

Susan Kohl Malone
Nursing
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Susan Kohl Malone is a registered nurse with a focus on chronic disease prevention and management. This work inspired her research interests into the roles that modifiable lifestyle behaviors (sleep, physical activity, eating habits) and environmental factors (light exposure) play on cardio-metabolic disease risk. Of special interest are the timing and rhythmicity of these behaviors and exposures.

Rhythms are the rule, not the exception, underlying almost all physiological functions. Thus, the rhythmicity and timing of behaviors and biology need to be measured and managed to move towards greater wellness. The goal of Dr. Malone's research team is to incorporate timing and rhythmicity into behavioral interventions to ameliorate chronic disease. Dr. Malone has been the principle investigator on several funded sleep intervention studies. She has led a sleep health intervention to reverse metabolic syndrome in middle-aged adults as part of NYU's P20 Exploratory Center for Precision Health in Diverse Populations. She also leads a randomized controlled trial to determine whether improving sleep improves glycemic control in adults with prediabetes. Dr. Malone has led several population-based studies examining the relationships between multiple dimensions of sleep, such as duration, timing, regularity, quality with cardio-metabolic risk behaviors, and cardio-metabolic outcomes.

Dr. Malone holds an undergraduate degree in nursing with a theology minor from Georgetown University and a MSN and PhD from the University of Pennsylvania. She completed postdoctoral fellowship training in the Center for Sleep and Circadian Neurobiology at the University of Pennsylvania under the mentorship of Dr. Allan Pack.

Sleep; Biological and behavioral rhythms; Lifestyle management; Health promotion; Cardio-metabolic health; School health; Sensor technology

Research outputs

Feasibility, Acceptability, and Preliminary Effectiveness of a Sleep Intervention in Adults at Risk for Metabolic Syndrome With Short Sleep Duration

Malone, S. K., Patterson, F., Grunin, L., Yu, G., Dickson, V. V. & Melkus, G. D., Jan 1 2024, In: *Nursing research*. 73, 1, p. 72-80 9 p.

Temporal associations between nightly sleep with daytime eating and activity levels in free-living young adults

Hoopes, E. K., Brewer, B., Robson, S. M., Witman, M. A., D'Agata, M. N., Malone, S. K., Edwards, D. G. & Patterson, F., Nov 1 2023, In: *Sleep*. 46, 11, zsad123.

Sleep Variability, Eating Timing Variability, and Carotid Intima-Media Thickness in Early Adulthood

Hoopes, E. K., Witman, M. A., D'Agata, M. N., Brewer, B., Edwards, D. G., Robson, S. M., Malone, S. K., Keiser, T. & Patterson, F., Oct 3 2023, In: *Journal of the American Heart Association*. 12, 19, e029662.

Social Isolation, Sleep Disturbance, and Cognitive Functioning (HRS): A Longitudinal Mediation Study

Qi, X., Pei, Y., Malone, S. K. & Wu, B., Oct 1 2023, In: *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*. 78, 10, p. 1826-1833 8 p.

Associations of social isolation and loneliness with the onset of insomnia symptoms among middle-aged and older adults in the United States: A population-based cohort study

Qi, X., Malone, S. K., Pei, Y., Zhu, Z. & Wu, B., Jul 2023, In: *Psychiatry Research*. 325, 115266.

Automated Insulin Delivery for Hypoglycemia Avoidance and Glucose Counterregulation in Long-Standing Type 1 Diabetes with Hypoglycemia Unawareness

Flatt, A. J., Peleckis, A. J., Dalton-Bakes, C., Nguyen, H. L., Ilany, S., Matus, A., Malone, S. K., Goel, N., Jang, S., Weimer, J., Lee, I. & Rickels, M. R., May 1 2023, In: *Diabetes Technology and Therapeutics*. 25, 5, p. 302-314 13 p.

Prolonged Use of an Automated Insulin Delivery System Improves Sleep in Long-Standing Type 1 Diabetes Complicated by Impaired Awareness of Hypoglycemia

Malone, S. K., Matus, A. M., Flatt, A. J., Peleckis, A. J., Grunin, L., Yu, G., Jang, S., Weimer, J., Lee, I., Rickels, M. R. & Goel, N., 2023, (Accepted/In press) In: Journal of diabetes science and technology.

Research gaps and opportunities in precision nutrition: an NIH workshop report

Lee, B. Y., Ordovás, J. M., Parks, E. J., Anderson, C. A. M., Barabási, A. L., Clinton, S. K., de la Haye, K., Duffy, V. B., Franks, P. W., Ginexi, E. M., Hammond, K. J., Hanlon, E. C., Hittle, M., Ho, E., Horn, A. L., Isaacson, R. S., Mabry, P. L., Malone, S., Martin, C. K. & Mattei, J. & 15 others, Meydani, S. N., Nelson, L. M., Neuhouser, M. L., Parent, B., Pronk, N. P., Roche, H. M., Saria, S., Scheer, F. A. J. L., Segal, E., Sevick, M. A., Spector, T. D., Van Horn, L., Varady, K. A., Voruganti, V. S. & Martinez, M. F., Dec 19 2022, In: American Journal of Clinical Nutrition. 116, 6, p. 1877-1900 24 p.

Addressing Challenges in Recruiting Diverse Populations for Research: Practical Experience from a P20 Center

Wright, F., Malone, S. K., Wong, A., Melkus, G. D. E. & Dickson, V. V., May 1 2022, In: Nursing research. 71, 3, p. 218-226 9 p.

Best Interest Standard in School Health: A Concept Analysis

Grunin, L. & Malone, S., Feb 2022, In: Journal of School Nursing. 38, 1, p. 110-120 11 p.

Actigraphy-derived rest - Activity rhythms are associated with nocturnal blood pressure in young women

Hoopes, E. K., Patterson, F., Berube, F. R., D'agata, M. N., Brewer, B., Malone, S. K., Farquhar, W. B. & Witman, M. A., Dec 1 2021, In: Journal of Hypertension. 39, 12, p. 2413-2421 9 p.

Sleep and Alertness Among Interns in Intensive Care Compared to General Medicine Rotations: A Secondary Analysis of the iCOMPARE Trial

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护士在睡眠医学实践及研究中的作用

Melanie, L. M., Li, C., Malone, S. K., Shang, S., Zhang, S. & Weaver, T. E., Jun 15 2021, In: National Medical Journal of China. 101, 22, p. 1642-1645 4 p.

Habitual physical activity patterns in a nationally representative sample of U.S. adults

Malone, S. K., Patterson, F., Grunin, L., Melkus, G. D., Riegel, B., Punjabi, N., Yu, G., Urbanek, J., Crainiceanu, C. & Pack, A., Feb 1 2021, In: Translational Behavioral Medicine. 11, 2, p. 332-341 10 p.

Characterizing Glycemic Control and Sleep in Adults with Long-Standing Type 1 Diabetes and Hypoglycemia Unawareness Initiating Hybrid Closed Loop Insulin Delivery

Malone, S. K., Peleckis, A. J., Grunin, L., Yu, G., Jang, S., Weimer, J., Lee, I., Rickels, M. R. & Goel, N., 2021, In: Journal of Diabetes Research. 2021, 6611064.

Rest-activity rhythms in emerging adults: implications for cardiometabolic health

Hoopes, E. K., Witman, M. A., D'Agata, M. N., Berube, F. R., Brewer, B., Malone, S. K., Grandner, M. A. & Patterson, F., 2021, In: Chronobiology International. 38, 4, p. 543-556 14 p.

Efficacy of a sleep health intervention to optimize standard smoking cessation treatment response: Results from a pilot randomized controlled trial

Patterson, F., Grandner, M. A., Malone, S. K., Pohlig, R. T., Ashare, R. L. & Edwards, D. G., 2020, (Accepted/In press) In: Journal of Smoking Cessation.

Shift Workers Have Higher Blood Pressure Medicine Use, But Only When They Are Short Sleepers: A Longitudinal UK Biobank Study

Riegel, B., Daus, M., Lozano, A. J., Malone, S. K., Patterson, F. & Hanlon, A. L., Oct 15 2019, In: Journal of the American Heart Association. 8, 20, e013269.

Self-care in People with Type 2 Diabetes Mellitus Research Protocol of a Multicenter Mixed Methods Study (SCUDO)

Luciani, M., Fabrizi, D., Rebora, P., Rossi, E., Di Mauro, S., Kohl Malone, S. & Ausili, D., Jul 1 2019, In: Professioni infermieristiche. 72, 3, p. 203-212 10 p.

Sleep and alertness in a duty-hour flexibility trial in internal medicine

iCOMPARE Research Group, Mar 7 2019, In: New England Journal of Medicine. 380, 10, p. 915-923 9 p.

Sleep and Alertness Outcomes in a Duty-Hour Flexibility Trial in Internal Medicine

Malone, S., Mar 7 2019, In: New England Journal of Medicine. p. 915-923

A systematic review of biological mechanisms of fatigue in chronic illness

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Addressing the Social Determinants of Health: A Call to Action for School Nurses

Schroeder, K., Malone, S. K., McCabe, E. & Lipman, T., Jun 1 2018, In: Journal of School Nursing. 34, 3, p. 182-191 10 p.

Interactive effects of sleep duration and morning/evening preference on cardiovascular risk factors

Patterson, F., Malone, S. K., Grandner, M. A., Lozano, A., Perket, M. & Hanlon, A., Feb 1 2018, In: European Journal of Public Health. 28, 1, p. 155-161 7 p.

Applying behavioral insights to delay school start times

Kohl Malone, S., Ziporyn, T. & Battenheim, A. M., Dec 2017, In: Sleep Health. 3, 6, p. 483-485 3 p.

Differences in morning-evening type and sleep duration between Black and White adults: Results from a propensity-matched UK Biobank sample

Malone, S. K., Patterson, F., Lozano, A. & Hanlon, A., Jul 3 2017, In: Chronobiology International. 34, 6, p. 740-752 13 p.

Social jet lag, chronotype and body mass index in 14–17-year-old adolescents

Malone, S. K., Zemel, B., Compher, C., Souders, M., Chittams, J., Thompson, A. L., Pack, A. & Lipman, T. H., Oct 20 2016, In: Chronobiology International. 33, 9, p. 1255-1266 12 p.

Smoking, Screen-Based Sedentary Behavior, and Diet Associated with Habitual Sleep Duration and Chronotype: Data from the UK Biobank

Patterson, F., Malone, S. K., Lozano, A., Grandner, M. A. & Hanlon, A. L., Oct 1 2016, In: Annals of Behavioral Medicine. 50, 5, p. 715-726 12 p.

Characteristics Associated With Sleep Duration, Chronotype, and Social Jet Lag in Adolescents

Malone, S. K., Zemel, B., Compher, C., Souders, M., Chittams, J., Thompson, A. L. & Lipman, T. H., Apr 1 2016, In: Journal of School Nursing. 32, 2, p. 120-131 12 p.

Ethnic differences in sleep duration and morning-evening type in a population sample

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Measurement and Interpretation of Body Mass Index During Childhood and Adolescence

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The significance of abdominal obesity in youth

Malone, S. K. & Lipman, T. H., 2014, In: Journal of pediatric nursing. 29, 5, p. 489-490 2 p.

School nurses save lives: Can we provide the data?

Malone, K. M. & Bergren, D. B., Oct 2010, In: Journal of School Nursing. 26, 5, p. 344-351 8 p.

Press/Media

11 ways you are sabotaging your sleep

Kohl Malone, S.

2/26/20

1 item of Media coverage

A Day in the Life - Susan, Nurse Educator, MSN, RN, Ph.D. Candidate (5 years later)

Kohl Malone, S.

9/12/14

1 item of Media coverage

How New York should lock the clock: Don't switch to daylight savings time: ditch it and stick with standard time

Kohl Malone, S.

3/4/20

1 Media contribution

I found the key to the kingdom of sleep. It's my foot

Kohl Malone, S.

7/23/19

1 item of Media coverage

Interview with Get to Know Nurse Educator Susan Kohl Malone

Kohl Malone, S.

8/26/14

1 item of Media coverage

Is it time to put an end to Daylight Saving Time?

Kohl Malone, S.

3/9/19

1 Media contribution

Nurses: Their Vital Role in Transforming Health Care, Selected Profile

Kohl Malone, S.

11/16/14

1 Media contribution

Only half of US children get enough sleep: Why that's a serious problem

Kohl Malone, S.

10/24/20

1 item of Media coverage

To get enough exercise, try engaging in three different activities a week.

Kohl Malone, S.

7/14/20

1 Media contribution

Trying at least 2 different types of workouts per month can help you reach your exercise goals

Kohl Malone, S.

1/18/21

1 item of Media coverage

Variety in Exercises

Kohl Malone, S.

6/22/20

1 item of Media coverage

Why Are Parents Afraid of Later School Start Times?

Kohl Malone, S.

11/12/17

1 Media contribution