

SOOMI LEE, Ph.D.

School of Aging Studies
University of South Florida
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Research Lab: <https://www.usf.edu/cbcs/aging-studies/stealthlab/>

* Google Scholar: <https://scholar.google.com/citations?user=ag1U45UAAAAJ&hl=en>

* ResearchGate: https://www.researchgate.net/profile/Soomi_Lee2

ACADEMIC APPOINTMENTS

- 2018 – **Assistant Professor**
School of Aging Studies
The University of South Florida, Tampa, Florida
- 2020 – **Affiliate of the Occupational Health Psychology Training Program**
Department of Psychology
The University of South Florida, Tampa, Florida

RESEARCH INTERESTS

Sleep; stress; activity diversity; cardiovascular health; middle adulthood; work and family; micro-longitudinal methods (e.g., daily diary, ecological momentary assessment)

EDUCATION

- 2011 – 2015 **Ph.D. in Human Development and Family Studies**
The Pennsylvania State University, University Park, Pennsylvania
Dissertation Title: “*Spending Too Little Time or Perceiving Too Little Time: Linking Time Use, Perceived Time Adequacy, and Well-Being of Employed Parents*”
Chair: David M. Almeida, Ph.D.
Committee: Susan M. McHale, Ph.D., Ann C. Crouter, Ph.D., Wayne Osgood, Ph.D.
- 2008 – 2011 **M.S. in Human Development and Family Studies**
Yonsei University, Seoul, South Korea
Thesis Title: “*The Quality of Multiple Roles and Psychological Health of Employed Mothers*”
Chair: Sookhyun Lee, Ph.D.
- 1995 – 1999 **B.S. in Child Development**
Yonsei University, Seoul, South Korea

PROFESSIONAL EXPERIENCES

- 2017 – 2018 **Assistant Research Professor**
 Department of Biobehavioral Health
 The Pennsylvania State University, University Park, Pennsylvania
- 2017 – 2018 **Lecturer**
 Department of Human Development and Family Studies
 The Pennsylvania State University, University Park, Pennsylvania
- 2015 – 2017 **Postdoctoral Scholar**
Mentor: Orfeu M. Buxton, Ph.D.
 Department of Biobehavioral Health
 The Pennsylvania State University, University Park, Pennsylvania
- 2011 – 2015 **Graduate Research Assistant**
Advisor: David M. Almeida, Ph.D.
 Department of Human Development and Family Studies
 The Pennsylvania State University, University Park, Pennsylvania
- 2008 – 2011 **Graduate Research Assistant**
Advisor: Sookhyun Lee, Ph.D.
 Department of Child and Family Studies
 Yonsei University, Seoul, South Korea
- 2006 – 2007 **Sales Manager**
 Systems and Service Department
 IBM, Seoul, South Korea
- 2001 – 2006 **Marketing Manager**
 Marketing Department
 IBM, Seoul, South Korea
- 2000 – 2001 **Web Marketing Specialist**
 e-Commerce Department
 miClub.com, Seoul, South Korea
- 1999 – 2000 **Brand Marketing Specialist**
 Cosmetic Department
 Yves Saint Laurent, Seoul, South Korea

HONORS & AWARDS

- 2020 **The Junior Faculty Excellence Award**
 By the Women in Leadership & Philanthropy, University of South Florida, USA
 Competitive research grant (\$5,000) to one faculty member who holds a tenure-track appointment at the level of assistant professor
- 2017 **2017 Sleep Research Network Travel Award** (*declined*)
 By the Sleep Research Network (SRN), USA
 Competitive cash award (\$1,000) to support participation in the 9th Annual SRN & Sleep² conference and additional mentoring service

- 2016 **Work and Family Researchers Network Early Career Fellowship**
By the Work and Family Researchers Network (WFRN), USA
Competitive cash award (\$500) and additional stipend to cover membership and registration fees for the 2016 WFRN conference
- 2015 **A Prize Winner of the 8th Annual Postdoctoral Research Exhibition**
By the Pennsylvania State University, University Park, USA
Competitive cash award (\$300) and certificate for the 2nd highest average judge score of the postdoctoral scholars' presentations of their posters
- 2012 **Wesley Burr Graduate Student Paper Award**
By the National Council on Family Relations, USA
Competitive cash award (\$200) for the highest average reviewer score of the graduate student submissions
- 2011 **University Graduate Fellowship**
By the Department of Human Development and Family Studies, The Pennsylvania State University, University Park, Pennsylvania, USA
One-year fellowship that provides tuition remission, a health insurance coverage, and a living stipend of \$17,100 for a limited number of graduate students whose application received high scores
- 2011 **Hintz Fellowship**
By the College of Health and Human Development, The Pennsylvania State University, University Park, Pennsylvania, USA
Competitive cash award (\$3,000) for a very promising graduate student
- 2009 **Brain Korea Fellowship**
By Yonsei University, Seoul, South Korea
Competitive fellowship that provides a stipend for one year for an outstanding graduate student
- 2007 **Sales Achievement Recognition Award**
By IBM, Asia Pacific
A cash bonus with an oversea travel for employees who achieved the year's sales target
- 2004 **Marketing Program Award**
By IBM, Asia Pacific
Competitive cash award for a marketing team who successfully developed and launched a creative customer win-back strategy
- 1999 **Honor Student Award**
By Yonsei University, Seoul, South Korea
Based on a high GPA

GRANTS

1R56AG065251 - 01A1 (Lee, PI)
NIH/NIA

09/2020-09/2021

“Sleep Health Profiles in Middle-aged Adults in Relation to Cardiovascular Health”

To uncover distinct sleep profiles in middle-aged adults and provide preliminary analysis relating the sleep profiles to cardiovascular health. We propose to use multidimensional sleep health profiles that measure “which” and “how many” sleep problems co-occur within individuals. Using data from the Midlife in the United States Study, the proposed study aims at examining the associations between sleep health profiles and cardiovascular health.

Role: Principal Investigator (2.25 acad mo & 3.0 sumr mo)

University of South Florida (Lee, PI)

05/2019-04/2021

Research & Innovation Internal Awards Program (No. 0134930), New Researcher Grant Award

“Sleep health in direct-care workers and its association with work performance”

To examine sleep health of direct-care workers in long-term care and tests risk and protective factors and cognitive outcomes of sleep health.

Role: Principal Investigator (in-kind support)

University of South Florida (Lee, PI)

05/2019-04/2021

College of Behavioral and Community Sciences Grant Program (No. 18320)

“Cancer center nurses’ sleep health and its association with work performance”

To investigate sleep health of cancer center nurses and test risk/protective factors and cognitive outcomes of sleep health.

Role: Principal Investigator (0.9 sumr mo)

Florida Department of Health (Meng, PI)

12/2018-12/2020

Ed and Ethel Moore Alzheimer's Disease Research Award (No. 9AZ28)

“Visually-assisted mindful music listening intervention for persons living with dementia and their caregivers: A pilot study”

To develop and pilot test a brief mindfulness-based music listening intervention to reduce behavioral expressions among persons living with dementia and improve sleep, reduce stress among family caregivers.

Role: Co-Investigator (0.09 acad mo & 0.03 sumr mo)

PEER-REVIEWED PUBLICATIONS

* *Student (Graduate and undergraduate) co-authors 2015 to present*

1. **Lee, S.** (2021). Naturally-occurring consecutive sleep loss and day-to-day trajectories of affective and physical well-being. *Annals of Behavioral Medicine*. Accepted.
2. **Lee, S.**, *Deason, K., Rancourt, D., & Gray, H. L. (2021). Disentangling the relationship between food insecurity and poor sleep health. *Ecology of Food and Nutrition*. Accepted.
3. *Veal, B., *Mu, C., Small, B. J., & **Lee, S.** (2021). Cognitive correlates of poor sleep among day and night shift nurses. *Journal of Sleep Research*. Accepted.
4. *Mu, C., *Jester, D. J., Cawthon, P. M., Stone, K. L., & **Lee, S.** (2021). Social ladders matter: Subjective social status moderates the link between back pain and mental health in older men. *Aging & Mental Health*. Advanced online publication. doi: 10.1080/13607863.2021.1899133.
5. **Lee, S.**, & Lawson, K. M. (2021). Beyond single sleep measures: A composite measure of sleep health and its associations with psychological and physical well-being in adulthood. *Social Science & Medicine*, 274, 11380. doi: 10.1016/j.socscimed.2021.113800.
6. *Vigoureux, T. F. & **Lee, S.** (2021). Individual and joint associations of daily sleep and stress with daily well-being in healthcare workers. *Journal of Behavioral Medicine*. doi: 10.1007/s10865-021-00207-z.

7. Lawson, K. M., **Lee, S.**, & *Maric, D. (2020). Not just work-to-family conflict, but how you react to it matters for physical and mental health. *Work & Stress*. doi: 10.1080/02678373.2021.1888821.
8. **Lee, S.**, Gonzalez, B. D., & Small, B. J. (2020). My job impacts my sleep: Signs and symptoms of insomnia among healthcare workers. *Industrial Health*. doi: 10.2486/indhealth.2020-0291.
9. Gunn, H., **Lee, S.**, *Eberhardt, K. R., Buxton, O. M., & Troxel, W. M. (2020). Nightly sleep-wake concordance and daily marital interactions. *Sleep Health*. doi: 0.1016/j.sleh.2020.11.003.
10. **Lee, S.**, *Vigoureux, T. F., Hyer, K., & Small, B. J. (2020). Prevalent insomnia concerns and perceived need for sleep intervention among direct-care workers in long-term care. *Journal of Applied Gerontology*. doi: 10.1177/0733464820978612.
11. **Lee, S.**, *Mu, C., Gonzalez, B. D., Vinci, C. E., & Small, B. J. (2020). Sleep health is associated with next-day mindful attention in healthcare workers. *Sleep Health*. doi: 10.1016/j.sleh.2020.07.005.
12. *Brossoit, R. M. Crain, T. L., Hammer, L. B., **Lee, S.**, Bodner, T. E., & Buxton, O. M. (2020). Associations among patient care workers' schedule control, sleep, job satisfaction, and turnover intentions. *Stress and Health*. doi: 10.1002/smi.2941.
13. Lippold, M. A., **Lee, S.**, Molenarr, P., Chandler, K. D. & Almeida, D. M. (2020). Daily parent-child cortisol associations: Unpacking the direction of effects. *Psychoneuroendocrinology*. doi: 10.1016/j.psyneuen.2020.104652.
14. **Lee, S.**, Chang, A-M., Buxton, O. M., & Jackson, C. L. (2020). Various types of perceived job discrimination and sleep health among working women: Findings from the Sister study. *American Journal of Epidemiology*, 189(10), 113-1153. doi: 10.1093/aje/kwaa075.
15. **Lee, S.**, Charles, S. T., & Almeida, D. M. (2020). Change is good for the brain: Activity diversity and cognitive functioning across adulthood. *The Journal of Gerontology Series B: Psychological Sciences*. doi: 10.1093/geronb/gbaa020. Epub date: 06 Feb 2020.
16. *Stock, A. A., **Lee, S.**, Nahmod, N. G., & Chang, A-M. (2020). Effects of sleep extension on sleep duration, sleepiness, and blood pressure in college students. *Sleep Health*, 6(1), 32-29. doi: 10.1016/j.sleh.2019.10.003.
17. *Vigoureux, T. F. D., **Lee, S.**, Buxton, O. M., & Almeida, D. M. (2020). Stressor reactivity to insufficient sleep is associated with body mass index in middle-aged workers. *Journal of Sleep Research*, 29(6), e12955. doi: 10.1111/JSR.12955.
18. *Jester, D. J., **Lee, S.**, Molinari, V., & Volicer, L. (2020). Cognitive deficits in Parkinson's disease with excessive daytime sleepiness. *Aging & Mental Health*, 24(11), 1769-1780. doi: 10.1080/13607863.2019.1660852.
19. **Lee, S.**, Stone, L. K., Engeland, C. G., Lane, N. E., & Buxton, O. M. (2020). Arthritis, sleep health, and systemic inflammation in older men. *Arthritis Care & Research*, 72(7), 965-973. doi: 10.1002/acr.23923.
20. Wallace, M. L., **Lee, S.**, Hall, M. H., Stone, K., Ensrud, K., Schousboe, J., Langsetmo, L., Redline, S., & Buysse, D.J. (2019). Heightened sleep propensity: A novel and high-risk sleep health phenotype in older adults. *Sleep Health*, 5(6), 630-638. doi: 10.1016/j.sleh.2019.08.001.

21. *Master, L., Nye, R., **Lee, S.**, Nahmod, N., Mariani, S., Hale, L., & Buxton, O. (2019). Bi-directional, daily temporal associations between sleep and physical activity in adolescents. *Scientific Reports* 9, 7732. doi: 10.1038/s41598-019-44059-9.
22. Yoo, G. & **Lee, S.** (2019). The associations of national context and subjective well-being with marriage expectations Among Korean, Chinese, and Vietnamese emerging adults. *Journal of Child and Family Studies*, 28, 1998-2006. doi: 10.1007/s10826-019-01427-3.
23. **Lee, S.**, Mogle, J. A., Jackson, C., & Buxton, O. M. (2019). What's not fair about work keeps me up: Perceived unfairness about work impairs sleep through negative work-to-family spillover. *Social Science Research*, 81, 23-31. doi: 10.1016/j.ssresearch.2019.03.002.
24. **Lee, S.**, Lawson, K. M., & Damaske, S. A. (2019). Crossover of resources and well-being within employee-partner dyads: Through increased schedule control. *Community, Work & Family*, 22(4), 391-411. doi: 10.1016/j.sleh.2019.01.007.
25. Li, X., Berger, L., **Lee, S.**, Buxton, O.M., Hale, L. & Chang, A-M. (2019). Sleep mediates the association between adolescent screen time and depressive symptoms. *Sleep Medicine*, 57, 51-60. doi: 10.1016/j.sleep.2019.01.029.
26. **Lee, S.**, Buxton, O. M., Andel, R., & Almeida, D. M. (2019). Bidirectional associations of sleep with cognitive interference in employees' work days. *Sleep Health*, 5(3), 298-308. doi: 10.1016/j.sleh.2019.01.007.
27. *Hong, J. H., Charles, S., **Lee, S.**, Lachman, M. (2019). Perceived changes in life satisfaction from the past, present and to the future: A comparison of U.S. and Japan. *Psychology and Aging*, 34(3), 317-329. doi: 10.1037/pag0000345.
28. **Lee, S.**, Hale, L., Berger, L., & Buxton, O. M. (2019). Maternal perceived work schedule flexibility predicts child sleep mediated by bedtime routines. *Journal of Child and Family Studies*, 28, 245-259. doi: 10.1007/s10826-018-1262-6.
29. Chen, T-Y., **Lee, S.**, Schade, M. M., & Buxton, O. M. (2019). Longitudinal relationship between sleep health and pain symptoms among community-dwelling older adults in Japan and Singapore. *Sleep*, 42(2), 1-11. doi: 10.1093/sleep/zsy219.
30. *Nahmod, N., **Lee, S.**, *Master, L., Chang, A-M., Hale, L., & Buxton, O. (2019). Later high school start times associated with longer actigraphic sleep duration in adolescents. *Sleep*, 42(2), zsy212. doi: 10.1093/sleep/zsy212.
31. **Lee, S.**, Hale, L., Chang, A-M., *Nahmod, N. G., *Master, L., Berger, L., & Buxton, O. M. (2019). Longitudinal associations of childhood bedtime and sleep routines with adolescent body mass index. *Sleep*, 42(1), zsy202. doi: 10.1093/sleep/zsy202.
32. Yoo, G. & **Lee, S.** (2018). It doesn't end there: Workplace bullying, work-to-family conflict, and employee well-being in Korea. *International Journal of Environmental Research and Public Health*, 15(7), 1548. doi: 10.3390/ijerph15071548
33. Lawson, K. M., & **Lee, S.** (2018). Better previous night sleep is associated with less next day work-to-family conflict mediated by higher work performance among female nursing home workers. *Sleep Health*, 4(5), 485-491. doi: 10.1016/j.sleh.2018.07.005

34. Buxton, O. M., **Lee, S.**, Marino, M., *Beverly C., Almeida, D. M., & Berkman, L. (2018). Sleep health and predicted cardiometabolic risk scores in employed adults from two industries. *Journal of Clinical Sleep Medicine, 14* (3), 371-383. doi: 10.5664/jcsm.6980
35. Almeida, D. M., **Lee, S.**, Walter, K. N., & Lawson, K. M. & Buxton, O. M. (2018). The effect of a workplace intervention on employees' cortisol awakening response. *Community, Work & Family, 21*(2), 151-167. doi: 10.1080/13668803.2018.1428172
36. **Lee, S.**, Martire, L. M., Damaske, S. A., Mogle, J. A., Zhaoyang, R., Almeida, D. M., & Buxton, O. M. (2018). Covariation in couples' nightly sleep and gender differences. *Sleep Health, 4*(2), 201-208. doi: 10.1016/j.sleh.2017.10.009
37. *Nahmod, N. G., **Lee, S.**, Buxton, O. M., Chang, A-M., & Hale, L. (2017). High school start times after 8:30 am are associated with later wake times and longer time in bed among teens in a national urban cohort study. *Sleep Health, 3*(6), 444-450. doi: 10.1016/j.sleh.2017.09.004.
38. **Lee, S.**, McHale, S. M., Crouter, A. C., Kelly, E. L., Buxton O. M., & Almeida, D. M. (2017). Perceived time adequacy improves daily well-being: Day-to-day linkages and the effects of a workplace intervention. *Community, Work & Family, 20*(5), 500-522. doi: 10.1080/13668803.2017.1365691
39. Chen, T-Y., **Lee, S.**, & Buxton, O. M. (2017). A greater extent of insomnia symptoms and physician-recommended sleep medication use predict fall risk in community-dwelling older adults. *Sleep, 40*(11), zsx142. doi: 10.1093/sleep/zsx142
40. **Lee, S.**, Davis, K. D., McHale, S. M., Kelly, E., Kossek, E., & Crouter, A. C. (2017). When mothers work matters for youths' daily time use: Implications of evening and weekend shifts. *The Journal of Child and Family Studies, 26*(8), 2077-2089. doi: 10.1007/s10826-017-0731-7
41. **Lee, S.**, McHale, S. M., Crouter, A. C., Hammer, L. B., & Almeida, D. M. (2017). Finding time over time: Longitudinal links between employed mothers' work-family conflict and time profiles. *The Journal of Family Psychology, 31*(5), 604-615. doi: 10.1037/fam0000303
42. **Lee, S.**, Crain, T. L., McHale, S. M., Almeida, D. M., & Buxton, O. M. (2016). Daily antecedents and consequences of nightly sleep. *Journal of Sleep Research, 26*(4), 498-509. doi: 10.1111/jsr.12488
43. Marino, M., Killerby, M., **Lee, S.**, Klein, L. C., Moen, P., Olson, R., Kossek, E., King, R., Erickson, L., Berkman, L. F., & Buxton, O. M. (2016). The effects of a randomized controlled workplace intervention on sleep outcomes in an extended care setting. *Sleep Health, 2*(4), 297-308. doi: 10.1016/j.sleh.2016.09.002
44. **Lee, S.**, Almeida, D. M., Berkman, L., Olson, R., Moen, P., & Buxton, O. M. (2016). Age differences in workplace intervention effects on employees' nighttime and daytime sleep. *Sleep Health, 2*(4), 289-296. doi: 10.1016/j.sleh.2016.08.004
45. Buxton, O., **Lee, S.**, *Beverly, C., Berkman, L. F., Moen, P., Kelly, E., Hammer, L., & Almeida, D. M. (2016). Work-family conflict and sleep: Evidence from Information Technology employees. *Sleep, 38*(10), 1871-1882. doi: 10.5665/sleep.6172
46. **Lee, S.**, *Koffer, R., *Sprague, B., Charles, S. T., Ram, N. & Almeida, D. M. (2016). Activity diversity and its associations with psychological well-being across adulthood. *The Journal of Gerontology Series B: Psychological Sciences, gbw118*. doi: 10.1093/geronb/gbw118

47. **Lee, S.**, Davis, K. D., Neuendorf, C., Grandey, A., Lam, C. B. & Almeida, D. M. (2016). Individual and organizational work-to-family spillover are uniquely associated with hotel managers' work exhaustion and satisfaction. *Frontiers in Psychology: Organizational Psychology*, 7(1180). doi: 10.3389/fpsyg.2016.01180.
48. **Lee, S.**, Duvander, A-Z., & Zarit, S. H. (2016). How can family policies reconcile fertility and women's employment? Comparisons between South Korea and Sweden. *Asian Journal of Women's Studies*, 22(3), 269-288. doi: 10.1080/12259276.2016.1202027
49. Almeida, D. M., Davis, K. D., **Lee, S.**, Lawson, K., Walter, K., & Moen, P. (2015). Supervisor support buffers daily psychological and physiological reactivity to work-to-family conflict. *Journal of Marriage & Family*, 78(1), 165-179. doi: 10.1111/jomf.12252
50. **Lee, S.**, Almeida, D. M., Davis, K. D., King, R. B., Hammer, L. B., & Kelly, E. (2015). Latent profiles of time adequacy for paid-work, parenting, and partner roles. *The Journal of Family Psychology*, 29(5), 788-798. doi: 10.1037/a0039433
51. **Lee, S.**, & Lee, S. (2010). The quality of multiple roles and psychological health of employed mothers. *Journal of Korea Association of Family Relations*, 15(3), 67-90.

Complete list of peer-reviewed, NIH supported publications:

<http://www.ncbi.nlm.nih.gov/sites/myncbi/soomi.lee.1/bibliography/48522812/public/>

BOOK CHAPTERS

1. Jackson, C. L., **Lee, S.**, Crain, T. L., & Buxton, O. (2019). Bidirectional relationships between work and sleep. In D. T. Duncan, I. Kawachi, & S. Redline (Eds.), *Social epidemiology of sleep*. Chapter 13. Oxford University Press. doi: 10.1093/oso/9780190930448.003.0013. Print ISBN-13: 9780190930448.
2. **Lee, S.**, Jackson, C. L., Robbins, R., & Buxton, O. (2019). Sleep health and the workplace. In M. Grandner (Ed.), *Sleep and health* (1st edition). Chapter 34. pp. 457-471. Academic Press. ISBN: 9780128153734.
3. **Lee, S.**, & *Lemmon, M. (2017). Dynamic interplay between sleep and family life: Review and directions for future research. In S. M. McHale, V. King, & O. M. Buxton (Eds.), *Family contexts of sleep and health across the life course* (Chapter 10. pp. 201-209). National Symposium on Family Issues 8. Springer International Publishing AG 2017. doi: 10.1007/978-3-319-64780-7_10
4. Barnett, R. C., Brennan, R. T., & **Lee, S.** (2017). The work-family interface. In C. B. Travis & J. W. White (Eds.), *Handbook of the Psychology of Women, Vol. 2: Perspectives on women's private and public lives* (Chapter. 23). American Psychological Association. ISBN: 978-1-4338-2792-1
5. **Lee, S.** & Almeida, D. M. (2016). Daily diary design. In S. K. Whitbourne (Ed.), *Encyclopedia of adulthood and aging* (pp. 297-300). Wiley-Blackwell, Oxford, UK. doi: 10.1002/9781118521373.wbeaa157

PAPERS UNDER REVIEW OR IN THE PROCESS OF REVISION

* Student (Graduate and undergraduate) co-authors 2015 to present

1. Urban-Wojcik, E. J. **Lee, S.**, Charles, S. T., Almeida, D. M., Davidson, R. J., & Schaefer, S. M. (*revise & resubmit*). Engaging in more diverse activities across 8 days is associated with greater hippocampal volume. *Cognitive, Affective, and Behavioral Neuroscience*.

2. Leger, K. A., **Lee, S.**, Chandler, K. D., & Almeida, D. M. (*revise & resubmit*). Effects of a workplace intervention on daily stressor reactivity. *Journal of Occupational Health Psychology*.
3. **Lee, S.**, Urban-Wojcik, E. J., Charles, S. T., & Almeida, D. M. (*revise & resubmit*). Rich and balanced experiences of daily emotions are associated with activity diversity across adulthood. *Journal of Gerontology: Psychological Sciences*.
4. Kumb, P. & **Lee, S.** (*under review*). Positive father-child interactions, fathers' positive affect, and perceived social connectedness at work.
5. **Lee, S.**, Charles, S. T., & Almeida, D. M. (*under review*). Unique associations of activity diversity with sleep health across adulthood.
6. Chai, H., *Jester, D. J., **Lee, S.**, *Joo, S., & Almeida, D. M. (*under review*). Sleeping it off: Sleep quality moderates the association between experiencing the death of a family member and heart rate variability.
7. *Vigoureux, T. F. D., *Mu, C., Mason, T. M., Gonzalez, B. D., & **Lee, S.** (*under review*). Adapting nursing research to a global pandemic: A fully-remote actigraphy and ecological momentary assessment study.

CONFERENCE PRESENTATIONS

Co-authored presentations are not listed here

1. **Lee, S.**, & Urban-Wojcik, E. J. (2020, November). Diversity matters for health: Activity diversity, emodiversity, stressor diversity, and happyversity. *Symposium organized at the Gerontological Society of America (GSA) 2020 Annual Scientific Meeting Online*.
2. **Lee, S.**, Charles, S. T., & Almeida, D. M. (2020, November). Bidirectional associations between activity diversity and sleep. *Paper presented at the Gerontological Society of America (GSA) 2020 Annual Scientific Meeting Online*.
3. **Lee, S.**, Vigoureux, T. F., Hyer, K., & Small, B. J. (2020, November). Prevalent insomnia concerns and perceived need for sleep intervention among direct-care workers in long-term care. *Paper presented at the Gerontological Society of America (GSA) 2020 Annual Scientific Meeting Online*.
4. **Lee, S.** (2020, November). Understanding the dynamic relationship between sleep and health in adulthood: From daily experiences to long term health outcomes. *Symposium Discussant at the Gerontological Society of America (GSA) 2020 Annual Scientific Meeting Online*.
5. **Lee, S.**, Vigoureux, T. F., Hyer, K., & Small, B. J. (2020, August). Prevalence of insomnia symptoms and need for an intervention among direct-care workers in long-term care. *Paper presented at the 2020 Florida Conference on Aging Virtual Workshops*.
6. **Lee, S.**, Mu, C., Gonzalez, B. D., Vinci, C. E., & Small, B. J. (2020, August). Nightly sleep characteristics are associated with next-day mindfulness. *Poster presented at the Virtual Sleep 2020 – The 34th Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS)*.
7. **Lee, S.** (2019, November). Psychological and social factors associated with sleep health across adulthood. *Symposium organized at the 2019 Annual Scientific Meeting of The Gerontological Society of America (GSA). Austin, TX, USA*.

8. **Lee, S.**, Chang, A-M., Buxton, O. M., & Jackson, C. L. (2019, November). Perceived job discrimination and sleep health among working women: Findings from the Sister study. *Paper presented at the 2019 Annual Scientific Meeting of The Gerontological Society of America (GSA)*. Austin, TX, USA.
9. **Lee, S.**, Kayhan, V., & Chen, Z. (2019, September). Predicting adult sleep health using employment, sociodemographic, and health factors. Paper presented at the first annual Society of Behavioral Sleep Medicine (SBSM) scientific meeting. Birmingham, AL, USA.
10. **Lee, S.**, *Vigoureaux, T. F. D., Buxton, O. M., & Almeida, D. M. (2019, June). Stressor reactivity to insufficient sleep is associated with body mass index in middle-aged workers. *Paper and Poster presented at the Sleep 2019 – The 33rd Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. San Antonio, TX, USA.
11. **Lee, S.** (2018, November). Sleep health and its contribution to the mechanisms of functional limitations. *Symposium organized at the 2018 Annual Scientific Meeting of The Gerontological Society of America (GSA)*. Boston, MA, USA.
12. **Lee, S.**, Stone, L. K., Engeland, C. G., & Buxton, O. M. (2018, November). Poor sleep health mediates the association between older men's arthritis and systemic inflammation. *Paper presented at the 2018 Annual Scientific Meeting of The Gerontological Society of America (GSA)*. Boston, MA, USA.
13. **Lee, S.**, Buxton, O. M., Andel, R., & Almeida, D. M. (2018, November). Bidirectional associations of sleep with cognitive interference in employees' work days. *Poster presented at the 2018 Annual Scientific Meeting of The Gerontological Society of America (GSA)*. Boston, MA, USA.
14. **Lee, S.**, Mogle, J. A., Jackson, C., & Buxton, O. M. (2018, June). Perceived inequality at work impairs sleep over time through negative spillover. *Paper presented at the 4th Work and Family Researchers Network (WFRN) Conference*. Washington D.C., USA.
15. **Lee, S.**, Hale, L., Chang, A-M., Nahmod, N. G., Master, L., Berger, L., & Buxton, O. M. (2018, June). Longitudinal associations of childhood bedtime and sleep routines with adolescent body mass index. *Paper and Poster presented at the Sleep 2018 – The 32nd Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Baltimore, MD, USA.
16. **Lee, S.**, Martire, L. M., Damaske, S. A., Mogle, J. A., Zhaoyang, R., Almeida, D. M., & Buxton, O. M. (2018, June). Covariation in couples' nightly sleep and gender differences. *Paper presented at the Sleep 2018 – The 32nd Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Baltimore, MD, USA.
17. **Lee, S.**, & Lawson, K. M. (2017, November). When work permeates into one's family and personal life. *Symposium co-organized at the 2017 NCFR Annual Conference*. Orlando, Florida, USA.
18. **Lee, S.**, Lawson, K. M., & Damaske, S. A. (2017, November). Workplace intervention improves temporal flexibility perceived by spouses. *Paper presented at the 2017 NCFR Annual Conference*. Orlando, Florida, USA.
19. **Lee, S.**, Mogle, J. A., Jackson, C., & Buxton, O. M. (2017, July). Perceived inequality at work impairs older workers' sleep over time: Through negative spillover. *Paper presented at the 21st World Congress of IAGG (International Association of Gerontology and Geriatrics)*. San Francisco, CA, USA.

20. Buxton, O. M. & Lee, S. (2017, July). Sleep problems and diverse stressors in the second half of life. *Symposium co-organized at the 21st World Congress of IAGG (International Association of Gerontology and Geriatrics)*. San Francisco, CA, USA.
21. Lee, S., Hale, L., Berger, L., & Buxton, O. M. (2017, June). Maternal work schedule flexibility and children's sleep: The mediating role of bedtime adherence. *Poster presented at the Sleep 2017 – The 31st Anniversary Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Boston, MA, USA.
22. Lee, S., & Almeida, D. M. (2016, November). Sleep as predictors and outcomes of older adults' health and functioning. *Symposium co-organized at the 69th Annual Scientific Meeting of The Gerontological Society of America (GSA)*. New Orleans, LA, USA.
23. Lee, S., Almeida, D. M., Berkman, L., Olson, R., Moen, P., & Buxton, O. M. (2016, November). Age differences in workplace intervention effects on employees' nighttime and daytime sleep. *Paper presented at the 69th Annual Scientific Meeting of The Gerontological Society of America (GSA)*. New Orleans, LA, USA.
24. Lee, S., Martire, L., Damaske, S. A., Mogle, J. A., Almeida, D. M., Buxton, O. M. (2016, November). Coupled couples: Covariation in nightly sleep within partnered dyads. *Paper presented at the 69th Annual Scientific Meeting of The Gerontological Society of America (GSA)*. New Orleans, LA, USA.
25. Buxton, O. M. & Lee, S., (2016, June). The work-family interface and psychophysiological and sleep outcomes in employees. *Symposium co-organized at the 3rd Work and Family Researchers Network (WFRN) Conference*. Washington D.C., USA.
26. Buxton, O. M. & Lee, S., (2016, June). The impact of a workplace intervention on the health and well-being of employees and their family members. *Practitioner Day Symposium co-organized at the 3rd Work and Family Researchers Network (WFRN) Conference*. Washington D.C., USA.
27. Lee, S., McHale, S. M., Crouter, A. C., Hammer, L. B., & Almeida, D. M. (2016, June). Longitudinal profiles of time use and time adequacy for work and parenting. *Paper presented at the 3rd Work and Family Researchers Network (WFRN) Conference*. Washington D.C., USA.
28. Lee, S., McHale, S. M., Crouter, A. C., & Kelly, E., Almeida, D. M. (2016, June). Perceived time adequacy, time use, and daily well-being: Can a workplace intervention change how time is experienced? *Paper presented at the 3rd Work and Family Researchers Network (WFRN) Conference*. Washington D.C., USA.
29. Lee, S., Crain, T. L., McHale, S. M. Berkman, L., Almeida, D. M., & Buxton, O. M. (2016, June). Daily antecedents and consequences of nightly sleep. *Paper presented at the Sleep 2016 – The 30th Anniversary Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Denver, CO, USA.
30. Lee, S., Almeida, D. M., Berkman, L., Olson, R., Moen, P., & Buxton, O. M. (2016, June). Age differences in workplace intervention effects on employees' nighttime and daytime sleep. *Poster presented at the Sleep 2016 – The 30th Anniversary Meeting of the Associated Professional Sleep Societies, LLC (APSS)*. Denver, CO, USA.
31. Lee, S., Almeida, D. M., Berkman, L., Olson, R., Moen, P., & Buxton, O. M. (2016, April). Age differences in workplace intervention effects on employees' nighttime and daytime sleep. *Poster presented at the 1st Annual Founder's Endowment for Excellence and Innovation Research Day*. The Pennsylvania State University, University Park, PA, USA.

32. **Lee, S.**, Koffer, R., Sprague, B., Charles, S. T., Ram, N. & Almeida, D. M. (2015, November). Activity diversity and its associations with subjective well-being across adulthood. *Poster presented at the 68th Annual Scientific Meeting of The Gerontological Society of America (GSA)*. Orlando, FL, USA.
33. **Lee, S.**, Almeida, D. M., & Mogle, J. A. (2015, September). Positive affect and changes in daily physical activities across adulthood. *Poster presented at the 8th Annual Postdoctoral Research Exhibition*. The Pennsylvania State University, University Park, PA, USA. – Won the 2nd place prize among 31 postdoctoral presenters.
34. **Lee, S.**, Koffer, R., Sprague, B., & Almeida, D. M. (2014, November). Diversity of daily activities and age-related changes in subjective well-Being. *Paper presented at the 67th Annual Scientific Meeting of The Gerontological Society of America (GSA)*. Washington D.C., USA.
35. **Lee, S.**, Davis, K. D., McHale, S. M., Kelly, E., Kossek, E., & O'Donnell, E. (2014, June). Maternal evening and weekend work shifts and youth daily time use. *Paper presented at the 2nd Work and Family Researchers Network (WFRN) Conference*. New York, NY, USA.
36. **Lee, S.**, & Crain, T. L. (2014, June). Investigating daily and weekly relationships between the work/non-work interface and sleep. *Symposium co-organized at the 2nd Work and Family Researchers Network (WFRN) Conference*. New York, NY, USA.
37. **Lee, S.**, Almeida, D. M., & Mogle, J. A. (2013, November). Positive affect and changes in daily physical activities across adulthood. *Poster presented at the 66th Annual Scientific Meeting of The Gerontological Society of America (GSA)*. New Orleans, Louisiana, USA.
38. **Lee, S.**, Koffer, R., Mogle, J. A., & Almeida, D. M. (2013, June). Assessing the effect of daily stressor reactivity on financial well-being. *Paper presented at the 20th World Congress of IAGG (International Association of Gerontology and Geriatrics)*. Seoul, South Korea.
39. **Lee, S.**, Mogle, J. A., & Almeida, D. M. (2013, April). Longitudinal effects of daily time use on physical and emotional states across adulthood. *Paper presented at the Penn State workshop on Intensive Longitudinal Methods: Analysis of diary and experience sampling data*. The Pennsylvania State University, University Park, PA, USA.
40. **Lee, S.**, Almeida, D. M., Davis, K. D., Rosalind B. King, Leslie B. Hammer, & Erin L. Kelly (2012, November). Latent profiles of time adequacy for paid-work, parenting, and partner roles. *Paper presented at the 74th NCFR Annual Conference*. Phoenix, Arizona, USA. *Wesley Burr Graduate Student Scholarship Award by National Council on Family Relations*.
41. **Lee, S.**, Almeida, D. M., Neuendorf, C., Lam, C. B., & Davis, K. D. (2012, June). Individual and organizational work-family spillover: Multilevel predictors of hotel managers' work exhaustion and satisfaction. *Paper presented at the 1st Work and Family Researchers Network (WFRN) Conference*. New York, NY, USA.

INVITED TALKS

- Lee, S.** (2019, March). Work-family stressors, sleep, and health in middle-aged workers. *Industrial and Organizational Psychology Brown Bag Meeting*. Department of Psychology, University of South Florida, Tampa, FL, USA.

Lee, S. (2019, December). Sleep health: A critical path to wellness. *Science Club of Sun City Center*. Sun City Center, FL, USA.

PRESS COVERAGE

In Conversation (May 17, 2021). [“Lack of sleep is harming health care workers – and their patients”](#)

In Bay News 9 (March 12, 2021). [“Daylight saving time can impact your sleep”](#)
[“Sen. Rubio Among Lawmakers Wanting To Make Daylight Saving Time Permanent”](#)

In 83 degrees (December 8, 2020). [“29 minutes of extra sleep key to mindfulness”](#)

In USF News (October 19, 2020). [“Sleep health dictates success of practicing mindfulness”](#)

In Yahoo! News (February 21, 2020). [“Shaking up your same-old routine is good for your brain”](#)

In USF News (February 18, 2020). [“Variety and consistency are essential to keep the mind healthy”](#)

In The Rheumatologist (February 13, 2020). [“Study finds an indirect association between sleep & inflammation”](#)

In The New York Times (November 4, 2019). [“Sleep can be good for your salary”](#)

In USF News (July 29, 2019). [“Men’s health: Better sleep, less swelling and reduced risk of inflammation”](#)

In EurekAlert! Science News (May 22, 2019). [“Exercise may help teens sleep longer, more efficiently”](#)

In Yahoo! News (April 24, 2019). [“Losing just 16 minutes sleep can ruin your work day”](#)

* Similar stories were also featured on more than 200 outlets, including [USA Today](#), [Daily Mail](#), [Doctor NDTV](#), [Economic Times](#), [Cosmopolitan.com](#), and [Conversation](#)

In Science Daily (April 23, 2019). [“Minor sleep loss can put your job at risk”](#)

In EurekAlert! Science News (December 6, 2018). [“Regular bedtimes and sufficient sleep for children may lead to healthier teens”](#)

In News 18 (October 16, 2018). [“Mother's tight work schedule may affect child's sleep”](#)

In Science Daily (October 15, 2018). [“Moms' tight work schedules may affect their children's sleep”](#)

In Penn State News (February 15, 2017). [“Good sleep may promote positive experiences, less conflict”](#)

In Reuters Health (June 24, 2017). [“Kids whose mothers have more flexible work schedules sleep better”](#)

In Penn State News (September 6, 2017). [“Workplace support can positively influence parents' well-being”](#)

In EurekAlert! Science News (October 10, 2017). [“Older adults with insomnia may fall even more when on prescription sleep meds”](#)

In EurekAlert! Science News (December 1, 2017). [“Teens get more sleep when school starts later”](#)

EDITORIAL ACTIVITIES**Editorial Boards**

SLEEP (2021 –)
Sleep Health (2019 –)

Reviewer for Journal Articles

Aging and Mental Health
Journal of Managerial Psychology
International Journal of Behavioral Development
Journal of Marriage and Family
Sleep Medicine
Industrial Health
Social Science & Medicine
Sleep
Journal of Epidemiology & Community Health
Psychology and Aging
Applied Psychology: Health and Well-Being
Nature Human Behaviour
Stress and Health
American Journal of Alzheimer's Disease and Other Dementias
Journal of Gerontology: Social Sciences
Journal of Gerontology: Psychological Sciences
Nature and Science of Sleep
Social Science Research

Reviewer for Research Grants

2020 – Early Career Reviewer (ECR) at the Center for Scientific Review (CSR), National Institutes of Health

Reviewer for Conference Papers

2017 Sleep Annual Meeting Abstracts Review
 2017 NCFR Annual Conference Proposals Review

TEACHING**University of South Florida, Tampa, Florida**

2019 – **Instructor**
 Sleep Health Seminar (GEY 6934, graduate-PhD)
 School of Aging Studies

2019 – **Instructor**
 Human Development (GEY 6600, graduate-MA online)
 School of Aging Studies

2018 – **Instructor**
 Psychology of Aging (GEY 4612, undergraduate)
 General Education Curriculum

The Pennsylvania State University, University Park, Pennsylvania

- 2017 **Instructor**
Adult Development and Aging (HDFS 445/PSYCH 416, undergraduate)
Department of Human Development and Family Studies
- 2015 **Co-Instructor**
Introduction to Human Development and Family Studies (HDFS 129, undergraduate)
Department of Human Development and Family Studies
- 2014 **Co-Instructor**
Empirical Inquiry (HDFS 312W, undergraduate)
Department of Human Development and Family Studies
- 2015 **Teaching Assistant**
Adolescent Development (HDFS 239, undergraduate)
Instructor: Hobart H. Cleveland III, Ph.D.
Department of Human Development and Family Studies
- 2015 **Teaching Assistant**
Empirical Inquiry (HDFS 312W, undergraduate)
Instructor: Sherry E. Corneal, Ph.D.
Department of Human Development and Family Studies
- 2014 **Teaching Assistant**
Introduction to Human Development and Family Studies (HDFS 129, undergraduate)
Instructor: David M. Almeida, Ph.D.
Department of Human Development and Family Studies
- 2014 **Teaching Assistant**
Empirical Inquiry (HDFS 312W, undergraduate)
Instructor: Martin John Sliwinski, Ph.D.
Department of Human Development and Family Studies

Yonsei University, Seoul, South Korea

- 2009 **Teaching Assistant**
Family Relationships, undergraduate course
Instructor: Sookhyun Lee, Ph.D.
Department of Human Development and Family Studies

ADVISING AND MENTORSHIP**Postdoctoral Scholar**

2021 – Claire Smith

Doctoral Students

2019 – Christina Mu
2018 – Taylor Vigoureux

Dissertation CommitteesUniversity of South Florida, Tampa, Florida

2020 – Christi Nelson
 2019 – Maureen Templeman
 2018 – Victoria Marino

External Institutions

2020 – Sangha Jeon (University of California, Irvine, Chair: Dr. Susan Charles)

Honors Theses Committees

2021 – Angelina Venetto
 2019 – 2020 Jeilah Pabon
 2018 – 2019 Nabila Rehman

Mentored Research Assistants

See [STEALTH \(Sleep, Stress, and Health\) Lab webpage](#) for current research assistants

PROFESSIONAL SERVICEUniversity of South Florida

2020 – Diversity and Inclusion Committee to College of Behavioral and Community Sciences

American Psychological Association, Division 20 (Adult Development and Aging)

2019 – Co-Chair of the Membership Committee
 2019 Early Career Task Force Team

Professional Memberships

Member, American Psychological Association, Division 20
 Member, Gerontological Society of America
 Member, Sleep Research Society
 Member, Society of Behavioral Sleep Medicine
 Member, Work and Family Researchers Network