

JASON C. ONG, PHD

CURRENT POSITIONS

Behavioral Sleep Medical Director, Nox Health
Adjunct Associate Professor, Northwestern University

EDUCATION

B.S. Tulane University, New Orleans, LA
M.S. Virginia Commonwealth University, Richmond, VA
Ph.D. Virginia Commonwealth University, Richmond, VA

POSTDOCTORAL TRAINING

Fellowship Stanford University School of Medicine, Palo Alto, CA

PROFESSIONAL LICENSURE

Clinical Psychologist State of Illinois
Psychologist State of California (inactive)

SPECIALTY BOARDS

DBSM Diplomate in Behavioral Sleep Medicine

ACADEMIC & CLINICAL APPOINTMENTS

Director, Behavioral Sleep Medicine Training Program, Center for Circadian and Sleep Medicine, Northwestern University Feinberg School of Medicine, Chicago, IL
Associate Professor (with tenure), Department of Neurology, Department of Medical and Social Sciences, and Department of Psychiatry and Behavioral Sciences, Northwestern University Feinberg School of Medicine, Chicago, IL
Director, Behavioral Sleep Medicine Training Program, Sleep Disorders Service and Research Center, Rush University Medical Center, Chicago, IL
Associate Professor (with tenure), Department of Behavioral Sciences and Department of Preventive Medicine, Rush University Medical Center, Chicago, IL
Assistant Professor, Department of Behavioral Sciences and Department of Preventive Medicine, Rush University Medical Center, Chicago, IL
Instructor, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Palo Alto, CA

BIBLIOGRAPHY

PEER-REVIEWED ARTICLES (underline denotes mentee)

Tu, A.Y., Crawford, M.R., Dawson, S.C., Fogg, L.F., Turner, A.D., Wyatt, J.K., Crisostomo, M.I., Chhangani, B.S., Kushida, C.A., Edinger, J.D., Abbott, S.N., Malkani, R.G., Attarian, H.P., Zee, P.C., & Ong, J.C. (2021). A Randomized Controlled Trial of CBT-I and PAP for Obstructive Sleep Apnea and Comorbid Insomnia: Effects on Nocturnal Sleep and Daytime Performance. *Journal of Clinical Sleep Medicine*.

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- Perini, F. Wong, K.F., Lin, J., Hassirim, Z., Ong, J.K., Lo, J., Ong, J.C., Doshi, K., & Lim, J. (2021). Mindfulness-based therapy for insomnia for older adults with sleep difficulties: a randomized clinical trial. *Psychological Medicine*.
- Von Schantz, M., Ong, J.C., & Knutson, K.L. (2021). Associations between sleep disturbances, diabetes and mortality in the UK Biobank cohort: a prospective population-based study. *Journal of Sleep Research*.
- Grimaldi, D., Reid, K.J., Papalambros, N.A., Braun, R.I., Malkani, R.G., Abbott, S.M., Ong, J.C., & Zee, P.C. (2021). Autonomic dysregulation and sleep homeostasis in insomnia. *Sleep*, 44(6), zsa274.
- Ong, J.C., Crawford, M.R., Wallace, D.M. (2021). Sleep Apnea and Insomnia: Emerging Evidence for Effective Clinical Management, *CHEST*, 159(5), 2020-2028.
- Lim J., Leow Z., Ong J., Pang L., & Lim, E. (2021). Effects of Web-Based Group Mindfulness Training on Stress and Sleep Quality in Singapore During the COVID-19 Pandemic: Retrospective Equivalence Analysis. *JMIR Mental Health*, 8(3):e21757, DOI: 10.2196/21757
- Fox, R. S., Baik, S. H., McGinty, H., Garcia, S. F., Reid, K. J., Bovbjerg, K., Fajardo, P., Wu, L. M., Shahabi, S., Ong, J. C., Zee, P. C., & Penedo, F. J. (2021). Feasibility and preliminary efficacy of a bright light intervention in ovarian and endometrial cancer survivors. *International Journal of Behavioral Medicine*, 28, 83-95.
- Peters, A., Reece, J., Meaklim, H., Junge, M. Cunningham, D., Ong, J.C., Jackson, M., & Greenwood, K.M. (2021). Mindfulness and Behaviour Therapy for Insomnia: An Assessment of Treatment Effect in a Sleep Disorders Clinic Population with Insomnia. *Behaviour Change*, 38(1), 25-39.
- Ong, J.C., Fox, R.S., Brower, R.F., Mazurek, S., & Moore, C. (2021). How does narcolepsy impact health-related quality of life? A mixed-methods study. *Behavioral Sleep Medicine*, 19(2), 145-158.
- Ong, J.C., Dawson, S.C., Mundt, J.M., Moore, C. (2020). Developing a Cognitive-Behavioral Therapy for Hypersomnia Using Telehealth: A Feasibility Study. *Journal of Clinical Sleep Medicine*, 16(12), 2047-2062.
- Trotti, L.M., Ong, J.C., Plante, D. T., Murray, C.F., King, R., Bliwise, D. (2020). Development of an Internet-based Registry for Hypersomnia Disorders: Initial Data from the Hypersomnia Foundation Registry. *Sleep Medicine*, 75, 343-349.
- Ong, J.C., Crawford, M.R., Dawson, S.C., Fogg, L.F., Turner, A.D., Wyatt, J.K., Crisostomo, M.I., Chhangani, B.S., Kushida, C.A., Edinger, J.D., Abbott, S.M., Malkani, R.G., Attarian, H.P., & Zee, P.C. (2020). A randomized controlled trial of CBT-I and PAP for obstructive sleep apnea and comorbid insomnia: Main outcomes from the MATRICS study, *Sleep*, 43(9), zsa041.
- Kalmbach, D.A., Roth, T., Cheng, P., Ong, J.C., Rosenbaum, E., & Drake, C.L. (2020). Mindfulness and nocturnal rumination are independently associated with symptoms of insomnia and depression during pregnancy, *Sleep Health*, 6, 185-191.
- Crawford, M.R., Luik, A.I., Espie, C.A., Taylor, H.L., Burgess, H.J., Jones, A., & Ong, J.C. (2020). Digital cognitive behavioural therapy for insomnia in women with chronic migraines. *Headache*, 60, 902-915.
- Kalmbach, D.A., Cheng, P., Ong, J.C., Ciesla, J.A., Kingsberg, S.A., Sangha, R., Swanson, L.M., O'Brien, L.M., Roth, T., & Drake, C.L. (2020). Depression and suicidal ideation in pregnancy: Exploring relationships with insomnia, short sleep, and nocturnal rumination. *Sleep Medicine*, 65, 62-73.
- Goldstein, M.R., Turner, A.D., Dawson, S.C., Segal, Z.V., Shapiro, S.L., Wyatt, J.K., Manber, R., Sholtes, D., & Ong, J.C. (2019). Increased high-frequency NREM EEG power associated with mindfulness-based interventions for chronic insomnia: Preliminary findings from spectral analysis. *Journal of Psychosomatic Research*, 120, 12-19.
- Chirinos, D.A., Ong, J.C., Garcini, L.M., Alvarado, D., & Fagundes, C. (2019). Bereavement, self-reported sleep disturbances and inflammation: Results from Project HEART. *Psychosomatic Medicine*, 81(1), 67-73.
- Espie, C.A., Emsley, R., Kyle, S.D., Gordon, C., Drake, C.L., Siriwardena, A.N., Cape, J., Ong, J.C., Sheaves, B., Foster, R., Freeman, D., Costa-Font, J., Marsden, A., & Luik, A.I. (2019). Effect of digital cognitive behavioral therapy for insomnia on

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health, psychological well-being, and sleep-related quality of life: A randomized clinical trial. *JAMA Psychiatry*, 76(1), 21-30.

Ong, J.C., Xia, Y., Smith, C.E., & Manber, R. (2018). A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia: Effects on Daytime Symptoms and Cognitive-Emotional Arousal. *Mindfulness*, 9(6), 1702-1712.

Powell, L.H., Appelhans, B.M., Ventrelle, J., Karavolos, K., March, M.L., Ong, J.C., Fitzpatrick, S.L., Normand, P., Dawar, R., & Kazlauskaitė, R. (2018). Development of a lifestyle intervention for the metabolic syndrome: Discovery through proof-of-concept. *Health Psychology*, 37, 929-939.

Ong, J.C., Taylor, H.L., Park, M., Burgess, H.J., Fox, R.S., Snyder, S., Rains, J.C., Espie, C.A., & Wyatt, J.K. (2018). Can Circadian Dysregulation Exacerbate Migraines? *Headache*, 58, 1040-1051.

Crawford, M.R., Chirinos, D.A., Iurcotta, T., Edinger, J.D., Wyatt, J.K., Manber, R. & Ong, J.C. (2017). Characterization of patients who with insomnia: Is there room for a symptom cluster-based approach? *Journal of Clinical Sleep Medicine*, 13, 911-921.

Turner, A.D., Smith, C.E., Ong, J.C. (2017). Is purpose in life associated with less sleep disturbance in older adults? *Sleep Science and Practice*, 1:14.

Palagini, L., Ong, J.C., Riemann, D. (2017). The mediating role of sleep-related metacognitive processes in trait and pre sleep state hyperarousal in insomnia disorder. *Journal of Psychosomatic Research*, 99, 59-65.

Hui, J., Ong, J., Herdegen, J.J., Kim, H., Codispoti, C.D., Kalantari, V., Tobin, M.C., Schleimer, R.P., Batra, P.S., LoSavio, P.S., Mahdavinia, M. (2017). African American patients with chronic rhinosinusitis are at increased risk for obstructive sleep apnea. *Annals of Allergy, Asthma & Immunology*, 118, 685-688.

Burgess, H.J., Park, M., Ong, J.C., Shakoob, N., Williams, D. & Burns, J. (2017). Morning versus evening bright light treatment at home to improve function and pain sensitivity for women with fibromyalgia: A pilot study. *Pain Medicine*, 18, 116-123.

Ong, J.C., Crawford, M.R., Kong, A., Park, M., Cvengros, J.A., Crisostomo, M.I., Alexander, E.I., & Wyatt, J.K. (2017). Management of obstructive sleep apnea and comorbid insomnia: A mixed-methods evaluation. *Behavioral Sleep Medicine*, 15(3), 180-197.

Neikrug, A.B., Crawford, M.R., & Ong, J.C. (2017). Behavioral sleep medicine services for hypersomnia disorders: A survey study. *Behavioral Sleep Medicine*, 15(2), 158-171.

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Espie, C.A., Luik, A.I., Cape, J., Drake, C., Siriwardena, A.N., Ong, J.C., Bostock, S., Hames, P., Nisbet, M., Sheaves, B. Foster, R., Freeman, D., Costa-Font, J., Emsley, R., Kyle, S.D. (2016). A randomised controlled trial of fully automated digital Cognitive Behavioural Therapy for Insomnia versus sleep hygiene education: the impact of improved sleep on functional health, quality of life and psychological wellbeing. *Trials*, 17:257.

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- Bei, B., Ong, J.C., Rajaratnam, SMW, & Manber, R. (2015). Chronotype and improved sleep efficiency independently predict depressive symptom reduction after group cognitive behavioral therapy for insomnia. *Journal of Clinical Sleep Medicine, 11*(9), 1021-1027.
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- Cvengros, J.A., Crawford, M., Manber, R., & Ong, J.C. (2015). The relationship between beliefs about sleep and adherence to behavioral treatment combined with mindfulness meditation for insomnia. *Behavioral Sleep Medicine, 13*, 52-63.
- Ong, J.C., Manber, R., Segal, Z., Xia, Y., Shapiro, S.L., & Wyatt, J.K. (2014). A randomized controlled trial of mindfulness meditation for chronic insomnia. *Sleep, 37*, 1553-1563.
- Espie, C.A., Kyle, S.D., Miller, C.B., Ong, J., Hames, P., & Fleming, L. (2014). Attribution, cognition, and psychopathology in persistent insomnia disorder: outcome and mediation analysis from a randomized placebo-controlled trial of online Cognitive Behavioral Therapy. *Sleep Medicine, 15*, 913-917.
- Ong, J.C. & Crisostomo, M.I. (2013). The more the merrier? Working towards multidisciplinary management of obstructive sleep apnea and comorbid insomnia. *Journal of Clinical Psychology, 69*, 1066-1077.
- Weise, S., Ong, J., Tesler, N.A., Kim, S. & Roth, W.T. (2013). Worried sleep: 24-hr monitoring in high and low worriers. *Biological Psychology, 94*, 61-70.
- Hantsoo, L., Khou, C.S., White, C. & Ong, J.C. (2013). Gender and cognitive-emotional factors as predictors of pre-sleep arousal and trait hyperarousal in insomnia. *Journal of Psychosomatic Research, 74*, 283-289.
- Ong, J.C., Ulmer, C.S., & Manber, R. (2012). Improving sleep with mindfulness and acceptance: A metacognitive model of insomnia. *Behaviour Research and Therapy, 50*, 651-660.
- Ong, J.C. & Park, M. (2012). Chronic headaches and insomnia: Working towards a biobehavioral model. *Cephalalgia, 32*, 1059-1070.
- Espie, C.A., Kyle, S.D., Williams, C., Ong, J.C., Douglas, N.J., Hames, P., & Brown, J.S.L. (2012). A randomized, placebo-controlled trial of online cognitive behavioral therapy for chronic insomnia disorder delivered via an automated media-rich web application. *Sleep, 35*(6), 769-781.
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- Suh, S., Nowakowski, S., Bernert, R.A., Ong, J.C., Siebern, A.T., Dowdle, C.L., & Manber, R. (2012). Clinical Significance of night-to-night sleep variability in insomnia. *Sleep Medicine, 13*, 469-475.
- Manber, R., Bernert, R.A., Siebern, A.T., Suh, S., Nowakowski, S., & Ong, J.C. (2011). CBT for insomnia in patients with high and low depressive symptom severity: Adherence and clinical outcomes. *Journal of Clinical Sleep Medicine, 7*(6), 645-652.
- Ong, J.C., Carde, N.B., Gross, J.J., & Manber, R. (2011). A two-dimensional approach to assessing affective states in good and poor sleepers. *Journal of Sleep Research, 20*(4), 606-610.
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- Ong, J. & Sholtes, D. (2010). A Mindfulness-Based Approach to the Treatment of Insomnia. *Journal of Clinical Psychology: In Session, 66*, 1175-1184.
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- Ong, J.C., Stepanski, E.J., & Gramling, S.E. (2009). Pain Coping Strategies for Tension-Type Headache: Possible Implications for Insomnia? *Journal of Clinical Sleep Medicine*, 5(1) 52-56.
- Ong, J.C., Shapiro, S.L., & Manber, R. (2009). Mindfulness meditation and CBT for insomnia: A naturalistic 12-month follow-up. *Explore: The Journal of Science and Healing*, 5, 30-36.
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- Ong, J., Seel, R., Carne, W., Brown, R., Pegg, P., & Jehle, P. (2005). A brief neuropsychological protocol for assessing patients with Parkinson's Disease. *Neurorehabilitation*, 20(3), 191-203.
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INVITED EDITORIALS AND COMMENTARIES (UNDERLINE DENOTES MENTEE)

- Ong, J.C. & Tu, A. (2020). Nocturnal cognitive arousal: Evidence for 24-hour hyperarousal? Letter to the Editor in *Sleep Medicine*.
- Ong, J.C. (2019). Waking Rest: A Game Changer or a Name Changer? Letter to the Editor in *SLEEP*, 42(10), 1-2.
- Ong, J.C., Arand, D., Schmitz, M., Baron, K., Blackburn, R., Gradner, M.A., Lichstein, K.L., Nowakoski, S., Teixeira, C., Boling, K., Dawson, S.C., & Hansen, K. (2018). A concept map of behavioral sleep medicine: Defining the scope of the field and strategic priorities. *Behavioral Sleep Medicine*, 16, 523-526.
- Ong, J.C. & Crawford, M.R. (2016). Understanding eCBT-I – Knowing is half the battle. *Sleep Medicine Reviews*, 30, 83-84.
- Crawford, M.R. & Ong, J.C. (2015). There are two sides to every question: Exploring the construct of sleep quality. Commentary on Hartmann et al. *Journal of Clinical Psychiatry*, 76, 822-823.

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INVITED ARTICLES AND REVIEWS (UNDERLINE DENOTES MENTEE)

Ong, J.C. & Gamaldo, C. (2020). Optimizing behavioral sleep strategies. *Continuum*, 25(4 Sleep Neurology), 1075-1081.

Ong, J.C. & Moore, C. (2020). What do we really know about mindfulness and sleep health? *Current Opinion in Psychology*, 34, 18-22.

Buenaver, L.F., Townsend, D., & Ong, J.C. (2019). Delivering Cognitive Behavioral Therapy for Insomnia in the Real World: Considerations and Controversies. *Sleep Medicine Clinics*, 14(2), 275-281.

Ong, J.C. & Smith, C.E. (2017). Using mindfulness for the treatment of insomnia. *Current Sleep Medicine Reports*, 3, 57-65.

Taylor, H.L., Hailes, H.P., & Ong, J.C. (2015). Third-wave therapies for insomnia. *Current Sleep Medicine Reports*, 1(3), 166-176.

Ong, J.C. & Crawford, M.R. (2013). Insomnia and obstructive sleep apnea. *Sleep Medicine Clinics*, 8, 389-398.

Ong, J. & Suh, S. (2012). Utilizing cognitive-behavioral therapy for insomnia to facilitate discontinuation of sleep medication in chronic insomnia patients. *Sleep Medicine Research*, 3, 1-6.

Ong, J. (2009). An early career perspective on working in a research-oriented medical center. *Psychotherapy Bulletin*, 44(1), 18-21.

Woodhead, E.L. & Ong, J.C. (2009). Sleep disturbance and suicide risk: Considerations for clinicians. *Psychologists in Long-Term Care Newsletter*, 22(4), 7-9.

Ong, J.C., Cvengros, J.A., & Wyatt, J.K. (2008). Cognitive behavioral treatment for insomnia. *Psychiatric Annals*, 38, 590-596.

GUEST EDITOR OF BOOKS/COMPILATIONS

Ong, J.C. (2019). Cognitive Behavioral Therapies for Insomnia. *Sleep Medicine Clinics*, 14(2).

AUTHORED BOOKS

Ong, J.C. (2016). *Mindfulness-Based Therapy for Insomnia*. Washington, DC: American Psychological Association.

BOOK CHAPTERS (UNDERLINE DENOTES MENTEE)

von Garnier, S. Shapiro, S.L., & Ong, J.C. (2021). Mind-Body Interventions and Sleep: Dealing with Stress and Improving Emotional Wellness. In V. Cacho & E. Lum (Eds). *Integrative Sleep Medicine* (pp. 171-193). New York, NY: Oxford University Press.

Ong, J.C. & Manber, R. (2021). Adjunctive and Alternative Treatment of Insomnia. In C. Kushida (Ed). *Encyclopedia of Sleep and Circadian Rhythms*, 2nd Edition.

Mundt, J.M., Nowakoski, S., & Ong, J.C. (2020). Insomnia: Evaluation and Therapeutic Modalities. In H. Attarian & M. Voila-Saltzman (Eds). *Sleep Disorders in Women: A Guide to Practical Management*, 3rd Ed. (pp. 141-157). Switzerland: Springer Nature.

Ong, J.C., Arnedt, J.T., & Gehrman, P. (2016). Insomnia diagnosis, assessment, and evaluation. In M. Kryger, T. Roth, & W.C. Dement (Eds). *Principles and Practices of Sleep Medicine*, 6th Ed. (pp. 785-793) Philadelphia, PA: Elsevier.

Neikrug, A.B. & Ong, J.C. (2016). Behavioral and non-pharmacological management of narcolepsy. In M. Goswami, M.J. Thorpy, & S.R. Pandi-Perumal (Eds). *Narcolepsy: A Clinical Guide*, 2nd Edition (pp.369-383). Switzerland: Springer.

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- Espie, C.A., Kyle, S.D., Gehrman, P.R., Ong, J.C. & Hames, P. (2015). Tailoring cognitive-behavioural therapy for insomnia to specific needs: a personalized behavioural medicine approach. In: C. Bassetti, Z. Dogas, & P. Peigneux (Eds). *Sleep Medicine Textbook*, pp. 193-206. European Sleep Research Society.
- Garland, S.N., Britton, W., Agagianian, N., Goldman, R.E., Carlson, L.E., & Ong, J.C. (2015). Mindfulness, affect, and sleep: current perspective and future directions. In: K. Babson & M. Feldner (Eds.) *Sleep and Affect* (pp. 339-373). London, UK: Elsevier.
- Ong, J.C. & Manber, R. (2013). Adjunctive and alternative treatment of insomnia. In: C. Kushida (ed.) *The Encyclopedia of Sleep*, vol. 2, (pp. 302-306). Waltham, MA: Academic Press.
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- Ong, J.C. & Manber, R. (2010). Mindfulness-Based Therapy for Insomnia. In M.L. Perlis, M. Aloia, B. Kuhn (Eds). *Behavioral Treatments for Sleep Disorders: A Comprehensive Primary of Behavioral Sleep Medicine Interventions* (pp. 133-141). London, UK: Elsevier.
- Manber, R. & Ong, J.C. (2010). Clinical assessment of insomnia: Primary insomnias. In M.J. Sateia & D.J. Buysse (Eds), *Insomnia: Diagnosis and Treatment* (pp. 113-125). London, UK: Informa Healthcare.
- Manber, R., Ong, J.C., & Carlyle, E. (2009). Diagnostic tools for insomnia. In C.A. Kushida (Ed), *Handbook of Sleep Disorders, 2nd Edition*.(pp. 41-53). New York, New York: Informa Healthcare USA.
- Burke, J, Abrams, M., Briggs, J., & Ong, J. (2006). Understanding and managing responses to sudden loss or trauma. In R.J. Fazio and L. Fazio (Eds.), *Finding Your Way Through Sudden Loss and Adversity*. (pp.23-31). Closter, NJ: Hold The Door for Others, Inc.
- Ong, J. & Burke, J.M. (2002). Dealing with Stress, Anxiety, and Grief. In R.J. Fazio, J.L. Van Raalte, & J.M. Burke (Eds.), *Living with Loss: The Journey Through September 11th*. (pp. 47-54). Closter, NJ: Hold The Door for Others, Inc.

RESEARCH PRESENTATIONS

SYMPOSIUM PRESENTATIONS

- Ong, J.C. (October, 2021). Mindfulness-Based Therapy for Insomnia. Symposium presentation at the Korean Clinical Psychological Association 2021 Virtual Conference.
- Ong, J.C. (March, 2021). Delivering CBT-I in Patients with OSA and Insomnia. Symposium presentation at the 19th Virtual Annual Meeting of the Taiwan Society of Sleep Medicine.
- Ong, J.C. (December, 2020). *Mindfulness and Sleep Health*. In Mental Health, Symposium presentation at the 2021 World Sleep Virtual Meeting.
- Ong, J.C. (October, 2020). *Managing insomnia in elderly patients with CBT-I*. In L. Tobias (Chair). Sleep Disorders in Older Adults, Symposium presentation at CHEST 2020.
- Ong, J.C. (October, 2018). *Awakening to better sleep and daytime quality through mindfulness meditation*. Invited presentation for the 2018 Research Conference on Sleep and the Health of Women, National Institutes of Health, Bethesda, MD.
- Ong, J.C. (August, 2017). Sweat Dreams: The relationship between sleep health and your weight. Invited presentation for the Plenary Session at the 6th Annual National Convention for Obesity Action Coalition, New Orleans, LA.
- Ong, J.C. (January, 2017). *Awakening to better sleep through mindfulness meditation*. Invited presentation at the Osher Center for Integrative Medicine Research Conference, Chicago, IL.

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- Ong, J.C. (June, 2016). *Insomnia and sleep apnea: Collaborative approaches to this comorbidity*. Invited presentation at the 25th annual meeting of the American Academy of Dental Sleep Medicine, Denver, CO.
- Ong, J.C., Perlis, M.L., Ellis, J., Posner, D. (June, 2016). *Innovations in insomnia research: An ideas blitz*. Symposium workshop presentation at the 21st Annual Sleep Research Society Trainee Day Symposium, Denver, CO.
- Ong, J.C. (June, 2016). *Incorporating behavioral sleep medicine in the treatment of hypersomnolence*. Invited presentation at the Hypersomnia Foundation regional conference, Denver, CO.
- Ong, J.C. (May, 2016). *Mindfulness-based interventions for the management of insomnia and the promotion of restoration*. Invited presentation at the Annual International Conference of the Institute for Functional Medicine, San Diego, CA.
- Ong, J.C. (June, 2014). *Careers in Behavioral Sleep Medicine*. Sleep Research Society 19th Annual Trainee Symposium Series, Minneapolis, MN.
- Ong, J.C. (April, 2014). *Mindfulness-based treatments for chronic insomnia: Concepts and initial findings from a randomized controlled trial*. Research symposium conducted at the 12th annual international scientific conference: Investigating and integrating mindfulness in medicine, health care, and society, Norwood, MA.
- Ong J.C. (March, 2014). A randomized controlled trial of mindfulness meditation for chronic insomnia. In E. Hoge (Chair). *Meditation, Inflammation, and Sleep: Improvements in Biomarkers of Acute and Chronic Anxiety and Stress*. Symposium conducted at the Anxiety and Depression Conference 2014, Chicago, IL.
- Ong, J.C., Manber, R., Segal, Z.V., Shapiro, S.L., & Wyatt, J.K. (November, 2013). Mindfulness-Based Therapy for Insomnia: Concepts and Outcomes from a Randomized Controlled Trial. In J. Ong and S. Garland (Co-Chairs). *The use of Mindfulness Meditation, Singly or in Combination with Behavioral Interventions, for the Treatment of Insomnia and Stress-Related Sleep Disturbance*. Symposium conducted at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Ong, J.C. (November, 2012). Discussant of Symposium with T. Hart (Chair). *Toward an understanding of the relationship between fatigue and sleep: Targets for behavior change*. Symposium conducted at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Ong, J.C. (October, 2012). *CBT for Narcolepsy*. Symposium at the Narcolepsy Network Annual Conference. Cleveland, OH.
- Ong, J.C. (June, 2012). Chair of symposium on mindfulness and acceptance based approaches to treating sleep disturbances. Inaugural meeting of the Society of Behavioral Sleep Medicine, Boston, MA.
- Ong, J.C. (May, 2012). *Alternative treatments for insomnia*. 2nd annual Illinois Sleep Society Meeting, Oak Lawn, IL.
- Ong, J.C. (June, 2011). *Using mindfulness, meditation, and yoga practice on sleep and insomnia*. Sleep Research Society 16th Annual Trainee Symposium Series. Minneapolis, MN.
- Ong, J.C. (August, 2010). *Controversies in Clinical Trials: The appropriate control group in a behavioral trial is most often an attention control (CON)*. NIH-sponsored debate on behavioral clinical trials at the Annual Meeting of the International Congress of Behavioral Medicine. Washington, D.C.
- Ong, J. & Manber, R. (November, 2009). Assessing Occurrence of Insomnia Following Treatment. In D. Taylor (Chair), *Cognitive Behavioral Therapy of Insomnia: Mediators and Moderators of Treatment Response and Relapse*. Symposium conducted at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Ong, J. (June, 2009). Developing a Mindfulness Meditation Treatment for Insomnia: Lessons Learned from Preliminary Treatment Development Work. In N. Cuellar (Chair), *The Use of Complimentary and Alternative Medicine for Sleep*. Symposium conducted at the 23rd annual meeting of the Associated Professional Sleep Societies, Seattle, WA.
- Ong, J., Shapiro, S.L., & Manber, R. (November, 2007). Measuring Sleep and Sleep-Related Distress in CBT for Insomnia. In J. Ong (Chair), *Novel Approaches to the Assessment of Insomnia*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

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Ong, J. & Haynes, P. (November, 2006). *Future Directions in Behavioral Sleep Medicine Research: Characterizing Sleep Disturbances in Novel Populations*. Co-chairs for symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Ong, J. & Manber, R. (November, 2005). Cognitive Hyperarousal in Insomnia: Beliefs, Attitudes, and Mindfulness. In C. Carney (Chair), *Advances in Cognitive Therapy*. Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, D.C.

ORAL PAPER PRESENTATIONS (UNDERLINE DENOTES MENTEE)

Perini, F., Wong, K.F., Teng, J., Hassirim, Z., Jia, L., Leow, Z., Henderson, S.L., Fan, Q., Lo, J., Ong, J., Doshi, K., & Lim, J. (August, 2020). Improving subjective sleep quality measures through mindfulness training in the elderly: preliminary data from the Mindfulness Sleep Therapy (MIST) study. Oral paper presentation and poster presentation at SLEEP 2020 (Virtual Meeting).

Ong, J.C., Crawford, M.R., Wyatt, J.K., Fogg, L.F., Turner, A.D., Dawson, S.C., Edinger, J.D., Kushida, C.A., Abbott, S.M., Malkani, R.G., Attarian, H.P., & Zee, P.C. (June, 2019). A Randomized Controlled Trial of CBT-I and CPAP for Comorbid Insomnia and OSA: Initial Findings from the MATRICS Study. Oral paper presentation and poster presentation at the 33rd meeting of the Associated Professional Sleep Societies (SLEEP 2019), San Antonio, TX.

Ong, J.C., Fox, R.S., Brower, R., Mazurek, S. & Moore, C. (June, 2019). Addressing the Psychosocial Aspects of Narcolepsy: A Mixed-Methods Study. Oral paper presentation and poster presentation at the 33rd meeting of the Associated Professional Sleep Societies (SLEEP 2019), San Antonio, TX.

Moore, C., Fox, R.S., Brower, R., Mazurek, S. & Ong, J.C. (June, 2019). Characterizing Health-Related Quality of Life in Narcolepsy: A Mixed-Methods Study. Oral paper presentation at the 2019 HealthMeasures Conference, Chicago, IL.

Trotti, L.M., Ong, J., Plante, D., Powell, D., Bliwise, D.L. (June, 2018). Self-reported sleep inertia in the Hypersomnia Foundation registry. Oral paper presentation and poster presentation at the 32nd meeting of the Associated Professional Sleep Societies (SLEEP 2018), Baltimore, MD.

Knutson, K., Ong, J., & von Schantz, M. (June, 2018). Sleep disturbances associated with increased risk of mortality: UK Biobank Study. Oral paper presentation and poster presentation at the 32nd meeting of the Associated Professional Sleep Societies (SLEEP 2018), Baltimore, MD.

Chirinos, D.A., Ong, J., Garcini, L. M., Alvarado, D. & Fagundes, C. (March, 2018). *Bereavement exacerbates the impact of sleep on inflammation: Results from Project HEART*. ed at the American Psychosomatic Society Annual Meeting, Louisville, KY.

Turner, A.D., Smith, C.E., & Ong, J.C. (June, 2017). Purpose in life and sleep disturbance in older adults. Oral paper presentation and poster presentation at the 31st meeting of the Associated Professional Sleep Societies (SLEEP 2017), Boston, MA.

Crawford, M.R., Espie, C.A., Luik, A.I., Taylor, H.L., Burgess, H.J., & Ong, J.C. (June, 2017). Women with insomnia and debilitating migraines: Sequential administration of online treatment – The WINDSOR Study. Oral paper presentation at the 31st meeting of the Associated Professional Sleep Societies (SLEEP 2017), Boston, MA.

Burgess, H.J., Park, M., Ong, J.C., Shakoob, N., Williams, D.A., & Burns, J. (June, 2017). Morning bright light treatment improves function and reduces pain sensitivity in fibromyalgia. Oral paper presentation at the 31st meeting of the Associated Professional Sleep Societies (SLEEP 2017), Boston, MA.

Fox, R.S., Taylor, H.L., Park, M., Snyder, S., Burgess, H.J., Wyatt, J.K., Rains, J., & Ong, J.C. (June, 2016). Circadian timing and sleep complaints in women with chronic migraine. Oral paper presentation at the 30th meeting of the Associated Professional Sleep Societies (SLEEP 2016), Denver, CO.

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- Neikrug, A.B., Crawford, M.R., & Ong, J.C. (June, 2015). Identifying the need for psychosocial treatments in hypersomnia disorders. Oral paper presentation at the 29th annual meeting of the Associated Professional Sleep Societies (SLEEP 2015), Seattle, WA.
- Crawford, M.R., Crisostomo, M.I., Wyatt, J.K., Ong, J.C. (June, 2015). Pre-sleep arousal in patients with insomnia disorder with and without obstructive sleep apnea. Oral paper presentation at the 29th annual meeting of the Associated Professional Sleep Societies (SLEEP 2015), Seattle, WA.
- Ong, J.C., Manber, R., Segal, Z.V., Xia, Y. Shapiro, S.L., & Wyatt, J.K. (June, 2014). A randomized controlled trial of mindfulness meditation for chronic insomnia: Long-term outcomes. Oral paper presentation at the 28th annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Peters, A., Junge, M., Cunnington, D., Ong, J., Greenwood, K. (September, 2012). Mindfulness-based therapy for insomnia in an Australian population. Paper ed at the 21st Congress of the European Sleep Research Society, Paris, France.
- Espie, CA, Kyle, SD, Williams, C, Brown, JS, Ong, JC, Douglas, NJ, Hames, P. (June, 2012). A randomized, placebo-controlled, trial of Cognitive Behavioral Therapy for chronic Insomnia Disorder delivered via an automated media-rich web application. Paper presentation at the 26th Annual meeting of the Associated Professional Sleep Societies, Boston, MA.
- Suh, S., Nowakowski, S., Bernert, R., Ong, J., Siebern, A., Dowdle, C.L., Willett, E., & Manber, R. (October, 2011). Night-to-night sleep variability in insomnia patients participating in group CBT. Paper presentation at the 6th World Congress of the World Sleep Federation, Kyoto, Japan.
- Bernert, R.A., Siebern, A.T., Suh, S., Ong, J., & Manber, R. (June, 2011). An open trial of cognitive behavioral therapy for insomnia (CBT-I) results in significant posttreatment reductions in suicidal ideation. Paper ed at the 25th annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Cvengros, J., Ong, J., & Manber, R. (June, 2009). Identifying predictors of compliance to behavioral recommendations in CBT for insomnia. Paper ed at the 23rd annual meeting of the Associated Professional Sleep Societies, Seattle, WA.
- Ong, J., Kuo, T., Manber, R. (June, 2007). Who is at risk for early termination from cognitive-behavior therapy for insomnia? Paper ed at the 21st annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Ong, J., Shapiro, S., & Manber, R. (March, 2007). Can Mindfulness Meditation be Integrated with CBT for the Treatment of Insomnia? Paper ed at the 6th annual meeting on Integrating Mindfulness-Based Approaches and Interventions into Medicine, Health Care, and Society, Worcester, MA.
- Manber, R., Ong, J., & Kuo, T. (November, 2006). CBT for insomnia in persons with elevated depressive symptoms: Effects of sleep and depression. Paper ed at the 20th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Manber, R., Ong, J., Ito, S., & Kuo, T. (June, 2006). Predictor of outcome to group CBT-I in a sleep clinic setting. Paper ed at the annual meeting of the 20th Associated Professional Sleep Societies, Salt Lake City, UT.
- Nicholson, R.A., Gramling, S.E., & Ong, J.C. (June, 2003). The role of anger in predicting headache-related disability. Paper ed at the annual meeting of the American Headache Society, Chicago, IL.
- Seel, R.T., Carne, W., Jehle, P., Blaine, C., Ong, J., & Brown, R. (April, 2003). A model for neuropsychological screening of patients with Parkinson's Disease. Paper ed at the 2003 meeting of the Southern Gerontological Society, Richmond, VA.
- Nicholson, R., Buenaver, L., Ong, J., & Gramling, S. (April, 2002). Differences in trait anger and anger expression after controlling for depression and anxiety among headache sufferers and no-pain controls. Paper ed at the 2002 meeting of the Society of Behavioral Medicine, Washington, D.C.
- Beal, D.J., Ong, J., & O'Neal, E.C. (October, 1997). Cognitive capacity and inhibition of interracial aggression. Paper ed at the 1997 meeting of the Society for Experimental Social Psychology, Toronto, Canada.

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POSTER PRESENTATIONS (UNDERLINE DENOTES MENTEE)

Ong, J.C., Dawson, S.C., Mundt, J.M., Adkins, E., & Moore, C. (August, 2020). Cognitive-Behavioral Therapy for Hypersomnia (CBT-H): A feasibility study for improving health-related quality of life. Poster presented at SLEEP 2020 Virtual Meeting.

Crawford, M.R., Chirinos, D.A., Edinger, J.D., Wyatt, J.K., Manber, R., & Ong, J.C. (September, 2016). Using latent profile analysis to characterize insomnia profiles among patients with and without obstructive sleep apnea. Poster presented at the 23rd Congress of the European Sleep Research Society, Bologna, Italy.

Chirinos, D.A. Crawford, M.R., Edinger, J.D., Wyatt, J.K., Manber, R., & Ong, J.C. (June, 2016). Dimensional characterization of insomnia profiles among patients with and without obstructive sleep apnea: moving beyond diagnostic boundaries. Poster presented at the 30th meeting of the Associated Professional Sleep Societies, Denver, CO.

Taylor, H.L., Park, M., Snyder, S., Fox, R., Burgess, H.J., Wyatt, J.K., Rains, J., & Ong, J.C. (June, 2016). Underestimation of total sleep time in women with chronic migraine. Poster presented at the 30th meeting of the Associated Professional Sleep Societies, Denver, CO.

Fox, R.S., Taylor, H.L., Park, M., Snyder, S., Burgess, H.J., Wyatt, J.K., Rains, J., & Ong, J.C. (June, 2016). Circadian timing and sleep complaints in women with chronic migraine. Poster presented at the 30th meeting of the Associated Professional Sleep Societies, Denver, CO.

Turner, A.D., Smith, C.E., Chirinos, D.A., Wyatt, J.K., Manber, R., Ong, J.C. (June, 2016). The contributions of stress, anxiety, and beliefs about sleep to mindfulness-based insomnia treatment response. Poster presented at the 30th meeting of the Associated Professional Sleep Societies, Denver, CO.

Khou, C.S., Hamilton, N.A., & Ong, J.C. (June, 2016). A comparison of the discrepancy between self-reported and objectively measured sleep at home and in the laboratory. Poster presented at the 30th meeting of the Associated Professional Sleep Societies, Denver, CO.

Chirinos, D.A., Smith, C.E., Turner, A.D., Wyatt, J.W., Manber, R., & Ong, J.C. (March, 2016). Profiles of cognitive and affective symptoms of insomnia as predictors of short- and long-term treatment response. Poster presented at the Rush Research Forum, Chicago, IL.

Ong, J.C., Hedeker, D., Wyatt, J.K., & Manber, R. (June, 2015). Application of a location-scale mixed model to examine the stability of sleep during treatment for chronic insomnia. Poster presented at the 29th meeting of the Associated Professional Sleep Societies, Seattle, WA.

Wu, J.Q., Appleman, E.R., Salazar, R.D., & Ong, J.C. (June, 2015). Cognitive-behavioral therapy for insomnia comorbid with psychiatric and medical conditions: A meta-analysis. Poster presented at the 29th meeting of the Associated Professional Sleep Societies, Seattle, WA.

Kondilis, A., Crawford, M.R., Crisostomo, M.I., Wyatt, J.K., & Ong, J.C. (June, 2015). Determining predictability of OSA risk prior to polysomnography screening in insomnia disorder. Poster presented at the 29th meeting of the Associated Professional Sleep Societies, Seattle, WA.

Crawford, M.R., Kong, A., Wyatt, J.K., & Ong, J.C. (June, 2014). Two is two too many: A thematic analysis of patients' perspective on treatment for comorbid insomnia and obstructive sleep apnea. Poster presented at the 28th meeting of the Associated Professional Sleep Societies, Minneapolis, MN.

Snyder, S., Simpson, S., Khou, C., Crawford, M., Cvengros, J., & Ong, J. (November, 2013). Predictors of Outcomes and Satisfaction with Mindfulness-Based Treatments for Insomnia. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Moss, T.G., Atwood, M.E., Khou, C., Ong, J. & Carney, C.E. (November, 2013). Does mindfulness reduce rumination in a clinical insomnia population? Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

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- Ong, J.C., Manber, R., Segal, Z.V., Shapiro, S.L., & Wyatt, J.K. (June, 2013). Mindfulness Meditation for Insomnia: A Preliminary Report. Poster presented at the 27th meeting of the Associated Professional Sleep Societies, Baltimore, MD.
- Simpson, S., Khou, C., Wyatt, J.K., & Ong, J.C. (June, 2013). Are differences between preferred and ad lib sleep schedules predictors of health outcomes among people with insomnia? Poster presented at the 27th meeting of the Associated Professional Sleep Societies, Baltimore, MD.
- Cvengros, J.A., Crawford, M., Manber, R., & Ong, J.C. (April, 2013). The relationship between dysfunctional beliefs about sleep and adherence in a multicomponent behavioral treatment for insomnia. Poster presented at the annual Rush Research Forum, Chicago, IL.
- Gunn, H.E., Khou, C., & Ong, J.C. (November, 2012). Mindfulness and its association with cognitive and physiological pre-sleep arousal. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Ong, J.C., Kong, A., Lederman, M., Park, M., Crisostomo, M.I., Cvengros, J.A., Wyatt, J.K. (June, 2012). Developing Clinical Profiles and a Multidisciplinary Approach for Patients with OSA and Comorbid Insomnia. Poster presented at the 26th annual meeting of the Associated Professional Sleep Societies, Boston, MA.
- Hantsoo, L., Khou, C., Ong, J.C. (June, 2012). Predictors of Pre-Sleep Arousal: Bad Thoughts or Negative Feelings? Poster presented at the 26th annual meeting of the Associated Professional Sleep Societies, Boston, MA.
- Campos, M., Kruszewski, D., Nappi, C.M., Straus, L.D., Ong, J.C., Drummond, S.P. (June, 2012). Improving Sleep: Mindfulness Based Therapy for Comorbid Insomnia in Veterans. Poster presented at the 26th annual meeting of the Associated Professional Sleep Societies, Boston, MA.
- Dowdle, C., Suh, S., Nowakowski, S., Ong, J.C., Siebern, A.T., Manber, R. (June, 2012). The Role of Sleep Effort in Reducing Depressive Symptoms for Individuals Participating in Cognitive-Behavioral Therapy for Insomnia (CBT-I). Poster presented at the 26th annual meeting of the Associated Professional Sleep Societies, Boston, MA.
- Nowakowski, S., Willett, E.S., Dowdle, C.L., Suh, S., Ong, J., Siebern, A.T., Bernert, R.A., Manber, R. (June, 2011). CBT for insomnia, perception of pain interfering with sleep and depressive symptom severity. Poster presented at the 25th annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Suh, S., Dowdle, C.L., Willett, E.S., Nowakowski, S., Siebern, A.T., Ong, J., Bernert, R.A., Manber, R. (June, 2011). Helpful components of group cognitive behavioral therapy for insomnia (CBTI) for patients who perceived pain to interfere with sleep. Poster presented at the 25th annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Andreoli, D. & Ong, J. (April, 2010). Role of emotional function on the perception of sleep among individuals with insomnia. Poster presented at the annual Rush Research Forum, Chicago, IL.
- Adler, S., Carde, N., Ong, J., & Manber, R. (June, 2009). Healthcare utilization and well-being among insomnia patients seeking treatment at a tertiary sleep clinic. Poster presented at the 23rd annual meeting of the Associated Professional Sleep Societies, Seattle, WA.
- Ong, J., Shapiro, S.L., & Manber, R. (April, 2009). Developing a Mindfulness Meditation Intervention for Chronic Insomnia: A Proof-of-Concept. Poster presented at the annual meeting of the Central Society for Clinical Research and Midwestern Section American Federation for Medical Research, Chicago, IL.
- Ong, J., Shapiro, S., Allen, S., Neenan, M., McConnell, S., & Manber, R. (November, 2008). Mindfulness-based approaches for chronic insomnia: A proof of concept study. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Ong, J., Shapiro, S., & Manber, R. (June, 2008). Combining mindfulness meditation with CBT for insomnia: Long-term effects. Poster presented at the 2008 meeting of the Associated Professional Sleep Societies, Baltimore, MD.
- Carde, N., Ong, J., & Manber, R. (June, 2008). A multidimensional approach to measuring affect and arousal in good and poor sleepers. Poster presented at the 2008 meeting of the Associated Professional Sleep Societies, Baltimore, MD.

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- Manber, R., Ong, J., & Kuo, T. (June, 2008). Predictors of insomnia remission following group CBT. Poster presented at the 2008 meeting of the Associated Professional Sleep Societies, Baltimore, MD.
- Adler, S., Carde, N., Kuo, T., Ong, J., & Manber, R. (June, 2008). Use of and attitudes about sleep medications in a tertiary sleep clinic. Poster presented at the 2008 meeting of the Associated Professional Sleep Societies, Baltimore, MD.
- Moroz, T., Davis, K., Ong, J., Kuo, T., & Manber, R. (June, 2007). Cognitive-behavioral therapy in patients with chronic insomnia and restless legs syndrome. Poster presented at the annual meeting of the 21st annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Davis, K., Moroz, T., Ong, J., Kuo, T., & Manber, R. (June, 2007). Cognitive-behavioral therapy in patients with chronic insomnia and obstructive sleep apnea. Poster presented at the annual meeting of the 21st annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Kuo, T., Ong, J., Manber, R. (June, 2007). Use of medications in patients receiving CBT for chronic insomnia. Poster presented at the annual meeting of the 21st annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Ong, J., Huang, J., & Manber, R. (November, 2006). Sleep patterns of chronotypes among treatment-seeking insomniacs. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Ong, J., Manber, R., Shapiro, S. (June, 2006). Combining Mindfulness Meditation with CBT for Insomnia: A Preliminary Report. Poster presented at the 2006 meeting of the Associated Professional Sleep Societies, Salt Lake City, UT.
- Ong, J., Gramling, S., & Vrana, S. (November, 2005). Psychophysiological Responses of Headache Sufferers to a Picture-Viewing Task. Poster presented at the 2005 meeting of the Association for the Advancement of Behavior Therapy, Washington, D.C.
- Ong, J., Kuo, T. & Manber, R. (June, 2005). Improvements in daytime and nocturnal symptoms in relation to cognitive changes following CBT for insomnia. Poster presented at the 2005 meeting of the Associated Professional Sleep Societies, Denver, CO.
- Huang, J., Ong, J.C., & Manber, R. (June, 2005). Characteristics of circadian rhythm subtypes in treatment-seeking insomniacs. Poster presented at the 2005 meeting of the Associated Professional Sleep Societies, Denver, CO.
- Ong, J. & Stepanski, E. (June, 2004). Sleep as a behavioral self-management intervention for headache. Poster presented at the 2004 meeting of the Associated Professional Sleep Societies, Philadelphia, PA.
- Rausch, S.M., Gramling, S.E., Buenaver, L.F., Ong, J.C., Stewart, K.E., & McKeown, T.R. (March, 2004). A preliminary look at the role of religious coping and pain intensity in anxiety. Poster presented at the 2004 meeting of the Society of Behavioral Medicine, Baltimore, MD.
- Ong, J., Gramling, S., Johnson, S., Milne, M., Pace, M., Ryan, K., Wilcox, N. & Eads, M. (November, 2003). Emotional distress and oral motor behaviors in headache and TMD sufferers. Poster presented at the 2003 meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- Buenaver, L.F., Gramling, S.E., Ong, J.C., Eads, M., Rausch, S.M., & Clarida, J. (November, 2003). A preliminary look at the role of religious coping in a self-reported headache population. Poster presented at the 2003 meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- Nicholson, R.A., Ong, J.C., & Gramling, S.E. (November, 2003). Influence of anger-in and depression on disability among headache sufferers. Poster presented at the 2003 meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- Ong, J.C., Gramling, S.E. & Nicholson, R.A. (March, 2003). Psychophysiological reactivity in headache and facial pain sufferers. Poster presented at the 2003 meeting of the Society of Behavioral Medicine, Salt Lake City, UT.

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Nicholson, R., Buenaver, L., Ong, J., and Gramling, S. (November, 2002). Differences in anger expression and oral habits after controlling for depression and anxiety among persons with TMD and No-Pain. Poster presented at the 2002 meeting of the Association for Advancement of Behavior Therapy, Reno, NV.

Ong, J. & Gramling, S. (April, 2002). Comorbidity of headache and TMD in a stress-reactivity task: A preliminary analysis. Poster presented at the 2002 meeting of the Society of Behavioral Medicine, Washington, D.C.

Ong, J., Clarida, J., & Meyer, A. (April, 2001). EMG reactivity and oral habits in chronic pain and no-pain controls. Poster presented at the 4th annual Graduate Student Association Symposium, Richmond, VA

Meyer, A., Ong, J., & Gramling, S. (March, 2001). Sensory-processing sensitivity in headache and non-headache groups. Poster presented at the 2001 meeting of the Society of Behavioral Medicine, Seattle, WA.

Ong, J. C., Nicholson, R.A., & Gramling, S.E. (November, 2000). Patterns of EMG reactivity and pain in headache sufferers and pain-free controls during a competitive task. Poster presented at the 2000 meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Nicholson, R.A., Miller, M., Heckle, B., Ong, J., & Gramling, S.E. (November, 2000). Differences in anger and its expression between those with TMD versus no-pain controls. Poster presented at the 2000 meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Ong, J., Nicholson, R., & Gramling, S. (April, 2000). EMG reactivity among headache sufferers and pain-free controls exposed to a scheduled-waiting competitive task. Poster presented at the 2000 meeting of the Society of Behavioral Medicine, Nashville, TN.

RESEARCH SUPPORT

PRINCIPAL INVESTIGATOR

National Institutes of Health, National Center for Complementary and Integrative Health

R34 AT009551

Project Title: Mind-Body Approach to Improve Health-Related Quality of Life for People with Narcolepsy: A Feasibility Study

Principal Investigator: Jason Ong, PhD

Project Dates: 9/1/2019 – 8/31/2022

Summary: The purpose of this project is to conduct a feasibility trial to determine the optimal parameters for adapting and delivering a mindfulness-based intervention using live videoconferencing to people with narcolepsy.

Harmony Biosciences, Patient at the Heart Grant Program

Project Title: Development of a Mobile Application Program for Narcolepsy

Project Dates: 10/1/19 – 9/30/20

Summary: Grant funds will support the design and development of a mobile application for people living with narcolepsy. The application will help users record and track medical data related to their disorder, send notifications to improve adherence to structured schedules, provide cognitive-behavioral techniques to manage symptoms, and more.

American Sleep Medicine Foundation

Project Title: Cognitive-Behavioral Treatment for Hypersomnia: A Pilot Trial

Project Dates: 7/1/2018 – 6/30/2020

Summary: The purpose of this study is to develop and conduct initial testing of a cognitive-behavioral treatment for hypersomnia (CBT-H).

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National Institutes of Health, National Heart, Lung, and Blood Institute

R01 HL114529

Project Title: Multidisciplinary Treatment for Obstructive Sleep Apnea and Insomnia

Principal Investigator: Jason Ong, Ph.D.

Project Dates: 9/1/2012 – 12/31/2018 (NCE)

Summary: The purpose of this research project is to determine the efficacy of a multidisciplinary treatment model for patients with OSA and comorbid insomnia. The specific aims are to determine the efficacy of a treatment model combining CBT and CPAP for individuals with OSA and comorbid insomnia and to determine if there are relative benefits in the sequence of treatment initiation.

National Institutes of Health, National Heart, Lung, and Blood Institute

R01 HL114529-03S1

Project Title: Diversity Supplement, Multidisciplinary Treatment for Obstructive Sleep Apnea and Insomnia

Principal Investigator: Jason Ong, Ph.D.

Postdoctoral Fellow: Arlene Turner, Ph.D.

Project Dates: 1/7/2015 – 6/30/2017

Summary: This postdoctoral diversity supplement provides training for Dr. Arlene Turner to conduct an ancillary project to the parent R01 grant. The fellow will conduct neuropsychological assessments to examine neurocognitive outcomes as part of the parent clinical trial.

NUCATS Pilot Grant/George M. Eisenberg Foundation

Project Title: CHIMES Pilot Project

Project Dates: 3/4/2018 – 9/31/2019

Summary: The purpose of this pilot research project is to collect preliminary data on the feasibility of using MBTI to reduce blood pressure in people with hypertension and comorbid insomnia.

Wake up Narcolepsy

Project Title: Living with Narcolepsy: A Qualitative Study on the Psychosocial Needs of Patients with Narcolepsy

Project Dates: 1/1/2018 – 12/31/2018

Summary: The purpose of this research project is to assess whether current treatments are adequately addressing the psychosocial needs of patients with narcolepsy.

National Institutes of Health, National Institute of Neurological Disorders and Stroke

R21 NS081088

Project Title: Sleep Regulation and Circadian Phase in Chronic Migraine

Principal Investigator: Jason Ong, Ph.D.

Project Dates: 5/1/2013 – 4/30/2016

Summary: The purpose of this research project is to examine the stability of sleep behaviors and the neurobiological correlates of sleep regulation and circadian phase in chronic migraine sufferers.

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National Institutes of Health, National Center for Complementary and Alternative Medicine
K23 AT003678

Project Title: Augmenting Behavior Therapy for Insomnia with Mindfulness Meditation

Principal Investigator: Jason Ong, Ph.D.

Project Dates: 5/1/2007 – 4/30/2013

Summary: The goal of this career development award is to enhance the candidate's transition into an independent investigator of mind-body interventions for disorders of sleep and arousal. Training goals include developing expertise in mindfulness-based interventions, assessment of physiological arousal and activation, and research design and analyses of behavioral clinical trials. The research project aims to evaluate the short-term efficacy of a novel treatment that augments behavior therapy with a mindfulness-based intervention for reducing arousal in patients with psychophysiologic insomnia.

Fogarty Grant, Department of Behavioral Sciences at Rush University Medical Center

Project Title: SANDMAN: Sleep Assessment across Nighttime and Daytime of Migraine and Non-Migraine Individuals

Principal Investigator: Jason Ong, Ph.D.

Project Dates: 9/1/2013 – 8/31/2014

Summary: This internal grant award is in support for the development of internet-based sleep diaries to be used as part of research grant (R21NS081088) from the National Institute of Neurological Disorders and Stroke (NINDS), National Institutes of Health.

Fogarty Grant, Department of Behavioral Sciences at Rush University Medical Center

Project Title: Characteristics and Treatment Models for Obstructive Sleep Apnea and Comorbid Insomnia

Principal Investigator: Jason Ong, Ph.D.

Project Dates: 3/1/2012 – 2/28/2013

Summary: The goal of this pilot project is to characterize patients with obstructive sleep apnea (OSA) and comorbid insomnia and to gather data on treatment response using a multidisciplinary model for these comorbid disorders.

CO-INVESTIGATOR/MENTORED GRANTS

National Institutes of Health, National Center for Complementary and Integrative Health

R01 AT009539

Project Title: Creating and Optimizing Mindfulness Measures to Enhance and Normalize Clinical Evaluation (COMMENCE)

Principal Investigator: David Victorson, Ph.D. and Carol Greco, Ph.D.

Role: Co-Investigator

Project Dates: 7/01/2017 – 6/30/2022

Summary: This application proposes to develop and validate a mindfulness measure based on the Patient Reported Outcomes Measurement Information System (PROMIS) and related PROsetta Stone application.

National Institutes of Health, National Heart, Lung, and Blood Institute

K01 HL149775 (Biggers)

Project Title: My ESSENCE: Mindfulness to Reduce Stress, Improve Sleep, and Reduce Cardiovascular Risk in African Americans with Type 2 Diabetes

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Principal Investigator: Alana Biggers, M.D.

Role: Co-Mentor

Project Dates: 2/15/2020 - 1/31/2025

Summary: This career development award aims to adapt a mindfulness meditation sleep intervention and evaluate its impact on cardiovascular risk in African American people with type 2 diabetes.

National Institutes of Health, National Heart, Lung, and Blood Institute

K01 HL149987-01A1 (Chirinos)

Project Title: Developing a targeted intervention for sleep disturbance in spousal bereavement

Principal Investigator: Diana Chirinos, Ph.D.

Role: Co-Mentor

Project Dates: 9/1/2020 – 8/31/2025

Summary: The overall goal of this career development award is to develop as an independent scientist whose program of research focuses on implementing interventions aimed at reducing cardiovascular risk in vulnerable populations. This study aims to develop a targeted behavioral intervention for sleep disturbance among spousally bereaved adults and test it for feasibility, acceptability, and preliminary effects.

National Institutes of Health, National Cancer Institute

K08CA247973 (Fox)

Project Title: Improving Sleep in Gynecologic Cancer Survivors

Principal Investigator: Rina Fox, PhD, MPH

Role: Primary Mentor

Project Dates: 02/01/2021-01/31/2026

Summary: This career development award aims to identify barriers and facilitators of treatment adherence, and optimize a behavioral intervention to diminish sleep disturbance, increase HRQOL, and reduce symptom burden among gynecologic cancer survivors. This study will yield an improved treatment package to address the prevalent and impactful concern of sleep disturbance among gynecologic cancer survivors.

American Sleep Medicine Foundation

Project Title: CBTi for Comorbid Insomnia in Chronic Migraine: A Proof of Concept Study using an Online Platform

Project Dates: 10/1/15 – 9/30/17

Principal Investigator: Megan Crawford, Ph.D.

Role: Co-Investigator/Primary Mentor

Goals: The aims of this proof-of-concept study are to: 1) evaluate the feasibility and acceptability of delivering *Sleepio*, an internet-based CBTi, to females with chronic migraine and co-morbid insomnia 2) characterize the impact of *Sleepio* on within-subject changes in measures of sleep and circadian phase, and 3) explore the temporal relationship between sleep and migraines.

National Institutes of Health, National Center for Complementary and Alternative Medicine

Project Title: MBSR for fibromyalgia: A dose-finding study (K23 AT006703)

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Principal Investigator: Ather Ali, ND, MPH
Role: Consultant/Scientific Advisor
Institution: Yale University
Project Period: 04/01/2012 – 03/31/2017

National Institutes of Health, National Heart, Lung, and Blood Institute

Project Title: A Pilot Study of a Lifestyle Intervention on the Metabolic Syndrome
NIH/NHLBI (R56 HL118343)

Project Dates: 9/20/13 – 8/31/15

Principal Investigator: Rasa Kazlauskaitė, M.D.

Role: Co-Investigator

Goals: The purpose of this project is to gather preliminary data to determine the feasibility of conducting a randomized controlled trial to test the efficacy of a novel lifestyle intervention program aimed at reversing metabolic syndrome.

William G. McGowan Charitable Fund, Inc.

Project Title: ELM Lifestyle Project: Prevention of Diastolic Heart Failure: Early Diagnosis and Treatment

Principal Investigator: Lynda Powell, Ph.D.

Role: Co-Investigator

Project Dates: 12/1/2009 – 11/30/2013

Summary: The major goal of this treatment-development project is to develop and pilot test a lifestyle intervention program combining mindfulness meditation, nutrition, and exercise for reversing metabolic syndrome.

National Institutes of Health, National Institute of Mental Health

Project Title: A Biobehavioral Research Training Program (T32 MH019938)

Principal Investigator: Alan Schatzberg, M.D.

Project Dates: 9/15/2004 – 3/31/2007

Primary Mentor: Rachel Manber, Ph.D.

Role: Research Fellow

TEACHING EXPERIENCE

POSTGRADUATE COURSES AND WORKSHOPS FOR CONTINUING (MEDICAL) EDUCATION

Ong, J.C. (August, 2020). Insomnia with Comorbid Obstructive Sleep Apnea. In J. Edinger and J. Wyatt (Co-Chairs), *Behavioral Sleep Medicine: The Latest Trends and Promising Developments: Shaping our Practice and Future*. Postgraduate course lecture at SLEEP 2020 (Virtual Meeting).

Ong, J.C. (November, 2019). Clinical Tools for Managing Sleep Disorders. Presentation at the National Practice Conference 2019, Washington, D.C.

Ong, J.C. (April, 2019). Negotiating for an academic position. Presentation at the 11th annual *Young Investigator Research Forum*, American Academy of Sleep Medicine, Bethesda, MD.

Greenough, G. & Ong, J.C. (June, 2018). State of the Art for Clinical Practitioners. Co-Chair of postgraduate course at the 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP 2018), Baltimore, MD.

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- Ong, J.C. (April, 2018). Negotiating for an academic position. Presentation at the 10th annual *Young Investigator Research Forum*, American Academy of Sleep Medicine, Bethesda, MD.
- Ong, J.C. (September, 2017). Cognitive and behavioral treatment for hypersomnia disorders. Lecture at postgraduate course, *Caring for Patients with Complex Sleep Problems: Advanced Topics in Behavioral Sleep Medicine*, Honnaker, S. & Crawford, M. (Co-Chairs), Minneapolis, MN.
- Ong, J.C. (September, 2017). Integrating mindfulness practice into your clinical practice. Lecture at postgraduate course, *Caring for Patients with Complex Sleep Problems: Advanced Topics in Behavioral Sleep Medicine*, Honnaker, S. & Crawford, M. (Co-Chairs), Minneapolis, MN.
- Ong, J.C. (April, 2017). Negotiating for an academic position. Presentation at the 9th annual *Young Investigator Research Forum*, American Academy of Sleep Medicine, Bethesda, MD.
- Ong, J.C. (August, 2016). Mindfulness-Based Therapy for Insomnia. In L. Meltzer (Chair), *Translating Evidence-Based Treatments for Insomnia in Children and Adults into Clinical Practice*. Continuing Education Workshop at the 2016 Annual Convention of the American Psychological Association, Denver, CO.
- Ong, J.C. (June, 2016). Behavioral Sleep Medicine for Chronic Hypersomnia. In J. Edinger (Chair), *Behavioral Sleep Medicine from Basic Science to Clinical Care: What the evidence shows and how to use it in your practice*. Postgraduate course lecture at the 30th Annual Meeting of the Associated Professional Sleep Societies (SLEEP 2016), Denver, CO.
- Ong, J.C. (June, 2016). Management and implementation of behavioral clinical trials in sleep medicine: A PI's perspective. In S. Parthasarathy (Chair), *ABCs of effective management of clinical trials in sleep medicine*. Postgraduate course lecture at the 30th Annual Meeting of the Associated Professional Sleep Societies (SLEEP 2016), Denver, CO.
- Ong, J.C. (October, 2015). Delivering BSM services for hypersomnia. In P. Haynes (Chair), *Developing & Expanding your BSM Practice: A Case Based Approach*. Postgraduate Course sponsored by the Society for Behavioral Sleep Medicine, Darien, IL.
- Ong, J.C. & Cvengros, J.A. (October, 2015). The nighttime as a niche: The practice of sleep psychology. Workshop presentation at the 2015 Fast Forward Conference (APA Division 42), Chicago, IL.
- Ong, J.C. (June, 2015). Mindfulness-based interventions for insomnia. In J. Edinger (Chair), *Standards of Practice and Cutting Edge Treatments in Behavioral Sleep Medicine*. Postgraduate course lecture at the 29th Annual Meeting of the Associated Professional Sleep Societies (SLEEP 2015), Seattle, WA.
- Ong, J.C. (April, 2015). Persistent Insomnia Disorder. CME Presentation at Kishwaukee Hospital, DeKalb, IL.
- Ong, J.C. (February, 2015). Mindfulness Meditation and Sleep Disorders: Concepts and Empirical Evidence. Workshop presentation at Integrate Chicago 2015, Chicago, IL.
- Ong, J.C. (June, 2014). Behavioral Sleep Medicine for the Narcolepsy Patient. In J. Edinger (Chair), *It is Not Just About Treating Insomnia Anymore: Expanding the Reach of Behavioral Sleep Medicine Across Disorders and Provider Types*. Postgraduate course taught at the 28th Annual Meeting of the Associated Professional Sleep Societies (SLEEP 2014), Minneapolis, MN.
- Ong, J.C. & Ulmer, C. (June, 2013). Integrating mindfulness and acceptance into a BSM clinic. Clinical workshop conducted at the 2nd annual meeting of the Society of Behavioral Sleep Medicine, Baltimore, MD.
- Ong, J.C. (July, 2011). Faculty member on the 11th Annual Institute on Behavioral Clinical Trials sponsored by OBSSR. Warrenton, VA.
- Ong, J.C. (June, 2011). The behavioral sleep medicine approach to clinical assessment and case conceptualization. In J. Edinger (Chair), *Evidence-Based Behavioral Sleep Medicine Therapies for Augmenting Your Sleep Medicine Practice*. Postgraduate Course taught at the 2011 Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN.

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Ong, J.C. (June, 2010). Assessing Sleep Problems with Interview, Diary, and Actigraphy. In J. Edinger (Chair), *Practitioners Guide to Behavioral Sleep Medicine Techniques*. Postgraduate Course taught at the 2010 Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX.

Ong, J.C. (May, 2010). Mindfulness Meditation and Insomnia. In R. Manber (Chair), *Cognitive Behavioral Therapy for Insomnia Co-Morbid with Depressive and Anxiety Disorders*. Half-day course taught at the 2010 Annual Meeting of the American Psychiatric Association, New Orleans, LA.

Ong, J.C. (June, 2009). Using a Mindfulness-Based Approach for Reducing Sleep-Related Arousal. In R. Garrison (Chair), *Arousal-Reducing and Cognitive Techniques in the Treatment of Insomnia*. Clinical Workshop conducted at the 23rd annual meeting of the Associated Professional Sleep Societies, Seattle, WA.

Ong, J.C. (May, 2009). Mindfulness Meditation and Insomnia. In R. Manber (Chair), *Cognitive Behavioral Therapy for Insomnia Co-Morbid with Depressive and Anxiety Disorders*. Half-day course taught at the 2009 Annual Meeting of the American Psychiatric Association, San Francisco, CA.

PANEL DISCUSSIONS AT NATIONAL/INTERNATIONAL CONFERENCES

Ong, J.C. (October 2020). Mindfulness-Based Approaches for Sleep Health. Insomnia and Sleep Health Keynote Presentation at Sleep Week 2020 for the Australian Sleep Association (Virtual).

Mao, J., Garland, S., & Ong, J.C. (October, 2019). Using mindfulness to improve sleep health. Panel Discussion ed at the Society of Integrative Oncology 16th annual conference, New York, NY.

Katzarzyk, P.T., Ong, J.C., & Ryan, D.H. (August, 2017). Transforming Your Lifestyle: Building Healthy Behaviors. Panel Discussion ed at the 6th Annual National Convention for Obesity Action Coalition, New Orleans, LA.

Grandner, M., Ong, J., & Zee, P. (June, 2017). CDA/K-Development and submittal. Panel Discussion ed at the 22nd Annual Sleep Research Society Trainee Symposium Series, Boston, MA.

Zee, P., Ong, J., Glick, B., Colon, J. (May, 2016). Sleep devices panel discussion. Panel Discussion ed at the Annual International Conference of the Institute for Functional Medicine, San Diego, CA.

Redline, S., Ong, J.C., & Meltzer, L. (June, 2015). Challenges on the way to independence. Panel Discussion ed at the SRS Leadership Workshop, 20th Trainee Symposium Series, Seattle, WA.

Ong, J.C. (November, 2013). Co-management of Narcolepsy with behavioral sleep medicine. In J. Ong & C. Crawford (Co-Chairs). Panel Discussion Presentation at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Ong, J.C. (October, 2013). Cognitive Behavior Therapy and Other Modalities: What's Trending? Panel Discussion Presentation at 2013 meeting of the American College of Chest Physicians, Chicago, IL.

Ong, J.C. (November, 2011). iBSM: Dissemination with Mobile Technology. In K. Sexton-Radek (Chair). *Treatment Dissemination in Health Care Settings: Innovations and Outreach Practices*. Clinical Roundtable conducted at the 2011 annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario.

Ong, J.C. (November, 2010). Integrating Research and Training into a BSM Service. In K. Sexton-Radek (Moderator). *Providing CBT Behavioral Sleep Medicine in Primary Care Settings: Relevance to Clinical Necessity*. Panel Discussion conducted at the 2010 annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Ong, J.C. (June, 2010). Developing a Mindfulness-Based Intervention for Insomnia. In B. Sorkin & M. Perlis (Co-Chairs), *Opportunities in Research on Integrative Approaches for Sleep: Current Research and Future Directions*. 2010 Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX.

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Ong, J.C. (November, 2009). How to Navigate the Training Pathway Towards a Research-Oriented Career in Behavioral Medicine. In M. Bierenbaum & A. Beacham (Chairs). *Roadmaps for Success in Behavioral Medicine and Health Psychology: A Guide for Students*. Panel Discussion conducted at the 2009 annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

SPONSORED WEBINARS

Ong, J.C. (February 2018). The awakening of sleep psychology: Moving beyond sleep hygiene. Webinar sponsored by the National Register for Health Service Psychologists.

Ong, J.C. (January 2018). Practicing mindfulness in a BSM practice. Practice and Consultation Webinar sponsored by the Society of Behavioral Sleep Medicine.

COURSE INSTRUCTOR

Physicianship, Clinical Skills Intensive, Interviewing Course (2012 - 2014). Small group instructor for first and second year medical students on teaching interviewing skills and patient interactions.

Interviewing and Communications, Rush University Medical Center (Fall 2008, Fall 2009). Small group instructor for first and second year medical students on teaching interviewing skills and patient interactions.

Principles of Psychological Testing and Measurement, Virginia Commonwealth University (Summer 2001, 2002). Course instructor for course on psychometrics. Topics include reliability and validity and theories on testing and measurement in Psychology.

DIDACTIC AND SEMINAR SERIES

Health Psychology Seminar Series, Northwestern University Feinberg School of Medicine (2016-2021). Provided lecture on Behavioral Sleep Medicine as part of the seminars in Health Psychology for interns and graduate students in health psychology.

Sleep Didactic Series, Northwestern University Feinberg School of Medicine (2016-2021). Provided lectures on insomnia, mental disorders and sleep, and behavioral sleep medicine as part of the didactic series in sleep medicine at Northwestern University.

Sleep Didactic Series, Rush University Medical Center (2008-2016). Provided lectures on insomnia, mental disorders and sleep, and assessment of sleep/wake as part of the sleep didactic series in the Rush Sleep Disorders Center.

Psychology Resident Seminar Series, Rush University Medical Center (2008-2016). Provided lectures on writing a career development award and mindfulness-based interventions as part of the psychology resident seminar series.

Sleep Didactic Series, Stanford University School of Medicine (2007-2008). Provided lectures on behavioral sleep medicine to the medical fellows and faculty as part of the sleep didactic series.

INVITED ACADEMIC LECTURES

Ong, J. (March, 2021). *Mindfulness and Sleep Health*. Virtual Presentation at the Columbia University Irving Medical Center Sleep Center of Excellence Lecture.

Ong, J. (January, 2021). *Mindfulness and Sleep Health*. Virtual Presentation at Harvard Integrative Medicine Research Fellowship Seminar Series, Harvard Osher Center for Integrative Medicine.

Ong, J. (April, 2019). *Chronic Insomnia: Management, Mindfulness, and Morbidities*. Presentation at Grand Rounds in Rheumatology, Northwestern University Feinberg School of Medicine, Chicago, IL.

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- Ong, J. (April, 2019). *Managing Insomnia without Medications*. Presentation at Grand Rounds in Medicine, NorthShore University HealthSystem, Evanston, IL.
- Ong, J. (February, 2019). *Application of Mindfulness-Based Therapy for Sleep Disorders*. Presentation at Grand Rounds in Psychiatry, Penn State College of Medicine, Hershey, PA.
- Ong, J. (January, 2019). *Mindfulness and Sleep Health*. Presentation at Grand Rounds for Psychiatry and Behavioral Sciences, Rush University Medical Center, Chicago, IL.
- Ong, J. (April, 2018). *Being mindful of your sleep: The evidence for treating insomnia with mindfulness meditation*. Presentation at the Osher Center for Integrative Medicine Grand Rounds, Northwestern University Feinberg School of Medicine, Chicago, IL.
- Ong, J. (March, 2018). *Mindfulness-based approaches to treating sleep disorders: Real benefits or just a Jedi mind trick?* Presentation at the Research Colloquium in Neuroscience and Behavioral Disorders Programme, Duke-National University of Singapore, Singapore.
- Ong, J. (April 2017). *Mindfulness-Based Approaches to Insomnia*. On-line lecture on mindfulness meditation and insomnia for the online programme in sleep medicine at University of Oxford, United Kingdom.
- Ong, J. (March 2017). *Sleep Wars: The Force Awakens*. Presentation at the John Hopkins Psychiatry Research Conference, Baltimore, MD.
- Ong, J. (March 2016). *Mindfulness and Insomnia: The Force Awakens*. Presentation at the Penn Sleep Medicine Patient Oriented Research Seminar, University of Pennsylvania, Philadelphia, PA.
- Ong, J. (November 2015). *Mindfulness-Based Therapy for Insomnia*. Presentation at the Brown Bag Lecture for Psychology at University of Illinois at Chicago. Chicago, IL.
- Ong, J. (November 2014). Mindfulness meditation and insomnia: Technology from an ancient practice. Grand Rounds Presentation for the Department of Behavioral Sciences, Rush University Medical Center, Chicago, IL.
- Ong, J. (July 2014). Chronic headaches and sleep: Between a rock and a hard place. Grand Rounds Presentation for the Department of Neurological Sciences, Rush University Medical Center, Chicago, IL.
- Ong, J. (February 2014). *Integrating BSM into Sleep Medicine: It's more than just BS!* Presentation at the University of Chicago, Sleep Rounds. Chicago, IL.
- Ong, J. (November 2012). *Behavioral Sleep Medicine (BSM): It's more than just BS*. Presentation at the Brown Bag Lecture Series in Clinical Psychology at Northwestern University, Evanston, IL.
- Ong, J. (June 2011). *Overview of Sleep and Psychiatric Disorders*. Presentation at the Psychiatry Rounds. Chicago, IL.
- Ong, J. (May 2011). *Mindfulness and Metacognition*. New Approaches to Treating Insomnia. Presentation at Rush Neurobehavioral Center. Skokie, IL.
- Ong, J. (April 2011). *Changing your mind: Mindfulness-Based Approaches to Insomnia*. Presentation at the Sleep Research Form, University of Illinois at Chicago, Chicago, IL.
- Park, M. and Ong, J. (March 2011). *Evaluating and treating sleep disorders*. Presentation at Grand Rounds in Gerontology, Rush University Medical Center, Chicago, IL.
- Ong, J. (February 2011). *Treating insomnia without drugs: Change your mind or change your behavior*. Presentation at the Research Seminar Series, Department of Oncological Sciences, Mount Sinai Medical Center, New York, NY.
- Ong, J. (January 2011). *Mindfulness Meditation and Insomnia*. On-line lecture on mindfulness meditation and insomnia for the Master's in Behavioural Sleep Medicine program at the University of Glasgow.
- Ong, J. (August 2010). *Treating "Real" insomnia patients: CBT and beyond*. Presentation at the University of Chicago Sleep Rounds. Chicago, IL.

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- Ong, J. (August 2010). *Awakening to better sleep*. Young Investigator Presentation at the William C. Dement Sleep and Chronobiology Summer Research Apprenticeship Program at Brown University. Providence, RI.
- Ong, J. (February 2010). *Advanced issues in the treatment of insomnia*. Presentation at the Northwestern Sleep Didactic Conference, Chicago, IL.
- Ong, J. (January 2009). *Awakening from Insomnia: A Mindfulness-Based Approach to Treating Insomnia*. Grand Rounds in Preventive Medicine, Rush University Medical Center, Chicago, IL.
- Ong, J. (February 2008). *Psychological Treatments for Insomnia*. Clinical Seminar Series, UC-Berkeley, Berkeley, CA.
- Ong, J. (September 2007). *Awakening to Better Sleep: Combining Mindfulness Meditation with CBT for Insomnia*. Department of Behavioral Sciences Colloquium, Rush University Medical Center, Chicago, IL.
- Ong, J. (March 2007). *Awakening to Better Sleep*. Department of Psychology Colloquium, University of North Carolina at Charlotte, Charlotte, NC.
- Ong, J. (May 2006). *Combining mindfulness meditation with cognitive-behavioral therapy for insomnia*. Sleep Grand Rounds Presentation at the Sleep Disorders Center, Stanford University School of Medicine, Stanford, CA.
- Ong, J. (December 2003). *Issues in the chronic use of hypnotics among older adults*. Grand Rounds Presentation at the Sleep Disorders Center, Rush University Medical Center, Chicago, IL.
- Ong, J. (August 2003). *The Relationship Between Headache and Sleep Disorders: A Review of Current Findings*. Grand Rounds Presentation at the Sleep Disorders Center, Rush University Medical Center, Chicago, IL.
- Ong, J. (October 2002). *Psychopathology and Parkinson's Disease*. Grand Rounds Presentation at the Parkinson's Disease Research Education and Clinical Center, McGuire VA Medical Center, Richmond, VA.

OTHER INVITED PRESENTATIONS

- Ong, J. (April, 2019). *Sleeping Better without Drugs*. Presentation at the Parkinson's Foundation Patient Education Day. Deerfield, IL.
- Ong, J. (January, 2019). *Improving Sleep and Mental Health in Narcolepsy with Behavioral Sleep Medicine*, Presentation at the Wake Up Narcolepsy Education Day, Pasadena, CA.
- Ong, J. (October, 2018). *CBT for Narcolepsy: What is it? How can it help?* Presentation at the Narcolepsy Network Annual Conference, Indianapolis, IN.
- Ong, J. (November, 2016). *Managing the psychosocial aspects of narcolepsy*. Presentation at the Narcolepsy Meetup, Houston, TX.
- Ong, J. (July, 2016). *Managing the psychosocial aspects of narcolepsy*. Presentation at the Narcolepsy Meetup, Chicago, IL.
- Ong, J. & Cvengros, J. (August, 2012). *Do you have a sleep disorder?* Presentation at the Rush Generations: A Program for Health and Aging, Chicago, IL.
- Ong, J. (August, 2011). *Sleeping Well: Basics of Sleep and Sleep Disorders*. Presentation for the Wellness Challenge Lecture Series at Tawani Enterprises. Chicago, IL.
- Ong, J. & Cvengros, J. (April, 2011). *Insomnia and Sleep Apnea: Do you have a sleep disorder?* Presentation at the Rush Generations: A Program for Health and Aging, Chicago, IL.
- Ong, J. (March, 2011). *Sleep and sleep disorders*. Presentation at the Chinese American Service League. Chicago, IL.
- Ong, J. & Wyatt, J.K. (June, 2010). *A Hard Day's Night: Recognizing and solving problems with nighttime sleep and daytime alertness*. Presentation at the American Medical Association, Chicago, IL.

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- Ong, J. & Hoffman, A. (January, 2010). *Insomnia: Do you have a sleep problem?* Presentation at the Rush Generations: A Program for Health and Aging, Chicago, IL.
- Ong, J. (October, 2009). *Get a Good Night's Sleep.* Presentation for the Jewish Vocational Seminar, Chicago, IL.
- Ong, J. (March, 2009). *Overcoming Insomnia.* Presentation for the Concerned About your Health Seminar series at the Jewish Federation of Chicago, Chicago, IL.
- Ong, J. (April 2006). *Sleep deprivation, sleep disorders, and sleep hygiene.* Presentation for the A.W.A.K.E. group at the University of California at San Francisco, San Francisco, CA.
- Ong, J.C. (March 2003). *Sleep Hygiene, Sleep Disorders, and Parkinson's Disease.* Presentation at the Parkinson's Disease Psycho-educational Group Meeting, McGuire VA Medical Center, Richmond, VA.

HONORS AND AWARDS

- Insomnia Section Investigator Award*, American Academy of Sleep Medicine (June, 2014). Award received for outstanding scientific Presentation at 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Early Career Distinguished Achievement Award*, Society of Behavioral Sleep Medicine (June, 2012). Award for significant scientific and clinical contributions to the field of Behavioral Sleep Medicine within the first 8 years of achieving terminal degree.
- Skill Enhancement Award*, Department of Behavioral Sciences, Rush University Medical Center (March, 2011). Recipient of a \$500 award to support attendance of a workshop and consultation with senior investigator at SBM.
- K Award Grant*, Central Society for Clinical Research and Midwestern Section American Federation for Medical Research (April, 2009). Recipient of a K Award Grant for a poster Presentation at the annual meeting in Chicago, IL.
- Loan Repayment Program*, National Institutes of Health (July 2006 – June 2009)
Recipient of a two-year Loan Repayment Program Award for Clinical Research (2006-2008) and one-year renewal (2008-2009) sponsored by the National Center for Complimentary and Alternative Medicine (L30 AT003748-01).
- Abstract Excellence Award*, Sleep Research Society (June 2007)
Recipient of award based on scientific merit for oral paper Presentation at the Annual Meeting of the American Professional Sleep Societies.
- Young Investigator Award*, American Academy of Sleep Medicine (June 2005)
Recipient of Behavioral Sleep Medicine Section Award given to young investigator for poster ed at the Annual Meeting of the American Professional Sleep Societies.
- Outstanding Student in Clinical Psychology*, Virginia Commonwealth University (April 2003)
Co-recipient of award given to the outstanding doctoral-level student in the Clinical Psychology program at Virginia Commonwealth University.
- SREB Dissertation Year Fellowship*, Virginia Commonwealth University (August 2002 - July 2003)
Recipient of \$12,000 fellowship awarded to a doctoral-level student in pursuit of an academic career to aid in completing the dissertation and other research projects.
- Anonymous Donor Award for Student Research*, Virginia Commonwealth University (March 2002)
Recipient of \$450 research award given to aid in the completion of research projects.
- Letter of Recognition for Outstanding Course Instructor*, Virginia Commonwealth University (Summer 2000) Received letter of recognition for outstanding course and instructor ratings.
- Evelyn E. Gunst Scholarship Award*, Virginia Commonwealth University (April 2000)

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Recipient of scholarship award given to the outstanding master's level student in the Department of Psychology at Virginia Commonwealth University.

Recipient of \$10,000 fellowship plus tuition remission awarded to a master's level student in pursuit of an academic career.

Stephen J. Wright Graduate Dean's Award, Virginia Commonwealth University (August 1999 – May 2000)

Aaron Hartman Award in Psychology, Tulane University (May 1997)

Co-recipient of award given to the outstanding undergraduate senior in the Department of Psychology at Tulane University.

PROFESSIONAL SERVICE

NATIONAL COMMITTEE MEMBERSHIP AND LEADERSHIP POSITIONS

Research Fellowship Committee, American Academy of Sleep Medicine Foundation (April 2019 – June 2021). Nominated to serve on this committee which aims to develop and implement activities with the goal of growing the pipeline of sleep and circadian researchers.

President, Society of Behavioral Sleep Medicine (June 2017-June 2018). Elected to serve a three-year term (2016-2019) on the executive committee of the SBSM with the role of president of the SBSM in 2017-2018.

Medical Advisory Board, Wake up Narcolepsy (June 2019 - present). Provide scientific advice to the Board of Directors and promote the activities of Wake up Narcolepsy.

Medical Advisory Board, Hypersomnia Foundation (August 2016 - present). Appointed to a three-year term to provide scientific advice to the Board of Directors and to promote education and awareness of the Hypersomnia Foundation.

Medical Advisory Board, Narcolepsy Network (August 2016 - present). Provide scientific advice to the Board of Trustees and promote the activities of the Narcolepsy Network.

Psychologist Reviewer, Program Committee, Associated Professional Sleep Societies (June 2015- June 2018). Appointed to a three-year term to serve as the psychologist reviewer and provide input on scientific and program content at the annual APSS meeting.

Director-at-Large, Society of Behavioral Sleep Medicine, (June 2013 – May 2016). Elected to serve a three-year term as a director-at-large on the SBSM Board of Directors.

Program Committee, Association for Behavior and Cognitive Therapy (March, 2014). Served as reviewer for abstract submissions to the 2014 annual meeting.

Continuing Education Committee, American Psychological Association, (January 2013 – January 2014). National council to develop policy on continuing education for psychologists and to review applications for continuing education sponsors.

Chair, Accreditation Committee, Society of Behavioral Sleep Medicine. (July 2011 – June 2013). Committee regulating the accreditation of Training Programs in Behavioral Sleep Medicine. (Member, November 2010 – July 2011).

Early Career Professionals Council, American Psychological Association, Division 38 (Health Psychology). (December 2010 – August 2012). Council to promote and enhance the involvement of early career psychologists in Health Psychology.

ADVISORY PANELS AND TASK FORCE WORKGROUPS

Insomnia Task Force, International Sleep Medicine Guidelines Committee, 2018, World Sleep Society

Insomnia Workgroup, Outcome Measures Task Force, 2013-2014, American Academy of Sleep Medicine

Key Informant, Agency for Healthcare Research and Quality (AHRQ), 2013, Review on Chronic Insomnia

Presidential Task Force for APA Petition to recognize Sleep Psychology, 2011-2012, Society of Behavioral Sleep Medicine

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GRANT REVIEW PANELS

National Institutes of Health

Member, Mechanisms of Emotion, Stress, and Health (MESH), July 2017 – January 2021

Ad hoc reviewer, NCCIH R61/R33 Review Panel, August 2018

Ad hoc reviewer, NCI R01/U01 Review Panel, March, 2017

Ad hoc reviewer, NCI R01/U01 Review Panel, November, 2016

Ad hoc reviewer, Cancer, Heart, and Sleep Epidemiology (CHSB), October 2016

Ad hoc reviewer, Sleep, Memory, Anxiety, and Reward, ZRG1 BBBP-Z, March 2016.

Ad hoc reviewer, Mechanisms of Emotion, Stress, and Health (MESH), October 2015.

Ad hoc reviewer, Mechanisms of Emotion, Stress, and Health (MESH), February 2015.

Ad hoc reviewer, Mechanisms of Emotion, Stress, and Health (MESH), December, 2013.

Ad hoc reviewer, Biobehavioral Mechanisms of Emotion, Stress, and Health (ZRG1 BBBP-R), January 2013.

Ad hoc reviewer, National Center for Complementary and Alternative Medicine, NIH (PK-24), October 2012.

Ad hoc reviewer, National Center for Complementary and Alternative Medicine, NIH (PK-21), February 2012.

Ad hoc reviewer, National Center for Complementary and Alternative Medicine, NIH (PK-19), June 2011.

Health and Health Services Research Fund, Food and Health Bureau of Hong Kong

Ad hoc reviewer, January 2013

Ad hoc reviewer, January 2011

American Sleep Medicine Foundation

Review Committee Member (March 2013)

EDITORIAL BOARDS

Associate Editor

SLEEP (June 2020 – April 2021)

Encyclopedia of Sleep and Circadian Rhythms (2nd Edition)

Guest Editor

Sleep Medicine Clinics (June, 2019) – Cognitive Behavioral Therapies for Insomnia

Editorial Board

Journal of Clinical Psychology (December 2010-)

SLEEP (March 2014 – present)

Sleep Science and Practice (June 2016 – present)

Current Sleep Medicine Reports (August 2017 – present)

Behavioral Sleep Medicine (January 2019 – present)

Frontiers of Neurology (October 2019 – present)

Ad-Hoc Reviewer

JASON C. ONG, PHD

The Journal of the American Medical Association (JAMA)
Annals of Internal Medicine
SLEEP
Behavioral Sleep Medicine
Journal of Clinical Sleep Medicine
Sleep Medicine
Sleep Medicine Reviews
Journal of Consulting and Clinical Psychology
Journal of Clinical Psychology
Journal of Psychosomatic Research
Journal of Behavioral Medicine
Psychological Medicine
Journal of Clinical Psychiatry
The Clinical Journal of Pain
Emotion
Journal of Alternative and Complimentary Medicine
Cognitive Therapy and Research
Heart and Lung
Behavior Therapy
Stress and Health
Contemporary Clinical Trials
Journal of Psychiatric Research
Headache
Journal of Headache and Pain
Journal of Pain
Health Psychology
Cephalalgia
Biological Psychology
Ergonomics
PLOS One