

Stanford



Jamie Zeitzer

Associate Professor (Research) of Psychiatry and Behavioral Sciences (Sleep Medicine)

Psychiatry and Behavioral Sciences - Sleep Medicine

Bio

ACADEMIC APPOINTMENTS

- Associate 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

- Bright Light as a Countermeasure for Circadian Desynchrony, Recruiting

Teaching

COURSES

2021-22

- The Neurobiology of Sleep: BIO 149 (Win)

2019-20

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

2018-19

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

STANFORD ADVISEES

Postdoctoral Faculty Sponsor

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

- **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
- **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
- **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
- **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
- **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*

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- 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
 - **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
 - **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., Negelspach, D. C., Zeitzer, J. M., Fernandez, F.
1800; 228: 112389
 - **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
 - **Predicting incident dementia and mild cognitive impairment in older women with nonparametric analysis of circadian activity rhythms in the Study of Osteoporotic Fractures.** *Sleep*
Posner, A. B., Tranah, G. J., Blackwell, T. n., Yaffe, K. n., Ancoli-Israel, S. n., Redline, S. n., Leng, Y. n., Zeitzer, J. M., Chen, D. M., Webber, K. R., Stone, K. L.
2021
 - **Sleep Problems in Narcolepsy and the Role of Hypocretin/Orexin Deficiency.** *Frontiers of neurology and neuroscience*
Mignot, E., Zeitzer, J., Pizza, F., Plazzi, G.
2021; 45: 103-116
 - **Translation and Validation of a Chinese Version of the Cleveland Adolescent Sleepiness Questionnaire.** *Nature and science of sleep*
Yang, Y., Chang, H., Hsu, C., Zeitzer, J. M.
2021; 13: 695-702
 - **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.
2021; 2 (1): zpab008

- **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
- **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
- **The neurobiological underpinning of the circadian wake signal.** *Biochemical pharmacology*
Zeitzer, J. M.
2020: 114386
- **A Temporal Threshold for Distinguishing Off-Wrist from Inactivity Periods: A Retrospective Actigraphy Analysis.** *Clocks & sleep*
Lok, R., Zeitzer, J. M.
2020; 2 (4): 466–72
- **Human-centric lighting: Myth, magic or metaphor?** *LIGHTING RESEARCH & TECHNOLOGY*
Houser, K. W., Boyce, P. R., Zeitzer, J. M., Herf, M.
2020
- **ADULT ATTACHMENT PREDICTS DAILY SLEEP VARIATION IN COLORECTAL CANCER PATIENTS**
Ting, A., Zeitzer, J. M., Wohlgemuth, W., Ramos, A., Madigan, E., Hahn, K., Kim, Y.
LIPPINCOTT WILLIAMS & WILKINS.2020: A216
- **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
- **ROLE OF ADULT ATTACHMENT AND INTIMACY IN SLEEP IN COLORECTAL CANCER PATIENTS AND SPOUSAL CAREGIVERS**
Ting, A., Zeitzer, J., Hahn, K., Pedreira, P., Kim, Y.
OXFORD UNIV PRESS INC.2020: S645
- **IMPACT OF SUVOREXANT ON TOTAL DAYTIME SLEEP HOURS IN SHIFT WORKERS: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED CLINICAL FIELD TRIAL**
Zeitzer, J. M., Joyce, D. S., Sterkel, A. L., Quevedo, Y. L., Hernandez, B., Holty, J.
OXFORD UNIV PRESS INC.2020: A297
- **COMPARATIVE EFFECTIVENESS OF SLEEP APNEA SCREENING TOOLS DURING INPATIENT REHABILITATION FOR MODERATE TO SEVERE TBI**
Richardson, R., Schwartz, D., Drasher-Phillips, L., Ketchum, J., Calero, K., Dahdah, M., Monden, K., Bell, K., Hoffman, J., Magalang, U., Bogner, J., Whyte, J., Zeitzer, et al
OXFORD UNIV PRESS INC.2020: A231–A232
- **Coherence between sleep detection by actigraphy and polysomnography in a multi-center, in-patient cohort of individuals with traumatic brain injury.** *PM & R : the journal of injury, function, and rehabilitation*
Zeitzer, J. M., Hon, F., Whyte, J., Monden, K. R., Bogner, J., Dahdah, M., Wittine, L., Bell, K. R., Nakase-Richardson, R.
2020
- **Subjective sleep quality is poorly associated with actigraphy and heart rate measures in community-dwelling older men.** *Sleep medicine*
Faerman, A. n., Kaplan, K. A., Zeitzer, J. M.
2020; 73: 154–61
- **Evening salivary cortisol as a single stress marker in women with metastatic breast cancer.** *Psychoneuroendocrinology*
Allende, S. n., Medina, J. L., Spiegel, D. n., Zeitzer, J. M.
2020; 115: 104648
- **Effect of artificial dawn light on cardiovascular function, alertness, and balance in middle-aged and older adults.** *Sleep*
Gabel, V. n., Miglis, M. n., Zeitzer, J. M.
2020

- **PSG Validation of minute-to-minute scoring for sleep and wake periods in a consumer wearable device.** *PloS one*
Cheung, J. n., Leary, E. B., Lu, H. n., Zeitzer, J. M., Mignot, E. n.
2020; 15 (9): e0238464
- **A comparison of sleep, depressive symptoms, and parental perceptions between U.S. and Taiwan adolescents with self-reported sleep problems.** *Sleep advances : a journal of the Sleep Research Society*
Yang, Y., Kaplan, K. A., Zeitzer, J. M.
2020; 1 (1): zpaa004
- **RESTLESS LEGS SYNDROME: DOES IT START WITH A GUT FEELING?**
Blum, D. J., During, E., Barwick, F., Davidenko, P., Zeitzer, J., Parkar, S.
ELSEVIER.2019: S42
- **NON-PARAMETRIC ANALYSIS OF REST-ACTIVITY RHYTHMS AND RISK OF INCIDENT MILD COGNITIVE IMPAIRMENT AND DEMENTIA IN OLDER WOMEN**
Stone, K., Blackwell, T., Yaffe, K., Zeitzer, J., Ancoli-Israel, S., Redline, S., Leng, Y., Tranah, G.
ELSEVIER.2019: S364–S365
- **Sleep-wake disorders in Alzheimer's disease: further genetic analyses in relation to objective sleep measures.** *International psychogeriatrics*
Yesavage, J. A., Noda, A., Heath, A., McNERNEY, M. W., Domingue, B. W., Hernandez, Y., Benson, G., Hallmayer, J., O'Hara, R., Williams, L. M., Goldstein-Piekarski, A. N., Zeitzer, J. M., Fairchild, et al
2019: 1–7
- **Comparative Effectiveness of Sleep Apnea Screening Instruments During Inpatient Rehabilitation Following Moderate to Severe TBI.** *Archives of physical medicine and rehabilitation*
Nakase-Richardson, R., Schwartz, D. J., Drasher-Phillips, L., Ketchum, J. M., Calero, K., Dahdah, M. N., Monden, K. R., Bell, K., Magalang, U., Hoffman, J., Whyte, J., Bogner, J., Zeitzer, et al
2019
- **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
- **Auditory psychomotor vigilance testing in older and young adults: a revised threshold setting procedure** *SLEEP AND BREATHING*
Gabel, V., Kass, M., Joyce, D. S., Spitschan, M., Zeitzer, J. M.
2019; 23 (3): 1021–25
- **Optimization of circadian responses with shorter and shorter millisecond flashes.** *Biology letters*
Kaladchibachi, S., Negelspach, D. C., Zeitzer, J. M., Fernandez, F.
2019; 15 (8): 20190371
- **Less is More: Ultrashort Light Flashes for Resetting the Human Circadian Clock**
Zeitzer, J.
KARGER.2019: 173
- **Comparison of Alternative Scoring Paradigms of Rest-Activity Consolidation to Inform A Biomarker of Circadian Disruption after TBI**
Nakase-Richardson, R., Silva, M., Schwartz, D., Calero, K., Zeitzer, J.
TAYLOR & FRANCIS LTD.2019: 19
- **The impact of chronotype on prosocial behavior** *PLOS ONE*
Solomon, N. L., Zeitzer, J. M.
2019; 14 (4)
- **ALTERNATIVE SCORING PARADIGMS OF REST-ACTIVITY CONSOLIDATION (RAC) IN MODERATE TO SEVERE TRAUMATIC BRAIN INJURY (TBI) DURING INPATIENT REHABILITATION**
Richardson, R., Silva, M., Calero, K., Zeitzer, J.
OXFORD UNIV PRESS INC.2019
- **PROTEOMIC BIOMARKERS OF CIRCADIAN TIME**
Ambati, A., Lin, L., Zitting, K., Duffy, J. F., Zeitzer, J., Spiegel, D., Czeisler, C. A., Mignot, E.

OXFORD UNIV PRESS INC.2019

● **A COMPARISON OF MEDICAL-GRADE ACTIGRAPHY DEVICES WITH POLYSOMNOGRAPHY DURING INPATIENT REHABILITATION FOR TRAUMATIC BRAIN INJURY (TBI).**

Guerrero, G. Y., Schwartz, D., Silva, M. Y., Zeitzer, J., Monden, K., Wittine, L., Bogner, J., Reljic, T., Nakase-Richardson, R.

OXFORD UNIV PRESS INC.2019

● **RESTLESS LEG SYNDROME: DOES IT START WITH A GUT FEELING?**

Blum, D. J., Doring, E., Barwick, F., Davidenko, P., Zeitzer, J. M.

OXFORD UNIV PRESS INC.2019

● **The impact of chronotype on prosocial behavior.** *PloS one*

Solomon, N. L., Zeitzer, J. M.

2019; 14 (4): e0216309

● **Predicting Subjective Sleep Quality Using Recurrent Neural Networks**

Boussard, J., Kochenderfer, M. J., Zeitzer, J. M., IEEE

IEEE.2019

● **Estimating Representative Group Intrinsic Circadian Period from Illuminance-Response Curve Data.** *Journal of biological rhythms*

Stack, N. n., Zeitzer, J. M., Czeisler, C. n., Diniz Behn, C. n.

2019: 748730419886992

● **Auditory psychomotor vigilance testing in older and young adults: a revised threshold setting procedure.** *Sleep & breathing = Schlaf & Atmung*

Gabel, V. n., Kass, M. n., Joyce, D. S., Spitschan, M. n., Zeitzer, J. M.

2019

● **Daytime midpoint as a digital biomarker for chronotype in bipolar disorder** *JOURNAL OF AFFECTIVE DISORDERS*

Kaufmann, C. N., Gershon, A., Depp, C. A., Miller, S., Zeitzer, J. M., Ketter, T. A.

2018; 241: 586–91

● **Morning physiological changes after a dawn simulation light**

Gabel, V., Zeitzer, J. M.

WILEY.2018

● **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

● **THE EFFECTS OF CBT-I ON COGNITIVE FUNCTIONING IN INDIVIDUALS WITH INSOMNIA AND MILD COGNITIVE IMPAIRMENT**

Goldstein-Piekarski, A. N., O'Hora, K., Buchanan, A., Lee, C., Hernandez, B., Zeitzer, J. M., Friedman, L., Kushida, C., Yesavage, J.

OXFORD UNIV PRESS INC.2018: A154–A155

● **PSG VALIDATION OF MINUTE-TO-MINUTE SCORING FOR SLEEP AND WAKE PERIODS IN A CONSUMER WEARABLE DEVICE**

Cheung, J., Zeitzer, J., Lu, H., Leary, E., Mignot, E.

OXFORD UNIV PRESS INC.2018: A120–A121

● **THE ASSOCIATION OF COGNITIVE FUNCTION WITH 24-HOUR LIGHT EXPOSURE AND ACTIVITY PATTERNS IN OLDER MEN: A PILOT STUDY WITHIN THE MROS SLEEP STUDY**

Blackwell, T. L., Figueiro, M. G., Jones, G. E., Tranah, G. J., Zeitzer, J. M., Yaffe, K., Ancoli-Israel, S., Stone, K. L.

OXFORD UNIV PRESS INC.2018: A239–A240

● **DAWN SIMULATION AS A PASSIVE COUNTERMEASURE TO MORNING DIZZINESS IN OLDER ADULTS**

Gabel, Zeitzer, J. M.

OXFORD UNIV PRESS INC.2018: A108–A109

● **Serotonin transporter polymorphism, depressive symptoms, and emotional impulsivity among advanced breast cancer patients** *SUPPORTIVE CARE IN CANCER*

Kim, Y., Carver, C. S., Hallmayer, J. F., Zeitzer, J. M., Palesh, O., Neri, E., Nouriani, B., Spiegel, D.

2018; 26 (4): 1181–88

- **The association between mood state and chronobiological characteristics in bipolar I disorder: a naturalistic, variable cluster analysis-based study** *INTERNATIONAL JOURNAL OF BIPOLAR DISORDERS*
Gonzalez, R., Suppes, T., Zeitzer, J., McClung, C., Tamminga, C., Tohen, M., Forero, A., Dwivedi, A., Alvarado, A.
2018; 6: 5
- **Subjective versus objective evening chronotypes in bipolar disorder** *Journal of Affective Disorders*
Gershon, A., Kaufmann, C. N., Depp, C. A., Miller, S., Do, D., Zeitzer, J. M., Ketter, T. A.
2018; 225: 342–349
- **Subjective versus objective evening chronotypes in bipolar disorder.** *Journal of affective disorders*
Gershon, A., Kaufmann, C. N., Depp, C. A., Miller, S., Do, D., Zeitzer, J. M., Ketter, T. A.
2018; 225: 342-349
- **Correlates of sleep quality in midlife and beyond: a machine learning analysis.** *Sleep medicine*
Kaplan, K. A., Hardas, P. P., Redline, S., Zeitzer, J. M.
2017; 34: 162-167
- **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
- **Eating Decisions Based on Alertness Levels After a Single Night of Sleep Manipulation: A Randomized Clinical Trial.** *Sleep*
Pardi, D., Buman, M., Black, J., Lammers, G. J., Zeitzer, J. M.
2017; 40 (2)
- **Anatomy and Physiology of the Circadian System** *SLEEP AND NEUROLOGIC DISEASE*
Najjar, R. P., Zeitzer, J. M., Miglis, M. G.
2017: 29–53
- **Implementation of Actigraphy in Acute Traumatic Brain Injury (TBI) Neurorehabilitation Admissions: A Veterans Administration TBI Model Systems Feasibility Study** *PM&R*
Towns, S. J., Zeitzer, J., Kamper, J., Holcomb, E., Silva, M. A., Schwartz, D. J., Nakase-Richardson, R.
2016; 8 (11): 1046-1054
- **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
- **Daily Actigraphy Profiles Distinguish Depressive and Interepisode States in Bipolar Disorder.** *Clinical psychological science : a journal of the Association for Psychological Science*
Gershon, A., Ram, N., Johnson, S. L., Harvey, A. G., Zeitzer, J. M.
2016; 4 (4): 641-650
- **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
- **Concordance of Actigraphy With Polysomnography in Traumatic Brain Injury Neurorehabilitation Admissions.** *journal of head trauma rehabilitation*
Kamper, J. E., Garofano, J., Schwartz, D. J., Silva, M. A., Zeitzer, J., Modarres, M., Barnett, S. D., Nakase-Richardson, R.
2016; 31 (2): 117-125
- **Ubiquity of Undiagnosed Sleep Disordered Breathing in Community-Dwelling Older Male Veterans.** *American journal of geriatric psychiatry*
Iqbal, N., Kinoshita, L. M., Noda, A., Friedman, L., Yesavage, J. A., Zeitzer, J. M.
2016; 24 (2): 170-173

- **Sleep Disturbance, Diabetes, and Cardiovascular Disease in Postmenopausal Veteran Women** *GERONTOLOGIST*
Rissling, M. B., Gray, K. E., Ulmer, C. S., Martin, J. L., Zaslavsky, O., Gray, S. L., Hale, L., Zeitzer, J. M., Naughton, M., Woods, N. F., LaCroix, A., Calhoun, P. S., Stefanick, et al
2016; 56: S54-S66
- **Standing Balance and Spatiotemporal Aspects of Gait Are Impaired Upon Nocturnal Awakening in Healthy Late Middle-Aged and Older Adults** *JOURNAL OF CLINICAL SLEEP MEDICINE*
McBean, A. L., Najjar, R. P., Schuchard, R. A., Hall, C. D., Wang, C., Ku, B., Zeitzer, J. M.
2016; 12 (11): 1477-1486
- **Daily Actigraphy Profiles Distinguish Depressive and Interepisode States in Bipolar Disorder** *Clinical Psychological Science*
Gershon, A., Ram, N., Johnson, S. L., Harvey, A. G., Zeitzer, J. M.
2016; 4 (4): 641– 650
- **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
- **Nocturia Reported in Nightly Sleep Diaries: Common Occurrence With Significant Implications?** *HEALTH PSYCHOLOGY*
Bliwise, D. L., Friedman, L., Hernandez, B., Zeitzer, J. M., Kushida, C. A., Yesavage, J. A.
2014; 33 (11): 1362-1365
- **Nocturia reported in nightly sleep diaries: common occurrence with significant implications?** *Health psychology*
Bliwise, D. L., Friedman, L., Hernandez, B., Zeitzer, J. M., Kushida, C. A., Yesavage, J. A.
2014; 33 (11): 1362-1365
- **Millisecond Flashes of Light Phase Delay the Human Circadian Clock during Sleep** *JOURNAL OF BIOLOGICAL RHYTHMS*
Zeitzer, J. M., Fiscaro, 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., Fiscaro, R. A., Ruby, N. F., Heller, H. C.
2014; 29 (5): 370-376
- **Bedtime misalignment and progression of breast cancer.** *Chronobiology international*
Hahn, B., Jo, B., Dhabhar, F. S., Palesh, O., Aldridge-Gerry, A., Bajestan, S. N., Neri, E., Nouriani, B., Spiegel, D., Zeitzer, J. M.
2014; 31 (2): 214-221
- **Effects of body mass index-related disorders on cognition: preliminary results.** *Diabetes, metabolic syndrome and obesity : targets and therapy*
Yesavage, J. A., Kinoshita, L. M., Noda, A., Lazzeroni, L. C., Fairchild, J. K., Taylor, J., Kulick, D., Friedman, L., Cheng, J., Zeitzer, J. M., O'Hara, R.
2014; 7: 145-151
- **Randomized controlled trial of pharmacological replacement of melatonin for sleep disruption in individuals with tetraplegia** *JOURNAL OF SPINAL CORD MEDICINE*
Zeitzer, J. M., Ku, B., Ota, D., Kiratli, B. J.
2014; 37 (1): 46-53
- **Correspondence of plasma and salivary cortisol patterns in women with breast cancer.** *Neuroendocrinology*
Zeitzer, J. M., Nouriani, B., Neri, E., Spiegel, D.
2014; 100 (2-3): 153-161
- **Longitudinal assessment of sleep disordered breathing in Vietnam veterans with post-traumatic stress disorder.** *Nature and science of sleep*
Yesavage, J. A., Kinoshita, L. M., Noda, A., Lazzeroni, L. C., Fairchild, J. K., Friedman, L., Sekhon, G., Thompson, S., Cheng, J., Zeitzer, J. M.
2014; 6: 123-127
- **Retino-hypothalamic regulation of light-induced murine sleep.** *Frontiers in systems neuroscience*
Muindi, F., Zeitzer, J. M., Heller, H. C.
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