

Susan Kohl Malone  
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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

### **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., Mar 16 2021, In: *Translational Behavioral Medicine*. 11, 2, p. 332-341 10 p.

### **Best Interest Standard in School Health: A Concept Analysis**

Grunin, L. & Malone, S., 2021, (Accepted/In press) In: *Journal of School Nursing*.

### **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

**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.

**A systematic review of biological mechanisms of fatigue in chronic illness**

R. Jaime-Lara, Kohl Malone, S., Matura, L. & Riegel, B., 2018, In: Biological Research for Nursing. 20, 4, p. 410-421 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**

Malone, S. K., Patterson, F., Lu, Y., Lozano, A. & Hanlon, A., Jan 2 2016, In: Chronobiology International. 33, 1, p. 10-21 12 p.

**Measurement and Interpretation of Body Mass Index During Childhood and Adolescence**

Malone, S. K. & Zemel, B. S., Aug 21 2015, In: Journal of School Nursing. 31, 4, p. 261-271 11 p.

**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**

Susan Kohl Malone

2/26/20

1 item of Media coverage

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

Susan Kohl Malone

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**

Susan Kohl Malone

3/4/20

1 Media contribution

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

Susan Kohl Malone

7/23/19

1 item of Media coverage

### **Interview with Get to Know Nurse Educator Susan Kohl Malone**

Susan Kohl Malone

8/26/14

1 item of Media coverage

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

Susan Kohl Malone

3/9/19

1 Media contribution

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

Susan Kohl Malone

11/16/14

1 Media contribution

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

Susan Kohl Malone

10/24/20

1 item of Media coverage

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

Susan Kohl Malone

7/14/20

1 Media contribution

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

Susan Kohl Malone

1/18/21

1 item of Media coverage

### **Variety in Exercises**

Susan Kohl Malone

6/22/20

1 item of Media coverage

**Why Are Parents Afraid of Later School Start Times?**

Susan Kohl Malone

11/12/17

1 Media contribution