

**UNIVERSITY OF PENNSYLVANIA – SCHOOL OF NURSING**  
Curriculum Vitae

DATE: MAY, 2018

AMY M. SAWYER, PH.D., R.N.

**BUSINESS ADDRESS:**

University of Pennsylvania  
School of Nursing  
Claire Fagin Hall, Rm 349  
418 Curie Blvd.  
Philadelphia, PA 19104  
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**EDUCATION**

- 2003 – 2007 Ph.D., University of Pennsylvania, Philadelphia, Pennsylvania (Major: Nursing Science)
- 1992 – 1995 M.Sc.N., The Johns Hopkins University, Baltimore, Maryland (Major: Adult Acute Care)
- 1990 – 1992 B.S.N., Millersville University, Millersville, Pennsylvania (Major: Nursing)
- 1987 – 1990 Diploma, Lancaster General Hospital School of Nursing, Lancaster, Pennsylvania (Major: Nursing)

**POSTGRADUATE TRAINING & FELLOWSHIP APPOINTMENTS**

- 2009 – 2011 Postdoctoral Fellow, University of Pennsylvania, Philadelphia, Pennsylvania; K99NR011173; National Institutes of Health, National Institute of Nursing Research (NIH/NINR)
- 2007 – 2009 Postdoctoral Fellow, University of Pennsylvania, Philadelphia, Pennsylvania; T32HL07593; National Institutes of Health, National Heart Lung Blood Institute (NHLBI)

**PROFESSIONAL EXPERIENCE**

- 2007 – 2011 Health Scientist, Sleep Medicine and Nursing (WOC, 2009-11)  
Philadelphia Veterans Affairs Medical Center, Philadelphia, Pennsylvania

### **ACADEMIC POSITIONS**

- 2018 - Associate Professor of Sleep & Health Behavior, School of Nursing, University of Pennsylvania, Philadelphia, Pennsylvania
- 2018 - Clinician Scientist Educator, Evidence Based Practice and Nursing Science, Corporal Michael J. Crescenz VA Medical Center, Philadelphia, Pennsylvania
- 2011 – 2017 Assistant Professor, College of Nursing, The Pennsylvania State University, University Park, Pennsylvania
- 2016 – 2017 Adjunct Assistant Professor, School of Nursing, University of Pennsylvania, Philadelphia, Pennsylvania

### **CLINICAL & ADMINISTRATIVE POSITIONS**

- 2001 – 2010 Staff Nurse/Clinical Nurse Specialist, Sleep Medicine and Nursing Philadelphia Veterans Affairs Medical Center, Philadelphia, Pennsylvania
- 1996 – 2001 Clinical Nurse Specialist, Pulmonary/Critical Care Medicine Penn State's Hershey Medical Center, Hershey, Pennsylvania
- 1995 – 1996 Nurse Manager, Critical Care/Emergency Dept/Pre-Hospital Services Memorial Hospital, York, Pennsylvania
- 1990 – 1995 Staff and Charge Nurse, Medical/Surgical Critical Care Unit Lancaster General Hospital, Lancaster, Pennsylvania

### **CERTIFICATION/LICENSURE**

#### **Specialty Certification**

- 1997 – 2002 Clinical Nurse Specialist, Adult Medical/Surgical, ANCC

#### **Licensure**

- 1990 – present Registered Nurse, Pennsylvania
- 1992 – 1995 Registered Nurse, Maryland

### **HONORS/AWARDS/MEMBERSHIPS IN HONORARY SOCIETIES**

- 2016 Sleep Research Society Trainee Education Advisory Committee (TEAC) Mentorship Program Mentor
- 2015- present National Institutes of Health Early Career Reviewer

- 2013 Fran & Holly Soistman Faculty Research Endowment Award, The Pennsylvania State University, College of Health & Human Development
- 2011 – 2013 American Nurses Foundation Scholar, American Nurses Foundation/Sigma Theta Tau International
- 2007 Kathleen Jennings Dozier Award, University of Pennsylvania School of Nursing
- 2007 Nightingale Awards of Pennsylvania Advance Practice Scholarship
- 2006 Excellence in Nursing Research Recognition, Philadelphia Veterans Affairs Medical Center
- 2006 Outstanding Clinical Research Award, University of Pennsylvania Center for Sleep & Respiratory Neurobiology
- 2004, 2005, 2007 Eight & Forty Lung and Respiratory Disease Nursing Scholarship Award, American Legion
- 2002 Excellence in Nursing Award, Staff Nurse, Pennsylvania State Nurses' Association
- 2002 Secretary's Award for Excellence in Nursing, Nominee, Department of Veterans Affairs
- 1993 Nu Beta, Sigma Theta Tau International Inductee, Johns Hopkins University School of Nursing
- 1990 Continuing Education Award, Lancaster General Hospital School of Nursing

## **RESEARCH**

### **Doctoral Dissertation**

Sawyer, A.M. (2007). Adult Perceptions of the Diagnosis and Treatment of Obstructive Sleep Apnea: Sociocultural and Ethnic Influences on Adherence Outcomes. Available from ProQuest Dissertations & Theses A&I. (304836346). [Doctoral Dissertation, Ph.D.; UMI 3271811].  
 Doctoral Dissertation Supervisor: Terri E. Weaver, Ph.D., R.N., F.A.A.N.

### **Current Funded Research Grants**

- 2017-2020 Remote Ambulatory Management of Veterans with Obstructive Sleep Apnea (FG, CT); **Co-investigator**; Veterans Affairs Health Services Research & Development (HSR&D) (IIR 12-409 with PI S Kuna and co-I's C Stepnowsky, K Sarmiento, B Fields, H Glick, I Gurubhagavatula, P Richardson).
- 2016-2018 Mindfulness-based Stress Reduction for Claustrophobia in Positive Airway Pressure Treated Adults (PG; CT); **Principal Investigator**; American Lung Association (SB-417793 with co-I's TS King, AM Kolanowski, M Baime, M Gawrysiak, S Schutte-Rodin).

### **Past Funded Research Grants**

- 2016-2017 Inflammation, Excessive Daytime Sleepiness, and Fatigue in Patients with Obstructive Sleep Apnea (PG); **Co-investigator/Mentor**; American Nurses Foundation (H Yang, Principal Investigator with co-I's C Engeland, TS King).
- 2015-2016 Enhancing Patient-Clinician Communication through Self-Monitoring Data Sharing (PG); **Co-investigator**; College of Information Sciences Technology Seed Grant, The Pennsylvania State University (EK Choe, Principal Investigator with co-I M Reddy).
- 2012-2015 Cognitive Function, Neural Correlates, and Adherence to Treatment in Adults with Obstructive Sleep (PG); **Principal Investigator**; Social Science Research Institute, The Pennsylvania State University (with co-I's TS King, NA Dennis).
- 2013-2014 Sleep Health Hub Prototype: Low Burden Solutions for Sleep Care Delivery (PG); **Principal Investigator**; College of Health & Human Development, The Pennsylvania State University (with co-I VV Prabhu).
- 2011-2014 Mild Cognitive Impairment and Obstructive Sleep Apnea (FG; CT); **Co-investigator**; NIH/NIA R01AG34682-01A2 (KC Richards, Principal Investigator with co-I's J Detre, N Gooneratne, S Moelter, TE Weaver, P Yushkevich).
- 2011-2014 Risk Assessment and Tailored Intervention to Improve CPAP Adherence (FG; CT); **Principal Investigator**; NIH/NINR R00NR011173 (with co-I's TS King, AM Kolanowski).
- 2011-2013 Tailored Intervention to Promote CPAP Adherence (PG; CT); **Principal Investigator**; American Nurses Foundation/Sigma Theta Tau International.
- 2009-2011 Risk Assessment and Tailored Intervention to Improve CPAP Adherence (FG); **Principal Investigator**; NIH/NINR K99NR011173 (with co-I's/mentors KC Richards, TE Weaver).
- 2009-2010 Modifiable Factors that Contribute to Differences in Adherence To CPAP Therapy for Diverse OSA Populations – A Sub-study To HSR&D IIR 04-02102, Cost Effective Strategy to Evaluate Veterans with Sleep Apnea (FG); **Co-investigator**; VA HSR&D IIR 04-02102 supplement (ST Kuna, Principal Investigator).
- 2004-2007 African American Perceptions of Obstructive Sleep Apnea (FG); **Principal Investigator**; NIH/NINR F31NR009315 (with Sponsors, JA Deatrck, TE Weaver).
- 2002-2006 Predictors of Adherence to Continuous Positive Airway Pressure Therapy in Obstructive Sleep Apnea (FG); **Principal Investigator**; Veterans Health System VISN 4 Competitive Pilot Project Fund (with co-I/mentor, ST Kuna).

#### **Past/Present Funded Program Grants (Educational or Practice)**

- 1998-1999 Tobacco Cessation Program Development (IG); **Principal Investigator**; Glaxo Wellcome, Inc.; \$10,000.

1996-1997 Provider and Client Outcomes of a Competency-based Program to Improve Care of Tracheostomized Patients (IG); **Principal Investigator**; Mallinkrodt Medical, Inc.; \$10,000.

## **PUBLICATIONS**

### **Journal Articles: Research, Peer Reviewed** [Print or other media; \* indicates data-based]

1. \*Wallace DM, **Sawyer AM**, Shafazand S (2018). Comorbid insomnia symptoms predict lower 6-month adherence to CPAP in veterans with obstructive sleep apnea. *Sleep & Breathing*, 22(1): 5-15. <https://doi.org/10.1007/s11325-017-1605-3>. (Impact factor 2016: 2.288)
2. \*Yang H, Watach A, King TS, **Sawyer AM** (2018). Clinical trial enrollment enrichment in resource-constrained research environments: Multivariable Apnea Prediction Index (MAP) in SCIP-PA Trial. *Journal of Clinical Sleep Medicine* 14(2): 173-81. <http://dx.doi.org/10.5664/jcsm.6926> PMID – in process. (Impact factor 2016: 3.429)
3. \*Ciano C, King TS, Redmon Wright R, Perlis M, **Sawyer AM** (2017). Longitudinal study of insomnia symptoms among women during perimenopause. *Journal of Obstetric, Gynecological and Neonatal Nursing* 46: 804-13. <http://dx.doi.org/10.1016/j.jogn.2017.07.011> (Impact factor 2016: 1.261)
4. \*Li J, Huang Z, Hou J, **Sawyer AM**, Wu Z, Cai J, Curhan G, Wu S, Gao X (2017). Sleep and chronic kidney disease in Chinese adults: A cross-sectional study. *Clinical Journal of the American Society of Nephrology* 12; 885-92. <http://10.2215/CJN.09270816> PMID: PMC5460709 (Impact factor 2015: 4.700)
5. \***Sawyer AM**, King TS, Weaver TE, Sawyer DA, Varrasse M, Franks J, Watach A, Kolanowski A, Richards KC (2017). Tailored intervention for PAP adherence: The SCIP-PA Trial. *Behavioral Sleep Medicine* Jan 27; 1-25 (Epub). <http://dx.doi.org/10.1080/15402002.2016.1276018> PMID: PMC5529283 (Impact factor 2015: 2.485)
6. \*Kang Y, **Sawyer AM**, Griffin PM, Prabhu VV (2016). Modelling adherence behaviour for the treatment of obstructive sleep apnoea. *European Journal of Operational Research* 249; 1005-13. <http://dx.doi.org/10.1016/j.ejor.2015.07.038> PMID: PMC4669975 (Impact factor 2014: 2.358)
7. \*Cantey Edmonds J, Yang H, King TS, Sawyer DA, Rizzo A, **Sawyer AM** (2015). Claustrophobic tendencies and continuous airway pressure therapy non-adherence in adults with obstructive sleep apnea. *Heart & Lung* 44; 100-6. <http://dx.doi.org/10.1016/j.hrtlng.2015.01.002> PMID: PMC4352200 (Impact factor 2013: 1.320)
8. **Sawyer AM**, Kang Y, Honavar V, Griffin P, Prabhu VV (2015). Stimulating new and innovative perspectives on old and persistent problems: A commentary. *Sleep Medicine* 16(3); 311-12. (Impact factor 2013: 3.100)

9. \***Sawyer AM**, King TS, Sawyer DA, Rizzo A (2014). Is inconsistent pre-treatment bedtime related to CPAP non-adherence? *Research in Nursing & Health* 37(6); 504-11. <http://10.1002/nur.21631> PMID: PMC4232454. (Impact factor 2013: 1.163)
10. \***Sawyer AM**, King TS, Hanlon A, Richards KC, Sweer L, Rizzo A, Weaver TE (2014). Risk assessment for CPAP nonadherence in adults with newly-diagnosed obstructive sleep apnea: Preliminary testing of the Index for Nonadherence to PAP (I-NAP). *Sleep & Breathing* 18(4); 875-83. <http://10.1007/s11325-014-0959-z> PMID: PMC4210367. (Impact Factor 2012: 2.256)
11. \*Kang Y, Prabhu VV, **Sawyer AM**, Griffin P (2013). Markov models for treatment adherence in obstructive sleep apnea. In A. Krishnamurthy & W.K. Victor Chan (Eds.) *ISERC Conference Proceedings*. San Juan, Puerto Rico: May 18-22, 2013. (pp. 8; full publication; top papers published)
12. \*Kang Y, Prabhu VV, **Sawyer AM**, Griffin P (2013). Data mining for characterizing obstructive sleep apnea treatment adherence trends. In A. Krishnamurthy & W.K. Victor Chan (Eds.) *ISERC Conference Proceedings*. San Juan, Puerto Rico: May 18-22, 2013. (pp. 10; full publication; top papers published)
13. **Sawyer AM** (2013). Building a scientific basis to address adherence disparities among adults with CPAP-treated obstructive sleep apnea: Commentary on Billings et al. Is the relationship between race and CPAP adherence mediated by sleep duration? *Sleep* 36; 163-4. <http://10.5665/sleep.2360> PMID: PMC3543055. (Impact Factor 2012: 5.501)
14. Riegel B, **Sawyer AM**, Libonati J (2011). The lesser of two evils. *Sleep* 34; 1621-2. <http://10.5665/sleep.1412> PMID: PMC3208834. (Impact Factor 2010: 5.402)
15. \***Sawyer AM**, Canamucio A, Moriarty H, Weaver TE, Richards KC, Kuna ST (2011). Do cognitive perceptions influence CPAP use? *Patient Education and Counseling* 85(1); 85-91. <http://10.1016/j.pec.2010.10.014> PMID: PMC3058118. (Impact Factor 2010: 2.237)
16. \***Sawyer AM**, Deatrck JA, Kuna ST, Weaver TE (2010). Differences in perceptions of the diagnosis and treatment of obstructive sleep apnea and continuous positive airway pressure therapy among adherers and nonadherers. *Qualitative Health Research* 20; 873-92. <http://10.1177/1049732310365502> PMID: PMC2978511. (Impact Factor 2010: 2.264)
17. Richards KC, **Sawyer AM** (2010). What we don't know about sleep-related breathing disorder in the elderly: A commentary. *Sleep* 33; 423-25. PMID: PMC2849780. (Impact Factor 2010: 5.402)

### Journal Articles: Research, Peer Reviewed Reviews

1. \*Wallace DM, Williams NJ, **Sawyer AM**, Girardin J-L, Aloia MS, Wohlgemuth WK (2017). Adherence to positive airway pressure treatment among minority populations in the U.S.: A scoping review. *Sleep Medicine Reviews* 38; 56-69. <http://dx.doi.org/10.1016/j.smrv.2017.04.002> (Impact factor 2014: 8.513)
2. \*Yang H, **Sawyer AM** (2016). The effect of Adaptive Servo-Ventilation (ASV) on objective and subjective outcomes in Cheyne - Stokes respiration (CSR) and heart failure

(HF) patients: Systematic review. *Heart & Lung* 45; 199-211.

<http://dx.doi.org/10.1016/j.hrtlng.2016.02.002> PMID: 26995256. (Impact factor 2014: 1.290)

3. **Sawyer AM**, Gooneratne N, Marcus CL, Ofer D, Richards KC, Weaver TE (2011). A systematic review of CPAP adherence across age groups: Clinical and empiric insights for developing CPAP adherence interventions. *Sleep Medicine Reviews* 15; 343-56. <http://10.1016/j.smr.2011.01.003> PMID: PMC3202028. (Impact Factor 2010: 6.338)
4. Weaver TE, **Sawyer AM** (2010). Adherence to continuous positive airway pressure treatment for obstructive sleep apnea: Current state of the science and implications for future intervention research. *Indian Journal of Medical Research* 131; 245-58. PMID: 2030850. (Impact Factor 2010: 1.826)
5. Weaver TE, **Sawyer AM** (2009). Management of obstructive sleep apnea by continuous positive airway pressure. *Oral Maxillofacial Surgery Clinics of North America* 21(4); 403-12. PMID: 19944340. (Impact Factor 2008: 1.581)

#### Journal Articles: Clinical Other [ $\infty$ indicates peer reviewed]

1.  $\infty$ Hill N, Yevchak AM, Kolanowski AM, Penrod JL, Milone-Nuzzo PF, Sawyer AM, Metzger B, Therrien B (2014). What it takes: Perspectives from developing nurse scientists. *Journal of Nursing Education* 53(7); 403-9. <http://10.3928/01484834-20140617-01> PMID: 24971730 (Impact factor 2013: 0.76)

#### Abstracts [Only past three years; \* indicates data based, $\infty$ indicates peer reviewed]

1.  $\infty$ Yang H, Engeland C, King TS, **Sawyer AM** (2018). The relationship between diurnal variation of inflammatory cytokines and nocturnal oxygenation indices in obstructive sleep apnea. SLEEP 2018 Associated Professional Sleep Society Annual Scientific Sessions, Baltimore, Maryland: June 2-6, 2018.
2.  $\infty$ Saconi B, Yang H, Watach A, **Sawyer AM** (2018). Coping processes and CPAP use among adults with obstructive sleep apnea. SLEEP 2018 Associated Professional Sleep Society Annual Scientific Sessions, Baltimore, Maryland: June 2-6, 2018.
3.  $\infty$ Watach A, Marcus CL, Radcliffe J, **Sawyer AM** (2017). Executive function, sleep duration and physical activity outcomes in adolescents with obstructive sleep apnea syndrome and obesity. 2017 Pediatric Sleep Medicine Conference, Fernandina Beach, Florida: November 2-5, 2017.
4.  $\infty$ Yang H, **Sawyer AM**(2017). Relationship between cytokines and symptom expression in obstructive sleep apnea (OSA). Council for Advancement of Nursing Science 2017 Advanced Methods Conference: Pragmatic Trials, Washington, D.C.: October 4, 2017.
5.  $\infty$ Yang H, Watach A, Varrasse M, King TS, **Sawyer AM** (2017). Clinical trial enrollment enrichment in resource-constrained research environments: Multi-variable Apnea Prediction (MAP) Index In SCIP-PA Trial. SLEEP 2017 Associated Professional Sleep Society Annual Scientific Sessions, Boston, Massachusetts: June 5, 2017.

6. \*Watach A, **Sawyer AM** (2017). A pilot study of obesity and obstructive sleep apnea in adolescents: Executive function, sleep and physical activity outcomes. Yale Sleep & Symptom Symposium, New Haven, Connecticut: April 29, 2017.
7. \*Yang H, **Sawyer AM** (2017). Diurnal variation of cytokines and its relationship with symptom expression in obstructive sleep apnea (OSA). Yale Sleep & Symptom Symposium, New Haven, Connecticut: April 29, 2017.
8. \*Saconi B, Watach AJ, Yang H, Mogle J, **Sawyer AM** (2017). Coping processes and CPAP use among adults with obstructive sleep apnea. Yale Sleep & Symptom Symposium, New Haven, Connecticut: April 29, 2017.
9. \*Watach A, **Sawyer AM** (2017). Feasibility results: A pilot study of obesity and obstructive sleep apnea syndrome in adolescents. Beta Sigma Tau Annual Research Conference, State College, Pennsylvania: March 17, 2017.
10. \*Ciano C, King TS, **Sawyer AM** (2016). Does the perimenopausal transition influence insomnia in women? International Council on Women's Health Initiative 2016 Congress, Baltimore, Maryland: November 6-9, 2016.
11. \*Ciano C, King TS, Hupcey JE, Wright RR, **Sawyer AM** (2016). What factors predict chronic insomnia in mid-life women? SLEEP 2016 Associated Professionals Sleep Society Annual Scientific Sessions, Denver, Colorado: June 2016.
12. \*Ciano C, King TS, Hupcey JE, Wright RR, **Sawyer AM** (2016). Does surgical menopause influence insomnia in perimenopausal women? SLEEP 2016 Associated Professionals Sleep Society Annual Scientific Sessions, Denver, Colorado: June 2016.
13. \*Edmonds JC, **Sawyer AM** (2016). Pilot study to explore claustrophobia and CPAP adherence in underserved adult new CPAP users. Yale University Sleep Symposium, New Haven, Connecticut: April 30, 2016.
14. \*Divincenzo M, Watach A, Mogel J, **Sawyer AM** (2016). The relationship between objective & subjective sleep quality in pediatric obstructive sleep apnea. Eastern Nursing Research Society Annual Scientific Sessions, Eastern Nursing Research Society, Pittsburgh, Pennsylvania: April 15-17, 2016.
15. \***Sawyer AM** (2016). Measurement of sleep-disordered breathing in a study of claustrophobia in adults with newly-diagnosed obstructive sleep apnea and single-night exposure to positive airway pressure treatment. Eastern Nursing Research Society Annual Scientific Sessions, Eastern Nursing Research Society, Pittsburgh, Pennsylvania: April 15-17, 2016.
16. \***Sawyer AM**, King TS, Weaver TE, Sawyer DA, Varrasse M, Franks J, Watach A, Kolanowski A, Richards KC (2016). Complex tailored intervention pilot randomized controlled trial: Social Cognitive Intervention to Promote Positive Airway Pressure (PAP) Adherence – The SCIP-PA Trial. Eastern Nursing Research Society Annual Scientific Sessions, Eastern Nursing Research Society, Pittsburgh, Pennsylvania: April 15-17, 2016.
17. \*Ciano C, King TS, Hupcey J, Kjerulff K, Redmon Wright R, **Sawyer AM** (2016). The prevalence of insomnia in perimenopausal women transitioning to menopause. Eastern



Nursing Research Society Annual Scientific Sessions, Eastern Nursing Research Society, Pittsburgh, Pennsylvania: April 15-17, 2016.

18. \*Ciano C, King TS, Hupcey J, Kjerulff K, Redmon Wright R, **Sawyer AM** (2015). The prevalence of insomnia in perimenopausal women transitioning to menopause. North American Menopause Society Annual Meeting 2015, Las Vegas, NV: September 30-October 3, 2015.
19. \*Richards KC, Gooneratne N, Moelter S, Onen F, Weaver T, **Sawyer AM**, DiCicco B, Brotherton C, Johnson J. (2015). Feasibility of a clinical trial using active versus sham continuous positive airway pressure (CPAP) in older adults with mild cognitive impairment (MCI). Sleep 2015 29th Annual Meeting of the APSS. Seattle, Washington: June 6-10, 2015.
20. \*Richards KC, **Sawyer AM**, Weaver T, Gooneratne N, Onen F, Moelter S, DiCicco B, Hanlon A, Jung L, Lu R, Brotherton CS, Johnson J (2015). Adherence to continuous positive airway pressure (CPAP) in older adults with mild cognitive impairment (MCI). Sleep 2015 29th Annual Meeting of the APSS. Seattle, Washington: June 6-10, 2015.
21. \*Criste T, King TS, Weaver TE, **Sawyer AM** (2015). Is vigilance improvement contingent on continuous positive airway pressure dose? Eastern Nursing Research Society Annual Scientific Sessions, Eastern Nursing Research Society, Washington, D.C.: April 17, 2015.
22. \*Watach AJ, **Sawyer, AM** (2015). CPAP adherence in children and adolescents with obstructive sleep apnea. Eastern Nursing Research Society Annual Scientific Sessions, Eastern Nursing Research Society, Washington, D.C.: April 15-17, 2015.
23. \*Yang H, **Sawyer, AM** (2015). The effect of Adaptive Servo-Ventilation (ASV) on objective and subjective outcomes in Cheyne-Stokes Respiration (CSR) and Heart Failure (HF) patients. Eastern Nursing Research Society Annual Scientific Sessions, Eastern Nursing Research Society, Washington, D.C.: April 15-17, 2015.
24. \*Ciano C, King, TS, Hupcey, JE, Wright, RR, **Sawyer, AM** (2015). The impact of surgical menopause on the insomnia trajectory in perimenopausal women. Eastern Nursing Research Society Annual Scientific Sessions, Eastern Nursing Research Society, Washington, D.C.: April 15-17, 2015.
25. \*Edmonds JC, Yang H, King TS, Sawyer DA, Rizzo A, **Sawyer AM** (2015). Claustrophobic tendencies: A risk for CPAP non-adherence. Howard University Research Symposium 2015, Washington, D.C.: April 16, 2015.
26. \*Edmonds JC, King TS, Yang H, **Sawyer AM** (2014). Claustrophobic tendencies and CPAP adherence in adults with obstructive sleep apnea. Sleep 2014 28<sup>th</sup> Annual Meeting of the APSS. Minneapolis, Minnesota: June 1-5, 2014.
27. \*Edmonds JC, King TS, **Sawyer AM** (2014). Claustrophobia and CPAP adherence. Eastern Nursing Research Society Annual Scientific Sessions. Philadelphia, PA: April 9-11, 2014.
28. \*Criste T, King TS, **Sawyer AM** (2014). Is vigilance an influential factor of continuous positive airway pressure (CPAP) adherence among adults with obstructive sleep apnea

(OSA)? Eastern Nursing Research Society Annual Scientific Sessions. Philadelphia, PA: April 9-11, 2014.

### Chapters in books or monographs

1. **Sawyer AM**, Ciano C (2017). Dyssomnia. In A.E. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology* (pp. 1236-7). Thousand Oaks, CA: SAGE Publications. <http://dx.doi.org/10.4135/9781483365817.n492>
2. **Sawyer AM**, Watach A, Yang H (2017). Sleep apnea. In A.E. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology* (pp. 3167-71). Thousand Oaks, CA: SAGE Publications. <http://dx.doi.org/10.4135/9781483365817.n1261>
3. Weaver TE, Reishtein J, **Sawyer AM** (2013). Adherence to CPAP treatment and functional status in adult obstructive sleep apnea. In A.I. Pack (Ed.), *Sleep Apnea, Pathogenesis, Diagnosis and Treatment*. New York: Francis Taylor LLC.
4. **Sawyer AM**, Weaver TE (2011). Sleep-related breathing disorders. In N.S. Redecker, G.P. McEnany, (Eds.), *Sleep Disorders and Sleep Promotion in Nursing Practice*. New York: Springer Publishing Company.
5. **Sawyer AM**, Weaver TE (2010). Sleep Medicine. In J. Suls, K. Davidson, R.M. Kaplan (Eds.), *Handbook of Health Psychology*. New York: Guilford Publications, Inc.
6. **Sawyer AM** (2007). Theoretical approach to the clinical care of Parkinson's disease. In L.K. Bunting-Perry, G.M. Vernon (Eds.), *Comprehensive Nursing Care in Parkinson's Disease*. New York: Springer Publishing Company.

### Alternative Media [Other non-peer reviewed contributions to alternative communication formats]

1. Batson A, Edmonds JC, **Sawyer AM** (2017). Obstructive Sleep Apnea in Adults. Falls Church, VA: Gannett Healthcare Group. <https://www.nurse.com/ce/obstructive-sleep-apnea/> (Accessed October 1, 2017]
2. Varrasse M, **Sawyer AM**, Watach A (2015). Sleep Disorders: Being Alert to Common Varieties. Falls Church, VA: Gannett Healthcare Group. <http://ce.nurse.com/course/ce688/sleep-disorders/> [Accessed October 1, 2017]
3. Edmonds JC, **Sawyer AM** (2014). Obstructive Sleep Apnea in Adults (2014). Falls Church, VA: Gannett Healthcare Group. <http://ce.nurse.com/course/ce203-60/obstructive-sleep-apnea/> [Accessed September 1, 2016]
4. Goldsmith C, **Sawyer AM**, Ciano C (2014). An Update: Insomnia: Sleepless in America (July 2014). Falls Church, VA: Gannett Healthcare Group. <http://ce.nurse.com/course/ce426/insomnia-sleepless-in-america/> [Accessed September 1, 2016].
5. **Sawyer AM** (2013). The sticky situation of CPAP adherence. *CHEST Physician* 8(11): 39.

6. Varrasse M, Angeletti T, **Sawyer AM** (2013). Assessment of Common Sleep Disorders in Adults (August 19, 2013). Falls Church, VA: Gannett Healthcare Group. <http://ce.nurse.com/course/ce688/sleep-disorders/> [Accessed August 22, 2013].
7. Goldsmith C., **Sawyer AM** (2011). Insomnia: Sleepless in America Update (May, 2011). Falls Church, VA: Gannett Healthcare Group. <http://ce.nurse.com/course/ce426/insomnia-sleepless-in-america/> [Accessed August 22, 2013].
8. **Sawyer AM** (2011). Questions about follow-up care of OSA. Medscape Education Neurology & Neurosurgery. October 28, 2011. [www.medscape.org/viewarticle/752241](http://www.medscape.org/viewarticle/752241) [Accessed December 7, 2011].

**RECENT LECTURES BY INVITATION, SPEECHES AND WORKSHOPS** [Past five years or since last personnel action. List latest presentations first; indicate Keynotes and invited presentations]

1. **Sawyer, AM** (2017). Keynote Presentation: Traversing the Abyss: Starting and Sustaining a Research Career. Greater Pittsburgh Nursing Research Conference: Pittsburgh, Pennsylvania: October 20, 2017. (Invited; Keynote).
2. Robinson Wolf, Z (moderator), Berry, DL (panelist), **Sawyer, AM (panelist)**, Smeltzer, SC (panelist)(2017). Plenary Panel Presentation: Creating innovative solutions to promote health in diverse populations: Perspectives from Expert Nurse Scientists. Eastern Nursing Research Society 29<sup>th</sup> Annual Scientific Sessions: Philadelphia, Pennsylvania: April 5-7, 2017. (Invited)
3. **Sawyer, AM** (2016). Debunking PAP Adherence Intervention Approaches. State Sleep Lecture Series. Yale University, New Haven, Connecticut: November 9, 2016. (Invited)
4. **Sawyer, AM** (2016). Sleep and Health in the College-aged Population. University Health Services Annual Professional Development Sessions. University Park, Pennsylvania: May 10, 2016. (Invited)
5. **Sawyer, AM** (2016). Obstructive sleep apnea in chronic kidney disease: An update. Chronic Kidney Disease Update – Continuing Medical Education Program. Hershey, Pennsylvania: April 19, 2016. (Invited)
6. **Sawyer, AM** (2015). Creating a Career Sustaining Mentor/Mentee Relationship in Science: Doctoral Scholars Networking Breakfast Symposium. Eastern Nursing Research Society (ENRS) Annual Scientific Sessions: Washington, D.C.: April 15-17, 2015.
7. **Sawyer, AM** (2015). Translational solutions from empirical puzzles: Treatment adherence in obstructive sleep apnea. The Pennsylvania State University College of Health & Human Development, Department of Biobehavioral Health, Colloquium Speaker: University Park, PA: March 16, 2015. (Invited)
8. **Sawyer, AM** (2014). CPAP Adherence (A.K.A. Compliance). Idaho Psychological Association Annual Continuing Education Conference, Boise, Idaho: May 2-4, 2014. (Invited)

9. **Sawyer, AM** (2013). Interdisciplinary Approaches to Scholarship and Research. Howard University, Division of Nursing, College of Nursing & Allied Health Sciences, Washington, D.C.: September 30, 2013. (Invited)
10. **Sawyer, AM** (2013). Tailored Intervention and Self Management Strategies for Daytime Sleepiness and Treatment Adherence. Summer Fatigue and Sleep Disorder Boot Camp, National Institute of Nursing Research, Bethesda, Maryland: July 24, 2013. (Invited)
11. **Sawyer, AM** (2012). Screening Tools and Assessment in Occupational Health, Pre-operative Evaluation, and General Clinic Assessment. Sleep Disorders for the Physician Assistant or Advance Practice Nurse, American Academy of Sleep Medicine, Darien, Illinois: October 7, 2012. (Invited)
12. **Sawyer, AM** (2012). Obstructive Sleep Apnea: An Overview. Sleep Disorders for the Physician Assistant or Advance Practice Nurse, American Academy of Sleep Medicine, Darien, Illinois: October 6, 2012. (Invited)
13. **Sawyer, AM** (2012). Designing, Testing and Reporting Tailored Interventions in Research. University of Rome Tor Vergata Department of Biomedicine and Prevention, University of Rome Tor Vergata, Rome, Italy: September 5, 2012. (Invited)
14. **Sawyer, AM** (2012). Tailored Intervention and Self Management Strategies for Daytime Sleepiness and Treatment Adherence. Summer Fatigue and Sleep Disorder Boot Camp, National Institute of Nursing Research, Bethesda, Maryland: July 25, 2012. (Invited)

### **MEETING/CONFERENCE ORGANIZING ROLES**

Chairperson, Nurses' Week Research Symposium Committee, 2003, Philadelphia Veterans Affairs Medical Center

### **MEMBERSHIPS IN PROFESSIONAL & SCIENTIFIC SOCIETIES & OFFICES HELD**

#### International

1994 – present          Member, Sigma Theta Tau International

#### National

2012 – 2015          Member, Sleep Research Society, Research Committee

2010 – present          Member, Sleep Research Society

2008 – present          Member, Council for Advancement of Nursing Science

1998 – present          Member, American Academy of Sleep Medicine

1995 – 2004          Member, American Thoracic Society

#### Regional

1996 – present Member, Eastern Nursing Research Society

State

1995 – 2004 Member, Pennsylvania Thoracic Society

1997 – 2003 Chair, Nursing Section, Pennsylvania Thoracic Society

**SELECTED PROFESSIONAL ACTIVITIES**

International

2017 – 2019 Editorial Board Member, Sleep & Health Journal (Term II)

2015 – 2017 Editorial Board Member, Sleep & Health Journal (Term I)

2011 – 2016 F1000 Faculty Member, Medicine, Respiratory Disorders:  
Sleep/Ventilation Section

2012 – 2016 F1000 Research, Editorial Board, Respiratory Disorders: Sleep/Ventilation  
Section

National

February 4, 2016 NIH Respiratory Integrative Biology and Translational Science, Study  
Section – Early Career Reviewer Ad hoc Member

2012, 2014 Council for Advancement of Nursing Science Abstract Reviewer

Regional

2013, 2014 Eastern Nursing Research Society, Scientific Conference Session  
Moderator

2010, 2015, 2016 Eastern Nursing Research Society, Scientific Conference Abstract  
Reviewer

**SERVICE ACTIVITIES AT EMPLOYMENT SITE**

**University of Pennsylvania School of Nursing Committees**

2018 – present Member, Admissions Committee, Post-master's Doctorate of Nursing  
Practice, University of Pennsylvania, School of Nursing (2018-19 Cohort)

2018 - 2020 Member (nominated), Practice Committee, University of Pennsylvania,  
School of Nursing (July 1, 2018 effective)

**Corporal Michael J. Crescenz Veterans Affairs Medical Center Committees**

- 2018 – present      Chair, Evidence Based Practice Committee, Patient Care Services
- 2018 – present      Member, Nursing Research Committee, Patient Care Services
- 2018 – present      Member, Nurse Practice Committee (Shared Governance), Patient Care Services

**The Pennsylvania State University College of Nursing Committees**

- 2016 – 2017      Member, Search Committee, The Pennsylvania State University, College of Nursing
- 2015 – 2017      Member, Admissions Committee (MSN, PhD), The Pennsylvania State University, College of Nursing
- 2014 – 2015      Chair, Search Committee, The Pennsylvania State University, College of Nursing: Focused Sleep Scientist Search
- 2012 – 2014      Chair, Search Committee, The Pennsylvania State University, School of Nursing
- 2015 – 2017      Faculty Advisor, PhD Doctoral Student Organization, The Pennsylvania State University, College of Nursing (Term II)
- 2012-2015      Faculty Advisor, PhD Doctoral Student Organization, The Pennsylvania State University, College of Nursing (Term I)
- 2015 – present      Member, DNP Council, The Pennsylvania State University, College of Nursing
- 2015 – present      Member, MSN Council, The Pennsylvania State University, College of Nursing
- 2011 – present      Member, Graduate Affairs, The Pennsylvania State University, College of Nursing
- 2011 – present      Member, PhD Council, The Pennsylvania State University, College of Nursing
- 2011 – present      Member, Leadership Council, The Pennsylvania State University, College of Nursing

**The Pennsylvania State University, University Committees**

- 2016 – 2017 Ad Hoc Member, Harrell Library Advisory Committee, Penn State Hershey College of Medicine
- 2015 Invited Participant, University Health Sciences Council's Biomedical Research Initiative Retreat, The Pennsylvania State University

### **University of Pennsylvania, School of Nursing/School of Medicine Committees**

- 2008 – 2009 Member, Dean's Task Force, Associate Dean of Research Search Committee, University of Pennsylvania School of Nursing
- 2008 – 2009 Member, Planning Committee, Center for Sleep & Respiratory Neurobiology, Annual Research Retreat, University of Pennsylvania School of Medicine
- 2005 – 2007 Research Committee, University of Pennsylvania School of Nursing

### **Johns Hopkins University, University Committees**

- 1993 – 1994 Provost's Task Force, Dean School of Nursing, Search Committee, Johns Hopkins University

### **DOCTORAL DISSERTATION COMMITTEES AND POST DOCS MENTORED**

#### **Postdoctoral Scholar/Associate Supervision:**

1. Role: Co-mentor; Trainee: Yunchool Kang, Ph.D., Engineering/Nursing. Data mining and Markov Models: Application to CPAP Adherence Behaviors and Intervention Effectiveness for Promotion of CPAP Adherence. The Pennsylvania State University. September 1, 2014 – August 30, 2015. (**DISPOSITION:** Assistant Professor, Hongik University, College of Engineering, Seoul, South Korea; March 1, 2016)

#### **Doctoral Dissertation Supervision:**

1. Colleen Ciano, Ph.D. in Nursing, "The Prevalence of Insomnia in Perimenopausal Women Transitioning to Menopause." Completed May 10, 2015. The Pennsylvania State University, College of Nursing. Role: Primary Research Mentor and Dissertation Co-chair. (**DISPOSITION:** Post-doctoral Fellow, University of Pennsylvania, School of Nursing [T32NR009356] completed 6/2017)
2. Hyunju Yang, Ph.D. in Nursing, "Inflammation, Excessive Daytime Sleepiness and Fatigue in Patients with Obstructive Sleep Apnea Syndrome." Completed May 31, 2017. The Pennsylvania State University, College of Nursing. Role: Primary Research Mentor and Dissertation Chair. (**DISPOSITION:** Assistant Professor and postdoctoral fellowship candidacy in process, 5/2018)

3. Alexa Watach, Ph.D. in Nursing (Post-BSN-PhD Program), “Sleep, Physical Activity, and Executive Function in Obese Adolescents with and without Obstructive Sleep Apnea Syndrome: A Feasibility Study.” Completed June 12, 2017. The Pennsylvania State University, College of Nursing. Role: Primary Research Mentor and Dissertation Chair. **(DISPOSITION:** Post-doctoral Fellow, University of Pennsylvania, School of Medicine [T32HL007953] in progress)
4. Bruno Ratier Almeida De Saconi, Ph.D. in Nursing (Post-BSN-PhD Program); MS completed August 12, 2017. The Pennsylvania State University, College of Nursing. Role: Primary Research Mentor, Academic Advisor. In PhD program of study (8/2017-5/2018, Year 1), The Pennsylvania State University, College of Nursing. In PhD program of study (effective 8/2018, Year 2 – completion), University of Pennsylvania School of Nursing. Role: Primary Research Mentor and Dissertation Chair.

#### **Doctoral Dissertation Committee Membership:**

1. Gwen McGhan, Ph.D. in Nursing, “Caregiver outcomes and the impact of resources for family members providing care to community dwelling older adults.” Completed June 16, 2014. The Pennsylvania State University, College of Nursing. Role: Member, Dissertation Committee.
2. Yuncheol Kang, Ph.D. in Engineering, “Information and Decision Making in Healthcare: Modeling and Analysis.” Completed April 25, 2014. The Pennsylvania State University, College of Engineering, Department of Industrial and Manufacturing Engineering. Role: Member, Dissertation Committee.
3. Anne Batson, Ph.D. in Nursing, “Relationship Between Long-term CPAP Users’ Satisfaction With DME Services and CPAP Adherence.” In process. Kennesaw State University, College of Health & Human Services, School of Nursing, Kennesaw, Georgia. Role: Member, Dissertation Committee.

#### **Doctoral Dissertation Readership:**

1. Nicholas Giordano, Ph.D. in Nursing (Dissertation Defense), “From the frontline to the community: The use of regional anesthesia after combat injury and associated pain outcomes.” Completed April 23, 2018. University of Pennsylvania, School of Nursing. Role: Reader.
2. Kara Pavone, Ph.D. in Nursing (Proposal Defense), “Post-surgical ICU Delirium in Older Adults.” Completed June 13, 2018. University of Pennsylvania, School of Nursing. Role: Reader.

#### **Doctoral Project (Doctorate of Nursing Practice, DNP) Supervision:**

1. Lois Orndorff, D.N.P. in Nursing, “Obstetrical Emergency Simulation Drills: Access for Rural Hospitals.” Project successfully defended (November 10, 2017). The Pennsylvania State University, College of Nursing. Role: Committee Chair; Scientific Advisor.
2. Patrizia Fitzgerald, D.N.P. in Nursing, “Moral Distress Matters: A Quality Improvement Project to Identify, Educate and Manage Moral Distress for Critical Care Nurses.” Project



proposal successfully defended (May 10, 2017). The Pennsylvania State University, College of Nursing. Role: Committee Chair; Scientific Advisor.

**Masters Scholarly Inquiry Supervision:**

1. Miranda Varrasse, M.S.N. in Nursing, “Insomnia and Falls in the Elderly.” Completed May 9, 2013. The Pennsylvania State University, College of Nursing.
2. Alexandria DeRose, M.S.N. in Nursing, “The Risk of Breast Cancer in Women Using Oral Contraceptives.” Completed July 26, 2013. The Pennsylvania State University, College of Nursing.

**Undergraduate Honors Thesis/Project Supervision:**

1. Taylor Criste, B.S.N. in Nursing with Honors, “Vigilance as an Influential Factor on Continuous Positive Airway Pressure Adherence Among Adults with OSA.” Completed May 9, 2014. The Pennsylvania State University, College of Nursing, Schreyer Honors College.
2. Marcella DiVencenzo, B.S.N. in Nursing with Honors, “The Relationship between Sleep Quality and Obstructive Sleep Apnea in the Pediatric Population.” Completed May 9, 2016. The Pennsylvania State University, College of Nursing, Schreyer Honors College.