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, Wu Tsai 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
• 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
• The RESTING Insomnia Study, 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

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.
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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., 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
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• Treatment Plans and Interventions for Insomnia: A Case Formulation Approach
  Manber, R., Carney, C.
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• 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 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*
  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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• 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.
  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*
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• 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.
Depression symptoms during pregnancy. *Archives of Womens Mental Health*
Manber, R., Blasey, C., Allen, J. J.
2008; 11 (1): 43-48

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Ong, J. C., Huang, J. S., Kuo, T. F., Manber, R.
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Smith, M. T., Huang, M. I., Manber, R.
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Sleep complaints, regardless of insomnia, are associated with worse sleep and mental health during pregnancy.
Lee, J. J., Shen, L., Neemia, D., Fulgoni, C., Manber, R., Bei, B.
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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.
Lee, J., Shen, L., Neemia, D., Fulgoni, C., Manber, R., Bei, B.
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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.
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THE EFFECTS OF CBT-I plus TIPS ON MATERNAL COGNITIONS ABOUT INFANT SLEEP AND INFANT NIGHTTIME SLEEP DURATION
• INFLUENCE OF PRE-SLEEP POSITIVE AFFECT ON NEXT-MORNING ENERGY
ten Brink, M., Quoidbach, J., Taquet, M., Gross, J., Manber, R.
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• COGNITIVE BEHAVIORAL THERAPY IS EFFECTIVE FOR INSOMNIA DURING PREGNANCY: A RANDOMIZED CONTROLLED TRIAL IN AN ETHNICALLY DIVERSE SAMPLE
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• A BRIEF, AUTOMATED COGNITIVE BEHAVIORAL PROGRAM PREVENTS SLEEP DISTURBANCE AND INSOMNIA IN LATE PREGNANCY: A RANDOMIZED CONTROLLED TRIAL
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• INFANT SLEEP LOCATION AND ASSOCIATION WITH MATERNAL AND INFANT SLEEP IN LATINA AND NONLATINA FAMILIES
Rubens, S. L., Simpson, N., Rangel, E., Manber, R.
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• WHERE YOU SLEEP IS MORE IMPORTANT THAN WHAT YOU DO THERE: RELATIONSHIPS BETWEEN SLEEP ENVIRONMENT AND INSOMNIA SEVERITY DURING PREGNANCY
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• DAYTIME INSOMNIA SYMPTOMS NEGATIVELY PREDICT ANHEDONIA IN PATIENTS WITH COMORBID MAJOR DEPRESSIVE DISORDER AND INSOMNIA DISORDER
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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
LIPPINCOTT WILLIAMS & WILKINS.2017: 1434

• 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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• Side Effects to Antidepressant Treatment in Patients With Depression and Comorbid Panic Disorder. JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY
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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
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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.
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• 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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• 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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• The Relationship Between Beliefs About Sleep and Adherence to Behavioral Treatment Combined With Meditation for Insomnia *BEHAVIORAL SLEEP MEDICINE*
Cvengros, J. A., Crawford, M. R., Manber, R., Ong, J. C.
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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.
2015; 38 (2): 315-326

• Chronotype and Improved Sleep Efficiency Independently Predict Depressive Symptom Reduction after Group Cognitive Behavioral Therapy for Insomnia *JOURNAL OF CLINICAL SLEEP MEDICINE*
Bei, B., Ong, J. C., Rajaratnam, S. M., Manber, R.
• Response to Kawada. *Sleep medicine*
  Suh, S., Kraemer, H. C., Yang, H., Fairholme, C. P., Manber, R., Shin, C.
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• Safety behaviors and sleep effort predict sleep disturbance and fatigue in an outpatient sample with anxiety and depressive disorders *JOURNAL OF PSYCHOSOMATIC RESEARCH*
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• Cognitive Behavioral Therapy for insomnia with veterans: Evaluation of effectiveness and correlates of treatment outcomes. *Behaviour research and therapy*
  Trockel, M., Karlin, B. E., Taylor, C. B., Manber, R.
  2014; 53: 41-46

• Who is at risk for having persistent insomnia symptoms? A longitudinal study in the general population in Korea. *Sleep medicine*
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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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• The relationship between the therapeutic alliance and treatment outcome in two distinct psychotherapies for chronic depression. *Journal of consulting and clinical psychology*
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• Dysfunctional attitudes as a moderator of pharmacotherapy and psychotherapy for chronic depression *JOURNAL OF PSYCHIATRIC RESEARCH*
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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*
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• Clinical significance of night-to-night sleep variability in insomnia *SLEEP MEDICINE*
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PREGNANCY-RELATED SLEEP DISTURBANCES: A COMPARISON OF PREGNANT WOMEN WITH AND WITHOUT INSOMNIA DISORDER  25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)
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CBT FOR INSOMNIA, PERCEPTION OF PAIN INTERFERING WITH SLEEP AND DEPRESSIVE SYMPTOM SEVERITY  25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)
Nowakowski, S., WILLETT, E. S., Dowdle, C. L., Suh, S., Ong, J., Siebern, A. T., Bernert, R. A., Manber, R.
AMER ACAD SLEEP MEDICINE.2011: A182–A182

HELPFUL COMPONENTS OF GROUP COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBTI) 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 (CBTI) RESULTS IN SIGNIFICANT POSTTREATMENT REDUCTIONS IN SUICIDAL IDEATION  25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)
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• **Insomnia and Its Effective Non-pharmacologic Treatment** *MEDICAL CLINICS OF NORTH AMERICA*
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• **TITLE: SLEEPLESSNESS DURING PREGNANCY: ESTIMATING THE PREVALENCE OF INSOMNIA**
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• **PSYCHOTHERAPIST MINDFULNESS AND THE PSYCHOTHERAPY PROCESS** *PSYCHOTHERAPY*
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  Siebern, A. T., Manber, R., Png, C., Bernert, R. A.
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• **ADHERENCE AND OUTCOME IN CBT FOR INSOMNIA AMONG PATIENTS WITH HIGH AND LOW DEPRESSION SCORES**
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  Lyell, D., Chambers, A., Wong, A., Tsai, E., Caughey, A., Manber, R.
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• **Cognitive Behavioral Analysis System of Psychotherapy and Brief Supportive Psychotherapy for Augmentation of Antidepressant Nonresponse in Chronic Depression** *ARCHIVES OF GENERAL PSYCHIATRY*
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• **Frequency and predictors of obstructive sleep apnea among individuals with major depressive disorder and insomnia** *JOURNAL OF PSYCHOSOMATIC RESEARCH*
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23rd Annual Meeting of the Associated-Professional-Sleep-Societies (APSS)
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