

# CURRICULUM VITAE

**Carol A. Everson PhD**

**Professor  
Department of Medicine  
Division of Medicine Endocrinology**

**OFFICE ADDRESS:**

8701 Watertown Plank Road

Milwaukee, WI 53226

**EDUCATION:**

08/1975 - 05/1976 Wartburg College, Waverly, IA

08/1976 - 05/1979 BA - Psychology with Honors, University of Wisconsin, La Crosse, WI

09/1979 - 05/1982 Part-time, nighttime classes while working full time, University of Wisconsin, Madison, WI

01/1983 - 12/1987 PhD - Behavioral Sciences, University of Chicago, Chicago, IL

**POSTGRADUATE TRAINING AND FELLOWSHIP APPOINTMENTS:**

01/1988 - 01/1991 Staff Fellow, Intramural Research Program, Clinical Psychobiology Branch, National Institutes of Health, Bethesda, MD

02/1991 - 06/1995 Senior Staff Fellow, Intramural Research Program, Clinical Psychobiology Branch, National Institutes of Health, Bethesda, MD

**FACULTY APPOINTMENTS:**

07/1995 - 03/2000 Assistant Professor, Physiology, University of Tennessee Health Science Center - College of Medicine, Memphis, TN

04/2000 - 06/2007 Associate Professor, Cell Biology, Neurobiology, & Anatomy, Medical College of Wisconsin, Milwaukee, WI

04/2000 - 06/2007 Associate Professor, Neurology, Medical College of Wisconsin, Milwaukee, WI

07/2007 - Present Professor, Cell Biology, Neurobiology & Anatomy (secondary), Medical College of Wisconsin, Milwaukee, WI

07/2007 - 02/2015 Professor, Neurology, Medical College of Wisconsin, Milwaukee, WI

03/2015 - 02/2016 Adjunct Professor, Medicine, Endocrinology, Metabolism and Clinical Nutrition, Medical College of Wisconsin, Milwaukee, WI

03/2016 - Present Professor, Medicine, Endocrinology and Molecular Medicine, Medical College of Wisconsin, Milwaukee, WI

**CENTER/INSTITUTE AFFILIATIONS:**

10/2016 - Present Member, Cardiovascular Research Center (CVC), Medical College of Wisconsin, Milwaukee, WI

**RESEARCH ADMINISTRATIVE APPOINTMENTS:**

04/2000 - 2022 Research Physiologist, WOC, Research Services, Zablocki VA Medical Center, Milwaukee, WI

**SPECIALTY BOARDS AND CERTIFICATION:**

<u>Certificates</u>	<u>Issued By</u>	<u>Issue Date</u>	<u>Expiration</u>
Radiation Safety	National Institutes of Health	06/1989	None

**AWARDS AND HONORS:**

- 06/1983 - 12/1987 National Research Service Award, The University of Chicago
- 07/1987 Joseph Kelly Memorial Award for Highest Standards in Quality of Research, Faculty of the Committee on Biopsychology, Behavioral Sciences, The University of Chicago
- 11/1998 One of four Invitees to address the state-of-the-art cellular advances in sleep research, Joint meeting of the National Institutes of Health and the National Science Foundation programs
- 06/2004 Invited speaker, Trainee Day, Joint meeting of the American Academy of Sleep Medicine and the Sleep Research Society
- 06/2009 Meet the Professor luncheon speaker, Joint meeting of the American Academy of Sleep Medicine and the Sleep Research Society
- 06/2011 Meet the Professor luncheon speaker, Joint meeting of the American Academy of Sleep Medicine and the Sleep Research Society
- 11/2012 Keynote speaker, Helmut S. Schmidt Memorial Keynote Symposium on Sleep Medicine
- 03/2016 Invited speaker, Gordon Research Conference, Sleep Regulation and Function

**MEMBERSHIPS IN HONORARY AND PROFESSIONAL SOCIETIES:**

- 1983 - Present Sleep Research Society (Full Member)
- 1986 - 1987 American Association for the Advancement of Science (Member)
- 1994 - Present European Sleep Research Society (Member)
- 1996 - 2000 Center for Neuroscience, University of Tennessee (Member)
- 1997 - Present American Physiological Society (Member)
- 2001 - Present American Academy of Sleep Medicine Subsection: Sleep Deprivation Section (Member)
- 2006 - 2010 Milwaukee Chapter of the Society for Neuroscience (Member)

**EDITORSHIPS/EDITORIAL BOARDS/JOURNAL REVIEWS:**

- Journal Review
  - American Journal of Physiology- Endocrinology & Metabolism
  - Sleep Medicine Reviews
  - Journal of Neuroendocrinology
  - Experimental Biology and Medicine
  - Neuroendocrinology
  - Physiology and Behavior
  - Sleep Medicine
  - Brain Research
  - Neuroscience Letters
  - Psychiatry Research
  - Free Radical Biology & Medicine
  - Journal of the American College of Nutrition
  - Journal of Sleep Research (European)
  - Sleep
  - American Journal of Physiology- Regulatory, Integrative, and Comparative Physiology
  - Behavioral Neuroscience
  - Behavioural Brain Research
  - Psychoneuroendocrinology
  - PLoS ONE
  - Proceedings of the National Academy of Sciences (PNAS)
  - Blood
  - Physiological Reviews
  - Comparative Medicine
  - Bone
  - Brain, Behavior, and Immunity

**LOCAL/REGIONAL APPOINTED LEADERSHIP AND COMMITTEE POSITIONS:**

- 12/2010 Scientific peer review, Pilot and Collaborative Grant Program, Clinical and Translational Science

Institute  
11/2011 Scientific peer review, Pilot and Collaborative Grant Program, Clinical and Translational Science Institute  
04/2017 Poster Judge, Cardiovascular Research Center, Medical College of Wisconsin  
2018 - 2020 Poster Judge, Department of Medicine Research Retreat, Medical College of Wisconsin  
05/2021 Poster Judge, Cardiovascular Center, Medical College of Wisconsin  
07/2021 Scientific peer review, program projects, Advancing a Healthier Wisconsin (AHW) Endowment, Medical College of Wisconsin  
03/04/2022 Poster Judge, Department of Medicine Research Retreat, Medical College of Wisconsin  
10/2022 Merit reviewer, Advancing a Healthier Wisconsin (AHW) Endowment, Medical College of Wisconsin  
03/15/2024 Poster Judge, Department of Medicine Research Retreat, Medical College of Wisconsin

**NATIONAL ELECTED/APPOINTED LEADERSHIP AND COMMITTEE POSITIONS:**

06/1999 Scientific peer review, Neurotoxic Exposure Treatment Research, American Institute of Biological Sciences (AIBS)  
08/1999 - 08/2003 Member (appointed), Committee on Animal Research Ethics (CARE), Sleep Research Society Executive Committee  
11/2000 Member, NIDA Special Emphasis Panel, Development of Behavioral Methods for Drug Abuse Studies in the Mouse, National Institute on Drug Abuse  
03/10/2002 - 06/14/2002 Member, NIH Study Section, Research Centers in Minority Institutions (RCMI), National Center for Research Resources  
07/2002 Member, NIH Study Section and Site Visitation Team, Alterations of Sleep and Circadian Timing in Aging, National Institute on Aging  
09/2002 Scientific peer review, AIBS Study Section, American Institute of Biological Sciences  
02/2003 Scientific peer review, AIBS Study Section, American Institute of Biological Sciences  
2003 Abstract peer reviewer, Joint Congresses of the American Academy of Sleep Medicine, The Sleep Research Society, and The World Federation of Sleep Research Societies  
04/2005 - 03/2006 Peer reviewer, Scientific peer review, Israel Science Foundation  
05/2005 - 06/2008 Member: (1) Recommendations to the Board on research policies and action, (2) Review proposals for foundation grants, (3) Implementation and evaluation of junior faculty development program, Research Committee, Sleep Research Society  
10/2005 Temporary member, NIH Study Section, Biological Rhythms and Sleep, NIH  
06/2007 - 06/2008 Vice Chair, Research Committee, Sleep Research Society  
06/2007 - 06/2008 Temporary member, NIH Study Section, Neural Basis of Psychopathology, Addictions and Sleep Disorders, NIH  
10/2007 Discussant representing the Sleep Research Society, Consultation Meeting on Peer Review with Advocacy Groups, National Institute of Health  
12/2007 Scientific peer review of abstracts, American Academy of Sleep Medicine and The Sleep Research Society  
02/2008 Fellowship grant application review, National Sleep Foundation  
03/2008 Scientific review, Small grant competition and early career development awards, Sleep Research Society Foundation  
04/2008 Scientific peer review, Division of Integrated Organismal Systems, National Science Foundation (NSF)  
09/2008 - 06/2010 Charter member, NIH Study Section, Neural Basis of Psychopathology, Addictions and Sleep Disorders (NPAS), NIH  
06/02/2009 Scientific peer review, NIH Special Emphasis Panel, Clinical Addiction and Psychopathology (BDCN), NIH  
12/2009 Scientific peer review of abstracts, American Academy of Sleep Medicine and The Sleep Research Society  
08/2011 - 06/2014 Representative of the Sleep Research Society, Board of Trustees, Association for Assessment and Accreditation of Laboratory Animal Care (AAALAC)  
01/2013 Scientific peer review of abstracts, American Academy of Sleep Medicine and The Sleep Research Society  
07/2013 Scientific review, Small grant competition and early career development awards, Sleep Research Society Foundation

07/18/2014 Scientific peer review, Pilot Funding for New Research Program, Louisiana Tech University  
 07/2014 - 06/2017 Board Liaison, Scientific Review Committee, Sleep Research Society  
 07/2014 - 06/2017 Director at Large (election by national and international membership), Executive Board, The Sleep Research Society  
 12/2014 Scientific peer review of abstracts, American Academy of Sleep Medicine and The Sleep Research Society  
 12/2014 - 04/2015 Member, Metrics Task Force, Executive Board of the Sleep Research Society  
 11/2016 - 05/2017 Chair, Awards Task Force, Board of Directors for the Sleep Research Society with the mandate of reforming and revising the societies major awards of distinction  
 08/2017 - 06/2018 Member, Awards Nominations Committee, Board of Directors for the Sleep Research Society with the mandate of identifying individuals for awards of distinction

**RESEARCH GRANTS/AWARDS/CONTRACTS/PROJECTS:**

**Active**

**Peer Review**

Title: Chronic sleep deficiency as a cause of bone loss in aging  
 Source: NIH, NIA  
 Role & Effort: MPI (Primary), 40% effort  
 PI: Everson  
 Dates: 04/01/2024 - 03/31/2028  
 Direct Funds: \$1,501,189

**Non-Peer Review**

Title: Impact of chronic sleep deficiency on brain aging  
 Source: Wisconsin Nathan Shock Center (WiNSC) Idea Award, University of Wisconsin-Madison School of Medicine and Public Health  
 Role & Effort: Everson, CA, MPI (mentor)  
 PI: McGill, C., MPI (post-doctoral, contact)  
 Dates: 03/11/2026 - 09/10/2026  
 Direct Funds: \$15,000 (WiNSC in-service award)

**Pending**

**Peer Review**

Title: Chronic sleep deficiency as a cause of abnormal bone acquisition during adolescence  
 Source: NICHD  
 Role & Effort: MPI  
 PI: Everson (Primary)  
 Dates: 07/01/2024 - 06/30/2028  
 Direct Funds: \$1,759,738

**Prior**

**Peer Review**

Title: Effects of Sleep Deprivation on Metabolism, Endocrine Systems, Nutritional State, and Host Defense  
 Source: NIH Intramural Research Program  
 Role & Effort: Principal Investigator  
 PI: Everson

Dates: 01/01/1988 - 06/1995

Title: Hormonal Mediation of Sleep  
Deprivation Pathology

Source: University of Tennessee Medical Group  
Small Grants Program

Role & Effort: Principal Investigator

Dates: 11/15/1996 - 11/14/1997

Direct Funds: \$15,000

Title: Neurobiology of Sleep Deprivation:  
Impaired Host Defenses

Source: NIH, National Heart, Lung & Blood  
Institute (NHLBI)

Role & Effort: Principal Investigator

Dates: 04/01/1997 - 03/31/2003

Direct Funds: \$396,950

Title: Neuroendocrine Abnormalities Induced  
by Sleep Deprivation

Source: NIH, National Inst. of Neurological  
Disorders & Stroke (NINDS)

Role & Effort: Principal Investigator

Dates: 07/01/1999 - 05/31/2004

Direct Funds: \$666,708

Title: Sleep Fragmentation Effects on Murine  
CII-Induced Arthritis

Source: NIH, National Institute of Arthritis and  
Musculoskeletal and Skin Diseases

Role & Effort: Co-Investigator

PI: Arnold Postlethwaite

Dates: 09/30/2002 - 08/31/2005

Direct Funds: \$87,407 (Total at MCW for all years)

Title: Restricted Sleep: Modification of  
Adiposity and Adipose Tissue  
Composition

Source: NIH, National Heart, Lung, and Blood  
Institute

Role & Effort: Principal Investigator

Dates: 09/12/2006 - 07/31/2011

Direct Funds: \$925,000 (no-cost extension)

Title: Oxidative Stress Responses to Loss and  
Recovery of Sleep

Source: NIH, National Heart, Lung, and Blood  
Institute

Role & Effort: Principal Investigator

Dates: 05/01/2007 - 03/31/2013

Direct Funds: \$1,250,000 (no-cost extension)

Title: Development of the Sinton Method of  
Sleep Restriction in Rodents

Source: Department of Neurology, The Medical  
College of Wisconsin

Role & Effort: Principal Investigator

Dates:	02/01/2013 - 06/31/2014
Direct Funds:	\$20,000
Title:	Concussive Injury: Role of Sleep Restriction, Sleep Aids, Sedation, and Caffeine
Source:	U.S. Army Medical Research and Development Command
Role & Effort:	Principal Investigator
Dates:	06/15/2016 - 06/15/2021
Direct Funds:	\$1,252,646
Title:	Deconstructing Sleep Disruption as a Major Risk Factor for Relapse in Opioid Use
Source:	NHLBI and NIDA
Role & Effort:	Principal Investigator
PI:	Everson, Olsen, Raff (MPI)
Dates:	09/01/2019 - 08/31/2024
Direct Funds:	\$1,049,009 (no-cost extension)
Title:	Chronic sleep restriction as a cause of age-related bone disease
Source:	Advancing a Healthier Wisconsin (AHW)
Role & Effort:	PI
PI:	Everson
Dates:	01/01/2023 - 12/31/2023
Direct Funds:	\$49,999
<b><u>Non-Peer Review</u></b>	
Title:	Central Nervous System Manifestations of Thyroid Hormone Disease: Implications for Sleep Regulation and Function
Source:	Clinical Research Center Project funded by a program award from the NIH to the University of Tennessee, Memphis
Role & Effort:	Principal Investigator of this component
Dates:	05/1996 - 04/2000
Title:	Sleep Deficiency and Immune Function
Source:	Anonymous donor
Role & Effort:	Principal Investigator
Dates:	2010 - 2014
Direct Funds:	\$15,000
Title:	Sleep Physiology Laboratory Support
Source:	Wisconsin Corporation for Biomedical Research
Role & Effort:	Principal Investigator
Dates:	03/20/2014 - 03/19/2015
Direct Funds:	\$8,334
Title:	Understanding the Deterioration of Bone Resulting from Sleep Restriction and Circadian Rhythm Disruption

Source: Center For Imaging Research Intermural  
Pilot Award Program  
Role & Effort: PI  
PI: Everson and Koch  
Dates: 03/28/2018 - 03/27/2019  
Direct Funds: \$5,000

#### **INVITED LECTURES/WORKSHOPS/PRESENTATIONS:**

##### **International**

Invited lecture, Institute of Pharmacology, invited lecture, University of Zurich, Switzerland, 09/1991  
Cellular Consequences of Sleep. Focus: Immunocytes, Infection, and Sleep, panel discussant, World Federation of Sleep Research Societies, Hawaii, 03/1993  
The Function of Sleep, invited lecture, Istituto Italiano per gli Studi Filosofici, International Symposium, Ravello, Italy, 05/1994  
Sleep and the Immune System Circa 1995, panel discussant, World Federation of Sleep Research Societies, Nassau, The Bahamas, 09/1995  
The Function and Functional Significance of Sleep, invited symposium speaker, World Federation of Sleep Research Societies, Dresden, Germany, 10/1999  
Endocrinology and Sleep Regulation, session chair, European Sleep Research Society, Reykjavik, Iceland, 06/2002  
Sleep Function: Current Perspectives and Future Directions, invited symposium speaker, World Federation of Sleep Research Societies, Cairns, Australia, 09/2007  
Neurobehavioural, Physiological, and Psychosocial Consequences of Chronic Sleep Restriction: New Insights from Animal Models and Human Studies, invited symposium speaker, Canadian Sleep Society, Halifax, Nova Scotia, 10/2013  
Sleep Restriction: Abundant Insidious Effects and Diverse Medical Implications, invited presentation, Gordon Research Conference on Sleep Regulation and Function, Galveston, TX, 03/2016  
Everson CA, Chronic Sleep Restriction Results in Abnormal Bone Development in Adolescent Rats., Club Hypnos, Sleep Research Society, Houston, TX, 06/02/2024

##### **National**

Invited seminar, Western Psychiatric Institute and Clinic, invited seminar, Pittsburgh, PA, 10/1987  
Invited seminar, Stanford University School of Medicine, invited seminar, Stanford, CA, 12/1987  
Sleep Deprivation and Sleepiness, invited session chair, Association of Professional Sleep Societies, Washington, DC, 06/1989  
Neurosciences Lecture Series, invited lecture, Scripps Research Institute, La Jolla, CA, 09/1993  
Invited lecture, Thoracic Diseases and Critical Care Medicine, The Mayo Clinic, Rochester, MN, 02/1995  
Endocrine Grand Rounds, Harvard Medical School, Boston, MA, 04/1995  
The Function of Sleep, invited panel discussant, Association of Professional Sleep Societies, Nashville, TN, 06/1995  
The Neurobiology of Sleep Deprivation, invited symposium speaker, Winter Conference on Brain Research, Snowmass, CO, 02/1996  
Physiological Consequences of Sleep Deprivation, invited lecture, The National Institutes of Health Conference on the Neuroscience and Endocrinology of Fibromyalgia, The National Institute of Arthritis and Musculoskeletal and Skin Diseases, NIH, Bethesda, MD, 07/1996  
Fatigue in Pediatric Oncology Patients, invited lecture, Clinical Scholars Program, Teleconference, St. Jude Children's Research Hospital in Memphis and Texas Children's Hospital in Houston, 12/1997  
Sleep Loss and Sleepiness, invited panel discussant, Sleep Research Society, New Orleans, LA, 06/1998  
The National Science Foundation and The National Institutes of Health Workshop on the Genetic, Molecular, and Cellular Advances in Sleep Research, invited lecture (also listed under Honors), Center for Innovative Technology, Herndon, VA, 11/1998  
Invited seminar, Center for Circadian Biology and Medicine, invited lecture, Northwestern University, Evanston IL, 02/1999  
Invited presentation, Biobehavioral Health and Life Sciences Consortium, Pennsylvania State University, State College, PA, 04/1999  
Invited seminar, Department of Cell Biology, Neurobiology, and Anatomy, Medical College of Wisconsin,

05/1999

- Department of Human Behavioral Biology, invited lecture, Walter Reed Army Institute of Research, Washington, DC, 07/2000
- Sleep and Host Defense, invited symposium chair and speaker, American Academy of Sleep Medicine and the Sleep Research Society, Chicago, IL, 06/2001
- Trainee Day, invited lecture (also listed under Honors), American Academy of Sleep Medicine and the Sleep Research Society, Philadelphia, PA, 06/2004
- Novel Insights Into the Neuroscience of Sleep, invited session chair, Association of Professional Sleep Societies, Minneapolis, MN, 06/2007
- Meet the Professor Series, Physiological Effects of Sleep Deprivation, invited luncheon speaker (also listed under Honors), American Academy of Sleep Medicine and the Sleep Research Society, Seattle, WA, 06/2009
- Metabolic and Medical Aspects of Insufficient Sleep, invited co-chair and symposium speaker, American Academy of Sleep Medicine and the Sleep Research Society, Minneapolis, MN, 06/2011
- Meet the Professor Series, Research Findings on the Physiological Effects of Inadequate Sleep, invited luncheon speaker (also listed under Honors), American Academy of Sleep Medicine and the Sleep Research Society, Minneapolis, MN, 06/2011
- Does Sleep Loss Only Affect the Brain? New Insights on Bodily Effects and Disease States, invited keynote speaker (also listed under Honors), Helmut S. Schmidt Memorial Keynote Symposium, Ohio Sleep Medicine Institute, Columbus, OH, 11/10/2012
- The Insidious Nature of Chronic Sleep Loss: Myriad Ways It Poses Disease Risk, Grand Rounds, Division of Sleep Medicine, Harvard University and Brigham and Women's Hospital, Boston, MA, 12/03/2012
- Phagocyte Migration and Cellular Stress Induced in Liver, Lung, and Intestine During Sleep Loss and Sleep Recovery, invited webinar, American Thoracic Society, Sleep and Respiratory Neurobiology Assembly, Webinar, 03/26/2014
- Consequences of Chronic Sleep Restriction: New Insights from Animal Models and Human Studies, invited symposium speaker, American Academy of Sleep Medicine and the Sleep Research Society, Minneapolis, MN, 06/2014
- Groundbreaking Theories of Sleep Regulation and Function, invited symposium and chairmanship, American Academy of Sleep Medicine and the Sleep Research Society, Minneapolis, MN, 06/2014
- Insufficient Sleep and Health Outcomes, invited presentation, NASA and the National Space Biomedical Research Institute, Houston, TX, 09/29/2014
- Severe Sleep Restriction is Consequential – It Affects Health after a While and Forevermore, invited symposium speaker, American Academy of Sleep Medicine and the Sleep Research Society, Seattle, WA, 06/08/2015
- Injured Cells and Abnormal Antioxidants Resulting from Sleep Deficiency are Reversed by Sleep Recovery, invited symposium speaker, American Academy of Sleep Medicine and the Sleep Research Society, Seattle, WA, 06/10/2015
- Everson, Raff, Olsen, Deconstructing Sleep Disruption as a Major Risk Factor for Relapse in Opioid Use, National Institutes of Health, HEAL Initiative, Bethesda, MD, 01/17/2020
- Everson, C.A., Deconstructing Sleep Disruption as a Major Risk Factor for Relapse in Opioid Use, National Institute of Drug Abuse, Neurobiology of Sleep, Circadian Rhythm and Substance Use Disorder – Workshop, Virtual, 10/08/2020
- Raff H, Olsen CM, Everson CA, Interaction of Opioid Abstinence and Sleep Restriction: Sex Differences in HPA Axis Dynamics and PVN mRNAs in the Rat., HEAL (Helping to End Addiction Long-Term) Initiative Investigators Meeting, NIH, Virtual, 04/11/2022
- Olsen C, Raff H, Everson, Interaction of Opioid Abstinence and Sleep Restriction: Effects on the Relationship between HPA Axis and Drug Seeking, HEAL (Helping to End Addiction Long-term) Initiative Investigators Meeting, NIH, virtual, 04/11/2022

### **Regional**

- Invited lecture, Environmental Medicine, Bethesda Naval Medical Research Institute, Bethesda, MD, 11/1989
- Invited Special Presentation, Chesapeake Bay Sleep Society, Johns Hopkins University, Baltimore, MD, 12/1992
- Invited lecture, National Institute of Aging, Intramural Research Program Seminar Series, NIH, Baltimore, MD, 07/1993
- Invited lecture, Departments of Pulmonary Medicine and Asthma and Allergy, Johns Hopkins Medical

Center, Baltimore, MD, 02/1995  
Sleep Deprivation and Disease Susceptibility, invited seminar, Integrative Neuroscience Research Center, Marquette University, Milwaukee, WI, 12/05/2006  
Comparative Research into the Medical Implications of Inadequate Sleep, invited seminar, Colloquium in Biological Sciences, University of Wisconsin–Whitewater, WI, 02/23/2007  
New Insights into the Insidious Nature of Sleep Deprivation, Grand Rounds, Department of Medicine, Division of Pulmonary Medicine and Critical Care, University of Wisconsin–Madison, 06/19/2014  
Discovering the Physical Basis of Disease Risk Due to Deficient Sleep, invited research seminar, School of Veterinary Medicine, University of Wisconsin–Madison, 06/20/2014  
Understanding Disease Risk Due to Sleep Deficiency, invited seminar, Integrative Neuroscience Research Center, Marquette University, Milwaukee, WI, 09/16/2014

### **Local**

Everson, Program for Biological Approaches to Behavior, presentation, Department of Behavioral Sciences, University of Chicago, 06/1987  
Sleep and Temperature Measurements in Freely Moving Laboratory Rodents, invited lecture, Biomedical Equipment and Instrumentation Program, Clinical Engineering Section, National Center for Research Resources, NIH, Bethesda, MD, 10/1988  
History, Theories, and Approaches to the Study of Sleep, Clinical Psychobiology Branch Presentations, National Institute of Mental Health Intramural Program, Bethesda, MD, 12/1988  
Invited seminar, Laboratory of Cerebral Metabolism, National Institute of Mental Health Intramural Research Program, NIH, Bethesda, MD, 01/1989  
Invited presentation, Office of the Scientific Director, The National Institute of Mental Health Intramural Research Program, Bethesda, MD, 04/1993  
Advances in Delineating the Physiological Changes Resulting from Sleep Deprivation, invited seminar, Department of Physiology and Biophysics Continuing Series of Seminars, University of Tennessee College of Medicine, Memphis, TN, 09/1995  
Pathophysiology Induced by Sleep Deprivation in the Animal Model, Center for Neuroscience Seminar Series, University of Tennessee College of Medicine, Memphis, TN, 05/1997  
Sleep Research: Implications for the Critically Ill, invited seminar, Pulmonary and Critical Care Medicine Seminar Series, University of Tennessee, Memphis, TN, 03/1999  
Investigating the Neural and Immune Consequences of Poor Sleep, Neuroscience Research Initiative Retreat, Lake Elkhart, WI, 09/2001  
Localization of Sleep Deprivation Effects, Department of Cell Biology, Neurobiology & Anatomy Seminar Series, Medical College of Wisconsin, 02/2004  
Physiological Effects of Sleep Loss and the Restorative Properties of Sleep, Neuroscience Research Initiative Retreat, Milwaukee, WI, 09/2004  
Worse for Wear: Physiological Properties of Sleep Loss, invited seminar, Department of Cell Biology, Neurobiology & Anatomy Seminar Series, The Medical College of Wisconsin, Milwaukee, WI, 10/2012  
Severe Sleep Loss: A Risky Business, Neuroscience Research Center Seminar Series, The Medical College of Wisconsin, Milwaukee, WI, 04/2014  
Sleep and Sleep Restriction: Medical Implications, Biomedical Resource Center, The Medical College of Wisconsin, 11/14/2018  
Diverse Medical Implications of Chronic Lack of Sleep, Endocrine Clinical Research, The Medical College of Wisconsin, 11/12/2020  
Wang M, Everson CA, Toth JM, Chronic Sleep Restriction Increases Late Adulthood Bone Fragility in a Rodent Model., Research Day, Marquette University School of Dentistry, 02/28/2024

### **PEER REVIEWED WORKSHOPS/PRESENTATIONS:**

#### **International**

Kushida C, Bergmann B, Everson C, Winter J, Rechtschaffen A, Paradoxical Sleep Deprivation in the Rat: I. Physiological Effects (oral presentation), Sleep Research Society, Toronto, Canada, 05/1984  
Everson C, Kushida C, Bergmann B, Gilliland MA, Pilcher JJ, Fang VS, Rechtschaffen A, Recovery from Chronic Sleep Deprivation in the Rat (oral presentation), 5th International Congress of Sleep Research, Copenhagen, Denmark, 07/1987

- Everson CA, Wehr TA, Plasma Alkaline Phosphatase Levels Increase Dramatically in Sleep Deprived Rats (oral presentation), 5th Annual Meeting of the Association of Professional Sleep Societies, Toronto, Canada, 06/1991
- Everson CA, Varney TR, Jerrels SA, Wehr TA, Survival Value of Calories and Fat during Prolonged Sleep Deprivation in Rats (oral presentation), 5th Annual Meeting of the Association of Professional Sleep Societies, Toronto, Canada, 06/1991
- Everson CA, Smith CB, Sokoloff L, Jerrels SA, Wehr TA, Local Cerebral Glucose Utilization in Freely Moving Rats during Prolonged Sleep Loss (posters only), Founding Congress of the World Federation of Sleep Research Societies, Cannes, France, 09/1991
- Everson CA, Sleep Deprivation in Rats Results in Systemic Infection Without a Febrile Response (posters only), International Conference on the Cellular Consequences of Sleep, Maui, HI, 03/1993
- Everson CA, Reed HL, Thyroid Hormone Responses to Prolonged Sleep Deprivation in Rats (posters only), 2nd International Congress of the World Federation of Sleep Research Societies, Nassau, The Bahamas, 09/1995
- Everson CA, Toth LA, Detection of Live Bacteria in the Lymph Nodes of Sleep Deprived Rats (poster presentation), 14th Congress of the European Sleep Research Society, Madrid, Spain, 09/1998
- Everson CA, Leptin Suppression by Sleep Disruption and Sleep Deprivation in Rats (oral presentation), 16th Congress of the European Sleep Research Society, Reykjavik, Iceland, 06/2002
- Everson CA, Increased Serum Antibodies Induced by Sleep Deprivation in Rats (oral presentation), 17th Annual Meeting of the Associated Professional Sleep Societies jointly with the World Federation of Sleep Research Societies, Chicago IL, 06/2003
- Wang M, Everson CA, Toth JM, Chronic Sleep Restriction Increases Late Adulthood Bone Fragility., Orthopaedic Research Society (ORS), Long Beach, CA, 02/02/2024 - 02/06/2024
- Everson CA, Toth JM, Wang M, Chronic Sleep Restriction Results in Abnormal Bone Development in Adolescent Rats., Sleep 2024 (American Academy of Sleep Medicine and the Sleep Research Society), Houston, TX, 06/01/2024 - 06/05/2024
- Everson CA, Olsen CM, Raff H, The effects of chronic sleep restriction on the hypothalamic-pituitary-adrenal (HPA) axis with and without a history of exposure to opioids, Sleep Research Society's Advances in Sleep and Circadian Science (ASCS) 2025 conference, Clearwater Beach, FL, 02/14/2025 - 02/17/2025
- Everson CA, Szabo A, Glaeser, Olsen C, Raff H., The effects of chronic sleep restriction on the hypothalamic-pituitary-adrenal axis (HPA) with and without a history of exposure to opioids, ASCS- Advances in Sleep and Circadian Science, Clearwater Beach, FL, 02/14/2025 - 02/17/2025

### **National**

- Everson C, Kushida C, Suthipinittharm P, Kiela J, Soltani K, Bergmann B, Rechtschaffen A, Skin Changes in Sleep Deprived Rats (oral presentation), 1st Annual Meeting of the Association of Professional Sleep Societies, Columbus, OH, 06/1986
- Everson C, Bergmann B, Fang VS, Leitch CA, Obermeyer W, Refetoff S, Schoeller DA, Rechtschaffen A, Physiological and Biochemical Effects of Total Sleep Deprivation in the Rat (oral presentation), 1st Annual Meeting of the Association of Professional Sleep Societies, Columbus, OH, 06/1986
- Bergmann B, Fang VS, Kushida C, Everson C, Rechtschaffen A, Hypothalamic-Adrenal Variables in Paradoxical and Total Sleep Deprivation of Rats (oral presentation), 1st Annual Meeting of the Association of Professional Sleep Societies, Columbus, OH, 06/1986
- Benca RM, Everson C, Kushida C, Bergmann BM, Rechtschaffen A, Effects of Sleep Deprivation on Immune Function in Rats (oral presentation), 1st Annual Association of Professional Sleep Societies, Columbus, OH, 06/1986
- Everson C, Bergmann B, Rechtschaffen, Hypoalbuminemia and Anemia in Totally Sleep Deprived Rats (oral presentation), 2nd Annual Meeting of the Association of Professional Sleep Societies, San Diego, CA, 06/1988
- Everson CA, Reed HL, Varney TR, D'Alesandro MM, Wehr TA, Pituitary and Peripheral Thyroid Hormone Responses to Intravenous TRH during Sleep Deprivation in Rats (poster presentation), Endocrine Society 73rd Annual Meeting, Washington, DC, 06/1991
- Everson CA, Smith CB, Sokoloff L, Regional Brain Metabolic Rates during Prolonged Sleep Deprivation in the Rat (oral presentation), 8th Annual Meeting of the Association of Professional Sleep Societies, Boston, MA, 06/1994
- Everson CA, Toth LA, Abnormal Control of Viable Bacteria in Body Tissues during Sleep Deprivation in

- Rats (oral presentation), 11th Annual Meeting of the Association of Professional Sleep Societies, San Francisco, CA, 06/1997
- Everson CA, Rose SR, Marked REM Sleep Suppression Associated with Graves' Disease in Prepubescent Girls (oral presentation), 15th Annual Meeting of the Associated Professional Sleep Societies, Chicago, IL, 06/2001
- Everson CA, Nowak TS Jr, Transcriptional Responses Related to Thyrotropin-Releasing Hormone Regulation during Suppression of the Thyroid Hormone Axis by Sleep Deprivation in Rats (oral presentation), 15th Annual Meeting of the Associated Professional Sleep Societies, Chicago, IL, 06/2001
- Everson CA, Crowley WR, Reductions in Circulating Growth Hormone and Prolactin Point to Altered Central Mechanisms in Sleep-Deprived Rats (oral presentation), 18th Annual Meeting of the Associated Professional Sleep Societies, Philadelphia, PA, 06/2004
- Everson CA, Activation of a Proinflammatory State and Failure to Eradicate Bacterial Virulence Factors in the Sleep-Deprived Laboratory Rat (oral presentation), 19th Annual Meeting of the Associated Professional Sleep Societies, Denver, CO, 06/2005
- Everson CA, Laatsch CD, Hogg N, Neutrophil Infiltration into Liver and Lung Tissue Resulting from Sleep Deprivation in Rats (oral presentation), 19th Annual Meeting of the Associated Professional Sleep Societies, Denver, CO, 06/2005
- Everson CA, Hogg N, Increased Inducible Heat Shock Protein-32 Marks Oxidative Stress Induced by Sleep Deprivation (oral presentation), 20th Annual Meeting of the Associated Professional Sleep Societies, Salt Lake City, UT, 06/2006
- Everson CA, Lymphocyte Phenotype Changes in Response to Loss and Recovery of Sleep (poster presentation), 21th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN, 06/2007
- Everson CA, Cumulative Effects of Repeated Sleep Restriction on the Metabolic Phenotype of Rats (oral presentation), 22nd Annual Meeting of the Associated Professional Sleep Societies, Baltimore, MD, 06/2008
- Everson CA, Repeated Sleep Restriction Induces Morphological Changes in Internal Organs in the Rat (oral presentation), 23rd Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA, 06/2009
- Everson CA, Szabo A, Chronic Restriction of Sleep Produces Persistent Metabolic Abnormalities in Rats (oral presentation), 24rd Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX, 06/2010
- Everson CA, Toth JM, Chronic Sleep Restriction Results in Altered Bone Metabolism (oral presentation), 25th Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX, 06/2011
- Everson CA, Henchen C, Hogg N, Cell Damage and Cell Renewal in Vital Organs Resulting from Sleep Loss and Sleep Recovery in Rats (poster presentation), 26th Annual Meeting of the Associated Professional Sleep Societies, Boston, MA, 06/2012
- Everson CA, Whitaker N, Toth JM, Chronic Sleep Restriction Results in a Lifetime Burden of Poor Bone and Marrow Health in Rats (oral presentation), 27th Annual Meeting of the Associated Professional Sleep Societies, Baltimore, MD, 06/2013
- Everson CA, Henchen CJ, Szabo A, Hogg N, Sleep Deprivation Results in Oxidative DNA Damage: A Disease Risk Factor (oral presentation), 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN, 06/2014
- Everson CA, Whittaker N, Rigid Red Blood Cell Membranes and Low Iron Result from Chronic Sleep Deficiency in Rats, 29th Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA, 06/09/2015
- Raff H, Olsen C, Everson C, Sex Differences in HPA Axis Dynamics in the Rat: Interaction of Opioid Abstinence and Sleep Restriction, American Physiological Society New Trends in Sex and Gender Medicine conference, Virtual, 10/19/2021

### **Regional**

- Everson CA, Bergmann BM, Rechtschaffen A, Symptom Differences between Total and Paradoxical Sleep Deprivation in the Rat (oral presentation), The Northeastern Sleep Society, Boston, MA, 03/1990

### **COMMITTEE SERVICE:**

#### **Medical College of Wisconsin**

11/2000 - 2004 Member, Neuroscience Research Center Initiative, Medical College of Wisconsin  
05/2001 - 2006 Member, Research Committee, Department of Neurology, Medical College of Wisconsin  
07/2003 - 06/2006 Member, Research Affairs Committee: (1) Crafted policy on authorships, (2) review and advisory board on scientific conduct, (3) reviewed grant applications for seed and subsidy funding, Medical College of Wisconsin  
08/2005 - 06/2006 Representative of the Research Committee of the Faculty Council, Faculty Council, Medical College of Wisconsin  
08/2005 - 06/2006 Chair, Research Affairs Committee: Devised the inaugural RFA and scientific peer review process for research proposals for AHW and Sophia Quadracci Memorial Fund for Stem Cell Research, Medical College of Wisconsin  
03/2010 - 05/2010 Member, Dean's appointment, Department of Neurology Self-Study Group, Medical College of Wisconsin  
10/2011 - 12/2012 Member, Neurology Research Strategy Committee, chairman's appointee, Neurology, Medical College of Wisconsin  
09/2013 - 02/2015 Member, Faculty Council, Neurology, Medical College of Wisconsin  
05/2021 - Present Member, S10 Advisory Committee for 3D Printer, Engineering Core, MCW

### **Hospital**

01/09/2004 - 10/06/2010 Member, Radiation Safety Committee, Zablocki VA Medical Center

### **MCW TEACHING ACTIVITIES:**

#### **Medical Student Education**

05/2008 Medical Neuroscience Faculty, lecture and syllabus: sleep regulation, function, and medical implications  
05/2009 Medical Neuroscience Faculty, lecture and syllabus: sleep regulation, function, and medical implications  
11/2013 M2 Renal/Respiratory Unit, Lecture: The Physiology of Sleep

#### **Graduate Student Education**

01/2008 Neuroscience graduate student/faculty lunch series lecture, Research Insights into the Medical Implications of Inadequate Sleep, 25-30 graduate students and faculty  
04/2011 Fundamentals in Neuroscience Course, lecture on sleep physiology, 7 graduate students  
04/2012 Advanced Systems Neuroscience, material/lecture/discussion, 6 graduate students  
04/2012 Fundamentals in Neuroscience Course, lecture on sleep physiology, 7 graduate students  
05/01/2013 Fundamentals in Neuroscience Course (interdisciplinary program with Marquette University), lecture on sleep physiology, 10 graduate students  
11/2013 Advanced Systems Neuroscience, 5 hrs of course material/lecture/discussion, 3 graduate students  
04/28/2014 Fundamentals in Neuroscience Course (interdisciplinary program with Marquette University), lecture on sleep physiology, 7 graduate students  
10/28/2019 Advanced Systems Neuroscience, Neurobiology of Sleep, 7 graduate students

#### **Resident and Fellow Education**

11/2000 - 2003 Clinical Neurophysiology Seminars, Department of Neurology Lectures entitled, Sleep Physiology and Physiologic Assessment of Sleep —12-15 residents, fellows, and graduate students each of 3 years  
08/2001 - 12/2003 Basic Neuroscience Seminars, Department of Neurology: (1) Cell Biology of Neurons and Glia, (2) Electrochemical Basis of Neuronal Integration, and (3) Chemical Basis for Neuronal Communication —12-15 residents and fellows per each of 2 years  
01/2006 Sleep Medicine Fellowship Program, Division of Pulmonary and Critical Care Medicine and the Departments of Neurology, Otolaryngology and Communication Sciences, and Pediatrics —Seminar: Sleep Deprivation and Disease Susceptibility  
03/06/2009 Sleep Medicine Fellowship Program Division of Pulmonary and Critical Care Medicine and the Departments of Neurology, Otolaryngology and Communication Sciences, and Pediatrics. -Seminar, Physiological Effects of Inadequate Sleep  
05/2011 Sleep Medicine Fellowship Program Division of Pulmonary and Critical Care Medicine and the Departments of Neurology, Otolaryngology and Communication Sciences, and Pediatrics. - Seminar,

- Physiological Effects of Inadequate Sleep  
04/2012 Pulmonary Medicine Conference, Seminar and discussion: Chronic Lack of Sleep Results in Systemic Abnormalities  
05/2014 Sleep Medicine Fellowship Program Division of Pulmonary and Critical Care Medicine and the Departments of Neurology, Otolaryngology and Communication Sciences, and Pediatrics. Seminar, The Insidious Nature of Sleep Deficiency  
07/2015 Sleep Medicine Fellowship Program, Division of Pulmonary and Critical Care Medicine and the Departments of Neurology, Otolaryngology and Communication Sciences, and Pediatrics —Seminar: Effect of Sleep Deficiency on Organs and Systems

**Postdoctoral Fellow Education**

- 01/22/2007 Spotlight on Science Seminar Series Lecture entitled, Sleep: Health Implications and Healthful Practices, joint presentation with Marshall Dunning, Ph.D., 60 to 70 graduate and postdoctoral students

**Continuing Medical Education**

- 2000 Grand Rounds, Department of Neurology, Pathophysiology Induced by Sleep Deprivation  
2002 Grand Rounds, Department of Neurology, Diagnosis: Sleep Deprivation  
2004 Grand Rounds, Department of Neurology, Localization of Sleep Deprivation Effects  
2012 Grand Rounds, Department of Neurology, New Insights into the Insidious Nature of Sleep Loss

**EXTRAMURAL TEACHING:**

**Medical Student Education**

- 1996 - 1997 University of Tennessee College of Medicine, Medical Physiology, Instructor Hormone Unknown Small Groups, 42-64 M-1 students per year, formulation of primary and secondary diagnoses based on laboratory data, performing differential diagnoses in oral and written reports  
01/1998 - 03/2000 School of Pharmacy, The University of Tennessee College of Medicine, Pharmacy Physiology, Instructor, Nervous System Organization & Sensory System Information Processing, approx. 100 students per year, 8 formal lectures and 2 small-groups workshops per year

**Graduate Student Education**

- 12/1996 University of Tennessee College of Medicine, Graduate Physiology, Neuroendocrinology Small Groups, Thyroid Hormones, Instructor, 8 students

**Resident and Fellow Education**

- 02/1988 The National Institute of Mental Health Intramural Research Program, Clinical Psychobiology Branch Seminar Series, Topic: Clinical and metabolic effects of sleep deprivation, 2 lectures  
08/2000 Children's Hospital of Wisconsin, Department of Pediatric Intensive Care Luncheon Series, Topic: Recent advances in discovering the pathophysiological changes induced by sleep deprivation

**Postdoctoral Fellow Education**

- 06/2001 American Academy of Sleep Medicine and the Sleep Research Society, Trainee Symposium Series, Workshop: Immunology and Sleep

**Continuing Medical Education**

- 06/01/2013 American Academy of Sleep Medicine and the Sleep Research Society, Year In Review: Sleep and Physiological Function, 300 registrants

**MCW STUDENTS, FACULTY, RESIDENTS AND CLINICAL/RESEARCH FELLOWS MENTORED:**

**Medical Students**

- 05/2004 - 08/2004 Doug Connor, Medical Summer Research Training Project: Histological Evaluation of Sleep Deprived Rat Forelimb and Hind Limb Muscle Tissue, Medical College of Wisconsin

**Graduate Students**

**PhD Students Advised**

- 04/2000 - Present Biomedical Sciences Faculty, Participating faculty at large, Interdisciplinary students,

Medical College of Wisconsin  
03/2010 - 05/2010 Clarissa Muere, Neuroscience Doctoral Program, Laboratory Rotation, Medical College of Wisconsin

#### PhD Committees

- 11/2004 Christina Insinna, Qualifying Exam Committee, Project title: Effect of Huntingtin on striatal and cortical neuron selective degeneration in Huntington's disease., Medical College of Wisconsin  
11/2005 Diane Tait, Qualifying Exam Committee, Project title: Physiological characteristics of the intrinsically photosensitive retinal ganglion cell circuit and its consequences for mechanisms that synchronize circadian rhythms in humans, Medical College of Wisconsin  
- 11/2015 Ashley Reynolds, Qualifying Exam Committee, Elucidation of the mediation of TRPV1 neuronal sensitivity to pruritic, heat, or mechanical stimuli in the chronic inflammatory skin disease of psoriasis, Medical College of Wisconsin

#### Clinical/Research Fellows

04/2009 - 06/2009 Peter O'Connor, MD, Sleep Fellowship Program, laboratory research, microscopy of skin affected by sleep deprivation in laboratory rats, as a precursor to potential studies on wound healing, Medical College of Wisconsin

#### Faculty

06/2012 - 2013 Danny Thomas, MD, Mentor on grant project and application: The Effect of Sleep on Outcomes in an Animal Model of mTBI, Medical College of Wisconsin

### **EXTRAMURAL STUDENTS, FACULTY, RESIDENTS, AND CLINICAL/RESEARCH FELLOWS MENTORED:**

#### Undergraduate Students

- 1984 Tamara Gull, Research mentor/supervisor, Medical/undergraduate students 9-12-month work-study program, University of Chicago  
1985 Lee Resta, Research mentor/supervisor, Medical/undergraduate students 9-12-month work-study program, University of Chicago  
1986 Jacob Lim, Research mentor/supervisor, Medical/undergraduate students 9-12-month work-study program, University of Chicago  
05/1990 - 07/1990 Gretchen Stukey, Summer internship sponsor and mentor, St. Mary's College of Maryland  
06/1991 - 08/1991 Melanie Mandel, Field experience mentor — Apprenticeship in basic research experimental design and procedures, guidance in completing research project for academic evaluation., University of Massachusetts, Amherst  
06/2008 - 08/2008 Bennet Hiner, Internship program sponsor and mentor, DePaul University

#### Medical Students

1985 Benjamin Bartnicke, University of Chicago

#### Graduate Students

##### Students Advised

- 1987 Lab of Gerald Vogel, PhD, Consultation and training of a research group in surgery and long-term EEG recording of sleep states during a 3-day trip, Emory University, Atlanta, GA  
  
01/2002 - 05/2002 Katrina Olsen, Internship, Alverno College

#### Postdoctoral Researchers

- 1995 Various MDs and PhDs, Johns Hopkins Bayview Medical Center  
06/2004 Graduate, post-doctoral students, fellows, 20-25 students, Mentoring during a workshop: Effects of Sleep/Sleep Loss on Endocrine Function and Metabolism (also listed under honors), selected by the national organizations to discuss research findings and experiences, and to encourage development of young scientists in academic sleep medicine, American Academy of Sleep Medicine and the Sleep Research Society  
09/12/2005 - 09/16/2005 Trainees from around the U.S., Invited Faculty, Sleep Training Workshop (Sleep

Camp), UCLA Lake Arrowhead Conference Center  
06/03/2017 - 06/07/2017 Emily Barker, SRS (Sleep Research Society) Meeting Mentor Program, School of Medicine at Case Western Reserve University, Mentoring plan

#### **COMMUNITY SERVICE ACTIVITIES:**

- 10/03/2000 Sleep Disorders Hotline, Sponsored by WISN 12 TV and Froedtert Hospital—An informative and interactive news series and hotline. Participated as a medical expert answering telephone inquires during 3 hours of viewer dial-in
- 03/22/2014 Badger State Science and Engineering Fair, sponsored by the Wisconsin Science Education Foundation- category judge, Medicine/Health
- 03/21/2015 Badger State Science and Engineering Fair, sponsored by the Wisconsin Science Education Foundation- specialty judge, U.S. Public Health Service Award and In Vitro Biology Award
- 03/11/2017 Badger State Science and Engineering Fair, sponsored by the Wisconsin Science Education Foundation, judge for Medicine/Health/Behavioral Science category for the U.S. Public Health Service Award and specialty judge for the Society for In Vitro Biology award, Marian University, Fond du Lac, WI
- 03/16/2019 Badger State Science and Engineering Fair, category judge for Medicine/Health, Wisconsin Science Education Foundation, Milwaukee, WI

#### **PROFESSIONAL EXPERIENCE:**

- 1978 Student Intern (summer full time)—NIMH-funded research and outpatient treatment program for young adult schizophrenic patients, University of Wisconsin–Madison
- 07/1979 - 12/1980 Agent, Sager Wilson Travel Agency
- 01/1981 - 12/1982 Branch Manager, Sager Wilson Travel Agency—Drafted the successful bid proposal to place a commercial travel agency on the University of Wisconsin-Madison campus, managed sales and staff of six agents at this new site.
- 1985 Stable Isotope Laboratory, Department of Medicine, The University of Chicago, work-study program during graduate school, isotope mass spectrometry and bomb calorimetry measurements

### **BIBLIOGRAPHY**

#### **Refereed Journal Publications/Original Papers**

1. EVERSON CA. Total Sleep Deprivation in the Rat: Physiological and Biochemical Effects (PhD thesis). Chicago, IL: Univ. of Chicago, 1987, 228 p.
2. Rechtschaffen A, Bergmann BM, EVERSON CA, Kushida CA, Gilliland MA. Sleep deprivation in the rat: I. Conceptual issues. *Sleep* 12:1-4, 1989.
3. Bergmann BM, Kushida CA, EVERSON CA, Gilliland MA, Obermeyer W, Rechtschaffen A. Sleep deprivation in the rat: II. Methodology. *Sleep* 12:5-12, 1989.
4. EVERSON CA, Bergmann BM, Rechtschaffen A. Sleep deprivation in the rat: III. Total sleep deprivation. *Sleep* 12:13-21, 1989.
5. Bergmann BM, EVERSON CA, Kushida CA, Fang VS, Leitch CA, Schoeller DA, Refetoff S, Rechtschaffen A. Sleep deprivation in the rat: V. Energy use and mediation. *Sleep* 12:31-41, 1989.
6. Kushida CA, EVERSON CA, Suthipinittharm P, Sloan J, Soltani K, Bartnicke B, Bergmann BM, Rechtschaffen A. Sleep deprivation in the rat: VI. Skin changes. *Sleep* 12:42-46, 1989.
7. Benca RM, Kushida CA, EVERSON CA, Kalski R, Bergmann BM, Rechtschaffen A. Sleep deprivation in the rat: VII. Immune function. *Sleep* 12:47-52, 1989.
8. EVERSON CA, Gilliland MA, Kushida CA, Pilcher JJ, Fang VS, Refetoff S, Bergmann BM, Rechtschaffen A. Sleep deprivation in the rat: IX. Recovery. *Sleep* 12:60-67, 1989.
9. Rechtschaffen A, Bergmann BM, EVERSON CA, Kushida CA, Gilliland MA. Sleep deprivation in the rat: X. Integration and discussion of the findings. *Sleep* 12:68-87, 1989.
10. Mudd CP, EVERSON CA. A 16-channel microcomputer-controlled thermistor temperature measurement system for use in physiological studies (35 to 40 degrees C). In: *Temperature, Its Measurement and Control in Science and Industry*, edited by Schooley JF. Meville, New York: American Institute of Physics, 6:1003-1007, 1992.
11. EVERSON CA, Wehr TA. Nutritional and metabolic adaptations to prolonged sleep deprivation in the rat.

- Am J Physiol Regul Integr Comp Physiol 264:R376-R387, 1993.
12. EVERSON CA. Sustained sleep deprivation impairs host defense. *Am J Physiol Regul Integr Comp Physiol* 265:R1148-R1154, 1993.
  13. EVERSON CA, Smith CB, Sokoloff L. Effects of prolonged sleep deprivation on local rates of cerebral energy metabolism in freely moving rats. *J Neurosci* 14:6769-6778, 1994.
  14. EVERSON CA, Reed HL. Pituitary and peripheral thyroid hormone responses to thyrotropin-releasing hormone during sustained sleep deprivation in freely moving rats. *Endocrinology*, 136:1426-1434, 1995.
  15. EVERSON CA, Toth LA. Systemic bacterial invasion induced by sleep deprivation. *Am J Physiol Regul Integr Comp Physiol* 278:R905-R916, 2000.
  16. EVERSON CA, Nowak TS, Jr. Hypothalamic thyrotropin-releasing hormone responses to hypothyroxinemia induced by sleep deprivation. *Am J Physiol Endocrinol. Metab* 283: E85-E93, 2002.
  17. EVERSON CA, Crowley, WR. Reductions in circulating anabolic hormones induced by sustained sleep deprivation in rats. *Am J Physiol Endocrinol. Metab* 286: E1060-E1070, 2004.
  18. EVERSON CA, Laatsch CD, Hogg, N. Antioxidant defense responses to sleep loss and sleep recovery. *Am J Physiol Regul Integr Comp Physiol* 288: R374-R383, 2005.
  19. EVERSON CA. Clinical assessment of blood leukocytes, serum cytokines, and serum immunoglobulins as responses to sleep deprivation in laboratory rats. *Am J Physiol Regul Integr Comp Physiol* 289: R1054-R1063, 2005.
  20. EVERSON CA, Thalacker CD, Hogg N. Phagocyte migration and cellular stress induced in liver, lung, and intestine during sleep loss and sleep recovery. *Am. J. Physiol Regul Integr Comp Physiol* 295:2067-2074, 2008.
  21. Everson CA, Szabo A. Recurrent restriction of sleep and inadequate recuperation induce both adaptive changes and pathological outcomes. *Am. J. Physiol Regul Integr Comp Physiol* 297:1430-1440, 2009.
  22. Everson CA, Szabo A. Repeated exposure to severely limited sleep results in distinctive and persistent physiological imbalances in rats. *PLoS ONE* 6(8): e22987, 2011.
  23. Everson CA, Folley AE, Toth JM. Chronically inadequate sleep results in abnormal bone formation and abnormal bone marrow in rats. *Exp Biol Med* 237:1101-1109, 2012.
  24. Everson CA, Henchen CJ, Szabo A, Hogg N. Cell injury and repair resulting from sleep loss and sleep recovery in laboratory rats. *Sleep* 37 (12):1929-40, 2014.
  25. Raff H, Glaeser BL, Szabo A, Olsen CM, Everson CA. Sleep restriction during opioid abstinence affects the hypothalamic-pituitary-adrenal (HPA) axis in male and female rats. *Stress* 26(1):2185864, 2023.
  26. Olsen CM, Glaeser BL, Szabo A, Raff H, Everson CA. The effects of sleep restriction during abstinence on oxycodone seeking: Sex-dependent moderating effects of behavioral and hypothalamic-pituitary-adrenal axis-related phenotypes. *Physiol Behav* 272:114372, 2023.
  27. EVERSON CA, Szabo A, Plyer C, Hammeke TA, Stemper BD, Budde MD. Sleep loss, caffeine, sleep aids and sedation modify brain abnormalities of mild traumatic brain injury. *Exp Neurol*;372:114620, 2024.
  28. Everson CA, Szabo A, Olsen CM, Glaeser BL, Raff H. The effects of chronic sleep restriction on the hypothalamic-pituitary-adrenal axis and its interaction with abstinence from opioid use. *Sleep*. 2025 Sep 09;48(9). PMID: PMC12417021
  29. Everson CA, Szabo A, Plyer C, Hammeke TA, Stemper BD, Budde MD. Subclinical brain manifestations of repeated mild traumatic brain injury are changed by chronic exposure to sleep loss, caffeine, and sleep aids. *Exp Neurol*. 2024 Nov;381:114928.

### **Books, Chapters, and Reviews**

1. Bergmann B, EVERSON C, Gilliland M, Kushida C, Obermeyer W, Pilcher J, Prete F, Rechtschaffen A. Sleep deprivation and thermoregulation. In: *Sleep '88: Proceedings of the 9th European Congress of Sleep Research*, edited by Horne J. New York: Gustav Fischer Verlag, 1989, pp. 91-95.
2. EVERSON CA. Functional consequences of sustained sleep deprivation in the rat. *Behavioural Brain Research*, 69:43-54, 1995.
3. EVERSON CA. Sleep deprivation and the immune system. In: *Understanding Sleep: Evaluation and Treatment of Sleep Disorders*, edited by Pressman MR, Orr WC. Washington, D.C.: American Psychological Association, 1997, pp. 401-424.
4. EVERSON CA. Clinical manifestations of sleep deprivation. In: *Sleep Science: Integrating Basic Research and Clinical Practice. Monographs in Clinical Neuroscience*, edited by Schwartz WJ. Basal: Karger, 1997, vol 15, pp. 34-59.
5. EVERSON CA. The neuroscience and endocrinology of fibromyalgia: Physiological consequences of sleep

- deprivation. *J of Musculoskeletal Pain*, 6(3):93-101, 1998.
6. EVERSON, CA. Sleep deprivation/restriction: Animal models. In: *Basics of Sleep Guide*. The Sleep Research Society, 2005, pp. 31-36.
  7. Everson CA. Comparative research approaches to discovering the biomedical implications of sleep loss and sleep recovery. In: *Sleep Research Society, Basics of Sleep Guide*. Westchester, IL: Sleep Research Society, 2009.
  8. Swanson CM, Kohrt WM, Buxton OM, Everson CA, Wright KP Jr, Orwoll ES, Shea SA. The importance of the circadian system & sleep for bone health. *Metabolism* Jul;84:28-43, 2018.

#### **Editorials, Letters To Editor, Other**

1. EVERSON CA. Sleep reviews commentary. *World Federation of Sleep Research Societies Newsletter*, 4:47, 1995.
2. EVERSON CA, Toth LA. Letter to the editor: Systemic bacterial invasion and antigenic challenge. *Am J Physiol Regul Integr Comp Physiol* 280:R602-603, 2001.

#### **Abstracts**

1. EVERSON CA. Pathophysiology induced by sleep deprivation in the animal model. *World Federation of Sleep Research Societies, Dresden, Germany (October, 1999) Sleep Research Online* 2 (Suppl 1), 1999. (invited abstract)
2. Fang VS, Kushida CA, EVERSON CA, Bergmann BA, Rechtschaffen A. Hypothalamic-pituitary-adrenal (HPA) system and stress hormone profiles of sleep-deprived rats. *Endocrine Society*, 1986.
3. EVERSON C, Bergmann B, Refetoff S, and Rechtschaffen A. Sleep deprivation in the rat: Energy expenditure (Poster presentation). *The Second Annual East Coast Conference on Thermal Regulation*, Bethesda, MD. Bethesda Naval Medical Research Institute. (March 29, 1988)
4. EVERSON CA. Splenic lymphocyte changes correspond to sleep deprivation and recovery in rats. *18th Congress of the European Sleep Research Society, J Sleep Res* 15 (Suppl) 1:58, 2006.
5. EVERSON CA, Henchen CJ, Szabo A, Hogg N. Cell injury may underlie disease risk resulting from chronic sleep restriction (poster presentation). *Gordon Research Conference, Galveston, TX (March, 2014)*

#### **Peer Reviewed Educational Products**

1. EVERSON C. Sleep Deprivation/Restriction. In: *Slide Sets to Accompany the SRS Basics of Sleep Guide*, edited by Amlaner CJ and Buxton OM. Westchester, Illinois: The Sleep Research Society Educational Programs, 2007. [www.sleepresearchsociety.org](http://www.sleepresearchsociety.org).

#### **Non-Peer Reviewed Educational Products**

1. The New York Times. Mystery of Sleep Yields as Studies Reveal Immune Tie (08/03/93) Research findings from the Everson Laboratory formed the basis of a front-page article in the Science Section.
2. National Public Radio, Talk of the Nation: Science Friday August 20, 1993. On-air interview by Host Ira Flatow, who focused on recent research findings as a science happening. Participated in discussion during call-ins by listeners.
3. Der Spiegel (Germany), Nickerchen im Biomüll, #34, 1993. Foreign magazine article highlighting the research in the Everson laboratory.
4. The Economist, Science and Technology, The Big Sleep, June 17, 1995. Interview.
5. Sainsbury's Magazine (Great Britain), Sleep, June, 1996.
6. *News in Physiological Sciences, Evolution of Infectious Disease*, October, 1996.
7. The Scientist, Research section, Genetic and Molecular Mysteries of Sleep are Keeping Researchers Awake, October 28, 1996. Interview.
8. U.S. News and World Report, Great Science Mysteries: What is Sleep For? August 18-25, 1997.
9. Readers' Digest, The Healing Power of Sleep by Peter Jaret, May, 2002. Interview.
10. Science News, Washington DC, Kristin Cobb, 2002. Interview.
11. Wisconsin Medical Journal, Wisconsin Medical Society. Research, Education Provide Sleep Disorders Wake-Up Call, view article by Michael J. Dunn, MD, Dean and Executive Vice President, Medical College of Wisconsin, Vol. 102, No. 1, 2003. Interview.
12. US News and World Report, Science & Society: The Secrets of Sleep, Nell Boyce and Susan Brink, May 17, 2004.
13. New Scientist. Topic: sleep and obesity, Alison Motluk, November 4, 2006. Interview.
14. Reuters Health. Does sleep loss up weight by lowering energy use? Natasha Allen, May 13, 2011. Interview.

15. Doctor Radio Orthopaedics Show on Sirius XM. Hosts: Drs. Claudette Lajam and Dennis Cardone. Interview and call-in discussion about findings of impaired bone metabolism resulting from sleep loss. October 15, 2012.
16. 620 WTMJ. Host: Steve Ketalaar. Interview about findings of cell injury resulting from sleep loss. December 11, 2014.
17. 8 Tips for Getting the Rest You Need. Amy Korpi-Northwestern MutualVoice Team, February 24, 2015. Interview.
18. The Scientist. Go To Bed! The immediate consequences of losing out on sleep may be harbingers of long-term repercussions. Kerry Grens, March 1, 2016. Interview.
19. HEAL Spotlight, The National Institutes of Health. Is Lack of Sleep a Risk Factor for Relapse? | NIH HEAL Initiative, Helen Fields, July 2020.
20. Quantamagazine. Why Sleep Deprivation Kills. Veronique Greenwood, June 4, 2020.