *Physiology & behavior*
  Gessner, N., Shinbashi, M., Chuluun, B., Heller, C., Pittaras, E.
  2022: 113803
- **Inter-Individual Differences in Cognitive Tasks: Focusing on the Shaping of Decision-Making Strategies.** *Frontiers in behavioral neuroscience*
  Pittaras, E., Hamelin, H., Granon, S.
  2022; 16: 818746
- **Prolonged Consumption of Sweetened Beverages Lastingly Deteriorates Cognitive Functions and Reward Processing in Mice. . 00: 1–14.** *Cerebral Cortex*
  Hamelin, H., Poizat, G., Florian, C., Bartosz Kursa, M., Pittaras, E., Callebert , J., Rampon , C., Taouis , M., Hamed, A., Granon, S.
  2021
- **Book: SOS sleep (in French)**
  Rabat, A., Chennaoui, M., Arnal, P., Bougard, C., Dispersyn, G., Dorey, R., Drogou, C., Gomez-Merino, D., Guillard, M., Lagarde, D., Pittaras, E., Sauvet , F., Van Beers, et al
  2021
- **Enhancing sleep after training improves memory in Down syndrome model mice.** *Sleep*
  Pittaras, E., Colas, D., Chuluun, B., Allocca, G., Heller, C.
  2021
- **The Mouse Gambling Task: Assessing Individual Decision-making Strategies in Mice** *BIO-PROTOCOL*
  Pittaras, E., Rabat, A., Granon, S.
  2020; 10 (1)
- **Suprachiasmatic lesions restore object recognition in down syndrome model mice.** *Neurobiology of sleep and circadian rhythms*
  Chuluun, B. n., Pittaras, E. n., Hong, H. n., Fisher, N. n., Colas, D. n., Ruby, N. F., Heller, H. C.
  2020; 8: 100049
- **One week of chronic sleep debt does not affect decision-making processes in a mouse version of the Iowa Gambling Task.** *BioRxiv*
  Pittaras, E., Granon , S., Rabat, A.
  2019
- **Mouse Gambling Task reveals differential effects of acute sleep debt on decision-making and associated neurochemical changes.** *Sleep*
  Pittaras, E., Callebert, J., Dorey, R., Chennaoui, M., Granon, S., Rabat, A.
  2018
- **Dissociated features of social cognition altered in mice schizophrenia models: focus on social dominance and acoustic communication** *Neuropharm*
  Faure, A., Nosjean, A., Pittaras, E., Duchene, A., Andrieux, A., Gaury-Faure, S., Charveriat, M., Granon, S.
  2018; 159 (107334)
- **War paediatrics: Epidemiological characteristics of admissions on the critical care unit of the medical and surgical French hospital in Kabul** *ANESTHESIE & REANIMATION*
  Salvadori, A., Pittaras, E., Pasquier, P., Merat, S.
  2017; 3 (5): 426-432
- **War pediatrics: epidemiologic characteristics of admissions on the critical care unit of the medical and surgical French hospital in Kabul.** *Anesthésie & Réanimation*
  Salvadori, A., Pittaras, E., Pasquier, P., Merrat, S.
  2017; 3(5):426-432
- **Individual behavioral and neurochemical markers of unadapted decision-making processes in healthy inbred mice** *BRAIN STRUCTURE & FUNCTION*
  Pittaras, E., Callebert, J., Chennaoui, M., Rabat, A., Granon, S.
  2016; 221 (9): 4615-4629

- **Nicotinic receptors are crucial for tuning of E/I balance in prelimbic cortex and for gambling performance in mouse.** *Frontiers in Psychiatry*
  Pittaras, E., Faure, A., Leray, X., Moraitopoulou, E., Cressant, A., Rabat, A., Meunier, C., Fossier, P., Granon, S.
  2016: 7:17.

- **Book: Sleep well for dummies (in French)**
  Rabat, A., Chennaoui, M., Arnal, P., Bougard, C., Dispersyn, G., Dorey, R., Drogou, C., Gomez-Merino, D., Guillard, M., Lagarde, D., Pittaras, E., Sauvet, F., Van Beers, et al
  2016

- **Social behaviors and acoustic social communication in different strains of mice** *Behavioral Brain Research*
  Faure, A., Pittaras, E., Nosjean, A., Chabout, J., Cressant, A., Granon, S.
  2016; 320:383-390

- **Individual behavioral and neurochemical markers of unadapted decision-making processes in healthy inbred mice.** *Brain Struct Funct.*
  Pittaras, E., Callebert, J., Chennaoui, M., Rabat, A., Granon, S.
  2016; 221(9):4615-4629.

- **Mice gamble for food: individual differences in risky choices and prefrontal cortex serotonin** . *J Addict Res Ther.*
  Pittaras, E., Cressant, A., Serreau, P., Bruijel, J., Dellu-Hagedorn, F., Callebert, J., Rabat, A., Granon, S.
  2013; S4:011