Stanford



Rachel Manber, PhD

Professor of Psychiatry and Behavioral Sciences (General Psychiatry and Psychology-Adult)

NIH Biosketch available Online

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Bio

BIO

Dr. Rachel Manber is a seasoned behavioral sleep medicine clinician and researcher. Clinically, she specializes in non-drug treatments of sleep problems in adults, youth, children, and infants.

Dr. Manber has over 30 years of experience treating patients and conducting research to improve non-pharmacological treatments of insomnia. She has lead research projects and real-life initiatives to increase patient access to cognitive behavioral therapy (CBT) for insomnia.

Dr. Manber has a special interest in the treatment of patients who have chronic long standing sleep difficulties, including those who wish to stop taking sleep medications, those with unusual sleep schedules, and those who experience their sleep difficulty in the context of other medical, sleep, or mental disorders, as well as during pregnancy, postpartum and perimenopause.

CLINICAL FOCUS

- Cognitive Behavioral Therapy for Insomnia
- Sleep difficulties in children and teens
- Circadian Rhythm Disorder
- Adjustment to CPAP
- Behavioral Sleep Medicine
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Professor-Univ Med Line, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Neurosciences Institute

ADMINISTRATIVE APPOINTMENTS

- Center for Sleep and Circadian Science, Psychiatry and Behavioral Sciences, Stanford University, (2022- present)
- Associate Chair for Clinical Research, Psychiatry & Behavioral Sciences, Stanford University, (2019- present)

HONORS AND AWARDS

- Deputy Editor in Chief of the Journal SLEEP, Sleep Research Society

PROFESSIONAL EDUCATION

- PhD, University of Arizona , Clinical Psychology (1993)
- Internship: University of Washington School of Medicine (1993) WA
- Board Certification: Sleep Medicine, American Board of Sleep Medicine
- Diplomate of, Behavioral Sleep Medicine (2019)

COMMUNITY AND INTERNATIONAL WORK

- Dissemination of CBT for Insomnia

LINKS

- Stanford Sleep Health and Insomnia Program: http://insomnia.stanford.edu/
- The RESTING Insomnia Study: https://med.stanford.edu/insomnia/RESTINGMainPage.html
- The Apnea and Insomnia Research (AIR) Study: https://med.stanford.edu/insomnia/AIRStudyMainPage.html
- New Book: http://www.guilford.com/books/Treatment-Plans-and-Interventions-for-Insomnia/Manber-Carney/9781462520084promo=2E
- Insomnia Pregnancy Study: http://med.stanford.edu/pregnancysleepstudy/
- Depression and insomnia study: http://triadstudy.stanford.edu/
- About insomnia: http://knol.google.com/k/insomnia#

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Recent and current projects include

Treatment of insomnia during pregnancy

Treatment of insomnia comorbid with sleep apnea

Use of digital interventions for insomnia among middle age and older adults

Mobile intervention for insomnia among those with alcohol use

CLINICAL TRIALS

- The RESTING Insomnia Study: Randomized Controlled Study on Effectiveness of Stepped-Care Sleep Therapy, Recruiting
- Acupuncture and Massage for Depression During Pregnancy, Not Recruiting
- Combining Antidepressant Medication and Psychotherapy for Insomnia to Improve Depression Outcome, Not Recruiting
- Stanford Center for Back Pain, Not Recruiting
- Treatment for Insomnia During Pregnancy, Not Recruiting
- Treatments for Insomnia: Mediators, Moderators and Quality of Life, Not Recruiting
- TRIAD - Treatment of Insomnia and Depression, Not Recruiting

Teaching

STANFORD ADVISEES

Postdoctoral Research Mentor

Nina Parekh, Thomas Tsai

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Risk Factors Associated with Development of Insomnia Disorder up to 12 Months Postpartum**
  Takenoshita, M., Guo, N., Sultan, P., Manber, R.
  OXFORD UNIV PRESS INC.2026: A188

- **Research priorities to improve classification of sleep-wake disorders.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Sateia, M. J., Abbott, S., Auger, R. R., Chervin, R. D., Donovan, L. M., Hogl, B., Kimoff, R. J., Lichstein, K. L., Manber, R., Manconi, M., Maski, K. P., Ondo, W. G., Patel, et al
  2026; 22 (1): 27

- **Feasibility and Acceptability of Mindfulness-based Stress Reduction and Prenatal Sleep Classes for Poor Prenatal Sleep Quality: Pilot Randomized Controlled Trial.** *Behavioral sleep medicine*
  Felder, J. N., Mirchandaney, R., Manber, R., Cuneo, J., Krystal, A., Solomon, N., Janette, S., Zhang, L., Moran, P., Mashash, M., Epel, E., Hecht, F. M.
  2024: 1-15

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

- **Sleep-wake timing and chronotype in perinatal periods: longitudinal changes and associations with insomnia symptoms, sleep-related impairment, and mood from pregnancy to 2 years postpartum.** *Journal of sleep research*
  Verma, S., Pinnington, D. M., Manber, R., Bei, B.
  2023: e14021

- **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

- **Objective sleep duration and response to combined pharmacotherapy and cognitive behavioral insomnia therapy among patients with comorbid depression and insomnia: a report from the TRIAD study.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Edinger, J. D., Smith, E. D., Buysse, D. J., Thase, M., Krystal, A. D., Wiskniewski, S., Manber, R.
  2023

- **Integrating Technology to Increase the Reach of CBT-I: State of the Science and Challenges Ahead.** *Sleep*
  Manber, R., Alcantara, C., Bei, B., Morin, C. M., Van Straten, A.
  2022

- **Sleep and affect: A conceptual review.** *Sleep medicine reviews*
  Ten Brink, M., Dietch, J. R., Tutek, J., Suh, S. A., Gross, J. J., Manber, R.
  2022; 65: 101670

- **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

- **Examining Experiences of Poor Sleep During Pregnancy: A Qualitative Study to Inform the Development of a Prenatal Sleep Intervention.** *Global advances in health and medicine*
  Felder, J. N., Mirchandaney, R., Harrison, J., Manber, R., Cuneo, J., Krystal, A., Epel, E., Hecht, F.
  2022; 11: 2164957X221087655
- **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
- **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
- **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
- **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.
  2017; 13 (2): 205-213
- **Objective and subjective sleep during pregnancy: links with depressive and anxiety symptoms.** *Archives of women's mental health*
  Volkovich, E., Tikotzky, L., Manber, R.
  2016; 19 (1): 173-181
- **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.
  2014; 37 (9): 1553-U186
- **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.
  2013; 81 (5): 912-917
- **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.

2013; 22 (8): 694-701

- **Improving sleep with mindfulness and acceptance: A metacognitive model of insomnia** *BEHAVIOUR RESEARCH AND THERAPY*
  Ong, J. C., Ulmer, C. S., Manber, R.
  2012; 50 (11): 651-660
- **PATIENT TREATMENT PREFERENCE AS A PREDICTOR OF RESPONSE AND ATTRITION 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*
  Manber, R., Carney, C., Edinger, J., Epstein, D., Friedman, L., Haynes, P. L., Karlin, B. E., Pigeon, W., Siebern, A. T., Trockel, M.
  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.
  2011; 7 (3): 273-278
- **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*
  Manber, R., Schnyer, R. N., Lyell, D., Chambers, A. S., Caughey, A. B., Druzin, M., Carlyle, E., Celio, C., Gress, J. L., Huang, M. I., Kalista, T., Martin-Okada, R., Allen, et al
  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.
  2010; 28 (4): 384-391
- **Faster remission of chronic depression with combined psychotherapy and medication than with each therapy alone** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Manber, R., Kraemer, H. C., Arnow, B. A., Thase, M. E., Klein, D. N., Gelenberg, A. J., Trivedi, M. H., Rush, A. J., Rothbaum, B. O., Kocsis, J. H., Keller, M. E.
  2008; 76 (3): 459-467
- **Cognitive behavioral therapy for insomnia enhances depression outcome in patients with comorbid major depressive disorder and insomnia** *SLEEP*
  Manber, R., Edinger, J. D., Gress, J. L., Pedro-Salcedo, M. G., Kuo, T. F., Kalista, T.
  2008; 31 (4): 489-495
- **Depression symptoms during pregnancy** *ARCHIVES OF WOMENS MENTAL HEALTH*
  Manber, R., Blasey, C., Allen, J. J.
  2008; 11 (1): 43-48
- **Characteristics of insomniacs with self-reported morning and evening chronotypes.** *Journal of clinical sleep medicine*
  Ong, J. C., Huang, J. S., Kuo, T. F., Manber, R.
  2007; 3 (3): 289-294

- **Assessing insomnia severity in depression: comparison of depression rating scales and sleep diaries** *JOURNAL OF PSYCHIATRIC RESEARCH*
  Manber, R., Blasey, C., Arnow, B., Markowitz, J. C., Thase, M. E., Rush, A. J., Dowling, F., Koscis, J., Trivedi, M., Keller, M. B.
  2005; 39 (5): 481-488

- **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*
  Manber, R., Schnyer, R. N., Allen, J. J., Rush, A. J., Blasey, C. M.
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- **Patients' perception of their depressive illness** *JOURNAL OF PSYCHIATRIC RESEARCH*
  Manber, R., Chambers, A. S., Hitt, S. K., McGahuey, C., Delgado, P., Allen, J. J.
  2003; 37 (4): 335-343

- **Patient's therapeutic skill acquisition and response to psychotherapy, alone or in combination with medication** *PSYCHOLOGICAL MEDICINE*
  Manber, R., Arnow, B., Blasey, C., Vivian, D., McCullough, J. P., Blalock, J. A., Klein, D. N., Markowitz, J. C., Riso, L. P., Rothbaum, B., Rush, A. J., Thase, M. E., Keller, et al
  2003; 33 (4): 693-702

- **Actigraphy and Wearable EEG Yield Discordant Objective Sleep Estimates in Chronic Pain.** *The journal of pain*
  Kim, S., Zeitzer, J. M., Manber, R., You, D. S., Darnall, B. D., Mackey, S.
  2026: 106446

- **Remission status in persistent depressive disorder following acute treatment with psychotherapy plus medication or medication alone: A 2-year naturalistic follow-up.** *Journal of affective disorders*
  Yasinski, C., Ma, T., Thase, M. E., Kocsis, J. H., Arnow, B. A., Keller, M. B., Klein, D. N., Manber, R., Markowitz, J. C., Rothbaum, B. O., Trivedi, M. H., Dunlop, B. W.
  2026: 122506

- **Insomnia disorder at 6 weeks postpartum: a prospective study.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Takenoshita, M., Jalali-Sohi, A., Hidajat, N. Z., Michel, G., Guo, N., Manber, R., Lyell, D. J., Barwick, F., Morris, A. M., Moody, H., Elkhateb, R., Mhyre, J., Cella, et al
  2026; 22 (1)

- **Behavioral Pain Interventions Improve Sleep via Reduced Pain Interference and Catastrophizing: Secondary Longitudinal Mediation Analysis.** *The journal of pain*
  Kim, S., You, D. S., Manber, R., Zeitzer, J. M., Tian, L., Darnall, B. D., Mackey, S.
  2026: 106419

- **The association between slow wave activity and memory improvement following cognitive-behavioral therapy for insomnia in older adults: A secondary analysis of a randomized clinical trial.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Ahmadi, M., Krause, A. J., O'Hora, K. P., Blozyte-Sakenis, E., Hernandez, B., Lazzeroni, L. C., Zeitzer, J. M., Friedman, L., Posner, D., Kushida, C., Manber, R., Yesavage, J., Saletin, et al
  2026; 22 (1)

- **Cognitive status moderates long-term benefits of non-pharmacological insomnia therapy in older adults: A secondary analysis of a randomized clinical trial.** *Alzheimer's & dementia : the journal of the Alzheimer's Association*
  O'Hora, K. P., Morehouse, A. B., Hernandez, B., Burda, K. F., Babros, M. C., Lazzeroni, L., Zeitzer, J. M., Friedman, L., Posner, D., Kushida, C., Manber, R., Yesavage, J. A., Goldstein-Piekarski, et al
  2026; 22 (6): e71371

- **Digital Cognitive Behavioral Therapy for Insomnia Versus Sleep Hygiene Education for Prevention of Perinatal Depression: Protocol for a Randomized Clinical Trial.** *JMIR research protocols*
  Felder, J. N., Moran, P. J., McClelland, B., Mah, R., Sorensen, C., Ponting, C., Sobhani, N. C., Neuhaus, J., Krystal, A., Manber, R.

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- **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
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- **Cognitive behavioral therapy for menopausal insomnia in perimenopausal and postmenopausal women with insomnia and nocturnal hot flashes: a randomized-controlled pilot trial.** *Menopause (New York, N.Y.)*
  Arentson-Lantz, E. J., Muench, A., Kokonda, M., Meers, J. M., Swartz, M., Manber, R., Thurston, R. C., Nowakowski, S.
  2026

- **Sleep-Related Attentional Bias in Youth Insomnia - Eye-Tracking Experiment with Hierarchical Drift-Diffusion Modelling (HDDM)**
  Hui, T., Chung, T., Wise, T., Drakatos, P., O'Regan, D., Chan, R., Chan, J., Shea, K., Zhang, J., Li, A., Wing, Y., Manber, R., Gregory, et al
  OXFORD UNIV PRESS INC.2026: A32

- **Predictors of CBT-I Adherence in Pregnant Women: The Role of Pregnancy-Related Stress and Treatment Format**
  Wong, N., Ng, C., Li, X., Wang, R., Leung, W., Lau, S., Chan, J., Chan, R., Lee, A., Wing, Y., Manber, R., Li, S.
  OXFORD UNIV PRESS INC.2026: A202-A203

- **Preliminary Findings of Sleep Treatment Preferences of Caregiving Family Members of Adults with Serious Mental Illness**
  Gumport, N., Manber, R.
  OXFORD UNIV PRESS INC.2026: A508

- **Characterizing Postpartum Sleep and the Prevalence of Postpartum Insomnia Disorder**
  Takenoshita, M., Jalali-Sohi, A., Hidajat, N., Manber, R., Guo, N., Michel, G., El-Khateb, R., Mhyre, J., Cella, D., Shaunfield, S., Tang, X., Carmichael, S., Tian, et al
  OXFORD UNIV PRESS INC.2026: A183

- **Evaluation of PROMIS Sleep Disturbance Item Bank for Postpartum Insomnia Disorder Screening**
  Hidajat, N., Takenoshita, M., Michel, G., Jalali-Sohi, A., Manber, R., Lyell, D., Mhyre, J., Cella, D., Shaunfield, S., Mackey, S., Tian, L., Carmichael, S., Tang, et al
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- **Evaluating the Relationship Between Rumination and Insomnia Across CBTI in Depressed Adults**
  Merrill, J., Converse, E., Osorno, R., Solomon, N., Williams, L., Gross, J., Ma, J., Yesavage, J., Manber, R., Saletin, J., Goldstein-Piekarski, A.
  OXFORD UNIV PRESS INC.2026: A205-A206

- **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

- **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
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- **Feasibility and acceptability of longitudinal measurement of 24-hour movement profiles across pregnancy using research-grade devices paired with sleep diaries.** *Journal of activity, sedentary and sleep behaviors*
  Ryan, E., Asera, A., Pettee Gabriel, K., Manber, R., Quesenberry, C. P., Hallenbeck, B. R., Avalos, L. A., Hedderson, M. M., Badon, S. E.
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- **MECHANISTIC INSIGHTS INTO COGNITIVE BEHAVIORAL THERAPY FOR ADOLESCENTS WITH COMORBID INSOMNIA AND ANXIETY: MEDIATION ANALYSIS IN A RANDOMIZED CONTROLLED TRIAL**
  Li, X., Chan, N. R., Chan, J. Y., Zhang, J., Shea, C. S., Li, A. M., Manber, R., Gregory, A. M., Wing, Y. K., Li, S. X.
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- **Detecting racial and ethnic disparities in study exclusion: screening outcomes from a RCT for pregnant women with insomnia.** *Trials*
  Ponting, C., Sorensen, C., McClelland, B., Mah, R., Neuhaus, J., Manber, R., Krystal, A. D., Moran, P., Felder, J. N.
  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
  SPRINGERNATURE.2026

- **A scalable cognitive behavioural therapy intervention for perinatal insomnia: a protocol for a hybrid effectiveness-implementation type 1 randomised controlled trial.** *Trials*
  Crowther, M. E., Atzmon, O., Bennett, C. J., Davey, M., Drummond, S. P., Manber, R., Mol, B. W., Mortimer, D., O'Connor, D. A., Rolnik, D. L., Ryan, J., Wiley, J. F., Bei, et al
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- **Proposed domains of postpartum sleep: a concept elicitation study using qualitative interviews.** *Sleep advances : a journal of the Sleep Research Society*
  Bekemeyer, Z., Takenoshita, M., Michel, G., Martinez, E., Callihan, P., Tang, X., Ciechanowicz, S., Manber, R., Lyell, D., Panelli, D., Morris, A., Elkhateb, R., Mhyre, et al
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- **Measuring 24-hour Movement Profiles During Pregnancy: Protocol for the 24MOVE Prospective Cohort Study.** *JMIR research protocols*
  Ryan, E., Asera, A., Gabriel, K. P., Manber, R., Quesenberry, C. P., Avalos, L. A., Hedderson, M. M., Badon, S. E.
  2025; 14: e72828

- **Challenges and methodological considerations for research on the role of sleep stage transitions in altered affective processing.** *Sleep advances : a journal of the Sleep Research Society*
  Ten Brink, M., Yu, H., Zhang, J. X., Kreibig, S. D., Manber, R., Goldstein-Piekarski, A., Gross, J. J.
  2025; 6 (3): zpaf052

- **Acceptability and Feasibility of Training to Integrate Digital CBT for Insomnia Into Routine Psychotherapy: A Focus Group Study.** *Behavioral sleep medicine*
  Gumport, N. B., Tully, I. A., Carmona, N. E., Wiltsey Stirman, S., Manber, R.
  2025: 1-17

- **Comparative effectiveness and predictors of cognitive behavioral therapy for insomnia and its components in older adults: main outcomes of a randomized dismantling trial.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  O'Hora, K. P., Morehouse, A. B., Freidman, L., Posner, D., Ahmadi, M., Hernandez, B., Burda, K. F., Kushida, C., Zeitzer, J. M., Lazzeroni, L. C., Manber, R., Yesavage, J., Goldstein-Piekarski, et al
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- **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

- **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.
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- **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**
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