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EDUCATION:

Dr. Brownlow completed her PhD in Neuropsychology at Howard University. She also completed a National Research Service Award Postdoctoral Fellowship in Behavioral Sleep Medicine at the Center for Sleep and Circadian Neurobiology in the Perelman School of Medicine at the University of Pennsylvania.

RESEARCH INTEREST:

Dr. Brownlow's research focuses on applying cognitive, behavioral, and neuropsychological principles to the study of sleep-wake regulatory processes in posttraumatic stress disorder. Her research also focuses on understanding the critical role of sleep deficiencies at the interplay of upstream social determinants of health and downstream psychological and physical health outcomes.

SELECTED PUBLICATIONS:

Brownlow, J. A., Klingaman, E. A., Miller, K. E., & Gehrman, P. R. (2022). Trauma type as a risk factor for insomnia in a military population. *Journal of Affective Disorders*, *308*, 65–70.
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Brownlow, J. A., Miller, K. E., Ross, R. J., Barilla, H., Kling, M. A., Bhatnagar, S., Mellman T. M., & Gehrman, P. R. (2022). The association of polysomnographic sleep on posttraumatic stress disorder symptom clusters in trauma-exposed civilians and veterans. *SLEEP Advances*, *zpac024*, <https://doi.org/10.1093/sleepadvances/zpac024>

Brownlow, J. A., Miller, K. E., & Gehrman, P. R. (2020). Insomnia and cognitive performance. *Sleep Medicine Clinics*, *15*(1):71-76. doi: 10.1016/j.jsmc.2019.10.002

Brownlow, J. A., Klingaman, E. A., Boland, E. M., Brewster, G. S., & Gehrman, P. R. (2017). Psychiatric disorders moderate the relationship between insomnia and cognitive problems in military soldiers. *Journal of Affective Disorders*, *221*, 25-30. doi: 10.1016/j.jad.2017.06.023

Scott, J. C., Harb, G., **Brownlow, J. A.,** Greene, J., Gur, R. C., & Ross, R. J. (2017). Verbal memory functioning moderates psychotherapy treatment response for PTSD-related nightmares. *Behaviour Research and Therapy*, *91*, 24-32. doi: 10.1016/j.brat.2017.01.004

Brownlow, J. A., McLean, C. P., Gehrman, P. R., Harb, G. C., Ross, R. J., & Foa, E. B. (2016). Influence of sleep disturbance on global functioning after posttraumatic stress disorder treatment. *Journal of Traumatic Stress*, *29*, 515-521. doi:10.1002/jts.22139

Brownlow, J. A., Harb, G. C., & Ross, R. J. (2015). Treatment of sleep disturbances in posttraumatic stress disorder: A review of the literature. *Current Psychiatry Reports*, *17*(6), 587. doi: 10.1007/s11920-015-0587-8