

Andrea Cuamatzi Castelan

EDUCATION

Rush Medical College Sep 2021- Present
MD Candidate Class 2025

University of Michigan, Ann Arbor, MI May 2015
BS with highest distinction, Biopsychology, Cognition and Neuroscience

WORK EXPERIENCE

Henry Ford Health System- Sleep Disorders & Research Center, Novi, MI

- Research Coordinator, December 2018 – August 2021
- Clinical Research Associate, April 2017 – December 2018
- Clinical Research Assistant, June 2015 -April 2017

University of Michigan- Psychology Department, Ann Arbor, MI

Student Research Assistant | June 2014-June 2015

University of Michigan -Mood and Schizophrenia Laboratory, Ann Arbor, MI

Student Lab Manager | December 2013- May 2015

HONORS

2021 D&I Scholarship -Rush Medical College

LEADERSHIP

2022- 2023 Latino Medical Student Association - Secretary, Chapter at Rush Medical College

2023- Today National Publications Committee-Member. Latino Medical Student Association National

PUBLICATIONS

1. Cheng P, Kalmbach DA, Hsieh HF, **Cuamatzi Castelan A**, Sagong C, Drake CL (2023). Improved resilience following digital cognitive behavioral therapy for insomnia protects against insomnia and depression one year later. *Psychological medicine* 53 (9), 3826-3836
2. **Cuamatzi Castelan A**, Skiba V, Bazan L, Moss K, Singh M, Drake CL, Cheng P (2021). New Kid on the Block: A First Look at the Clinical Use of Pitolisant for Narcolepsy. *International Journal of Medical and Pharmaceutical Case Reports*
3. Kalmbach DA, Cheng P, Roth T, Swanson L, **Cuamatzi-Castelan A**, Roth A, Drake C. (2021) Examining Patient Feedback and the Role of Cognitive Arousal in Treatment Non-response to Digital Cognitive-behavioral Therapy for Insomnia during Pregnancy. *Behav Sleep Med*, Mar 15;1-20
4. Cheng P, Casement MD, Kalmbach DA, **Cuamatzi Castelan A**, & Drake CL (2020). Digital Cognitive Behavioral Therapy for Insomnia Promotes Later Health Resilience During the Coronavirus Disease 19 (COVID-19) Pandemic. *Sleep*, zsaa258. doi: 10.1093/sleep/zsaa258
5. Cheng P, Cuellar R, Johnson DA, Kalmbach D, Joseph CLM, **Cuamatzi-Castelan A**, Sagong C, Casement M, Drake C (2020). Racial discrimination as a mediator of racial disparities in insomnia disorder. *Sleep Health* 1-7.
6. Cheng P, Walch O, Huang, Y, Mayer C, Sagong C, **Cuamatzi-Castelan AS**, Burgess H. Roth, T, Forger D, Drake C (2020). Predicting circadian misalignment with wearable technology: Validation of wrist-worn actigraphy and photometry in night shift workers. *Sleep*, zsaa 180.

7. Kalmbach DA, Cheng P, O'Brien LM, Swanson LM, Sangha R, Sen S, Guille C, **Cuamatzi-Castelan AS** (2020). A randomized controlled trial of digital cognitive behavioral therapy for insomnia in pregnant women. *Sleep Medicine*, 72:82-92.
8. Cheng P, Kalmbach DA, **Cuamatzi Castelan A**, Murugan N, Drake CL (2020). Depression Prevention in Digital Cognitive Behavioral Therapy for Insomnia: Is Rumination a Mediator? *Journal of Affective Disorders* 273: 434-441.
9. Cheng, P., Kalmbach, D., Fellman-Couture, C., Arnedt, J. T., **Cuamatzi-Castelan, A.**, & Drake, C.L. (2020). Risk of excessive sleepiness in sleep restriction therapy and cognitive behavioral therapy for insomnia: a randomized controlled trial. *Journal of Clinical Sleep Medicine*.
10. Drake C.L, Kalmbach DA, Cheng P, Roth T, Tran KM, **Cuamatzi-Castelan A**, Atkinson R, Singh M, Tonnu CV, & Fellman-Couture C. (2019). Can the Orexin Antagonist Suvorexant Preserve the Ability to Awaken to Auditory Stimuli While Improving Sleep? *Journal of Clinical Sleep Medicine*, 15(09), pp.1285-1291.
11. Kalmbach DA, Arnedt JT, Cheng P, Tonnu CV, **Cuamatzi-Castelan A**, Fellman-Couture C., & Drake CL. (2019). Treating insomnia improves depression, maladaptive thinking, and hyperarousal in postmenopausal women: Comparing cognitive-behavioral therapy for insomnia (CBTI), sleep restriction therapy, and sleep hygiene education. *Sleep Medicine*, 55: pp.124-134.
12. Drake CL, Kalmbach DA, Arnedt JT, Cheng P, Tonnu CV, **Cuamatzi-Castelan A**, Fellman-Couture C. (2019). Treating Chronic Insomnia in Postmenopausal Women: A Randomized Clinical Trial Comparing Cognitive-Behavioral Therapy for Insomnia (CBTI), Sleep Restriction Therapy, and Sleep Hygiene Education. *SLEEP* 42 (2):zsy217.
13. Kalmbach DA, Cheng P, Arnedt JT, **Cuamatzi-Castelan A**, Atkinson RL, Fellman-Couture C, Roehrs T, & Drake CL. (2019). Improving daytime functioning, work performance, and quality of life in postmenopausal women with insomnia: Comparing cognitive-behavioral therapy for insomnia (CBTI), sleep restriction therapy, and sleep hygiene education. *Journal of Clinical Sleep Medicine*.
14. Kalmbach DA, **Cuamatzi-Castelan AS**, Tonnu CV, Tran KM, Anderson JR, Roth T, Drake CL. (2018). Hyperarousal and Sleep Reactivity in Insomnia: Current Insights. *Dove Medical Press* 10: 193-201.

ORAL PRESENTATIONS

Cuamatzi-Castelan A.S., Goyal N., MacCumber MW (3023). Sex Differences in Corneal Biomechanics among Diabetic Retinopathy Patients. Rush University Medical Center Department of Ophthalmology. 19th Resident & Alumni Day.

Kalmbach D.A., **Cuamatzi-Castelan A.S.**, Tonnu C.V., Sangha R., O'Brien L.M., Swanson L.M., Roth T, Drake, C.L. (2019). Insomniacs in late pregnancy are clinically depressed: Exploring the role of nocturnal rumination. *SLEEP*, 42 *Suppl. 1*, A138.

Cuamatzi-Castelan, A.S., Kalmbach D.A., Atkinson R, Sangha, R., Bazan L., O'Brien L.M., Swanson L.M., Roth T., Drake C.L. (2019). Insomnia in late pregnancy: Characterizing phenotypes and identifying associated factors. *SLEEP*, 42 *Suppl. 1*, A138.

Cuamatzi, A., Cheng P, Fellman-Couture C., Tallent G., Tran, K, Espie C. A., Joseph C, Roehrs T, Drake C. "Long-term efficacy of the Sleep to Prevent Evolving Affective Disorders (SPREAD) Trial as an Internet-based Treatment for Insomnia." 32nd Annual Meeting of the Associated Professional Sleep Societies, LLC, Oral Presentation, 2018

POSTER PRESENTATIONS

Cuamatzi-Castelan A.S., Goyal N, MacCumber MW (2023). The Effect of Anti-VEGFs on Corneal Biomechanics. *The Association for Research in Vision and Ophthalmology 2023*.

- Cuamatzi-Castelan A.S.**, Kalmbach D.A, Cheng P. (2021). Insomnia, cognitive arousal, and perinatal-focused rumination fuel perinatal depression. *SLEEP 44(Supplement 2)*: A289-A289
- Kalmbach D.A., **Cuamatzi-Castelan A.S.**, Tonnu C.V., Sangha R., O'Brien L.M., Swanson L.M., Roth T, Drake, C.L. (2019). Insomniacs in late pregnancy are clinically depressed: Exploring the role of nocturnal rumination. *American College of Obstetricians and Gynecologists 2019 Congress*.
- Kalmbach D.A., **Cuamatzi-Castelan A.S.**, Tonnu C.V., Sangha R., O'Brien L.M., Swanson L.M., Roth T, Drake, C.L. (2019). Insomniacs in late pregnancy are clinically depressed: Exploring the role of nocturnal rumination. *SLEEP, 42 Suppl. 1*, A138.
- Cuamatzi-Castelan, A.S.**, Kalmbach D.A., Atkinson R, Sangha, R., Bazan L., O'Brien L.M., Swanson L.M., Roth T, Drake C.L. (2019). Insomnia in late pregnancy: Characterizing phenotypes and identifying associated factors. *SLEEP, 42 Suppl. 1*, A138.
- Drake, C.L., Cheng P, Tallent G., Atkinson R, **Cuamatzi-Castelan, A.S.**, Bazan L. (2019). Changes in use of sleep aids following digital cognitive behavioral therapy for insomnia. *SLEEP, 42 Suppl. 1*,A149.
- Drake C.L., **Cuamatzi-Castelan A.S.**, Kalmbach D.A., Cheng P, Roth T, Singh, M., Tran, M.K., Tonnu, C.V., Atkinson R, Fellman-Couture C. (2019). Arousability of insomnia patients in not impacted by the orexin antagonist suvorexant (10mg and 20mg). *SLEEP, 42 Suppl. 1*, A151.
- Cheng P, Walch O, Tran K, **Cuamatzi A**, Drake C. (2018). Using Mathematical Modeling to Predict Circadian Phase in Night Shift Workers. *Sleep 41(suppl1)*: A236-A237
- Cuamatzi, A.**, Cheng P, Tran K, Tallent G., Drake C. "Impact of Circadian Misalignment and BMI on Glucose Dysregulation in Night-shift Workers." 31st Annual Meeting of the Associated Professional Sleep Societies, LLC, Poster Presentation, 2017.
- Tallent G., Cheng P, Tran K., **Cuamatzi A.**, Drake C. "Per3 Polymorphism Predicts Differential Cognitive Impacts of Circadian Misalignment in Shift Workers." 31st. Annual Meeting of the Associated Professional Sleep Societies, LLC, Poster Presentation, June 2017.
- Cheng, P, Tran, M., Tallent, G., Pillai, V., **Cuamatzi, A.**, Bazan, L., Moss, K., Drake, CL. (2016). Circadian misalignment and cognitive flexibility in night shift workers. *SLEEP*; 39: B483.
- Cuamatzi, A.**, Mueller S, Grove T, Belpedio L., Lank R., Ang S., Abramson D., Vickers B., Deldin P. "Paranoia as a Multidimensional Construct: The Role Of Cognitive Biases in Ideas of Self-reference and Persecution." Society for Research in Psychopathology, Poster Presentation, October 2015.
- Grove T, Mueller S, Vickers B., **Cuamatzi A.**, Lank R., Belpedio L., Ang S., Abramson, D., Deldin P. Cognitive Biases and Heightened Paranoia Affect the Interpretation of Environmental Stimuli. Society for Research in Psychopathology, Poster Presentation, October 2015.