

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

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

2012-present	Adjunct Associate Professor of Psychology, University of Michigan
2012-present	Associate Professor of Psychiatry, University of Michigan
2012-present	Associate Professor of Neurology, University of Michigan
2009-2012	Assistant Professor of Psychiatry, University of Michigan
2009-2012	Assistant Professor of Neurology, University of Michigan
2004-2012	Adjunct Assistant Professor of Psychology, University of Michigan
2004-2009	Clinical Assistant Professor of Neurology, University of Michigan
2004-2009	Clinical Assistant Professor of Psychiatry, University of Michigan
2002-2004	Assistant Professor of Psychiatry and Human Behavior, Brown University
2001-2002	Instructor of Psychiatry and Human Behavior, Brown University

Summary of Evaluation:

Teaching: Dr. Arnedt's teaching activities comprise of educational administration and service, clinical teaching and research mentorship. He is a licensed clinical psychologist and diplomate in behavioral sleep medicine (BSM), and serves as a clinical supervisor for psychology post-doctoral fellows, psychology pre-doctoral practicum students and sleep medicine physician fellows rotating through the behavioral sleep medicine clinics. The BSM clinic serves as the cornerstone of an accredited psychology post-doctoral training program with four training faculty and seven graduates to date. Dr. Arnedt serves as a primary research mentor to three psychology post-doctoral trainees and as a clinical preceptor for psychiatry residents completing elective rotations. He provides didactic presentations to PGY1 to PGY4 psychiatry residents, psychiatry/sleep medicine fellows, and psychology post-doctoral trainees. He delivers didactic lectures to other Medical School departments, including Family Medicine and the Undergraduate Research Opportunity Program, in addition to local organizations. Dr Arnedt participates in post-graduate courses at international professional meetings in the assessment and treatment of sleep disorders in patients with substance use disorders.

As the network director for the Post-doctoral Training Programs in Psychology, Dr. Arnedt is responsible for the overall integrity and quality of four training programs, ensuring adherence with APA accreditation standards. He integrates multidisciplinary components in the core curriculum, develops the core educational curriculum, prepares training program documentation, and develops and implements training program policies for each of these programs.

Research: Dr. Arnedt's program of research focuses on the impact of sleep and circadian rhythms on mental health disorders and novel sleep technologies. He has been continuously funded through the National Institutes of Health, the American Academy of Sleep Medicine Foundation and industry grants. He has published 73 peer-reviewed articles, and has been invited to present his research on 44 occasions regionally and nationally. Dr. Arnedt is internationally renowned as one of the top psychologists in the field of sleep and circadian rhythms, with a focus on the relevance to mental health disorders and novel sleep technologies. His clinical activity is focused exclusively in the behavioral sleep medicine clinics, which are multidisciplinary subspecialty clinics involving faculty from sleep medicine and psychiatry. The multidisciplinary nature of this clinical work requires collaborative working relationships with primary care, sleep medicine (neurology, pulmonology, otolaryngology, oral and maxillofacial surgery, pediatrics), and other mental health specialties (psychiatry, social work). Dr. Arnedt recently completed an NIH-funded R01 study of cognitive behavioral therapy for insomnia in post-menopausal women with Dr. Chris Drake from Henry Ford, resulting in four publications and additional NIH submissions.

Recent and Significant Publications:

Arnedt, JT, Conroy, DA, Mooney, A, Furgal, A, Sen, A, Eisenberg, D: Telemedicine versus face-to-face delivery of cognitive behavioral therapy for insomnia: a randomized controlled non-inferiority trial. *Sleep* 2020, in press.

Drake CL, Kalmbach DA, Arnedt JT, Cheng P, Tonnu CV, Cuamatzi-Castelan A, Fellman-Couture C: Treating chronic insomnia in postmenopausal women: a randomized clinical trial comparing cognitive-behavioral therapy for insomnia, sleep restriction therapy, and sleep hygiene education. *Sleep* 42: 2, 2019.

Swanson LM, Burgess HJ, Huntley ED, Bertram H, Mooney A, Zollars J, Dopp R, Hoffmann R, Armitage R, Arnedt JT: Relationships between circadian measures, depression, and response to antidepressant treatment: A preliminary investigation. *Psychiatry Research* 252: 262-269, 2017.

Arnedt JT, Swanson LM, Dopp RR, Bertram HS, Mooney AJ, Huntley ED, Hoffmann RF, Armitage R: Effects of restricted time in bed on antidepressant treatment response: A randomized controlled trial. *Journal of Clinical Psychiatry* 77(10): e1218-e1225, 2016.

Arnedt JT, Cuddihy L, Swanson LM, Pickett S, Aikens J, Chervin RD: Randomized controlled trial of telephone-delivered cognitive behavioral therapy for chronic insomnia. *Sleep* 36(3): 353-362, 2013.

Service: Dr. Arnedt serves as the associate program director for the ACGME-accredited sleep medicine fellowship in the Department of Neurology and director of the Behavioral Sleep Medicine Program. From 2017-2019, he was the inaugural chair of the Graduate Psychology Education Committee. He is an associate editor for *Behavioral Sleep Medicine*, and *SLEEP Advances*, and serves on the editorial board of *SLEEP*, and *Current Sleep Medicine Reports*. He is a member of the Behavioral Insomnia Clinical Practice Guideline Task Force for the American Academy of Sleep Medicine, and is a subject matter expert for the Board of Behavioral Sleep Medicine. Nationally, Dr. Arnedt actively serves on the Educational Programs Committee, and Membership Committee for the Sleep Research Society, and the Education Committee for the American Academy of Sleep Medicine. He also served as a member of the Fellow In-Service Test Task Force for the American Board of Sleep Medicine. Dr. Arnedt serves on NIH Scientific Review Groups as an *ad-hoc* reviewer.

External Reviewers:

Reviewer A: “He is well regarded in the fields of Sleep Research and Sleep Medicine. He has an excellent reputation for his acumen in both areas...He has demonstrated good scholarly productivity in the past 20 years...he is regarded by many as a reliable source for maintaining excellence in the scientific bases for accurate diagnosis and treatment of sleep disorders.”

Reviewer B: “...I would be hard pressed to think of someone who has done more or better work in this area [substance abuse]...his contributions are of a varied nature, creative, and thoughtful...Todd has a strong record of securing extramural funding and this appears to be accelerating...He is generous with his professional time...Todd is a valued contributor to committee work and commands the respect of other committee members.”

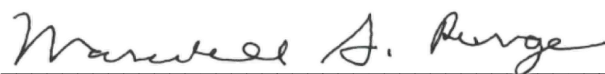
Reviewer C: “Dr. Arnedt is the first person I think about when it comes to the treatment of insomnia among those with alcohol use disorder...I believe that Dr. Arnedt is poised to serve leadership positions in our field and continue to generate new and impactful insights to our field.”

Reviewer D: “His work on the [clinical practice guideline development] taskforce has been exemplary...he has an H-index of 37, reflecting the broad impact of his published work and placing him among the top scientists in behavioral sleep medicine...He also has an outstanding reputation as an educator...He is an asset to our field who has made many meaningful contributions.”

Reviewer E: “...Dr. Arnedt is highly respected within the field of sleep. His work is exemplary and he has contributed significantly to the field, in most cases far above his peers...He is extremely well respected nationally for his work...there is no question that he conducts excellent research...Dr. Arnedt has an incredibly impressive record when it comes to funded research...His service to the field is too immense to present everything here...He has demonstrated excellence in scholarship with an incredibly impressive and sustained record”

Summary of Recommendation:

Dr. Arnedt is an outstanding clinician-scientist who has achieved excellence in teaching and is well-funded in his research. He has gained international recognition as a sleep-medicine researcher. I am pleased to recommend J. Todd Arnedt, Ph.D. for promotion to professor of psychiatry, with tenure, Department of Psychiatry, and professor of neurology, without tenure, Department of Neurology, Medical School.



Marschall S. Runge, M.D., Ph.D.
Executive Vice President of Medical Affairs
Dean, Medical School

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