

# AMY M. BENDER

Senior Research Scientist & Adjunct Professor of Kinesiology • sleep4sport@gmail.com • 1-587-703-8664

## EDUCATION & FELLOWSHIPS

1. Mitacs Postdoctoral Fellowship (2015-2017) Kinesiology, University of Calgary
2. PhD (2015) Experimental Psychology, Washington State University
3. MS (2012) Experimental Psychology, Washington State University
4. Registered Polysomnographic (Sleep) Technologist (2008-2018; registry#11546)
5. BA Psychology (2002), California State University, San Bernardino

## PEER-REVIEWED PUBLICATIONS

- 2020** 1. Walsh NP, Halson SL, Sargent C, Roach GD, Nedelec M, Gupta L, Leeder J, Fullagar HH, Coutts AJ, Edwards BJ, Pullinger SA, Robertson CM, Burniston JG, Lastella M, Le Meur Y, Hausswirth C, **Bender AM**, Grandner MA, Samuels CH. Sleep and the athlete: Consensus statement. *British Journal of Sports Medicine*. 2020;
- 2020** 2. Kutschner S, **Bender AM**, Samuels CH. Fatigue and sleep risk management for the occupational athlete. In Principles and Practice of Sleep Medicine: Seventh Edition. Elsevier Inc. 2020. p. doi:
- 2020** 3. Jansen van Rensburg D, Jansen van Rensburg A, Fowler P, Fullagar H, Stevens D, Halson S, **Bender AM**, Vincent G, Claesent A, Dunican I, Roach G, Sargent C, Lastella M, Cronje T. How to manage travel fatigue and jet lag in athletes? A systematic review of interventions. *British Journal of Sports Medicine*. 2020;
- 2020** 4. **Bender AM**, Van Dongen HPA, Roll J, Layton M. Sleep disturbance and daytime sleepiness in cigarette smokers attempting to quit without treatment. *Sleep Biol Rhythms*. 2020; 18:9-16. doi:[10.1007/s41105-019-00235-y](https://doi.org/10.1007/s41105-019-00235-y)
- 2019** 5. Biggins M, Purthill H, Fowler P, **Bender AM**, O'Sullivan K, Samuels CH, & Cahalan R. Sleep in elite multi-sport athletes: Implications for athlete health and wellbeing. *Phys Ther Sport*. 2019; 39:136-142. doi:[10.1016/j.ptsp.2019.07.006](https://doi.org/10.1016/j.ptsp.2019.07.006)
- 2019** 6. **Bender AM**, Van Dongen HPA, Samuels CH. Sleep quality and chronotype differences between elite athletes and non-athlete controls. *Clocks & Sleep*. 2019; 1(1):3-12. doi:[10.3390/clockssleep1010002](https://doi.org/10.3390/clockssleep1010002)
- 2019** 7. Benson S, **Bender AM**, Wickenheiser H, Naylor A, Clarke M, Samuels CH, Werthner P. Differences in sleep patterns, sleepiness, and physical activity levels between young adults with autism spectrum disorder and typically developing controls. *Dev Neurorehabil*. 2019; 22(3):164-173. doi:[10.1080/17518423.2018.1501777](https://doi.org/10.1080/17518423.2018.1501777)

- 2018 8.** **Bender AM**, Lawson D, Werthner P, Samuels CH. The clinical validation of the Athlete Sleep Screening Questionnaire: An instrument to identify athletes that need further assessment. *Sports Medicine-Open*. 2018; 4(1):23:1-8. doi: [10.1186/s40798-018-0140-5](https://doi.org/10.1186/s40798-018-0140-5)
- 2017 9.** Kishi A, Van Dongen HPA, Natelson BH, **Bender AM**, Palombini LO, Bittencourt L, Tufik S, Ayappa I, Rapoport DV. Sleep continuity is positively correlated with sleep duration in laboratory nighttime sleep recordings. *PLoS One*. 2017;12(4):1-19. doi: [10.1371/journal.pone.0175504](https://doi.org/10.1371/journal.pone.0175504)
- 2012 10.** Van Dongen HPA, **Bender AM**, Dinges DF. Systematic individual differences in sleep: Homeostatic and circadian rhythm contributions to neurobehavioral impairment during sleep deprivation. *Accid Anal Prev*. 2012; 45S: 11-16. doi: [10.1016/j.aap.2011.09.018](https://doi.org/10.1016/j.aap.2011.09.018)
- 2008 11.** Luik AI, **Bender AM**, Tucker AM, Belenky G, Van Dongen HPA. Systematic inter-individual differences in polysomnographic sleep variables. *Sleep-Wake Res Neth*. 2008;19:109-112. [pdf](#)
- 2007 12.** **Bender AM**, Tucker AM, Knittle KA, Belenky G, Van Dongen HPA. Slow wave activity in the first NREM episode is a trait marker in addition to a homeostatic state marker. *Sleep-Wake Res Neth*. 2007;18:33-36. [pdf](#)

#### UNDER-REVIEW

**13.** Biggins M, Purthill H, Fowler P, **Bender AM**, O'Sullivan K, Samuels CH, & Cahalan R. Sleep, Health, and Wellbeing in Elite Athletes Before, During and After International Competition.

#### IN-PREPARATION

**14.** Jansen van Rensburg D, Jansen van Rensberg A, Fowler P, **Bender AM**, Stevens D, Fullagar H, Halson S, **Bender AM**, Vincent G, Claassen A, Dunican I, Roach G, Sargent C, Lastella M, Cronje T. Exploring the human circadian system and its effect on travel: A narrative review on current knowledge and recommendations with application to the athlete.

**15.** Collins C, Bender AM, Brooks R. Sleep and alertness differences between on-fire and off-fire United States wildland firefighters during the 2017 fire season.

**16.** **Bender AM.**, Pedlar, C, Earle, J, Lawson D, Brewer, J, Kipps C, Samuels, CH. Sleep quality of marathon runners assessed using the Athlete Sleep Screening Questionnaire.

**17.** Benson S, Wickenheiser H, Naylor A, Corbett S, **Bender AM**, Clarke M, Samuels CH, Werthner P. A Physical activity intervention for young adults with autism spectrum disorder: effects on physical activity, gross motor proficiency, daytime functioning, and sleep.

**18.** **Bender AM**, Singh M. Basics of Sleep Problems and Sleep Disorders for Athletes and Sport Professionals. *Sleep and Athletic Performance*, Elsevier.

**19.** Singh M, **Bender AM**. Screening for Sleep Disorders in Athletes. *Sleep and Athletic Performance*, Elsevier.

## EDITORIALS

**2017 20. Bender AM, Samuels CH.** Comment on “Does Elite Sport Degrade Sleep Quality? A Systematic Review”. *Sports Med.* 2017;47(7):1453-54. [10.1007/s40279-017-0712-4](https://doi.org/10.1007/s40279-017-0712-4)

## **WORK EXPERIENCE**

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**Senior Research Scientist** – Calgary Counselling Centre, Calgary, Canada (8/2018 – Present)

*Description:* I am the leader of the research department and report directly to the CEO. I manage all aspects of research and outcome monitoring at Calgary Counselling Centre (CCC). CCC is Canada’s leading counselling centre that tracks mental health outcomes for counselling success, with over 100,000 client outcomes in our database.

*Highlight of Responsibilities Include:*

- Mentors students and volunteers (12 to date), management of studies (manages and delegates research assistant tasks, develops standard operating procedures, ethics applications, modifications, renewals, recruitment of participants), analyzes data, disseminates results in the form of manuscripts, reports, presentations, and infographics.
- Analyzes data with SPSS (primary), transitioning to R (in progress). Previously used SAS (MS & PhD), Stata (graduate classes), & Mplus (graduate classes).

**Adjunct Assistant Professor of Kinesiology** – University of Calgary, Canada (6/2017 – Present)

*Description:* I collaborate with researchers and mentor students on projects involving sleep, health, exercise, and performance. I also give guest lectures for graduate and undergraduate classes in the Faculty of Kinesiology.

**Sleep and Performance Consultant for Professional & Olympic Teams** – (6/2015 – Present)

*Description:* I consult with Professional and Olympic teams and athletes on jet lag, travel fatigue management, and sleep optimization. I have worked with over 300 athletes and 25 teams. I was a college Hall of Fame basketball player, completed an Ironman in 2009, and was a HS basketball coach, so I understand the importance of translating sleep science in simple terms for athletes. My philosophy when it comes to athlete sleep is to make tiny systematic changes for the entire team (optimizing flight schedules, training times, making adjustments to the hotel sleep environment) to make recovery automatic and then offer more individualized interventions for those who are interested.

**Clinical Program Director of Athlete Services** - Centre for Sleep and Human Performance (CSHP), Calgary, Canada (6/2015 – 7/2018)

*Description:* I managed and executed all aspects of sleep research, clinical athlete and sleep optimization services, and jet lag and travel fatigue management for athletes and teams.

*Highlight of Responsibilities Included:* Coordinated athlete clinical interviews and treatment plans with the sleep medicine physician, analyzed EEG data from in-lab sleep studies, developed sleep education materials, developed jet lag management/sleep optimization/light therapy plans, worked closely with the sleep physicians, technologists, and clinical sleep educators to translate research into evidence-based recommendations to improve patient outcomes.

**Mitacs Postdoctoral Research Fellow** – Own the Podium & University of Calgary (6/2015 – 5/2017)

*Description:* For my postdoctoral fellowship I received funding from Mitacs, which is a nonprofit national research organization that provides partnerships between academia, government, and industry. During my postdoc I received the Mitacs National Award for Commercialization and the [Mitacs Next 150 Innovators](#) award chosen from thousands of researchers who take part in Mitacs programs each year.

*Highlight of Responsibilities Included:* Developed a system to screen athletes online and provide individual results and recommendations (Mitacs National Award for Commercialization). Received funding as principal investigator for 3 Innovations for Gold grants from Own the Podium to optimize sleep in Paralympic athletes, National Team Rowers, National Team Speed Skaters, and National Team Swimmers totaling over \$95,000. Managed all aspects of studies, programmed and downloaded actigraphy sleep data and cognitive effectiveness data, analyzed data, dissemination of results (presentations, media interviews, manuscripts), mentored two BS students, 1 MS student, and 1 PhD student.

**Polysomnographic (PSG) Technologist & Graduate Research Assistant** – Sleep and Performance Research Center (SPRC) at Washington State University, Spokane, WA, USA (8/2006 – 5/2015)

*Description:* From 2006 – 2010, I was the sole PSG technologist at the Sleep & Performance Research Center which is a world-renowned sleep research facility where I managed all PSG aspects of the studies. In 2010 – 2015, I worked as a graduate research assistant as I completed my Master's and PhD degrees. In 2013, I was co-principal investigator of my dissertation project titled: *Objective Markers of Sleep Disturbance as Predictors of Smoking Relapse*.

*Highlight of Responsibilities Included:* Study-design, developed standard operating procedures, ethics management, recruitment, data collection, analysis, and dissemination of results of a four-day overnight laboratory study. Collected bio-samples of carbon monoxide & urine analysis, performed EEG hook-ups for sleep studies and scored sleep data, administered and scored 30+ different questionnaires, managed informed consent, screening sessions, study sessions, and weekly follow-up sessions, trained research assistants on EEG techniques, near infrared optical topography, driving simulator, skin conductance, ECG Holter monitors, troubleshooted equipment/software problems, completed complex statistical and data analysis techniques including Fast Fourier Transform (FFT) spectral analysis, and developed customized sleep reports and hypnograms for six different sleep research studies.

**Polysomnographic (PSG) Technologist** – Holy Family Hospital Sleep Center (8/2006-6/2008) & Aspen Sleep Centers, Spokane, WA, USA (9/2008 – 11/2011)

*Description:* From 2006 – 2011, I worked as a PSG technologist on a supplemental basis at two different sleep disorder centers in order to gain clinical experience doing diagnostic studies for sleep disorders.

Highlighted Responsibilities Included:

Performed diagnostic sleep studies in patients with sleep disorders which involved: Monitored and documented patient activity (sleep staging, respiratory events, period leg movements, heart rate and ECG abnormalities); Scored epochs of sleep and respiratory events in order to determine if treatment was needed; Fitted patients on continuous positive airway pressure (CPAP) masks according to size, type and comfort; and titrated patients to a proper pressure using CPAP, Bi-Level and Variable Positive Airway Pressure (VPAP).

## GRANTS/AWARDS

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### Current Grants/Awards

- Co-I, \$50,000 – Alberta Health Services – Pathways of Innovation Funding Strategic Clinical Network. Project title: Implementation of Outcome Measurement in Children’s Mental Health
- Co-I, \$14,200 – Prairie Action Foundation. Project title: The Multi-Faces of IPV Across the Prairie Provinces

### Grants/Awards during Postdoctoral Fellowship

- [Mitacs Next 150 Innovators](#)
- Mitacs Award for Commercialization (2017)
- Sleep Research Society Mentorship Award (2017). Studied under Harvard chronobiologist Dr. Steven Lockley to learn circadian biomarker techniques
- Dr. Gord Sleivert Young Investigator Award Finalist (2016). Sport Innovation Summit, Calgary, AB.
- PI, \$40,000 – Innovations for Gold grant. Project title: Sleep Characteristics in Paralympic Athletes: Novel Treatment Strategies and Ready for Gold (4/2016)
- PI, \$17,746 – Innovations for Gold grant. Project title: Optimization of Sleep Patterns and Sleep Extension in National Team Rowers (4/2016)
- PI, \$38,000 – Innovations for Gold grant. Project title: Optimized Sleep for Recovery and Travel: Enhanced Athletic Performance for Gold (4/2016)
- Co-I, \$30,000 – Innovations for Gold grant. Project title: Mitigating Cognitive/Physical Fatigue in Curling National Team Athletes (5/2015)
- Co-I, \$90,000 – Mitacs Accelerate Postdoctoral Fellowship. Project title: Relationship of Sleep to Recovery and Performance in Elite Athletes (2/2015)

### Grants/Awards during MS/PhD

- Distinguished Service Award – American Association of Sleep Technologists 2014
- Co-PI, \$10,609 – WSU Alcohol and Drug Abuse Program. Project title: Objective Markers of Sleep Disturbance as Predictors of Smoking Relapse (6/2013)
- Associated Students of Washington State University Spokane graduate student travel award, \$500 (10/2013)
- Sleep Research Society Merit Abstract Award, \$500 (6/2011)
- Inland Northwest Health Science Excellence in Research Award, (3/2009)
- Sleep Research Society Honorable Mention Abstract Award, \$250 (6/2007)

## LEADERSHIP AND SERVICE

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- Reviewer for: Biological Rhythms Research, British Journal of Sports Medicine, Chronobiology International, Clocks & Sleep, European Journal of Sports Science, IMWUT (interactive, Mobile, Wearable and Ubiquitous Technologies), International Journal of Sports Physiology & Performance, Journal of Sleep Research, Medicine Science in Sports Exercise, Sleep Health, Sports Medicine, Sports Medicine Open.
- Canadian Sleep Society representative for the International Biomarkers Workshop on wearables (2018), Baltimore, MD.
- University of Calgary Kinesiology Postdoctoral Fellows Group Member (6/2015 – 6/2017)
- WSU Graduate Research Student Association (GRSA) Mentor (2012-2015)
- WSU GRSA Vice President of Records (2013/2014)
- American Association of Sleep Technologists (AAST) Program Committee Chair (2012-2013)
- AAST Program Committee member (2010-2013)
- Co-Chair of the Oral Presentations Session at the AAST National meeting 2013, Baltimore, MD
- Co-Chair of the Scoring of Sleep for the Sleep Technologist Course at the AAST National meeting 2012, Boston, MA
- Chair of the Pediatric Sleep Medicine Course at the AAST National meeting 2011, Minneapolis, MN

## CONFERENCE PRESENTATIONS (42 IN TOTAL, 2007 – PRESENT)

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1. **Bender AM**, Babins-Wagner R, Laughton A (8/2020, online virtual conference). Non-linear associations between depression and sleep duration in an international sample of 16,997 respondents. Sleep Research Society Club Hypnos Abstract selection National SLEEP meeting.
2. **Bender AM** (7/2020, conference cancelled due to COVID19). Sleep Tactics for Better Athlete Health & Performance. Far West Athletic Trainers Association Clinical Symposium Conference, Kona, HI.
3. Babins-Wagner R, **Bender AM**, Laughton A (6/2020, conference cancelled due to COVID19). The Benefits of Group Therapy for Clients with Depression and Anxiety: Should Counsellors be Sending More Clients to Group? Society for Psychotherapy Research, Amherst, MA.
4. **Bender AM** (5/2020, conference cancelled due to COVID19). Sleep Tactics for Better Athlete Health & Performance. South East Athletic Trainers Association Clinical Symposium Conference, Charlotte, NC.
5. **Bender AM** (3/2020, conference cancelled due to COVID19 rescheduled for 11/2021). A Sleep “Toolbox” for Practitioners: How to Identify and Target Poor Sleep in Athletes. International Olympic Committee World Conference Monaco.
6. **Bender AM** (3/2020). Sleep Tactics for Better Athlete Health & Performance. South East Athletic Trainers Association Clinical Symposium Conference, Atlanta, GA.

7. Laughton A, **Bender AM**, Babins-Wagner R (3/2020). Mental Health Distress for Emerging Adults in Calgary from 2014-2019. 33<sup>rd</sup> Annual Sebastian K. Littmann Research Day, Foothills Medical Centre, Calgary, AB.
8. **Bender AM**, Wood K, Fraehlich C (11/2019). The Multi-Faces of Intimate Partner Violence: The Experience of Male Survivors. RESOLVE Research Day, Alberta Children's Hospital, Calgary AB.
9. **Bender AM** (10/2019). Sleep Well to Win: Sleep & Nutrition Tactics for Better Performance. FNCE pre-conference, Philadelphia, PA.
10. **Bender AM** (5/2019). Sleep & the Athlete: Sleep and Nutrition Tactics for Better Performance. ACSM pre-conference, Orlando, FL.
11. **Bender AM** (4/2019). You Snooze, You WIN: Keeping Athletes at the Top of Their Game with the Science of Sleep. Ontario Coaches Conference, Toronto, ON.
12. **Bender AM** (5/2018). Dreaming Big: Optimize Sleep to Enhance Nutrition & Performance. College and Professionals Sport Dietitians Association 10<sup>th</sup> Annual Conference, Indianapolis, IN.
13. **Bender AM** (5/2018). All Things Sleep! Game Plan Summit for Canadian National Team athletes, Calgary, AB.
14. **Bender AM** (4/2018). The Sleep "Ten Essentials" to Better Health and Productivity. Helicat Spring Meeting Conference, Penticton, BC.
15. **Bender AM** (10/2017). Strategies to Get Athletes Better Sleep & Performance. Alberta Swim Coaches Conference (to parents), Canmore, AB.
16. **Bender AM** (9/2017). Strategies to Get Athletes Better Sleep & Performance (to coaches). Alberta Swim Coaches Conference, Canmore, AB.
17. **Bender AM** (9/2017). Travel Fatigue and Jet Lag Management: Speed Adaptation Upon Arrival. 4<sup>th</sup> Annual Alaska Sleep Conference, Anchorage, AK, USA.
18. **Bender AM** (9/2017). The Athlete Sleep Screening Questionnaire (ASSQ): A Validated Tool for Assessing Sleep in Athletes. 4<sup>th</sup> Annual Alaska Sleep Conference, Anchorage, AK, USA.
19. **Bender AM** (4/2017). Optimizing Sleep and Travel in Canadian Olympic Sports. Canadian Sleep Society Conference Technologist Program, Calgary, AB.
20. **Bender AM** (4/2017). Sleep and Wake Behaviours of Canadian National Team Athletes: Opportunities for Interventions. Canadian Sleep Society Conference, Calgary, AB.
21. **Bender AM** (4/2017). How to Sleep Like an Olympic Athlete: Insights into Better Sleep for a Better You. Canadian Sleep Society Meeting Public Lecture, Calgary, AB.
22. **Bender AM** (11/2016). The Athlete Sleep Screening Questionnaire. Workshop for Sport and Innovation Summit, Calgary, AB.
23. **Bender AM** (11/2016). Mood differences between National Team Curlers and Rowers. Sport and Innovation Summit, Calgary, AB.
24. **Bender AM** (6/2016). Sleep Interventions in National Team Curlers. APSS, Denver, CO, USA.
25. **Bender AM** (5/2016). Sleep Optimization Strategies for High Performance. CASEM, Victoria, BC.
26. **Bender AM** (10/2015). The Athlete Sleep Screening Questionnaire: Who Needs Intervention? Sports Science and Innovation Summit, Toronto, ON.
27. **Bender AM** (10/2015). Sleep and Athletic Performance. NSSMAC Sports Psychology Discipline Meeting, Toronto, ON.

28. **Bender AM**, Lawson D, James L, & Samuels CH (poster, 6/2015). Subjective Sleep Profiles in Elite Athletes using the Athlete Sleep Screening Questionnaire. Associated Professional Sleep Society's National SLEEP meeting, Seattle, WA, USA.
29. **Bender AM**, Layton M, Roll J, & Van Dongen HPA (poster, 6/2015). Polysomnography in Cigarette Smokers after Smoking and during a Quit Attempt. Associated Professional Sleep Society's National SLEEP meeting, Seattle, WA, USA.
30. **Bender AM** (oral and poster, 6/2014). Subjective Sleep Differences between Elite Athletes and Non-Athlete Healthy Controls. SLEEP 37(Abtract Supplement), 0140. Associated Professional Sleep Society's National SLEEP meeting, Minneapolis, MN, USA.
31. Kishi A, **Bender AM**, Ayappa I, Rapoport DM, Van Dongen HPA (poster, 6/2014). Trait-Like Interindividual Differences in Dynamics of Sleep Stage Transitions in Healthy Young Adults. SLEEP 37 (Abstract Supplement), 0855. Associated Professional Sleep Society's National SLEEP meeting, Minneapolis, MN, USA.
32. **Bender AM**, Lawson D, Van Dongen HPA, Meeuwisse WH, Samuels CH (oral, 2/2014; poster, 9/2013). Subjective Sleep Differences between Elite Athletes and Non-Athlete Healthy Controls. Wiley Research Exposition, Pullman, WA; Sport Medicine and Innovation Conference, Calgary, AB.
33. **Bender AM** & Van Dongen HPA (oral, 6/2013). Sleep Stage Transition Index as a Proxy of Arousal Index. SLEEP 36 (Abstract Supplement), 0299. Associated Professional Sleep Society's National SLEEP meeting, Baltimore, MD, USA.
34. **Bender AM** (oral, 6/2012). Waveform Recognition for Sleep Technologists. American Association of Sleep Technologists Sleep Scoring Course, Boston, MA, USA.
35. **Bender AM** (oral, 6/2012). Sleep Stage Scoring for Sleep Technologists. American Association of Sleep Technologists Sleep Scoring Course, Boston, MA, USA.
36. **Bender AM**, Belenky G, Short R & Van Dongen HPA (poster, 6/2012). Individual Differences in Polysomnographic Sleep Variables across Multiple Recordings before and after Repeated Exposures to Total Sleep Deprivation. SLEEP 35 (Abstract Supplement), 0164. Associated Professional Sleep Society's National SLEEP meeting, Boston, MA, USA.
37. **Bender, A.M.**, Satterfield, B., Belenky, G., & Van Dongen HPA (oral, 6/2011). Total Sleep Time Differences during a Simulated Night Shift Schedule. SLEEP 34 (Abstract Supplement), 0158. Associated Professional Sleep Society's National SLEEP meeting, Minneapolis, MN, USA.
38. Satterfield B, **Bender AM**, Belenky G, & Van Dongen HPA (6/2011). Slow Wave Sleep is Conserved during a Simulated Shiftwork Schedule. SLEEP 34 (Abstract Supplement), 0152. Associated Professional Sleep Society's National SLEEP meeting, Minneapolis, MN, USA.
39. **Bender AM**, Raj S, McCauley P, Jackson ML, Belenky G, Van Dongen HPA (poster, 6/2010). Accumulation of Sleep Homeostatic Pressure across Repeated Exposures to Total Sleep Deprivation. SLEEP 33 (Abstract Supplement), 0301. Associated Professional Sleep Society's National SLEEP meeting, San Antonio, TX, USA.
40. **Bender AM**, Tucker AM, Belenky G, & Van Dongen HPA (poster, 6/2009; oral 4/2009). General Intellectual Functioning Does Not Predict Performance Impairment on the Psychomotor Vigilance Test during Sleep Deprivation. SLEEP 32 (Abstract Supplement), 0486. Associated Professional Sleep Society's National SLEEP meeting, Seattle, WA, USA and Inland Northwest Health Sciences Research Symposium, Spokane, WA, USA.
41. **Bender AM**, Knittle KA, Tucker AM, Belenky G, & Van Dongen HPA (poster, 6/2008). Trait-Like Individual Differences in Total Sleep Time among Healthy Young Adults. SLEEP 31 (Abstract



Supplement), 0081. Associated Professional Sleep Society's National SLEEP meeting, Baltimore, MD, USA.

42. **Bender AM**, Tucker AM, Knittle K, Belenky G, & Van Dongen HPA (poster, 6/2007). Slow Wave Activity in the First NREM Episode is a Trait Marker in Addition to a State Marker. SLEEP 30 (Abstract Supplement), 0111. Associated Professional Sleep Society's National SLEEP meeting, Minneapolis, MN, USA.

## **COMMUNITY PRESENTATIONS (45 IN TOTAL, 2011 – CURRENT)**

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1. **Bender AM** (10/2020) ZZZ Well to Win. Courtland College
2. **Bender AM** (7/2020). ZZZ Well to Win: What You Can Do to Help Your Athletes Sleep Better. [Louisiana High School Coaches Association Virtual Conference](#).
3. **Bender AM** (07/2020) Cenovus
4. **Bender AM** (5/2020). Superpowers of Sleep to Help You Dream Big. [TB12 via Zoom](#).
5. **Bender AM** (4/2020). Sleep Tactics for Better Athlete Health and Performance. Gatorade Sports Science Institute, Webinar Online.
6. **Bender AM** (7/2019). You Don't Snooze, You Lose: Prioritize Sleep Like a Pro. Volleyball Alberta, Calgary, AB.
7. **Bender AM** (6/2019). You Snooze, You Win: Sleep Tactics for a Better Athlete. Toronto Maple Leafs Development Camp, Toronto, ON.
8. **Bender AM** (4/2019). You Snooze, You WIN: Better Sleep for Better Performance. University of Toronto Faculty of KPE, Toronto, ON.
9. **Bender AM** (2/2019). You Snooze, You WIN: How to Optimize Sleep to Get You at the Top of Your Game. Alberta Sport Development Centre, University of Lethbridge, Lethbridge AB.
10. **Bender AM** (11/2018). TedMed Live 2018. University of Calgary, Calgary, AB.
11. **Bender AM** (7/2018). Dreaming Big: Optimize Sleep to Enhance Performance. Calgary Flames Development Camp, Calgary, AB.
12. **Bender AM** (7/2018). Sleep: The Keystone for Long Term Athlete Development. Hockey Canada, Calgary, AB.
13. **Bender AM** (5/2018). Sleep: The Ultimate Performance Enhancer. Tri It Multisport Performance Seminar, Tri It store, Calgary, AB.
14. **Bender AM** (5/2018). How Light Impacts Our Circadian Rhythms. Lunch and Learn Series, Centre for Sleep and Human Performance, Calgary, AB.
15. **Bender AM** (4/2018). Travel Medicine. International Olympic Committee Sport Medicine Diploma Course, University of Calgary, Calgary, AB.
16. **Bender AM** (4/2018). Sleep Strategies for Success in Sport. Kronos Youth Triathlon Club, Jewish Community Centre, Calgary, AB.
17. **Bender AM** (3/2018). Sleep Strategies to Optimize Performance. Solo Sport Systems athletes, Ascension Gym, Calgary, AB.
18. **Bender AM** (3/2018). All about Sleep! Special Olympics athletes and caregivers, Mount Royal University, Calgary, AB.

19. **Bender AM** (2/2018). Six Sleep Strategies to Help You Ace it on the Green. Canada Golf Juniors, Victoria, BC.
20. **Bender AM** (2/2018). Sleep Optimization Workshop. Canada Golf Juniors, Victoria, BC.
21. **Bender AM** (11/2017). The Science of Sleep: A Potent Performance Enhancing Tool. Foundations of Sport Medicine Class, University of Calgary campus, Calgary, AB.
22. **Bender AM** (11/2017). Six Sleep Strategies to Help You Crush the Competition. NAIT Women's Hockey Team, SAIT campus, Calgary, AB.
23. **Bender AM** (4/2017). Travel Medicine: Managing the Jet Lag Time Zone Shift. International Olympic Committee Sports Medicine Diploma Course, University of Calgary, Calgary, AB.
24. **Bender AM** (4/2017). Caffeine vs Sleep: What is the Better Performance Enhancer? Kinesiology Postdoctoral Fellows Debate Series, University of Calgary, Calgary, AB.
25. **Bender AM** (4/2017). Optimized Sleep for Enhanced Athletic Performance for Gold. Alberta Swim Coaches Association, Mount Royal University, Calgary, AB.
26. **Bender AM** (6/2016). Optimized Sleep for Enhanced Athletic Performance for Gold. Heavy-Weight Female Rowing National Team, Informational Meeting on the Interventions, (Online) Calgary, AB.
27. **Bender AM** (6/2016). 4 Sleep Strategies to Help You Kill it on the Green. Golf Canada Men's and Women's National Teams, (Online) Calgary, AB.
28. **Bender AM** (5/2016). 4 Sleep Strategies to Help You Succeed in Sport. Sport Performance Series, Victoria, BC.
29. **Bender AM** (5/2016). 4 Evidence Based Sleep Strategies to Help You Rise (and Shine) to the Top. Women's Field Hockey National Team, Vancouver, BC.
30. **Bender AM** (5/2016). 4 Undervalued Sleep Strategies to Help You Rise (and Shine) to the Top. Biathlon Cross Country Ski Teams, Canmore, AB.
31. **Bender AM** (5/2016). 4 Evidence Based Sleep Strategies to Help You Keep "Killing It" on the Ice. Long Track Speed Skating, Calgary, AB.
32. **Bender AM** (5/2016). Rowing Introduction to Sleep Optimization Study. Heavy-Weight Female Rowing National Team, Informational Meeting, (Online) Calgary, AB.
33. **Bender AM** (4/2016). Optimized Sleep for Enhanced Athletic Performance. Athletics Training Camp, Flagstaff, AZ, USA.
34. **Bender AM** (3/2016). Sleep and Athletic Performance in Elite Athletes. Athlete Factory, Calgary, AB.
35. **Bender AM** (2/2016). Sleep in Elite Athletes: Strategies to Prioritize Sleep. 3433 Sport Performance Centre, Calgary, AB.
36. **Bender AM** (2/2016). Why You Should Prioritize Sleep for Success in Sport and School. National Sport School, Calgary, AB.
37. **Bender AM** (1/2016). Sleep, Recovery, and Performance in Athletes. Fit Week Wellness Expo, Calgary, AB.
38. **Bender AM** (12/2015). Basic Science of Sleep Rounds. Centre for Sleep & Human Performance, Calgary, AB.
39. **Bender AM** (11/2015). Sleep Quality Differences between Elite Athletes and Controls. Kinesiology Postdoctoral Seminar Series, University of Calgary, Calgary, AB.

40. **Bender AM** (11/2015). Sleep Characteristics in Elite Athletes: Who Needs Intervention? Exercise Physiology Seminar, University of Calgary, Calgary, AB.
41. **Bender AM** (11/2015). Sleep Characteristics in Elite Athletes: Who Needs Intervention? Sleep and Respiration Rounds, University of Calgary, Calgary, AB.
42. **Bender AM** (9/2015). Sleep Screening in Elite Athletes: The ASSQ and Who Needs Intervention? Canadian Sport Institute Calgary, Calgary, AB.
43. **Bender AM** (9/2015). Sleep Screening in Elite Athletes: The ASSQ and Who Needs Intervention? Sport Medicine Centre Clinical Rounds, Calgary, AB.
44. **Bender AM, Layton M, Roll J, & Van Dongen HPA** (5/2014). Objective Changes in Sleep among Healthy Smokers during Smoking Cessation. Translational Addictions Research Center Monthly Seminar Series, Spokane, WA, USA.
45. **Bender AM, Satterfield, B., Belenky, G., & Van Dongen, H.P.A.** (3/2011). Sleep Duration and Sleep Structure Differences during a Simulated Night Shift Schedule. Sleep and Performance Research Center Seminar Series, Spokane, WA, USA.

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**MEDIA: 29 PODCAST INTERVIEWS, 26 INTERVIEWS ONLINE, 13 TV/RADIO/LIVE INTERVIEWS, 10 MAGAZINE & BOOK INTERVIEWS**

**Podcasts:**

Australian Running podcast

NXTLVL Podcast

Podcast interview – Dynamic Dialogue (4/2020). [Amy Bender PhD: Sleep, Performance, and How to Take the Perfect Nap.](#)

Podcast interview – WWSA Beyond the Pitch Podcast (4/2020). [Importance of Sleep Performance](#)

Podcast interview – Female Elite Podcast (3/2020). [Sleep to Perform with Dr. Amy Bender](#)

Podcast interview – Run Smarter Podcast (3/2020). [Sleep Science for Runners with Dr Amy Bender](#)

Podcast interview – Nutrition Lifestyles (2/2020). [Can sleep give you superpowers?](#)

Podcast interview – Next Step Espresso – Daily Nutrition/Fitness Tips (11/2019). [Why sleep is key with Dr. Amy Bender](#)

Podcast interview – The Shakeout Podcast (9/2019). [Optimizing sleep with Dr. Amy Bender](#)

Podcast interview – The Andrew Shaw Podcast (9/2019). [Dr. Amy Bender Sleep](#)

Podcast interview – The Boom Boom Performance Podcast (7/2019). [Sleep requirements for performance](#)

Podcast interview – OPEX Podcast (6/2019). [Dr. Amy Bender PhD & Sleep Researcher](#)

Podcast interview – Smarter Coaching Podcast (6/2019). [Catching ZZZZZs with Sleep4Sport Amy Bender](#)

Podcast interview – The Sleep Junkies Podcast (4/2019). [Why sleep is vital to your sports and fitness regime](#)

Podcast interview – The Running for Real Podcast (3/2019). [Sleep and Performance](#)

Podcast interview – EO3 Fitness Podcast (2/2019). [Dr. Amy Bender on Sleep, Chronotypes, Caffeine, Wearables, and MORE!](#)

Podcast interview – Catalyst Coaching Podcast (11/2018). [Sleep Matters - Dr. Amy Bender shares evidence-based and practical guidance for coaching and life](#)

Podcast interview – Made Gains Podcast (9/2018). [The science behind better sleep.](#)

Podcast interview – P.H.I.T. for a Queen Podcast (9/2018). [Why getting your ZZZsss is key to your success](#)

Podcast interview – Sleep4Performance Radio (7/2018). [Sleep and human performance](#)

Podcast interview – N1 Fitness Podcast (7/2018). [Napping & sleep recommendations for active people w/ Dr. Amy Bender](#)

Podcast interview – The Sonya Looney Show (7/2018). [How to sleep better, overcome jet lag, and the latest in sleep research.](#)

Podcast interview – The Shakeout Podcast (4/2018). [Daily habits of highly effective runners](#)

Podcast interview – BioHackers Lab (3/2018). [How does a lack of sleep affect you?](#)

Podcast interview – Heartland Running Podcast (1/2018). [Sleep for athletes](#)

Podcast interview – Coach for Kindness Podcast (12/2017). [Sleep to Perform](#)

Podcast interview – Danny Lennon, Sigma Nutrition Radio (12/2017). [Sleep Better: Practical Evidence-Based Recommendations](#)

Podcast interview – Marc Bubbs, Performance Podcast (1/2017). [Sleep Performance: How things go wrong, impacts on performance and habits of highly successful people w/Dr. Amy Bender](#)

Podcast interview – Peter Glassford, The Consummate Athlete Podcast (1/2017). [How to sleep](#)

#### **Online Interviews:**

Online interview – Calgary Counselling Centre (1/2020). [Research at Calgary Counselling Centre](#)

Online interview – Coachad.com (10/2019). [The role of sleep in athletic performance](#)

Online interview – Lifestacker.com (6/2019). [Is it really so back to sleep late on the weekends?](#)

Online interview – Triathlete.com (5/2019). [How to take a better nap](#)

Online interview – AAST (3/2018). [Sports and Sleep: An interview with Amy Bender](#)

Online interview – Wency Leung, The Globe and Mail (3/2018). [How can I create a better sleep routine?](#)

Online interview – Thinkable (2/2018). Does melatonin help jet lag?

Online interview – May Warren, Metro News (2/2018). [How a Toronto startup is helping Canadian athletes in Pyeongchang cope with jet lag](#)

Online interview – Chris Nelson Calgary Herald (12/2017). [Calgary sleep specialist helping maximize athletes' performances](#)

Online interview – Dawn Scott, Sports Discovery (12/2017). [Sports science support on Mount Kilimanjaro](#)

Online interview – Mike Tarasko, 660 News (11/2017). [U of C researcher awarded for work with athletes and sleep](#)

Online interview – Sinead Mulhern, Canadian Running Magazine (10/2017). [What a sleep expert wants runners to know about jet lag ahead of race day](#)

Online interview – Theresa Juva-Brown, (2/2017). [How much sleep do runners need?](#)

Online interview – Ian Campbell, 660 News (11/2016). [City's plan to use LED lights could lead to restless sleep for Calgarians](#)

Online interview – Kristina Groves, CSI (10/2016). [To sleep perchance to win](#)

Online interview – Prairie Manufacturer Issue 2(1) (10/2016). [About executive sleep](#)

Online interview – Rebecca Joseph, Global News (8/2016). [Rio 2016: Late competition times may put some Olympic athletes at a disadvantage](#)

Online interview – Arti Patel, Huffington Post (8/2016). [How we can all sleep like Canadian Olympic athletes](#)

Online interview – CBS News (8/2016). [Canada's Olympic women's eight team hopes extra sleep converts to Olympic gold](#)

Online interview – Bill Kaufmann (8/2016). [Better sleep means a better shot at a medal for Canada's rowing team, U of C study finds](#)

Online interview – Cynthia Roebuck (7/2016). [Sleep scientist helping Canadian athletes perform better](#)

Online Interview – Leaders Performance Journal (7/2016). [Optimized Sleep: An emerging performance enhancing tool for Elite athletes](#)

Online interview – Matt Cross (5/2016). [Driving while Daddy - How fatherhood affects NASCAR drivers](#)

Online interview – Gail Johnson, Yahoo Canada (4/2016). [These employees get paid for having a good night's sleep](#)

Online interview – Van Winkle (2/2016). [How sleep is helping athletes push harder](#)

### **Live Online:**

IG live

Facebook live interview – Gatorade Performance Partner (5/2020). [Why getting enough ZZZs is important for you and your athletes.](#)

Facebook live interview – Calgary Counselling Centre (3/2020). [The importance of sleep during times of stress & anxiety](#)

Facebook live interview – Calgary Counselling Centre (10/2019). [What does sleep have to do with mental health.](#)

### **TV**

TV interview – City News (2/2018). [Canadian Olympians testing out glasses](#)

TV and online interview – Bindu Suri, Global News (2/2018). [Research shows banking sleep can help athletes go the extra mile](#)

TV interview – Leah Sarich, Breakfast TV (11/2017). [New app for improved sleep](#)

TV interview – Heath Brown, CTV (7/2016). [You snooze, you win](#)

Live TV interview – Leah Sarich, Breakfast TV (7/2016). [More rest, more wins](#)

### **Radio**

Live radio interview – Charles Adler (1/2018). Helping athletes sleep better.

Live radio interview – Al Coombs, News talk 1290 CJBK. Sleep optimization in Canadian National Team rowers.

Radio interview – Rob Murray Mountain FM (8/2015). [Sleep advice for insomnia and wanting to perform better](#)

Live radio interview – News Talk 770 CHQR (8/2015). Sleep in the heat.

### **Magazines & Books**

Magazine interview – IQ Goalie (4/2020). [The science of ideal pre-game naps - with Dr. Amy Bender](#)

Magazine interview – American Association of Sleep Technologists A2Zzz magazine (8/2019). [Caffeine and sleep](#) by Brendan Duffy.

Book interview – [Peak](#) (5/2019) by Marc Bubbs.

Magazine interview – Canadian Running Magazine (3/2019). Sleep Banking by Marylene Vestergom.

Book interview – [Good to Go](#) (2/2019) by Christie Aschwanden.

Magazine interview – Oprah Magazine (2/2019). [Finish Strong by Christie Aschwanden](#)

Magazine interview – Parade Magazine (1/2019). [The walking tired by Christie Aschwanden](#)

Magazine interview – Peter Glassford, Canadian Cycling Magazine (11/2017). [The importance of sleep for your cycling performance](#)

Magazine interview – Brendan Duffy, A2ZZZ magazine (6/2017). [Old school naps getting revamped for athletes](#)

Magazine interview – Mike Fisher, U Calgary Alumni Magazine (1/2017). [Mind Body](#)