

Center for Sleep & Circadian Neurobiology

The Penn Behavioral Sleep Medicine Program

A Personal Retrospective: Past Work on Sleep & Aging and the Possibilities for the Future

Tuesday, September 26th 12-1pm (lunch provided)

3624 Market Street, Suite 201



Dr. Bonnet has been a Professor of Neurology at Wright State Booneshott School of Medicine in Dayton, Ohio, since 1991 and Clinical Director of the Kettering Sycamore Sleep Disorders Center in Miamisburg, Ohio since 2011. He received his Ph.D. from the University of Florida in 1977 working with Wilse Webb PhD and did a Post-doctoral Research Associateship at the Naval Health Research Center in San Diego with Laverne Johnson, PhD in 1977-1978. He has been employed by the Department of Veterans Affairs since 1978 at Cincinnati, Loma Linda, Long Beach, and currently Dayton, Ohio and has been on staff at the University of Cincinnati, Loma Linda University, and University of California, Irvine prior to Wright State University.

His research interests have included behavioral studies of sleep deprivation and recovery from sleep deprivation in young adults and older normal sleepers and insomnia patients; sleep disturbance, including empirical studies of sleep disturbance schedules in young and older adults that modeled sleep disturbance common in sleep apnea; and sleep disorders with a special interest in insomnia. The insomnia work has focused on understanding the pathophysiology of insomnia through modeling the effects of poor sleep and physiological activation on normal sleepers and insomnia patients and description of state and trait physiological activation variation on sleepiness and sensitivity to circadian shifts and medication. He has had 19 years of funding from the Department of Veterans Affairs Merit Review program and additional research support from NIOSH, the Department of the Army, University of California, and numerous pharmaceutical companies.

He has published over 100 peer-reviewed publications and 50 book chapters, 100 abstracts and 15 letters, brief reviews and editorials. He has served two terms on the executive committee of the Sleep Research Society, been a member of the VA Research and Development Committee for 25 years including Chair for 4 years. He was an ASDA site visitor for 16 years, was on the editorial board of Sleep for 19 years including being book review editor for 5 years, was on editorial board for the Journal of Sleep Research for 20 years, and has been a reviewer for numerous journals. He has served on several APSS and AASM work groups including the development and publication of the ASDA manual for the scoring of EEG arousals during sleep.



5th Lecture of a K24 Supported Lecture Series
PI: Michael L. Perlis