



Joseph Winer

Instructor, Adult Neurology

Bio

BIO

Joe Winer completed his PhD in Psychology at UC Berkeley working with Matthew Walker and William Jagust. During his PhD, Joe used overnight EEG and PET imaging to investigate connections between sleep disruption and Alzheimer's disease in the context of healthy aging. At Stanford, Joe's research combines wearable devices, neuroimaging, and other biomarkers to explore how tracking sleep and other factors in everyday life can provide information about brain health and cognitive trajectories in aging and neurodegenerative diseases.

ACADEMIC APPOINTMENTS

- Instructor, Adult Neurology

HONORS AND AWARDS

- NRSA F31 Fellowship, NIA (2019-2020)
- NRSA F32 Fellowship, NIA (2021-2024)
- REC Fellow, Stanford Alzheimer's Disease Research Center (ADRC) (2021-2023)

Publications

PUBLICATIONS

- **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
- **Divergent Cortical Tau Positron Emission Tomography Patterns Among Patients With Preclinical Alzheimer Disease.** *JAMA neurology*
Young, C. B., Winer, J. R., Younes, K., Cody, K. A., Betthausen, T. J., Johnson, S. C., Schultz, A., Sperling, R. A., Greicius, M. D., Cobos, I., Poston, K. L., Mormino, E. C., Alzheimers Disease Neuroimaging Initiative and the Harvard Aging Brain Study, et al
2022
- **Association of Short and Long Sleep Duration With Amyloid-beta Burden and Cognition in Aging.** *JAMA neurology*
Winer, J. R., Deters, K. D., Kennedy, G., Jin, M., Goldstein-Piekarski, A., Poston, K. L., Mormino, E. C.
2021
- **Tau and beta-amyloid burden predict actigraphy-measured and self-reported impairment and misperception of human sleep.** *The Journal of neuroscience : the official journal of the Society for Neuroscience*
Winer, J. R., Morehouse, A., Fenton, L., Harrison, T. M., Ayangma, L., Reed, M., Kumar, S., Baker, S. L., Jagust, W. J., Walker, M. P.
2021
- **Sleep Disturbance Forecasts β -Amyloid Accumulation across Subsequent Years.** *Current biology : CB*

Winer, J. R., Mander, B. A., Kumar, S., Reed, M., Baker, S. L., Jagust, W. J., Walker, M. P.
2020; 30 (21): 4291-4298.e3

- **Sleep as a Potential Biomarker of Tau and β -Amyloid Burden in the Human Brain.** *The Journal of neuroscience : the official journal of the Society for Neuroscience*

Winer, J. R., Mander, B. A., Helfrich, R. F., Maass, A., Harrison, T. M., Baker, S. L., Knight, R. T., Jagust, W. J., Walker, M. P.
2019; 39 (32): 6315-6324

- **Waking Up to the Importance of Sleep in the Pathogenesis of Alzheimer Disease.** *JAMA neurology*

Winer, J. R., Mander, B. A.
2018; 75 (6): 654-656

- **Associations Between Tau, β -Amyloid, and Cognition in Parkinson Disease.** *JAMA neurology*

Winer, J. R., Maass, A., Pressman, P., Stiver, J., Schonhaut, D. R., Baker, S. L., Kramer, J., Rabinovici, G. D., Jagust, W. J.
2018; 75 (2): 227-235

- **Sleep and Human Aging.** *Neuron*

Mander, B. A., Winer, J. R., Walker, M. P.
2017; 94 (1): 19-36

- **Sleep: A Novel Mechanistic Pathway, Biomarker, and Treatment Target in the Pathology of Alzheimer's Disease?** *Trends in neurosciences*

Mander, B. A., Winer, J. R., Jagust, W. J., Walker, M. P.
2016; 39 (8): 552-566