# Stanford

# Natalie Solomon

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

## CLINICAL OFFICE (PRIMARY)

- **Dept of Psychiatry and Behavioral Sciences**

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## Bio

### BIO

Dr. Solomon is a licensed psychologist, board certified in behavioral sleep medicine, and a clinical assistant 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 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.

### CLINICAL FOCUS

- Sleep Medicine Specialty
- Womens Health
- Clinical Psychology

### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### PROFESSIONAL EDUCATION

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

# Teaching

## COURSES

**2023-24**

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

# Publications

## PUBLICATIONS

- **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

- **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

- **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

## 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)