



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

Conditions Treated:

- Restless Legs Syndrome (RLS)
- Periodic Limb Movement Disorder (PLMD)
- Obstructive Sleep Apnea (OSA)
- Circadian Rhythm Sleep Disorders
- Excessive Sleepiness
- Insomnia
- Narcolepsy
- Parasomnias
- Behavioral Sleep Disorders (Pediatric)

Research Areas:

- Pediatric Sleep
- Sleep in Caregivers of Children with Chronic Illnesses

Programs & Services:

- National Jewish Health for Kids / Pediatric Programs
- Behavioral Sleep Services (Pediatric)
- Division of Pediatric Behavioral Health

Research Interests

Sleep patterns and daytime functioning in children with chronic health conditions and their parents/caregivers; Objective and subjective measurement of sleep in children; Prevalence of pediatric sleep disorders

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

Office: 877.225.5654

Locations

National Jewish Health Main Campus
1400 Jackson St.

Denver, CO 80206