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

Best Interest Standard in School Health: A Concept Analysis

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

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

护士在睡眠医学实践及研究中的作用

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

Characterizing Glycemic Control and Sleep in Adults with Long-Standing Type 1 Diabetes and Hypoglycemia Unawareness Initiating Hybrid Closed Loop Insulin Delivery
Rest-activity rhythms in emerging adults: implications for cardiometabolic health

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

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

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

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

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

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

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

A systematic review of biological mechanisms of fatigue in chronic illness

Applying behavioral insights to delay school start times

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

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

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

Characteristics Associated With Sleep Duration, Chronotype, and Social Jet Lag in Adolescents
Ethnic differences in sleep duration and morning-evening type in a population sample

Measurement and Interpretation of Body Mass Index During Childhood and Adolescence

The significance of abdominal obesity in youth

School nurses save lives: Can we provide the data?

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