



Hylton Molzof, PhD, MPH

Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

CLINICAL OFFICE (PRIMARY)

- **Sleep Disorders Clinic**

450 Broadway Ave

Pavilion B 2nd Fl MC 5730

Redwood City, CA 94063

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

Bio

BIO

Dr. Molzof is a Clinical Assistant Professor and Licensed Psychologist in the Department of Psychiatry and Behavioral Sciences, Stanford School of Medicine. She specializes in the assessment and treatment of sleep disorders via behavioral sleep medicine interventions, including Cognitive Behavioral Therapy for Insomnia (CBT-I) and positive airway pressure (PAP) desensitization. She also utilizes evidence-based techniques to help patients better manage circadian rhythm disorders, such as delayed sleep-wake phase disorder and shift work sleep disorder. Inspired by her background in public health, she has a strong interest in quality improvement and program development projects aimed at enhancing the quality and accessibility of sleep and circadian medicine for the diverse patient population served by Stanford Sleep Medicine Center.

CLINICAL FOCUS

- Behavioral Sleep Medicine
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

PROFESSIONAL EDUCATION

- Board Certification: Behavioral Sleep Medicine, Board of Behavioral Sleep Medicine (2023)
- Fellowship: Stanford University Child Psychology Postdoctoral Fellowship (2021) CA
- Internship: VA Puget Sound Healthcare System (2020) WA
- PhD Training: The University of Alabama (2020) AL
- MPH, The University of Alabama at Birmingham , AL (2015)

Publications

PUBLICATIONS

- **Nightshift Work and Nighttime Eating Are Associated With Higher Insulin and Leptin Levels in Hospital Nurses.** *Frontiers in endocrinology*
Molzof, H. E., Peterson, C. M., Thomas, S. J., Gloston, G. F., Johnson, R. L., Gamble, K. L.
2022; 13: 876752
- **Appraisals of insomnia identity in a clinical sample.** *Behaviour research and therapy*
Emert, S. E., Gunn, H. E., Molzof, H. E., Dietch, J. R., Lichstein, K. L.
2021; 145: 103943
- **Validating Invalidation Examining the Construct Validity of the Illness Invalidation Inventory Among Individuals With Chronic Low Back Pain** *CLINICAL JOURNAL OF PAIN*
Molzof, H. E., Newman, A. K., Barnett, M. D., Guck, A., Scott, W., Sturgeon, J. A., Trost, Z.
2020; 36 (5): 344-351
- **Health and demographic discriminators of an insomnia identity and self-reported poor quantitative sleep** *SLEEP HEALTH*
Tutek, J., Mulla, M. M., Emert, S. E., Molzof, H. E., Lichstein, K. L., Taylor, D. J., Riedel, B. W., Bush, A. J.
2019; 5 (3): 221-226
- **Misaligned core body temperature rhythms impact cognitive performance of hospital shift work nurses** *NEUROBIOLOGY OF LEARNING AND MEMORY*
Molzof, H. E., Prapanjaroensin, A., Patel, V. H., Mokashi, M., Gamble, K. L., Patrician, P. A.
2019; 160: 151-159
- **Intraindividual sleep variability and its association with insomnia identity and poor sleep** *SLEEP MEDICINE*
Molzof, H. E., Emert, S. E., Tutek, J., Mulla, M. M., Lichstein, K. L., Taylor, D. J., Riedel, B. W.
2018; 52: 58-66
- **Multilevel modeling of chronotype and weekdays versus weekends to predict nonrestorative sleep** *CHRONOBIOLOGY INTERNATIONAL*
Tutek, J., Molzof, H. E., Lichstein, K. L.
2017; 34 (10): 1401-1412
- **The impact of meal timing on cardiometabolic syndrome indicators in shift workers** *CHRONOBIOLOGY INTERNATIONAL*
Molzof, H. E., Wirth, M. D., Burch, J. B., Shivappa, N., Hebert, J. R., Johnson, R. L., Gamble, K. L.
2017; 34 (3): 337-348
- **GIRK Channels Mediate the Nonphotic Effects of Exogenous Melatonin** *JOURNAL OF NEUROSCIENCE*
Hablitz, L. M., Molzof, H. E., Abrahamsson, K. E., Cooper, J. M., Prosser, R. A., Gamble, K. L.
2015; 35 (45): 14957-14965
- **Sleep strategies of night-shift nurses on days off: which ones are most adaptive?** *FRONTIERS IN NEUROLOGY*
Petrov, M. E., Clark, C., Molzof, H. E., Johnson, R. L., Cropsey, K. L., Gamble, K. L.
2014; 5: 277