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Area of Expertise

Sleep is both a biological need and a choice, making the study of sleep both fascinating and complex. Insufficient sleep and poor quality sleep adversely impact health and wellness. Yet, 70% of Americans across all age groups experience one or both.

The Sleep Research Lab, directed by Dr. Brandy M. Roane, examines the combined influence of physiological, behavioral, and social factors on health with a specific focus on: (a) exploring links between sleep and subsequent psychopathology and chronic medical conditions, and (b) developing effective prevention and intervention treatments.

Research projects include clinical, laboratory, and public health studies such as experimentally manipulating sleep parameters and examining how these changes impact obesity-related behaviors such as physical activity and eating. The overarching goal of all work conducted in the Sleep Research Lab is to better understand how sleep may act as an environmental variable altering the trajectory of chronic medical conditions and psychopathology. Understanding how sleep influences these conditions would contribute greatly to health and wellness, as sleep is a targetable behavior.

Qualifications

MS in Psychology, University of North Texas

PhD in Health Psychology & Behavioral Science, University of North Texas

BA in Psychology, University of Texas at Dallas

Recent Publications

Promoting Independent Sleep Onset in Young Children: Examination of the Excuse Me Drill

Kuhn, B. R., LaBrot, Z. C., Ford, R. & Roane, B. M., 1 Nov 2020, In : Behavioral Sleep Medicine. 18, 6, p. 730-745 16 p.

Does compression of the fourth ventricle cause preterm labor? Analysis of data from the PROMOTE study

Hensel, K. L. & Roane, B. M., Oct 2019, In : Journal of the American Osteopathic Association. 119, 10, p. 668-672 5 p.

System for Monitoring User Engagement with Personalized Medical Devices to Improve Use and Health Outcomes

Clements, E. D., Roane, B. M., Alshabrawy, H., Gopalakrishnan, A. & Balaji, S., Jul 2019, *2019 41st Annual International Conference of the IEEE Engineering in Medicine and Biology Society, EMBC 2019*. Institute of Electrical and Electronics Engineers Inc., p. 4301-4305 5 p. 8856859. (Proceedings of the Annual International Conference of the IEEE Engineering in Medicine and Biology Society, EMBS).

An approach to understanding sleep and depressed mood in adolescents: person-centred sleep classification

Shochat, T., Barker, D. H., Sharkey, K. M., Van Reen, E., Roane, B. M. & Carskadon, M. A., Dec 2017, In : Journal of Sleep Research. 26, 6, p. 709-717 9 p.

Mechanisms influencing older adolescents' bedtimes during videogaming: the roles of game difficulty and flow

Smith, L. J., King, D. L., Richardson, C., Roane, B. M. & Gradisar, M., Nov 2017, In : Sleep Medicine. 39, p. 70-76 7 p.

Response

Hensel, K. L., Roane, B. M. & Smith-Barbaro, P., May 2017, In : Journal of the American Osteopathic Association. 117, 5, p. 290 1 p.

The impact of sleep and psychiatric symptoms on alcohol consequences among young adults

Miller, M. B., Van Reen, E., Barker, D. H., Roane, B. M., Borsari, B., McGeary, J. E., Seifer, R. & Carskadon, M. A., 1 Mar 2017, In : Addictive Behaviors. 66, p. 138-144 7 p.

PROMOTE study: Safety of osteopathic manipulative treatment during the third trimester by labor and delivery outcomes
Hensel, K. L., Roane, B. M., Chaphekar, A. V. & Smith-Barbaro, P., Nov 2016, In : Journal of the American Osteopathic Association. 116, 11, p. 698-703 6 p.

Current alcohol use is associated with sleep patterns in first-year college students

Van Reen, E., Roane, B. M., Barker, D. H., McGeary, J. E., Borsari, B. & Carskadon, M. A., 1 Jun 2016, In : Sleep. 39, 6, p. 1321-1326 6 p.

Digital media use in the 2 h before bedtime is associated with sleep variables in university students

Orzech, K. M., Grandner, M. A., Roane, B. M. & Carskadon, M. A., 1 Feb 2016, In : Computers in Human Behavior. 55, p. 43-50 8 p., 3676.

Sponsored Projects

Adolescent Obesity: Role of Biological Processes and Social Rhythms

Roane, B. M.

Intramural Research(UNTHSC)

14/01/13 → 13/01/15

Association of Sleep and Physical Activity in Adolescents

Roane, B. M.

Intramural Research(UNTHSC)

1/10/14 → 30/09/15

MyPAP Trainer: A Novel Device to Increase User Awareness and Remediation of Positive Airway Pressure Leak

Roane, B. M.

Intramural Research(TxMRC)

1/07/15 → 30/06/18

Patient Acceptance of a Device to Increase PAP Use (For: Mustafa Khan)

Roane, B. M.

Intramural Research(UNTHSC)

1/03/16 → 31/03/17

Prospective Study of Depressed Mood , Short Sleep, and Serotonergic Genes

Roane, B. M.

Lifespan

29/08/12 → 30/11/13

Social and Biological Rhythms: A Novel Approach to Reducing Type II Diabetes Mellitus Risk in Teens

Roane, B. M. & Habiba, N.

Intramural Research(UNTHSC)

1/04/14 → 31/08/16

The Impact of Depression on Sleep Disturbances Among Mexican American Adults and Elders

Roane, B. M.

Hogg Foundation For Mental Health

1/06/13 → 31/05/15

The Influence of Physical Activity on Sleep in Graduate Students (For: Ali Sabah)

Roane, B. M.

Intramural Research(UNTHSC)

15/10/15 → 31/08/16

The Relationship Between Teen Sleep and Obesity with TCOM Student Rachael Rube
Roane, B. M.
Intramural Research(UNTHSC)
1/09/13 → 31/08/14