



## Makoto Kawai

Clinical Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

### CLINICAL OFFICE (PRIMARY)

- **Stanford Sleep Medicine Center**

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Redwood City, CA 94063

**Tel** (650) 723-6601     **Fax** (650) 721-3448

### Bio

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#### BIO

I am a physician scientist in the field of sleep medicine in aging and brain function. Using combined polysomnogram and novel neuroimaging technology, I aim to identify potential sleep biomarkers to investigate the mechanism of progression from normal aging to Mild Cognitive Impairment (MCI) or dementia. I also investigate the impact of sleep on cognitive/affective function or behavior abnormality in various neurodevelopmental and neurodegenerative disorders.

#### CLINICAL FOCUS

- Sleep Medicine

#### ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences - Sleep Medicine
- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Wu Tsai Neurosciences Institute

#### PROFESSIONAL EDUCATION

- Fellowship: Baylor College of Medicine (2006) TX
- Residency: Baylor College of Medicine (2005) TX
- Fellowship: Stanford University Sleep Medicine Fellowship (2014) CA
- Board Certification: Clinical Neurophysiology, American Board of Psychiatry and Neurology (2009)
- Board Certification: Neurology, American Board of Psychiatry and Neurology (2007)
- Board Certification: Sleep Medicine, American Board of Psychiatry and Neurology (2007)
- Internship: St. Luke's-Roosevelt Hospital Center (2002) NY
- Medical Education: Kyoto University, Faculty of Medicine (1997) Japan

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## Research & Scholarship

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### CLINICAL TRIALS

- Belun, Not Recruiting

## Teaching

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### STANFORD ADVISEES

#### Postdoctoral Research Mentor

Toru Ishii

## Publications

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### PUBLICATIONS

- **The 5-HTTLPR Long, not Short, Allele Predicts Two-year Longitudinal Increases in Cortisol and Declines in Verbal Memory in Older Adults.** *International journal of geriatric psychiatry*  
Hirst, R. B., Jordan, J. T., Miryam Schussler-Fiorenza Rose, S., Schneider, L., Kawai, M., Gould, C., Anker, L., Chick, C. F., Beaudreau, S., Hallmayer, J., O'Hara, R.  
2020
- **ULTRADIAN CYCLE OF SLOW-WAVE ACTIVITY IN OLDER ADULTS.**  
Kawai, M., Schneider, L., O'Hara, R.  
OXFORD UNIV PRESS INC.2019
- **Subjective but Not Objective Sleep is Associated with Subsyndromal Anxiety and Depression in Community-Dwelling Older Adults.** *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*  
Gould, C. E., Karna, R., Jordan, J., Kawai, M., Hirst, R., Hantke, N., Pirog, S., Cotto, I., Schussler-Fiorenza Rose, S. M., Beaudreau, S. A., O'Hara, R.  
2018
- **Subjective, but Not Objective Sleep is Associated with Subsyndromal Anxiety and Depression in Community-Dwelling Older Adults** *The American Journal of Geriatric Psychiatry*  
Gould, C. E., Karna, R., Jordan, J., Kawai, M., Hirst, R., Hantke, N., Pirog, S., Cotto, I., Rose, S., Beaudreau, S. A., O'Hara, R.  
2018
- **Association of Anxiety Symptom Clusters with Sleep Quality and Daytime Sleepiness.** *journals of gerontology. Series B, Psychological sciences and social sciences*  
Gould, C. E., Spira, A. P., Liou-Johnson, V., Cassidy-Eagle, E., Kawai, M., Mashal, N., O'Hara, R., Beaudreau, S. A.  
2017
- **Longitudinal association of delta activity at sleep onset with cognitive and affective function in community-dwelling older adults.** *International journal of geriatric psychiatry*  
Kawai, M., Beaudreau, S. A., Gould, C. E., Hantke, N. C., Cotto, I., Jordan, J. T., Hirst, R. B., O'Hara, R.  
2016; 31 (10): 1124-1135
- **Tonsillectomy for adult obstructive sleep apnea: A systematic review and meta-analysis.** *Laryngoscope*  
Camacho, M., Li, D., Kawai, M., Zaghi, S., Teixeira, J., Senchak, A. J., Brietzke, S. E., Frasier, S., Certal, V.  
2016; 126 (9): 2176-2186
- **Delta Activity at Sleep Onset and Cognitive Performance in Community-Dwelling Older Adults** *SLEEP*  
Kawai, M., Beaudreau, S. A., Gould, C. E., Hantke, N. C., Jordan, J. T., O'Hara, R.  
2016; 39 (4): 907-914
- **Five-Minute Awake Snoring Test for Determining CPAP Pressures (Five-Minute CPAP Test): A Pilot Study.** *Sleep disorders*  
Camacho, M., Ruoff, C. M., Kawai, M., Modi, R., Arbee, J., Hekmat, A., Robertson, M., Zaghi, S., Certal, V., Capasso, R., Kushida, C. A.  
2016; 2016: 7380874-?

- **Five-Minute Awake Snoring Test for Determining CPAP Pressures (Five-Minute CPAP Test): A Pilot Study** *Sleep Disorders*  
Camacho, M., Ruoff, C. M., Kawai, M., Modi, R., Arbee, J., Hekmat, A., Robertson, M., Zaghi, S., Certal, V., Capasso, R., Kushida, C. A.  
2016; 2016: 8
- **Delta Activity at Sleep Onset and Cognitive Performance in Community-Dwelling Older Adults.** *Sleep*  
Kawai, M., Beaudreau, S. A., Gould, C. E., Hantke, N. C., Jordan, J. T., O'Hara, R.  
2016; 39 (4): 907-914
- **Narcolepsy in African Americans** *SLEEP*  
Kawai, M., O'Hara, R., Einen, M., Lin, L., Mignot, E.  
2015; 38 (11): 1673-1681
- **Narcolepsy in African Americans.** *Sleep*  
Kawai, M., O'Hara, R., Einen, M., Lin, L., Mignot, E.  
2015; 38 (11): 1673-81