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.

- **Improving cognitive function in normal older adults and those with Mild Cognitive Impairment.** Previously funded by R01 AG025515 and R01 AG030484.

- **Genetics of sleep disturbance.** Previously funded by K23 HL083350.

- **CAM interventions to improve sleep in older adults.** Previously funded by R21 AT002108.

- **Sleep in spinal cord injury.** Funded by K01 HD076183

- **Sleep in intensive care.**

- **Sleep and pain in adolescents.**
• 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)