

Curriculum Vitae

**Deirdre A. Conroy, Ph.D.**

Clinical Assistant Professor  
University of Michigan  
Department of Psychiatry  
4250 Plymouth Road  
Ann Arbor, MI 48109-5740

**Education and Training**

- 9/1993-5/1997 Simmons College, Boston, Massachusetts  
B.S., Psychobiology
- 5/1997-9/1997 Fellowship  
Nathaniel Kleitman Fellow in Human Circadian Biology  
Brigham and Women's Hospital and Harvard Medical School,  
Laboratory for Circadian, Neuroendocrine and Sleep Disorders  
Medicine  
Boston, Massachusetts
- 9/1998-2/2002 The City College of New York  
Master of Arts, Psychology  
Advisor: Arthur Spielman, Ph.D
- 7/1999- 6/2004 Fellowship  
Clinical Fellow in Sleep Disorders  
The Sleep Disorders Center  
New York Presbyterian Medical Center,  
New York, New York
- 1/2003-01/2004 Clinical Internship  
Sleep Disorders and Research Center, Division of Sleep Medicine  
New York Methodist Hospital and Cornell Medical School,  
Brooklyn, New York
- 9/1998-6/2004 The Graduate School and University Center of the City University  
of New York  
Ph.D., Psychology-Experimental Cognition  
Dissertation: Daily Rhythm of Brain Blood Flow.  
Advisor: Arthur Spielman, Ph.D.
- 8/2004-8/2006 Postdoctoral Research Fellow  
University of Michigan Addiction Research Center and Substance  
Abuse Section in the Department of Psychiatry.

National Institute of Alcohol and Alcohol Abuse (NIAAA)  
Fellowship -T32 AA07477  
Ann Arbor, Michigan  
Mentors: Kirk J. Brower, MD and J. Todd Arnedt, Ph.D.

### **Certification and Licensure**

2005	Board certified in clinical sleep disorders, American Board of Sleep Medicine
2006	Psychologist's license, State of Michigan
2007	Certified, Behavioral Sleep Medicine, American Academy of Sleep Medicine

### **Academic, Administrative, and Clinical Appointments**

#### **Academic Appointments**

9/2006-9/2007	Adjunct Instructor Department of Psychiatry Michigan State University College of Human Medicine East Lansing, Michigan
10/2007-present	Clinical Assistant Professor University of Michigan Department of Psychiatry Ann Arbor, Michigan

#### **Administrative Appointments**

9/1994-6/1996	Administrative Assistant Laboratory for Neuroscience Research in Neurosurgery Department of Neurosurgery Children's Hospital and Harvard Medical School Boston, Massachusetts
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#### **Clinical Appointments**

5/1996-9/1996	Research Intern Department of Electrophysiology Cambridge Neuroscience, Inc. Cambridge, Massachusetts
9/1996-5/1997	Student Researchers Neurobiology Laboratory Simmons College Boston, Massachusetts

9/1996-8/1998	Senior Research Technician Brigham and Women's Hospital and Harvard Medical School, Laboratory for Circadian, Neuroendocrine and Sleep Disorders Medicine Boston, Massachusetts
10/1998-2/1999	Sleep Laboratory Technician Mount Sinai Hospital and Mount Sinai School of Medicine Laboratory for Respiratory and Pulmonary Function New York, New York
2/1999-7/1999	Research Assistant Epilepsy, Neuropsychology Section Columbia Presbyterian Medical Center The Comprehensive Epilepsy Center The Neurological Institute of New York New York, New York
9/1998-1/2003	Psychology Trainee New York Methodist Hospital and Cornell Medical School Sleep Disorders and Research Center Division of Sleep Medicine Brooklyn, New York
9/2006-9/2007	Sleep Psychologist Pulmonary Associates, P.C McLaren Medical Center, Hurley Medical Center, and Mid- Michigan Sleep Center Flint, Michigan
10/2007-present	Clinical Director, Behavioral Sleep Medicine Clinic University of Michigan Department of Psychiatry Ann Arbor, Michigan

**Research Interest**

Non-pharmacological treatments of insomnia, insomnia and alcoholism, and circadian rhythms.

**Honors and Awards**

6/2004 American Academy of Sleep Medicine's 2004 Young Investigator Award

6/2004 Sleep Research Society's Trainee Merit Based Travel Award - Associated Professional Sleep Societies Annual Meeting, Philadelphia, Pennsylvania

5/1999 Sleep Research Society's Travel Award-Determinants of Vigilance: The Interaction Between Sleep and Circadian Systems, Fort Lauderdale, Florida

6/1999 Sleep Research Society's Travel Award - Associated Professional Sleep Societies Annual Meeting, Orlando, Florida

5/1997 Stephen R. Deane Award for Excellence and Professional Promise in Psychology, Simmons College

### **Memberships in Professional Societies**

American Psychological Association  
American Academy of Sleep Medicine  
Sleep Research Society  
Research Society on Alcoholism  
Association for Cognitive and Behavioral Therapies

### **Editorial Position, Boards, and Peer-Review Service**

#### **Peer review service**

2005	Alcohol Clinical and Experimental Research
2006	Biological Psychiatry
2007	Sleep

#### **Teaching**

9/2006-9/2007	Family Medicine Ambulatory Training in Sleep Medicine, McLaren Regional Medical Center, Flint, MI
9/2006-9/2007	Clinical Training in Sleep Disorders, Geriatric Fellowship, Hurley Medical Center, Flint, MI.

### **Committee, Organizational, and Volunteer Service**

1/1995-12/1995	Research Volunteer, Department of Neurobehavioral Studies, Children's Hospital and Harvard Medical School.
9/1996-5/1997	Chair, Psychobiology, Psychology Liaison, Simmons College.
9/1999-5/2001	Student Representative, Experimental Cognition Executive Committee, The City College of New York.
9/1999-5/2000	Program Representative, The City College Program in Psychology, Doctoral Student Council, City University of New York.
9/2000-5/2001	Program Representative, The City College Program in Psychology, Psychology Council of City University of New York.

## Seminars and Extramural Invited Presentations

### Invited Presentations:

1. *Effect of Alzheimer's peptide on acetylcholine release from intact synaptic terminals.* Eastern New England Biological Conference. New London, NH. April 1997.
2. *The cerebral hemodynamics of obstructive sleep apnea probed by near-infrared spectroscopy (NIRS).* Association of Professional Sleep Societies Meeting (APSS). Orlando, FL. June 1999.
3. *The Daily Rhythm of Brain Blood Flow.* Associated Professional Sleep Societies (APSS). Philadelphia, PA. June 2004.
4. *Polysomnography and Perception of Sleep Among Alcohol-Dependent Outpatients with Insomnia -- Relationship to Future Drinking.* Research Seminar-Addiction Research Center-University of Michigan. Ann Arbor, MI. February 2005.
5. *Alcohol and Sleep.* Psychology 371-Psychopathology-University of Michigan. Ann Arbor, MI. March 23, 2005.
6. *Insomnia, Alcoholism, and Relapse.* Psychology 371-Psychopathology- University of Michigan. Ann Arbor, MI. March 29, 2006.
7. *The Effects of Alcohol on Sleep.* Sleep Conference, Department of Neurology, University of Michigan. Ann Arbor, MI. March 30, 2006.
8. *Sleep Problems and Risk for Drinking.* Michigan Longitudinal Study Group, Michigan State University. East Lansing, MI. April 13, 2006.
9. *Sleep Disturbances in Alcohol Dependent Patients.* 8<sup>th</sup> Annual Addiction Psychiatry Update Workshop, University of Michigan. Ann Arbor, MI. October 19, 2006.
10. *What You Need to Know About Sleep Disorders Now.* Health Psychology Post doctoral Fellows, Michigan State University. Burton, MI. February 15, 2007.
11. *Overview of Sleep Disorders for Primary Care.* Grand Rounds, Department of Family Practice, McLaren Regional Medical Center. Flint, MI. March 1, 2007.
12. *Evaluation and Treatment of Alcohol Dependent Patients with Sleep Disturbances,* Frank J. MacDonell Lectureship and Addiction Psychiatry Update. University of Michigan, October 18, 2007.
13. *Update in Sleep Medicine,* 19<sup>th</sup> Annual Advances in Psychiatry: Psychiatry and Medical Comorbidities. Towsley Center, Ann Arbor, Michigan, November 9, 2007.
14. *Insomnia, Alcoholism, and Relapse.* Psychology 371-Psychopathology- University of Michigan. Ann Arbor, MI. February 13, 2008.
15. *Sleep Research at University of Michigan Addiction Research Center.* University of Michigan Addiction Section Meeting, Ann Arbor, MI February 14, 2008.
16. *Sleep in the Michigan Longitudinal Study.* Michigan Longitudinal Study Group, University of Michigan and Michigan State University. Ann Arbor, MI. February 15, 08.

### Poster Presentations

1. Andruchow L, Conroy DA: 24 hr exposure to beta amyloid peptide (1-42) inhibits evoked acetylcholine release while 10-minute exposure enhances acetylcholine release from ciliary ganglion neurons and terminals. The Society for Neuroscience 27<sup>th</sup> Annual meeting. New Orleans, LA. October 1997.

2. Khalsa SB, Conroy DA, Duffy JF, Dijk DJ, Czeisler CA: REM density increases over the course of the sleep episode regardless of circadian phase. Associated Professional Sleep Societies (APSS). New Orleans, LA. June 1998.
3. Birnbaum J, Spielman A, Serizawa S, D'Ambrosio P, Conroy DA, Dubrovsky B, Nagata, M, Ebben M: Effects of Early Morning Melatonin (MT) Administration on Daytime Sleepiness and Cognitive Functioning. Associated Professional Sleep Societies (APSS). Las Vegas, NV. June 2000.
4. Kavey NB., Quattrucci RJ., Conroy DA: Usefulness of a Modified MSLT in the Diagnosis of Disorders of Excessive Sleepiness. Associated Professional Sleep Societies (APSS). Chicago, IL. June 2001.
5. Conroy DA, Arnedt JT, Hoffmann RF, Consens F, Armitage R, Brower KJ: Sleep perceptions among alcohol dependent patients with insomnia. Associated Professional Sleep Societies (APSS). Denver, CO. June 2005.
6. Conroy DA, Arnedt JT, Strobbe S, Hoffmann RH, Consens F, Armitage R, Brower KJ: Polysomnography and perception of sleep among alcohol-dependent outpatients with insomnia -- Relationship to future drinking. Research Society on Alcoholism (RSA). Santa Barbara, CA. June 2005.
7. Conroy DA, Arnedt JT, Strobbe S, Hoffman RH, Consens F, Armitage R, Brower KJ: Polysomnography and perception of sleep among alcohol-dependent outpatients with insomnia -- Relationship to future drinking. 16th Annual Albert J. Silverman Research Conference, Department of Psychiatry, University of Michigan. June 2005.
8. Conroy DA, Arnedt, JT, Rutt JL, Strobbe S, Aloia MS, Posner DA, Armitage, R, and Brower KJ: An open trial of cognitive-behavioral treatment for insomnia associated with alcohol dependence: Effects on mood, fatigue, and quality of life. Associated Professional Sleep Societies (APSS). Salt Lake City, UT. June 2006.
9. Conroy DA, Arnedt JT, Rutt JL, Strobbe S, Aloia MS, Posner DA, Armitage R, Brower KJ: Effects of cognitive-behavioral treatment for insomnia associated with alcohol dependence on mood, fatigue, and quality of life. Research Society on Alcoholism (RSA). Baltimore, MD. June 2006.
10. Conroy DA, Arnedt JT, Rutt JL, Strobbe S, Aloia MS, Posner DA, Armitage R, Brower KJ: Effects of cognitive-behavioral treatment for insomnia associated with alcohol dependence on mood, fatigue, and quality of life. 17th Annual Albert J. Silverman Research Conference, Department of Psychiatry, University of Michigan. Ann Arbor, MI. June 2006.

## **Bibliography**

### *Peer-Reviewed Journals and Publications*

1. Khalsa SB., Conroy DA., Duffy J., Czeisler C. Dijk DJ: Sleep- and circadian dependent modulation of REM density. *Journal of Sleep Research*; 11(1):53-59. 2002.
2. Conroy, DA, Spielman AJ, Scott RQ: Daily rhythm of cerebral blood flow velocity. *Journal of Circadian Rhythms*; <http://www.jcircadianrhythms.com/content/3/1/3>. 2005.

3. Conroy DA, Arnedt JT, Brower KJ., Strobbe S., Consens F., Hoffmann R., Armitage R: Perception of Sleep in Recovering Alcohol Dependent Patients with Insomnia: Relationship to Future Drinking. *Alcohol: Clinical and Experimental Research*; 30(12): 1992-1999. 2006.
4. Arnedt JT, Conroy DA, Rutt, JL, Aloia MS, Brower KJ, Armitage R: An open trial of cognitive –behavioral treatment for insomnia comorbid with alcohol dependence. *Sleep Medicine*; 8(2):176-180.2007.
5. Arnedt JT, Conroy DA, Brower KB: Treatment options for sleep disturbances in recovering alcoholics. *Journal of Addictive Diseases*; (26)4: 41-54. 2007.
6. Conroy, DA, Arnedt, JT, Brower, KB. Insomnia in patients with addictions: A safer way to break the cycle. *Current Psychiatry*; 7 (5): 97-109. 2008.

## Chapters

1. Spielman A, Conroy DA, Glovinsky P: Evaluation of insomnia, Treating Sleep Disorders-Principles and Practice of Behavioral Sleep Medicine, Michael Perlis and Kenneth Lichstein, eds, 2003.
2. Conroy DA, Brower KJ: Alcohol, toxins, and medications as a cause of sleep dysfunction. Handbook of Clinical Neurology: Sleep Disorders; P. Montagna and P. Chokroverty, eds, 2006.
3. Arnedt JT, Conroy DA, Posner DA, Aloia MS: Evaluation of the insomnia patient. *Sleep Medicine Clinics* 1(3); Thomas Roth, ed. 2006.
4. Conroy DA , Brower KJ, Marshall, J., and Crawford, M: Psychological treatments of alcohol use disorders. Cambridge Textbook of Effective Treatments in Psychiatry, Peter Tyrer and Kenneth Silk. Cambridge University Press, 2007.

## Non-Peer Reviewed Publications

1. Antrobus J, Conroy D: Dissociated Neurocognitive Processes in Dreaming Sleep. *Sleep and Hypnosis*, 1(2): 105-111. 1999.
2. Conroy DA, Arnedt JT: The ABCs of CBT for insomnia. *Sleep Review*, September 2006.