Stanford



Norah Simpson, PhD

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Stanford Medicine Psychiatry Clinic**

  401 Quarry Rd

  MC 5719

  Stanford, CA 94305

  Tel (650) 498-9111 **Fax** (650) 724-9900

Bio

CLINICAL FOCUS

- Behavioral Sleep Medicine
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Director, Clinical Psychology Fellowship (APA accredited), Department of Psychiatry, (2021- present)
- Director, Clinical Fellowship (SBSM, APA accredited), Sleep Health & Insomnia Program, (2017- present)
- Associate Director, Sleep Health & Insomnia Program, (2015- present)

PROFESSIONAL EDUCATION

- Board Certification, Society for Behavioral Sleep Medicine , Behavioral Sleep Medicine (2019)
- Board Certification: Sleep Medicine, American Board of Sleep Medicine (2013)
- Internship: Warren Alpert Medical School Brown University (2009) RI
- PhD Training: University of Pennsylvania (2009) PA
- Fellowship: Stanford University Medical Center (2013) CA
- T32 Fellowship, Beth Israel Deaconess Medical Center/Harvard Medical School (2011)

LINKS

- Sleep Health & Insomnia Program website: www.insomnia.stanford.edu

Teaching

STANFORD ADVISEES

Postdoctoral Faculty Sponsor

Gunther Carpenter, Alyssa Choi, Emily Cohodes, Kelly Doudell, Emma Eaton, Chung Xiann Lim, Anthony Lucas, Maya MacGibbon, Alexandra Miller, Nina Parekh, Nicole Ramirez, Megan Short, Courtney Sinclair, Colin Tidwell, Thomas Tsai, Sara Wilkerson, Rachel Wong

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Self-Reported Clinician Confidence in and Familiarity With Long COVID Care Following Continuing Medical Education Webinars: Unmatched Pre-Post Study.** *JMIR formative research*
  Xin, V. Z., Kling, S. M., Hosakote, S., Adewuya, R., Bragdon, C., Brown-Johnson, C., Lazarow, S., Levy, V., Miglis, M. G., Moskatel, L. S., Paleru, A., Patel, Z. M., Quach, et al
  2026; 10: e99790

- **Addressing Daytime Symptoms of Insomnia with CBT-I: An Overview and Practical Applications.** *Behavioral sleep medicine*
  Lau, P. H., Solomon, N., Simpson, N.
  2026: 1-10

- **Frequency of Hypnotic Medication Use at Baseline Differentially Impacts Mean ISI Reduction Following dCBT-I**
  Osorno, R., Gumport, N., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2026: A199

- **Health and Sleep Outcomes in Triaged Stepped-Care for Insomnia: Secondary Outcomes from the RESTING Study**
  Gumport, N., Tully, I., Kim, B., Kim, J., Simpson, N., Dietch, J., Manber, R.
  OXFORD UNIV PRESS INC.2025: A236-A237

- **Effects of a Triaged CBTI Approach Using Digital or Therapist Delivery on Prescription Hypnotic Use: Results from the RESTING Study**
  Manber, R., Tully, I., Dietch, J., Tutek, J., Gumport, N., Kim, B., Kim, J., Simpson, N.
  OXFORD UNIV PRESS INC.2025: A259

- **Investigating Behavior Change in Therapist-Led versus Digital CBT-I and Its Mediating Role on Clinical Outcomes**
  Lau, P., Simpson, N., Tully, I., Kim, B., Kim, J., Dietch, J., Tutek, J., Manber, R.
  OXFORD UNIV PRESS INC.2025: A258-A259

- **Trajectories of Hypnotic Medication Use in a Triaged Stepped-Care CBT-I Trial for Insomnia: Results from the RESTING Study**
  Simpson, N., Tully, I., Dietch, J., Gumport, N., Tutek, J., Kim, B., Kim, J., Manber, R.
  OXFORD UNIV PRESS INC.2025: A238

- **Effects of a Triage Checklist to Optimize Insomnia Treatment Outcomes and Reduce Hypnotic Use: The RESTING Study.** *Sleep*
  Manber, R., Gumport, N. B., Tully, I. A., Kim, J. P., Kim, B., Simpson, N., Rosas, L. G., Zulman, D. M., Goldhaber-Fiebert, J. D., Rangel, E., Dietch, J. R., Tutek, J., Palaniappan, et al
  2024

- **Patient perceptions of digital and therapist-led CBT for insomnia: A qualitative study.** *Behavioral sleep medicine*
  Gumport, N. B., Tully, I. A., Tutek, J., Dietch, J. R., Zulman, D. M., Rosas, L. G., Simpson, N., Manber, R.
  2024: 1-16

- **PERCEPTION OF CBTI TREATMENT MODALITIES IN OLDER ADULTS WITH INSOMNIA: COMPARING DIGITAL AND THERAPIST-LED DELIVERY**
  Tully, I., Gumport, N., Tutek, J., Simpson, N., Rosas, L., Zulman, D., Dietch, J., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **CHANGE IN SLEEP-COGNITIONS AFTER DIGITAL OR THERAPIST-LED COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA IN OLDER ADULTS**
  Burda, K., Gumport, N., Tully, I., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **DEVELOPMENT OF A PROVIDER AND PATIENT-BASED SLEEP IMPROVEMENT RESOURCE FOR INPATIENT SETTING**
  Claudatos, S., Simpson, N., Eisen, K., Ma, F., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **PREDICTORS OF INSUFFICIENT TREATMENT RESPONSE TO DIGITAL CBT-I: RESULTS FROM THE RESTING STUDY**
  Solomon, N., Gumport, N., Tully, I., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **Perspectives on increasing the impact and reach of CBT-I.** *Sleep*
  Manber, R., Simpson, N., Gumport, N. B.
  2023

- **Randomized controlled trial of cognitive behavioral therapy for perinatal insomnia: postpartum outcomes.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Manber, R., Bei, B., Suh, S., Simpson, N., Rangel, E., Sit, A., Lyell, D. J.
  2023

- **Beliefs about prescription sleep medications and interest in reducing hypnotic use: an examination of middle-aged and older adults with insomnia disorder.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Tully, I. A., Kim, J. P., Simpson, N., Palaniappan, L., Tutek, J., Gumport, N. B., Dietch, J. R., Manber, R.
  2023

- **Alterations of pain pathways by experimental sleep disturbances in humans: Central pain-inhibitory, cyclooxygenase, and endocannabinoid pathways.** *Sleep*
  Haack, M., Engert, L. C., Besedovsky, L., Goldstein, M. R., Devine, J. K., Dang, R., Olia, K., Molina, V., Bertisch, S. M., Sethna, N., Simpson, N.
  2023

- **Myalgic Encephalomyelitis/Chronic Fatigue Syndrome is common in post-acute sequelae of SARS-CoV-2 infection (PASC): Results from a post-COVID-19 multidisciplinary clinic.** *Frontiers in neurology*
  Bonilla, H., Quach, T. C., Tiwari, A., Bonilla, A. E., Miglis, M., Yang, P. C., Eggert, L. E., Sharifi, H., Horomanski, A., Subramanian, A., Smirnoff, L., Simpson, N., Halawi, et al
  2023; 14: 1090747

- **Daytime napping and nighttime sleep in pregnant individuals with insomnia disorder.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Badon, S. E., Dietch, J. R., Simpson, N., Lyell, D. J., Manber, R.
  2022

- **Stepped care management of insomnia co-occurring with sleep apnea: the AIR study protocol.** *Trials*
  Eldridge-Smith, E. D., Manber, R., Tsai, S., Kushida, C., Simmons, B., Johnson, R., Horberg, R., Depew, A., Abraibesh, A., Simpson, N., Strand, M., Espie, C. A., Edinger, et al
  2022; 23 (1): 806

- **ASSOCIATIONS BETWEEN ANHEDONIA AND MALADAPTIVE BELIEFS ABOUT SLEEP IN MIDDLE AGE AND OLDER ADULTS WITH INSOMNIA DISORDER**
  Tully, I., Tutek, J., Gumport, N., Simpson, N., Dietch, J., Palaniappan, L., Manber, R.
  OXFORD UNIV PRESS INC.2022: A286-A287

- **EXPLORING DIFFERENCES IN SELF-REPORT SLEEP MEASURES IN ADULTS WITH INSOMNIA WHO USE OR DO NOT USE SLEEP MEDICATION**
  Tutek, J., Tully, I., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2022: A206

- **ASSOCIATIONS OF INDIVIDUAL BEHAVIORS AND AMBIENT FACTORS IN THE SLEEP ENVIRONMENT WITH NIGHTTIME SLEEP PARAMETERS IN PREGNANT WOMEN WITH INSOMNIA**
  Badon, S., Manber, R., Simpson, N.

OXFORD UNIV PRESS INC.2022: A188-A189

- **PREFERENCE FOR DIGITAL CBTI: CHANGES DUE TO THE COVID-19 PANDEMIC IN A RANDOMIZED CONTROLLED TRIAL OF CBTI FOR MIDDLE AGED AND OLDER ADULTS**
  Gumport, N., Tutek, J., Simpson, N., Tully, I., Dietch, J., Zulman, D., Rosas, L., Palaniappan, L., Manber, R.
  OXFORD UNIV PRESS INC.2022: A206-A207
- **PRESCRIBING PATTERNS FOR HYPNOTIC MEDICATION AMONG ADULTS SEEKING CBTI TREATMENT: A PRELIMINARY REPORT FROM THE RESTING STUDY**
  Simpson, N., Kim, J., Tully, I., Dietch, J., Tutek, J., Gumport, N., Palaniappan, L., Rosas, L., Zulman, D., Manber, R.
  OXFORD UNIV PRESS INC.2022: A212
- **PREDICTORS OF RESPONSE TO DIGITAL CBTI IN A RANDOMIZED CONTROLLED TRIAL OF MIDDLE AGED AND OLDER ADULTS WITH INSOMNIA**
  Gumport, N., Tutek, J., Tully, I., Simpson, N., Dietch, J., Zulman, D., Rosas, L., Palaniappan, L., Manber, R.
  OXFORD UNIV PRESS INC.2022: A207
- **THE APNEA AND INSOMNIA RESEARCH (AIR) TRIAL: AN INTERIM REPORT**
  Edinger, J., Manber, R., Simmons, B., Johnson, R., Horberg, R., Depew, A., Abraibesh, A., Simpson, N., Eldridge-Smith, E., Strand, M., Espie, C., Kushida, C., Tsai, et al
  OXFORD UNIV PRESS INC.2022: A207
- **LIVING ALONE AS A PREDICTOR OF SYMPTOM CHANGE DURING COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA**
  Tutek, J., Gumport, N., Dietch, J., Tully, I., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2022: A206
- **THE FIRST STEP OF A TRIAGED STEPPED-CARE DELIVERY OF CBTI: A PRELIMINARY REPORT FROM THE RESTING STUDY**
  Manber, R., Kim, J., Simpson, N., Tully, I., Tutek, J., Dietch, J., Gumport, N., Rosas, L., Zulmann, D., Palaniappan, L.
  OXFORD UNIV PRESS INC.2022: A203
- **RCT of the effectiveness of stepped-care sleep therapy in general practice: The RESTING study protocol.** *Contemporary clinical trials*
  Manber, R., Tully, I. A., Palaniappan, L., Kim, J. P., Simpson, N., Zulman, D. M., Goldhaber-Fiebert, J. D., Rangel, E., Dietch, J. R., Rosas, L. G.
  2022: 106749
- **Differential effects of an experimental model of prolonged sleep disturbance on inflammation in healthy females and males.** *PNAS nexus*
  Besedovsky, L., Dang, R., Engert, L. C., Goldstein, M. R., Devine, J. K., Bertisch, S. M., Mullington, J. M., Simpson, N., Haack, M.
  2022; 1 (1)
- **CHARACTERISTICS ASSOCIATED WITH NAPPING AMONG PREGNANT WOMEN WITH INSOMNIA**
  Badon, S., Dietch, J., Tutek, J., Solomon, N., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2021: A132
- **AGE IS ONLY A NUMBER: TREATMENT MODALITY PREFERENCES IN A RANDOMIZED CONTROLLED TRIAL OF CBTI IN OLDER ADULTS**
  Simpson, N., Tully, I., Dietch, J., Tutek, J., Manber, R.
  OXFORD UNIV PRESS INC.2021: A264
- **HISTORICAL USE OF SUBSTANCES FOR INSOMNIA IMPACTS CURRENT BELIEFS ABOUT HYPNOTIC MEDICATIONS**
  Dietch, J., Simpson, N., Tutek, J., Tully, I., Rangel, E., Manber, R.
  OXFORD UNIV PRESS INC.2021: A148
- **MEASURING DAYTIME SLEEPINESS IN INSOMNIA DISORDER**
  Manber, R., Simpson, N., Dietch, J., Tutek, J., Tully, I.
  OXFORD UNIV PRESS INC.2021: A151-A152
- **EXAMINING USE AND BELIEFS ABOUT SLEEP MEDICATIONS IN A SAMPLE OF OLDER ADULTS: THE ROLE OF HYPNOTIC DEPENDENCY**
  Tully, I., Simpson, N., Dietch, J., Tutek, J., Manber, R.
  OXFORD UNIV PRESS INC.2021: A142
- **EVENING CHRONOTYPE PREDICTS SUBJECTIVE SLEEP SYMPTOM SEVERITY IN PREGNANT WOMEN WITH INSOMNIA DISORDER**
  Tutek, J., Solomon, N., Dietch, J., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2021: A151

- **Extending the reach of cognitive behavioral therapy for insomnia via telemedicine.** *Sleep*
  Simpson, N. n., Manber, R. n.
  2021; 44 (1)
- **Treating Insomnia during the COVID-19 Pandemic: Observations and Perspectives from a Behavioral Sleep Medicine Clinic.** *Behavioral sleep medicine*
  Simpson, N., Manber, R.
  2020: 1–3
- **Insomnia and obstetric outcomes**
  Lyell, D. J., Simpson, N., Rangel, E., Sit, A., Manber, R.
  MOSBY-ELSEVIER.2020: S110–S111
- **Mothers' postpartum sleep disturbance is associated with the ability to sustain sensitivity toward infants.** *Sleep medicine*
  King, L. S., Rangel, E., Simpson, N., Tikotzky, L., Manber, R.
  2019; 65: 74–83
- **Sleep deficiency and chronic pain: potential underlying mechanisms and clinical implications.** *Neuropsychopharmacology : official publication of the American College of Neuropsychopharmacology*
  Haack, M., Simpson, N., Sethna, N., Kaur, S., Mullington, J.
  2019
- **Cognitive Behavioral Therapy for Prenatal Insomnia A Randomized Controlled Trial**
  Manber, R., Bei, B., Simpson, N., Asarnow, L., Rangel, E., Sit, A., Lyell, D.
  LIPPINCOTT WILLIAMS & WILKINS.2019: 911–19
- **Cognitive Behavioral Therapy for Prenatal Insomnia: A Randomized Controlled Trial.** *Obstetrics and gynecology*
  Manber, R., Bei, B., Simpson, N., Asarnow, L., Rangel, E., Sit, A., Lyell, D.
  2019
- **SUBJECTIVE SLEEP QUALITY IN POSTPARTUM WOMEN ENROLLED IN A STUDY OF CBT FOR INSOMNIA**
  Faerman, A., Simpson, N., Rangel, E., Manber, R.
  OXFORD UNIV PRESS INC.2019
- **DEVELOPMENT OF A SLEEP EDUCATIONAL RESOURCE FOR STUDENT ATHLETES**
  Simpson, N., Schultz, D., Kutscher, S.
  OXFORD UNIV PRESS INC.2019: A394
- **ACTIGRAPHY MEASURES OF MATERNAL SLEEP DISRUPTION ARE ASSOCIATED WITH THE INABILITY TO SUSTAIN SENSITIVE CAREGIVING IN THE POSTPARTUM PERIOD**
  Rangel, E., King, L., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2019
- **CBT FOR PERINATAL INSOMNIA - POSTPARTUM OUTCOME**
  Manber, R., Bei, B., Rangel, E., Simpson, N., Asarnow, L.
  OXFORD UNIV PRESS INC.2019
- **Heart rate variability rebound following exposure to persistent and repetitive sleep restriction** *SLEEP*
  Yang, H., Haack, M., Dang, R., Gautam, S., Simpson, N. S., Mullington, J. M.
  2019; 42 (2)
- **Chronic exposure to insufficient sleep alters processes of pain habituation and sensitization** *PAIN*
  Simpson, N. S., Scott-Sutherland, J., Gautam, S., Sethna, N., Haack, M.
  2018; 159 (1): 33–40
- **Chronic exposure to insufficient sleep alters processes of pain habituation and sensitization.** *Pain*
  Simpson, N. S., Scott-Sutherland, J., Gautam, S., Sethna, N., Haack, M.
  2018; 159 (1): 33-40
- **Optimizing sleep to maximize performance: implications and recommendations for elite athletes** *SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS*

Simpson, N. S., Gibbs, E. L., Matheson, G. O.
2017; 27 (3): 266-274

- **Repeating patterns of sleep restriction and recovery: Do we get used to it?** *BRAIN BEHAVIOR AND IMMUNITY*
  Simpson, N. S., Diolombi, M., Scott-Sutherland, J., Yang, H., Bhatt, V., Gautam, S., Mullington, J., Haack, M.
  2016; 58: 142-151
- **Sleep characteristics as predictor variables of stress systems markers in insomnia disorder** *JOURNAL OF SLEEP RESEARCH*
  Floam, S., Simpson, N., Nemeth, E., Scott-Sutherland, J., Gautam, S., Haack, M.
  2015; 24 (3): 296-304
- **A step towards stepped care: Delivery of CBT-I with reduced clinician time** *SLEEP MEDICINE REVIEWS*
  Manber, R., Simpson, N. S., Bootzin, R. R.
  2015; 19: 3–5
- **Intervention Format and Delivery Preferences Among Young Adult Cancer Survivors** *INTERNATIONAL JOURNAL OF BEHAVIORAL MEDICINE*
  Rabin, C., Simpson, N., Morrow, K., Pinto, B.
  2013; 20 (2): 304-310