

Stanford



Norah Simpson, PhD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Psychiatry**

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Bio

CLINICAL FOCUS

- Psychology
- Behavioral Sleep Medicine
- Athlete well-being

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Assistant Director, Clinical Psychology Fellowship (APA approved), Department of Psychiatry, (2017- present)
- Director, Clinical Fellowship (SBSM, APA approved), Sleep Health & Insomnia Program, (2017- present)
- Associate Director, Sleep Health & Insomnia Program, (2015- present)

PROFESSIONAL EDUCATION

- Board Certification: Sleep Medicine, Board of Behavioral Sleep Medicine (2019)
- Internship: Warren Alpert Medical School Brown University (2009) RI
- PhD Training: University of Pennsylvania (2009) PA
- Fellowship: Stanford University Medical Center (2013) CA
- T32 Fellowship, Beth Israel Deaconess Medical Center/Harvard Medical School (2011)

LINKS

- Sleep Health & Insomnia Program website: www.insomnia.stanford.edu

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **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
- **Insomnia and obstetric outcomes**
Lyell, D. J., Simpson, N., Rangel, E., Sit, A., Manber, R.
MOSBY-ELSEVIER.2020: S110–S111
- **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
- **Sleep deficiency and chronic pain: potential underlying mechanisms and clinical implications.** *Neuropsychopharmacology : official publication of the American College of Neuropsychopharmacology*
Haack, M., Simpson, N., Sethna, N., Kaur, S., Mullington, J.
2019
- **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
- **SUBJECTIVE SLEEP QUALITY IN POSTPARTUM WOMEN ENROLLED IN A STUDY OF CBT FOR INSOMNIA**
Faerman, A., Simpson, N., Rangel, E., Manber, R.
OXFORD UNIV PRESS INC.2019
- **DEVELOPMENT OF A SLEEP EDUCATIONAL RESOURCE FOR STUDENT ATHLETES**
Simpson, N., Schultz, D., Kutscher, S.
OXFORD UNIV PRESS INC.2019: A394
- **ACTIGRAPHY MEASURES OF MATERNAL SLEEP DISRUPTION ARE ASSOCIATED WITH THE INABILITY TO SUSTAIN SENSITIVE CAREGIVING IN THE POSTPARTUM PERIOD**
Rangel, E., King, L., Simpson, N., Manber, R.
OXFORD UNIV PRESS INC.2019
- **CBT FOR PERINATAL INSOMNIA - POSTPARTUM OUTCOME**
Manber, R., Bei, B., Rangel, E., Simpson, N., Asarnow, L.
OXFORD UNIV PRESS INC.2019
- **Heart rate variability rebound following exposure to persistent and repetitive sleep restriction** *SLEEP*
Yang, H., Haack, M., Dang, R., Gautam, S., Simpson, N. S., Mullington, J. M.
2019; 42 (2)
- **Chronic exposure to insufficient sleep alters processes of pain habituation and sensitization** *PAIN*
Simpson, N. S., Scott-Sutherland, J., Gautam, S., Sethna, N., Haack, M.
2018; 159 (1): 33–40

- **Chronic exposure to insufficient sleep alters processes of pain habituation and sensitization.** *Pain*
Simpson, N. S., Scott-Sutherland, J., Gautam, S., Sethna, N., Haack, M.
2018; 159 (1): 33–40
- **Optimizing sleep to maximize performance: implications and recommendations for elite athletes** *SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS*
Simpson, N. S., Gibbs, E. L., Matheson, G. O.
2017; 27 (3): 266-274
- **Repeating patterns of sleep restriction and recovery: Do we get used to it?** *BRAIN BEHAVIOR AND IMMUNITY*
Simpson, N. S., DiIolombi, M., Scott-Sutherland, J., Yang, H., Bhatt, V., Gautam, S., Mullington, J., Haack, M.
2016; 58: 142-151
- **Sleep characteristics as predictor variables of stress systems markers in insomnia disorder** *JOURNAL OF SLEEP RESEARCH*
Floam, S., Simpson, N., Nemeth, E., Scott-Sutherland, J., Gautam, S., Haack, M.
2015; 24 (3): 296-304
- **A step towards stepped care: Delivery of CBT-I with reduced clinician time** *SLEEP MEDICINE REVIEWS*
Manber, R., Simpson, N. S., Bootzin, R. R.
2015; 19: 3–5
- **Intervention Format and Delivery Preferences Among Young Adult Cancer Survivors** *INTERNATIONAL JOURNAL OF BEHAVIORAL MEDICINE*
Rabin, C., Simpson, N., Morrow, K., Pinto, B.
2013; 20 (2): 304-310