

# CURRICULUM VITAE

## Gina M. Mason, PhD

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

*(Last updated: August 2025)*

### **Summary**

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As a developmental cognitive neuroscientist, **my research** focuses on human sleep and its role in learning, brain, and behavioral health from infancy through new 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**

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

Ph.D., Psychology

Jan 2015-Aug 2018

M.A., Psychology

Aug 2011-Jan 2015

Advisor: Dr. Michael H. Goldstein

(Research Concentrations: Development, Cognition, Neuroscience)

**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**

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**Warren Alpert Medical School of Brown University**

Aug 2022-Pres

Primary Advisor: Dr. Jared Saletin

University of Massachusetts, Amherst  
Advisor: Dr. Rebecca Spencer

Sept 2018-Aug 2022

### **Independent Research Funding**

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**334-BS-24** **PI: Mason, GM** 2024-26  
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 (+ 1 year no-cost extension)

### **Other Grants and Awards**

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#### **MAJOR STIPENDS**

National Science Foundation GRFP Award (DGE-1144153) 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 (T32HD055177) 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 Undergraduate Biology Research Program Fellowship 2009-10  
University of Arizona Wildcat Excellence Award 2006-10

### **Research Positions**

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**Aug 2022- Present** **Postdoctoral Researcher, E.P. Bradley Hospital Sleep Research Laboratory**  
*Warren Alpert Medical School, Brown University*

Currently examining 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.

**Sep 2016-** **Visiting Student, Centre for Brain and Cognitive Development, Birkbeck,**

**Feb 2017** *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.

**Aug 2011- Aug 2018** **Graduate Researcher, Eleanor J. Gibson Laboratory of Developmental Psychology, Cornell University Department of Psychology**

Used 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.

**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>A</sup>Thesis Student Mentee; <sup>†</sup>Co-Chair Author)**

#### **PUBLISHED OR IN PRESS**

1. **Mason GM**, Goldstein MH (in press). Prior social feedback creates residual differences in infant attention. *Philosophical Transactions of the Royal Society B: Biological Sciences*.
2. Saletin JM, Moyles SM, Dionisos VO, Christiansen TG, **Mason GM**, Bunge SA, Castellanos FX, Owens JA, Barker DH, Dickstein DP, Carskadon MA (in press). Sleep restriction impairs item memory discrimination but not general recognition in young adolescents. *Sleep Advances*. <https://doi.org/10.1093/sleepadvances/zpaf038>
3. Saletin JM, **Mason GM**, de Queiroz Campos G, Christiansen TG, Dionisos VO, Moyles SM, Seifer R, Dickstein DP, & Carskadon MA (2025). Preliminary evidence of brain and behavioral consequences of sleep loss in children and their association with attention-deficit/hyperactivity-disorder traits. *Sleep*, 48, 1–4. <https://doi.org/10.1093/sleep/zsaf097>
4. Lara H\*, Nevarez-Brewster M\*, Manning C, Reid MJ, Parade SH, **Mason GM<sup>†</sup>**, Rojo-Wissar DM<sup>†</sup> (2024). 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

5. **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
6. **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
7. <sup>A</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*, 94(3), 721–733. <https://doi.org/10.1111/cdev.13890>
8. **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>.
9. **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>.
10. 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>
11. **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>
12. **Mason GM\***, Lokhandwala S\*, Riggins T, & Spencer RMC (2021). Sleep and human cognitive development. *Sleep Medicine Reviews*, 57, 101472. <https://doi.org/10.1016/j.smr.2021.101472>.
13. **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>.
14. **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.
15. 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.
16. **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.
17. 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*.

18. 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.

#### **DRAFTED/ANALYSES COMPLETE:**

1. **Mason GM**, Queiroz-Campos G, Christiansen T, Dionisos VO, Moyles S, Dickstein DP, Carskadon MA, Saletin JM (manuscript drafted & being approved by co-authors). Wake extension impacts sleep EEG power and slow wave topography in adolescents ranging in attention-deficit/hyperactivity disorder traits.
2. Smith JN, **Mason GM**, Kupka G, Mayew Sherman C, Moyles SM, Dionisos VO, Christiansen TG, Barker DH, Dickstein DP, Carskadon MA, Saletin JM (analyses complete and manuscript partially drafted). The influence of sleep restriction on vigilance among youth with inter-individual differences in ADHD, anxiety, and psychological stress.
3. **Mason GM**, Queiroz-Campos G, Christiansen T, Dionisos VO, Moyles S, Dickstein DP, Carskadon MA, Saletin JM (analyses complete and manuscript partially drafted). How prior wake extension affects sleep spindles and their coupling to slow waves in neurodiverse youth.

#### **Conferences and Presentations**

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#### **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. Sadu A, Moyles SM, **Mason GM**, Mayew Sherman C, Dionisos VO, Christiansen TG, Barker DH, Dickstein DP, Carskadon MA, Saletin JM (June 2025). Success of At-Home Dim Light Melatonin Onset Assessment in Early Adolescents with ADHD Symptoms. *Sleep*, 48(Supplement\_1), A12. <https://doi.org/10.1093/sleep/zsaf090.0027>
2. Mayew Sherman C, **Mason GM**, Dionisos VO, Christiansen TG, Barker DH, Dickstein DP, Carskadon MA, Saletin JM (June 2025). Sleep Restriction, Academic-Oriented Performance, and ADHD Severity in Adolescents. *Sleep*, 48(Supplement\_1), A116. <https://doi.org/10.1093/sleep/zsaf090.0266>
3. Moyles, SM, Mayew Sherman C, **Mason GM**, Dionisos VO, Christiansen TG, Barker DH, Dickstein DP, Carskadon MA, Saletin JM (June 2025). Are ADHD Symptoms Associated with Circadian Phase Preference or Melatonin Onset Phase in Youth on a Fixed Sleep Schedule? Seattle, WA: 39<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
4. Smith JN, **Mason GM**, Kupka G, Mayew Sherman C, Moyles SM, Dionisos VO, Christiansen TG, Barker DH, Dickstein DP, Carskadon MA, Saletin JM (June 2025). Vigilance and Reaction Time Variability After Sleep Restriction in Adolescents: The Influence of ADHD and Mental Health Symptoms. Seattle, WA: 39<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
5. 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).
6. 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).
7. 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).
8. **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: 37<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies (APSS).
9. 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: 37<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies (APSS).
10. 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).

11. **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).
12. **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.
13. 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.
14. 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.
15. 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.
16. **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.
17. 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>
18. 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>
19. **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.
20. **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.
21. **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).
22. **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.
23. **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.

24. **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.
25. 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.
26. **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.
27. 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.
28. 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.
29. **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).
30. 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).
31. 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).

## INVITED NON-REFEREED TALKS

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| University of California Irvine Sleep & Circadian Science Journal Club  | SU2025 |
| ▪ Title: “Human sleep from infancy to parenthood: Developmental changes, disruption, and implications for cognitive-behavioral health”                                |        |
| E.P. Bradley COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health 2025 Retreat Colloquium   | SU2025 |
| ▪ Title: “From Sleepy Sibling to Sleep(y) Postdoc: One Scholar’s Journey toward a Career in Developmental Sleep Science”  |        |
| E.P. Bradley Hospital Lunch & Learn, Providence RI (virtual)  | SU2025 |
| ▪ Title: “The not-quite-all-nighter: How a late night awake affects sleep physiology in young adolescents varying in attention-deficit hyperactivity disorder traits” |        |
| Kingston University, London UK (virtual)  | SP2025 |
| ▪ Title: “Human sleep from infancy to parenthood: Developmental changes, disruption, and implications for cognitive-behavioural health”                               |        |
| Rhode Island Women’s Health Initiative Perinatal Mental Health Symposium  | SP2024 |

- Title: “Longitudinal effects of perinatal sleep disruption on new parents’ mental health and caregiving behavior: The search for intermediate mechanisms”
- Social Contingency Consortium (virtual) FA2023
- Title: “Investigating dyadic social coordination and infant attention in typical and atypical development”
- UMass Amherst Developmental Science Seminar FA2021
- Title: “Are two naps better than one? A longitudinal investigation of nap patterns and memory across infancy”
- UMass Neuroscience Club FA2019
- Title: “Sleep in infant development: Ecological influences and effects on memory”

### **Teaching Positions and Mentorship**

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#### **INSTRUCTOR OF RECORD**

- PSYCH 391AF: Science of Sleep (3 credits; Enrollment: 25 students) SP2022
- NATSCI 191CNS33-01: First-Year Seminar (1 credit; Enrollment: 20 students) FA2020
- Course Title: “Do I really need to go to bed? How sleep helps us, babies, and other animals survive the waking world”

#### **SECTION INSTRUCTOR**

- BIOMG 1350: Cell & Developmental Biology (Section Instructor + Co-Lead Content Organizer) SP2018
- BIOMG 1350: Cell & Developmental Biology (Section Instructor) FA2017

#### **TEACHING ASSISTANT**

- COGST 1101: Introduction to Cognitive Science SU2017
- PSYCH 2090: Developmental Psychology SP2015
- PSYCH 2050: Perception FA2014

#### **GUEST TEACHING 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, 2023-2025 (current position: graduate student in Neuroscience at the University of Pennsylvania)

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)

## **UNDERGRADUATE 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**

***High School AP Research*** (Role: External expert advisor)

Desmond Jacobs, Deep Run High School (2024-2025)

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

Dahlia Rodriguez (Summer 2019)

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

Jordan Lu (2015-2016)

Sohrab Memarzadeh (Summer 2015)

Molly Swarthout (Summer 2015)

Hae Rin Lee (Summer 2013)

Julia Bleier (Summer 2012)

***NSF Research Experience for Undergraduates:***

Ana María García Osorio (Summer 2015)

## **UNDERGRADUATE RESEARCH ASSISTANTS**

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
<ul style="list-style-type: none"> <li>▪ Leader of CE-accredited “Bias in Trainee Hiring” Education Initiative, Sp2024-Pres</li> </ul>	
Presenter and 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

### **PUBLIC SCIENCE COMMUNICATION**

Poster Presenter, Brown Mind Brain Research Day	SP2023-24
Sleep Science Representative, Brown Brain Fair & Pawtucket Brain Fair	SP2023-25
“Sleep and the Brain” Flash Talk, Brain Week Rhode Island	SP2023
Sleep for Science Tour Guide for <a href="#">Met High School</a>	FA2022
Sleep Science Tabling, UMass “De-Stress Fest”	FA2021
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**

Lead Seminar Coordinator, E.P. Bradley Hospital Thomas F. Anders Seminar Series ( <a href="#">info</a> and <a href="#">past seminars</a> )	2023-Pres
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(x2)  
 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)  
Journal of Research on Adolescence  
SLEEP Advances  
Journal of Affective Disorders

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

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Mind Science Foundation

### **Media Coverage/Appearances**

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- 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>