Rachel Manber, PhD

Professor of Psychiatry and Behavioral Sciences (General Psychiatry and Psychology-Adult) at the Stanford University Medical Center

Bio

Dr. Rachel Manber is a behavioral sleep medicine specialist. She specializes in non-drug treatments of sleep problems in adults, youth, children, and infants. She has provided cognitive behavioral therapy (CBT) for patients with insomnia and other sleep disorders for more than 20 years. Dr. Manber has a special interest in the treating patients who have chronic long standing sleep difficulties, including those who wish to stop taking sleep medications.

CLINICAL FOCUS
- Cognitive Behavioral Therapy for Insomnia
- Sleep difficulties in children and teens
- Adjustment to CPAP
- Behavioral Sleep Medicine
- Sleep Medicine

ACADEMIC APPOINTMENTS
- Professor - Med Center Line, Psychiatry and Behavioral Sciences
- Member, Stanford Neurosciences Institute

PROFESSIONAL EDUCATION
- PhD Training: University of Arizona (1993) AZ
- Board Certification: Sleep Medicine, American Board of Sleep Medicine
- Internship: University of Washington School of Medicine (1993) WA
- PhD, University of Arizona, Clinical Psychology (1993)

COMMUNITY AND INTERNATIONAL WORK
- Dissemination of CBT for Insomnia

LINKS
- Stanford Sleep Health and Insomnia Program: http://insomnia.stanford.edu/
Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS
1) Insomnia during pregnancy
2) Acupuncture for chronic low back pain

CLINICAL TRIALS
• Stanford Center for Back Pain, Recruiting
• Treatments for Insomnia: Mediators, Moderators and Quality of Life, Recruiting
• Acupuncture and Massage for Depression During Pregnancy, Not Recruiting
• Acupuncture for Sleep Disruption in Cancer Survivors, Not Recruiting
• Combining Antidepressant Medication and Psychotherapy for Insomnia to Improve Depression Outcome, Not Recruiting
• Treatment for Insomnia During Pregnancy, Not Recruiting
• TRIAD - Treatment of Insomnia and Depression, Not Recruiting

Teaching

STANFORD ADVISEES
Postdoctoral Faculty Sponsor
Erika Manczak, Nichole Mogharreban

Postdoctoral Research Mentor
Lauren Asarnow

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS
• Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS
• Too Long, Too Short, or Too Variable? Sleep Intraindividual Variability and Its Associations With Perceived Sleep Quality and Mood in Adolescents During Naturalistically Unconstrained Sleep *SLEEP*
  Bei, B., Manber, R., Allen, N. B., Trinder, J., Wiley, J. F.
  2017; 40 (2)

• Are Patients with Childhood Onset of Insomnia and Depression More Difficult to Treat Than Are Those with Adult Onsets of These Disorders? A Report from the TRIAD Study *JOURNAL OF CLINICAL SLEEP MEDICINE*
  Edinger, J. D., Manber, R., Buysse, D. J., Krystal, A. D., Thase, M. E., Gehrman, P., Fairholme, C. P., Luther, J., Wisniewski, S., Org, N.
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• Objective and subjective sleep during pregnancy: links with depressive and anxiety symptoms. *Archives of women's mental health*
  Volkovich, E., Tikotzky, L., Manber, R.
• Effects of Cognitive Behavioral Therapy for Insomnia on Suicidal Ideation in Veterans *SLEEP*
  Trockel, M., Karlin, B. E., Taylor, C. B., Brown, G. K., Manber, R.
  2015; 38 (2): 259-265

• Treatment Plans and Interventions for Insomnia: A Case Formulation Approach
  Manber, R., Carney, C.
  Guilford Press.2015

• A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia *SLEEP*
  Ong, J. C., Manber, R., Segal, Z., Xia, Y., Shapiro, S., Wyatt, J. K.
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• National Dissemination of Cognitive Behavioral Therapy for Insomnia in Veterans: Therapist- and Patient-Level Outcomes *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Karlin, B. E., Trockel, M., Taylor, C. B., Gimeno, J., Manber, R.
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• Factors Associated with Clinically Significant Insomnia Among Pregnant Low-Income Latinas *JOURNAL OF WOMENS HEALTH*
  Manber, R., Steidtmann, D., Chambers, A. S., Ganger, W., Horwitz, S., Connelly, C. D.
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• Improving sleep with mindfulness and acceptance: A metacognitive model of insomnia *BEHAVIOUR RESEARCH AND THERAPY*
  Ong, J. C., Ulmer, C. S., Manber, R.
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• PATIENT TREATMENT PREFERENCE AS A PREDICTOR OF RESPONSE AND ATTENTION IN TREATMENT FOR CHRONIC DEPRESSION *DEPRESSION AND ANXIETY*
  Steidtmann, D., Manber, R., Arnow, B. A., Klein, D. N., Markowitz, J. C., Rothbaum, B. O., Thase, M. E., Kocsis, J. H.
  2012; 29 (10): 896-905

• Dissemination of CBTI to the Non-Sleep Specialist: Protocol Development and Training Issues *JOURNAL OF CLINICAL SLEEP MEDICINE*
  2012; 8 (2): 209-218

• An e-mail delivered CBT for sleep-health program for college students: effects on sleep quality and depression symptoms. *Journal of clinical sleep medicine*
  Trockel, M., Manber, R., Chang, V., Thurston, A., Taylor, C. B.
  2011; 7 (3): 276-281

• CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes *JOURNAL OF CLINICAL SLEEP MEDICINE*
  Manber, R., Bernert, R. A., Suh, S., Nowakowski, S., Siebern, A. T., Ong, J. C.
  2011; 7 (6): 645-652

• An E-mail Delivered CBT for Sleep-Health Program for College Students: Effects on Sleep Quality and Depression Symptoms *JOURNAL OF CLINICAL SLEEP MEDICINE*
  Trockel, M., Manber, R., Chang, V., Thurston, A., Taylor, C. B.
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• Maternal sleep and depressive symptoms Links with infant Negative Affectivity *INFANT BEHAVIOR & DEVELOPMENT*
  Tikotzky, L., Chambers, A. S., Gaylor, E., Manber, R.
  2010; 33 (4): 605-612

• Acupuncture for Depression During Pregnancy A Randomized Controlled Trial *OBSTETRICS AND GYNECOLOGY*
  2010; 115 (3): 511-520

• Maternal subjective sleep quality and nighttime infant care *JOURNAL OF REPRODUCTIVE AND INFANT PSYCHOLOGY*
  Gress, J. L., Chambers, A. S., Ong, J. C., Tikotzky, L., Okada, R. L., Manber, R.
• Faster remission of chronic depression with combined psychotherapy and medication than with each therapy alone JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY

• Cognitive behavioral therapy for insomnia enhances depression outcome in patients with comorbid major depressive disorder and insomnia SLEEP

• Depression symptoms during pregnancy ARCHIVES OF WOMENS MENTAL HEALTH

• Characteristics of insomniacs with self-reported morning and evening chronotypes. Journal of clinical sleep medicine

• Assessing insomnia severity in depression: comparison of depression rating scales and sleep diaries JOURNAL OF PSYCHIATRIC RESEARCH

• Cognitive behavior therapy for chronic insomnia occurring within the context of medical and psychiatric disorders CLINICAL PSYCHOLOGY REVIEW
  Smith, M. T., Huang, M. I., Manber, R. 2005; 25 (5): 559-611

• Acupuncture: a promising treatment for depression during JOURNAL OF AFFECTIVE DISORDERS

• Patients’ perception of their depressive illness JOURNAL OF PSYCHIATRIC RESEARCH

• Patient’s therapeutic skill acquisition and response to psychotherapy, alone or in combination with medication PSYCHOLOGICAL MEDICINE

• THE THERAPEUTIC RELATIONSHIP MATTERS: WORKING ALLIANCE QUALITY AS A PREDICTOR OF POST-TREATMENT INSOMNIA SEVERITY IN COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)
  Robertson, K., Mogharreban, N., Seeman, S., Simpson, N., Asarnow, L., Rangel, E., Manber, R. OXFORD UNIV PRESS INC.2018: A151–A152

• SLEEP COMPLAINTS, REGARDLESS OF INSOMNIA DISORDER, ARE ASSOCIATED WITH WORSE SLEEP AND MENTAL HEALTH OUTCOMES DURING LATE PREGNANCY.

• PREDICTORS OF INITIATION AND ATTENDANCE IN COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I) AMONG LATINA AND NON-LATINA CAUCASIAN PREGNANT WOMEN
  Rangel, E., Simpson, N., Asarnow, L., Manber, R. OXFORD UNIV PRESS INC.2018: A152

• THE EFFECTS OF CBTI plus TIPS ON MATERNAL COGNITIONS ABOUT INFANT SLEEP AND INFANT NIGHTTIME SLEEP DURATION
  Seeman, S., Asarnow, L., Roberston, K., Rangel, E., Simpson, N., Manber, R. OXFORD UNIV PRESS INC.2018: A152

• INFLUENCE OF PRE-SLEEP POSITIVE AFFECT ON NEXT-MORNING ENERGY
  ten Brink, M., Quoidbach, J., Taquet, M., Gross, J., Manber, R.
• COGNITIVE BEHAVIORAL THERAPY IS EFFECTIVE FOR INSOMNIA DURING PREGNANCY: A RANDOMIZED CONTROLLED TRIAL IN AN ETHNICALLY DIVERSE SAMPLE
  Manber, R., Bei, B., Norah, S., Asarnow, L., Rangel, E.
  OXFORD UNIV PRESS INC.2018: A154

• A BRIEF, AUTOMATED COGNITIVE BEHAVIORAL PROGRAM PREVENTS SLEEP DISTURBANCE AND INSOMNIA IN LATE PREGNANCY: A RANDOMIZED CONTROLLED TRIAL
  OXFORD UNIV PRESS INC.2018: A151

• INFANT SLEEP LOCATION AND ASSOCIATION WITH MATERNAL AND INFANT SLEEP IN LATINA AND NONLATINA FAMILIES
  Rubens, S. L., Simpson, N., Rangel, E., Manber, R.
  OXFORD UNIV PRESS INC.2018: A305

• WHERE YOU SLEEP IS MORE IMPORTANT THAN WHAT YOU DO THERE: RELATIONSHIPS BETWEEN SLEEP ENVIRONMENT AND INSOMNIA SEVERITY DURING PREGNANCY
  Simpson, N., Rubens, S., Rangel, E., Manber, R.
  OXFORD UNIV PRESS INC.2018: A265–A266

• DAYTIME INSOMNIA SYMPTOMS NEGATIVELY PREDICT ANHEDONIA IN PATIENTS WITH COMORBID MAJOR DEPRESSIVE DISORDER AND INSOMNIA DISORDER
  Osorno, R. A., Kaplan, K., Krystal, A., Buysse, D., Edinger, J., Manber, R.
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• CBT-I ENHANCES DEPRESSION OUTCOME AMONG INDIVIDUALS WITH EVENING CHRONOTYPE
  Asarnow, L. D., Bei, B., Krystal, A., Buysse, D. J., Thase, M. E., Edinger, J. D., Manber, R.
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• Treating Insomnia in Depression: Insomnia Related Factors Predict Long-Term Depression Trajectories. *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Bei, B., Asarnow, L. D., Krystal, A., Edinger, J. D., Buysse, D. J., Manber, R.
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• Cognitive Behavioral Therapy for Menopausal Insomnia in Midlife Women with Insomnia and Nocturnal Hot Flashes
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• Effects of Cognitive Behavioral Therapy for Menopausal Insomnia on Depressive Symptoms
  LIPPINCOTT WILLIAMS & WILKINS.2017: 1428–29

• TREATING INSOMNIA IN DEPRESSION: INSOMNIA CHARACTERISTICS PREDICT DEPRESSION TRAJECTORIES DURING TREATMENT AND 2-YEAR FOLLOW-UP
  Bei, B., Asarnow, L., Krystal, A., Edinger, J., Buysse, D., Manber, R.
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• Change in Patients’ Interpersonal Impacts as a Mediator of the Alliance-Outcome Association in Treatment for Chronic Depression. *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Constantino, M. J., Laws, H. B., Coyne, A. E., Greenberg, R. P., Klein, D. N., Manber, R., Rothbaum, B. O., Arnow, B. A.
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• Are Patients with Childhood Onset of Insomnia and Depression More Difficult to Treat Than Are Those with Adult Onsets of These Disorders? A Report from the TRIAD Study. *Journal of clinical sleep medicine*
  Edinger, J. D., Manber, R., Buysse, D. J., Krystal, A. D., Thase, M. E., Gehrman, P., Fairholme, C. P., Luther, J., Wisniewski, S.
• Efficacy of Cognitive-Behavioral Therapy for Insomnia Combined With Antidepressant Pharmacotherapy in Patients With Comorbid Depression and Insomnia: A Randomized Controlled Trial. *Journal of Clinical Psychiatry*
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  Bei, B., Wiley, J. F., Trinder, J., Manber, R.
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• Examining the Variability of Sleep Patterns during Treatment for Chronic Insomnia: Application of a Location-Scale Mixed Model. *Journal of Clinical Sleep Medicine*
  Ong, J. C., Hedeker, D., Wyatt, J. K., Manber, R.
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• CBT-I Coach: A Description and Clinician Perceptions of a Mobile App for Cognitive Behavioral Therapy for Insomnia. *Journal of Clinical Sleep Medicine*
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• National evaluation of the effectiveness of cognitive behavioral therapy for insomnia among older versus younger veterans. *International Journal of Geriatric Psychiatry*
  Karlin, B. E., Trockel, M., Spira, A. P., Taylor, C. B., Manber, R.
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• SMART DOCS: A New Patient-Centered Outcomes and Coordinated-Care Management Approach for the Future Practice of Sleep Medicine. *Sleep*
  Kushida, C. A., Nichols, D. A., Holmes, T. H., Miller, R., Griffin, K., Cardell, C., Hyde, P. R., Cohen, E., Manber, R., Walsh, J. K.
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• SMART DOCS: a new patient-centered outcomes and coordinated-care management approach for the future practice of sleep medicine. *Sleep*
  Kushida, C. A., Nichols, D. A., Holmes, T. H., Miller, R., Griffin, K., Cardell, C., Hyde, P. R., Cohen, E., Manber, R., Walsh, J. K.
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  Suh, S., Kraemer, H. C., Yang, H., Fairholme, C. P., Manber, R., Shin, C.
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  Trockel, M., Karlin, B. E., Taylor, C. B., Manber, R.
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  Suh, S., Yang, H., Fairholme, C. P., Kim, H., Manber, R., Shin, C.
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  Steidtmann, D., Manber, R., Blasey, C., Markowitz, J. C., Klein, D. N., Rothbaum, B. O., Thase, M. E., Kocsis, J. H., Arnow, B. A.
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• Lessons Learned from the National Dissemination of Cognitive Behavioral Therapy for Insomnia in the Veterans Health Administration: Impact of Training on Therapists' Self-Efficacy and Attitudes. *Sleep Medicine Clinics*
  Manber, R., Trockel, M., Batdorf, W., Siebern, A. T., Taylor, B., Gimeno, J., Karlin, B.
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• The Relation Between Changes in Patients' Interpersonal Impact Messages and Outcome in Treatment for Chronic Depression. *Journal of Consulting and Clinical Psychology*
  Constantino, M. J., Laws, H. B., Arnow, B. A., Klein, D. N., Rothbaum, B. O., Manber, R.
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  Suh, S., Ong, J. C., Steidtmann, D., Nowakowski, S., Dowdle, C., Willett, E., Siebern, A., Manber, R.
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• Relationship Between Changes in Self-Efficacy and Depression Following Cognitive Behavioral Therapy for Insomnia. *26th Annual Meeting of the Association-of-Professional-Sleep-Societies (APSS)*
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• Treatment of sleep disturbances in posttraumatic stress disorder: a review. *Journal of rehabilitation research and development*
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  Siebern, A. T., Manber, R.
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• Helpful Components of Group Cognitive Behavioral Therapy for Insomnia (CBT) for Patients Who Perceived Pain to Interfere with Sleep. *25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)*
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• An Open Trial of Cognitive Behavioral Therapy for Insomnia (CBT-I) Results in Significant Posttreatment Reductions in Suicidal Ideation. *25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)*
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• Title: Sleeplessness During Pregnancy: Estimating the Prevalence of Insomnia. *25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)*
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PSYCHOTHERAPIST MINDFULNESS AND THE PSYCHOTHERAPY PROCESS  
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ADHERENCE AND OUTCOME IN CBT FOR INSOMNIA AMONG PATIENTS WITH HIGH AND LOW DEPRESSION SCORES  
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Patient Preference as a Moderator of Outcome for Chronic Forms of Major Depressive Disorder Treated With Nefazodone, Cognitive Behavioral Analysis System of Psychotherapy, or Their Combination  
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MINDFULNESS MEDITATION AND COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA: A NATURALISTIC 12-MONTH FOLLOW-UP  
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Cognitive and behavioral mediators of combined pharmacotherapy and psychotherapy of chronic depression COGNITIVE THERAPY AND RESEARCH

Therapists' responses to training in brief supportive psychotherapy. American journal of psychotherapy

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