



Norah Simpson, PhD

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Stanford Medicine Psychiatry Clinic**

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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

Nicholas Bisconti, Catherine Callaway, Ellie Dicker, Kelly Doudell, Sandra Gomez, Yu-Chin Lin, Anthony Lucas, Anisa Marshall, Alexandra Miller, Mackenzie Odier, Odile Rodrik, Kaitlin Rozzell Voss, Kimberly Smith, Mayson Trujillo

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Frequency of Hypnotic Medication Use at Baseline Differentially Impacts Mean ISI Reduction Following dCBT-I**
Osorno, R., Gumpert, 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**
Gumpert, 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., Gumpert, 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., Gumpert, 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., Gumpert, 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*
Gumpert, 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., Gumpert, 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., Gumpert, 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., Gumpport, 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., Gumpport, 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., Gumpport, 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., Smirnof, 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., Gumpport, 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 CBT-I: CHANGES DUE TO THE COVID-19 PANDEMIC IN A RANDOMIZED CONTROLLED TRIAL OF CBT-I FOR MIDDLE AGED AND OLDER ADULTS**
Gumpport, 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 CBT-I TREATMENT: A PRELIMINARY REPORT FROM THE RESTING STUDY**

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- Simpson, N., Kim, J., Tully, I., Dietch, J., Tutek, J., Gumpport, 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**
Gumpport, 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., Gumpport, 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., Gumpport, 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., DiIombi, 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*

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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