Stanford



Natalie Solomon

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. Solomon is a licensed psychologist, board certified in behavioral sleep medicine, and a clinical associate professor in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. Dr. Solomon conducts research as a member of the Computational Psychiatry, Neuroimaging, Sleep Lab (CoPsyN Sleep Lab) and treats patients in the Sleep Health and Insomnia Program (SHIP). Dr. Solomon specializes in the study and treatment of sleep disorders. Her clinical interests include the intersection of sleep difficulties with overall quality of life and women's health. Dr. Solomon is also intrigued by what can humans learn from how other animals sleep. Dr. Solomon enjoys treating a variety of sleep difficulties, including insomnia, hypnotic dependence, circadian rhythm disturbances, NREM parasomnias, and nightmares. Dr. Solomon additionally consults, teaches undergrads, graduate students, and continuing studies, supervises postdoctoral fellows, and trains providers to deliver insomnia treatment. Dr. Solomon is the director of the SHIP CBT-I Training Program for Licensed Providers.

CLINICAL FOCUS

- Sleep Medicine Specialty
- Womens Health
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Dept of Sleep Medicine (2021) CA
- Board Certification: Clinical Psychology, Board of Behavioral Sleep Medicine (2022)
- Internship: VA Los Angeles Ambulatory Care Center Psychology Training (2020) CA
- Doctorate, PGSP Stanford PsyD Consortium , Clinical Psychology (2020)
- Masters, PGSP Stanford PsyD Consortium
- Bachelors, Wake Forest University

Teaching

COURSES

2026-27

- Connections between the sleep and awake worlds: PSYC 13Q (Win)

2025-26

- Connections between the sleep and awake worlds: PSYC 13Q (Win)

2024-25

- Connections between the sleep and awake worlds: PSYC 13Q (Spr)

2023-24

- Connections between the sleep and awake worlds: PSYC 13Q (Win)

Publications

PUBLICATIONS

- **Addressing Daytime Symptoms of Insomnia with CBT-I: An Overview and Practical Applications.** *Behavioral sleep medicine*
  Lau, P. H., Solomon, N., Simpson, N.
  2026: 1-10

- **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

- **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

- **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

- **Reconsidering the dangerous normalization of postpartum sleep loss.** *Archives of women's mental health*
  Davis, A. M., Solomon, N. L.
  2026; 29 (3)

- **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

- **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

- **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 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
- **Sleep disturbance and menopause.** *Current opinion in obstetrics & gynecology*
  Carmona, N. E., Solomon, N. L., Adams, K. E.
  2025
- **The effects of a sleep intervention in the early COVID-19 pandemic on insomnia and depressive symptoms: Results of a randomized controlled pilot study.** *Journal of psychiatric research*
  Osorno, R. A., Ahmadi, M., O'Hora, K. P., Solomon, N. L., Lopez, M., Morehouse, A. B., Kim, J. P., Manber, R., Goldstein-Piekarski, A. N.
  2025; 182: 319-328
- **Cognitive components** *Cognitive Behavioral Therapy for Insomnia in the Context of Comorbid Mental Health*
  Callaway, C., Solomon, N., Gumport, N.
  2025
- **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
- **PREDICTORS OF INSUFFICIENT TREATMENT RESPONSE TO DIGITAL CBT-I: RESULTS FROM THE RESTING STUDY**
  Solomon, N., Gumport, N., Tully, I., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2024
- **IMPROVEMENTS IN PRENATAL INSOMNIA PREDICT LOWER DEPRESSION SEVERITY DURING POSTPARTUM IN LOW- AND HIGH-INCOME WOMEN**
  Carmona, N., Gumport, N., Solomon, N., Manber, R.
  OXFORD UNIV PRESS INC.2024
- **PREDICTORS OF INSOMNIA AND DEPRESSION IN A RANDOMIZED CONTROLLED INSOMNIA TREATMENT TRIAL IN THE COVID-19 PANDEMIC**
  Osorno, R., Ahmadi, M., Solomon, N., O'Hora, K., Morehouse, A., Lopez, M., Kim, J., Manber, R., Goldstein-Piekarski, A.
  OXFORD UNIV PRESS INC.2024
- **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
  SPRINGERNATURE.2023: 208-209
- **EARLY SLEEP INTERVENTION MITIGATES POOR SLEEP AND IMPROVES MOOD IN THE COVID-19 PANDEMIC**
  Osorno, R., Solomon, N., Ahmadi, M., O'hora, K., Lopez, M., Morehouse, A., Kim, J., Manber, R., Goldstein-Piekarski, A.
  OXFORD UNIV PRESS INC.2023: A141
- **Symptoms and survivorship needs differences between “good sleepers” and “bad sleepers” in survivors of breast and gynecologic cancers** *Sleep Medicine*
  Palesh, O., Tolby, L. T., Hofmeister, E., Fisher, S., Solomon, N. L., Sackeyfio, S., Berek, J. S., Kurian, A. W., Cassidy-Eagle, E., Schapira, L.
  2022
- **Quantifying energy and fatigue** *Quantifying Quality of Life: Incorporating Daily Life into Medicine.*
  Solomon, N. L., Manea, V.
  Springer.2022: 79-117
- **CHARACTERISTICS ASSOCIATED WITH NAPPING AMONG PREGNANT WOMEN WITH INSOMNIA**
  Badon, S., Dietch, J., Tutek, J., Solomon, N., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2021: A132

- **EVENING CHRONOTYPE PREDICTS SUBJECTIVE SLEEP SYMPTOM SEVERITY IN PREGNANT WOMEN WITH INSOMNIA DISORDER**
  Tutek, J., Solomon, N., Dietch, J., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2021: A151
- **PILOT STUDY OF A NOVEL APPROACH MANAGEMENT OF SLEEP ASSOCIATED PROBLEMS IN BREAST CANCER PATIENTS (MOSAIC) DURING CHEMOTHERAPY**
  Palesh, O., Solomon, N., Hofmeister, E., Booil, J., Cassidy-Eagle, E. L., Innominato, P. F., Fisher, S., Shen, H., Kesler, S.
  OXFORD UNIV PRESS INC.2020: S647
- **Pilot Study of a Novel Approach Management of Sleep Associated Problems in Breast Cancer Patients (MOSAIC) During Chemotherapy.** *Sleep*
  Palesh, O. n., Solomon, N. n., Hofmeister, E. n., Jo, B. n., Shen, H. n., Cassidy-Eagle, E. n., Innominato, P. F., Mustian, K. n., Kesler, S. n.
  2020
- **The impact of chronotype on prosocial behavior** *PLOS ONE*
  Solomon, N. L., Zeitzer, J. M.
  2019; 14 (4)
- **Survivorship care needs of breast and gynecologic cancer patients and survivors (N=220)**
  Hofmeister, E., Solomon, N., Vaca, K., Torres, T., Shen, H., Kurian, A., Berek, J., Schapira, L., Palesh, O.
  2019
- **The impact of chronotype on prosocial behavior.** *PloS one*
  Solomon, N. L., Zeitzer, J. M.
  2019; 14 (4): e0216309

PRESENTATIONS

- Integrating Hypnotic Tapers into CBT-I Treatment
- Determinants of Maternal Cognitions about Infant Sleep During Pregnancy
- Long-Term Insomnia and Depression Symptoms Improved by Brief Telehealth CBT-I For Acute Pandemic-Onset Insomnia
- Modifying the Emotion Regulation Brain Network in Depression: Mechanistic Insights from a Clinical Trial of CBT-I.
- Early Sleep Intervention Mitigates Poor Sleep and Improves Mood in the COVID-19 Pandemic
- Examining the Impact of CBT-I on REM Sleep Latency in Those With Insomnia and Depressive Symptoms
- Mapping the Brain’s Response to Insomnia Treatment: Implications for Emotional Functioning.
- Evening Chronotype Predicts Subjective Sleep Symptom Severity in Pregnant Women with Insomnia Disorder.
- 330 Characteristics Associated with Napping Among Pregnant Women with Insomnia
- Pilot Study of a Novel Approach Management of Sleep Associated Problems in Breast Cancer Patients (MOSAIC) During Chemotherapy
- Differences between “good” sleepers and “bad” sleepers in a population of women undergoing treatment for breast and gynecologic cancer
- Survivorship care needs of breast and gynecologic cancer patients and survivors (N=220)