



- Professor
- Division of Pediatric Behavioral Health
- Department of Pediatrics

Conditions Treated:

Research Areas:

- *Sleep in Caregivers of Children with Chronic Illnesses*

Research Interests

Sleep health across development; the impact of pediatric chronic illnesses on sleep in children, adolescents and their parents; objective and subjective measures of pediatric sleep; the impact of changing school start times on health outcomes; and socio-ecological factors that contribute to sleep health disparities in toddlers through school-aged children

Board Certification

2004: Behavioral Sleep Medicine

Education

1995 Pomona College (Claremont, CA), BS, Clinical Psychology

1999 University of Florida, MS, Clinical and Health Psychology

2002 University of Florida, (Gainesville, FL), PhD, Clinical and Health Psychology

Residency

2002 Children's Hospital of Philadelphia, Internship

Fellowship

2003 Children's Hospital of Philadelphia, Pediatric Psychology

2005 Children's Hospital of Philadelphia, Pickwick Postdoctoral Fellowship in Sleep Medicine

Professional Memberships

Sleep Research Society
Society of Pediatric Psychology
American Academy of Sleep Medicine

Awards & Recognition

Young Investigator Section Award, American Academy of Sleep Medicine Sleep Research Society
Young Investigator Award, Honorable Mention

Editorial Boards:

-Journal of Pediatric Psychology
-Health Psychology

-Behavioral Sleep Medicine

Publications

Meltzer, L. J. & Booster, G. D. (2016). Sleep disturbance in caregivers of children with respiratory and atopic disease. *Journal of Pediatric Psychology, 41*(6), 643-650.

Meltzer, L. J. & Booster, G. D. (2016). Evaluation of an ecologically-valid group intervention to address sleep health in families of children with allergic diseases. *Clinical Practice in Pediatric Psychology, 4*(2), 206-213.

Meltzer, L. J. & Crabtree, V.M. (2015). *Pediatric sleep problems: A clinician's guide to behavioral interventions*. Washington DC: APA Books.

Meltzer, L. J., Faino, A., Szefer, S. J., Strand, M., Gelfand, E. W., & Beebe, D. W. (2015). Experimentally manipulated sleep duration in adolescents with asthma: feasibility and preliminary findings. *Journal of Pediatric Pulmonology, 50*, 1360-1367.

Meltzer, L. J., Sanchez-Ortuno, M. M., Edinger, J. D., & Avis, K. T. (2015). Sleep patterns, sleep instability, and health related quality of life in parents of ventilator-assisted children. *Journal of Clinical Sleep Medicine, 11*(3), 215-258.

Doctor's Contact Information

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Locations

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1400 Jackson St.

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