Stanford



Jamie Zeitzer, PhD

Professor (Research) of Psychiatry and Behavioral Sciences (Sleep Medicine)

Psychiatry and Behavioral Sciences - Sleep Medicine

Bio

ACADEMIC APPOINTMENTS

- Professor-Research, Psychiatry and Behavioral Sciences - Sleep Medicine
- Member, Bio-X
- Member, Wu Tsai Human Performance Alliance
- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Wu Tsai Neurosciences Institute

ADMINISTRATIVE APPOINTMENTS

- Co-Director, Center for Sleep and Circadian Sciences, (2021- present)

PROFESSIONAL EDUCATION

- PhD, Harvard University , Neurobiology (1999)
- AB, Vassar College , Biology (1993)

LINKS

- Stanford Center for Sleep & Circadian Sciences: https://med.stanford.edu/cscs.html
- Zeitzer lab: https://sleep.sites.stanford.edu/

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Zeitzer is a circadian physiologist specializing in the understanding of the impact of light on circadian rhythms and other aspects of non-image forming light perception.

He examines the manner in which humans respond to light and ways to manipulate this responsiveness, with direct application to jet lag, shift work, and altered sleep timing in teens. Dr. Zeitzer has also pioneered the use of actigraphy in the determination of epiphenomenal markers of psychiatric disorders.

Teaching

COURSES

2026-27

- The Neurobiology of Sleep: BIO 149, BIO 249, HUMBIO 161, PSYC 149, PSYC 261 (Spr)

2025-26

- The Neurobiology of Sleep: BIO 149, BIO 249, HUMBIO 161, PSYC 149, PSYC 261 (Spr)

2024-25

- The Neurobiology of Sleep: BIO 149, BIO 249, HUMBIO 161, PSYC 149, PSYC 261 (Win)

2023-24

- The Neurobiology of Sleep: BIO 149, BIO 249, HUMBIO 161, PSYC 149, PSYC 261 (Win)

STANFORD ADVISEES

Doctoral Dissertation Reader (AC)

Akshita Rao, John Wang

Undergraduate Major Advisor

Mads Greenstock

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Neurosciences (PhD Program)
- Psychiatry and Behavioral Science (Fellowship Program)
- Sleep Medicine (Fellowship Program)

Publications

PUBLICATIONS

- **A time for change: actigraphy in the age of consumer wearables.** *Sleep*
  Zeitzer, J. M.
  2026
- **Circadian-informed modeling predicts regional variation in obesity and stroke outcomes under different permanent US time policies.** *Proceedings of the National Academy of Sciences of the United States of America*
  Weed, L., Zeitzer, J. M.
  2025; 122 (38): e2508293122
- **Chronotype and Mental Health: Are Late Sleepers More Vulnerable?** *Current psychiatry reports*
  Lok, R., Zeitzer, J. M.
  2025
- **Beyond phase shifting: Targeting circadian amplitude for light interventions in humans.** *Sleep*
  Walch, O., Tavella, F., Zeitzer, J. M., Lok, R.
  2024
- **Perils of the nighttime: Impact of behavioral timing and preference on mental health in 73,888 community-dwelling adults.** *Psychiatry research*
  Lok, R., Weed, L., Winer, J., Zeitzer, J. M.
  2024; 337: 115956
- **The utility of sleep wearables - well, that depends.** *Sleep*
  Zeitzer, J. M.
  2024
- **The Negative Effects of Travel on Student Athletes Through Sleep and Circadian Disruption.** *Journal of biological rhythms*
  Heller, H. C., Herzog, E., Brager, A., Poe, G., Allada, R., Scheer, F., Carskadon, M., de la Iglesia, H. O., Jang, R., Montero, A., Wright, K., Mouraine, P., Walker, et al
  2023: 7487304231207330

- **Moving time zones in a flash with light therapy during sleep.** *Scientific reports*
  Lok, R., Duran, M., Zeitzer, J. M.
  2023; 13 (1): 14458
- **Impact of daytime spectral tuning on cognitive function.** *Journal of photochemistry and photobiology. B, Biology*
  Lok, R., Joyce, D. S., Zeitzer, J. M.
  2022; 230: 112439
- **Objective underpinnings of self-reported sleep quality in middle-aged and older adults: the importance of N2 and wakefulness.** *Biological psychology*
  Lok, R., Chawra, D., Hon, F., Ha, M., Kaplan, K. A., Zeitzer, J. M.
  2022: 108290
- **The neurobiological underpinning of the circadian wake signal.** *Biochemical pharmacology*
  Zeitzer, J. M.
  2020: 114386
- **Human-centric lighting: Myth, magic or metaphor?** *LIGHTING RESEARCH & TECHNOLOGY*
  Houser, K. W., Boyce, P. R., Zeitzer, J. M., Herf, M.
  2020
- **Effect of Suvorexant vs Placebo on Total Daytime Sleep Hours in Shift Workers: A Randomized Clinical Trial.** *JAMA network open*
  Zeitzer, J. M., Joyce, D. S., McBean, A., Quevedo, Y. L., Hernandez, B., Holty, J.
  2020; 3 (6): e206614
- **Effect of Light Flashes vs Sham Therapy During Sleep With Adjunct Cognitive Behavioral Therapy on Sleep Quality Among Adolescents: A Randomized Clinical Trial.** *JAMA network open*
  Kaplan, K. A., Mashash, M., Williams, R., Batchelder, H., Starr-Glass, L., Zeitzer, J. M.
  2019; 2 (9): e1911944
- **When is a proxy not a proxy? The foibles of studying non-image forming light.** *The Journal of physiology*
  Zeitzer, J. M.
  2018; 596 (11): 2029–30
- **When is a proxy not a proxy? The foibles of studying non-image forming light** *JOURNAL OF PHYSIOLOGY-LONDON*
  Zeitzer, J. M.
  2018; 596 (11): 2029-2030
- **Daily Patterns of Accelerometer Activity Predict Changes in Sleep, Cognition, and Mortality in Older Men.** *journals of gerontology. Series A, Biological sciences and medical sciences*
  Zeitzer, J. M., Blackwell, T., Hoffman, A. R., Cummings, S., Ancoli-Israel, S., Stone, K.
  2017
- **When a gold standard isn't so golden: Lack of prediction of subjective sleep quality from sleep polysomnography.** *Biological psychology*
  Kaplan, K. A., Hirshman, J., Hernandez, B., Stefanick, M. L., Hoffman, A. R., Redline, S., Ancoli-Israel, S., Stone, K., Friedman, L., Zeitzer, J. M.
  2017; 123: 37-46
- **Harnessing the Web for Population-Scale Physiological Sensing: A Case Study of Sleep and Performance**
  Althoff, T., Horvitz, E., White, R. W., Zeitzer, J., ACM
  ASSOC COMPUTING MACHINERY.2017: 113-122
- **Aberrant nocturnal cortisol and disease progression in women with breast cancer** *BREAST CANCER RESEARCH AND TREATMENT*
  Zeitzer, J. M., Nouriani, B., Rissling, M. B., Sledge, G. W., Kaplan, K. A., Aasly, L., Palesh, O., Jo, B., Neri, E., Dhabhar, F. S., Spiegel, D.
  2016; 158 (1): 43-50
- **Temporal integration of light flashes by the human circadian system** *JOURNAL OF CLINICAL INVESTIGATION*
  Najjar, R. P., Zeitzer, J. M.
  2016; 126 (3): 938-947
- **Real life trumps laboratory in matters of public health.** *Proceedings of the National Academy of Sciences of the United States of America*

Zeitzer, J. M.
2015; 112 (13): E1513

- **Millisecond Flashes of Light Phase Delay the Human Circadian Clock during Sleep** *JOURNAL OF BIOLOGICAL RHYTHMS*
  Zeitzer, J. M., Fisicaro, R. A., Ruby, N. F., Heller, H. C.
  2014; 29 (5): 370-376
- **Millisecond flashes of light phase delay the human circadian clock during sleep.** *Journal of biological rhythms*
  Zeitzer, J. M., Fisicaro, R. A., Ruby, N. F., Heller, H. C.
  2014; 29 (5): 370-376
- **Response of the Human Circadian System to Millisecond Flashes of Light** *PLOS ONE*
  Zeitzer, J. M., Ruby, N. F., Fisicaro, R. A., Heller, H. C.
  2011; 6 (7)
- **Reply to Martin-Olalla & Mira: Interpreting aggregate circadian burden.** *Chronobiology international*
  Weed, L., Zeitzer, J.
  2026: 1-3
- **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
- **Insomnia with objective short sleep duration, objective long sleep duration, and mortality in older persons.** *Sleep health*
  Miner, B., Pan, Y., Cho, G., Chen, A., Knauert, M. P., Yaggi, H. K., Stone, K., Zeitzer, J. M., Ensrud, K., Ancoli-Israel, S., Redline, S., Yaffe, K., Doyle, et al
  2026
- **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
- **DYADIC ASSOCIATIONS OF CARDIOVASCULAR SYNCHRONY WITH SLEEP HEALTH IN ADULTS WITH CANCER AND THEIR BEDPARTNER CAREGIVERS**
  Tsai, T., Moulder, R., Zeitzer, J., Kim, Y.
  LIPPINCOTT WILLIAMS & WILKINS.2026
- **THE ROLE OF CAREGIVERS' PHYSIOLOGICAL RESILIENCE IN DYADIC SLEEP HEALTH AMONG COUPLES COPING WITH CANCER**
  Kim, Y., Carver, C., Mendez, A., Tsai, T., Bryan, E., Zeitzer, J., Moulder, R.
  LIPPINCOTT WILLIAMS & WILKINS.2026
- **The Transactional Role of Rapid Eye Movement Sleep in Undergraduates' Day-To-Day Positive and Negative Mood.** *Journal of sleep research*
  Peltz, J., Rogge, R. D., Zeitzer, J. M.
  2026: e70373
- **Roles of Sleep Coregulation in Longitudinal Neuroendocrine Functioning Among Patients with Colorectal Cancer and Their Spouses**

Kim, Y., Zeitzer, J., Moulder, R., Mendez, A., Tsai, T., Spiegel, D.
OXFORD UNIV PRESS INC.2026: A461

- **The Moderating Role of SSRI Use on the Link Between Undergraduates' Depressive Symptoms and REM Sleep Duration**
  Peltz, J., Licata, A., Powley, O., Donald, K., Curley, J., Martindale, J., Walter, F., Zeitzer, J.
  OXFORD UNIV PRESS INC.2026: A58-A59

- **Reply to Erren et al. and Martin-Olalla and Mira: What constitutes circadian burden? An empirically grounded approach to long-term summary metrics.** *Proceedings of the National Academy of Sciences of the United States of America*
  Weed, L., Zeitzer, J. M.
  2026; 123 (17): e2533444123

- **Ru-SATED scale and Sleep Health Index: A systematic review of two leading multidimensional sleep health measures and frameworks across the globe.** *Sleep medicine reviews*
  Meng, R., BaHammam, A. S., Dzierzewski, J. M., Yang, N., Vézina-Im, L. A., Ying Lau, E. Y., Sun, I. R., Gregory, A. M., Zeitzer, J. M., Quan, S. F., Dietch, J. R., Szklo-Coxe, M., Dautovich, et al
  2026; 88: 102296

- **'How Did You Sleep Last Night?': Predicting Young Adults' Subjective Sleep Quality Through the Use of Multi-night Ambulatory Sleep EEG.** *Sleep*
  Peltz, J., Rogge, R. D., Zeitzer, J. M.
  2026

- **Self-Disclosure and Sleep Quality in Patients and Caregivers Facing Cancer**
  Bryan, E., Tsai, T., Laurenceau, J., Zeitzer, J., Kim, Y.
  WILEY.2026: 31-32

- **Actigraphy Misestimates Ambulatory Objective Sleep Compared to Wearable EEG in Chronic Pain**
  Kim, S., Zeitzer, J., You, D., Darnall, B., Mackey, S.
  CHURCHILL LIVINGSTONE.2026

- **Smart Lighting and Mindfulness Interventions: Pathways to Better Health and Learning in High School Education.** *Journal of sleep research*
  Yang, Y. C., Wang, J. S., Karan, M., Zeitzer, J. M.
  2026: e70307

- **From wrist data to lifespan: elucidating inflammation-driven biological aging via activity rhythms captured by wearable devices.** *npj aging*
  Shim, J., Bishehsari, F., Mahdavinia, M., Zeitzer, J. M., Fleisch, E., Barata, F.
  2026

- **Evaluating the psychological and cognitive benefits of dynamic lighting in home workspaces: A clinical trial** *JOURNAL OF ENVIRONMENTAL PSYCHOLOGY*
  Sharp, N., Fani, M., Anaraki, M., Alrahyani, M., Yague, N., Lamp, S., Zeitzer, J.
  2026; 109

- **Circadian Phase Estimation From Ambulatory Wearables With Particle Filtering: Accuracy Depends on Initialization, Recording Duration, and Light Exposure.** *Journal of biological rhythms*
  Weed, L., Jamgochian, A., St Hilaire, M. A., Cheng, P., Kochenderfer, M. J., Zeitzer, J. M.
  2025: 7487304251392289

- **Light therapy for bipolar disorders: Clinical recommendations from the international society for bipolar disorders (ISBD) Chronobiology and Chronotherapy Task Force.** *Dialogues in clinical neuroscience*
  Geoffroy, P. A., Palagini, L., Henriksen, T. E., Bourgin, P., Garbazza, C., Gronfier, C., Esaki, Y., Fernandez, D. C., Lam, R. W., Lee, H. J., Lejoyeux, M., Maruani, J., Martiny, et al
  2025; 27 (1): 249-264

- **Circadian rest-activity rhythms and physical function in community-dwelling older men: The MrOS sleep study.** *Sleep health*
  Qiao, Y. S., Blackwell, T., Chen, D. M., Zeitzer, J. M., Ancoli-Israel, S., Posner, A. B., Redline, S., Tranah, G. J., Yaffe, K., Stone, K. L.
  2025

- **Dyadic Investigation of Stress Regulation and Sleep Health in Patients With Colorectal Cancer and Their Spousal Caregivers**
  Kim, Y., Ting, A., Tsai, T. C., Zeitzer, J.

WILEY.2025

- **Piloting a brief digital behavioral intervention for adolescent sleep.** *Sleep science and practice*
  Keskinel, D., Karan, M., Kaplan, K. A., Mirchandaney, R., Asarnow, L., Zeitzer, J. M.
  2025; 9 (1): 34
- **Association of Objective Long Sleep Duration and Insomnia with Objective Short Sleep Duration Phenotypes with Mortality in Older Persons.** *medRxiv : the preprint server for health sciences*
  Miner, B., Pan, Y., Cho, G., Knauert, M., Yaggi, H. K., Stone, K., Zeitzer, J. M., Ensrud, K., Ancoli-Israel, S., Redline, S., Yaffe, K., Doyle, M.
  2025
- **Four Core Circadian Behaviors That Improve Cardiorespiratory Fitness Through Consistent Sleep.** *Sleep*
  Holmes, K., Kim, J., Fielding, F., Zeitzer, J., von Hippel, W.
  2025
- **Interaction of Daytime and Night Light Exposure on Sleep Quality in Patients With Bipolar Disorder: Findings From the Apple Cohort Study**
  Esaki, Y., Obayashi, K., Saeki, K., Fujita, K., Iwata, N., Zeitzer, J. M., Kitajima, T.
  WILEY.2025: S40
- **Interaction of daytime and nighttime light exposure on objective sleep quality in patients with bipolar disorder: a cross-sectional analysis of the APPLE cohort.** *Translational psychiatry*
  Esaki, Y., Obayashi, K., Saeki, K., Fujita, K., Iwata, N., Zeitzer, J. M., Kitajima, T.
  2025; 15 (1): 291
- **A Narrative Review on How Timing Matters: Circadian and Sleep Influences on Influenza Vaccine Induced Immunity.** *Vaccines*
  Livieratos, A., Zeitzer, J. M., Tsiodras, S.
  2025; 13 (8)
- **A millisecond parameter space for phase-shifting the circadian pacemaker with near-ultraviolet light.** *Journal of comparative physiology. A, Neuroethology, sensory, neural, and behavioral physiology*
  Kaladchibachi, S., Negelspach, D. C., Zeitzer, J. M., Fernandez, F.
  2025
- **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
  2025
- **Focused Review of Sleep Wearable Technology and Its Application in Sports Performance.** *Current sports medicine reports*
  Kaufman, M. W., Shetty, M., Nguyen, C., Abas, J., Fredericson, M., Zeitzer, J.
  2025; 24 (6): 171-176
- **INDIVIDUAL AND DYADIC ASSOCIATIONS OF SELF-REGULATION WITH SLEEP HEALTH IN PATIENTS WITH CANCER AND THEIR SLEEP-PARTNER CAREGIVERS**
  Tsai, T. C., Zeitzer, J., Kim, Y.
  OXFORD UNIV PRESS INC.2025: S647
- **Revealing sleep and pain reciprocity with wearables and machine learning.** *Communications medicine*
  Kim, S., Zeitzer, J. M., Mackey, S., Darnall, B. D.
  2025; 5 (1): 160
- **Melatonin-sleep Phase Angle Predicts Mortality in Women with Advanced Breast Cancer**
  Zeitzer, J., Nouriani, B., Neri, E., Kim, J., Spiegel, D.
  OXFORD UNIV PRESS INC.2025: A2
- **SLEEP DISTURBANCE IN ADULTS WITH CANCER: INVESTIGATION OF HISPANIC ETHNICITY AND US-BORN STATUS**
  Kim, Y., Tsai, T., Ting, A., Ramos, A., Zeitzer, J., Spiegel, D.
  LIPPINCOTT WILLIAMS & WILKINS.2025: A98

- **Redefining Sleep Disruption: Impact of Brief Awakenings on Self-reported Sleep Quality**
  Lok, R., Chawra, D., Zeitzer, J.
  OXFORD UNIV PRESS INC.2025: A22-A23
- **Cognitive Behavioral Therapy for Insomnia in Veterans with Mild Traumatic Brain Injury**
  Furst, A., Williams, R., Staggs, H., Dietch, J., Maramba, G., Veltkamp, G., Posner, D., Harris, O., Zeitzer, J., Manber, R., Yesavage, J.
  OXFORD UNIV PRESS INC.2025: A235
- **FAST ASLEEP: EARLY TIME-RESTRICTED EATING ADVANCES SLEEP IN LATE SLEEPERS**
  Blum, D., Hernandez, B., Zeitzer, J.
  OXFORD UNIV PRESS INC.2025: A385
- **Predictors of Sleep Latency From the Multiple Sleep Latency Test: A Random Forest Investigation in a Community Sample.** *Journal of sleep research*
  Cook, J. D., Barata, F., Plante, D. T., Woodward, S., Zeitzer, J. M., Lok, R.
  2025: e70073
- **Adverse effects of late sleep on physical health in a large cohort of community-dwelling adults.** *European journal of internal medicine*
  Lok, R., Weed, L., Winer, J., Zeitzer, J. M.
  2024
- **Biomarkers.** *Alzheimer's & dementia : the journal of the Alzheimer's Association*
  Washburn, A., Winer, J. R., Romero, A., Yutsis, M., Henderson, V. W., Poston, K. L., Zeitzer, J. M., Mormino, E.
  2024; 20 Suppl 2: e090809
- **Impact Of Time Of Day On Neuromuscular Performance Of The Star Excursion Balance Test In Young Women**
  Weed, L., Thompson, S., Kraus, E., Delp, S., Zeitzer, J.
  LIPPINCOTT WILLIAMS & WILKINS.2024: 257-258
- **How many days are enough? Sleep-wake timing regularity and fragmentation scores change with the number of days included.** *Journal of sleep research*
  Lok, R., Suh, S., Rue, S., Weed, L., Zeitzer, J. M.
  2024: e14332
- **A Deep Transfer Learning Approach for Sleep Stage Classification and Sleep Apnea Detection Using Wrist-Worn Consumer Sleep Technologies.** *IEEE transactions on bio-medical engineering*
  Olsen, M., Zeitzer, J. M., Nakase-Richardson, R., Musgrave, V. H., Sorensen, H. B., Mignot, E., Jennum, P. J.
  2024; 71 (8): 2506-2517
- **Sleep Composition of Patients With Colorectal Cancer and Their Sleep-Partner Caregivers: Physical Health Correlates of Sleep Diary and Actigraphy Measurements.** *Psycho-oncology*
  Ting, A., Tsai, T. C., Zeitzer, J. M., Mendez, A., Kim, Y.
  2024; 33 (8): e9302
- **Sleep insufficiency and bedtime irregularity in children with ADHD: A population-based analysis.** *Sleep medicine*
  Leman, T. Y., Barden, S., Swisher, V. S., Joyce, D. S., Kaplan, K. A., Zeitzer, J. M., Loo, S. K., Ricketts, E. J.
  2024; 121: 117-126
- **DYADIC INVESTIGATION OF POST-TRAUMATIC STRESS SYMPTOMS AND DAILY SLEEP HEALTH IN PATIENTS WITH CANCER AND THEIR CAREGIVERS**
  Tsai, T., Mitchell, H., Zeitzer, J., Ting, A., Laurenceau, J., Spiegel, D., Kim, Y.
  LIPPINCOTT WILLIAMS & WILKINS.2024: A182
- **The impact of screen use on sleep health across the lifespan: A National Sleep Foundation consensus statement.** *Sleep health*
  Hartstein, L. E., Mathew, G. M., Reichenberger, D. A., Rodriguez, I., Allen, N., Chang, A. M., Chaput, J. P., Christakis, D. A., Garrison, M., Gooley, J. J., Koos, J. A., Van Den Bulck, J., Woods, et al
  2024
- **Reconsidering the spectral distribution of light: Do people perceive watts or photons?** *LIGHTING RESEARCH & TECHNOLOGY*
  Martinsons, C., Behar-Cohen, F., Bergen, T., Blattner, P., Herf, M., Gronfier, C., Houser, K., Jost, S., Tengelin, M., Obein, G., Schlangen, L., Simonot, L., Spitschan, et al

2024

- **Reconsidering the spectral distribution of light: Do people perceive watts or photons?** *Lighting research & technology (London, England : 2001)*
  Martinsons, C., Behar-Cohen, F., Bergen, T., Blattner, P., Herf, M., Gronfier, C., Houser, K., Jost, S., Tengelin, M. N., Obein, G., Schlangen, L., Simonot, L., Spitschan, et al
  2024: 14771535241246060

- **CIRCADIAN REST-ACTIVITY RHYTHM PATTERNS AND PHYSICAL PERFORMANCE IN COMMUNITY-DWELLING OLDER MEN**
  Qiao, Y., Chen, D., Zeitzer, J., Ancoli-Israel, S., Blackwell, T., Bradshaw, P., Posner, A., Redline, S., Tranah, G., Yaffe, K., Stone, K.
  OXFORD UNIV PRESS INC.2024

- **ASSOCIATION OF INSOMNIA WITH OBJECTIVE SHORT SLEEP DURATION AND OTHER PHENOTYPES WITH MORTALITY IN OLDER PERSONS**
  Miner, B., Pan, Y., Cho, G., Knauert, M., Yaggi, H., Gill, T., Stone, K., Ensrud, K., Zeitzer, J., Yaffe, K., Doyle, M.
  OXFORD UNIV PRESS INC.2024

- **PHYSICAL HEALTH CORRELATES OF SUBJECTIVE AND OBJECTIVE SLEEP MARKERS IN PATIENTS WITH CANCER AND THEIR CAREGIVERS**
  Kim, Y., Tsai, T., Ting, A., Zeitzer, J., Ramos, A., Mendez, A.
  OXFORD UNIV PRESS INC.2024

- **CIRCADIAN PROTEINS AND CIRCADIAN PHASE ESTIMATION IN HEALTHY ADULTS**
  Specht, A., Saha, P., Cederberg, K., Bueno, F., Arrona-Palacios, A., Pardilla-Delgado, E., Ruiz-Herrera, N., Zitting, K., Kramer, A., Zeitzer, J., Czeisler, C., Duffy, J., Mignot, et al
  OXFORD UNIV PRESS INC.2024

- **Impaired 24-h activity patterns are associated with an increased risk of Alzheimer's disease, Parkinson's disease, and cognitive decline.** *Alzheimer's research & therapy*
  Winer, J. R., Lok, R., Weed, L., He, Z., Poston, K. L., Mormino, E. C., Zeitzer, J. M.
  2024; 16 (1): 35

- **Fatigued but not sleepy? An empirical investigation of the differentiation between fatigue and sleepiness in sleep disorder patients in a cross-sectional study.** *Journal of psychosomatic research*
  Suh, S., Lok, R., Weed, L., Cho, A., Mignot, E., Leary, E. B., Zeitzer, J. M.
  2024; 178: 111606

- **FEELING TIRED BUT NOT SLEEPY? AN EMPIRICAL INVESTIGATION OF THE DIFFERENTIATION BETWEEN FATIGUE AND SLEEPINESS IN SLEEP DISORDER PATIENTS**
  Suh, S., Lok, R., Weed, L., Cho, A., Mignot, E., Leary, E., Zeitzer, J.
  ELSEVIER.2024: 105

- **FULLY AUTOMATED DETECTION OF ISOLATED RAPID-EYE-MOVEMENT SLEEP BEHAVIOR DISORDER USING ACTIGRAPHY**
  Brink-Kjaer, A., Winer, J., Zeitzer, J. M., Sorensen, H. D., Jennum, P., Mignot, E., During, E.
  ELSEVIER.2024: 302

- **Dyadic Investigation of Posttraumatic Stress Symptoms and Daily Sleep Health in Patients with Cancer and their Caregivers.** *Psychosomatic medicine*
  Tsai, T. C., Mitchell, H. R., Zeitzer, J., Ting, A., Laurenceau, J. P., Spiegel, D., Kim, Y.
  2024

- **Emotion regulation and heart rate variability may identify the optimal posttraumatic stress disorder treatment: analyses from a randomized controlled trial.** *Frontiers in psychiatry*
  Mathersul, D. C., Zeitzer, J. M., Schulz-Heik, R. J., Avery, T. J., Bayley, P. J.
  2024; 15: 1331569

- **Circadian protein expression patterns in healthy young adults.** *Sleep health*
  Specht, A., Kolosov, G., Cederberg, K. L., Bueno, F., Arrona-Palacios, A., Pardilla-Delgado, E., Ruiz-Herrera, N., Zitting, K. M., Kramer, A., Zeitzer, J. M., Czeisler, C. A., Duffy, J. F., Mignot, et al
  2023

- **ENLIGHT: A consensus checklist for reporting laboratory-based studies on the non-visual effects of light in humans.** *EBioMedicine*
  Spitschan, M., Kervezee, L., Lok, R., McGlashan, E., Najjar, R. P.
  2023; 98: 104889

- **A threshold by any other name: is five minutes of wake 'long' enough to degrade sleep quality?** *Sleep*
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