

# CURRICULUM VITAE

## Gina M. Mason, PhD

E.P. Bradley Hospital Sleep Research Laboratory  
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[Research Gate](#) | [Google Scholar](#)

*(Last updated: November 2024)*

### **Summary**

As a translational developmental scientist, **my research** focuses on human sleep and its role in learning, brain, and behavioral health from infancy through first-time parenthood. As sleep patterns change considerably from infancy through early childhood, one line of my work has examined how sleep's neural features support learning, memory consolidation, and emotion during these key developmental periods, and how parental care and other social factors predict differences in child behavior and sleep. I have also experimentally analyzed neural differences between rested and restricted sleep in early adolescence—another developmental window of substantial change in sleep patterns—and how underlying neurodiversity (e.g., ADHD) impacts young adolescents' neural and cognitive responses to sleep loss. In another line of research, I explore how perinatal sleep prospectively relates to parent mental health, and how parent brain connectivity may mediate relations between sleep, mood and parent-infant dyadic outcomes. **My teaching experience** includes serving as Instructor of Record for both in-person and online (synchronous) first-year and senior-level courses in sleep science, and serving as a Section Instructor and Teaching Assistant for developmental biology and psychology courses.

**Key research methods:** Polysomnography, actigraphy, neurobehavioral testing, functional neuroimaging, video-based behavioral scoring, self-report, naturalistic observation, experimental manipulation.

**Key teaching methods:** Active learning, formative assessment, participatory learning.

### **Education**

**2011-2018**     **Cornell University, Ithaca, New York**

Ph.D., Psychology (Developmental and Cognitive Science)

Jan 2015-Aug 2018

M.A., Psychology

Aug 2011-Jan 2015

Advisor: Dr. Michael H. Goldstein

**2006-2010**     **University of Arizona, Tucson, Arizona**

Bachelor of Science, Magna cum Laude, Honors College

Majors: Molecular-Cellular Biology, Psychology

Minor: Spanish

Advisors: Dr. Lynn Nadel, Dr. Jamie Edgin

### **Postdoctoral Training**

**Warren Alpert Medical School of Brown University**

Aug 2022-Pres

Primary Advisor: Dr. Jared Saletin

**University of Massachusetts, Amherst**

Sept 2018-Aug 2022

Advisor: Dr. Rebecca Spencer

## **Independent Research Funding**

**334-BS-24**

**PI: Mason, GM**

2024-25

American Academy of Sleep Medicine Foundation  
*Sleep Disruption in New Parents: Associations with Socioemotional Brain Function, Mood, and Infant-Focused Dyadic Behavior.*  
\$100,000/1 year of funding

## **Other Grants and Awards**

### ***Major Stipends***

National Science Foundation GRFP Award	2013-18
National Defense Science and Engineering Graduate Fellowship (declined for NSF)	2013
National Science Foundation GRFP Honorable Mention	2012
NIH T32 Training Fellow, Ithaca-Manhattan Graduate Initiative in Neuroscience	2011-13

### ***Small Grants, Travel Awards, and Scholarships***

American Academy of Sleep Medicine Foundation Young Investigators Research Forum Scholarship	2024
International Society for Developmental Psychobiology Symposium Travel Award	2019
Cornell Graduate School Research Travel Grant	2016
Cornell University Psychology Research Grant	2013
International Society for Developmental Psychobiology Conference Travel Award	2012
Cornell Graduate School Conference Travel Award	2012
University of Arizona Wildcat Excellence Award	2006-10

## **Research Positions**

**Aug 2022- Present**     **Postdoctoral Researcher, E.P. Bradley Hospital Sleep Research Laboratory**

*Warren Alpert Medical School, Brown University*

Currently assisting with work probing the effects of experimental sleep restriction on brain connectivity, learning and behavior in neurodiverse peripubertal children (ADHD vs. neurotypical; children with a family history of Alzheimer's disease). Also leading a study investigating the effects of sleep on brain connectivity, mental health, and parent-infant relationships in perinatal populations. Supervisors: Dr. Jared Saletin, Dr. Mary Carskadon.  
Collaborator: Dr. Katherine Sharkey.

**Sept 2018- Aug 2022**     **Postdoctoral Research Associate, Somneuro Lab**

*University of Massachusetts Department of Psychological and Brain Sciences*

Explored how sleep and its neural characteristics support learning and memory consolidation in infants and young children. Also assessed how external social and environmental factors impact child sleep patterns. Supervisor: Dr. Rebecca Spencer.

**Aug 2011- Aug 2018**     **Graduate Researcher, Eleanor J. Gibson Laboratory of Developmental**

**Psychology, Cornell University Department of Psychology**

Used both micro-observational and experimental methods to investigate how adult-infant social interactions in natural play settings influenced the development of attention and social learning in human infants. Supervisors: Dr. Michael Goldstein, Dr. Jennifer Schwade.

**Sep 2016- Feb 2017** Visiting Student, Centre for Brain and Cognitive Development, Birkbeck, University of London/British Autism Study of Infant Siblings (BASIS)

In a cohort of infants at high risk for autism, I assessed, in the context of parent-infant play, whether the visual attention patterns of 6-10-month-olds who develop autism differ from those of high-risk infants who do not develop autism. Also quantified the social responses of infants' caregivers, to determine whether certain response patterns predicted social-cognitive competencies in later childhood. Supervisors: Dr. Emily Jones, Dr. Teodora Gliga.

**May 2010- July 2011** Postbaccalaureate Research Coordinator, Down Syndrome Research Group, University of Arizona Department of Psychology

Supported primary investigators in researching genetic, environmental, and sleep-related correlates of cognitive variability (learning, attention) in Down syndrome. Assisted with an emerging study probing the effects of several candidate genes on cognition in Down syndrome. Supervisors: Dr. Lynn Nadel, Dr. Jamie Edgin.

**Dec 2008- May 2010** Honors Thesis Researcher, Down Syndrome Research Group, University of Arizona Department of Psychology

Completed an honors thesis investigating whether variants of Catechol-o-Methyltransferase (COMT) and Dopamine Receptor D4 (DRD4) contribute to differences in executive function and ADHD in children with Down syndrome. Supervisors: Dr. Lynn Nadel, Dr. Jamie Edgin.

**Spring 2008** Research Assistant, University of Arizona Psycholinguistics Laboratory, University of Arizona Department of Psychology

Assisted in investigating the effects of masked priming on the speed at which participants recognized words in a lexical decision task. Supervisor: Dr. Kenneth Forster.

**Publications (\*Authors Contributed Equally; <sup>Δ</sup>Thesis Student Mentee; <sup>‡</sup>Co-Chair Author)**

1. **Mason GM**, Queiroz-Campos G, Christiansen T, Dionisos VO, Moyles S, Dickstein DP, Carskadon MA, Saletin JM (manuscript drafted). Effects of acute wake extension on recovery sleep electroencephalography in young adolescents ranging in ADHD traits.
2. **Mason GM**, Goldstein MH (under review). Prior social feedback creates residual differences in infant attention. *Philosophical Transactions of the Royal Society B: Biological Sciences*.
3. Saletin JM, Moyles SM, Dionisos VO, Christiansen TG, **Mason GM**, Bunge SA, Castellanos FX, Owens JA, Barker DH, Dickstein DP, Carskadon MA. (under review). Sleep restriction impairs item memory discrimination but not general recognition in young adolescents. *Sleep Advances*.
4. Saletin J, **Mason G**, de Queiroz Campos G, Christiansen T, Dionisos V, Moyles S, Seifer R, Dickstein D, Carskadon M (invited for revision). Preliminary evidence that ADHD symptoms account for brain and behavioral consequences of experimental sleep loss in children. *Sleep*.
5. Lara H\*, Nevarez-Brewster M\*, Manning C, Reid MJ, Parade SH, **Mason GM<sup>‡</sup>**, Rojo-Wissar DM<sup>‡</sup> (in press). The role of sleep disturbances in associations between early life adversity and subsequent brain and language development during childhood. *Frontiers in Sleep*. doi: 10.3389/frsle.2024.1405398
6. **Mason GM**, Cohen ZL, Obeysekare J, Saletin JM, Sharkey KM (2024). Preliminary report: Sleep duration during late pregnancy predicts postpartum emotional responses among parents

- at risk for postpartum depression. *Sleep Advances*, 5(1), zpae068. doi: 10.1093/sleepadvances/zpae068
7. **Mason GM**, Saletin JM (2023). Insufficient sleep's impact on cognitive and emotional health in adolescence: Current advances and research needs. In Drummond (ed.), *Advances in the Psychobiology of Sleep and Circadian Rhythms*. doi: 10.4324/9781003296966-7
  8. <sup>^</sup>Hanron O, **Mason GM**, Holmes JF, & Spencer RMC (2023). Early childhood naps initiate emotional memory processing in preparation for enhanced overnight consolidation. *Child Development*, 00, 1–13. <https://doi.org/10.1111/cdev.13890>
  9. **Mason GM** & Spencer RMC (2022). Sleep and Memory in Infancy and Childhood. *Annual Review of Developmental Psychology*, 4, 89–108. <https://doi.org/10.1146/annurev-devpsych-121020>.
  10. **Mason GM**, Kurdziel LBF, & Spencer RMC (2021). The memory benefits of two naps per day during infancy: A pilot investigation. *Infant Behavior and Development*, 65, 101647. <https://doi.org/10.1016/j.infbeh.2021.101647>.
  11. Lokhandwala S, Holmes JF, **Mason GM**, St. Laurent CW, Delvey C, Hanron O, ... & Spencer RMC (2021). Sleep and coping in early childhood during the COVID-19 pandemic. *Frontiers in Pediatrics*, 9:716608. <https://doi.org/10.3389/fped.2021.716608>
  12. **Mason GM**, Holmes JF, Andre C, & Spencer RMC (2021). Bedsharing in early childhood: frequency, partner characteristics, and relations to sleep. *Journal of Genetic Psychology*, 182(4), 269–288. <https://doi.org/10.1080/00221325.2021.1916732>
  13. **Mason GM**<sup>\*</sup>, Lokhandwala S<sup>\*</sup>, Riggins T, & Spencer RMC (2021). Sleep and human cognitive development. *Sleep Medicine Reviews*, 57, 101472. <https://doi.org/10.1016/j.smr.2021.101472>.
  14. **Mason GM**, Goldstein MH, Schwade JA (2019). The role of multisensory development in early language learning. *Journal of Experimental Child Psychology*, 183, 48-64. <https://doi.org/10.1016/j.jecp.2018.12.011>.
  15. **Mason GM**, Kirkpatrick F, Schwade JA, Goldstein MH (2018). The role of dyadic coordination in organizing visual attention in 5-month-old infants. *Infancy*, 24(2), 162-186. doi: 10.1111/infa.12255.
  16. Edgin JO, Anand P, Rosser T, Pierpont EI, Figueroa C, Hamilton D, Huddleston L, **Mason G**, Spanò G, Toole L, Nguyen-Driver M, Capone G, Abbeduto L, Maslen C, Reeves RH, & Sherman S (2017). The Arizona Cognitive Test Battery for Down Syndrome: Test-retest reliability and practice effects. *American Journal on Intellectual and Developmental Disabilities*, 122:3, 215-234.
  17. **Mason GM**, Spanò G, & Edgin JO (2015). Symptoms of Attention Deficit Hyperactivity Disorder in Down syndrome: effects of the dopamine receptor D4 gene. *American Journal on Intellectual and Developmental Disabilities*, 120(1), 58-71.
  18. Edgin, JO, **Mason GM**, Spano, G., Fernandez, A., & Nadel, L. (2012). Human and mouse model cognitive phenotypes in Down syndrome: Implications for Assessment. *Progress in Brain Research*.
  19. Edgin JO, **Mason GM**, Allman MJ, Capone GT, DeLeon I, Maslen C, Reeves RH, Sherman SL, Nadel L (2010). Development and Validation of the Arizona Cognitive Test Battery for Down syndrome. *Journal of Neurodevelopmental Disorders* 2:149–164.

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\* Authors contributed equally

## Conferences and Presentations

### Refereed symposia

1. Presenter: “Effects of acute wake extension on recovery sleep electroencephalography in early adolescence: Relations to Attention Deficit/Hyperactivity Disorder traits”. In Symposium: *Sleep Health in Pregnancy, Infancy, Childhood, and Early Adolescence: Implications for Brain Structure and Function*. Houston, TX: 38th Annual Meeting of the Associated Professional Sleep Societies (APSS).
2. Co-chair: “A closer look at infant eye gaze: exploring ecological influences on attention dynamics in typical and atypical development”. Austin, TX: 2017 Biennial meeting of the Society for Research in Child Development.
3. Co-chair: “The Role of Social and Sensorimotor Coordination in Communicative Development of Typical and At-Risk Infants”. Philadelphia, PA: 2015 Biennial Meeting of the Society for Research in Child Development.

### Refereed paper presentations

1. **Mason GM**, Kurdziel LBF, Spencer RMC (April 2021). The structure and memory benefits of infant and toddler napping during the triphasic to biphasic transition. Flash talk presented virtually at the 2021 Biennial meeting of the Society for Research in Child Development.
2. **Mason GM**, Schwade JA, Goldstein MH (October 2019). Dyadic social interactions determine infant social attention and vigilance. Chicago, Illinois: Paper presented at the 52<sup>nd</sup> Annual Meeting of the International Society for Developmental Psychobiology.
3. **Mason GM**, Goldstein MH (2017). Using infant eye gaze to explore the neurobiology of social influences on early attention development. Austin, TX: Paper presented at the 2017 Biennial meeting of the Society for Research in Child Development.
4. **Mason GM**, Goldstein MH, Schwade JA (2016). Exploring the microstructure of early dyadic coordination and infant visual attention. New Orleans, LA: paper presented at the 20<sup>th</sup> International Congress on Infant Studies.
5. **Mason GM**, Goldstein MH (2015). Exploring the influence of social coordination on attention organization in infancy (flash talk and poster). Providence, RI: Fifth Joint IEEE International Conference on Development and Learning and on Epigenetic Robotics.

### Refereed poster presentations and published abstracts

1. Narcisse MR, Sharkey KM, **Mason GM**, Barker DH (June 2024). Associations between Parental Anxiety, Psychological Distress, and Infant Sleep Difficulties. Houston, TX: 38<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies (APSS).
2. Dionisos VO, Moyles S, **Mason GM**, Christiansen TG, Barker DH, Dickstein DP, Carskadon MA, & Saletin JM (June 2024). fMRI Neural Activation During Working Memory After 5-Nights of Sleep Restriction in Adolescents with ADHD Traits. Houston, TX: 38<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies (APSS).
3. Moyles S, Dionisos VO, **Mason GM**, Christiansen TG, Barker DH, Dickstein DP, Carskadon MA, & Saletin JM (June 2024). 5-Nights of sleep restriction and impulsivity-related fMRI brain activity in adolescents with ADHD traits. Houston, TX: 38<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies (APSS).
4. **Mason GM**, Christiansen TG, Dionisos VO, Barker DH, Dickstein DP, Carskadon MA, & Saletin JM. (June 2023). Impact of 5-night sleep restriction on actigraphy-estimated sleep in

- young adolescents: preliminary associations with ADHD traits. Indianapolis, IN: 37th Annual Meeting of the Associated Professional Sleep Societies (APSS).
5. Christiansen TG, Dionisos VO, **Mason GM**, Barker DH, Dickstein DP, Carskadon MA, Saletin JM (June 2023). ADHD traits and psychomotor vigilance after 5 nights of experimental sleep restriction in early adolescents: preliminary results. Indianapolis, IN: 37th Annual Meeting of the Associated Professional Sleep Societies (APSS).
  6. Dionisos VO, Christiansen TG, **Mason GM**, Dickstein DP, Carskadon MA, Saletin JM (June 2023). Effect of Wake Extension and Short Recovery Sleep on Objective Vigilance and Subjective Sleepiness in Young Adolescents. Indianapolis, IN: 37th Annual Meeting of the Associated Professional Sleep Societies (APSS).
  7. **Mason GM**, Dionisos VO, Christiansen TG, Dickstein DP, Carskadon MA, Saletin JM (June 2023). Changes in sleep architecture and topography of sleep EEG slow wave activity following acute wake extension in early adolescence. Indianapolis, IN: 37th Annual Meeting of the Associated Professional Sleep Societies (APSS).
  8. **Mason GM**, Arno G, Spencer RMC (November 2022). Multiple naps support affective regulation in triphasic infants. Virtual poster presented at the 55<sup>th</sup> Annual Meeting of the International Society for Developmental Psychobiology.
  9. Christiansen T, **Mason G**, Barker D, Dickstein D, Carskadon M, Saletin J (November 2022). Impact of ADHD status on vigilant attention following 5 nights of sleep restriction in children: Preliminary results. Virtual poster presented at the 55<sup>th</sup> Annual Meeting of the International Society for Developmental Psychobiology.
  10. Lokhandwala S, Holmes J, **Mason G**, St. Laurent C, Hanron O, Andre C,... Spencer R (April 2021). Sleeping and Coping Patterns in Early Childhood in the Context of COVID-19. Poster presented virtually at the 2021 Biennial meeting of the Society for Research in Child Development.
  11. St. Laurent CW, **Mason G**, Holmes J, Spencer RMC (2021, February). Relations between nap habituality and sedentary time, physical activity, and 24-hour behaviors in early childhood. Poster presentation at the International Pediatric Sleep Association Online Meeting, Virtual.
  12. **Mason GM**, Kurdziel LBF, Spencer RMC (July 2020). Does polyphasic sleep benefit memory in infancy? A preliminary longitudinal investigation. Poster presented virtually at the 22<sup>nd</sup> International Congress of Infant Studies.
  13. Hanron O, **Mason GM**, Holmes JF, & Spencer RM (2020). 0087 Childhood Naps Promote Short-Term Destabilization but Long-Term Consolidation of Emotional Memories. *Sleep*, 43(Supplement\_1), A35–A35. <https://doi.org/10.1093/sleep/zsaa056.085>
  14. Holmes, JF, Deighan, MK, Miranda, NW, **Mason, GM**, & Spencer, RM (2020). 0100 Effect of Naps on Preschoolers' Consolidation of an Emotional Storybook. *Sleep*, 43(Supplement\_1), A40–A40. <https://doi.org/10.1093/sleep/zsaa056.098>
  15. **Mason GM**, Kurdziel LBF, Spencer RMC (November 2019). Relative effects of morning and afternoon naps on declarative memory in 9-month-old infants. Naples, Florida: Poster presented at the 10<sup>th</sup> Biennial Conference on Pediatric Sleep Medicine.
  16. **Mason GM**, Kurdziel LBF, Spencer RMC (October 2019). Comparing the physiology and memory benefits of morning and afternoon naps for 9-month-olds under typical and nap-restricted conditions. Chicago, Illinois: Poster presented at the 52<sup>nd</sup> Annual Meeting of the International Society for Developmental Psychobiology.

17. **Mason GM**, Spencer RMC (June 2019). Co-sleeping And Sleep Quality In Preschool Children: Do Consistency And Partner Matter? San Antonio, Texas: Poster presented at the 33<sup>rd</sup> Annual Meeting of the Associated Professional Sleep Societies (SLEEP).
18. **Mason GM**, Jones EJH, Gliga T, and the BASIS Team (2018). Microstructural analysis of parent-infant coordination and social attention among infants at risk for autism. Philadelphia, PA: Poster presented at the 21<sup>st</sup> International Congress on Infant Studies.
19. **Mason GM**, Goldstein MH, Schwade JA (2013). Relations between infant visual attention and caregiver sensitivity in a naturalistic social setting. La Jolla, CA: 1<sup>st</sup> Annual Learning to Attend, Attending to Learn (Neurological, Behavioral, and Computational Perspectives) workshop.
20. **Mason GM**, Spanó G, Anand P, Sampsel M, Edgin JO (2012). 21 and beyond: genetic contributions to executive function and attention in children with Down syndrome. New Orleans, LA: 45th Annual Meeting of the International Society for Developmental Psychobiology.
21. Rodriguez, A, Breslin, JH, **Mason, GM**, Bootzin, RR, Nadel, L, & Edgin, JO (2011). The Catechol-O-methyltransferase (COMT) gene relates to respiratory arousals in children with Down syndrome. Minneapolis, MN: 25th Anniversary Meeting of the Associated Professional Sleep Societies.
22. **Mason, GM**, Edgin, JO, & Nadel, L. (2010). Genetic contributions to executive function and ADHD symptom variation among individuals with Down syndrome. San Diego, CA: Society for Neuroscience Annual Meeting.
23. Spanò, G, Nadel, L, **Mason, G**, & Edgin, J. (2010). Executive function in Down syndrome: cognitive and genetic correlates. San Diego, CA: Society for Neuroscience Annual Meeting.
24. Breslin, J.H., **Mason, G.M.**, Edgin, J.O., Bootzin, R.R., Goodwin, J.L., & Nadel, L. (2010). Sleep characteristics in older children with Down syndrome. *Sleep*, 33, A341.
25. **Mason, GM** (2010). The role of Catechol-o-Methyltransferase and Dopamine Receptor D4 in ADHD symptom variation among individuals with Down syndrome. San Diego, CA: annual meeting of the American Association for the Advancement of Science (AAAS).
26. Tandyasraya, P.M.A. & **Mason, G.M.** (2010). Parental stress and child characteristics of children with Down syndrome. San Diego, CA: annual meeting of the American Association for the Advancement of Science (AAAS).
27. Spanò, G., Nadel, L., **Mason, G.**, & Edgin, JO (2010). Set-shifting in Down syndrome: cognitive and genetic correlates. San Diego, CA: annual meeting of the American Association for the Advancement of Science (AAAS).

## **Teaching Positions and Mentorship**

### Teaching Positions

Instructor of Record, Science of Sleep (PSYCH 391AF)	SP2022
Instructor of Record, First-Year Seminar (NATSCI 191CNS33-01) ( <i>Course Title: Do I really need to go to bed? How sleep helps us, babies, and other animals survive the waking world</i> )	FA2020
Section Content co-Organizer, Cell and Developmental Biology (BIOMG 1350)	SP2018
Section Instructor, Cell and Developmental Biology (BIOMG 1350)	FA2017
Teaching Assistant, Introduction to Cognitive Science (COGST 1101)	SU2017

Teaching Assistant, Developmental Psychology (PSYCH 2090) SP2015  
Teaching Assistant, Perception (PSYCH 2050) FA2014

### Guest Lectures

Providence College, BIO 360 (Neurobiology) SP2023

*Lecture Title: "Sleep and Sleep Research"*

Brown University, CLPS1196 (Sleep, Circadian Rhythms, & Behavioral Health) FA2022

*Lecture Title: "Sleep, Learning and Memory"*

Cornell University, COGST 1101 (Introduction to Cognitive Science) SU2017

*Lecture Title: "Meta-representation, pretend play, and (mindreading...?)"*

### Postbaccalaureates Co-Mentored

Grace Kupka, 2024-present

Aashritha Sadu, 2024-present

Claire Mayew Sherman, 2024-present

Sinéad Moyles, 2023-present

Victoria Dionisos, 2022-2024 (current position: graduate student in the LNCD lab, University of Pittsburgh)

Taylor Christiansen, 2022-2023 (current position: graduate student in the Blumberg lab, University of Iowa)

### Thesis Students Co-Mentored

Mehak Malhotra, Brown University '24

Emily Kaye, UMass Amherst '23

- Current position: Program coordinator of professional education at Harvard Graduate School of Education

Michael Redington, UMass Amherst '22

- Current position: Fulbright fellowship, Taiwan

Gaia Arno, UMass Amherst '22

- Current position: Medical student, Duke University School of Medicine

Mary Deighan, UMass Amherst '20

- Current position: Doctoral student, Tufts University

Sabrina McDuffie, UMass Amherst '20

- Current position: ESL Teacher, RISE Education South Korea

Olivia Hanron, UMass Amherst '19

- Current position: Medical Internship, Boston Children's Hospital

### Special Programs/Community Interns Mentored

*Smith College Praxis Program ([link](#)):*

Dahlia Rodriguez

*Tompkins County Learning Web ([link](#)):*

Sohrab Memarzadeh

Jordan Lu

Molly Swarthout



Hae Rin Lee  
Julia Bleier

### Undergraduate Students

Across graduate school and in my early postdoctoral research, I supervised 5-12 undergraduate students per semester (rotating every 1-3 years; >30 total) who assisted me with running live study sessions and data processing (e.g., behavioral video scoring, actigraphy scoring, data entry). I value and am accustomed to working with students spanning diverse races, ethnicities, countries of origin, gender identities and expressions, sexual orientations, religions, and socioeconomic backgrounds.

### **Outreach, Science Communication, and Service**

#### *Diversity, Equity, Inclusion and Belonging*

Committee Member, Warren Alpert Medical School Child Track Social Justice Subcommittee	2022-Pres
Presenter and Non-Evaluative Mentor, DPHB Research Assistant Mentorship Program	2023-Pres
Invited Panelist, UMass OPD “Do I Belong Here?” student support event	2021
Invited Panelist, UMass OPD “Coffee Toast to Postdocs” postdoc support event	2020
Committee Member, UMass PBS Diversity Action Group #1 ( <a href="#">info</a> )	2020-21
Chair of Outreach, Expanding Your Horizons ( <a href="#">info</a> )	2013-17

#### *Science Communication*

Flash Talk Presentation, RIWHI Perinatal Mental Health Symposium	SP2024
Poster Presenter, Brown Mind Brain Research Day	SP’23,’24
Sleep Science Tabling, Brown Brain Fair & Pawtucket Brain Fair	SP’23,’24
Presenter, Social Contingency Consortium	FA2023
Invited Speaker, Brain Week Rhode Island	SP2023
Sleep for Science Tour Guide for <a href="#">Met High School</a>	FA2022
Invited Speaker, UMass Amherst Developmental Science Seminar	FA2021
<u>Talk Title:</u> “Are two naps better than one? A longitudinal investigation of nap patterns and memory across infancy”	
Sleep Science Tabling, UMass “De-Stress Fest”	FA2021
Invited Speaker, UMass Neuroscience Club	2019
Sleep Science Outreach, UMass Sleep Fair	FA2018
Podcast contributor and co-editor, WRFI Locally Sourced Science ( <a href="#">link</a> )	2017-18
Participant, Cornell Science Communication Workshop ( <a href="#">info</a> )	2017
Museum exhibit co-developer, Psychology at the Sciencenter ( <a href="#">info</a> )	2017

#### *Additional Service and Volunteerism*

Session Moderator, Brown DPHB RA Research Day	FA2022
Session Chair, MassURC Undergraduate Research Conference	SP2022
Natural Disaster Relief Volunteer, All Hands and Hearts Yabucoa Program	WINT2019
Committee member/reviewer, TA Ryan undergraduate thesis award	2015
Intern, Child and Family Resources, Tucson AZ	2009-10
Victim Advocate, Pima County Attorney’s Office Victim Services Division	2007-11

### **Ad-hoc Journal Reviewer**

Neuroscience and Biobehavioral Reviews, Neurobiology of Learning and Memory, Journal of Child Psychology and Psychiatry, Child Development, Sleep Medicine, Infant Behavior and Development(x2), Journal of Applied Developmental Psychology, Journal of Genetic Psychology, Journal of Experimental Child Psychology, BMC Pregnancy and Childbirth (w/mentor)

### **Ad-hoc Grant Reviewer**

Mind Science Foundation

### **Media Coverage/Appearances**

Spanò, G. & Mason, G. (2024, October 29<sup>th</sup>). Humans evolved to share beds – how your sleeping companions may affect you now. *The Conversation*.

<https://theconversation.com/humans-evolved-to-share-beds-how-your-sleeping-companions-may-affect-you-now-241803>

Weissbluth, M. (2023, February 13). Blog 118: Parents and Naps; Is Skipping a Nap Harmful? *Marc's Baby and Children Sleep Blog*. <https://marcweissbluth.com/blog-post-118-is-skipping-naps-harmful/>

Venneti, S. (2021, April 5). Baby Sleep Research: Latest Findings with Gina Mason PhD & Sanna Lokhandwala M.S. *Shift With Shubra*. Available on [PodBean](#) or [YouTube](#).

Bayrak, S. (2020, March 5). UMass neuroscientist Rebecca Spencer enters the spotlight with a Netflix and NOVA feature for her groundbreaking research on sleep. *Massachusetts Daily Collegian*. <https://dailycollegian.com/2020/03/umass-neuroscientist-rebecca-spencer-enters-the-spotlight-with-a-netflix-and-nova-feature-for-her-groundbreaking-research-on-sleep/>

Netflix *Babies* (2020). Episode 5, “Sleep” (credited as assistant). Available on Netflix or via <https://youtu.be/KJCL9LR6rJI?t=2140>