

Summary of Research Program:

Summary of Research Program: My research focuses on the clinical neuroscience and neuroendocrinology of aging, specifically; understanding the causes, consequences and treatments of age-related disturbances in sleep, circadian rhythms and cognitive function. Various projects include:

- Cognitive behavioral interventions to improve sleep and pain in older adults. Funded by R01 AG031126.
 - Vitiello, M.V. Cognitive-Behavioral Treatment of Co-Morbid Insomnia and Osteoarthritis Pain in Primary Care: The Lifestyles Randomized Controlled Trial. *Journal of the American Geriatrics Society* 61(6):947-956, 2013.
 - Vitiello, M.V. et al. Short-term Improvement in Insomnia Symptoms Predicts Long-term Improvements in Sleep, Pain, and Fatigue in Older Adults with Co-Morbid Osteoarthritis and Insomnia. *Pain* 155: 1547-54, 2014.
- Improving cognitive function in normal older adults and those with Mild Cognitive Impairment. Previously funded by R01 AG025515 and R01 AG030484.
 - Baker, L.D., ... and Vitiello, M.V. Growth Hormone Releasing Hormone Improves Cognitive Function in Mild Cognitive Impairment and Health Aging: Results of a Controlled Trail. *Archives of Neurology* 69(11):1420-1429, 2012.
 - Friedman, S.D., ... and Vitiello, M.V. Growth Hormone Releasing Hormone Increases Brain GABA Levels in Mild Cognitive Impairment and Healthy Aging. *JAMA Neurology* 70(7):883-890, 2013.
- Genetics of sleep disturbance. Previously funded by K23 HL083350.
 - Watson, N.F., et al. Sleep Duration and Body Mass Index in Twins: A Gene-Environment Interaction. *Sleep* 35(5):597-603, 2012.
 - Watson, N.F., et al. Sleep Duration and Depressive Symptoms: A Gene-Environment Interaction. *Sleep* 37(2):351-358, 2014.
- CAM interventions to improve sleep in older adults. Previously funded by R21 AT002108.
 - Taibi, D.M., Vitiello, M.V., et al. A Randomized Clinical Trial of Valerian Fails to Improve Subjective and Objective Sleep Quality of Older Women with Insomnia. *Sleep Medicine* 10(3): 319-328, 2009.
 - Taibi, D.M. and Vitiello, M.V. A Pilot Study of Gentle Yoga for Sleep Disturbance in Women with Osteoarthritis. *Sleep Medicine* 12(5):512-517, 2011.
- Sleep in spinal cord injury. Funded by K01 HD076183
- Sleep in intensive care.
 - Parsons, E.C., et al. Post-Discharge Insomnia Symptoms are Associated with Quality of Lifes Impairment in Survivors of Acute Lung Injury. *Sleep Medicine* 13(8):1106-9, 2012.
- Sleep and pain in adolescents.



**Michael V. Vitiello,
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[Lab Website](#)

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- Internet-Based Treatment of Insomnia in Adolescents with Chronic Pain, R01 HD?, \$495,000 annually, Tonya Palermo, PI, Michael V Vitiello, Co-I (Submitted 7/5/14)