

Adam Jacob Krause

Postdoctoral Scholar, Psychiatry

Bio

STANFORD ADVISORS

- Andrea Goldstein-Piekarski, Postdoctoral Faculty Sponsor

Teaching

COURSES

2023-24

- An Excuse to Sleep: The Science of Sleep and Health: BIOS 243 (Win)

Publications

PUBLICATIONS

- **Examining fronto-limbic brain and sleep mechanisms of antidepressant effects in cognitive-behavioral therapy for insomnia.** *Neuropsychopharmacology : official publication of the American College of Neuropsychopharmacology*
Krause, A. J., Osorno, R., Solomon, N. L., Ahmadi, M., Lam, P., Magana, O., Blozyte-Sakenis, E., Harris, L. N., Babros, M. C., Izabel, S. S., Bernert, R. A., Williams, L. M., Gross, et al
2026
- **Examining Fronto-Limbic Brain and Sleep Mechanisms of Anti-Depressant Effects in Cognitive-Behavioral Therapy for Insomnia**
Krause, A., Osorno, R., Solomon, N., Ahmadi, M., Lam, P., Magana, O., Blozyte, E., Harris, L., Izabel, S., Bernert, R., Williams, L., Gross, J., Ma, et al
ELSEVIER SCIENCE INC.2026
- **EXAMINING FRONTO-LIMBIC BRAIN AND SLEEP MECHANISMS OF ANTI-DEPRESSANT EFFECTS IN COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA**
Krause, A., Osorno, R., Solomon, N., Ahmadi, M., Lam, P., Magana, O., Blozyte, E., Izabel, S., Bernert, R., Williams, L., Gross, J., Ma, J., Lazzeroni, et al
SPRINGER NATURE.2026
- **Objective Sleep, Internalizing Symptoms, and Emotion Regulation in Adolescents: Findings from the ABCD Study**
Izabel, S., Kiss, O., Krause, A., Hunt, E. T., Potter, A., Johnson, M., Dube, S. L., Allgaier, N., Garavan, H., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2025: A458
- **Associations Between Objectively Sleep Duration, Night-To-Night Variability, and Sleep Onset With Emotion Regulation and Internalizing Symptoms in Adolescents: Findings From the ABCD Study**
Izabel, S., Kiss, O., Krause, A., Hunt, E. T., Potter, A., Johnson, M., Dube, S., Allgaier, N., Garavan, H., Goldstein-Piekarski, A.
ELSEVIER SCIENCE INC.2025
- **Insomnia Intervention is Associated With Changing Dorsolateral Prefrontal Cortex Activity in Depression**
Wang, Z., Krause, A. J., Osorno, R., Solomon, N., Bernert, R., Williams, L., Gross, J., Ma, J., Lazzeroni, L., Yesavage, J., Manber, R., Goldstein-Piekarski, A.
ELSEVIER SCIENCE INC.2025
- **Insomnia Intervention Associated With Improvements in Affective Brain Function and Mood in Depression**

Krause, A., Osorno, R., Solomon, N., Ahmadi, M., Lam, P., Magana, O., BlozYTE, E., Cirelli, A., Harris, L., Izabel, S., Bernert, R., Williams, L., Gross, et al
ELSEVIER SCIENCE INC.2025

- **Insomnia Intervention Associated with Improvements in Affective Brain Function, Mood, and Sleep in Depression**

Krause, A., Osorno, R., Solomon, N., Ahmadi, M., Lam, P., Magana, O., BlozYTE, E., Harris, L., Gross, J., Ma, J., Lazzeroni, L., Yesavage, J., Manber, et al
OXFORD UNIV PRESS INC.2025: A521

- **Modifying the Emotion Regulation Brain Network in Depression: Mechanistic Insights From a Clinical Trial of Cognitive-Behavioral Therapy for Insomnia**

Krause, A., Izabel, S., Osorno, R., Solomon, N., Ahmadi, M., Lam, P., Magana, O., BlozYTE, E., Cirelli, A., Harris, L., Bernert, R., Williams, L., Gross, et al
SPRINGER NATURE.2023: 208-209

- **Daytime affect and sleep EEG activity: A data-driven exploration.** *Journal of sleep research*

Zhang, J. X., Ten Brink, M., Yan, Y., Goldstein-Piekarski, A., Krause, A. J., Manber, R., Kreibig, S., Gross, J. J.
2023: e13916

- **Improvements in Immediate and Delayed Memory With Insomnia Therapy and Their Associations With SWA in Older Adults**

Ahmadi, M., Krause, A. J., O'Hora, K. P., Hernandez, B., Lazzeroni, L., Zeitzer, J. M., Friedman, L. F., Posner, D., Kushida, C. A., Yesavage, J. A., Saletin, J., Goldstein-Piekarski, A.
ELSEVIER SCIENCE INC.2023: S301

- **Pre-sleep affect predicts subsequent REM frontal theta in nonlinear fashion.** *Cognitive, affective & behavioral neuroscience*

Ten Brink, M., Yan, Y., Zhang, J., Goldstein-Piekarski, A., Krause, A., Kreibig, S., Manber, R., Gross, J.
2023

- **EXAMINING THE ASSOCIATION OF TRAIT SLEEP REACTIVITY WITH CHANGES IN SLEEP, DEPRESSION, AND ANXIETY IN THE COVID-19 PANDEMIC**

Cirelli, A., Krause, A., O'Hora, K., Osorno, R., Sadeghi-Bahmani, D., Lopez, M., Morehouse, A., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2022: A21

- **NON-PHARMACOLOGICAL INSOMNIA THERAPY IS ROBUST TO CO-OCCURRING PAIN IN OLDER ADULTS**

Krause, A., Ahmadi, M., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Saletin, J., Goldstein-Piekarski, A.
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- **THE EFFECT OF DISTINCT COMPONENTS OF CBT-I ON SLOW WAVE POWER AND ENERGY**

Ahmadi, M., Krause, A., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Saletin, J., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2022: A197

- **THE IMPACT OF NON-PHARMACOLOGICAL INSOMNIA THERAPY ON MOOD AND SLEEP IN MORNING AND EVENING CHRONOTYPES IN OLDER ADULTS**

Lopez, M., Krause, A., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2022: A211-A212

- **PHYSICAL ACTIVITY AND SLEEP PATTERNS BEFORE AND DURING THE COVID-19-PANDEMIC - RESULTS FROM A CROSS-SECTIONAL AND RETROSPECTIVE STUDY**

Sadeghi-Bahmani, D., O'Hora, K., Osorno, R., Lopez, M., Morehouse, A., Krause, A., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2022: A303

- **Non-Pharmacological Insomnia Therapy is Robust to Co-Occurring Pain in Older Adults**

Krause, A., Ahmadi, M., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Saletin, J., Goldstein-Piekarski, A.
ELSEVIER SCIENCE INC.2022: S370

- **The Effect of Distinct Components of CBT-I on Slow Wave Power and Energy**

Ahmadi, M., Krause, A. J., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J. A., Saletin, J., Goldstein-Piekarski, A.

