

Date of preparation of CV: December 10, 2024

Personal data:

Marie-Pierre St-Onge
ms2554@cumc.columbia.edu

Birth place: Shawinigan, Québec, Canada

Citizenship: Canadian (birth) & American (since 05/16/18)

ACADEMIC APPOINTMENTS, HOSPITAL APPOINTMENTS, AND OTHER WORK EXPERIENCE

Academic Appointments

03/2018- current	Columbia University College of Physicians & Surgeons Director, Center of Excellence for Sleep & Circadian Research	New York, NY
07/2016- current	Columbia University College of Physicians & Surgeons Associate Professor of Nutritional Medicine at CUIMC	New York, NY
01/2007- 06/2016	Columbia University College of Physicians & Surgeons Assistant Professor of Nutritional Medicine at CUIMC	New York, NY
09/2004-12/2006	University of Alabama at Birmingham Assistant Professor	Birmingham, AL

Hospital Appointments

01/2007-06/2013	St. Luke's/Roosevelt Hospital Research Associate, New York Obesity Nutrition Research Center	New York, NY
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EDUCATION

09/1999-06/2003	McGill University, School of Dietetics and Human Nutrition PhD, June 2003	Montréal, Canada
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- **Thesis title:** "Effect of medium versus long chain triglyceride consumption on energy expenditure, substrate oxidation and body composition in overweight men and women"
- **Advisor:** Peter JH Jones, PhD
- **Publications:**
 1. *St-Onge MP, Jones PJH. Physiological effects of medium chain triglycerides: potential agents in the prevention of obesity. *J Nutr* 2002; 132:329-332. PMID:11880549.
 2. *St-Onge MP, Jones PJH. Greater rise in fat oxidation with medium chain triglyceride consumption relative to long chain triglycerides is associated with lower initial body weight and greater loss of body weight and adipose tissue. *Int J Obes Relat Metab Disord* 2003;27:1565-1571. PMID:12975635.
 3. *St-Onge MP, Lamarche B, Mauger J-F, Jones PJH. Consumption of a functional oil rich in phytosterols and medium chain triglyceride oil improves plasma lipid profiles in men. *J Nutr* 2003;133:1815-820. PMID:12771322.
 4. *St-Onge MP, Ross R, Parsons WD, Jones PJH. Consumption of a functional oil containing medium chain triglycerides by overweight men increases energy expenditure and decreases body adiposity compared to a diet rich in olive oil. *Obes Res* 2003;11:395-402. PMID:12634436.
 5. *St-Onge MP, Bourque C, Jones PJH, Ross R, Parsons WD. Medium- versus long-chain triglycerides for 27 days increases fat oxidation and energy expenditure without resulting in changing body composition in overweight women. *Int J Obes* 2003;27:95-102. PMID:12532160.

01/1998-06/1999	McGill University, School of Dietetics and Human Nutrition MSc, June 1999	Montréal, Canada
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- **Thesis title:** “Effect of kefir supplementation on cholesterol synthesis and lipid profile in mildly hypercholesterolemic men”
- **Advisor:** Peter JH Jones, PhD
- **Publications:**
 1. *St-Onge MP, Farnworth ER, Jones PJH. Consumption of fermented and nonfermented dairy products; effects on cholesterol concentrations and metabolism. *Am J Clin Nutr* 2000; 71:674-681. PMID:10702159.
 2. *St-Onge MP, Farnworth ER, Savard T, Chabot D, Mafu A, Jones PJH. Kefir consumption does not alter plasma lipid levels or cholesterol fractional synthesis rates relative to milk in hyperlipidemic men. *BMC Compl Alt Med* 2002; 2:1-7. PMID:11825344; PMCID:PMC65674.

09/1994-06/1998 **McGill University, School of Dietetics and Human Nutrition** Montréal, Canada
BSc in Nutrition, June 1998

09/1992-05/1994 **John Abbott College** Montréal, Canada
Diplôme d'Études Collégiales, May 1994

TRAINING

Fellowship

2002-2004 **Columbia University College of Physicians & Surgeons** New York, NY
Postdoctoral Fellowship in Obesity Research

Professional Development

04/2024 **Columbia University College of Physicians & Surgeons** New York, NY
Mid-Career Faculty Professional Development Series
Opportunities & Strategies for Departmental Leadership Roles

09/2018 **American Heart Association/American Stroke Association** Salt Lake City, UT
Research Leaders Academy

12/2017 **Association of American Medical Colleges** Scottsdale, AZ
Mid-Career Women Faculty Leadership Development Seminar

07/2016 **American Heart Association/American Stroke Association** San Antonio, TX
Research Leaders Academy

05/2017 **Columbia University College of Physicians & Surgeons** New York, NY
Leadership & Management Course for Faculty

2014 **Columbia University College of Physicians & Surgeons** New York, NY
Exam development workshop
Center for Education Research and Evaluation

2011 **Columbia University College of Physicians & Surgeons** New York, NY
A tool for evaluating student assignments: Rubrics; Workshop
Center for Education Research and Evaluation

2010 **Columbia University College of Physicians & Surgeons** New York, NY
Practical Tools for Classroom Assessment Workshop
Center for Education Research and Evaluation

2009 **Columbia University College of Physicians & Surgeons** New York, NY
Multiple Choice Testing workshop
Center for Education Research and Evaluation

Columbia University College of Physicians & Surgeons
Summer Institute for Teaching and Learning
Center for Education Research and Evaluation

New York, NY

06/2003 **Dannon Institute**
Nutrition Leadership Institute

LICENSURE AND BOARD CERTIFICATION

04/17/18 Certification in Clinical Sleep Health (CCSH), Board of Registered Polysomnograph Technologists, Registry number 894

HONORS AND AWARDS

Professional Awards

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- 2024 **Fulbright U.S. Scholars Program**
Exploring the role of variability in timing of lifestyle behaviors in type 2 diabetes
Host Institution: Spanish National Research Council
- 2014 **Appetite journal**
Outstanding Reviewer
- 2013 **Science Unbound Foundation**
Best Paper Award for Obesity-Related Research at New York Obesity Research Center
** One award per year in this category*
- 2008 **American Heart Association Council on Nutrition, Physical Activity, and Metabolism**
Mark Bieber Award,
** Inaugural award, one award per year, oral abstract winner from 3 finalists*
- 2005 **International Life Sciences Institute of North America**
Future Leader Award
** Competitive, one or two awards per year*
- 2004 **Science Unbound Foundation**
Best Paper Award for Obesity-Related Research at New York Obesity Research Center
** One award per year in this category*
- 2004 **American Society for Clinical Nutrition**
Young Investigator Award
** Oral abstract competition winner from 5 finalists*
- 2003 **American Heart Association Council on Nutrition, Physical Activity, and Metabolism**
New Investigator Award
** Abstract competition winner*
- 2002 **American Society for Clinical Nutrition**
Young Investigator Award finalist (5 finalists)
- 2002 **Canadian Society for Nutritional Sciences**
Christine Gagnon Memorial Travel Award
- 2002 **McGill University**
Alma Mater Student Travel Award,
- 2001 **Canadian Society for Nutritional Sciences**

Christine Gagnon Memorial Travel Award

- 1999 **Canadian Society for Nutritional Sciences**
Christine Gagnon Memorial Travel Award
- 1998 **McGill University**
Helen R. Nielsen Scholarship
- 1998 **McGill University**
Sally Henry Leadership Award
- 1996 **McGill University**
Bursary from the Canadian Food Service Executive Association

Election to select professional societies

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- 07/2024 **New York Academy of Medicine**
Fellow of the NYAM
- 03/2012 **American Heart Association**
Fellow of the AHA (FAHA)
** Selected based on contributions to science and AHA service*
- 05/1997 **McGill University**
Golden Key National Honors Society,
** Golden Key is the world's largest collegiate honor society. Membership into the Society is by invitation only and applies to the top 15% of college and university sophomores, juniors and seniors, as well as top-performing graduate students in all fields of study, based solely on academic achievements.*

Invited Lectureships: National

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- 03/2024 **Brigham & Women's Hospital and Harvard Medical School** Boston, MA
Connors Center for Women's Health & Division of Sleep Medicine Joint Grand Rounds
Title: Improving Cardiometabolic Health Through Sleep
- 11/2023 **University of Pittsburgh** Pittsburgh, PA
David J Kupfer Keynote Lecture, Center for Sleep and Circadian Science Research Day
Title: Role of Sleep in Cardiometabolic Health: From Life's Simple 7 to Life's Essential 8
- 12/2022 **Mount Sinai Icahn School of Medicine** New York, NY
Lucy G Moses Lecture in Medical Imaging and Bioengineering
Title: Sleep: Integral lifestyle behavior for cardiometabolic health
- 04/2018 **Spring Obesity Summit, Obesity Medicine** San Diego, CA
Harold C. Seim Opening Keynote
Title: Meal Frequency and Timing

Special Appointments

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- 02/2022- 2023 **Virginia Commonwealth University** Richmond, VA
College of Humanities and Sciences
Affiliate Graduate Faculty Member

ACADEMIC SERVICE

Administrative Leadership at CUIMC and NYP

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- 03/2018- Director, Center of Excellence for Sleep & Circadian Research at CUIMC

In 2018, recognizing a need for the integration and immersion of sleep research and sleep medicine, I founded the Sleep center of excellence at CUIMC. This center's mission is to connect clinicians and researchers from all four schools of the medical center. To accomplish this, scientists were convened for a half-day symposium that illustrated the breadth of research being done at the medical center and expose services offered by its three clinical sleep centers. The creation of the Sleep center of excellence was endorsed by the directors of each of the clinical sleep centers and received enthusiastic support and approval by the research and clinical communities. In this role, I provide support to investigators across the Vagelos College of Physicians & Surgeons on sleep measurements (e.g. Martin Picard, Neurology; Jennifer Woo-Baidal, Pediatrics; Jean-Marie Bruzzeze and Samantha Garbers, Nursing and Mailman School of Public Health; Xia Zhou, Computing Science).

Local

2024	Internal review for faculty promotion to Associate Professor
2022-2023	Precision Medicine Joint Pilot Award reviewer
2022	Research Review Committee, VP&S Doris Duke Foundation The COVID-19 Fund to Retain Clinician Scientists
2021	Internal review for faculty promotion to Associate Professor
2020-	Evaluation Working Group for Office for Women Faculty
2007-2021	Institute of Human Nutrition MS Program faculty
2007-	Collaborating Investigator, Irving Institute for Clinical and Translational Science Award

National

2024	University of Cincinnati External review for faculty promotion to Research Professor
2023	University of Colorado External review for faculty promotion to Associate Professor
2023	New York University External review for faculty tenure
2023	American Heart Association Abstract Reviewer, AHA EPI/Lifestyle Scientific Sessions
2022	Colorado State University External review for faculty promotion and tenure to Associate Professor
2022	NIH Common Fund Precision for Health program Program Consultant
2022	Harvard University and Brigham and Women's Hospital Chair of Data Safety Monitoring Board for NHLBI-funded clinical trial
2021	University of Texas External review for faculty promotion and tenure to Associate Professor
2021 -	NIH Human Studies in Diabetes and Obesity (HSDO) study section Standing member

- 2021 **American Heart Association**
Phase II review member, Disparities in Cardio-Oncology Strategically Focused Research Network
- 2021 **New York University**
External review for faculty promotion to Associate Professor
- 2021 **American Heart Association**
Abstract Reviewer, AHA Scientific Sessions
- 2020 **NIH Clinical and Integrative Diabetes and Obesity Study Section**
Grant Reviewer, 2nd cycle
- 2020 **American Heart Association**
Vice-Chair of the Oversight Advisory Committee for the Cardiometabolic Strategically Focused Research Network
- 2020 **University of Chicago**
External review for faculty promotion to Associate Research Scientist
- 2020 **University of Pittsburgh**
External review for faculty promotion to Associate Professor in tenure stream
- 2020 **American Heart Association**
Abstract Reviewer, AHA EPI/Lifestyle Scientific Sessions
- 2020 **American Heart Association**
Podcast development, Team Science: Building Multi-Disciplinary Teams
- 2020 **American Heart Association**
Podcast development, Sleep & Cardiovascular Disease
- 2019 **NIH Clinical and Integrative Diabetes and Obesity Study Section**
Grant Reviewer, 3rd cycle
- 2019 **University of Alabama at Birmingham**
External review for faculty promotion to Associate Professor with tenure
- 2018 **NIH Clinical and Integrative Diabetes and Obesity Study Section**
Grant Reviewer, 3rd cycle
- 2016 **American Heart Association**
Grant Reviewer for the Obesity Strategically Focused Research Network
- 2014 **University of Michigan**
External Grant Reviewer for the Nutrition Obesity Research Center 2014 Pilot & Feasibility Study Grant Program
- 2014 **American Heart Association**
Grant Reviewer for the Cardiovascular Genome Phenome Study
- 2014 **U.S. Dietary Guidelines Advisory Committee**
Consultant to sub-committee 3, on sleep patterns, body weight and dietary intake
- 2012 **Dairy Research Institute**

External Grant Reviewer

2009 **NIH Integrative Nutrition and Metabolic Processes Study Section**
Mail-in Reviewer for Challenge Grant Reviewer (ARRA)

International

2019 **Canadian Institutes of Health Research**
Grant Reviewer for the Joint Canada-Israel Health Research Program

2018 **Netherlands Organisation for Scientific Research (NWO)**
External Grant Reviewer for the Innovational Research Incentives Scheme—Vidi

2018 **National Institute of Education, Singapore**
External Grant Reviewer for the Ministry of Education Tertiary Education Research Funds

2017 **Diabetes UK**
External Grant Reviewer

2014 **Diabetes UK**
External Grant Reviewer

2012 **Vienna Science and Technology Fund**
External Grant Reviewer

2012 **Danone Institute of Canada**
External Grant Reviewer for the Grant-in-Aid Program

2012 **Dairy Farmers of Canada**
External Grant Reviewer

2008 **Canadian Society for Nutritional Sciences**
Award Reviewer for the McHenry Award, the Centrum Award, and the Nestle Student Competition

PROFESSIONAL ORGANIZATIONS AND SOCIETIES

Memberships and Positions

In my professional organizations, I am most active in the American Heart Association and am involved at the regional and national level. At the regional level, I have presented to donors on my research findings and to illustrate how their donations help advance not only science but also the careers of young emerging scientists. At the national level, I have been active in the Council on Lifestyle and Cardiometabolic Health. In this Council, I have been a member of the *Obesity Committee* and *Chair of the Communications and Membership Committees*, the former for which I helped organize the publication of the Council's news in *Connections*, the AHA's quarterly newsletter. I am currently a *Member-At-Large of the Council*, *Chair of its Award committee*, and *Chair-elect of the newly-formed Sleep Committee*. I have also served on the *Scientific Advisory Committee* and *Scientific Publishing Committee*, two of the highest scientific bodies of the AHA. The mission of these committees is to ensure that the scientific content of the publications is of the highest quality and publishing operations are conducted in accordance with sound business practices. I have also represented the AHA on various public health initiatives, including the National Healthy Sleep Awareness Program and the Robert Wood Johnson Healthy Eating Research advising on healthy beverage consumption recommendations for children. I also currently serve on the *Council on Epidemiology and Prevention Statistical Update Committee*.

2012- **Sleep Research Society**
Member, Communications committee, 2017-2020
Member, Membership committee, 2021-2024

Member, Scientific Review committee, 2024-

2004- **American Heart Association**
(committee memberships listed below)

2003- **American Society for Nutrition**
Member, Public Affairs Committee, 2004-2006

2003-2015 **The Obesity Society**
Member, Finance Committee, 2011-2013

List of committee involvements in the American Heart Association

2023- **Awards Committee, Council on Lifestyle & Cardiometabolic Health**
Chair

2023- **Sleep Committee, Council on Lifestyle & Cardiometabolic Health**
Chair-elect
** This committee was newly founded in 2023 as a direct outcome of my contributions to the field of sleep and cardiometabolic health*

2021- **Statistics Committee, Council on Epidemiology and Prevention**
Member
** This committee writes and publishes the annual Heart Disease and Stroke Statistical Update, a valuable resource for researchers, clinicians, patients, healthcare policy makers, media professionals, the public, and others who seek the best national data available on heart disease and stroke prevalence and incidence, risk factors, complications, mortality, quality of care, medical procedures and operations, and costs associated with the management of these diseases*

2019-2023 **Leadership, Council on Lifestyle and Cardiometabolic Health**
Member-at-large

2019-2023 **Awards Committee, Council on Lifestyle & Cardiometabolic Health**
Member

2019-2023 **Scientific Publishing Committee, National**
Member

2017-2018 **Science Advisory and Coordinating Committee, National**
Member
** Highest level of academic leadership at the AHA, reports to the President*

2015-2019 **Nutrition Committee, Council on Lifestyle and Cardiometabolic Health**
Member

2014-2016 **Spring Meeting Planning Committee, Council on Lifestyle and Cardiometabolic Health**
Member

2013-2015 **Obesity Committee, Council on Lifestyle and Cardiometabolic Health**
Member

2012-2016 **Communications & Membership Committee, Council on Lifestyle and Cardiometabolic Health**
Chair

2008-2012 **Obesity Committee, Council on Nutrition, Physical Activity and Metabolism**
Member

2008-2012 **The Obesity Society and the Council on Nutrition, Physical Activity, and Metabolism**
Liaison

Consultative

10/2024- **Clinilabs**

03/2021-2022 **Expert reviewer for American Academy of Sleep Medicine (AASM) Guideline on Sleep Disorders**

* Nominated by peers to represent the AHA

06/2020-01/2023 **Nestle**

06/2020 **PepsiCo**

09/2018-09/2019 **Healthy Eating Research program from Robert Wood Johnson Foundation**

* Nominated by peers to represent the AHA

07/2016-12/2018 **National Healthy Sleep Awareness Program**

* Nominated by peers to represent the AHA

Journal Reviewer

Circulation, New England Journal of Medicine, Journal of the American College of Cardiology, JAMA Pediatrics, The American Journal of Clinical Nutrition, The Journal of the American College of Nutrition, Obesity, International Journal of Obesity, Obesity Reviews, Sleep, Journal of Clinical Sleep Medicine, Sleep Health, Journal of Clinical Endocrinology and Metabolism, Appetite, Obesity, Nutrients, Journal of the American Heart Association

Review Editor: Neuroenergetics, Nutrition and Brain Health

Editorial Board Member

10/2023- **The Journal of Nutrition**
Editorial Board member

09/2022- **Frontiers in Sleep**
05/2024 Specialty Chief Editor: Sleep & Metabolism section

05/2022- **Obesity**
Senior Guest Editor, Special Issue "Sleep and Metabolic Health"

01/2021- **Sleep Medicine Reviews**
Editorial Board

12/2020- **Sleep Health: Journal of the National Sleep Foundation**
Associate Editor

2020 **Sleep Health: Journal of the National Sleep Foundation**
Editorial Board member

2019-2020 **Nutrients**
Guest Editor, Special Issue

01/2019- **Sleep**
Editorial Board member

FELLOWSHIP AND GRANT SUPPORT

Present Support

Government:

07/15/2024-04/30/2029

Title: "Sleep variability and cardiometabolic health among women"

National Institutes of Health

R01HL169991

Direct Support \$2,492,631

Role: Co-Investigator (PI: Aggarwal)

06/21/2024-04/30/2029

Title: Metal Mixtures, MicroRNAs and Metabolomics in Extracellular Vesicles, and Early-life Programming of Childhood Sleep Patterns: A Longitudinal Study

National Institutes of Health

AABS6471

Direct Support \$3,393,842

Role: Co-Investigator (PI: Kupsco)

05/15/2024-04/30/2028

Title: SLEAP: A Sleep Ancillary to the Long-Term Effectiveness of the Anti-Obesity Medication Phentermine Trial

National Institutes of Health

R01HL173190

Direct Support \$1,556,341

Role: Co-Investigator (PI: Zuraikat)

04/15/2024-12/31/2026

Title: Impact of walnut consumption on sleep and circadian physiology

USDA Agriculture and Food Research Initiative

GRANT13949102

Direct Support \$230,768

Role: Principal Investigator

09/24/2021-07/31/2025 (NCE)

Title: Sleep stability, weight, and glycemic control

National Institutes of Health

R01DK128154

Direct Support \$600,000

Role: Principal Investigator (MPI: Laferrère)

08/01/2021-07/31/2026

Title: Look AHEAD Sleep: Sleep-disordered breathing, circadian rest/activity rhythms, and the risk of Alzheimer's disease and related dementias in Look AHEAD

National Institutes of Health

R01AG074562

Direct Support \$27,294

Role: Co-Investigator (MPI: Hayden & Spira)

06/01/2021-05/31/2028

Title: Mechanisms addressing the causal relationships of sleep, circadian rhythms, and cardiometabolic health

National Institutes of Health

R35HL155670

Marie-Pierre St-Onge, Ph.D

Direct Support \$4,200,000

Role: Principal Investigator

04/01/2021-03/31/2025

Title: Predictors of recidivism to obesity in weight-reduced individuals

National Institutes of Health

UH3DK128302

Direct Support \$3,285,000

Role: Co-Investigator (MPI: Gallagher, Leibel, Mayer, Rosenbaum)

09/30/2020-06/30/2025

Title: Time restricted eating to improve cardiometabolic health

National Institutes of Health

R01AG065569

Direct Support

Role: Co-Investigator (PI: Laferrère)

09/15/2018-06/30/2025 (NCE)

Title: "Impact of circadian misalignment on energy balance regulation"

National Institutes of Health

R01HL142648

Direct Support \$2,518,320

Role: Principal Investigator

Foundation:

07/01/2024-06/30/2025

Title: The Effect of Hypoglossal Nerve Stimulation on Energy Balance and Insulin Resistance in Obstructive Sleep Apnea

AASM Physician Scientist Training Grant

331-PA-24

Direct support: \$100,000

Role: Mentor (PI: Cai)

04/01/2024-03/31/2025

Title: Circadian polygenetic risk scores and their modulation by lifestyle factors determining cardiometabolic risk in MESA

American Heart Association Visiting Scholar Award

24IVPHA1293965

Direct support \$9,091

Role: Principal Investigator

03/01/2024-02/28/2026

Title: Consumption of dairy products as an independent determinant of sleep health

National Dairy Council

Direct support \$93,776

Role: Principal Investigator

Institutional:

07/01/2024-06/30/2025

Title: Sleep monitoring with computational fabrics in pillowcase

Research Initiatives in Science and Engineering, Columbia University

Direct support \$120,000

Role: Co-Principal Investigator (MPI: Zhou)

In-kind:

01/2023 – 01/2025

Title: The impact of disordered sleep on cardiovascular health after hypertensive disorders of pregnancy

CTSI Pilot Award, New York University

Direct support \$40,000

Role: Consultant (PI: Hauswater)

Past Support

Government:

08/01/2019-07/31/2024

Title: Circadian patterns of rest-activity rhythms and blood pressure and the underlying epigenetic mechanisms

National Institutes of Health

R00HL148511

Role: Mentor (PI: Makarem)

Direct Support: In-Kind

07/01/2017-06/30/2022

Title: Sleep and well-being in high-risk youth

National Institutes of Health

R01HL134856

Direct Support \$2,486,959

Role: Co-Investigator (PI: Hoven)

09/15/2018-05/31/2021

Title: Effect of long-term sleep restriction on energy balance

National Institutes of Health

R01HL128226-03S1

Direct Support \$250,000

Role: Principal Investigator

08/17/2016-05/31/2021

Title: Effect of long-term sleep restriction on energy balance

National Institutes of Health

R01HL128226

Direct Support \$2,011,718

Role: Principal Investigator

09/01/2014-06/30/2018

Title: Sleep restriction and the adolescent diet: impact and mechanisms

National Institutes of Health

R01HL120879-01A1

Direct Support \$1,264,393

Role: Consultant (PI: Beebe)

09/01/2014-02/28/2017

Title: Impact of sleep and meal timing on food intake regulation

National Institutes of Health

R56HL119945-01A1

Direct Support \$445,532

Role: Principal Investigator

01/01/2014-08/31/2016

Title: Development and expansion of Melt organic baking fat for oxidative stability and reducing childhood obesity

US Department of Agriculture

SBIR Grant 2013 03922

Marie-Pierre St-Onge, Ph.D

Direct Support \$140,625

Role: Co-Investigator (PI: Prosperity Organic Foods)

06/15/2012-02/15/2013

Title: Development of rich and creamy Melt organic cooking blend for oxidative stability and reducing childhood obesity

US Department of Agriculture

SBIR 2012 33610-19482

Direct Support \$54,291

Role: Co-Investigator (PI: Prosperity Organic Foods)

07/01/2009-06/30/2012

Title: Sleep deprivation and energy balance

National Institutes of Health

R01HL091352-01A1S1

Direct Support \$171,575

Role: Principal Investigator

07/15/2008-10/30/2013

Title: "Sleep deprivation and energy balance"

National Institutes of Health

R01HL091352

Direct Support \$1,846,951

Role: Principal Investigator

03/01/2006-02/28/2008

Title: Impact of feeding on brain response to food stimuli in lean and obese subjects

National Institutes of Health

R03NS051397

Direct Support \$100,000

Role: Principal Investigator

Foundation:

03/01/2021-12/31/2021

Title: The role of dairy products on sleep health: a narrative review

National Dairy Council

Direct support \$19,730

Role: Principal Investigator

04/01/2016-03/31/2021

Title: Impact of sleep restriction on cardiometabolic risk factors in pre- vs postmenopausal women

16SFRN27950012

American Heart Association

Direct Support \$980,880

Role: Principal Investigator and Center Director

07/01/2018-06/30/2020

Title: Timing of sleep and of food intake in obese patients with HFpEF

American Heart Association

18SCG343200007

Direct Support \$12,371

Role: Sub-Award PI (PI: Ouyang)

06/01/2014-12/30/2019

Title: "Impact of almond supplementation, relative to a low-fat, high carbohydrate control, on body composition in overweight and obese Black and Hispanic adults"

Almond Board of California

ABC 1

Direct Support \$213,500

Role: Principal Investigator

04/01/2011-03/31/2013

Title: The effect of sleep reduction on daily energy expenditure, thermic effect of food and substrate oxidation in overweight women

St. Luke's/Roosevelt Hospital Pilot & Feasibility Grant

Direct Support \$37,500

Role: Principal Investigator

02/01/2010-01/31/2013

Title: Impact of breakfast, as part of a weight loss intervention, on body mass index in obese, elementary school children

The Obesity Society

Direct Support \$50,000

Role: Principal Investigator

07/01/2010-06/30/2013

Title: Fuel utilization, diet composition and exercise in African American women

American Diabetes Association

1-10-CT-01

Direct Support \$495,648

Role: Co-Investigator (PI: Albu)

04/01/2005-03/30/2007

Title: The effects of a weight loss diet containing medium-chain triglyceride oil, versus olive oil, on body composition in free-living adults

ILSI North America, Future Leader Award 2005

Direct Support \$30,000

Role: Principal Investigator

07/01/2004-06/30/2007

Title: Effect of milk supplementation on metabolic syndrome risk factors and body composition in pre-diabetic overweight children

American Heart Association

0435378T

Direct Support \$180,000

Role: Principal Investigator

07/01/2003-06/30/2005

Title: The effects of a mixed nutrient versus a single nutrient beverage on energy metabolism, substrate oxidation, and indices of satiety and food intake in children

National Dairy Council

Direct support \$78,300

Role: Principal Investigator

Industry:

06/04/2009-06/30/2011

Title: "The effects of capsinoid-containing capsules, in conjunction with diet and exercise, on body composition: A randomized, placebo-controlled weight loss study"

Ajinomoto

Direct Support \$252,200
Role: Principal Investigator

05/01/2007-12/31/2008

Title: The effects of coffee manooligosaccharides on indices of body weight, body composition, and satiety in humans

Kraft Foods

Direct Support \$399,200

Role: Principal Investigator

02/01/2005-01/31/2006

Title: "Cardiovascular health effects of isocaloric substitution of polyunsaturated fat rich snacks for saturated and trans fat or refined carbohydrate snacks in moderately hypercholesterolemic individuals"

SmartFoods, Inc.

Direct Support \$401,430

Role: Principal Investigator

07/01/2003-11/30/2004

Title: "A randomized controlled clinical trial of vegetarian, low-calorie, convenience foods for weight loss among moderately obese women"

Kellogg's Company

Direct support \$96,000

Role: Principal Investigator

Institutional:

06/01/22-05/31/2023

Title: Study of sleep as an essential factor in aging: analysis of biological biomarkers as mediators in the development of cardiovascular diseases.

Roy and Diana Vagelos Precision Medicine Pilot Grant, Columbia University

Direct support \$100,000

Role: Principal Investigator

In-kind:

10/2022-09/2023

Title: Circadian misalignment among Malaysian adults: Elucidating the prevalence and the interlink of social and eating jet lag with selected health behaviours during COVID-19 endemic era

Universiti Kebangsaan Malaysia, Kuala Lumpur

Role: Consultant

Fellowships:

2003-2004 **Canadian Institutes of Health Research**
Postdoctoral Fellowship

2002-2003 **Columbia University**
Bristol-Myers-Squibb/Mead Johnson post-doctoral fellowship

2001-2002 **Fonds de Recherche à la Santé du Québec FRSQ-FCAR-Santé**
Doctoral Fellowship

Pending Support

Government:

04/01/2025-03/31/2030

Title: Improving Cardiovascular Health Through Sleep

National Institutes of Health

P01HL174514

Direct Support \$7,575,000

Role: Program Director and Project Lead

04/01/2025-03/31/2030

Title: Effects of a healthful diet on sleep and underlying mechanisms

NIH/NHLBI

GRANT14172470

Direct Support \$2,299,591

Role: Co-Investigator (PI: Zuraikat)

04/01/2025-03/31/2030

Title: Causes of hypermetabolism in people and cells with mitochondrial OxPhos defects

NIH

GRANT number pending

Direct Support \$2,472,536

Role: Co-Investigator (PI: Picard)

EDUCATIONAL CONTRIBUTIONS

Direct Teaching/Precepting/Supervising

Local:

2024

Institute of Human Nutrition MS in Nutrition

Obesity: Etiology, Prevention and Treatment, American Board of Obesity Medicine preparatory course, elective course, 200-250 students, 5 full days (two 1-hour recorded lectures)

2021

Institute of Human Nutrition MS in Nutrition

Panel lecture on Sleep for ~70 MS students

2018

Irving Institute for Clinical and Translational Science Award

Patient Oriented Research Colloquium Course Career Development Seminar

2017-2020

Summer Health Professions Education Program (SHPEP)

2-hour lecture, ~50 undergraduate students

2014-2020

Institute of Human Nutrition MS in Nutrition

Obesity: Etiology, Prevention and Treatment, American Board of Obesity Medicine preparatory course, elective course, 200-250 students, 5 full days
Course Co-Director (two 1-hour live lectures)

2014-2015

Institute of Human Nutrition MS in Nutrition

Physiological Bases of Physical Activity and Nutrition, elective course, 25-30 students
Course Director

2009-2011

Institute of Human Nutrition MS in Nutrition

Growth and Development, 3-hour lecture, ~65-80 students

2008-2020

Institute of Human Nutrition MS in Nutrition

Integrative Nutrition & Pathophysiology, required course, 70-85 students
Course Director (Lecture time 7 hours)

** Co-director in 2008*

2007

Institute of Human Nutrition MS in Nutrition

Growth and Development, required course, 65 students
Course Co-Director (lecture time 3 hours)

- 2007 **Institute of Human Nutrition MS in Nutrition**
Biochemistry, required course, 65 students
Course Co-Director (Lecture time 6 hours)
- 2006 **University of Alabama at Birmingham** (on faculty at that institution at the time)
Body Composition, 15 graduate students, 2-hour lecture
- Regional:**
2017 **Princeton University**
Invited 1-hour lecture "Sleep & Obesity: Altering energy balance", ~20 undergraduate students

Advising and Mentorship

Direct research mentoring and supervision of students and fellows

Years	Nature of Mentoring	Name of Mentee	Current Status, if known
2024-2025	MS Thesis mentor	Ashley Mixon	MS student, Institute of Human Nutrition, CUIMC, New York, NY
2024-2025	MS Thesis mentor	Paulina Onisko	MS student, Institute of Human Nutrition, CUIMC, New York, NY
2024	MS Thesis mentor	Zeqian Li	MS student, Mailman School of Public Health, Columbia University, New York, NY
2024	McNair Scholar	Dharmik Namineni	Undergraduate student, McNair Scholar, University of South Carolina Honors College
2024	Life Science Program Summer Internship	Aidan Vera	Undergraduate student, Hunter College, New York, NY
2024-2025	MS Thesis mentor (APEX project)	Leila Yan	MS student, Mailman School of Public Health, Columbia University, New York, NY
2024	NIDDK T35 Summer Research Program	Sarabesh Natarajan	Medical student at CUIMC, New York, NY
2023-2024	MS Thesis mentor	Autumn Porter	Program Coordinator, Institute of Human Nutrition, CUIMC, New York, NY
2023-2024	MS Thesis mentor	Lauren Lee	MS graduate, Institute of Human Nutrition, CUIMC, New York, NY
2023-2024	MS Thesis mentor	Chelsea Savit	Manager, Accenture, Austin, TX
2023-2024	MS Thesis mentor	Emily Major	MS graduate, Institute of Human Nutrition, CUIMC, New York, NY
2023-	Graduate student mentor	Emma Guyonnet	MS student, Mailman School of Public Health, Columbia University, New York, NY
2022-2023	MS Thesis mentor	Kaitha Agnant	Medical student, New York State University of Buffalo
2022-2023	MS Thesis mentor	Suhrittha Bolisetty	Medical assistant, 14 Street Medical Arts, New York, NY
2022-2023	MS Thesis mentor	Mia Lehavi	Medical assistant, 21 st Century Dermatology, New York, NY
2022-2023	MS Thesis mentor	Samantha Tola	Medical student, Osteopathic Medicine, New York Institute of Technology

2022	Ridgefield High School student Research mentor	Emily Yee	
2022	Dissertation Advising Committee	Hayley Billingsley	Post-doctoral Fellow, University of Michigan
2022	MS Thesis mentor	Alice Niu	Graduate Student, School of Visual Arts, interaction design program, New York, NY
2022-	Post-Doctoral Fellow mentoring committee	Samantha (Leinys) Santos-Báez	Associate Research Scientist, Columbia University, New York, NY
2021-2024	Post-Doctoral Fellow	Giada Benasi	Research Scientist, Rowan University, Glassboro, NJ
2021-2022	MS Thesis mentor	Ali Kazmi	Medical student, St. Louis University, MO
2021-2022	MS Thesis mentor	Michelle Moufawad	Medical student, Central Michigan University College of Medicine, Mount Pleasant, MI
2021-2022	MS Thesis mentor	Mackenzie Neilson	Clinical Specialist, Abbott, San Francisco, CA
2021-2022	MS Thesis mentor	Nisansa Perera	
2021-2022	MS Thesis mentor	Mariah Sanders	Medical student, Emory School of Medicine, Atlanta, GA
2021-2022	Ossining High School INTEL Scientific Competition	Lorenzo Patrissi	Student, University of Michigan Stephen M Ross School of Business, Ann Arbor, MI
2021-2022	Mamaroneck High School INTEL Scientific Competition	Lizzie Astorina	Undergraduate student, Georgetown University, Washington, DC
2021-2024	Post-Doctoral Fellow mentoring committee	Katherine Whyte	Associate Research Scientist, Columbia University
2020-2021	MS Thesis mentor	Layane BouJouade	Medical student, American University of Beirut, Lebanon
2020-2021	MS Thesis mentor	Thomas Carabuena	Research Assistant, University of Pennsylvania, Philadelphia, PA
2020-2021	MS Thesis mentor	Amber Malik	Genetic Metabolic Dietitian, Emory University School of Medicine, Atlanta, Georgia
2020-2021	MS Thesis mentor	Delaney Shah	Research Assistant, Columbia University
2020-2021	Doctoral student	Giada Benasi	Research Scientist, Rowan University, Glassboro, NJ
2020-2022	Post-Doctoral Fellow	Rocio Barragan	Assistant Professor, University of Valencia, Spain
2020-2022	Mentoring committee	Maristella Lucchini	Senior Clinical Researcher, Nanit, New York, NY
2019-2020	MS Thesis mentor	Julian Gallegos	Medical Student, St. George's University School of Medicine
2019-2020	MS Thesis mentor	Wenyue Li	University of Connecticut
2019-2020	MS Thesis mentor	Be-Han Tan	MS in Physician Assistant, Rutgers School of Health Professions, Piscataway, NJ

2019-2020	MS Thesis mentor	Rebecca Wood	Clinical Research Program Manager, The New York Stem Cell Foundation Research Institute, New York, NY
2018-2019	MS Thesis mentor	Indigo Gill	Resident in Family Medicine, University of California at San Francisco, San Francisco, CA
2018-2019	MS Thesis mentor	Jing Luo	Nutrition Consultant, Herbal Weight Beauty Corp, New York, NY
2018-2019	MS Thesis mentor	Sonia Sadr	Family Medicine Resident, HCA Florida Ocala Hospital, Fort Lauderdale, FL
2018-2019	MS Thesis mentor	Hasti Seyedeh Taghados	Medical Student, St. George's University School of Medicine
2018-2019	MS Thesis mentor	Brian Zalma	Clinical Research Scientist, Genmab, Princeton, NJ
2018-2022	Post-Doctoral Fellow	Faris Zuraiikat	Assistant Professor, Columbia University Irving Medical Center, New York, NY
2018	MS Thesis mentor	Aurianna Lajaunie	Medical Student, University of Michigan, Ann Harbor, MI
2017-2018	MS Thesis mentor	Isaac Smith	Resident, Neurology, NYU Brooklyn, New York, NY
2017-2018	MS Thesis mentor	Katherine Saed	Law Clerk, Skadden, Arps, Slate, Meagher & Flom LLP, New York, NY
2017-2018	MS Thesis mentor	Hana Setterquist	Medical Student, Texas Tech Health Science Center, Lubbock, TX
2016-2017	MS Thesis mentor	Erin Joffe	Dental student, University of Western Ontario
2016-2017	MS Thesis mentor	Kristen Esperanza	Dental Student, New York University College of Dentistry, New York, NY
2016-2017	MS Thesis mentor	Leora Apfelbaum	Diabetes Educator, Columbia University, New York, NY
2016-2019	Post-Doctoral Fellow	Nour Makarem	Assistant Professor, Mailman School of Public Health, CUIMC, New York, NY
2015-2016	MS Thesis mentor	Ismel Salazar	
2015-2016	MS Thesis mentor	Janna LaBarrie	Physical Therapist, Bowie, MD
2015-2016	MS Thesis mentor	Ayanna Campbell	Amah Nutrition & Wellness (owner), Memphis, TN
2015-2016	MS Thesis mentor	Ashlee Bormes	Group Account Supervisor, BGB Group, New York, NY
2014-2015	MS Thesis mentor	Anja Mikic	Senior Director, Standard Development, International WELL Building Institute
2014-2015	MS Thesis mentor	Secil Onal	Electronics & Biomedical Research Engineer, New York, NY
2014-2015	MS Thesis mentor	Cara Pietrolungo	Assistant Sports Performance Trainer & Nutritionist, Legacy Youth Tennis & Education, Voorhees, NJ
2014-2015	MS Thesis mentor	Nilam Bhavsar	Medical student, University of New England College of Osteopathic Medicine, Reading, PA
2013-2014	MS Thesis mentor	Theresa Vergana (formally Pizinger)	Fella Health, Founding Nurse Practitioner, New York, NY
2013-2014	MS Thesis mentor	Jessica Su	Certified Physician Assistant, New York, NY

2013-2014	MS Thesis mentor	Andrew Pasternack	Senior Regulatory Science Communications Specialist, Aimmune Therapeutics, San Francisco, CA
2012-2013	MS Thesis mentor	Jonathan Alexander	Resident, University of Louisville Internal Medicine Residency Program
2012-2013	MS Thesis mentor	Michelle Leong	Sports Medicine and Interventional Spine Physiatrist, Metropolitan Institute of Pain, Chicago, IL
2012-2013	MS Thesis mentor	Daniela Benedict	
2012-2013	Post Doctoral Fellow	Julie Shlisky	Principal Staff Scientist, Arkansas Children's Nutrition Center, University of Arkansas for Medical Sciences
2012	High school student INTEL Scientific Competition	Rachel Simon	
2011-2014	Post-Doctoral Fellow	Ari Shechter	Associate Professor, Department of Medicine, CUIMC
2011-2012	MS Thesis mentor	Michael Kim	
2011-2012	MS Thesis mentor	Benjamin Chester	Director of National Partnerships, Coursedog, New York, NY
2011-2012	MS Thesis mentor	Christy Buck	Registered Dietitian, Madison, WI
2011-2012	MS Thesis mentor	Sajni Shaw	Podiatry school, New York, NY
2010-2011	MS Thesis mentor	Anthony Wheeler	
2010-2011	MS Thesis mentor	Stacey Tsai	Medicine Resident Physician, California Pacific Medical Center
2010-2011	MS Thesis mentor	Yu-Ming Ni	Medical student, New York Medical College
2010-2011	MS Thesis mentor	Scott Wolfe	
2010-2011	MS Thesis mentor	Brian Mayrsohn	Anesthesiology Resident, Mount Sinai Health System, NY
2009-2012	Post-Doctoral Fellow	Majella O'Keeffe	Vice Head School of Food and Nutritional Sciences, University College Cork, Ireland
2009-2012	Ossining High school student INTEL Scientific Competition	Camille Finn	Registered Dietitian, Guckenheimer, Cambridge, MS
2009-2010	MS Thesis mentor	Muhammad Mansour	Naturopathic Physician, The Chiron Clinic, Dubai, UAE
2009-2010	MS Thesis mentor	Ronald Fong	Anesthesiology Resident Physician, New York Presbyterian Hospital
2009-2010	MS Thesis mentor	Xinyue Tong	Doctor of Public Health, Public Health Administrator, Hubei FDA, China
2009-2010	MS Thesis mentor	Andrew McReynolds	Pediatrics Resident, Emory University School of Medicine
2009-2010	MS Thesis mentor	Sari Tepper	Registered Dietitian, Eating Recovery Center, Denver, CO
2008-2009	MS Thesis mentor, Teacher's College	Xiaomeng Li	Clinical Dietitian, New York, NY
2008-2009	MS Thesis mentor	Zalak Trivedi	Registered Dietitian, Hayward, CA
2008-2009	MS Thesis mentor	Jennifer Ahn	Medical Resident Physician, NYU Langone Medical Center, New York, NY
2007-2008	MS Thesis mentor	Taylor Salinardi	Ph.D Nutrition, Tufts University; Associate Director of Global Medical

			Communications & Publications, Oncology at Sanofi Genzyme, Boston, MA
2007-2008	MS Thesis mentor	David Fischel	Doctor of Osteopathic medicine, Huntington Hospital, Pasadena, CA
2007	MS Thesis mentor	Leigh Hanke	Assistant Professor, Attending Physician, Yale University School of Medicine, Center for Musculoskeletal Care, NY
2005	MS Thesis mentor, University of Alabama at Birmingham	Joann Rosenberg Relay-	
2003-2004	Ossining High school student INTEL Scientific Competition	Daniel Katz	Vice President, Asset Management at Swiss Re, New York, NY

Other Trainee Advisory Roles (Junior faculty, visiting scientists, student interns)

Regional:

10/2024-	Nadia Liyanage-Don, MD, Assistant Professor, CUIMC, New York, NY
09/2023-	Yi Cai, MD, Assistant Professor and Director of Sleep Surgery, CUIMC, New York, NY
11/2022-	Anais Hausvater, MD, Assistant Professor, New York University Langone Health, New York, NY
06/2018-07/2018	Gabrielle Sagesse, NIH Summer Research Intern
06/2017-08/2017	Elsa Thomas, NIH Summer Research Intern

National:

08/2023-07/2024	Megan Petrov, Associate Professor (tenured), Arizona State University, Phoenix, AZ—sabbatical leave
05/2022	Hannah Koch, PhD Candidate, University of North Carolina Greensborough
06/2022-	Kat Kennedy, Post-Doctoral Fellow, University of Arizona
2021-	Prachi Singh, Associate Professor, Pennington Biomedical Research Center, Baton Rouge, LA
2020-2022	Kara Marlatt, Pennington Biomedical Research Center, K-award committee
2020-2021	Kristin Hoddy, Pennington Biomedical Research Center, K-award committee

International:

09/2022-03/2023	Valentina Andreeva, Associate Professor of Epidemiology (tenured), Sorbonne Paris Nord University, Bobigny, France—sabbatical leave
10/2022-12/2022	Jara Perez-Jimenez, Tenured Scientist (Fulbright Scholarship), Institute of Food Science, Technology, and Nutrition, Madrid, Spain
03/2019-08/2019	Clara Chevrier, French Intern, AgroParisTech, Paris, France
06/2017-09/2017	Margaux Forgeard, French Intern, Institut Polytechnique Lasalle-Beauvais, France
03/2016-07/2016	Jeanne Cadiou, French Intern, AgroParisTech, Paris, France
02/2016-06/2016	Carolina Pierobom-Ameida, Intern, Brazil
06/2015-09/2015	Pacôme Sférian, French Intern, Institut Polytechnique Lasalle-Beauvais, France
06/2015-09/2015	Aurélie Sayve, French Intern, Institut Polytechnique Lasalle-Beauvais, France
03/2015-08/2015	Solenne de Carné, French Intern, AgroParisTech, Paris, France
02/2015-04/2015	Natacha Cadenne-Feuillette, French Intern, AgroParisTech, Paris, France
06/2014-09/2014	Joséphine Deville, French Intern, Institut Polytechnique Lasalle-Beauvais, France
06/2014-09/2014	Marine Ménager, French Intern, Institut Polytechnique Lasalle-Beauvais, France
03/2014-08/2014	François Barbet, French Intern, AgroParisTech, Paris, France
12/2013-03/2014	Pleunie Hogenkamp, Visiting Post-Doctoral Fellow, Uppsala University, Uppsala, Sweden
09/2013-03/2014	Alexane Travers, French Intern, AgroParisTech, Paris, France
06/2013-09/2013	Amaia Cherbero, French Intern, Institut Polytechnique Lasalle-Beauvais, France

06/2013-09/2013	Marjory Serra, French Intern, Institut Polytechnique Lasalle-Beauvais, France
06/2012-09/2012	Perrine Virey, French Intern, Institut Polytechnique Lasalle-Beauvais, France
06/2012-09/2012	Amanda Huguot-Millet, French Intern, Institut Polytechnique Lasalle-Beauvais, France
06/2012-09/2012	Chloé Siot, French Intern, Institut Polytechnique Lasalle-Beauvais, France
09/2011-08/2012	Xue Kun, visiting scientist, Beijing, China
09/2011-12/2011	Louis Bergstrom, French Intern, Institut Polytechnique Lasalle-Beauvais, France
09/2011-12/2011	Benjamin Renaud, French Intern, Institut Polytechnique Lasalle-Beauvais, France
09/2010-12/2010	Julien Thierry, French Intern, Institut Polytechnique Lasalle-Beauvais, France
09/2010-12/2010	Nathalie Lévy, French Intern, Institut Polytechnique Lasalle-Beauvais, France
2008/2009	Jinya Chen, M.Sc. student, University of Manitoba, advisory committee

Ph.D Examination, Advisory, and Defense Committees

Local:

2013	Teacher's College Lorraine Mull, Ph.D Defense Committee	New York, NY
2013	Teacher's College Emily Abrams, Ph.D Defense Committee, Teacher's College, New York, NY	New York, NY
2012	Teacher's College Mary DiGiorgi, Ph.D Defense Committee, Teacher's College, New York, NY	New York, NY
2012	Teacher's College Chia-Hao Hsu, Ph.D Defense Committee, Teacher's College, New York, NY	New York, NY
2012	Teacher's College Dalia Majumdar, Ph.D Defense Committee, Teacher's College, New York, NY	New York, NY
International:		
2024	Australian Catholic University Matthew Morrison, Ph.D. Thesis evaluation	Australia
2024	Monash University Daniel Windred, Ph.D. Thesis evaluation	Melbourne, Australia
2022	The National University of Malaysia Fatin Hanani Binti Mazri, Ph.D Thesis evaluation	Kuala Lumpur, Malaysia
2021	Université du Québec à Ottawa Jean-Francois Brunet, Ph.D Defense, External Examiner,	Ottawa, Canada
2020	University of Clermont-Ferrand Oussama Saidi, Ph.D Defense, External Examiner,	Clermont, France
2015	University of Ottawa Jessica McNeil, Ph.D Defense, External Examiner,	Ottawa, Canada
2013	University of Ottawa Karine Duval, Ph.D Defense, External Examiner	Ottawa, Canada

Educational Administration and Leadership

I have been very proactive in advancing knowledge via educational activities for both clinicians and researchers at the local, national, and international level. In 2018, in conjunction with the establishment of the Center of Excellence for Sleep and Circadian Research at CUIMC, I initiated a monthly seminar series on sleep and circadian rhythms that is attended by clinicians, scientists and trainees throughout the medical

center. In addition, I established an annual symposium on sleep, held at CUIMC for the local and national community. This course is CME-accredited for health professionals. Each year's symposium focuses on a different theme related to sleep and circadian rhythms. In the first year, the event reached his maximum attendance (50 limited to CUIMC affiliates). In its second year, over 65 participants attended the event. Also in 2018, I submitted a pre-proposal to organize a Keystone Symposium on "Sleep and Circadian Rhythms: Maintaining Tempo for Optimal Health". This pre-proposal was received with great enthusiasm by the Keystone Organization Scientific Advisory Board. The full application, submitted in conjunction with co-organizers at the University of Chicago (Eve Van Cauter), Northwestern University (Jonathan Cedernaes), and Uppsala University, Sweden (Christian Benedict), was accepted. Due to COVID-19, the conference was canceled, and a virtual event was held on Feb. 25, 2021.

Local:

2018- Center of Excellence for Sleep & Circadian Research
 Sleep Symposium for Physicians & Scientists
 Weekly seminar series
 Course Director

National:

2023 NHLBI Workshop
 Title: Elucidating the Role of Circadian Biology and Meal Timing in Cardiometabolic Health
 Co-Chair

2022 NHLBI Workshop
 Title: Diet, Physical Activity, and Sleep Measurements
 Co-Chair

2021 NHLBI Workshop
 Title: Toward Precision Medicine: Circadian Rhythm of Blood Pressure and Chronotherapy for Hypertension
 Panelist

2021 NHLBI Workshop
 Title: Circadian Medicine: Applying Circadian Biology Discovery to Heart, Lung and Blood Therapeutics
 Panelist

International:

2019 Keystone Symposium
 Title: Sleep & Circadian Biology: Maintaining Tempo for Optimal Health
 Symposium Organizer

Community Education

09/2021-12/2021 **Addressing Racism Seed Grant Initiative**
 Workshop 1: Stress & Sleep: Supporting healthy sleep in our communities
Panel: Marwah Abdalla, Carmela Alcantara, Rachel Richins
 Workshop 2: Diet & Sleep: An important cycle for optimal health
Panel: Eileen Fuentes, Marie-Pierre St-Onge
 Workshop 3: Live virtual yoga session for better sleep
Panel: Kathleen Frazier, Rosana Rodriguez

This educational program was supporting by the Office of the Vice Provost for Faculty Advancement. My co-investigator, Carmela Alcantara and I convened a committee who surveyed the community on key topics of interest. Three workshops were developed based on the community input. All workshops were simultaneously translated in Spanish.

PUBLICATIONS

* In lists below denotes senior authorship

Publication Type	First Author	Senior Author	Total Publications
Original Research	35	31	119
Reviews	29	20	64
Total	64	51	183

Peer-Reviewed Original Research Publications in Print or other Media

1. *Petrov ME, Zuraikat FM, Cheng B, Aggarwal B, Jelic S, Lafferère B, **St-Onge MP**. Impact of sleep restriction on biomarkers of thyroid function: Two pooled randomized trials. *Sleep Med* 2024;124:606-12. PMID:39488926.
2. Chaput JP, Biswas RK, Cistulli P, Rajaratnam S, Bian W, **St-Onge MP**, Stamatakis E. Sleep regularity and major adverse cardiovascular events: A device-based prospective study in 72,269 UK adults. *J Epidemiol Community Health*, in press.
3. Huynh P, Hoffman JD, Gerhardt T, Kiss MG, Zuraikat FM, Cohen O, Wolfram C, Goswami S, Khamhoung A, Yates AG, Yoon S, Chen Z, Roudko V, Dawson T, Da Silva JF, Ameral NJ, Morgenroth-Rebin J, D'Souva D, Koekkoek LL, Jacob W, Munitz J, Lee D, Fullard JF, van Leent MMT, Roussos P, Kim-Schulze S, Shah N, Kleinstiver BP, Swirski FK, Leistner D, **St-Onge MP**, McAlpine CS. Myocardial infarction augments sleep to limit cardiac inflammation and damage. *Nature* 2024;635:168-77. PMID:39478215.
Comment published in Nature Reviews Cardiology: Fernandez-Ruiz I. Monocytes migrate to the brain after MI to promote deep sleep to aid cardiac healing. Nature Rev Cardiol 2024 [Epub Nov. 14].
4. Singh P, Beyl RA, Stephens JM, Richard AJ, Boudreau A, Hebert RC, Noland RC, Burk DH, Ghosh S, Staszkiwicz J, Salbaum JM, Broussard JL, **St-Onge MP**, Ravussin E, Marlatt KL. Shortened sleep duration impairs adipose tissue adrenergic stimulation of lipolysis in postmenopausal women. *Obesity* 2024;32:2264-74. PMID:39462901. PMID:39462901. PMID:39462901. PMID:39462901.
5. Chaput JP, Biswas RK, Ahmadi M, Cistulli PA, Sabag A, **St-Onge MP**, Stamatakis E. Sleep irregularity and the incidence of type 2 diabetes: a device-based prospective study in adults. *Diabetes Care* 2024;47:2139-45. PMID:39388339.
6. Huang Q, Trunpf C, Monzel AS, Rausser S, Haahr R, Devine J, Liu CC, Kelly C, Thompson E, Kurade M, Michelson J, Shaulson ED, Li S, Engelstad K, Tanji K, Lauriola V, Wang T, Wang S, Zuraikat FM, **St-Onge MP**, Kaufman BA, Sloan R, Juster RP, Marsland AL, Gouspillou G, Hirano M, Picard M. Psychobiological regulation of plasma and saliva GDF15 dynamics in health and mitochondrial diseases. *bioRxiv* 2024;Apr 26:2024.04.19.590241. PMID:38659958. PMID:38659958. PMID:38659958.
7. Santos-Báez LS, Diaz-Rizzolo DA, Popp CJ, Shaw D, Fine K, Altomare A, **St-Onge MP**, Manoogian ENC, Panda S, Cheng B, Laferrère B. Diet and meal pattern determinants of glucose levels and variability in adults with and without prediabetes or early onset type 2 diabetes: a pilot study. *Nutrients* 2024;16:1295. PMID:38732543. PMID:38732543. PMID:38732543.
8. *Duquenne P, Capperella J, Fezeu LK, Srour B, Benasi G, Hercberg S, Touvier M, Andreeva VA, **St-Onge MP**. The association between ultra-processed food consumption and chronic insomnia in the NutriNet-Santé Study. *J Acad Nutr Diet* 2024;Feb. 27.
9. *Benasi G, Cheng B, Aggarwal B, **St-Onge MP**. The effects of sustained mild sleep restriction on stress and distress among healthy adults: Findings from two randomized crossover studies. *Sleep Medicine* 2024;115:83-87. PMID:38342031.
10. *Li XY, Yoncheva Y, Yan CG, Castellanos FX, **St-Onge MP**. Chronic mild sleep restriction does not lead to marked neuronal alterations compared to maintained adequate sleep in adults. *J Nutr* 2024;154:446-54. PMID:38104943.
11. *Zimmerman ME, Benasi G, Hale C, Yeung LK, Cochran, Brickman AM, **St-Onge MP**. The effects of insufficient sleep and adequate sleep on cognitive function in healthy adults. *Sleep Health* 2024;10:229-36. PMID:38233280. PMID:38233280. PMID:38233280.
12. Billingsley HE, **St-Onge MP**, Alonso WW, Kirkman DL, Kim Y, Carbone S. Time of eating and mortality in U.S. adults with heart failure: Analyses of the National Health and Nutrition Examination Survey 2003-2018. *Nutr Metab Cardiovasc Dis* 2024;34:445-54. PMID:38155047.

13. *Zuraikat FM, Laferrère B, Cheng B, Scaccia SE, Aggarwal B, Jelic S, **St-Onge MP**. Chronic insufficient sleep impairs insulin sensitivity independent of adiposity changes: A randomized trial from the AHA Go Red For Women Strategically Focused Research Network. *Diabetes Care* 2024;47:117-25. PMID:37955852. PMCID:PMC10733650.
Comment published in JAMA: Harris E. Medical News in Brief: Even mild lack of sleep might raise women's diabetes risk. JAMA 2023;330:2331-2.
14. *Barragán R, Zuraikat FM, Cheng B, Scaccia SE, Cochran J, Aggarwal B, Jelic S, **St-Onge MP**. Paradoxical effects of prolonged insufficient sleep on lipid profile: A randomized trial. *JAHA* 2023;12:e032078. PMID:37815115. PMCID:PMC10757551.
15. Shah R, Shah VK, Emin M, Gao S, Sampogna RV, Aggarwal B, Chang A, **St-Onge MP**, Malik V, Wang J, Wei Y, Jelic S. Mild sleep restriction increases endothelial oxidative stress in female persons. *Sci Rep* 2023;13:15360. PMID:37717072. PMCID:PMC10505226.
16. Hayden KM, Anderson A, Spira AP, **St-Onge MP**, Ding J, Culkin M, Molina-Henry D, Sanderlin AH, Reboussin D, Bahnson J, Espeland MA. Daytime sleepiness is associated with lower cognitive scores: The Look AHEAD Study. *J Aging Res Lifestyle* 2023;12:46-55. PMID:37457508. PMCID:PMC10345450.
17. *Barragán R, Zuraikat FM, Tam V, RoyChoudhury A, **St-Onge MP**. Changes in eating patterns in response to chronic insufficient sleep and their associations with diet quality: A randomized trial. *J Clin Sleep Med* 2023;19:1867-75. PMID:37409467. PMCID:PMC10620656.
18. Hayden KM, Anderson A, Spira AP, **St-Onge MP**, Ding J, Culkin M, Molina-Henry D, Sanderlin AH, Reboussin D, Bahnson J, Espeland MA. Daytime sleepiness is associated with lower cognitive scores: The Look AHEAD Study. *J Aging Res Lifestyle* 2023;12:46-55. PMID:37457508. PMCID:PMC10345450.
19. Barragán R, Fernandez-Carrión R, Asensio-Márquez EM, Ortega-Azorin C, Alvarez-Sala A, Pérez-Fidalgo JV, Portolés O, Gonzalez-Monje I, **St-Onge MP**, Corella D. Timing of meals and sleep in a Mediterranean population: Taste, genetic, environmental determinants and interactions on obesity phenotypes. *Nutrients* 2023;15:708. PMID:36771415. PMCID:PMC9921798.
20. *Benasi G, Malik A, Cheng B, Aggarwal B, Shechter A, **St-Onge MP**. Well-being therapy and sleep hygiene in a non-clinical population of adults reporting poor sleep quality and distress: A remote pilot randomized controlled study. *Behav Sleep Med* 2023;Apr 4:1-14. PMID:37016730. PMCID:PMC10548351.
21. Singh P, Beyl R, Stephens J, Noland R, Richard A, Boudreau A, Hebert R, Ravussin E, Broussard J, **St-Onge MP**, Marlatt K. Effect of sleep restriction on insulin sensitivity and energy metabolism in post-menopausal women: A randomized, crossover trial. *Obesity* 2023;31:1204-15. PMID:36998155. PMCID:PMC10191900.
22. DiFrancesco MW, Alsameen M, **St-Onge MP**, Duraccio KM, Beebe DW. Altered neuronal response to visual food stimuli in adolescents undergoing chronic sleep restriction. *Sleep* 2023; Feb 20 [Online ahead of print]. PMID:36805763.
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Letters to the Editor

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06/05/2024	Podcast, Weight Loss and... with Drs. James Hill and Holly Wyatt https://www.weightlossand.com/marie-pierre-st-onge-is-there-a-link-between-sleep-and-weight-loss/	
06/03/2024	Health News, Kaitlin Vogel. Mediterranean Diet Can Lower Mortality Risk for Women, What to Know https://www.healthline.com/health-news/mediterranean-diet-can-lower-mortality-risk-for-women-what-to-know?utm_source=ReadNext	
03/08/2024	Good Day New York, live with Tashanae Whitlow and Dan Bowens Discussion related to daylight saving time https://www.youtube.com/watch?v=ttj8ilcmLOY	New York, NY
01/30/2024	ABC News Live, live with Diane Macedo, Sleepy girl mocktail https://abcnews.go.com/Health/video/viral-sleepy-girl-mocktail-106794886	New York, NY
09/21/2023	Moteur de Recherche, Radio-Canada, radio interview (in French) https://ici.radio-canada.ca/ohdio/premiere/emissions/moteur-de-recherche/episodes/785813/rattrapage-jeudi-21-septembre-2023	Montréal, Canada
03/23/2023	NY1 interview, aired March 23, 2023.	
09/21/2022	RAI Südtirol radio interview with Marian Giuri Perntaler	Italy
09/13/2022	KCBS Radio	San Francisco, CA
07/29/2022	Montreal Now with Aaron Rand & Natasha Hall, iHeart Radio CJAD800 AM Montréal, Canada	
03/09/2022	Twitter Chat, EveryDay Health	
03/03/2022	Radio interview, Radio New Zealand	New Zealand
01/13/2022	Podcast, BBC World https://www.bbc.co.uk/programmes/w3ct1rqv	
01/05/2022	Podcast, The Good Clean Nutrition https://healthcare.orgain.com/podcast/episodes/listen/season/1/episode/8	
08/25/2021	Facebook Live, EveryDay Health	
12/11/2020	Radio interview, KCBS San Francisco, CA	San Francisco, CA
11/15/2019	CBC Marketplace 'The Truth About Coconut Oil' https://www.cbc.ca/news/health/coconut-oil-healthy-marketplace-1.5357284	Toronto, Canada
03/27/2020	Twitter Chat, EveryDay Health	
09/2019	Fox 5 Good Day NY, School start times	New York, NY
07/02/2019	Podcast 'Sleep Talk – talking all things sleep' https://sleephub.com.au/podcast-42/	
06/06/2019	Fox 5, My9, and Fox 29 Interview on sugary foods and sleep	New York, NY
09/14/2017	The People's Pharmacy (radio): Does It Matter When You Eat? https://www.peoplespharmacy.com/2017/09/14/show-1094/	
08/22/2016	Fox 5 News	New York, NY
06/02/2016	Fox 5 News with Ernie Anastos	New York, NY
10/2006	Television interviews on Today Show, NBC	Birmingham, AL
09/2004	Radio interviews in Montreal, Calgary, and Vancouver, Canada	

Media Appearances – Print or Online (select English language only)

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| 11/11/2024 | Sleep.com, Layla Khoury-Hanold. What Is a Food Coma?
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98. **St-Onge MP**, Wang J, Shen W, Wang Z, Allison DB, Heshka S, Heymsfield SB. Dual energy X-ray absorptiometry-measured lean soft tissue mass: differing relation to body cell mass across the lifespan. 2004 Experimental Biology meeting abstract [on CD-ROM]. *The FASEB Journal* 2004;18:Abstract 374.7. PMID:25076940.
99. Shen W, Punyanitya M, Wang Z, Gallagher D, **St-Onge MP**, Albu J, Heymsfield SB, Heshka S. Visceral adipose tissue: relationships between single slice areas and total volume. 2004 Experimental Biology meeting abstract [on CD-ROM]. *The FASEB Journal* 2004;18:Abstract 826.5. PMID:25076940.
100. **St-Onge MP**, Janssen I, Heymsfield SB. Prevalence of metabolic syndrome and metabolic syndrome risk factors in normal weight individuals. *Circulation* 2003;108(suppl IV):IV-750. PMID:25076940.
New Investigator Award, Council on Nutrition, Physical Activity, and Metabolism, AHA; oral abstract competition winner from 3 finalists
101. **St-Onge MP**, Jones A Jr, Heymsfield SB, Albu J. Body weight and fat-free mass do not explain resting metabolic rate differences between African-American and Caucasian women. *Obes Res* 2003;11(suppl):A63. PMID:25076940.
102. **St-Onge MP**, Rubiano F, Jones A Jr, Heymsfield SB. Energy expenditure measured with a novel hand-held device is similar to that measured using indirect calorimetry equipment. *Obes Res* 2003;11(suppl):A60. PMID:25076940.
103. **St-Onge MP**, Rubiano F, DeNino WF, Jones A Jr, Greenfield D, Akrabawi S, Heymsfield SB. Greater net energy retention without hunger or fullness compensation from sugar-only versus mixed nutrient liquid meal. Poster presentation at the Canadian Society for Nutritional Sciences, CFBS Annual Meeting, Ottawa 2003. PMID:25076940.
104. **St-Onge MP**, Rubiano F, Jones A Jr, Heymsfield SB. Energy expenditure with a novel hand-held device is similar to that measured using traditional indirect calorimetry equipment. Poster presentation at the Canadian Society for Clinical Nutrition, Vancouver 2003. PMID:25076940.
105. **St-Onge MP**, Jones PJH. Greater rise in fat oxidation with medium chain triglyceride consumption is associated with lower initial body weight and greater loss of body weight and subcutaneous adipose tissue. *FASEB J* 2003;17:A1207. PMID:25076940.
106. **St-Onge MP**, Vanstone CA, Raeini-Sarjaz M, Jones PJH. Phytosterols in low-fat and non-fat beverages do not lower plasma lipid concentrations in hypercholesterolemic men and women. *FASEB J* 2003;17:A336. PMID:25076940.

107. **St-Onge MP**, Akrabawi S, Ferguson PW, Heymsfield SB. Consumption of a beverage containing a mixed nutrient composition leads to increased feelings of satiety and fullness compared to a sugar-only liquid meal. *FASEB J* 2003;17:A340. PMID:25076940.
108. Wei S, Zhu SK, Wang Z, **St-Onge MP**, Punyanita M, Heymsfield SB. Good correlation between single slice area and multi-slice volume imaging of the abdominal region despite high intra-subject between-slice variability in visceral adipose tissue. *FASEB J* 2003;17:A744. v
109. Zhu SK, **St-Onge MP**, Heshka S, Heymsfield SB. Effects of physical activity on metabolic syndrome based upon BMI categories. *FASEB J* 2003;17:A2. PMID:25076940.
110. Rubiano F, **St-Onge MP**, Akrabawi S, Jones A Jr, Heymsfield SB. Time course of relative energy expenditure changes with mixed nutrient meal ingestion. *FASEB J* 2003;17:A327. PMID:25076940.
111. **St-Onge MP**, Rubiano F, DeNino WF, Jones A Jr, Greenfield D, Akrabawi S, Heymsfield SB. Greater net energy retention without hunger or fullness compensation from sugar-only versus mixed nutrient liquid meal. *JPEN J Parenter Enteral Nutr* 2003;27:S31. PMID:25076940.
112. **St-Onge MP**, Ross R, Jones PJH. Medium chain triglyceride consumption for 28 days improves blood lipid profile, increases energy expenditure, and leads to smaller body fat compartments compared to olive oil consumption in overweight men. *Circulation* 2002;106(suppl II):II-742. PMID:25076940.
113. **St-Onge MP**, Jones PJH. Medium chain triglyceride consumption increases energy expenditure and leads to greater weight loss relative to long chain triglyceride in overweight men. Presented at the Canadian Society for Nutritional Sciences, CFBS Annual Meeting, Montreal, 2002. PMID:25076940.
114. **St-Onge MP**, Jones PJH. Consumption of a diet containing medium chain triglycerides, phytosterols and flaxseed oil for 28 d decreases blood lipid parameters and alters energy balance compared to a diet containing olive oil. Presented at the International Society for the Study of Fats and Lipids, Montreal, 2002. PMID:25076940.
115. **St-Onge MP**, Jones PJH. Consumption of a diet containing medium chain triglycerides, phytosterols and flaxseed oil for 28 d decreases blood lipid parameters compared to a diet containing olive oil. *FASEB J* 2002;16:A636. PMID:25076940.
116. **St-Onge MP**, Jones PJH. Medium chain triglyceride consumption increases energy expenditure relative to long chain triglyceride in overweight men. *Am J Clin Nutr* 2002;75 (suppl 2):340S. PMID:25076940.
117. **St-Onge MP**, Bourque C, Papamandjaris AA, Jones PJH. Consumption of medium chain triglycerides versus long chain triglycerides over 4 weeks increases energy expenditure and fat oxidation in obese women. *Ann Nutr Metab* 2001;45 (suppl 1):89. PMID:25076940.
118. Bourque C, Jones PJ, **St-Onge MP**. Influence of an oil containing medium chain triglycerides, phytosterols and n-3 fatty acids on the cardiovascular risk profile in overweight women. *Ann Nutr Metab* 2001;45 (suppl 1):127. PMID:25076940.
119. **St-Onge MP**, Bourque C, Jones PJ. Increased fat oxidation after 27 days of medium-chain triglyceride versus long-chain triglyceride feeding. Oral presentation at the Canadian Society for Nutritional Sciences, CFBS Annual Meeting, Ottawa 2001. PMID:25076940.
120. **St-Onge MP**, Bourque C, Jones PJ. Increased fat oxidation after 27 days of medium-chain triglyceride versus long-chain triglyceride feeding. *FASEB J* 2001;15:A397. PMID:25076940.
121. Bourque C, Jones PJ, **St-Onge MP**. Influence of an oil containing medium chain triglycerides, phytosterols and n-3 fatty acids on plasma lipid levels in overweight women. *FASEB J* 2001;15:A639. PMID:25076940.
122. **St-Onge MP**, Farnworth E, Jones PJ. The effect of kefir supplementation on blood lipid parameters in hypercholesterolemic men. Oral presentation at the Canadian Society for Nutritional Sciences, CFBS Annual Meeting, Winnipeg 1999. PMID:25076940.

INVITED AND/OR PEER-SELECTED PRESENTATIONS AT REGIONAL, NATIONAL, OR INTERNATIONAL LEVELS

Regional:

Seminars

1. St-Onge MP, Seminar Speaker, Title: "Uncovering the Bi-Directional Relation Between Sleep & Cardiometabolic Health", Integrating Special Populations Seminar Series, Columbia University Irving Medical Center, New York, NY, September 16, 2024.

2. St-Onge MP and Zuraikat FM, Seminar Speaker, Title: "From Life's Simple 7 to Life's Essential 8: Sleep as a Cardiometabolic Health Marker", Translational Research Seminar, Columbia University Irving Medical Center, New York, NY, November 16, 2023.
3. St-Onge MP, Seminar Speaker, Title: "Improving Cardiometabolic Health Through Sleep" Center of Excellence for Sleep & Circadian Research, Columbia University Irving Medical Center, New York, NY, September 12, 2023.
4. St-Onge MP, Seminar Speaker, Title: "From Life's Simple 7 to Life's Essential 8: Role of sleep on cardiovascular disease risk" Mount Sinai Icahn School of Medicine Cardiovascular Research Institute, New York, NY, May 10, 2023.
5. St-Onge MP, Seminar Speaker, Title: "Sleep: Integral lifestyle behavior for cardiometabolic health" New York University Long Island, Mineola, NY, September 23, 2022.
6. St-Onge MP, Seminar Speaker, Title: Sleep & Cardiometabolic risk. Naomi Berrie Diabetes Conference. Columbia University Irving Medical Center, New York, NY, January 10, 2019.
7. St-Onge MP, Seminar Speaker, Title: Insufficient Sleep: A cause of human obesity? Integrative Medicine Club. Columbia University, New York, NY, November 30, 2018.
8. St-Onge MP, Seminar Speaker, Title: Meal Timing & Frequency: Implications for Health. Memorial Sloane Kettering Cancer Center, New York, NY, December 13, 2017.
9. St-Onge MP, Seminar Speaker, Title: Sleep & Obesity: Influence of diet. Rutgers University, School of Health-Related Professions, Newark, NJ, February 9, 2016.
10. St-Onge MP, Seminar Speaker, Title: Sleep: a causal factor in the development of obesity? New York Obesity Research Center Seminar Series, New York, NY, January 16, 2015.
11. St-Onge MP, Seminar Speaker, Title: Sleep Duration and Obesity Risk. New York Obesity Nutrition Research Center, Obesity Seminar, New York, NY, November 22, 2013.
12. St-Onge MP, Seminar Speaker, Title: Sleep and Food Intake Control. Appetitive Seminar. Columbia University, November 7, 2013.
13. St-Onge MP, Seminar Speaker, Title: Sleep and Energy Balance. NYU Langone Medical Center, Sleep Disorders Center, May 24, 2011.

Grand Rounds & Hospital Lectures

1. St-Onge MP, General Surgery Residents Talk, Title: "How are you sleeping? Impact of poor sleep on health and mitigation strategies". Columbia University Irving Medical Center, New York, NY, February 1, 2024.
2. St-Onge MP, Grand Rounds Speaker, Title: Functional Foods for CVD Risk Reduction. Englewood Hospital and Medical Center Grand Rounds, Englewood, NJ, January 8, 2015.
3. St-Onge MP, Grand Rounds Speaker, Title: Functional Foods for CVD Risk Reduction. Mount Sinai Health System St. Luke's Hospital Cardiology Grand Rounds, New York, NY, April 24, 2014.

Panelist & Moderator

1. St-Onge MP, Panelist, COPEColumbia Presents "How Are You Sleeping? Question & Answer with the Experts", presentation and panel discussion. Columbia University Irving Medical Center, April 6, 2023.
2. St-Onge MP, Panelist, COPEColumbia Presents "How Are You Sleeping?", presentation and panel discussion. Columbia University Irving Medical Center, Dec.15, 2022.

National:

Presentations at Professional Meetings

1. St-Onge MP, Symposium Speaker, Title: Leveraging Foods to Improve Sleep. UC Davis Innovation Institute for Food and Health, Chronobiology Discovery Forum: Improving circadian rhythmicity for better health outcomes, Davis, CA, September 10-11, 2024.
2. St-Onge MP, Symposium Speaker, Title: Waking a sleeping giant: Contribution of sleep to demographic disparities in CVD prevention. AHA Scientific Sessions, Chicago, IL, November 5, 2022.

3. St-Onge MP, Symposium Speaker, Title: Does a sleepy brain make poor food choices? Impact of sleep on appetite and eating behavior. ObesityWeek 2022, The Obesity Society, San Diego, CA, November 2, 2022.
4. St-Onge MP, Webinar, Title: A good night's sleep, an ally for weight management. The Academy of Nutrition & Dietetics Weight Management Practice Group, Sept. 8, 2022.
5. St-Onge MP, Symposium Speaker, Year-in-Review pre-conference symposium, Title: Obesity: Not just about what's on the plate! Sleep Research Society/American Academy of Sleep Medicine Annual Meeting, SLEEP 2022, Charlotte, NC, June 4, 2022.
6. St-Onge MP, Symposium Speaker, Title: Social Jetlag. Session "Chrono-Nutrition: The influence of eating patterns on sleep and metabolic health" Nutrition 2020 American Society for Nutrition annual meeting, Live Online, June 1, 2020.
7. St-Onge MP, Symposium Speaker, Title: Sleep & Diet: A bi-directional relation. Sleep Research Society/American Academy of Sleep Medicine Annual Meeting, SLEEP, San Antonio, TX, June 9, 2019.
8. St-Onge MP, Symposium Speaker, Title: Impact of sleep health on dietary patterns and caloric intake. Council for Responsible Nutrition, The Workshop, Dana Point, CA, October 16, 2018.
9. St-Onge MP, Symposium Speaker, Title: MCT Oil for Weight Management: Can Coconut Oil Do the Same? American Oil Chemists Society Annual Meeting, Orlando, FL, May 2, 2017.
10. St-Onge MP, Symposium Speaker, Title: Interactions between sex, sleep, and body composition. Experimental Biology 2017, Chicago, IL, April 24, 2017.
11. St-Onge MP, Special Pre-Conference Session Speaker, Title: Leadership Succession: How to transition while retaining productivity and promoting the success of others. American Heart Association EPI/Lifestyle Scientific Sessions 2017, Portland, OR, March 7, 2017.
12. St-Onge MP, Symposium Speaker, Title: The Potential Relationship Between Sleep and Obesity: Mechanisms and Clinical Implications. American Heart Association Scientific Sessions 2016, New Orleans, LA, November 14, 2016.
13. St-Onge MP, Symposium Speaker, Title: Sleep and energy homeostasis in humans. Obesity Week 2015, The Obesity Society Annual Meeting, Los Angeles, CA, November 2-7, 2015.
14. St-Onge MP, Symposium Speaker, Title: Fatty acids: Role in Heart Disease Prevention. American Oil Chemists Society (AOCS) Annual Meeting, Orlando, FL, May 3-6, 2015.
15. St-Onge MP, Symposium Speaker, Title: Impact of Sleep Restriction on Energy Balance. Food & Nutrition Conference & Expo (FNCE 2014), Atlanta, GA, October 19, 2014.
16. St-Onge MP, Symposium Speaker, Title: Food-Based Bioactives and CVD Risk. American Heart Association Scientific Sessions, Dallas, TX, November 16-20, 2013.
17. St-Onge MP, Symposium Speaker, Title: The role of sleep restriction in weight management. American Heart Association Scientific Sessions, Los Angeles, CA, November 3-7, 2012.
18. St-Onge MP, Symposium Speaker, Title: Medium Chain Triglyceride Consumption and the Metabolic Syndrome: Past, Present, and Future. American Oil Chemists Society Annual Meeting, Phoenix, AZ, May 17, 2010.
19. St-Onge MP, Symposium Speaker, Title: Dietary Fats and Oils for Weight Management. American Heart Association, Scientific Sessions, Orlando, FL, Nov. 16, 2009.
20. St-Onge MP, Symposium Speaker, Title: Fatty Acids in Corn Oil: Role in Heart Disease Prevention. American Oil Chemists Society Annual Meeting, Orlando, FL, May 6, 2009.
21. St-Onge MP, Symposium Speaker, Title: Dietary Fat: A Matter of Quality vs Quantity. New York City Department of Health & Mental Health, New York, NY, February 19, 2009.
22. St-Onge MP, Symposium Speaker, Title: The Skinny on Total Fat: Quality vs. Quantity. New York State Dietetic Association Annual Meeting, Albany, NY, May 6-7, 2008.
23. St-Onge MP, Symposium Speaker, Title: The Skinny on Total Fat: Quality vs. Quantity. American Dietetic Association FNCE, Philadelphia, PA, September 29- October 3, 2007.
24. St-Onge MP, Symposium Speaker, Title: Genetic and Environmental Influences on Obesity. Calorie Control Council, Ponte Vedra, FL, November 6-8, 2005.
25. St-Onge MP, Symposium Speaker, Title: Management of Cholesterol and Body Weight Using Functional Fats. WorldNutra Conference, Anaheim, CA, October 18-20, 2005.

26. St-Onge MP, Symposium Speaker, Title: Potential Use of Medium Chain Triglyceride Oil for Weight Management. American Oil Chemists Society Annual Meeting, Salt Lake City, UT, May 1-3, 2005.
27. St-Onge MP, Symposium Speaker, Title: The Usefulness of Functional Magnetic Resonance Imaging in the Study of Appetite-Related Changes in Brain Activity. International Life Sciences Institute of North America Annual Meeting, New Orleans, LA, January 14-20, 2005.
28. St-Onge MP, Symposium Speaker, Title: Advances in Body Composition Analyses; and Title: Potential Functional Foods for Weight Management. Nutrition and Aging XVIII: Obesity in Older Adults, Little Rock, AR, September 17-18, 2003.

Seminars

14. St-Onge MP, College Seminar, Title: "Unlocking the Secrets of Sleep: A Deep Dive into its Impact on Cardiometabolic Health", Brigham Young University, Provo, UT, February 8, 2024.
15. St-Onge MP, Seminar Speaker, Title: "Role of Sleep in Weight Management: An unexpected journey into the world of sleep health", University of Missouri seminar series, Columbia, MO, January 27, 2022.
16. St-Onge MP, Seminar Speaker, Title: "Role of Sleep in Weight Management: An unexpected journey into the world of sleep health", Pennington Biomedical Research Center Visiting Scientist seminar series, Baton Rouge, LA, October 21, 2021.
17. St-Onge MP, Seminar Speaker, Title: "Role of Sleep in Weight Management: An unexpected journey into the world of sleep health", University of Arizona Behavioral Sleep Meeting Seminar, Tucson, AZ, August 26, 2021.
18. St-Onge MP, Seminar Speaker, Title: Sleep & Diet: The case for bi-directionality, CVD/Epi Research Meeting, University of California at San Diego, December 18, 2020.
19. St-Onge MP, Keynote Speaker, Title: The Role of Sleep in the Management of Obesity. University of Colorado, Nutrition Obesity Research Center Retreat, October 8, 2019.
20. St-Onge MP, Webinar, Title: Eating Patterns for Weight Management. Obesity Medicine Association, March 20, 2019.
21. St-Onge MP, Seminar Speaker, Title: Sleep duration, risk factor for cardiovascular disease. Yale Sleep Medicine Lecture Series, Yale University, New Haven, CT, October 24, 2018.
22. St-Onge MP, Seminar Speaker, Title: Sleep and chronic disease risk: Journey from nutrition research to Sleep center. Clinical/Epidemiological Research Seminar, Columbia University Irving Medical Center, New York, NY, October 11, 2018.
23. St-Onge MP, Seminar Speaker, Title: Sleep & Diet, a bi-directional association? St. Louis University School of Medicine, St. Louis, MO, September 27, 2016.
24. St-Onge MP, Seminar Speaker, Title: Sleep & Obesity: Influence of diet. New York University, Department of Nutrition & Food Studies, New York, NY, March 31, 2016.
25. St-Onge MP, Seminar Speaker, Title: Sleep and obesity: Influence of diet. Center for Sleep and Circadian Neurobiology & Penn Chronobiology Program seminar series, University of Pennsylvania, Philadelphia, PA, December 10, 2015.
26. St-Onge MP, Seminar Speaker, Title: Sleep Duration & Weight Management. University of Alabama at Birmingham, Nutrition Obesity Research Center Seminar Series, September 16, 2014.
27. St-Onge MP, Seminar Speaker, Title: The role of sleep duration in energy balance regulation and weight control. Temple University, Center for Obesity Research and Education speaker series, October 15, 2012.
28. St-Onge MP, Seminar Speaker, Title: The role of sleep duration in energy balance regulation and weight control. Pennsylvania State University, Department of Nutritional Sciences colloquium series, October 8, 2012.
29. St-Onge MP, Seminar Speaker, Title: Usefulness of Functional Magnetic Resonance Imaging for the Study of Appetite-Related Changes in Brain Activity. University of Alabama at Birmingham Clinical Nutrition Research Center/Nutrition Science: Seminar series, Birmingham, AL, February 17, 2004.

Grand Rounds & Hospital Lectures

1. St-Onge MP, Multidisciplinary Sleep Research Lecture Series, Title: "From Life's Simple 7 to Life's Essential 8: Sleep as a Cardiometabolic Health Marker". University of Kansas, Kansas City, KS, December 14, 2023.
2. St-Onge MP, Pulmonary/Sleep Grand Rounds, Title: "The interconnectedness of diet and sleep", Mayo Clinic Jacksonville, Jacksonville, FL, March 14, 2023.

3. St-Onge MP, Speaker, Title: Sleep & Diet: The case for bi-directionality, Milwaukee City-Wide Grand Rounds on Obesity and Cardio-Metabolic Disease, Medical College of Wisconsin, April 21, 2021.

Panelist & Moderator

1. St-Onge MP, Poster Professor, Topic: Sleep and Cardiovascular Health: Implications and Outcomes. American Heart Association Scientific Sessions, Chicago, IL, Nov. 18, 2024.
2. St-Onge MP, Session Moderator, Topic: Don't Fall Asleep on the Job: The Importance of Sleep in Lifestyle and Prevention. American Heart Association Scientific Sessions, Chicago, IL, Nov. 16, 2024.
3. St-Onge MP, Panelist, Title: "Impact of Dietary Quality on Sleep and its Implications for Respiratory Health & Disease", NHLBI Virtual Workshop Advancing Nutrition Research to Promote Respiratory Health in Adults, Sept. 19, 2024.
4. St-Onge MP, Panelist, special invitation, NHLBI Sleep Disorders Research Advisory Board, National Center on Sleep Disorders Research, Dec. 1, 2022.
5. St-Onge MP, Session Moderator, Topic: Chronotherapy: Non-pharmacologic & pharmacologic interventions to improve circadian blood pressure. American Heart Association Scientific Sessions, Chicago, IL, Nov. 6, 2022.
6. St-Onge MP, Session Moderator, Title: Robert Levy Memorial Lecture and Lifestyle and Cardiometabolic Health Early Career Investigator Award Competition, American Heart Association Scientific Sessions 2021, Chicago, IL, Nov. 5, 2022.
7. St-Onge MP, Co-Chair, NHLBI Workshop, Topic: Optimal Instruments to Measure Diet, Physical Activity, and Sleep, Sept. 21-22, 2022.
8. St-Onge MP, Moderator, Fellows Presentation, AHA Research Leaders Academy, San Diego, CA, Sept. 14, 2022.
9. St-Onge MP, Roundtable panel discussion, Topic: Sleep. EPI/Lifestyle Scientific Sessions, Chicago, IL, March 2, 2022.
10. St-Onge MP, Session Moderator, Title: Robert Levy Memorial Lecture and Lifestyle and Cardiometabolic Health Early Career Investigator Award Competition, American Heart Association Scientific Sessions 2021, Nov. 12-14, 2021.
11. St-Onge MP, Panelist, Title: "Developing Consensus Statements", NHLBI Virtual Workshop Circadian Medicine: Applying Circadian Biology Discovery to Heart, Lung and Blood Therapeutics, closed meeting by invitation only, Nov. 2, 2021.
12. St-Onge MP, Panelist, Title: "Non-Pharmacologic Interventions for Hypertension: Sleep duration and timing", NHLBI Toward Precision Medicine: Circadian Rhythm of Blood Pressure and Chronotherapy for Hypertension, Oct. 29, 2021.
13. St-Onge MP, Invited Speaker/Panelist, Title: More Sleep, Less Diabetes & Heart Disease: Yes, No? American Heart Association Scientific Sessions, Anaheim, CA, Nov. 13, 2017.
14. St-Onge MP, Session Moderator, Title: Dietary Patterns, Quality, and Cardiovascular Health. American Heart Association EPI/Lifestyle Scientific Sessions, Portland, OR, March 9, 2017.
15. St-Onge MP, HeartQuarters Presentation Speaker, Title: Leadership Succession: How to transition while retaining productivity, building a legacy, and promoting the success of others. American Heart Association Scientific Sessions 2016, New Orleans, LA, Nov. 14, 2016.
16. St-Onge MP, Session Moderator, Title: Major Clinical Trials in Nutrition. American Heart Association Scientific Sessions, Los Angeles, CA, Nov. 8, 2015.
17. St-Onge MP, Session Moderator, Title: David Krietchevski Lecture. American Heart Association EPI/Lifestyle Scientific Sessions, Portland, OR, March 5, 2015.
18. St-Onge MP, Session Moderator, Title: Nutrition in CVD Risk and Prevention. American Heart Association Scientific Sessions, Chicago, IL, Nov. 19, 2014.
19. St-Onge MP, Session Moderator, Title: The role of sleep restriction in weight management. American Heart Association Scientific Sessions, Los Angeles, CA, Nov. 3-7, 2012.
20. St-Onge MP, Invited Speaker/Panelist, Title: The role of sleep duration in energy balance regulation and weight control. NIDDK Clinical Obesity Research Panel (CORP) Meeting, NIH Obesity Research Task Force Seminar Series, Sept. 9, 2011.

International Level

Grand Rounds & Hospital Lectures

1. St-Onge MP, Sleep & Respiration Rounds, Title: "Improving Cardiometabolic Health Through Sleep". Cumming School of Medicine, University of Calgary, Calgary, Alberta, Canada, March 6, 2024.

Presentations at Professional Meetings

1. St-Onge MP, Speaker, Title: "Sleep & Diet Interaction in Cardiometabolic Health", XIth International Nutrition & Dietetics Congress, Ankara, Turkey, October 11, 2024.
2. St-Onge MP, Symposium Organizer & Speaker, Title: "Cardiometabolic Implications of Sleep & Circadian Disturbances", World Sleep Congress, Rio de Janeiro, Brazil, October 25, 2023.
3. St-Onge MP, Symposium Speaker, Title: "Alterations in Brown Adipose Tissue in Response to Sleep Curtailment", World Sleep Congress, Rio de Janeiro, Brazil, October 24, 2023.
4. St-Onge MP, Symposium Moderator, "Sleep health, epidemiology and morbidity/burden", World Sleep Congress, Rio de Janeiro, Brazil, October 23, 2023.
5. St-Onge MP, Keynote Speaker, Title: "From Life's Simple 7 to Life's Essential 8: Sleep as a cardiometabolic health marker", XV Congreso Internacional de Medicina del Sueño, Mexico City, Mexico, October 5, 2023.
6. St-Onge MP, Keynote Speaker, Title: "Diet & Sleep: Vicious or Healthful Cycle?", Canadian Sleep Society Annual Meeting, Ottawa, Ontario, Canada, April 29, 2023.
7. St-Onge MP, Symposium Speaker, Title: "From Life's Simple 7 to Life's Essential 8: Supporting evidence of sleep as a cardiometabolic health marker", Canadian Sleep Society Annual Meeting, Ottawa, Ontario, Canada, April 29, 2023.
8. St-Onge MP, Speaker, Upskilling in Dietary Methodology Workshop 2.0, Title: "Integration of Chrono-Nutrition and Circadian Rhythms in Research and Clinical Practice", Kuala Lumpur, Malaysia, February 22, 2022.
9. St-Onge MP, Conference Speaker, Title: "Sleep, Diet & Obesity", CIBEROBN, Spain, October 28, 2021.
10. St-Onge MP, Symposium Speaker, Title: Sleep, Obesity and Diet. XI International Mediterranean Diet Conference, Barcelona, Spain, April 28, 2016.
11. St-Onge MP, Symposium Speaker, Title: Sleep and obesity: Influence of Diet. CIBEROBN-2015, El Escorial, Madrid, Spain, October 15-17, 2015.
12. St-Onge MP, Symposium Speaker, Title: Sleep-obesity relationships: underlying mechanisms & consequences for obesity treatment. 8th Fribourg Obesity Research Conference (FORC-2015), Fribourg, Switzerland, September 10, 2015.
13. St-Onge MP, Symposium Speaker, Title: Lack of sleep causing weight gain: experimental evidence. 6th World Congress on Sleep Medicine, Seoul, Korea, March 21-25, 2015.
14. St-Onge MP, Symposium Speaker, Title: Influence of Sleep Curtailment on Wake-Dependent Increases in 24-h Energy Expenditure. 3rd International conference on Recent Advances and Controversies in Measuring Energy Metabolism (RACMEM 2014), Tokyo, Japan, October 10-12, 2014.
15. St-Onge MP, Symposium Speaker, Title: Food Intake Regulation and Sleep Restriction: Are we blindly leaping into the leptin/ghrelin explanation? 45th WPI International Institute for Integrative Sleep Medicine Seminar & 6th Human High Performance Seminar, University of Tsukuba, Tsukuba, Japan, October 10, 2014.
16. St-Onge MP, Symposium Speaker, Title: Impact of Sleep Restriction on Energy Balance. Society for Light Treatment and Biological Rhythms, Geneva, Switzerland, June 21-23, 2013.
17. St-Onge MP, Symposium Speaker, Title: Medium chain triglycerides and weight management. International Functional Food Conference, Oxford, UK, November 13-14, 2012.
18. St-Onge MP, Symposium Speaker, Title: El papel prebiótico adelgazante de los MOS del café (The prebiotic leaning effects of coffee-derived manooligosaccharides). Congreso Internacional Creacion, Innovacion Y Negocios, Universidad de Caldas, Manizales, Colombia, Oct. 25-27, 2012.
19. St-Onge MP, Symposium Speaker, Title: Body Composition and Metabolic Syndrome. Satellite Symposium on Body Composition and Health, European Congress for Sports Sciences 2008 Annual Meeting, Lisbon, Portugal, July 8, 2008.
20. St-Onge MP, Symposium Speaker, Title: Functional Foods and Metabolic Syndrome. Satellite Symposium on Body Composition and Health, European Congress for Sports Sciences 2008 Annual Meeting, Lisbon, Portugal, July 8, 2008.

21. Symposium Speaker, Title: Short and Medium Chain Contra Long Chain Saturated Fatty Acids: Effects on Energy Expenditure, Fat Deposition and Satiety. International Seminar on Saturated Fatty Acids, Uppsala, Sweden, October 7-8, 2004.
22. St-Onge MP, Symposium Speaker, Title: Current Weight Loss Methods: What Works? 8th World Congress on Cardiac Rehabilitation and Prevention, Dublin, Ireland, May 23-26, 2004.
23. St-Onge MP, Symposium Speaker, Title: Body Composition Analysis During Different Stages of Life. Clinical Implications of Imaging Technologies in the Management of the HIV Lipodystrophy Syndromes, Montreal, Canada, April 2-3, 2004.
24. St-Onge MP, Symposium Speaker, Title: Role of Medium Chain Triglyceride Oil for Weight Management. X Corso Nazionale A.D.I, XI Convegno di Studio Sull'Obesita, Assisi, Italy, November 5-8, 2003.
25. St-Onge MP, Symposium Speaker, Title: Nutrition, Antioxydants, et Considérations Nutraceutiques. Fondation des Gouverneurs, Agriculture Canada, Montréal, Québec, May 10, 2002.