

VALENTINA ALFONSI

Curriculum Vitae

GENERAL INFORMATIONE-mail: valentina.alfonsi@unicamillus.org

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 ORCID profile: <https://orcid.org/0000-0002-9929-0399> Scopus profile: <https://www.scopus.com/authid/detail.uri?authorId=57197748965>**WORK EXPERIENCE**

2024-present	Associate Professor <i>Saint Camillus International University of Health and Medical Sciences (UniCamillus) (Italy)</i>
2024	Postdoctoral Research Fellow - Project: "Sleep and mental Health: circadian And sleep-Related determinants for non-suicidal and suicidal behaviors in adolescents with Mental disorders (SLEEP-HARM)" <i>University of Rome "Sapienza" (Italy)</i>
2024	Adjunct Professor for the teaching of "Clinical Psychology and Psychophysiology: theories and methods " Course: General Psychology, Developmental Psychology, Gender and Social behaviour Psychology <i>University of Rome "Tor Vergata" (Italy)</i>
2023	Postdoctoral Research Fellow - Project: "CoWalk: Cooperative wearable robots to enhance patient-robot interaction for gait rehabilitation" <i>University of Rome "Sapienza" (Italy)</i>
2022	Academic Teaching Assistant for the teaching of "Psychobiology and Psychophysiology" Course: General Psychology, Developmental Psychology, Gender and Social behaviour Psychology <i>University of Rome "Tor Vergata" (Italy)</i>
2021-2023	Postdoctoral Research Fellow - Project: "Covid and Health: Re-organization of school entry times" <i>University of Rome "Sapienza" (Italy)</i>
2021-present	Member of the Exam Commission "Psychobiology and Physiological Psychology" (coordinator: Prof. Luigi De Gennaro) <i>University of Rome "Sapienza" (Italy)</i>
2021-present	Freelance Health Psychologist and Psychotherapist

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2020	Postdoctoral Research Fellow - Project: "Recordings, acquisitions and analysis of polysomnographic data in spinal cord patients during the use of the exoskeleton" <i>IRCCS Santa Lucia Foundation, Rome (Italy)</i>
2020-present	Member of the Exam Commission "Psychophysiology" (coordinator: Prof. Luigi De Gennaro) <i>University of Rome "Sapienza" (Italy)</i>
2019-2020	Psychotherapy Training <i>Mental Health Center – Rome, Italy</i>
2018-2019	Psychotherapy Training <i>Therapeutic and rehabilitative residential center "Villa Elisa" – Rome, Italy</i>
2017	Post-Lauream Training Laboratory of Sleep Psychophysiology Department of Psychology <i>Università di Roma "Sapienza" (Italia)</i>
2016	Collaboration scholarship Tutor Service for academic students <i>University of Rome "Sapienza" (Italy)</i>
2014-2015	Collaboration scholarship Laboratory of Psychophysiology of individual differences and emotional and cognitive processes (Prof. Vilfredo De Pascalis) <i>University of Rome "Sapienza" (Italy)</i>

EDUCATION AND QUALIFICATION

2023	National Scientific Qualification as Associate Professor Sector: 11/PSIC-01: General Psychology, Psychobiology, and Psychometrics <i>Italian Ministry of University and Research</i>	
2023	National Scientific Qualification as Associate Professor Sector: 11/PSIC-04: Clinical and Dynamic Psychology <i>Italian Ministry of University and Research</i>	
2022	Cognitive Behavioural Psychotherapist <i>A.T. Beck Institute, Rome (Italy)</i>	<i>30 cum laude</i>
2020	Ph.D. in Psychology and Cognitive Science <i>University of Rome "Sapienza" (Italy)</i>	<i>cum laude</i>
2018	Certified Psychologist <i>Lazio Association of Psychologists (Italy)</i>	
2016	Master's degree in Cognitive Neurosciences and Psychological Rehabilitation <i>University of Rome "Sapienza" (Italy)</i>	<i>110/110 cum laude</i>

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2014	Bachelor's degree in Psychology and Social Processes <i>University of Rome "Sapienza" (Italy)</i>	<i>110/110 cum laude</i>
2011	Classical High school <i>"G. V. Catullo", Monterotondo, Rome, Italy</i>	<i>100/100</i>

GRANTS AND AWARDS

- BE-FOR-ERC 2023 call (Panel LS), Project: "Sleep and Mental Health: Circadian and Sleep-Related Determinants for Non-Suicidal and Suicidal Behaviors in Adolescents with Mental Disorders (SLEEP-HARM)". Role: Scientific Coordinator. SAPIExcellence, Sapienza University of Rome, Italy. Funding: 50.000 Euros.
- Grant 2023, AR2231888C94F550 from "Sapienza", University of Rome, 2023. Project: "Evaluation of the effects of Continuous Positive Airway Pressure (CPAP) treatment on sleepiness and vigilance in a sample of patients with Obstructive Sleep Apnea (OSA) and identification of the psychological factors influencing compliance." Funding: 2.100 Euros.
- "Rising Stars" award for the best scientific contribution regarding topics related to psychology, psychopathology, and psychotherapy with the article "This is the last episode: the association between problematic binge-watching and loneliness, emotion regulation, and sleep-related factors in poor sleepers (DOI: 10.1111/jsr.13747)" conferred by the Italian Society of Cognitive and Behavioral Psychotherapy (SITCC) on the occasion of the National Congress SITCC 2023 - BARI September 21-24, 2023.
- Grant 2022, AR22218153EF9BF8A from "Sapienza", University of Rome, 2022. Project: "Sleep and Autism: A multi-dimensional investigation of subjective and objective aspects of sleep within a large population of patients with autism spectrum disorders." Funding: 2.250 Euros.
- "Igino Fagioli" Award for the best PhD dissertation discussed in 2020 on topics related to basic research on sleep (Prize of 1.000 euros) - XXXI AIMS National Congress, Rome - March 11-12, 2021
- Collaborator on the research project funded by The Ministry of Education, University and Research entitled "Covid and Health: Re-Organization Of School start time – CHRONOS "(project code: FISR2020IP_02204). Funding: 45.921 Euros.
- 2020 Bioprojet Award for research on narcolepsy and other hypersomnia disorders (Prize of 1.000 euros), XXX AIMS National Congress – oral presentation
- Collaborator on the research project funded by The Ministry of Health entitled "STAND-ALONE:" STand AND wAlk ". OptimiziNg the Embodiment and agency of the exoskeleton (EXO) in spinal cord injury patients (SCIp) "(project code: RF 2018 123 65682). Funding: 450.000 Euros.
- Admission to the Young Researchers Symposium, XXIX AIMS National Congress, Genova - September 13-15, 2019 - oral presentation

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- Grant 2017/2018, AR118164285B2A34 from "Sapienza", University of Rome, 2018. Project: "Modulation of sleepiness levels in partially sleep deprived healthy volunteers: a Transcranial Electrical Stimulation study." Funding: 1.000 Euros.
- Excellent Student Grant for the Master's degree in Cognitive Neurosciences and Psychological Rehabilitation (academic year 2015/2016)

PROFESSIONAL MEMBERSHIP

- European Sleep Research Society - ESRS (<https://esrs.eu>)
- Italian Associations of Sleep Medicine - AIMS (<http://www.sonnomed.it>)
- Italian Society of Cognitive Behavioral Psychotherapy - SITCC (<https://www.sitcc.it>)

EDITORIAL BOARD MEMBERSHIPS / REVIEWING

- Associate Editor in Chief - Nature and Science of Sleep
- Associate Editor – Heliyon (section: Clinical Research)
- Academic Editor - PLOS ONE
- Editorial Board Member - BMC Psychiatry
- Guest Editor - Brain Science (Special Issue "Sleep Disorders and COVID-19")
- Guest Editor – Journal of Clinical Medicine (Special Issue "Update on Parasomnias and Disruptive Sleep-Related Disorders")
- Review Editor - Frontiers in Psychology (section: Consciousness Research)
- Review Editor - Frontiers in Neurology and Frontiers in Psychiatry (section: Sleep Disorders)
- Review Board member– Healthcare
- Review Editor - Frontiers in Sleep (section: Sleep, Behavior and Mental Health)
- Review Board member- Journal of Integrative Neuroscience
- Review Board member- Journal of Advanced Nursing

PUBLICATIONS AND SCIENTIFIC COMMUNICATIONS

a) Scientific papers in international peer-reviewed journals

- Fasiello, E., Gorgoni, M., Galbiati, A., Sforza, M., Berra, F., Scarpelli, S., **Alfonsi, V.** ... & De Gennaro, L. (2024). Decreased Delta/Beta ratio index as the sleep state-independent electrophysiological signature of sleep state misperception in Insomnia disorder: A focus on the sleep onset and the whole night. *NeuroImage*, 298, 120782.
- Scarpelli, S., Menghini, D., **Alfonsi, V.**, Giumello, F., Annarumma, L., Gorgoni, M., ... & Vicari, S. (2024). Sleep Disturbances and Co-sleeping in Italian Children and Adolescents with Autism Spectrum Disorder. *Journal of Autism and Developmental Disorders*, 1-16.
- Scarpelli, S., **Alfonsi, V.**, & De Gennaro, L. (2024). Exploring the role of dreams: insights from recent studies. *Current Opinion in Pulmonary Medicine*, 10-1097. *Sleep Activity during Pregnancy. Neuroscience & Biobehavioral Reviews*, 105763.

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- Scarpelli, S., **Alfonsi, V.**, De Gennaro, L., & Gorgoni, M. (2024). Dreaming for Two: A Systematic Review of Mental Sleep Activity during Pregnancy. *Neuroscience & Biobehavioral Reviews*, 105763.
- Camaioni, M., Scarpelli, S., **Alfonsi, V.**, Gorgoni, M., Calzolari, R., De Bartolo, M., ... & De Gennaro, L. (2024). How COVID-19 Affected Sleep Talking Episodes, Sleep and Dreams?. *Brain Sciences*, 14(5), 486.
- Annarumma, L., Reda, F., Scarpelli, S., D'Atri, A., **Alfonsi, V.**, Salfi, F., ... & Gorgoni, M. (2024). Spatiotemporal EEG dynamics of the sleep onset process in preadolescence. *Sleep Medicine*.
- **Alfonsi, V.**, Scarpelli, S., & Gorgoni, M. (2024). COVID-19 and Sleep Disturbances: Unraveling the Connection. *Brain Sciences*, 14(3), 220.
- Cordone, S., **Alfonsi, V.**, & De Gennaro, L. (2023). The Role of Sleep in Multiple Sclerosis. <https://www.preprints.org/>
- **Alfonsi, V.**, Carbone, A., Scarpelli, S., Gorgoni, M., Luchini, A., D'Andrea, P., ... & De Gennaro, L. (2023). The Impact of Delayed School Start Times During COVID-19 on Academic Performance: A Longitudinal Naturalistic Study in Italian High Schools. *Nature and Science of Sleep*, 1129-1138.
- Gorgoni, M., Cenani, J., Scarpelli, S., D'Atri, A., **Alfonsi, V.**, Annarumma, L., ... & De Gennaro, L. (2023). The role of the sleep K-complex on the conversion from mild cognitive impairment to Alzheimer's disease. *Journal of Sleep Research*, e14046.
- Scarpelli, S., **Alfonsi, V.**, Camaioni, M., Gorgoni, M., Albano, A., Musetti, A., ... & Franceschini, C. (2023). Longitudinal Findings on the Oneiric Activity Changes Across the Pandemic. *Nature and Science of Sleep*, 435-447.
- Zivi, P., Sdoia, S., **Alfonsi, V.**, Gorgoni, M., Mari, E., Quagliari, A., ... & Ferlazzo, F. (2023). Decision-Making and Risk-Propensity Changes during and after the COVID-19 Pandemic Lockdown. *Brain Sciences*, 13(5), 793.
- **Alfonsi, V.**, D'Atri, A., Scarpelli, S., Gorgoni, M., Giacinti, F., Annarumma, L., ... & De Gennaro, L. (2023). The effects of bifrontal anodal transcranial direct current stimulation (tDCS) on sleepiness and vigilance in partially sleep-deprived subjects: A multidimensional study. *Journal of Sleep Research*, e13869.
- **Alfonsi, V.**, Scarpelli, S., Gorgoni, M., Couyoumdjian, A., Rosiello, F., Sandroni, C., ... & De Gennaro, L. (2023). Healthcare Workers after Two Years of COVID-19: The Consequences of the Pandemic on Psychological Health and Sleep among Nurses and Physicians. *International Journal of Environmental Research and Public Health*, 20(2), 1410.
- **Alfonsi, V.**, & De Gennaro, L. (2022). Sleep problems in adults with learning disabilities: the compelling need for objective and methodologically consistent studies. *Evidence-Based Nursing*.
- **Alfonsi, V.** (2022). Sleep deprivation provokes aberrant dynamic brain activity and memory decline among night shift nurses. *Evidence-Based Nursing*.
- Scarpelli, S., De Santis, A., **Alfonsi, V.**, Gorgoni, M., Morin, C. M., Espie, C., ... & De Gennaro, L. (2022). The role of sleep and dreams in long-COVID. *Journal of Sleep Research*, e13789.
- Fasiello, E., Scarpelli, S., Gorgoni, M., **Alfonsi, V.**, & De Gennaro, L. (2022). Dreaming in Parasomnias: REM Sleep Behavior Disorder as a Model. *Journal of Clinical Medicine*, 11(21), 6379.

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- *Camaioni, M., Scarpelli, S., **Alfonsi, V.**, Gorgoni, M., De Bartolo, M., Calzolari, R., & De Gennaro, L. (2022). The Influence of Sleep Talking on Nocturnal Sleep and Sleep-Dependent Cognitive Processes. *Journal of Clinical Medicine*, 11(21), 6489.*
 - *Salfi, F., Amicucci, G., Corigliano, D., Viselli, L., D'Atri, A., Tempesta, D., Gorgoni, M., Scarpelli, S., **Alfonsi, V.** & Ferrara, M. (2022). Two years after lockdown: Longitudinal trajectories of sleep disturbances and mental health over the COVID-19 pandemic, and the effects of age, gender and chronotype. *Journal of Sleep Research*, e13767.*
 - *Fasiello, E., Scarpelli, S., Gorgoni, M., **Alfonsi, V.**, Galbiati, A., & De Gennaro, L. (2022). A systematic review of dreams and nightmares recall in patients with rapid eye movement sleep behaviour disorder. *Journal of Sleep Research*, e13768.*
 - ***Alfonsi, V.**, Varallo, G., Scarpelli, S., Gorgoni, M., Filosa, M., De Gennaro, L., ... & Franceschini, C. (2022). 'This is the last episode': the association between problematic binge-watching and loneliness, emotion regulation, and sleep-related factors in poor sleepers. *Journal of Sleep Research*, e13747.*
 - *Scarpelli, S., **Alfonsi, V.**, & Gorgoni, M. (2022). Parasomnias and Disruptive Sleep-Related Disorders: Insights from Local Sleep Findings. *Journal of Clinical Medicine*, 11(15), 4435.*
 - *Salfi, F., D'Atri, A., Amicucci, G., Viselli, L., Gorgoni, M., Scarpelli, S., **Alfonsi V.** & Ferrara, M. (2022). The fall of vulnerability to sleep disturbances in evening chronotypes when working from home and its implications for depression. *Scientific Reports*, 12(1), 1-10.*
 - *Gorgoni, M., Scarpelli, S., **Alfonsi, V.**, & De Gennaro, L. (2022). Dreaming During the COVID-19 Pandemic: A Narrative Review. *Neuroscience & Biobehavioral Reviews*, 104710.*
 - *Scarpelli, S., **Alfonsi, V.**, Gorgoni, M., & De Gennaro, L. (2022). What about dreams? State of the art and open questions. *Journal of Sleep Research*.*
 - *Gorgoni, M., Scarpelli, S., **Alfonsi, V.**, Annarumma, L., Pellegrini, E., Fasiello, E., ... & De Gennaro, L. (2022). The Oneiric Activity during and after the COVID-19 Total Lockdown in Italy: A Longitudinal Study. *International Journal of Environmental Research and Public Health*, 19(7), 3857.*
 - *Mangiaruga, A., D'Atri, A., Scarpelli, S., **Alfonsi, V.**, Camaioni, M., Annarumma, L., ... & De Gennaro, L. (2021). Sleep talking vs. sleep moaning: electrophysiological patterns preceding linguistic vocalizations during sleep. *Sleep*.*
 - *Gorgoni, M., Scarpelli, S., Mangiaruga, A., **Alfonsi, V.**, Bonsignore, M. R., Fanfulla, F., ... & De Gennaro, L. (2021). Persistence of the Effects of the COVID-19 Lockdown on Sleep: A Longitudinal Study. *Brain Sciences*, 11(11), 1520.*
 - *Fasiello, E., Gorgoni, M., Scarpelli, S., **Alfonsi, V.**, Strambi, L. F., & De Gennaro, L. (2021). Functional connectivity changes in Insomnia disorder: a systematic review. *Sleep Medicine Reviews*, 101569.*
 - *Scarpelli, S., **Alfonsi, V.**, Gorgoni, M., Musetti, A., Filosa, M., Quattropiani, M. C., ... & Franceschini, C. (2021). Dreams and Nightmares during the First and Second Wave of the COVID-19 Infection: A Longitudinal Study. *Brain Sciences*, 11(11), 1375.*
 - *Gorgoni, M., Scarpelli, S., Mangiaruga, A., **Alfonsi, V.**, Bonsignore, M. R., Fanfulla, F., ... & Vicini, C. (2021). Pre-sleep arousal and sleep quality during the COVID-19 lockdown in Italy. *Sleep Medicine*.*
 - *Di Muzio, M., Diella, G., Di Simone, E., Pazzaglia, M., **Alfonsi, V.**, Novelli, L., ... & De Gennaro, L. (2021). Comparison*
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of Sleep and Attention Metrics Among Nurses Working Shifts on a Forward-vs Backward-Rotating Schedule. JAMA Network Open, 4(10), e2129906-e2129906.

- Gorgoni, M., Scarpelli, S., Annarumma, L., D'Atri, A., **Alfonsi, V.**, Ferrara, M., & De Gennaro, L. (2021). The Regional EEG Pattern of the Sleep Onset Process in Older Adults. *Brain Sciences, 11(10), 1261.*
- **Alfonsi, V.**, Gorgoni, M., Scarpelli, S., Zivi, P., Sdoia, S., Mari, E., ... & De Gennaro, L. (2021). Changes in sleep pattern and dream activity across and after the COVID-19 lockdown in Italy: A longitudinal observational study. *Journal of Sleep Research, e13500.*
- D'Atri, A., Gorgoni, M., Scarpelli, S., Cordone, S., **Alfonsi, V.**, Marra, C., ... & De Gennaro, L. (2021). Relationship between Cortical Thickness and EEG Alterations during Sleep in the Alzheimer's Disease. *Brain Sciences, 11(9), 1174.*
- Scarpelli, S., **Alfonsi, V.**, Gorgoni, M., Camaioni, M., Giannini, A. M., & De Gennaro, L. (2021). Age-related effect of sleepiness on driving performance: a systematic-review. *Brain sciences, 11(8), 1090.*
- Scarpelli, S., Gorgoni, M., **Alfonsi, V.**, Annarumma, L., Di Natale, V., Pezza, E., & De Gennaro, L. (2021). The impact of the end of COVID confinement on pandemic dreams, as assessed by a weekly sleep diary: a longitudinal investigation in Italy. *Journal of Sleep Research, e13429.*
- Camaioni, M., Scarpelli, S., Gorgoni, M., **Alfonsi, V.**, & De Gennaro, L. (2021). EEG Patterns Prior to Motor Activations of Parasomnias: A Systematic Review. *Nature and Science of Sleep, 13, 713.*
- Cordone, S., Scarpelli, S., **Alfonsi, V.**, De Gennaro, L., & Gorgoni, M. (2021). Sleep-Based Interventions in Alzheimer's Disease: Promising Approaches from Prevention to Treatment along the Disease Trajectory. *Pharmaceuticals, 14(4), 383.*
- Scarpelli, S., **Alfonsi, V.**, D'Anselmo, A., Gorgoni, M., Musetti, A., Plazzi, G., ... & Franceschini, C. (2021). Dream activity in narcoleptic patients during the COVID-19 lockdown in Italy. *Frontiers in psychology, 12, 1907.*
- **Alfonsi, V.**, Gorgoni, M., Scarpelli, S., Zivi, P., Sdoia, S., Mari, E., ... & De Gennaro, L. (2021). COVID-19 lockdown and poor sleep quality: Not the whole story. *Journal of Sleep Research, e13368.*
- Scarpelli, S., **Alfonsi, V.**, Mangiaruga, A., Musetti, A., Quattropani, M. C., Lenzo, V., ... & Franceschini, C. (2021). Pandemic nightmares: Effects on dream activity of the COVID-19 lockdown in Italy. *Journal of sleep research, e13300.*
- Gorgoni, M., Scarpelli, S., **Alfonsi, V.**, Annarumma, L., Cordone, S., Stravolo, S., & De Gennaro, L. (2021). Pandemic dreams: quantitative and qualitative features of the oneiric activity during the lockdown due to COVID-19 in Italy. *Sleep medicine, 81, 20-32.*
- Scarpelli, S., **Alfonsi, V.**, Gorgoni, M., Giannini, A. M., & De Gennaro, L. (2021). Investigation on neurobiological mechanisms of dreaming in the new decade. *Brain Sciences, 11(2), 220.*
- **Alfonsi, V.**, Scarpelli, S., Gorgoni, M., Pazzaglia, M., Giannini, A. M., & De Gennaro, L. (2021). Sleep-Related Problems in Night Shift Nurses: Towards an Individualized Interventional Practice. *Frontiers in Human Neuroscience, 15, 125.*

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- **Alfonsi, V., Palmizio, R., Rubino, A., Scarpelli, S., Gorgoni, M., D'Atri, A., ... & De Gennaro, L. (2020).** *The association between school start time and sleep duration, sustained attention, and academic performance.* *Nature and Science of Sleep*, 12, 1161.
- *Di Muzio, M., Diella, G., Di Simone, E., Novelli, L., Alfonsi, V., Scarpelli, S., ... & De Gennaro, L. (2020).* *Nurses and night shifts: poor sleep quality exacerbates psychomotor performance.* *Frontiers in neuroscience*, 14, 1050.
- **Alfonsi, V., Scarpelli, S., D'Atri, A., Stella, G., & De Gennaro, L. (2020).** *Later school start time: the impact of sleep on academic performance and health in the adolescent population.* *International journal of environmental research and public health*, 17(7), 2574.
- *D'Atri, A., Scarpelli, S., Gorgoni, M., Alfonsi, V., Annarumma, L., Giannini, A. M., ... & De Gennaro, L. (2019).* *Bilateral theta transcranial alternating current stimulation (tACS) modulates EEG activity: when tACS works awake it also works asleep.* *Nature and science of sleep*, 11, 343.
- **Alfonsi, V., D'Atri, A., Gorgoni, M., Scarpelli, S., Mangiaruga, A., Ferrara, M., & De Gennaro, L. (2019).** *Spatiotemporal dynamics of sleep spindle sources across NREM sleep cycles.* *Frontiers in neuroscience*, 13, 727.
- **Alfonsi, V., D'Atri, A., Scarpelli, S., Mangiaruga, A., & De Gennaro, L. (2019).** *Sleep talking: a viable access to mental processes during sleep.* *Sleep medicine reviews*, 44, 12-22.
- *Annarumma, L., D'Atri, A., Alfonsi, V., & De Gennaro, L. (2018).* *The efficacy of transcranial current stimulation techniques to modulate resting-state EEG, to affect vigilance and to promote sleepiness.* *Brain sciences*, 8(7), 137.
- *D'Atri, A., Romano, C., Gorgoni, M., Scarpelli, S., Alfonsi, V., Ferrara, M., ... & De Gennaro, L. (2017).* *Bilateral 5 Hz transcranial alternating current stimulation on fronto-temporal areas modulates resting-state EEG.* *Scientific reports*, 7(1), 1-11.

b) Conference proceedings in Peer-Review International journals

- *Scarpelli, S., Galbiati, A., Fasiello, E., Camaioni, M., Alfonsi, V., Pellegrini, E., ... & DE GENNARO, L. (2024).* *Dreaming in RBD: A window into neurodegenerative mechanisms?.* *JOURNAL OF SLEEP RESEARCH*, 33(S1).
- *Gorgoni, M., Bisaccia, A., Scarpelli, S., D'Atri, A., Alfonsi, V., Ferrara, M., ... & DE GENNARO, L. (2024).* *The homeostasis of NREM Slow Wave Activity in Alzheimer's disease and Mild Cognitive Impairment.* *JOURNAL OF SLEEP RESEARCH*, 33(S1).
- *Pellegrini, E., Alfonsi, V., Scarpelli, S., Gorgoni, M., Menghini, D., Giumello, F., ... & DE GENNARO, L. (2024).* *Sleep patterns in autism spectrum disorder: A study using objective and subjective measures of sleep.* *JOURNAL OF SLEEP RESEARCH*, 33(S1).
- *Camaioni, M., Scarpelli, S., Annarumma, L., Pellegrini, E., Alfonsi, V., DE BARTOLO, M., ... & DE GENNARO, L. (2024).* *Electrophysiology of vocalizations in Sleep Talking: Predictive marker or abnormal expression of a physiological mechanism?.* *JOURNAL OF SLEEP RESEARCH*, 33(S1).
- *Gorgoni, M., Leonori, V., Fasiello, E., Galbiati, A., Scarpelli, S., Alfonsi, V., ... & DE GENNARO, L. (2024).* *The K-complex in insomnia disorder: Morphological alterations and relationship with sleep state misperception.* *JOURNAL OF SLEEP RESEARCH*, 33(S1).

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- Alfonsi, V., Scarpelli, S., Gorgoni, M., Annarumma, L., Pellegrini, E., Camaioni, M., ... & DE GENNARO, L. (2024). The role of sleep in neurorehabilitation processes in subacute stroke patients: A longitudinal observational study. *JOURNAL OF SLEEP RESEARCH*, 33(S1).
- Fasiello, E., Gorgoni, M., Galbiati, A., Sforza, M., Berra, F., Scarpelli, S., Alfonsi, V. ... & DE GENNARO, L. (2024). Decreased Delta/Beta ratio index as a state-independent signature of sleep state misperception in insomnia disorder. *JOURNAL OF SLEEP RESEARCH*, 33(S1).
- Annarumma, L., Reda, F., Scarpelli, S., D'Atri, A., Alfonsi, V., Salfi, F., ... & Gorgoni, M. (2024). The electrophysiological correlates of sleep onset process in preadolescence: Spatial and temporal dynamics. *JOURNAL OF SLEEP RESEARCH*, 33(S1).
- Camaioni, M., Scarpelli, S., Alfonsi, V., Gorgoni, M., Calzolari, R., De Bartolo, M., ... & De Gennaro, L. (2022, October). How to COVID-19 affected sleep talking episodes?. In *JOURNAL OF SLEEP RESEARCH* (Vol. 31). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.
- Annarumma, L., Gorgoni, M., Reda, F., Scarpelli, S., D'Atri, A., Alfonsi, V., ... & De Gennaro, L. (2022, October). How do preadolescents and older adults fall asleep? Spatiotemporal electrophysiological patterns of the sleep onset process during lifespan. In *JOURNAL OF SLEEP RESEARCH* (Vol. 31). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.
- Alfonsi, V., Scarpelli, S., Gorgoni, M., Di Muzio, M., Pazzaglia, M., Giannini, A. M., ... & De Gennaro, L. (2022). The cost of fast-rotating backward-shift work among nurses. *Sleep Medicine*, 100, S55.
- Gorgoni, M., Pietrogiacomini, F., Reda, F., Galbiati, A., Fasiello, E., Camaioni, M., Alfonsi, V.... & De Gennaro, L. (2022). Alterations of the human K-complexes during NREM sleep in isolated REM sleep behaviour disorder. *Sleep Medicine*, 100, 223-224.
- Scarpelli, S., Gorgoni, M., Alfonsi, V., Annarumma, L., & De Gennaro, L. (2022). Quantitative and qualitative features of dreaming activity during the pandemic. *Sleep Medicine*, 100, S36.
- Annarumma, L., Gorgoni, M., Reda, F., Scarpelli, S., D'Atri, A., Alfonsi, V., ... & De Gennaro, L. (2022). The ages of sleep onset: spatio-temporal eeg patterns in preadolescents, young and older adults. *Sleep Medicine*, 100, S9-S10
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INVITED LECTURES

- Behavioral measures: consequences of sleep deprivation in different cognitive domains". In: SleepAQ – Training School for Research in Sleep Medicine (2024), L'Aquila, July 5-6

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- Sleep and Dreams: Neuropsychological and Psychophysiological Approach to the Study of Dream Processes" in the context of the university course "SLEEP AND WELL-BEING," Bachelor's Degree (DM 270) - MOTOR SCIENCES, SPORT AND HEALTH, University of Parma (Prof. Christian Franceschini) (May 24, 2024)
- "This is the last episode": the association between problematic binge-watching and loneliness, emotion regulation, and sleep-related factors in poor sleepers. In XXI National Congress of the Italian Society of Cognitive Behavioral Therapy (2023), p 245, Bari September 21-24
- "Circadian preference and academic performance". In: Pre-congress Course XXXII AIMS National Congress (2022), p.5, 15 September, Rimini.
- European Sleep Research Society - ESRS Webinar "Sleep and Sleep Disturbances During the COVID-19 Pandemic – What Can Sleep Research and Sleep Medicine Tell Us? A European Perspective" (March 19, 2021)
- "Alterazione dei livelli di sonnolenza e/o vigilanza conseguenti a deprivazione parziale di sonno: uno studio di stimolazione elettrica transcranica". In: XXIX AIMS National Congress (2019), p.6, Genova, September, 13-15.

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