

**Curriculum Vitae**  
**Lauren N. Whitehurst**

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**Riverside, CA 92507**

**Research Interests**

My research aims to develop both a conceptual and practical understanding of how the body and the brain interact to produce regulatory effects on sleep-related health outcomes and how we can harness physiological biomarkers to understand typical functioning and disease states.

**Academic History**

2007 - 2009 Boston College, *Boston, MA*

2009 - 2011 B.S. Psychology James Madison University, *Harrisonburg VA*

2011 - 2013 M.A. Psychological Sciences James Madison University

Concentration: Experimental Psychology

Thesis: *Effects of Chronic Marijuana Use on Sleep, Circadian Rhythms and Cognitive Performance.*

Thesis Chair: Jeff Dyche, PhD

2013 – 2018 PhD Psychology, University of California, Riverside

Concentration: Cognitive

Dissertation: *The Impact of Off-label Psychostimulant Use on Sleep Physiology and Sleep-related Cognitive Function*

Dissertation Chair: Sara Mednick, PhD

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**Fellowships & Awards**

2017 Ford Fellowship Dissertation Award Honorable Mention

2015 Graduate Student Research Award (\$300)

2014 - 2018 Contributor, Office of Naval Research (N00014-14-1-0513)

Project Title: The effect of psychostimulants and zolpidem on sleep and cognitive performance (Amount of award: \$995,381; PI: Sara Mednick)

- 2013 University of California, Riverside Summer Research Award (5,000)
- 2013 James Madison University and Rockingham Memorial Hospital Collaborative Spirit Award
- 2010 James Madison University LeAnn Whitlock Scholarship (\$500 awarded to a minority undergraduate student excelling in academics and service)
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### Positions Held

- 2014 - present Graduate Student Researcher
- 2012 - 2013 Rockingham Memorial Center for Sleep Medicine Intern
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### Publications (\* indicates co-first author)

**Whitehurst LN**, Cellini N, McDevitt EA, Duggan, KA, & Mednick SC. (2016). Autonomic activity predicts memory consolidation in humans. *Proceedings of the National Academy of Sciences*, 113, 7272-77, doi: 10.1073/pnas.1518202113.

**Whitehurst LN**, Fogler KA, Hall, M.K., Hartmann, M. & Dyché JS. (2015). The effects of chronic marijuana use on circadian entrainment. *Chronobiology International*, 32, 561-57. doi:10.3109/07420528.2015.1004078

Cellini N\*, **Whitehurst LN\***, McDevitt EA, Mednick SC. (2016). Heart rate variability during daytime naps in healthy adults: autonomic profile and short-term reliability. (2015). *Psychophysiology*, 53, 473-481, doi: 10.1111/psyp.12595

Duggan KA, McDevitt EA, **Whitehurst LN**, Mednick SC. (2016). To nap, perchance to DREAM: A factor analysis of self-reported reasons for napping. *Behavioral Sleep Medicine*. doi: 10.1080/15402002.2016.1178115

Yetton BD, Niknazar M, Duggan KA, McDevitt EA, **Whitehurst LN**, Sattari N, Mednick SC. (2016). Automatic detection of rapid eye movements (REMs): A machine learning approach *Journal of Neuroscience Methods*, 259, 72-82. doi:10.1016/j.jneumeth.2015.11.015

#### *Manuscripts under review*

**Whitehurst LN** Naji, M & Mednick SC. (in revision). *Do daytime naps and nighttime sleep confer the same rest to cardiovascular activity?*

**Whitehurst LN** & Mednick SC. *Psychostimulants and cognitive enhancement: Is sleep the missing link?*

#### *Manuscripts in preparation*

**Whitehurst LN & Mednick SC.** *Psychostimulant cognitive enhancers differentially effect sleep-dependent memory for men and women*

**Whitehurst LN, Batteli, L & Mednick SC.** *Cognitive enhancers boost non-sleep dependent cognitive domains*

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### **Conference Talks**

*Psychostimulants increase salience of neutral information at encoding, but disrupt memory consolidation during sleep.* Talk presented at the 31<sup>st</sup> Annual Meeting of the Associated Professional Sleep Societies, Boston, MA, June 7, 2017.

*Autonomic activity predicts improvement in mirror tracing skill but not memory for word pairs.* Talk presented the 23<sup>rd</sup> Biannual Meeting of the European Sleep Research Society Meeting, Bologna, Italy, September 16, 2016.

### **Invited Talks**

*Do psychostimulants enhance cognition in healthy adults?* Talk to be presented at the University of California, San Diego's Center for Circadian Biology Workshop on Biological Timing, San Diego, CA, November 17, 2017.

*Sleep: Are you getting enough?* 2<sup>nd</sup> Annual Dr. Herman H. Stone Memorial Lecture Series, Riverside Medical Clinic, Riverside CA, June 16 2016.

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### **Conference Presentations/Peer-reviewed Abstracts (\* indicate undergraduate mentees)**

**Whitehurst LN & Mednick SC** (June 2017). Psychostimulants increase salience of neutral information at encoding, but disrupt memory consolidation during sleep. Poster presented at the 31<sup>st</sup> Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

**Whitehurst LN, Batteli L, Agosta S, Mednick, SC.** (November 2016). The impact of psychostimulants and hypnotics on cognitive performance in neurotypical young adults. Poster presented at the 46<sup>th</sup> Annual meeting of the Society for Neuroscience, San Diego, CA.

**Whitehurst LN, Cellini N, Naji M, Mednick SC.** (June 2016). Autonomic activity predicts procedural but not declarative memory performance. Poster presented at the 30<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Denver, CO.

**Whitehurst LN, Cellini N, McDevitt EA, Duggan KA, \*Edwards J, Mednick SC.** (June 2015). "A heart to create": sleep-dependent heart rate variability and creativity. Poster presented at the 29<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA.

**Whitehurst LN, Cellini N, McDevitt EA, Duggan KA, Mednick SC** (June, 2014). Evidence for a daytime nap as a "cardiovascular break". Poster presented at the 28<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

**Whitehurst, LN.**, \*Hall, M.K., \*Cozzati, E., \*Hartmann, M., \*Rhodes, N.K., McVay, S., Fogler, K.A., Irons, J.G., & Dyche, J. (2013). Effects of chronic marijuana use on sleep, circadian rhythms, and cognitive performance. Poster presented at the 27<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.

**Whitehurst, LN.**, Fogler, K.A., \*Cooke, C.S., \*Ayala, M.D., & Dyche, J. (2013). Home team advantage: sleep as a predictor of athletic performance. Poster presented at the 27<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.

Cellini N, **Whitehurst LN**, McDevitt EA, Mednick SC (June, 2014). Short-term reliability of heart rate variability measures in a daytime nap. Poster presented at the 28<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

\*Reihanabad NA, **Whitehurst LN**, McDevitt EA, Duggan KA, \*Dela Cruz AL, \*Perera CA, Mednick SC (June, 2014). The impact of habitual napping on sleep: Spindles and slow wave activity. Poster presented at the 28<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

McDevitt EA, **Whitehurst LN**, Duggan KA, Mednick SC (June, 2014). Individual differences in sleep spindles and sleep-dependent memory: The impact of habitual napping. Poster presented at the 28<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

Duggan KA, McDevitt EA, **Whitehurst LN**, Mednick SC (June, 2014). Why do people nap? A factor analysis of self-reported sleep habits. Talk presented at the 28<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

Duggan KA, McDevitt EA, **Whitehurst LN**, Mednick SC (June, 2014). The association between napping and nighttime sleep quality using self-reports and actigraphy. Poster presented at the 28<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

\*Perera CA, McDevitt EA, Duggan KA, **Whitehurst LN**, \*Dela Cruz AL, \*Reihanabad NA, Mednick SC (June, 2014). Individual differences in sleep-related benefits for creative insight. Poster presented at the 28<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

\*Dela Cruz AL, Duggan KA, McDevitt EA, **Whitehurst LN**, \*Perera CA, \*Reihanabad NA, Mednick SC (June, 2014). The influence of napping, depression, stress, and general health on nighttime sleep quality. Poster presented at the 28<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MI.

Irons, J. G., Bergeria, C. L., **Whitehurst, L. N.**, & Bonn-Miller, M. O. (March, 2013) *Exercise and lapse following a cannabis quit attempt*. Poster presented at the Society for Behavioral Medicine, San Francisco, CA.

\*Rijhwani, A., **Whitehurst, L.**, Valacer, J., \*Hall, K., \*Powell, S., \*Comitz, E., Dyche, J., & Fogler, K.A. (June, 2012). The effect of sleep on final grades, eating habits, and mood. Poster

presented at the 27<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

Fogler, K.A., Dyche, J., \*Powell, S., & **Whitehurst, L.** (2012). Mood states in early and late class start times at a military college. Poster presented at the 27<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

Fogler, K.A., Thoreson, K., **Whitehurst, L.**, Zumas, B., \*Hall, MK., & Dyche, J. (June, 2012). Recovery sleep in a naturally occurring sleep deprived population. Poster presented at the 27<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

\*Rijhwani, A., Valacer, J., \*Powell, S., \*Hall, M.K., \*Comitz, E., Fogler, K.A., **Whitehurst, L.**, & Dyche, J. (April, 2012). *Relationship between sleep, final grades, and eating habits*. Poster presented at the L. Starling Reid Undergraduate Psychology Conference at UVA. Charlottesville, VA.

\*Comitz, E., Lindsay, D., Fogler, K.A, **Whitehurst, L.**, & Dyche, J. (April, 2012). *Sleep and performance: the impact of personality*. Poster presented at the L. Starling Reid Undergraduate Psychology Conference at UVA. Charlottesville, VA.

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## Teaching Experience

### Instructor

*Introductory Psychology*, Summer 2017 (evaluations available upon request)

### Guest Lecturer

*Single-subject designs*. University of California, Riverside, March 8, 2017

*Interpreting data*. University of California, Riverside, April 21, 2017

### Graduate Teaching Assistant

*Sleep and Memory*, Spring 2017 (student evaluations available upon request)

Instructor: Sara Mednick, PhD

*Research Methods*, Winter 2017 (student evaluations available upon request)

Instructor: Christine Chiarello, PhD

*Research Methods*, Spring 2014 (student evaluations available upon request)

Instructor: Curt Burgess, PhD

*Biopsychology*, Summer 2011 (evaluations unavailable)

Instructor: Jeffery Dyche, PhD

*Research Methods*, Summer, 2011 (evaluations unavailable)

Instructor: Jessica Irons, PhD

### **Undergraduate Teaching Assistant**

*Research Methods*, Spring 2011 (evaluations unavailable)

Instructor: Jessica Irons, PhD

### **Classes prepared to teach:**

Introductory Psychology

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### **Professional Affiliations**

Student Member of the Sleep Research Society, 2012- present

Student Member of the Society for Neuroscience, 2016 - present

### **Professional-Related Service**

Trainee Symposia Series Subcommittee (2015-2016)

Generate topics and speakers for the 2015-16 Associated Professional Sleep Societies meeting

Organized and assisted in the trainee symposia series during the 2015-16 meeting

Faculty Search Committee (2011, 2012)

Assisted faculty with process of evaluating and hiring a new faculty member in Research Methods and Biopsychology

### **Community Outreach**

City of Riverside Dales Senior Center Community Outreach Talk, March 2015

Brain Awareness Day 2014-2017

Rockingham City Employee Fair, Summer 2012

Community outreach designed to educate public on sleep disorders and associated risks

Children, Sleep and School, Spring 2012

Pamphlet designed to educate patrons visiting Rockingham Memorial Hospital on appropriate adolescent sleep hygienic techniques

Rockingham Memorial County Fair, Spring 2012

Community outreach designed to educate public on sleep disorders and associated risks

## **Media**

The Scientist: Examining Sleep's Roles in Memory and Learning, June 13, 2016.

<http://www.the-scientist.com/?articles.view/articleNo/46305/title/Examining-Sleep-s-Roles-in-Memory-and-Learning/>

BrainDecoder: Daily Pot Users Seem to Have Well-Tuned Internal Clocks, April 7, 2015.

<https://www.braindecoder.com/daily-pot-users-seem-to-have-well-tuned-internal-clocks-1079791087.html>