

Stanford



Jamie Zeitzer

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>

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.

CLINICAL TRIALS

- Shifting Sleep Timing in Teens, Recruiting

Teaching

COURSES

2023-24

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

2022-23

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

2021-22

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

STANFORD ADVISEES

Postdoctoral Faculty Sponsor

Maira Karan, Renske Lok

Doctoral Dissertation Advisor (AC)

Lara Weed

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

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

Publications

PUBLICATIONS

- **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)
- **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

- **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*
Lok, R., Chawra, D., Zeitzer, J. M.
2023
- **US Veterans Show Improvements in Subjective but Not Objective Sleep following Treatment for Posttraumatic Stress Disorder: Secondary Analyses from a Randomised Controlled Trial** *DEPRESSION AND ANXIETY*
Mathersul, D. C., Schulz-Heik, R., Avery, T. J., Allende, S., Zeitzer, J. M., Bayley, P. J.
2023; 2023
- **Early time-restricted eating advances sleep in late sleepers: a pilot randomized controlled trial.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
Blum, D. J., Hernandez, B., Zeitzer, J. M.
2023
- **International e-Delphi Consensus Recommendations for the Assessment and Diagnosis of Circadian rest-Activity Rhythm Disorders (CARDS) in Patients with Cancer.** *Cancers*
Gouldthorpe, C., Ancoli-Israel, S., Cash, E., Innominate, P., Jakobsen, G., Lévi, F., Miaskowski, C., Parganiha, A., Pati, A. K., Pereira, D., Revell, V., Zeitzer, J. M., Davies, et al
2023; 15 (15)
- **24 h Rest/Activity Rhythms in Older Adults with Memory Impairment: Associations with Cognitive Performance and Depressive Symptomatology.** *Advanced biology*
Antonsdottir, I. M., Low, D. V., Chen, D., Rabinowitz, J. A., Yue, Y., Urbanek, J., Wu, M. N., Zeitzer, J. M., Rosenberg, P. B., Friedman, L. F., Sheikh, J. I., Yesavage, J. A., Zipunnikov, et al
2023; e2300138
- **Heart rate variability is a moderator of treatment outcome for posttraumatic stress disorder: Secondary analyses from a randomised controlled trial**
Mathersul, D., Schulz-Heik, J., Avery, T., Zeitzer, J., Bayley, P.
ELSEVIER.2023: 80
- **ADULTS WITH AND WITHOUT MILD COGNITIVE IMPAIRMENT SHOW SIMILAR TREATMENT ADHERENCE AND SLEEP IMPROVEMENT AFTER INSOMNIA THERAPY**
Morehouse, A., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2023
- **ASSOCIATIONS OF SELF-DISCLOSURE WITH SLEEP IN CANCER PATIENTS AND THEIR SLEEP-PARTNER CAREGIVERS: A DYADIC INVESTIGATION**
Tsai, T. C., Ajmera, N., Ting, A., Laurenceau, J., Zeitzer, J., Kim, Y.
LIPPINCOTT WILLIAMS & WILKINS.2023: A105
- **Improvements in Immediate and Delayed Memory With Insomnia Therapy and Their Associations With SWA in Older Adults**
Ahmadi, M., Krause, A. J., O'Hora, K. P., Hernandez, B., Lazzeroni, L., Zeitzer, J. M., Friedman, L. F., Posner, D., Kushida, C. A., Yesavage, J. A., Saletin, J., Goldstein-Piekarski, A.

ELSEVIER SCIENCE INC.2023: S301

● **PHASE SHIFTING IN RESPONSE TO LIGHT FLASH SEQUENCES DURING SLEEP**

Lok, R., Zeitzer, J.

OXFORD UNIV PRESS INC.2023

● **PERILS OF THE NIGHTTIME: IMPACT OF BEHAVIORAL TIMING AND PREFERENCE ON MENTAL AND PHYSICAL HEALTH**

Zeitzer, J., Lok, R., Weed, L., Winer, J.

OXFORD UNIV PRESS INC.2023

● **Brief structured respiration practices enhance mood and reduce physiological arousal. *Cell reports. Medicine***

Balban, M. Y., Neri, E., Kogon, M. M., Weed, L., Nouriani, B., Jo, B., Holl, G., Zeitzer, J. M., Spiegel, D., Huberman, A. D. 2023; 100895

● **A Flexible Deep Learning Architecture for Temporal Sleep Stage Classification Using Accelerometry and Photoplethysmography *IEEE TRANSACTIONS ON BIOMEDICAL ENGINEERING***

Olsen, M., Zeitzer, J. M., Richardson, R. N., Davidenko, P., Jennum, P. J., Sorensen, H. D., Mignot, E. 2023; 70 (1): 228-237

● **Fully Automated Detection of Isolated Rapid-Eye-Movement Sleep Behavior Disorder Using Actigraphy. *Annual International Conference of the IEEE Engineering in Medicine and Biology Society. IEEE Engineering in Medicine and Biology Society. Annual International Conference***

Brink-Kjaer, A., Winer, J., Zeitzer, J. M., Sorensen, H. B., Jennum, P., Mignot, E., During, E. 2023; 2023: 1-5

● **Optimizing Light Flash Sequence Duration to Shift Human Circadian Phase. *Biology***

Joyce, D. S., Spitschan, M., Zeitzer, J. M. 2022; 11 (12)

● **PASSIVE PHOTOTHERAPY INCREASES SLEEP DURATION IN TEENS**

Zeitzer, J. M.

ELSEVIER SCIENCE INC.2022: S302

● **The Impact of Missing Data and Imputation Methods on the Analysis of 24-Hour Activity Patterns. *Clocks & sleep***

Weed, L., Lok, R., Chawra, D., Zeitzer, J. 2022; 4 (4): 497-507

● **Associations of 24-hour Light Exposure and Activity Patterns and Risk of Cognitive Impairment and Decline in Older Men: The MrOS Sleep Study. *The journals of gerontology. Series A, Biological sciences and medical sciences***

Blackwell, T. L., Figueiro, M. G., Tranah, G. J., Zeitzer, J. M., Yaffe, K., Ancoli-Israel, S., Kado, D. M., Ensrud, K. E., Lane, N. E., Leng, Y., Stone, K. L., Osteoporotic Fractures in Men (MrOS) Study Group 2022

● **Randomised clinical non-inferiority trial of breathing-based meditation and cognitive processing therapy for symptoms of post-traumatic stress disorder in military veterans. *BMJ open***

Bayley, P. J., Schulz-Heik, R. J., Tang, J. S., Mathersul, D. C., Avery, T., Wong, M., Zeitzer, J. M., Rosen, C. S., Burn, A. S., Hernandez, B., Lazzeroni, L. C., Seppala, E. M. 2022; 12 (8): e056609

● **EFFECT OF SELF-REGULATION ON SLEEP IN COLORECTAL CANCER PATIENTS: THE MEDIATING ROLE OF NEGATIVE AFFECT RECOVERY**

Tsai, T. C., Ting, A., Llabre, M., Martinez, L., Zeitzer, J., Kim, Y.

LIPPINCOTT WILLIAMS & WILKINS.2022: A82

● **REST-ACTIVITY PROFILES AMONG US ADULTS IN A NATIONALLY REPRESENTATIVE SAMPLE: A FUNCTIONAL PRINCIPAL COMPONENT ANALYSIS**

Xiao, Q., Lu, J., Matthews, C., Zeitzer, J., Saint-Maurice, P., Bauer, C. OXFORD UNIV PRESS INC.2022: A72

● **NON-PHARMACOLOGICAL INSOMNIA THERAPY IS ROBUST TO CO-OCCURRING PAIN IN OLDER ADULTS**

Krause, A., Ahmadi, M., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Saletin, J., Goldstein-Piekarski, A.

OXFORD UNIV PRESS INC.2022: A197-A198

● **SLEEP-WAKE STABILITY AND VARIABILITY IN THE MIDDLE-AGED ADULT POPULATION: A UK BIOBANK STUDY**

Lok, R., Weed, L., Chawra, D., Winer, J., Zeitzer, J.
OXFORD UNIV PRESS INC.2022: A73-A74

● **N2 AND WAKEFULNESS DRIVE SUBJECTIVE SLEEP SATISFACTION IN ADULTS**

Lok, R., Chawra, D., Hon, F., Ha, M., Kaplan, K., Zeitzer, J.
OXFORD UNIV PRESS INC.2022: A99

● **ISOLATED REM SLEEP BEHAVIOR DISORDER IS ASSOCIATED WITH 24-HOUR RHYTHM DISRUPTION**

Winer, J., Lok, R., Cahuas, A., Bueno, F., Poston, K., Mormino, E., Zeitzer, J., During, E.
OXFORD UNIV PRESS INC.2022: A125

● **THE EFFECT OF DISTINCT COMPONENTS OF CBT-I ON SLOW WAVE POWER AND ENERGY**

Ahmadi, M., Krause, A., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Saletin, J., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2022: A197

● **THE EFFECTS OF INSOMNIA THERAPY ON DEPRESSION, ANXIETY, AND DAILY FUNCTIONING IN INDIVIDUALS WITH INSOMNIA AND MILD COGNITIVE IMPAIRMENT**

Morehouse, A., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2022: A275-A276

● **THE IMPACT OF NON-PHARMACOLOGICAL INSOMNIA THERAPY ON MOOD AND SLEEP IN MORNING AND EVENING CHRONOTYPES IN OLDER ADULTS**

Lopez, M., Krause, A., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2022: A211-A212

● **DYADIC INVESTIGATIONS OF ADULT ATTACHMENT AND SLEEP IN ADULT CANCER PATIENTS AND THEIR CAREGIVERS**

Ting, A., Zeitzer, J., Wohlgemuth, W., Tsai, T. C., Ajmera, N., Kim, Y.
LIPPINCOTT WILLIAMS & WILKINS.2022: A67

● **Circadian photoreception: The impact of light on human circadian rhythms. *Progress in brain research***

Zeitzer, J. M., Lok, R.
2022; 273 (1): 171-180

● **Non-Pharmacological Insomnia Therapy is Robust to Co-Occurring Pain in Older Adults**

Krause, A., Ahmadi, M., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Saletin, J., Goldstein-Piekarski, A.
ELSEVIER SCIENCE INC.2022: S370

● **Circadian Sub-Groups in Bipolar I Disorder**

Gonzalez, R., Dwivedi, A., Zeitzer, J., Suppes, T., Tohen, M., Forero, A., Alvarado, L.
ELSEVIER SCIENCE INC.2022: S153-S154

● **The Effect of Distinct Components of CBT-I on Slow Wave Power and Energy**

Ahmadi, M., Krause, A. J., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J. A., Saletin, J., Goldstein-Piekarski, A.
ELSEVIER SCIENCE INC.2022: S369-S370

● **Emotion dysregulation and heart rate variability improve in US veterans undergoing treatment for posttraumatic stress disorder: Secondary exploratory analyses from a randomised controlled trial. *BMC psychiatry***

Mathersul, D. C., Dixit, K., Schulz-Heik, R. J., Avery, T. J., Zeitzer, J. M., Bayley, P. J.
2022; 22 (1): 268

● **Rest-activity profiles among U.S. adults in a nationally representative sample: a functional principal component analysis. *The international journal of behavioral nutrition and physical activity***

Xiao, Q., Lu, J., Zeitzer, J. M., Matthews, C. E., Saint-Maurice, P. F., Bauer, C.
2022; 19 (1): 32

- **Duration invariance and intensity dependence of the human circadian system phase shifting response to brief light flashes.** *Proceedings. Biological sciences*
Joyce, D. S., Spitschan, M., Zeitzer, J. M.
2022; 289 (1970): 20211943
- **Investigation of the aging clock's intermittent-light responses uncovers selective deficits to green millisecond flashes.** *Journal of photochemistry and photobiology. B, Biology*
Kaladchibachi, S., Negelsbach, D. C., Zeitzer, J. M., Fernandez, F.
1800; 228: 112389
- **Methodological Considerations for the Experimental Control of Photoreception in Humans MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 14-18
- **Circadian Rhythms and ipRGCs MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 28-32
- **Introduction MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 1-+
- **Melanopsin-Driven Light Adaptation Modulates Rod- and Cone-Mediated Functions MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 21-23
- **Future Directions, Unknowns, and Conclusions MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 39-41
- **Melanopsin-Expressing ipRGCs Drive an Independent Dimension of Conscious Visual Perception in Humans MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 25-28
- **The Non-image-Forming Pathways Set Arousal and Cognition MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 32-36
- **Spatio-Temporal Response Properties of Melanopsin Photoreception MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 23-25
- **Intrinsically Photosensitive Retinal Ganglion Cells MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 4-14
- **The Pupil as a Measure of Non-image-Forming Vision MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 18-21
- **Harnessing Light in the Built Environment MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 36-39
- **Evidence for the Non-image-Forming Pathways and Novel Retinal Photoreceptors MELANOPSIN VISION**
Joyce, D. S., Houser, K. W., Peirson, S. N., Zeitzer, J. M., Zele, A. J., Joyce, D., Houser, K., Peirson, S., Zeitzer, J., Zele, A.
2022: 2-4
- **Chronobiologically-based sub-groups in bipolar I disorder: A latent profile analysis.** *Journal of affective disorders*
Gonzalez, R., Dwivedi, A., Zeitzer, J., Suppes, T., Tohen, M., Forero, A., Alvarado, A.
2021

- **Self-reported and actigraphic short sleep duration in older adults.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
Miner, B., Stone, K. L., Zeitzer, J. M., Han, L., Doyle, M., Blackwell, T., Gill, T. M., Redeker, N. S., Hajduk, A., Yaggi, H. K.
2021
- **Heart rate and heart rate variability as outcomes and longitudinal moderators of treatment for pain across follow-up in Veterans with Gulf War illness.** *Life sciences*
Mathersul, D. C., Dixit, K., Avery, T. J., Schulz-Heik, R. J., Zeitzer, J. M., Mahoney, L. A., Cho, R. H., Bayley, P. J.
2021: 119604
- **RELATIVE EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY AND ITS COMPONENTS IN IMPROVING INSOMNIA SYMPTOMS IN OLDER ADULTS**
O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2021: A144
- **PHYSIOLOGICAL CORRELATES OF THE EPWORTH SLEEPINESS SCALE REVEAL DIFFERENT DIMENSIONS OF DAYTIME SLEEPINESS.**
Lok, R., Zeitzer, J.
OXFORD UNIV PRESS INC.2021: A45
- **EFFICACY OF CBT-I AND ITS COMPONENTS ON HEALTH-RELATED QUALITY OF LIFE OUTCOMES IN OLDER ADULTS**
Showen, K., O'Hora, K., Hernandez, B., Lazzeroni, L., Zeitzer, J., Friedman, L., Posner, D., Kushida, C., Yesavage, J., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2021: A143-A144
- **Social dominance and multiple dimensions of psychopathology: An experimental test of reactivity to leadership and subordinate roles.** *PloS one*
Johnson, S. L., Swerdlow, B. n., Tharp, J. A., Chen, S. n., Tackett, J. n., Zeitzer, J. n.
2021; 16 (4): e0250099
- **REST-ACTIVITY RHYTHM PATTERNS AND PHYSICAL FUNCTIONAL PERFORMANCE IN COMMUNITY-DWELLING OLDER MEN**
Chen, D., Tranah, G., Bradshaw, P., Blackwell-Hoge, T., Zeitzer, J., Ancoli-Israel, S., Yaffe, K., Stone, K.
OXFORD UNIV PRESS.2021: 336-337
- **Nonparametric parameters of 24-hour rest-activity rhythms and long-term cognitive decline and incident cognitive impairment in older men.** *The journals of gerontology. Series A, Biological sciences and medical sciences*
Xiao, Q., Sampson, J. N., LaCroix, A. Z., Shadyab, A. H., Zeitzer, J. M., Ancoli-Israel, S., Yaffe, K., Stone, K.
2021
- **Physiological correlates of the Epworth Sleepiness Scale reveal different dimensions of daytime sleepiness.** *Sleep advances : a journal of the Sleep Research Society*
Lok, R., Zeitzer, J. M.
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