

Curriculum Vitae

Name: Faith S. Luyster, Ph.D.

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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

September 2010-June 2016	University of Pittsburgh School of Nursing, Department of Health and Community Systems Pittsburgh, PA	Research Assistant Professor
July 2016-June 2023	University of Pittsburgh School of Nursing, Department of Health and Community Systems Pittsburgh, PA	Assistant Professor
July 2023-present	University of Pittsburgh School of Nursing, Department of Health and Community Systems Pittsburgh, PA	Associate Professor with Tenure

Non-Academic

April 2021-present	Veterans Affairs Pittsburgh Healthcare System Pittsburgh, PA	Research Health Scientist
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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
2015-2019	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). Reduced 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.**, Clark, R., Williams, L.M., & 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.**, Josephson, R., & 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.**, Josephson, R., & 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., Chung, K.F., Erzurum, S., Israel, E., Strollo, P.J., & Wenzel, S.E. (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., Reis, S.E., & 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.**, Yuceede, M., Kizilgun, M., Demir, A.U., Strollo, P.J., & 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., Gaston, B., Israel, E., Jarjour, N.N., Mauger, D.T., Moore, W.C., & 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., Lincoln, A.E., Knutson, K.L., Pellman, E.J., & 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.**, 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.
27. **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.
28. *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*, 22(4), 1169-1177.
29. ***Luyster, F.S.**, Aloia, M.S., Buysse, D.J., Dunbar-Jacob, J., Martire, L.M., Sereika, S.M., & Strollo, P.J. (2019). A couple-oriented intervention for positive airway pressure therapy adherence: A pilot study of obstructive sleep apnea patients and their partners. *Behavioral Sleep Medicine*, 17(5), 561-572.
30. *Imes, C.C., Baniak, L.M., Choi, J., **Luyster, F.S.**, Morris, J.L., Ren, D., & Chasens, E.R. (2019). Correlates of endothelial function in older adults with untreated obstructive sleep apnea and cardiovascular disease. *Journal of Cardiovascular Nursing*, 34(1), E1-E7.
31. Shi, X., Buysse, D.J., Ritterband, L.M., Sereika, S.M., Strollo, P.J., Wenzel, S.E., & **Luyster, F.S.** (2019). Solving insomnia electronically: Sleep treatment for asthma

- (SIESTA): A study protocol for a randomized controlled trial. *Contemporary Clinical Trials*, 79, 73-79.
32. ***Luyster, F.S.**, Ritterband, L.M., Sereika, S.M., Buysse, D.J., Wenzel, S.E., & Strollo, P.J. (2020). Internet-based cognitive-behavioral therapy for insomnia in adults with asthma: a pilot study. *Behavioral Sleep Medicine*, 18(1), 10-22.
 33. ***Luyster, F.S.**, Shi, X., Baniak, L.M., Morris, J.L., & Chasens, E.R. (2020). Associations of sleep duration with patient-reported outcomes and healthcare use in U.S. adults with asthma. *Annals of Allergy, Asthma, and Immunology*, 125(3), 319-324. doi: 10.1016/j.anai.2020.04.035
 34. ***Luyster, F.S.**, Wang, J., Sciruba, F.C., & Bon, J (2020). Longitudinal associations between sleep disturbance and disease severity in patients with COPD. *Sleep Science and Practice*, 4, 12.
 35. *Jeon, B., Sereika, S.M., Callan, J.A., **Luyster, F.S.**, DiNardo, M.M., & Chasens, E.R. (2020). Age-related differences in mood, diabetes-related distress, and functional outcomes in adults with type 2 diabetes mellitus and comorbid obstructive sleep apnea and insomnia. *The Diabetes Educator*, 46(6), 540-551.
 36. ***Luyster, F.S.**, Shi, X., Baniak, L.M., Morris, J.L., Yang, K., & Chasens, E.R. (2020). Insomnia and daily function in older adults with asthma. *Journal of Gerontological Nursing*, 46(11), 28-36.
 37. Jeon, B., **Luyster, F.S.**, Callan, J.A., & Chasens, E.R. (2021). Depressive symptoms in comorbid obstructive sleep apnea and insomnia: an integrative review. *Western Journal of Nursing Research*, 43(11), 1061-1072.
 38. Chasens, E.R., Imes, C.C., Kariuki, J.K., **Luyster, F.S.**, Morris, J.L., DiNardo, M.M., Godzik, C., Jeon, B., & Yang, K. (2021). Sleep and metabolic syndrome. *Nursing Clinics of North America*, 56(2), P203-P217.
 39. *Baniak, L.M., **Luyster, F.S.**, Raible, C.A., McCray, E.E., & Strollo, P.J. (2021). COVID-19 vaccine hesitancy and uptake among nursing staff during an active vaccine rollout. *Vaccines*, 9, 858.
 40. *Morris, J.L., Belcher, S.M., Jeon, B., Godzik, C.M., Imes, C.C., **Luyster, F.**, Sereika, S.M., Scott, S.W., & Chasens, E.R. (2021). Financial hardship and its associations with perceived sleep quality in participants with type 2 diabetes and obstructive sleep apnea. *Chronic Illness*. Advance online publication. doi: 10.1177/17423953211065002
 41. *Kariuki, J.K., Kyeongra, Y., Scott, P.W., Chasens, E.R., Godzik, C., **Luyster, F.S.**, & Imes, C.C. (2022). Obstructive sleep apnea risk is associated with severity of metabolic syndrome: National Health and Nutrition Examination Survey 2015–2018. *Journal of Cardiovascular Nursing*, 37(5), 482-489.

42. *Morris, J.L., Baniak, L.M., **Luyster, F.S.**, & Dunbar-Jacob, J. (2022). Covid-19 vaccine confidence and hesitancy in nursing students and faculty at a large academic medical center. *Nursing Outlook*, 70(2), 347-354.
43. *Jeon, B., **Luyster, F.S.**, Sereika, S.M., DiNardo, M.M., Callan, J.A., & Chasens, E.R. (2022). Comorbid obstructive sleep apnea and insomnia and its association with mood and diabetes-related distress in type 2 diabetes mellitus. *Journal of Clinical Sleep Medicine*, 18(4), 1103-1111.
44. *Baniak, L.M., Scott, P.W., Chasens, E.R., Imes, C.C., Jeon, B., Shi, X., Strollo, P.J., & **Luyster, F.S.** (2022). Sleep problems and associations with cardiovascular disease and all-cause mortality in asthma-COPD overlap: analysis of the National Health and Nutrition Examination Survey (2007-2012). *Journal of Clinical Sleep Medicine*, 18(6), 1491-1501.
45. ***Luyster, F.S.**, Ni, Q., Lee, K., Harrison, C., Ramprasad, V.H., Soose, R.J., & Strollo, P.J. (2022). Factors affecting obstructive sleep apnea patients' use of upper airway stimulation treatment. *Journal of Clinical Sleep Medicine*, 18(9), 2207-2215.
46. Baniak, L.M., Orbell, S., **Luyster, F.S.**, Henker, R., & Strollo, P.J. (2023). Perioperative management of obstructive sleep apnea in lower extremity orthopedic procedures: A review of evidence to inform the development of a clinical pathway. *Sleep Medicine Reviews*, 67, 101712.
47. Imes, C.C., Baniak, L., Barthel, N.J., Dunbar-Jacob, J., Engberg, S.J., Feeley, C.A., Fennimore, L.A., Godzik, C.M., Klem, M.L., **Luyster, F.S.**, Ren, D., & Chasens, E.R. (2023). Shift work organization on nurse injuries: A scoping review. *International Journal of Nursing Studies*, 138, 104395.
48. ***Luyster, F.S.**, Boudreaux-Kelly, M.Y., & Bon, J.M. (2023). Insomnia in chronic obstructive pulmonary disease and associations with healthcare utilization and costs. *Respiratory Research*, 24, 93.
49. *Jeon, B., Chasens, E.R., **Luyster, F.S.**, Callan, J.A., DiNardo, M.M., & Sereika, S.M. (2023). Is insomnia severity a moderator of the associations between obstructive sleep apnea severity with mood and diabetes-related distress? *Sleep & Breathing*, 27, 1081-1089.
50. *Orbell, S., Scott, P.W., Baniak, L.M., Chasens, E.R., Godzik, C., Jeon, B., Morris, J.L. & **Luyster, F.S.** (2023). Patient-level factors associated with the self-report of trouble sleeping to healthcare providers in adults at high risk for obstructive sleep apnea. *Sleep Health*. Advanced online publication. <https://doi.org/10.1016/j.sleh.2023.08.007>
51. ***Luyster, F.S.**, Baniak, L.M., Imes, C.C., Jeon, B., Morris, J.L., Orbell, S., & Scott, P. (2023). *Association of comorbid obstructive sleep apnea and insomnia with risk of major*

adverse cardiovascular events. [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 and 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 and 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.**, Josephson, R., & 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., Terhorst, L., 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., Gaston, B., Israel, E., Jarjour, N.N., Mauger, D., & 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
21. **Luyster, F.S.**, Ritterband, L., Sereika, S., & Strollo, P.J. (2018). Effects of an internet-based CBT-I intervention on sleep and asthma control in adults with co-occurring insomnia and asthma. *Sleep*, 41(suppl), A336.

22. **Luyster, F.S.**, Shi, X., Atwood, C., Sereika, S., Strollo, P.J., Stansbury, R., & Chasens, E. (2019). Daytime sleepiness and physical activity in adults with type 2 diabetes and OSA treated with CPAP. *Sleep*, 42,(suppl), A214.
23. **Luyster, F.S.**, Boudreaux-Kelly, M.Y., & Bon, J.M. (2020). Insomnia in veterans with COPD: prevalence, correlates, and health care utilization. *Sleep*, 43(suppl), A209.
24. Jeon, B., **Luyster, F. S.**, & Chasens, E. R. (2020). Associations between circadian preference and sleep-related thoughts: data from the 2015 Sleep in America Poll. *Sleep*, 43(suppl), A298-A299.
25. Morris, J. L., Baniak, L., Belcher, S. M., Imes, C., **Luyster, F.**, Scott, P. W., Sereika, S.M., & Chasens, E. R. (2020). Perceived financial difficulty predicts sleep quality in participants with type 2 diabetes and obstructive sleep apnea. *Sleep*, 43(suppl), A401.
26. Luyster, F.S., Boudreaux-Kelly, M.Y., & Bon, J. (2021). Impact of insomnia on healthcare utilization and costs among veterans with chronic obstructive pulmonary disease. *American Journal of Respiratory and Critical Care Medicine*, 203(suppl), A4712.
27. **Luyster, F.S.**, Scott, P.W., Chasens, E.R., Imes, C.C., Jeon, B., Shi, X., Strollo, P.J., & Baniak, L.M. (2022). Associations between sleep problems and cardiovascular disease and all-cause mortality in asthma-COPD overlap. *Sleep*, 45(suppl), A251-252.
28. Jeon, B., **Luyster, F.S.**, Sereika, S.M., DiNardo, M.M., Callan, J.A., & Chasens, E.R. (2022). The moderating effect of comorbid insomnia on the association of obstructive sleep apnea with mood, and with diabetes-related distress in adults with type 2 diabetes. *Sleep*, 45(suppl), A263-A264.
29. Orbell, S.L., Chasens, E.R., Scott, P.W., **Luyster, F.S.**, & Morris, J.L. (2022). Validation of the predictive utility of the multivariable apnea index for obstructive sleep apnea in women. *Sleep*, 45(suppl), A311-A312.
30. **Luyster, F.S.**, Ni, Q., Lee, K., Harrison, C., Ramprasad, V.H., Soose, R.J., & Strollo, P.J. (2022). Patient experiences of upper airway stimulation for treatment of obstructive sleep apnea: a qualitative analysis. *Sleep Medicine*, 100(suppl 1), S263-S264.
31. Jeon, B., Chasens, E.R., & **Luyster, F.S.** (2023). Comorbid obstructive sleep apnea and insomnia in type 2 diabetes: Association with diabetes-related distress and glycemic control. *Sleep*, 46(suppl), A360.
32. Orbell, S.L., Scott, P.W., Baniak, L.M., Chasens, E.R., Godzik, C., Jeon, B., Morris, J.L., & **Luyster, F.S.** (2023). Patient-level factors associated with the self-report of trouble sleeping to healthcare providers in adults at high-risk for obstructive sleep apnea. *Sleep*, 46(suppl), A220.

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.
6. **Luyster, F.S.**, Baniak, L.M, Chasens, E.R., Feeley, C.A., Imes, C.C., & Morris, J.L. (2019). Sleep among working adults. In: Duncan, D.T., Kawachi, I., & Redline, S. (Eds.), *The Social Epidemiology of Sleep*. Oxford, UK: Oxford University Press.
7. **Luyster, F.S.**, & Buysse, D.J. (2022). The impact of partner and family support. In: Shapiro, C., Gupta, M., & Zalai, D. (Eds), *CPAP Adherence: Factors and Perspectives*. New York, NY: Springer Nature.

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]. OhioLINK Electronic Theses and Dissertations.

RESEARCH

Principal Investigator

Role: Principal Investigator

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

Title: The Role of Daytime Sleepiness in Medication Adherence in Patients with Heart Failure

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

Role: Principal Investigator (100%)
Funding Agency: NHLBI
Type: K23HL105887
Title: Enhancing Motivation for CPAP Adherence in Obstructive Sleep Apnea
Funding period: 7/20/2011-6/30/2016 (NCE 7/1/2016-2/28/2017)
Award: \$528,410

Role: Principal Investigator (40%)
Funding Agency: NHLBI
Type: R03HL135213
Title: Feasibility and Acceptability of an Internet-Based Cognitive-Behavioral Treatment for Insomnia in Adults
Funding period: 9/17/2016-6/30/2018
Award: \$100,000

Role: Principal Investigator (40%)
Funding Agency: NHLBI
Type: R01HL131587-01A1
Title: Improving Asthma Control Using Internet-Based Cognitive-Behavioral Treatment for Insomnia
Funding period: 8/20/2017-7/31/2021 (NCE 8/01/2021-7/31/2023)
Award: \$1,957,302

Role: Principal Investigator (10%)
Funding Agency: Inspire Medical Systems, Inc.
Title: Upper Airway Stimulation Therapy for Sleep Apnea: The Patient's Experience
Funding period: 7/18/2019-5/31/2021
Award: \$33,568

Role: Principal Investigator (63%)
Funding Agency: VA Merit Review
Type: I01 RX003513-01A1
Title: Enhancing Pulmonary Rehabilitation in Veterans with Chronic Obstructive Pulmonary Disease Through Internet-Based Cognitive-Behavioral Treatment for Insomnia
Funding period: 4/1/2021-3/31/2025
Award: \$1,187,828

Co-Investigator

Role: Co-Investigator (5%)
Funding Agency: VA Healthcare Network – VISN 4
Type: Competitive Career Development Fund
Title: The Impact and Prevalence of Co-Morbid Insomnia in Veterans Health Administration Service Users with Chronic Obstructive Pulmonary Disease Nationally

Principal Investigator: Jessica Bon Field
Funding period: 10/1/2018-9/30/2020
Award: \$52,217

Role: Co-Investigator (2.5%)
Funding Agency: American Academy of Sleep Medicine Foundation
Type: Strategic Research Grant
Title: A Formalized Patient-to-Patient Peer Support Program to Promote CPAP Adherence in Women
Principal Investigator: Jonna Morris
Funding period: 9/1/2023-8/31/2025
Award: \$99,998

Role: Co-Investigator (5%)
Funding Agency: Betty Irene Moore Fellowship for Nurse Leaders and Innovators
Type: Fellowship
Title: Sleep, Circadian Misalignment, and Medication Errors: Informing Nursing Scheduling Policy
Principal Investigator: Lynn Baniak
Funding period: July 2023-June 2026
Award: \$500,000

Mentor/Consultant

Role: Training Faculty
Funding Agency: NHLBI
Type: T32HL82610
Title: Translational Research Training in Sleep and Circadian Science
Principal Investigator: Daniel Buysse
Funding period: 7/1/2019-6/30/22

Role: Consultant on sleep-related outcomes
Funding Agency: NINR
Type: R21NR020017
Title: Epigenetic Age Acceleration and Psychoneurological Symptoms in Sickle Cell Disease
Co-Principal Investigators: Mitchell Knisely, Allison Ashley-Kock
Funding period: 3/18/2022-3/31/2024
Award: \$442,750

Role: Consultant
Funding Agency: University of Pittsburgh School of Nursing, Center for Research and Education
Type: Pilot/Feasibility Program
Title: Women's Acceptance and Receptiveness to a Formalized Peer Support Intervention to Promote CPAP Adherence
Principal Investigator: Jonna Morris
Funding period: 01/1/2023-12/31/23
Award: \$15,000

OTHER SCHOLARLY ACTIVITIES

2017-2022	Sleep and Circadian Science Research Hub. University of Pittsburgh School of Nursing Role: Co-Director
2022-present	Sleep and Circadian Science Research Hub. University of Pittsburgh School of Nursing Role: Director
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
2018-2019	Ad hoc Grant Reviewer, Behavioral Medicine Outcomes and Interventions (BMIO) Study Section, National Institutes of Health
2022	2022 Strategic Research Grant, American Academy of Sleep Medicine Foundation
2022	Gerald Goldstein Early Career Mental Health Research Award, Veterans Health Foundation, VA Pittsburgh Healthcare System
2023	Ad hoc Grant Reviewer, Career Development Award panel, Rehabilitation, Research, and Development Service, Department of Veterans Affairs
2023	Ad hoc Grant Reviewer, Training and Education Review Panel, National Center for Complementary and Integrative Health
2023-	Member, Investigator-Initiated Grants Review Committee, American

Academy of Sleep Medicine Foundation

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

Editorial Board

2019-present	<i>Sleep</i> , Editorial Board member
2022-present	<i>Frontiers in Sleep</i> , Review Editor and Editorial Board

SELECTED 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 International Symposium on Sleep & Breathing. Montreal, Quebec, Canada.
2. **Luyster, F.S.**, Strollo, P.J., Soose, R., & Strohl, K.P. (2017, October). *Upper airway stimulation effectively treats REM obstructive sleep apnea*. Oral presentation at 2017 World Sleep. Prague, Czech Republic.
3. **Luyster, F.S.**, Ni, Q., Lee, K., Harrison, C., Ramprasad, V.H., Soose, R.J., & Strollo, P.J. (2022, March). *Patient experiences of upper airway stimulation for treatment of obstructive sleep apnea: a qualitative analysis*. Poster presentation at 2022 World Sleep. Rome, Italy.
4. Chasens, E. R., Jeon, B., Orbell, S., Morris, J. L., & **Luyster, F.** (2022, July). *Functional outcomes and daytime sleepiness in adults with type 2 diabetes and sleep disorders*. Oral presentation at Sigma Theta Tau's International Nursing Research Conference. Edinburgh, Scotland.

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 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 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 American Psychological Association annual meeting, Boston, MA.
5. **Luyster, F.S.**, Hughes, J.W., Gunstad, J., & Josephson, R. (2008, March). *The effect of depression and anxiety on adherence in heart failure patients treated with an ICD*. Poster presented at the Society of Behavioral Medicine annual meeting, San Diego, CA.
6. **Luyster, F.S.**, & Dunbar-Jacob, J. (2009, April). *Sleep duration and body mass index in persons with type II diabetes*. Poster presented at the Society of Behavioral Medicine annual meeting, Montreal, Quebec, Canada.
7. **Luyster, F.S.**, & Dunbar-Jacob, J. (2009, April). *Self-reported sleep difficulties predicts medication adherence in adults with type II diabetes*. Poster presented at the Society of Behavioral Medicine annual meeting, Montreal, Quebec, Canada.
8. **Luyster, F.S.**, Dunbar-Jacob, J., Chasens, E.R., & Sereika, S. (2009, June). *Sleep quality in women with rheumatoid arthritis*. Poster presentation at the Associated Professional Sleep Societies annual meeting, Seattle, WA.
9. **Luyster, F.S.**, Dunbar-Jacob, J., Chasens, E.R., & Sereika, S. (2010, June). *Functional disability mediates the association between disease activity and sleep quality in rheumatoid arthritis*. Poster presentation at the Associated Professional Sleep Societies annual meeting, San Antonio, TX.
10. **Luyster, F.S.**, Strollo, P.J., & Wenzel, S. (2011, June). *Sleep quality and asthma control in non-severe and severe asthma*. Poster presentation at the Associated Professional Sleep Societies annual meeting, Minneapolis, MN.
11. **Luyster, F.**, Firat, H., Yuceege, M., Sever, O., Demir, A., Ardic, S., Terhorst, L., Strollo, P.J. (2012, June). *Performance characteristics of two questionnaires in determining high pre-test probability for obstructive sleep apnea*. Poster presentation at the Associated Professional Sleep Societies annual meeting, Boston, MA.
12. **Luyster, F.S.**, Mulukutla, S., Aiyer, A., Kip, K.E., Reis, S.E., & Strollo, P.J. (2013, June).

Cardiovascular risk among sleep disordered breathing, insomnia, and comorbid sleep disordered breathing and insomnia. Poster presentation at the Associated Professional Sleep Societies annual meeting, Baltimore, MD.

13. **Luyster, F.S.**, Holms, K.E., & Aloia M.S. (2014, June). *Both relationship status and relationship quality are prospectively associated with CPAP adherence.* Poster presentation at the Associated Professional Sleep Societies annual meeting, Minneapolis, MN.
14. 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.
15. **Luyster, F.S.**, Dunn, R.E., Lauderdale, D., Tucker, A.M., Vogel, R.A., Lincoln, A.E., & Strollo, P.J. (2015, June). *Sleep apnea risk and subclinical atherosclerosis in former national football league players.* Poster presentation at the Associated Professional Sleep Societies annual meeting, Seattle, WA.
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.* Poster presentation at the Associated Professional Sleep Societies annual meeting, Seattle, WA.
17. **Luyster, F.S.**, Strollo, P.J., Holguin, F., Bleecker, E., Castro, M., Fahy, J.V., Gaston, B., Israel, E., Jarjour, N.N., Mager, D., & Wenzel, S.E. (2016, May). *Impact of comorbid insomnia on asthma control and asthma-related healthcare utilization.* Oral presentation at the American Thoracic Society annual meeting, San Francisco, CA.
18. **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 Associated Professional Sleep Societies annual meeting, Denver, CO.
19. **Luyster, F.S.**, Strollo, P.J., Thunstrom, E., & Peker, Y. (2017, May). *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.* Poster presentation at the American Thoracic Society annual meeting, Washington, DC.
20. **Luyster, F.S.**, Strollo, P.J., Soose, R., & Strohl, K.P. (2017, June). *The impact of upper airway stimulation on the REM AHI.* Poster presentation at the Associated Professional Sleep Societies annual meeting, Boston, MA.
21. **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.

22. **Luyster, F.S.**, Ritterband, L., Sereika, S., & Stollo, P.J. (2018, June). *Effects of an internet-based CBT-I intervention on sleep and asthma control in adults with co-occurring insomnia and asthma*. Poster presentation at the Associated Professional Sleep Societies annual meeting, Baltimore, MD.
23. **Luyster, F.S.**, Shi, X., Atwood, C., Sereika, S., Stollo, P.J., Stansbury, R., & Chasens, E. (2019, June). *Daytime sleepiness and physical activity in adults with type 2 diabetes and OSA treated with CPAP*. Poster presentation at the Associated Professional Sleep Societies annual meeting, San Antonio, TX.
24. **Luyster, F.S.**, Boudreaux-Kelly, M.Y., & Bon, J.M. (2020, August). *Insomnia in veterans with COPD: prevalence, correlates, and health care utilization*. Oral presentation at the Associated Professional Sleep Societies annual meeting, Virtual meeting.
25. Jeon, B., **Luyster, F. S.**, & Chasens, E. R. (2020, August). *Associations between circadian preference and sleep-related thoughts: data from the 2015 Sleep in America Poll*. Poster presentation at the Associated Professional Sleep Societies annual meeting, Virtual meeting.
26. Morris, J. L., Baniak, L., Belcher, S. M., Imes, C., **Luyster, F.**, Scott, P. W., Sereika, S.M., & Chasens, E. R. (2020, August). *Perceived financial difficulty predicts sleep quality in participants with type 2 diabetes and obstructive sleep apnea*. Poster presentation at the Associated Professional Sleep Societies annual meeting, Virtual meeting.
27. **Luyster, F.S.**, Boudreaux-Kelly, M.Y., & Bon, J. (2021, May). *Impact of insomnia on healthcare utilization and costs among veterans with chronic obstructive pulmonary disease*. Poster presentation at the American Thoracic Society annual meeting, Virtual meeting.
28. Morris, J.L., Baniak, L., **Luyster F.**, & Dunbar-Jacob, J. (2021, October) *Covid-19 vaccine confidence and hesitancy in nursing students and faculty at a large academic medical center*. Oral presentation at American Public Health Association annual meeting, Denver, CO.
29. **Luyster, F.S.**, Scott, P.W., Chasens, E.R., Imes, C.C., Jeon, B., Shi, X., Stollo, P.J., & Baniak, L.M. (2022, June). *Associations between sleep problems and cardiovascular disease and all-cause mortality in asthma-COPD overlap*. Oral presentation at Associated Professional Sleep Societies annual meeting, Charlotte, NC.
30. Jeon, B., **Luyster, F.S.**, Sereika, S.M., DiNardo, M.M., Callan, J.A., & Chasens, E.R. (2022, June). *The moderating effect of comorbid insomnia on the association of obstructive sleep apnea with mood, and with diabetes-related distress in adults with type 2 diabetes*. Oral and poster presentations at Associated Professional Sleep Societies annual meeting, Charlotte, NC.

31. Orbell, S.L., Chasens, E.R., Scott, P.W., **Luyster, F.S.**, & Morris, J.L. (2022, June). *Validation of the predictive utility of the multivariable apnea index for obstructive sleep apnea in women*. Oral presentation at the Associated Professional Sleep Societies Annual Meeting, Charlotte, NC.
32. Jeon, B., Chasens, E.R., & **Luyster, F.S.** (2023, June). *Comorbid obstructive sleep apnea and insomnia in type 2 diabetes: Association with diabetes-related distress and glycemic control*. Oral and poster presentations at Associated Professional Sleep Societies annual meeting, Indianapolis, IN.
33. Orbell, S.L., Scott, P.W., Baniak, L.M., Chasens, E.R., Godzik, C., Jeon, B., Morris, J.L., & **Luyster, F.S.** (2023, June). *Patient-level factors associated with the self-report of trouble sleeping to healthcare providers in adults at high-risk for obstructive sleep apnea*. Poster presentation at Associated Professional Sleep Societies annual meeting, Indianapolis, IN.
34. Lê, B.M., Hatch, D., Yang, Q., Garrett, M., Shah, N., **Luyster, F.S.**, Tanabe, P., Ashley-Koch, A.E., & Knisely, M. (2023, November). *Characterizing epigenetic aging in an adult sickle cell disease cohort*. Poster presentation at American Society of Human Genetics annual meeting, Washington, DC.

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.
2. **Luyster, F.S.** (2019, April). *Impact of insomnia on co-morbid asthma*. 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 9th 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., Gaston, B., Israel, E., Jarjour, N.N., Mager, D., & 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.
11. **Luyster, F.S.** (2018, November). *Improving CPAP adherence in obstructive sleep apnea: A couple-oriented approach*. Invited presentation at the University of Pittsburgh Sleep and Circadian Science Center Research Day.
12. **Luyster, F.S.** (2019, March). *Improving CPAP adherence in obstructive sleep apnea: A couple-oriented approach*. Presentation at University of Pittsburgh Ear, Nose, and Throat Grand Rounds.
13. **Luyster, F.S.** (2020, April). *COPD and comorbid insomnia: Enhancing pulmonary rehabilitation through CBT-I*. Presentation at University of Pittsburgh Center for Sleep and Circadian Science Sleep Grand Rounds.
14. **Luyster, F.S.** (2023, January). *COPD and comorbid insomnia: Enhancing pulmonary rehabilitation through CBT-I*. Presentation at the VA VISN 4 Mental Illness Research, Education, and Clinical (MIRECC) Center Investigator Forum.

Teaching

Primary Teacher: Undergraduate [UG] and Graduate [Grad]

Term / Years	Course Number & Title	No. of Students	Level
Spring 2011-2014; Spring 2018-2020; Fall 2017, 2018; Summer 2018, 2019	NUR 2000 Research for Evidence Based Practice 1. A core graduate didactic course offered to students enrolled in graduate programs across the areas of concentration.	18-41	UG
Spring 2016	NUR 2000 & 2400 (web-based) Research for Evidence Based Practice 1.	1-35	Grad
Summer 2017	NURCNS 2354/2354D Individual Psychotherapy Theory. A didactic course offered to students pursuing the clinical nurse specialist major or psychiatric mental health nurse practitioner concentration in the DNP program.	1	Grad
Fall 2018, 2020-2021; Spring 2019, 2021; Summer 2019, 2021, 2022	NUR 3071 PhD Research Apprenticeship. A core mentored research apprenticeship offered to students enrolled in the PhD program.	1	Grad
Spring 2019	NUR 2000 Research for Evidence Based Practice 1 (web-based)	17	Grad
Fall 2019; Summer 2022; Spring 2023	NUR 3060 Independent Study: Research in Sleep Medicine and Circadian Rhythms. A didactic mentored course to develop student's individualized knowledge and skills offered to students in the PhD program.	1	Grad
Fall 2020	NUR 0067 Nursing Research: An Introduction to Critical Appraisal and Evidence-Based Practice. A core didactic course offered to students enrolled in the BSN program.	81	UG
Fall 2020	NUR 3060 Independent Study: Advanced Sleep Course.	1	Grad
Spring 2021-present	PhD Dissertation. A core didactic course offered to students enrolled in the PhD program.	1	Grad
Summer 2021, 2022, 2023	NUR 3052/3052D Manuscript Development. A core graduate didactic course offered to students enrolled in the DNP program across the areas of concentration.	10-43	Grad
Spring 2022, 2023	NUR 3292 Responsibilities and Activities of Scientists 2. A core didactic course offered to students enrolled in the PhD program.	8, 5	Grad

Lecturer / Guest Lecturer

Term/Years	Course Number & Title	No. of Students	Level	Topic of Lecture
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)
Fall 2018	Translational Research Training in Sleep Medicine (T32) Seminar		Post-doctoral	K Award panelist
Fall 2018	Office of Academic Career Development for Health Science Springboard program		Junior faculty	Moderator for session "Things I Wish I'd Known or Done Differently"
Fall 2019/ 2020/2021/ 2022	NUR 005 Nursing Honors Freshman Seminar	13-17	BSN	SON Sleep and Chronobiology HUB
Spring 2020	Sleep Medicine Didactic Lecture Series	6	Sleep fellows	Sleep in Medical Conditions

MENTORING ACTIVITIES**PhD Dissertation Committee Chair**

2019-2022

Co-Chair – Bomin Jeon, MSN, RN, University of Pittsburgh School of Nursing, Dissertation title: The effect of insomnia symptoms between OSA and on mood and diabetes-related distress among persons with type 2 diabetes mellitus

2020-2023 Chair – Staci Orbell, MSN, RN, University of Pittsburgh School of Nursing, Dissertation title: Factors associated with obstructive sleep apnea evaluation in at-risk patients generally and in the perianesthesia setting specifically

PhD Dissertation Committee

2014-2018 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

DNP Capstone

2023-pending Committee Member – Nicole Barthel, BSN, RN, University of Pittsburgh School of Nursing, DNP Capstone title: Digital Intervention to Aid Treatment of Hypertension Through Plant-Based Diet

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

2017-2021 Research Advisor – Xiaojun Shi, doctoral candidate, University of Pittsburgh School of Nursing

2019-present Junior Faculty Mentor – Dr. Jonna Morris, Assistant Professor, University of Pittsburgh School of Nursing

2022-present Director, Hub for Sleep and Circadian Rhythms: Effect on Symptoms and Functional Outcomes Across the Lifespan. University of Pittsburgh School of Nursing

2022-2023 Faculty Mentor – Staci Orbell, doctoral candidate, University of Pittsburgh School of Nursing, Leslie A. Hoffman Endowed Acute Care Nursing Research Fund

SERVICE

University of Pittsburgh

- 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
- 2018-2019 Pro-tem member, Senate Equity, Inclusion, and Ant-Discrimination Advocacy Committee
- 2019-present Member, University of Pittsburgh Center for Sleep & Circadian Science Research Day Committee
- 2022-present Member, University of Pittsburgh Senate Research Committee

University of Pittsburgh, School of Nursing

- 2012-2014 Member, Continuing Education Committee
- 2017-2021 Member (Chair 2018-2020), Faculty/Staff Welfare Committee
- 2019 Member, PhD Research Content Expertise Course Revitalization Group
- 2018-present Member, Steering and Evaluation Committee
- 2018-present Member, PhD Council
- 2018-present Member, BSN Council
- 2021-present Member (Chair 2023-present), PhD Program Curriculum Committee
- 2021-present Advisory Board, Center for the Scholarship of Teaching and Learning in Nursing Education
- 2022-present Member, Health and Community Systems Department Finance Committee
- 2023-present Member, PhD Progression and Graduation Committee

National or Regional Societies

- 2015-2019 Board of Directors, Pennsylvania Sleep Society
- 2018-2021 Member, Sleep Research Society Membership Committee
- 2020-2022 Member, American Thoracic Society's Sleep and Respiratory Neurobiology Program Committee

2022-present Member, Sleep Research Society Scientific Review Committee

Other Service Activities

2014-present Research Committee Reviewer, University of Pittsburgh Department of Psychiatry

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

2022-present Innovation Workgroup, Mental Illness Research, Education, and Clinical Center (MIRECC), VA Pittsburgh Healthcare System

2023 Poster Judge, Early Career Investigator Poster Session, VA Pittsburgh Healthcare System Research Week