

Curriculum Vitae for Jeff Dyche

EDUCATION

- 2000 Saint Louis University, St. Louis, MO
Ph.D. Experimental Psychology - Behavioral Neuroscience
- 1995 Appalachian State University, Boone, NC
M.A. General-Experimental Psychology
- 1991 U.S. Air Force School of Health Sciences, Sheppard Air Force Base, TX.
Diploma: Medical Laboratory Science
- 1990 Drake University, Des Moines, IA
B.A. Major: Experimental Psychology
Minor: Religion & Biology

CURRENT POSITION

Professor
Dept of Psychology
James Madison University
Harrisonburg, VA

MILITARY SERVICE

- 2006- 2010 US Navy Reserves (IRR)
2000-2006 US Navy
1992-1995 North Carolina Air National Guard
1989-1992 US Air Force

TEACHING EXPERIENCE

Assistant/Associate/full Professor – James Madison University
Biopsychology (undergraduate)
Behavioral Neuroscience (graduate)
Sleep and Chronobiology (undergraduate)
Introduction to Psychology (undergraduate)
Sensation and Perception (undergraduate)
Independent study (undergraduate and graduate)

RECENT PUBLICATIONS

Dyche, J., Crewe, M., Fogler, K., Gilmore, G., Glidewell, R., & Orr, W. (2023). Sleep assessment and cognitive performance in a military college population: A Measurement Comparison. *Sleep medicine* submitted

Lim JYL, Boardman J, Dyche J, Anderson C, Dickinson DL, Drummond SPA. (2022). Sex moderates the effects of total sleep deprivation and sleep restriction on risk preference. *Sleep*, 45(9):. doi: 10.1093/sleep/zsac120

Crewe, M., Holt, D., & Dyche, J. (2020). Rat psychomotor vigilance task performance following chronic sleep restriction and systemic caffeine. *J of Caffeine and Adenosine Research*, Mar 2020
<https://doi.org/10.1089/caff.2019.0005>

Chabal, S., Couturier, K.C., Dyche, J., Soutiere, S., Figueiro, M., & Plitnick, B. (2018) *Circadian rhythm phase locking for traveling special forces operators: Using light exposure to maintain time zone*

entrainment. (NSMRL Technical Report No. 1318). Naval Submarine Medical Research Laboratory. Groton, CT.

Vincent, A.S., Bailey, C.M., Cowan, C., Cox-Fuenzalida, E., Dyche, J., Gorgens, K.A., Krawczyk, D., & Young, L. (2016). Normative Data for Evaluating Mild Traumatic Brain Injury with a Handheld Neurocognitive Assessment Tool. *Applied Neuropsychology: Adult*, 23, 1-11. doi: 10.1080/23279095.2016.1213263

Couturier, K.C. & Dyche, J. (2016). “Phase Locking” in transmeridian operations: Sleep and circadian rhythm implications. (NSMRL Technical Report No. 1290) Naval Submarine Medical Research Laboratory. Groton, CT.

Dickinson, D.L, Drummond, S.P.A., & Dyche, J. (2016). Voluntary sleep choice and its effects on Bayesian decisions. *Behavioral Sleep Medicine*, 14, 501-513. doi: 10.1080/15402002.2015.1028064

RECENT ABSTRACTS

Crewe, M., Holt D.D., & Dyche, J. (2022). Sleep Deprivation, Caffeine, and Attention: A Pilot Study. *Society for Neuroscience Abstracts*. 7099.

Crewe, M., & Dyche, J. (2021). Relationship between sleep, academic, and emotional functioning in college students. *Sleep*, 40, 0259.

Donovan, E., Crewe, M., & Dyche, J. (2020). Cortisol levels in rat urine following chronic sleep deprivation in forced exercise wheels and gentle handling chambers. *Sleep*, 40, 0567.

Falk, Z., Cabrera, M., Crewe, M., Jalil, D., Okafor, Z., Reigel, C., & Dyche, J. (2020). Effects of a post-deprivation nap on peripheral levels of cortisol and interleukin-6 following 24-hour sleep deprivation. *Sleep*, 40, 0345

RECENT PRESENTATIONS

Khan, A., Crewe, M., Holt, D., & Dyche, J. (2021). *Rodent Psychomotor Vigilance Task performance following chronic sleep restriction in Wistar Han and Sprague-Dawley rats*. Poster presented at Virginia Association for Psychological Science Conference in Virginia Beach VA, April 15.

Mack, N., Donovan, E., Wallace, J., Cowan, C., Holt, D., & Dyche, J. (2020). *Sleep deprivation and voluntary alcohol consumption in adult rats*. Poster presented at Georgetown University Undergraduate Research Conference in Washington DC, April 23

Donovan, E., Mack, N, Wallace, J., Cowan, C., Khan, A., Leshock, O., Crewe, M., Holt, D. & Dyche, J (2019). *Long term effects of repeated cocaine exposure on impulse inhibition*. Poster presented at Georgetown University Undergraduate Research Conference in Washington DC, April 23

GRANTS

- “Battlefield Acupuncture for the Treatment of Low Back Pain and Sleep.” FY 2017-2021. The Geneva Foundation. (Proposal No. VA-17-02-28-206-216-00-660) \$16,546
- 2016-17 Mamie Phipps Clark Diversity Research Grant (Psi Chi) “The Effect of Daytime Napping On Il-6 and Cortisol After Sleep Deprivation,” w/ Daroon Jalil, Zach Falk, and Matt Cabrera. Spring 2017 \$3,000.
- “Automated Neuropsychological Assessment Metrics (ANAM) Mobile Normative Data” Vista Life Sciences. FY 2015-2016. (Proposal No.VA-16-09-17-075-216-00-660) \$19,389.0
- “Collaborative Research: DRU: Behavioral and Neural Effects of Sleep Deprivation on Specific Components of Decision Making.” National Science Foundation (NSF). FY 2008-2011. (NSF # SES-0728504) \$750K

- “Neuropsychological and educational research at USAFA: A continuing program in sleep science” Defense Advanced Research Projects Agency (DARPA). FY 2008-2009. \$53K
- “Cognitive and clinical sleep assessment of USAFA cadets.” Defense Advanced Research Projects Agency (DARPA). FY 2006-2008. \$90K
- “The use of actigraphy on cadets at the United States Air Force Academy. DF intramural small grant (AFOSR). 2004. \$10K.
- “At sea trials of an alternative watchstanding schedule.” Bureau of Medicine and Surgery. BUMED work unit # 50307 FY 2002-2003. \$287K
- “A comparison of new watchstanding schedules: A laboratory simulation.” Office of Naval Research. ONR work unit # 5907 FY 2001-2002. \$320K

REVIEWER

- *International Journal of Environmental Research and Public Health*. 2017-
- *PLOS ONE*, 2015-
- *Scholarship of Teaching and Learning*, 2015-
- *James Madison Undergraduate Research Journal* 2015-
- *Archives of Medical Research*, 2012-
- *Military Psychology*, 2008-
- *Journal of Human Performance in Extreme Environments*, 2005-2008
- *Journal of Neuroscience Methods*, 2004-2005

AWARDS AND HONORS (last five years)

2018 Nominated: Virginia Outstanding Scientist of the Year Award for 2019

2017 Madison Scholar: College of Health and Behavioral Studies, JMU.

PROFESSIONAL ASSOCIATIONS

- Association for Psychological Science
- Society for Neuroscience
- National Sleep Foundation
- Sleep Research Society
- National Society of Collegiate Scholars

POPULAR PRESS

Virginia Humanities radio NPR <https://www.withgoodreasonradio.org/episode/got-me-hypnotized/> 2018
 Cited in book, *Grunt: The curious science of humans at war*. Author: Mary Roach. Published May, 2016.
 Cited in article “AF Academy dean to retire next summer” by *The Associated Press*. Nov. 8, 2012
 Interviewed on *WXJM radio* show “STEM Sell” on science and sleep. Jan 10, 2011.
 Cited in *Wall Street Journal*, “Underground Dreams: Beer, Hugs and Weddings.” Aug. 28, 2010
 Cited in *The New York Times*, “This fall, more sleep for students in Wilton, CT.” June 15, 2003
 Guest Columnist, *The New London Day*, “To sleep perchance to sleep” April 6, 2003
 Cited in *The Chicago Tribune*, “Reveille at 6am, it’s not your father’s Navy.” Nov 30, 2002
 Cited in *The New York Times*, “Sleep is one thing missing in busy teen-age lives.” Nov. 5, 2002.