

PROMOTION RECOMMENDATION
UNIVERSITY OF MICHIGAN
MEDICAL SCHOOL
DEPARTMENT OF PSYCHIATRY
DEPARTMENT OF NEUROLOGY

J. Todd Arnedt, Ph.D., assistant professor of psychiatry, Department of Psychiatry, and assistant professor of neurology, Department of Neurology, Medical School, is recommended for promotion to associate professor of psychiatry, with tenure, Department of Psychiatry, and associate professor of neurology, without tenure, Department of Neurology, Medical School.

Academic Degrees:

Ph.D.	2000	Queen's University, Kingston, Ontario, Canada
M.A.	1994	Queen's University, Kingston, Ontario, Canada
B.A.	1991	Queen's University, Kingston, Ontario, Canada

Professional Record:

2009-present	Assistant Professor of Psychiatry and Assistant Professor of Neurology, University of Michigan
2004-present	Adjunct Assistant Professor of Psychology, University of Michigan
2004-2009	Clinical Assistant Professor of Psychiatry and Clinical Assistant Professor of Neurology, University of Michigan
2002-2004	Assistant Professor of Psychiatry and Human Behavior, Brown Medical School
2001-2002	Instructor of Psychiatry and Human Behavior, Brown Medical School

Summary of Evaluation:

Teaching: Dr. Arnedt teaches pre-doctoral clinical psychology students and supervises post-doctoral fellows in the adult clinical psychology track and in the Behavioral Sleep Medicine Program. This training program is one of only ten accredited programs in the country providing intensive sleep research training through programmatic work on primarily NIH-funded projects, clinical training in behavioral sleep medicine, exposure to other specialty sleep medicine clinics (e.g., pediatric sleep medicine), and didactic lectures/directed readings. Fellows who participate successfully in this program are eligible to take the examination to become certified in behavioral sleep medicine by the Society for Behavioral Sleep Medicine. He is associate program director of the Sleep Medicine Fellowship Program. He teaches sleep medicine fellows in the Department of Neurology, an ACGME accredited sleep medicine fellowship. He developed the curriculum for the specialty rotation in behavioral sleep medicine, including clinical experiences, formal didactic lectures and supporting educational materials. Since 2008, the Behavioral Sleep Medicine Program has hosted a mini-fellowship in behavioral sleep

medicine from the American Academy of Sleep Medicine. Mini-fellowship fellows are typically practicing clinical psychologists who desire to obtain a 3-week immersion in behavioral sleep medicine clinical training. To date, all three fellows rated the fellowship overall as a 7 on a 1 (very poor) to 7 (very good) scale. Comments about their experience were similarly positive. Dr. Arnedt is the course director for the Department of Neurology-sponsored CME “Advances in Sleep Medicine: Practical Approaches in Primary Care.”

Research: Dr. Arnedt is a nationally recognized clinical expert in behavioral sleep medicine (BSM), a growing subspecialty of sleep medicine and health psychology that specializes in evidence-based psychological therapies for the spectrum of sleep disorders. He was among the first cohort of clinicians to achieve certification in BSM by the American Academy of Sleep Medicine and he has used this expertise to develop and expand clinical BSM training opportunities. Dr. Arnedt’s primary clinical research emphasis has been to evaluate whether psychological sleep-focused therapies improve treatment outcomes for psychiatric patients. He has received MICHR funding and a Rachel Upjohn Clinical Scholar’s Award. He has been a co-investigator on several federal and foundation-funded grants and has held an R21 as the principal investigator. He has developed therapies targeting insomnia in alcohol dependence (as the co-investigator in studies funded by NIH) and post-traumatic stress disorder. These approaches have shown promise in pilot study investigations. His current NIMH-funded R01 is investigating whether a behavioral sleep intervention can accelerate the onset of therapeutic response to antidepressant medication in adults with depression. A second research emphasis has been to quantify experimentally the impact of sleep loss on safety-related outcomes in high-risk groups. Sleep loss effects on performance have been intensively studied for many years, but his unique contribution has been to quantify the magnitude of performance deficits resulting from sleep loss. In experimental studies comparing sleep loss with alcohol, he has produced seminal findings showing that performance of young adults on laboratory and driving tests was equally impaired following alcohol intoxication and sleep loss.

Dr. Arnedt has been a team member of productive research collaborations with investigators from neurology, family medicine, and public health among other specialties. The findings from his research have been published in top tier scientific journals and have made important contributions to the literature. He has been invited to speak at national and international meetings, has served on NIH and international (Canadian Institutes of Health) grant review groups, and has served on the editorial boards for a sleep journal and an international addictions journal. He is a reviewer for *Behavioral Sleep Medicine*, *Health Psychology* and *JAMA*. He served as a member of the 2010 Crew Health NRA Sleep and Fatigue Review Panel in Washington, D.C. and on a NIH special emphasis panel, Sleep and Social Environment: Basic Biopsychosocial Processes.

Recent and Significant Publications:

Zick S, Wright BD, Sen A, Arnedt JT: Preliminary examination of the efficacy and safety of a standardized chamomile extract for chronic primary insomnia: A randomized placebo-controlled pilot study. *BMC Complementary and Alternative Medicine*, in press.

Arnedt JT, Conroy DA, Armitage R, Brower KJ: Cognitive-behavioral therapy for insomnia in alcohol dependent patients: A randomized controlled pilot trial. *Behaviour Research and Therapy* 49:227-233, 2011. PMID 21377144. Depression (R01 MH077690).

Arnedt JT, Rohsenow DJ, Almeida AB, Hunt SK, Gokhale M, Howland JH: Sleep following alcohol intoxication in healthy, young adults: Effects of sex and family history of alcoholism. *Alcoholism: Clinical and Experimental Research* 35:870-878, 2011. NIHMS259117.

Howland J, Rohsenow DJ, Arnedt JT, Bliss CA, Hunt SK, Calise TV, Heeren T, Winter M, Littlefield C, Gottlieb DJ: The acute effects of caffeinated versus non-caffeinated alcoholic beverage on driving performance and attention/reaction time. *Addiction* 106:335-341, 2011.

Swanson LS, Favorite TK, Horin E, Arnedt JT: A combined treatment for nightmares and insomnia in combat veterans: A pilot study. *Journal of Traumatic Stress* 22:639-642, 2009.

Service: Dr. Arnedt is departmental representative on the summer Biomedical Research Program and is a member of the Psychology Training Committee in the Department of Psychiatry. He has held leadership roles at the national level in the Sleep Research Society (SRS) and American Academy of Sleep Medicine (AASM) by serving on both standing and *ad-hoc* committees. In addition, he recently completed three-year tenure as the *Sleep Research Society Bulletin* editor, the official publication of the Sleep Research Society during which time he expanded the bulletin content and directed its transition from paper to electronic format. Dr. Arnedt has presented throughout UMHS and campus including the Department of Family Medicine, Department of Psychology, University Health Services, Counseling and Psychological Services, and Faculty and Staff Assistance Program on topics such as assessment and treatment of sleep disorders, cognitive-behavioral therapy for insomnia, and sleep among college students. In addition, Dr. Arnedt has been invited by local organizations and patient groups to present on a diverse set of topics related to sleep disorders, sleep and depression and Seasonal Affective Disorder.

External Reviewers:

Reviewer A: “Dr. Arnedt has a strong scholarly and professional reputation in the effects of substance abuse, particularly alcohol abuse, on sleep, daytime sleepiness, driving, and neurobehavioral functioning...Dr. Arnedt’s work is of the highest quality. He is a productive researcher who has an excellent extramural funding record.”

Reviewer B: “I think it is noteworthy that he independently developed the curriculum especially [sic] Behavioural Sleep Medicine and was instrumental in it becoming accredited by the American Academy of Sleep Medicine, only 1 of 10 such accredited programs in the country.”

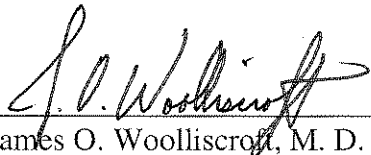
Reviewer C: “Dr. Arnedt is clearly recognized nationally for creative contributions which have had a positive impact on his field. His areas of interest and productivity (sleep deprivation, sleep and substance abuse, and posttraumatic stress disorder) are of great importance to our society.”

Reviewer D: “There is no question that he has achieved national if not international stature and has made significant scholarly contributions to the field of Sleep Medicine. He has obviously emerged into the role as an opinion and thought leader in Behavioural Sleep Medicine particularly and he has made contributions to the University of Michigan in his teaching of numerous student professionals as well as in attracting peer reviewed local and national research grants.”

Reviewer E: “Dr. Arnedt is one of only several clinician/scientists throughout the world who have developed and tested behavioral insomnia treatments for alcoholics, which given the abuse liability associated with the available pharmacological treatments, is a critically important step. He is recognized as one of the experts in this area among his peers....What sets Todd apart from the rest of the field is his vision for what the important questions are and his commitment to doing whatever it takes, down to the smallest detail to make sure that they get answered appropriately.”

Summary of Recommendation:

Dr. Arnedt is nationally and internationally recognized as a leader in the field of behavioral sleep medicine. He has done an exemplary job of integrating research and clinical practice. He is collaborative and contributes greatly to the academic programs in the Department of Psychiatry, the University of Michigan Depression Center and the Health System. I strongly recommend J. Todd Arnedt, Ph.D. for promotion to associate professor of psychiatry, with tenure, Department of Psychiatry, and associate professor of neurology, without tenure, Department of Neurology, Medical School.



James O. Woolliscroft, M. D.
Dean
Lyle C. Roll Professor of Medicine

May 2012