



- *Assistant Professor*
- *Division of Pulmonary, Critical Care & Sleep Medicine*
- *Department of Medicine*

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#### Conditions Treated:

- *Sleep Disorders*
- *Insomnia*

#### Research Areas:

- *Sleep Disorders*
- *Insomnia*
- *Health Disparities*

#### Programs & Services:

- *Department of Medicine*
- *Division of Pulmonary, Critical Care and Sleep Medicine (Adult)*

#### Education

- 2006 - 2010 Oklahoma State University, Stillwater, OK, BS, Psychology  
2010 - 2012 Washington State University, Pullman, WA, MS, Psychology  
2010 - 2016 Washington State University, Pullman, WA, PhD, Clinical Psychology

#### Residency

- 2015 - 2016 Medical College of Georgia, Augusta, GA, Clinical Internship in Health Behavior

#### Fellowship

- 2016 - 2018 Medical College of Georgia, Augusta, GA, Postdoctoral Fellowship in Health Psychology

#### Professional Memberships

American Academy of Sleep Medicine  
American Psychosomatic Society  
American Psychological Association

#### Awards & Recognition

- 2011-2014: Washington State University Asbell Fellowship  
2011: Washington State University Marchionne Research Fellowship

#### Doctor's Contact Information

Office: 877.225.5654

#### Locations

National Jewish Health Main Campus  
1400 Jackson St.

Denver, CO 80206