



- Associate Professor
- Department of Medicine
- Division of Pulmonary, Critical Care & Sleep Medicine
- Section of Sleep Medicine

Conditions Treated:

Research Areas:

- Insomnia
- Sleep Apnea

Programs & Services:

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

My research revolves around the consequences of Sleep Apnea and methods to improve response to treatment. I have several grants examining the utility of behavioral approaches to therapy that might improve adherence as well as the cognitive cerebrovascular consequences of Sleep Apnea. I also have students studying insomnia in medical conditions.

Board Certification

Behavioral Sleep Medicine

Education

- 1990 Marian College (Indianapolis, IN), BA, Psychology
- 1993 University of Mississippi (Oxford, MS), MA, Clinical Psychology
- 1996 University of Mississippi (Oxford, MS), PhD, Clinical Psychology

Residency

- 1996 Brown University (Providence, RI), Internship, Clinical Neuropsychology and Health Psychology

Fellowship

- 1995 NIMH, Clinical Brain Disorders Branch, Predoctoral IRTA Fellow
- 1997 Brown University (Providence, RI), Postdoctoral Fellow in Geriatric Neuropsychology

Teaching or Professional Positions

Grant Writing Seminar at National Jewish Health

Affiliations with the University of Colorado Denver

Affiliate Faculty, University of Colorado Denver

Professional Memberships

APA
AASM
SRS

Awards & Recognition

NIH Grant Reviewer Editorial Boards of the journals Sleep and Behavioral Sleep Medicine

Publications

Aloia MS, Goodwin M, Arnedt JT, Zimmerman M, Skrekas J, Harris S, Velicer W. Time series analysis of treatment adherence patterns in individuals with Obstructive Sleep Apnea. Manuscript in press in Annals of Behavioral Medicine. Felver-Gant JC, Bruce AS, Zimmerman ME, Sweet LH, Millman RP, Aloia MS. Working memory in Obstructive Sleep Apnea: Construct validity and treatment effects. Journal of Clinical Sleep Medicine, 2007;3(6), 589-94.

Zimmerman ME, Arnedt JT, Stanchina M, Millman RP, Aloia MS. Normalization of memory performance with PAP in memory-impaired patients with Obstructive Sleep Apnea. Chest, 2006;130(6), 1771-8.

Aloia MS, Arnedt JT, Stepnowsky C, Hecht J, Borrelli B. Predicting treatment adherence in Obstructive Sleep Apnea using principles of behavior change. Journal of Clinical Sleep Medicine, 2005;1(4):346-353.

Aloia MS, Smith K, Arnedt JT, Millman R, Stanchina M, Carlisle C, Hecht J, Borrelli B. Brief behavioral therapies reduce early PAP discontinuation rates in SAS: Preliminary findings. Behavioral Sleep Medicine, 2007;5(2), 89-104.

Doctor's Contact Information

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Locations

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