

## Curriculum Vitae

**Name:** Faith S. Luyster, Ph.D.

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Pittsburgh, PA 15261

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## Education and Training

### **Undergraduate**

September 1998-  
May 2002

Muskingum College  
New Concord, OH

B.A.  
Psychology and Sociology

### **Graduate**

September 2003-  
August 2005

Kent State University  
Kent, OH

M.A.  
Experimental Health  
Psychology

September 2005-  
August 2007

Kent State University  
Kent, OH

Ph.D.  
Experimental Health  
Psychology

### **Postgraduate**

September 2007-  
August 2009

University of Pittsburgh  
Pittsburgh, PA

Postdoctoral Fellow (NHLBI  
T32) in Cardiovascular  
Behavioral Medicine, School  
of Medicine

September 2009-  
August 2010

University of Pittsburgh  
Pittsburgh, PA

Postdoctoral Fellow (NHLBI  
T32) in Sleep Medicine,  
School of Medicine

## Appointments and Positions

### **Academic**

July 2016-present	University of Pittsburgh School of Nursing, Department of Health and Community Systems Pittsburgh, PA	Assistant Professor Member of the Graduate Faculty, University of Pittsburgh, PA
September 2010-June 2016	University of Pittsburgh School of Nursing Department of Health and Community Systems Pittsburgh, PA	Research Assistant Professor

### **Memberships in Professional and Scientific Societies**

2004-2011	American Psychological Association, Division 38
2004-2011	Society of Behavioral Medicine
2008-present	Sleep Research Society
2011-present	American Academy of Sleep Medicine
2015-present	Pennsylvania Sleep Society
2017-present	American Thoracic Society

### **Honors**

2001	National Science Foundation Research Experience for Undergraduates, Kent State University
2002	William Trumpeter Award in Psychology, Muskingum College, “the graduate judged most likely to contribute to the profession of Psychology”
2002	M. Wesley Roper Scholarship in Sociology, Muskingum College
2005	Summer Research Fellowship, Summa Health Systems, Akron, Ohio
2006	University Research Council Research/Scholarly Support, Kent State University
2012	National Institutes of Health Summer Institute on Behavioral Randomized Clinical Trials
2015	National Institutes of Health Early Career Reviewer Program

### **Publications**

#### **Refereed Articles** \* = Data Based

1. \***Luyster, F.**, Hughes, J.W., Waechter, D., & Joesphson, R. (2006). Resource loss predicts depression and anxiety among patients treated with an implantable cardioverter defibrillator. *Psychosomatic Medicine*, 68(5), 794-800.
2. \*Hughes, J.W., Casey, E., **Luyster, F.**, Doe, V.H., Waechter, D., Rosneck, J., & Joesphson, R. (2006). Depression symptoms predict heart rate recovery after treadmill stress testing. *American Heart Journal*, 151(5), 1122.e1-1122.e6.
3. \*Gunstad. J., Cohen, R.A., Paul, R.H., **Luyster, F.**, & Gordon, E. (2006). Age effects in

time estimation: relationship to frontal brain morphometry. *Journal of Integrative Neuroscience*, 5(1), 75-87.

4. \*Updegraff, J., Sherman, D., **Luyster, F.**, & Mann, T. (2007). The effects of message quality and congruency on perceptions of tailored health communications. *Journal of Experimental Social Psychology*, 43(2), 249-257.
5. \*Gunstad, J., **Luyster, F.**, Hughes, J., Waechter, D., Rosneck, J., & Joesphson, R. (2007). The effects of obesity on functional work capacity and quality of life in phase II cardiac rehabilitation. *Preventive Cardiology*, 10(2), 64-67.
6. \*Gunstad, J., Spitznagel, M.B., **Luyster, F.**, Cohen, R.A., & Paul, R.H. (2007). Handedness and cognition across the healthy lifespan. *The International Journal of Neuroscience*, 117(4), 477-485.
7. \*Gunstad, J., Spitznagel, M.B., Paul, R.H., Cohen, R.A., Kohn, M., **Luyster, F.S.**, . . . Gordon, E. (2008). Body mass index and neuropsychological function in healthy children and adolescents. *Appetite*, 50(2-3), 246-251.
8. \***Luyster, F.S.**, Hughes, J.W., & Gunstad, J. (2009). Depression and anxiety symptoms are associated with reduced dietary adherence in heart failure patients treated with an implantable cardioverter defibrillator. *Journal of Cardiovascular Nursing*, 24(1), 10-17.
9. **Luyster, F.S.**, Buysse, D.J., & Strollo, P.J. (2010). Comorbid insomnia and obstructive sleep apnea: Challenges for clinical research and practice. *Journal of Clinical Sleep Medicine*, 6(2), 196-204.
10. \*Kakos, L., Szabo, A., Gunstad, J., Stanek, K., Waechter, D., Hughes, J., **Luyster, F.**, . . . Rosneck, J. (2010). Reduced executive functioning is associated with poorer outcome in cardiac rehabilitation. *Preventive Cardiology*, 13(3), 100-103.
11. \*Stanek, K.M., Gunstad, J., Spitznagel, M.B., Waechter, D., Hughes, J.W., **Luyster, F.**, . . . Rosneck, J. (2011). Improvements in cognitive function following cardiac rehabilitation for older adults with cardiovascular disease. *The International Journal of Neuroscience*, 121(2), 86-93.
12. \***Luyster, F.S.**, Chasens, E.R., Wasko, M.C.M., & Dunbar-Jacob, J. (2011). Sleep quality and functional disability in patients with rheumatoid arthritis. *Journal of Clinical Sleep Medicine*, 7(1), 49-55.
13. \***Luyster, F.S.**, & Dunbar-Jacob, J. (2011). Sleep quality and quality of life in type 2 diabetes. *The Diabetes Educator*, 37(3), 347-355.
14. \***Luyster, F.S.**, Teodorescu, M., Bleecker, E., Busse, W., Calhoun, W., Castro, M., . . .

- Wenzel SE. (2012). Sleep quality and asthma control and quality of life in non-severe and severe asthma. *Sleep & Breath*, 16(4), 1129-1137.
15. \***Luyster, F.S.**, Kip, K.E., Drumheller, O.J., Rice, T.B., Edmundowicz, D., Matthews, K., . . . Strollo, P.J. (2012). Sleep apnea is related to the atherogenic phenotype, lipoprotein subclass B. *Journal of Clinical Sleep Medicine*, 8(2), 155-161.
  16. \***Luyster, F.S.**, Strollo, P.J., Zee, P.C., & Walsh, J.K. (2012). Sleep: A health imperative. *Sleep*, 35(6), 727-734.
  17. \*Dunbar-Jacob, J., Sereika, S.M., Houze, M., **Luyster, F.S.**, & Callan, J.A. (2012). Accuracy of measures of medication adherence in a cholesterol lowering regimen. *Western Journal of Nursing Research*, 34(5), 578-597.
  18. \***Luyster, F.S.**, Kip, K.E., Buysse, D.J., Aiyer, A.N., Reis, S.E., & Strollo, P.J. (2014). Traditional and nontraditional cardiovascular risk factors in comorbid insomnia and sleep apnea. *Sleep*, 37(3), 593-600.
  19. \***Luyster, F.S.**, Kip, K.E., Aiyer, A.N., Reis, S.E., & Strollo, P.J. (2014). Relation of obstructive sleep apnea to coronary artery calcium in non-obese versus obese men and women aged 45-75 years. *The American Journal of Cardiology*, 114(11), 1690-1694.
  20. \*Firat, H., Ozdemir, C., Bilgin, E., **Luyster, F.S.**, Yuceege, M., Kizilgun, M., . . . Ardic, S. (2015) Is hepcidin a good marker of inflammation in obstructive sleep apnea syndrome (OSAS) patients? *Journal of Turkish Sleep Medicine*, 2(2), 33-37.
  21. **Luyster, F.S.**, Choi, J., Yeh, C-H., Imes, C.C., Johannson, A., & Chasens, E.R. (2015) Screening and evaluation tools for sleep disorders in older adults. *Applied Nursing Research*, 28(4), 334-340.
  22. \***Luyster, F.S.**, Dunbar-Jacob, J., Aloia, M.S., Martire, L.M., Buysse, D.J., & Strollo, P.J. (2016). Patient and partner experiences with obstructive sleep apnea and CPAP treatment: a qualitative analysis. *Behavioral Sleep Medicine*, 14(1), 67-84.
  23. Chasens, E.R., & **Luyster, F.S.** (2016). Effect of sleep disturbances on quality of life, self-care behaviors, and patient-reported outcomes in adults with type 2 diabetes. *Diabetes Spectrum*, 29(1), 20-23.
  24. \***Luyster, F.S.**, Strollo, P.J., Holguin, F., Castro, M., Dunican, E.M., Fahy, J., . . . Wenzel, S.E. (2016). Association between insomnia and asthma burden in the Severe Asthma Research Program (SARP) III. *Chest*, 150(6), 1242-1250.
  25. \***Luyster, F.S.**, Dunn, R.E., Lauderdale, D.S., Carnethon, M.R., Tucker, A.W., Vogel, R.A., . . . Strollo, P.J. (2017). Sleep apnea risk and subclinical atherosclerosis in early-middle-aged retired national football league players. *Nature and Science of Sleep*, 9, 31-38.

26. **Luyster, F.S.** (2017). Impact of obstructive sleep apnea and its treatments on partners: a literature review. *Journal of Clinical Sleep Medicine*, 13(3), 467-477.
27. \***Luyster, F.S.**, Strollo, P.J., Thunstrom, E., Peker, Y. (2017). Long-term use of continuous positive airway pressure therapy in coronary artery disease patients with nonsleepy obstructive sleep apnea. *Clinical Cardiology*, 40(12), 1297-1302.
28. \***Luyster, F.S.**, Aloia, M.S., Buysse, D.J., Dunbar-Jacob, J., Martire, L.M., Sereika, S.M., & Strollo, P.J. (2018). A couple-oriented intervention for positive airway pressure therapy adherence: A pilot study of obstructive sleep apnea patients and their partners. *Behavioral Sleep Medicine*, Advanced online publication, 1-12. <https://doi.org/10.1080/15402002.2018.1425871>
29. \*Imes, C.C., Baniak, L.M., Choi, J., **Luyster, F.S.**, Morris, J.L., Ren, D., & Chasens, E.R. (in press). Correlates of endothelial function in older adults with untreated obstructive sleep apnea and cardiovascular disease. *Journal of Cardiovascular Nursing*, Advanced online publication. <https://doi.org/10.1097/JCN.0000000000000536>
30. \***Luyster, F.S.**, Ritterband, L.M., Sereika, S.M., Buysse, D.J., Wenzel, S.E., & Strollo, P.J. (in press). Internet-based cognitive-behavioral therapy for insomnia in adults with asthma: a pilot study. *Behavioral Sleep Medicine*, Advanced online publication, 1-13. <https://doi.org/10.1080/15402002.2018.1425871>
31. \*Baniak, L.M., Chasens, E.R., **Luyster, F.S.**, Strollo, P.J., Thunstrom, E., & Peker, Y. (2018). Obstructive sleep apnea and self-reported functional impairment in revascularized patients with coronary artery disease in the RICCADSA trial. *Sleep & Breathing*, Advanced online publication, 1-9. <https://doi.org/10.1007/s113525-018-1733-4>
32. Shi, X., Buysse, D.J., Ritterband, L.M., Sereika, S.M., Strollo, P.J., Wenzel, S.E., & **Luyster, F.S.** Solving insomnia electronically: Sleep treatment for asthma (SIESTA): A study protocol for a randomized controlled trial. Manuscript submitted for publication.

#### **Published Abstracts**

1. Hughes, J.W., Casey, E., **Luyster, F.S.**, Doe, V., Waechter, D., Rosneck, J., & Josephson, R. (2005). Exercise capacity explains the relationship between depression and heart rate recovery after treadmill stress testing [Abstract]. *Journal of Cardiopulmonary Rehabilitation Prevention*, 25(suppl), 307.
2. Hughes, J.W., Bartley, A., Casey, E., **Luyster, F.S.**, Rosneck, J., Waechter, D., & Josephson, R. (2006). Depression symptoms are not a major impediment to enrollment

in phase II cardiac rehabilitation [Abstract]. *Journal of Cardiopulmonary Rehabilitation Prevention*, 26(suppl), 255

3. Gunstad, J., **Luyster, F.S.**, Hughes, J.W., Waechter, D., Rosneck, J., & Josephson, R. (2006). The effects of obesity on functional work capacity and quality of life in phase II cardiac rehabilitation [Abstract]. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 26(suppl), 264.
4. **Luyster, F.S.**, Hughes, J.W., Gunstad, J., & Josephson, R. (2008). The effect of depression and anxiety on adherence in heart failure patients treated with an ICD [Abstract]. *Annals of Behavioral Medicine*, 35(suppl), s42.
5. Reese, L.S., Gunstad, J., Stanek, K.M., Waechter, D., Hughes, J., **Luyster, F.S.**, . . . , Rosneck, J. (2008). Poorer executive function is associated with reduced benefit from cardiac rehabilitation [Abstract]. *Archives of Clinical Neuropsychology*, 23(suppl), 661.
6. Stanek, K.M., Gunstad, J., Reese, L.S., Rosneck, J., Waechter, D., Hughes, J., **Luyster, F.S.**, & Josephson, J. (2008). Multiple cardiovascular indices are related to attention and executive function in cardiac rehabilitation patients [Abstract]. *Archives of Clinical Neuropsychology*, 23(suppl), 687.
7. **Luyster, F.S.**, & Dunbar-Jacob, J. (2009). Sleep duration and body mass index in persons with type II diabetes [Abstract]. *Annals of Behavioral Medicine*, 37(suppl), s58.
8. **Luyster, F.S.**, & Dunbar-Jacob, J. (2009). Self-reported sleep difficulties predicts medication adherence in adults with type II diabetes [Abstract]. *Annals of Behavioral Medicine*, 37(suppl), s88.
9. **Luyster, F.S.**, Dunbar-Jacob, J., Chasens, E.R., & Sereika, S. (2009). Sleep quality in women with rheumatoid arthritis [Abstract]. *Sleep*, 32(suppl), A328.
10. **Luyster, F.S.**, Dunbar-Jacob, J., Chasens, E.R., & Sereika, S. (2010). Functional disability mediates the association between disease activity and sleep quality in rheumatoid arthritis [Abstract]. *Sleep*, 33(suppl), A296.
11. **Luyster, F.S.**, Strollo, P.J., & Wenzel, S. (2011). Sleep quality and asthma control in non-severe and severe asthma [Abstract]. *Sleep*, 34(suppl), A233.
12. **Luyster, F.**, Firat, H., Yuceege, M., Sever, O., Demir, A., Ardic, S., . . . , Strollo, P.J. (2012). Performance characteristics of two questionnaires in determining high pre-test probability for obstructive sleep apnea [Abstract]. *Sleep*, 35(suppl), A144.
13. **Luyster, F.S.**, Mulukutla, S., Aiyer, A., Kip, K.E., Reis, S.E., & Strollo, P.J. (2013). Cardiovascular risk among sleep disordered breathing, insomnia, and comorbid sleep disordered breathing and insomnia [Abstract]. *Sleep*, 36(suppl), A161.

14. **Luyster, F.S.**, Holms, K.E., & Aloia M.S. (2014). Both relationship status and relationship quality are prospectively associated with CPAP adherence [Abstract]. *Sleep*, 37(suppl), A123.
15. **Luyster, F.S.**, Dunn, R.E., Lauderdale, D., Tucker, A.M., Vogel, R.A., Lincoln, A.E., & Strollo, P.J. (2015). Sleep apnea risk and subclinical atherosclerosis in former national football league players [Abstract]. *Sleep*, 38(suppl), A203.
16. **Luyster, F.S.**, Samuelsson, L.B., Kupfer, D.J., Frank, E., Krafty, R.T., & Hall, M.H. (2015). Psychosocial and sleep characteristics in comorbid insomnia and sleep apnea [Abstract]. *Sleep*, 38(suppl), A155.
17. **Luyster, F.S.**, Strollo, P.J., Holguin, F., Bleecker, E., Castro, M., Fahy, J.V.,... Wenzel, S.E. (2016). Impact of comorbid insomnia on asthma control and asthma-related healthcare utilization [Abstract]. *American Journal of Respiratory and Critical Care Medicine*, 193(suppl), A6429.
18. **Luyster, F.S.**, Strollo, P.J., Thunstrom, E., & Peker, Y. (2017). Predictors of long-term adherence to auto-titrating positive airway pressure therapy in coronary artery disease patients with non-sleepy and sleepy obstructive sleep apnea [Abstract]. *American Journal of Respiratory and Critical Care Medicine*, 195(suppl), A6543.
19. **Luyster, F.S.**, Strollo, P.J., Soose, R., & Strohl, K.P. (2017) The impact of upper airway stimulation on the REM AHI [Abstract]. *Sleep*, 40(suppl), A210.
20. **Luyster, F.**, Strollo, P.J., Soose, R., & Strohl, K. (2017). Upper airway stimulation effectively treats REM obstructive sleep apnea [Abstract]. *Sleep Medicine*, 40(suppl 1), e202-e203

#### **Reviews, Invited Published Papers, Proceedings, Monographs**

1. **Luyster, F.S.** (2008). Invited commentary on McGann, E.F., Sexton, D., & Chyun, D.A.'s "Denial and compliance in adults with asthma". *Clinical Nursing Research*, 17(3), 171-173.

#### **Book Chapters and Books**

1. Dunbar-Jacob, J., Houze, M., Kramer, C., **Luyster, F.**, & McCall, M. (2010). Adherence to medical advice: Processes and measurement. In: Steptoe, A. (Ed.), *Handbook of Behavioral Medicine: Methods and Applications* (pp.83-95). New York, NY: Springer.
2. **Luyster, F.S.** Dunbar-Jacob, Jacqueline. In: Gellman, M., & Turner, J.R. (Eds.), *Encyclopedia of Behavioral Medicine* (pp. 633-634). New York, NY: Springer.

3. **Luyster, F.S.** (2013). Sleep apnea. In: Gellman, M., & Turner, J.R. (Eds.), *Encyclopedia of Behavioral Medicine* (pp. 1802-1803). New York, NY: Springer.
4. **Luyster, F.S.** (2013). Sleep and health. In: Gellman, M., & Turner, J.R. (Eds.), *Encyclopedia of Behavioral Medicine* (pp. 1799-1802). New York, NY: Springer.
5. **Luyster, F.S.** (2016). Sleep disturbance in rheumatic disease. In: Nicassio, P.M (Ed.), *Psychosocial Factors in Arthritis* (pp.151-164). Switzerland: Springer International Publishing.

### **Other Publications**

1. **Luyster, F.** (2007). The impact of psychological distress and cognitive impairment on adherence to treatment recommendations in heart failure patients treated with an implantable defibrillator. Doctoral dissertation, Kent State University, Kent, OH.

### **RESEARCH**

#### **Principal Investigator**

University of Pittsburgh School of Nursing Center for Research in Chronic Disease Pilot Study Program

The Role of Daytime Sleepiness in Medication Adherence in Patients with Heart

Funding period: 2008-2009. Award: \$35,940

NHLBI K23HL105887

Enhancing Motivation for CPAP Adherence in Obstructive Sleep Apnea (PI: Luyster). Source: NHLBI. Direct costs: \$587,359. Effort: 100%. Funding period: 7/20/2011-2/28/2017.

NHLBI R03HL135213

Feasibility and Acceptability of an Internet-Based Cognitive-Behavioral Treatment for Insomnia in Adults (PI: Luyster). Direct costs: \$100,000. Effort: 40%. Funding period: 9/17/2016-6/30/2018.

NHLBI R01HL131587-01A1

Improving Asthma Control Using Internet-Based Cognitive-Behavioral Treatment for Insomnia (PI: Luyster). Direct costs: \$1,957,302. Effort: 40%. Funding period: 8/20/2017-7/31/2021.

#### **Co-Investigator**

VA Healthcare Network – VISN 4 Competitive Career Development Fund

The impact and prevalence of co-morbid insomnia in Veterans health administration service users with chronic obstructive pulmonary disease nationally (PI: Jessica Bon Field)

Funding period: 10/1/2018-9/30/2020. Effort: 5%. Award: \$52,217



## Other Scholarly Activities

### Grant Reviewer

2011	Ruth Perkins Kuehn Award, University of Pittsburgh School of Nursing
2012	Ireland Health Research Board
2012	Postdoctoral Fellowship Program, Centre for Integrated Research and Understanding of Sleep, University of Sydney, Australia
2013	VA Rehabilitation and Development SPiRE Program
2016	Icelandic Research Fund
2018	Dutch Association of Health Foundations
2018	Competitive Medical Research Fund, University of Pittsburgh
2018	Ad hoc Grant Reviewer, Behavioral Medicine Outcomes and Interventions (BMIO) Study Section, National Institutes of Health

### Manuscript Reviewer

2010-present	Journal of Clinical Sleep Medicine
2011-present	Behavioral Sleep Medicine
2012-present	Journal of Psychosomatic Research
2012-present	Journal of Sleep Research
2013-present	Annals of the American Thoracic Society
2013-present	Diabetes Care
2013-present	SLEEP
2015-present	Health Psychology
2017-present	Journal of Adolescent Health

## UNPUBLISHED PRESENTATIONS

### International

1. **Luyster, F.S.**, Kip, K.E., Aiyer, A.N., Reis, S.E., & Strollo, P.J. (2013, October). *Association of sleep apnea and coronary artery calcification in non-obese and obese middle-aged men and women*. Paper presentation at the 13<sup>th</sup> International Symposium on Sleep & Breathing, Montreal, Quebec, Canada.

### National

1. **Luyster, F.S.**, & Meyer, D. (2003, May). *Sexual self-schema and definitions of sexual*

*partners among female college students.* Poster presented at the Midwestern Psychological Association annual meeting, Chicago, IL.

2. **Luyster, F.S.**, Bogart, L., Delahanty, D., & Figler, J. (2004, March). *The impact of traumatic events on sexual behavior and treatment adherence among people living with HIV/AIDS.* Poster presented at the 25<sup>th</sup> Society of Behavioral Medicine annual meeting, Baltimore, MD.
3. **Luyster, F.S.**, Bogart, J., Delahanty, D., & Figler, J. (2005, August). *Traumatic experiences influence sexual risk and adherence among HIV+ adults.* Poster presented at the 113<sup>th</sup> American Psychological Association annual meeting, Washington, D.C.
4. Gunstad, J., Spitznagel, M., Stanek, K., **Luyster, F.**, Rosneck, J., Waechter, D., & Josephson, R. (2008, August). *Hydration and cognitive function in older adults with cardiovascular disease.* Poster presented at the 114<sup>th</sup> American Psychological Association annual meeting, Boston, MA.
5. Klinges, R., Dunbar-Jacob, J., & **Luyster, F.S.** (2014, April) *The association between sleep and medication adherence in patients with heart failure.* Poster presented at the National Conference on Undergraduate Research, University of Kentucky, Lexington, KY.
6. **Luyster, F.S.** (2016, June) *Patient reported outcomes among new PAP users and their partners.* Oral presentation given as part of the Rapid Fire Symposium (Patient Reported Outcomes: Benchmarks for High Quality Patient Care in Sleep Disorders) at the annual meeting of the Associated Professional Sleep Societies, LLC, Denver, CO.
7. **Luyster, F.S.** (2017, November). *Sleep basics and assessments of sleep.* Oral presentation given as part of the Sleep and Chronobiology in the Nursing Curriculum symposium at the annual conference of the Professional Nurse Educators Group, Pittsburgh, PA.

### **Regional**

1. **Luyster, F.S.** (2017, May). *Effect of obstructive sleep apnea and its treatments on partners.* Invited presentation at the annual Pennsylvania Sleep Society annual meeting, Harrisburg, PA.

### **Local**

1. **Luyster, F.S.** (2005, June). *Predictors of depression and anxiety in implantable Cardioverter defibrillator patients.* Paper presented at the 9<sup>th</sup> annual NEOUCOM Department of Psychiatry Research and Scholarly Activities Day, Akron, OH.

2. **Luyster, F.S.** (2011, January). *Sleep quality and asthma control in non-severe and severe asthma*. Presentation delivered at the University of Pittsburgh Multidisciplinary Sleep Conference.
3. **Luyster, F.S.** (2014, January). *Improving CPAP adherence in obstructive sleep apnea: A couple-oriented approach*. Presentation delivered at the University of Pittsburgh Multidisciplinary Sleep Conference.
4. **Luyster, F.S.**, Samuelsson, L.B., Kupfer, D.J., Frank, E., Krafty, R., & Hall, M.H. (2015, November). *Psychosocial and sleep characteristics in comorbid insomnia and sleep apnea*. Poster presented at the University of Pittsburgh Sleep Medicine Institute Research Day.
5. **Luyster, F.S.** (2015, December). *Improving asthma control using internet-based cognitive-behavioral treatment for insomnia*. Presentation delivered at the University of Pittsburgh Multidisciplinary Sleep Conference.
6. Imes, C.C., Baniak, L.M., Choi, J., **Luyster, F.S.**, Morris, J.L., Park, M., & Chasens, E.R. (2016, November). *Body mass index is the best adiposity correlate of endothelial function in adults with untreated obstructive sleep apnea*. Poster presented at the University of Pittsburgh Sleep Medicine Institute Research Day.
7. **Luyster, F.S.**, Strollo, P.J., Holguin, F., Bleecker, E., Castro, M., Fahy, J.V.,... Wenzel, S.E. (2016, November). *Impact of comorbid insomnia on asthma control and asthma-related healthcare utilization*. Poster presented at the University of Pittsburgh Sleep Medicine Institute Research Day.
8. Pinto, G., & **Luyster, F.S.** (2017, March). *The association between quality of sleep, medication adherence, and health-related quality of life in patients with heart failure*. Poster presented at the University of Pittsburgh School of Nursing, Sigma Theta Tau Eta Chapter Scholars Night.
9. Baniak, L.M., **Luyster, F.S.**, Chasens, E.R., Strollo, P.J., & Peker, Y. (2017, November). *Effect of CPAP compliance on functional outcomes in coronary artery disease patients with obstructive sleep apnea*. Poster presented at the University of Pittsburgh Sleep and Circadian Science Center Research Day.
10. **Luyster, F.S.** (2018, March). *Treating comorbid insomnia: An approach to improving chronic disease outcomes*. Presentation at University of Pittsburgh Center for Sleep and Circadian Science: Sleep Grand Rounds.

## Teaching

### Primary Teacher

<b>Term / Years</b>	<b>Course Number &amp; Title</b>	<b>No. of Students</b>	<b>Level</b>	<b>Didactic or Clinical</b>
Spring 2011-2014, 2018; Fall 2017; Summer 2018	NUR 2000 Research for Evidence Based Practice 1	30, 41, 30, 38, 26, 37, 18	Accelerated 2 <sup>nd</sup> degree BSN	Didactic
Spring 2016	NUR 2000/2400 Research for Evidence Based Practice 1	35, 1	MSN, DNP	Didactic
Summer 2017	NURCNS 2354/2354D Individual Psychotherapy Theory	1,1	DNP	Didactic

### Lecturer / Guest Lecturer

<b>Term/ Years</b>	<b>Course Number &amp; Title</b>	<b>No. of Students</b>	<b>Level</b>	<b>Topic of Lecture</b>
Fall 2011	Geriatric Medicine/ IP Macy Interprofessional Education Course - University of Pittsburgh School of Medicine	15	Medical Students	My Patient Can't Sleep
Fall 2011	PSY 1057 Topics in Biological, Clinical, and Health Psychology	25	Undergraduate	Impact of Sleep on Health Outcomes and Treatment Management in Chronic Disorders
Spring 2012	NUR 0086 Introduction to Basic Statistics for Evidence Based Practice	30	BSN	Impact of Sleep on Health Outcomes and Treatment Management in Chronic Disorders
Fall 2012	NUR 2000 Research for Evidence Based Practice 1	20	MSN, DNP	Measurement and Instrumentation
Summer 2015	NUR 2000 Research for Evidence Based Practice 1	24	MSN, DNP	Planning a Nursing Study and Sample Selection
Fall 2017	NURCNS 3291 Responsibilities and Activities of Scientists 1	10	PhD	Career Development Awards (K Awards)

## **MENTORING ACTIVITIES**

### **PhD Dissertations**

2017-present      Committee Member – Jonna Morris, MSN, RN, University of Pittsburgh School of Nursing, Dissertation title: Sex Differences in the Perceptions and Symptom Presentations of Impaired Sleep

### **Undergraduate Research Mentoring Program**

2011-2015      Rachel Klinges  
2013-2017      Miranda Kuzman  
2014-2016      Mary Flood  
2014-2016      Aminata Kamara  
2014-2016      Jennifer Mai  
2014-2017      Grace Pinto  
2015              Taylor Giambrone  
2015              Madeline Lepore  
2015              Yunfan Yu  
2016-2017      Maria Menting de Alba  
2016-2017      Chloe Minahan

### **Other Mentoring Activities**

2013              Teaching Mentor – Dr. Judy Erlen, University of Pittsburgh School of Nursing, NUR 2000: Research for Evidence Based Practice 1

2017-present      Research Advisor – Xiaojun Shi, doctoral candidate, University of Pittsburgh School of Nursing

## **SERVICE**

### **University Committees**

2017              Chair, Promoting Good Sleep for a Healthier U speaker series, funded by University of Pittsburgh Provost's Year of Healthy U and School of Nursing

2018-present      Senate Equity, Inclusion, and Ant-Discrimination Advocacy Committee, Pro-tem member

### **School of Nursing**

2012-2014      Continuing Education Committee, Member

2017-present      Faculty/Staff Welfare Committee, Member (Chair 2018-present)

2018-present      PhD Council, Member

2018-present BSN Council, Member  
2018-present HUB for Sleep and Circadian Rhythms: Effect on Symptoms and Functional Outcomes Across the Lifespan, Co-Director  
2018-present Care Coordination Certificate Working Group, Member  
2018-present Steering and Evaluation Committee, Member

**Other Service Activities**

2014-present Research Committee Reviewer, University of Pittsburgh Department of Psychiatry  
2015-present Board of Directors, Pennsylvania Sleep Society  
2016 Abstract Reviewer, University of Pittsburgh Sleep Medicine Research Day  
2017 Abstract Reviewer, Society of Behavioral Medicine  
2017 Poster Judge, University of Pittsburgh Center for Sleep & Circadian Science Research Day  
2018-present Member, Sleep Research Society Membership Committee