

David R. Samson
Ph.D.
Curriculum Vitae

University of Toronto, Mississauga
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ACADEMIC APPOINTMENTS

2017 – Assistant Professor, University of Toronto, Mississauga
2016 – 2017 Senior Research Scientist, Duke University
2014 – 2015 Postdoctoral Associate, Duke University
2013 – 2014 Visiting Assistant Professor of Anthropology, University of Nevada, Las Vegas

EDUCATION

2013 Ph.D., Indiana University, Biological Anthropology
2010 M.A., Indiana University
2005 B.A., Indiana University (Ronald E. McNair Scholar)

RESEARCH AND TEACHING INTERESTS

General focus: Primate evolution. Human ecology, adaptation, and health and evolutionary mismatch. Origins of the genus *Homo*. Chimpanzee ecology, evolution, and behavior. Great ape behavior and material culture. **Specific focus: the evolution of sleep and cognition in the human lineage**

JOURNAL ARTICLES (Refereed; $n = 38$)

- 2021 **Samson, D.R.** The human sleep paradox: the unexpected sleeping habits of *Homo sapiens*. *Annual Review of Anthropology*. *Accepted*.
- 2021 Kilius, E., Abbas, N.H., McKinnon, L., and **D.R. Samson**. Pandemic Nightmares: COVID-19 lockdown associated with increased aggression in female university students' dreams. *Frontiers in Psychology*. 12: 1-9. DOI: 10.3389/fpsyg.2021.644636
- 2021 Patel, U.A., Gruen, M.E. and **D.R. Samson**. A brief report of sleep and circadian rhythm quotas in a population of dog owners in North Carolina, USA. *bioRxiv* DOI: 10.1101/2021.01.21.427658
- 2020 Woods, H.J., Li, M.F., Patel, U.A., Lascelles, D.X., **Samson, D.R.**, and M.E., Gruen. A functional linear modeling approach to sleep-wake cycles in dogs. *Scientific Report: Nature Research*. 10.22233. DOI: 10.1038/s41598-020-79274-2
- 2020 **Samson, D.R.** Taking the sleep lab to the field: Biometric techniques for quantifying sleep and circadian rhythms in humans. *American Journal of Human Biology*. DOI: 10.1002/ajhb.23541
- 2020 Noor, A.H., Bahia, B., Covacha, A., Hollett, D., Kaur, B., and **D.R. Samson**. The effects of sleep quality on response inhibition. *Young Anthropology*. 2: 10-16.
- 2020 Sarma, M.S., Boyette, A., Lew-Levy, S., Miegakanda, V., Kilius, E., **Samson, D.R.**, and L.T., Gettler. Sex differences in daily activity intensity and energy expenditure and their

- relationship to cortisol among BaYaka foragers of the Congo Basin. *American Journal of Physical Anthropology*. 172: 423-437. DOI: 10.1002/ajpa.24075
- 2020 Perogamvros, L., Castelnovo, A., **Samson, D.R.**, and T.T. Dang-Vu. Failure of fear extinction in insomnia: An evolutionary perspective. *Sleep Medicine Reviews*. 51: 101277. DOI: 10.1016/j.smr.2020.101277
- 2019 **Samson, D.R.**, Louden, L. A., Gerstner, K., Wiley, S., Lake, B. White, B. J., Nunn, C. L., and K.D. Hunt. Chimpanzee (*Pan troglodytes schweinfurthii*) group sleep and pathogen-vector avoidance: experimental support for the encounter-dilution effect. *International Journal of Primatology*. DOI: 10.1007/s10764-019-00111-z
- 2019 Gruen, M. E. **Samson, D. R.**, and B.D.X., Lascelles. Functional linear modeling of activity data shows analgesic-mediated improved sleep in dogs with spontaneous osteoarthritis pain. *Scientific Report: Nature Research*. 9:14192. DOI: 10.1038/s41598-50623-0.
- 2019 Melvin, E., **Samson, D.R.**, and C.L. Nunn. Eulerian videography technology improves classification of sleep architectures in primates. *Primates*. 60: 467-475. DOI: 10.1007/s10329-019-00744-x
- 2019 **Samson, D.R.**, Vining, A., and C.L. Nunn. Sleep influences cognitive performance in lemurs. *Animal Cognition*. 22: 697-708. DOI: 10.1007/s10071-019-01266-1
- 2019 Nunn, C.N., and **D.R. Samson**. Do We Sleep Better Than Our Ancestors? *This View of Life: Evolutionary Institute Mismatch Series*. <https://evolution-institute.org/>
- 2018 **Samson, D.R.**, Crittenden, A.N., Mabulla, I.A., Mabulla, A.Z.P. and C.L. Nunn. Does the moon influence sleep in small-scale societies? *Sleep Health*. 4: 509-514. DOI: 10.1016/j.sleh.2018.08.004
- 2018 Yetish, G., and **Samson, D.R.** Sleep research in non-Western populations reveals novel insights about the breadth and diversity of human sleep patterns. *Sleep Health*. 4: 495-496. DOI: 10.1016/j.sleh.2018.10.1006
- 2018 Manus, M.B., Bloomfield, G.S., Leonard, A.S., Guidera, L.N., **Samson, D.R.**, Nunn, C.N. High prevalence of hypertension in an agricultural village in Madagascar. *PLOS ONE*. 13: e0201616. DOI: 10.1371/journal.pone.0201616
- 2018 Crittenden, A.N., **Samson, D.R.**, Herlosky, K.N., Mabulla, I.A., Mabulla, A.Z.P. and J.J. McKenna. Infant co-sleeping patterns and maternal sleep quality among Hadza hunter-gatherers. *Sleep Health*. 4: 527-534. DOI: 10.1016/j.sleh.2018.10.005
- 2018 **Samson, D.R.**, J. Bray, and C.L. Nunn. The cost of deep sleep: Environmental influences on sleep regulation are greater for diurnal lemurs. *American Journal of Physical Anthropology*. 166: 578-589. DOI: 10.1002/ajpa.234552018
- 2018 Nunn, C.L., and **D. R. Samson**. Sleep in a comparative context: Investigating how human sleep differs from sleep in other primates. *American Journal of Physical Anthropology*. 166: 601-612. DOI: 1002/ajpa.23427
- 2017 **Samson, D.R.**, A.N. Crittenden, I.A. Mabulla, A.Z.P. Mabulla. The evolution of human sleep: Technological and cultural innovation with sleep-wake regulation among Hadza hunter-gatherers. *Journal of Human Evolution*. 113: 91-102
- 2017 **Samson, D.R.**, and Yetish, G.M. Global and evolutionary perspectives on sleep. *Sleep Health*. 3: 73-74
- 2017 **Samson, D.R.**, A.N. Crittenden, I.A. Mabulla, A.Z.P. Mabulla, and C.L. Nunn. Evidence that humans evolved to be natural, nighttime sleep sentinels. *Proceedings B: The Royal Society*. 284: 20170967
- 2017 **Samson, D.R.**, A.N. Crittenden, I.A. Mabulla, A.Z.P. Mabulla, and C.L. Nunn. Hadza sleep biology: evidence for flexible sleep-wake patterns in hunter-gatherers. *American Journal of Physical Anthropology*. 162(3): 573-582
- 2017 **Samson, D.R.**, M. Manus, A.D. Krystal, E. Fakir, J.J. Yu, and C.L. Nunn. Segmented sleep in a nonelectric, small-scale agricultural society in Madagascar. *American Journal*

- of Human Biology*. 29(4):e22979
- 2017 Bray, J., **D.R. Samson**, and C.L. Nunn. Activity patterns in seven captive lemur species: evidence for cathemerality in *Varecia* and *Lemur catta*? *American Journal of Primatology*. 79(6):e22648
- 2016 **Samson, D.R.**, G.M. Yetish, A.N. Crittenden, I.A. Mabulla, A.Z.P. Mabulla, and C.L. Nunn. What is segmented sleep? Actigraphy field validation for daytime sleep and nighttime wake. *Sleep Health* 2(4): 341-347
- 2016 Nunn, C.L., **D.R. Samson**, and A.D. Krystal. Shining evolutionary light on human sleep and sleep disorders. *Evolution, Medicine, & Public Health* 1:227-243
- 2015 **Samson, D.R.** and C.L. Nunn. Sleep intensity and the evolution of human cognition. *Evolutionary Anthropology* 24(6): 225-237
- 2015 **Samson, D.R.** and R.W. Shumaker. Pre-sleep and sleeping platform construction behavior in captive orangutans (*Pongo* spp.): Implications for ape health and welfare. *Folia Primatologica* 86(3): 187–202
- 2015 **Samson, D.R.** and R.W. Shumaker. Orangutans (*Pongo* spp.) have deeper, more efficient sleep than baboons (*Papio papio*) in captivity. *American Journal of Physical Anthropology* 157(3): 412–427
- 2014 **Samson, D.R.** and K.D. Hunt. Is chimpanzee (*Pan troglodytes schweinfurthii*) low population density linked with low levels of aggression? *Pan Africa News* 21: 15–17
- 2014 **Samson, D.R.**, D. Hurst, and R.W. Shumaker. Orangutan night-time long call behavior: Sleep quality costs associated with vocalizations in captive *Pongo*. *Advances in Zoology* 1: 1–8
- 2014 **Samson, D.R.** and K. D. Hunt. Chimpanzees preferentially select sleeping platform construction tree species with biomechanical properties that yield stable, firm but compliant nests. *PLOS ONE* 9: 1–8
- 2013 **Samson, D.R.** and R.W. Shumaker. Documenting orangutan sleep architecture: Sleeping platform complexity increases sleep quality in captive *Pongo*. *Behaviour* 150: 845–861
- 2012 **Samson, D.R.**, M.P. Muehlenbein, and K.D. Hunt. Do chimpanzees (*Pan troglodytes schweinfurthii*) exhibit sleep related behaviors that minimize exposure to parasitic arthropods? A preliminary report on the possible anti-vector function of chimpanzee sleeping platforms. *Primates* 54(1): 73–80
- 2012 **Samson, D.R.** The chimpanzee nest quantified: Morphology and ecology of arboreal sleeping platforms within the dry habitat site of Toro-Semliki Wildlife Reserve, Uganda. *Primates* 53(4): 357–364
- 2012 **Samson, D.R.** and K.D. Hunt. A thermodynamic comparison of arboreal and terrestrial sleeping sites for dry-habitat chimpanzees (*Pan troglodytes schweinfurthii*) at the Toro-Semliki Wildlife Reserve, Uganda. *American Journal of Primatology* 74(9): 811–818
- 2011 Husmann, P.R. and **D.R. Samson**. In the eye of the beholder: Sex and race determination using the human orbital aperture. *Journal of Forensic Sciences* 56(6): 1424–1429
- 2006 **Samson, D.R.** Stones of contention: The Acheulean handaxe lethal projectile controversy. *Lithic Technology* 31(2): 127–136

MANUSCRIPTS IN PREPARATION

- in prep. a **Samson, D.R.**, McKinnon, L., P. Nepomnaschy. Sleep biology in a Maya population from rural Guatemala. *American Journal of Human Biology*
- in prep. b **Samson, D.R.**, Sarma, M., Getler, L., A. BaYaka sleep biology: A comparison between hunter-gatherer and small-scale agriculturalists in the Central African Republic and Congo-Brazzaville. *American Journal of Human Biology*
- in prep. c **Samson, D.R.**, The Human Sleep Paradox: The unexpected sleeping habits of *Homo sapiens*. *Annual Review of Anthropology*

GRANTS

- 2020 NSERC Discovery Grant: *Activity around the clock: The evolution of sleep in human and non-human primates*: \$152,500 CAD)
- 2019 JELF-CFI: *Sleep and Human Evolution Lab (SHEL): Testing evolutionary hypotheses in a clinical, controlled space*: \$458,660 CAD
- 2019 University of Toronto Mississauga Department of Anthropology SIG: \$2,000 CAD
- 2019 University of Toronto Mississauga Teaching and Development Grant: \$5,000 CAD
- 2018 University of Toronto Mississauga Department of Anthropology SIG: \$2,000 CAD
- 2018 SSHRC Insight Development Grant: \$74,913 CAD
- 2018 Connaught New Researcher Award: \$35,000 CAD
- 2018 University of Toronto Mississauga Scholarly Research Activity Fund: \$10,000 CAD
- 2017 The Leakey Foundation General Grant: \$23,692 USD
- 2015 National Geographic Society, Research and Exploration Grant: \$15,540 USD
- 2012 Sigma Xi, The Scientific Research Society Grant in Aid of Research: \$699 USD
- 2011 Indiana Academy of Science Senior Research Grant: \$2,001 USD
- 2011 American Society of Primatology General Small Grant: \$999 USD
- 2008 Recipient of the SKOMP Preliminary Dissertation Grant: \$3,000 USD

AWARDS AND HONORS

- 2019 Recipient of the Canadian Sleep Society Roger Broughton Young Investigator Award
- 2019 Nature Research Highlights: “The stalwart lemurs that can cope with sleep deprivation.”
<https://www.nature.com/articles/d41586-019-01516-9>
- 2019 Selected to represent the World Sleep Society as the Malaysian delegate for World Sleep Day
- 2016 Selected as a “Legend of Castle High School” in recognition of alumni who have distinguished themselves by contributions in their field, to their individual communities, and to society as a whole
- 2015 Selection by National Geographic to speak as a grantee during the “Hacking the Brain” panel for the 2015 Emerging Explorers Class
- 2012 Recipient of the College of Arts and Sciences Dissertation Completion Fellowship
- 2010 Acceptance into Cambridge Who’s Who
- 2009 Recipient of the Center for the Integrative Study of Animal Behavior (CISAB) Fellowship (summer)
- 2009 Recipient and participant of the Collegium for Inquiry in Action Fellowship funded by The Teagle Foundation
- 2008 Recipient of the Educational Opportunity Fellowship
- 2007 Induction into Sigma Xi: The Scientific Research Society
- 2005 Recipient of the Hutton Honors College Travel Grant
- 2004 Acceptance for biographical publication in *The National Dean’s List*, 2003–2004
- 2004 Recipient of the James F. Maurer Scholarship from the Indiana College of Arts and Sciences for the academic year 2004–2005
- 2003 Ronald E. McNair Postbaccalaureate Achievement Program

RESEARCH AND EXPERIENCE

- 2016 **National Geographic Society research project studying sleep in Hadza, hunter-gatherers:** *Hunter-gatherer sleep architecture: towards an understanding of the evolution of flexible sleep.*

- 2015 **Duke Lemur Center research:** *Sleep, activity, and cognition in seven lemur species.*
- 2013 **Dissertation research performed at the Indianapolis Zoo:** *Orangutan sleep architecture: testing the cognitive function of sleep and sleeping platforms in the Hominidae.*
- 2010 **Assistant Director of the Semliki Chimpanzee Project:** Directed habituation of dry habitat chimpanzees in Uganda. Administered camp duties. Performed research on chimpanzee nesting behavior and collected ethological data on agonism in wild chimpanzees.
- 2008 **SKOMP Department summer research:** *Testing chimpanzee nesting function: The relationship between organic constructive technology and sleep and the implications for Hominidae evolution.*
- 2006 **McNair Scholars semester research grant:** Worked under the direction of Dr. April Sievert, Department of Anthropology. Middle Paleolithic postural efficiency in spear thrusting: *Cut to the quick: Underhand and overhand hunting postural efficiency in spear thrusting.*
- 2005 **Excavation:** La Sierra de Atapuerca, Gran Dolina TD10. Sponsored by Dr. Nick Toth, Kathy Schick, and Dr. Eudald Carbonell.

TEACHING EXPERIENCE

- 2019 ANT 402H5F Wild Nights: Sleep, evolution, and performance in the 21st century
- 2018 ANT 218H5 The Social Conquest of Earth (University of Toronto Mississauga)
- 2017 ANT 380H5 Sister species: Lessons from the chimpanzee (University of Toronto Mississauga)
- 2017 Assistant Professor: ANT 3031H Sleep and primate evolution (University of Toronto, St. George - graduate course)
- 2014 Visiting Assistant Professor: Anthropology 461X Sister Species: Lessons from the Chimpanzee (University of Nevada, Las Vegas)
- 2013 Visiting Assistant Professor: Anthropology 101 Introduction to Cultural Anthropology (University of Nevada, Las Vegas: Two sections)
- 2013 Visiting Assistant Professor: Anthropology 102 Introduction to Physical Anthropology (University of Nevada, Las Vegas: Two sections)
- 2011 Adjunct Faculty: Anthropology 131 Introduction to Physical Anthropology (University of Southern Indiana)
- 2009 Instructor: B200 Bioanthropology (Indiana University)
- 2009 Instructor: A105 Human Origins and Prehistory (Indiana University)
- 2009 The Teagle Collegium for Inquiry in Action: explored the disciplinary cultures of teaching and applied methods of teaching and assessment in the classroom
- 2008 Associate Instructor: lead discussion section for A105 Human Origins and Prehistory
- 2007 Associate Instructor: B200 Bioanthropology (Indiana University)
- 2007 Graduate Student Leader for McNair Senior Summer Camp

CONFERENCE PRESENTATIONS

- 2021 The Annual Meeting of the Human Biology Association (HBA). Virtual poster by Erica Kilius (graduate student). *Gender-based differences in sleep patterns: An intra-community comparison of village and forest sleep in BaYaka foragers.*
- 2021 The 90th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Virtual by Erica Kilius (graduate student). *The influence of lunar phase on*

- circadian rhythms in a mobile, non-industrial population: Sleep analysis from a community of BaYaka foragers from the Congo.*
- 2021 Medusa Graduate Conference 2021. Virtual by Erica Kilius (graduate student). *Preparing for the unknown: Rehearsals of threat avoidance in dream content of university students during COVID-19 lockdown*
- 2021 The 90th annual conference proceedings of the American Association of Physical Anthropologists (AAPA). April 7-28, 2021. Virtual podium presentation by Leela McKinnon (graduate student). *Is Sleep Disturbance in Menopause Explained by Evolutionary Mismatch? Evidence from Three Cohorts of Guatemalan Maya.*
- 2020 The 47th Canadian Association of Physical Anthropology (CAPA). Virtual by Kaleigh Reyes (graduate student). *Lunar and meteorological variables influence sleep in diurnal gibbon (*Hylobates moloch* and *Hylobates pileatus*).*
- 2020 The 47th Canadian Association of Physical Anthropology (CAPA). Virtual by Leela McKinnon (graduate student). *The influence of developing technological infrastructure on sleep and circadian rhythm in a community of Guatemalan Kaqchikel Maya*
- 2020 SLEEP Virtual Meeting. Invited Podium presentation by David Samson. *The Human Sleep Paradox. The unexpected sleeping habits of Homo sapiens*
- 2020 The 46th Annual AGSBS York Biology Symposium. York University, Ontario. Invited remote Podium presentation by David Samson. *The Human Sleep Paradox. The unexpected sleeping habits of Homo sapiens*
- 2020 The 89th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Los Angeles, California. Accepted Podium presentation by David Samson. *Group sleep reduces pathogen exposure: experimental support for the encounter dilution effect in wild chimpanzees.* (Cancelled due to COVID 19 pandemic)
- 2020 The 89th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Los Angeles, California. Accepted Podium presentation by Leela McKinnon (graduate student). *Male sleep is shorter and more fragmented than female sleep in a semi-elective, non-industrial, rural population of Kaqchikel Maya*
- 2020 The 89th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Los Angeles, California. Accepted Podium presentation by Erica Kilius (graduate student). *Shifting sleep ecologies among foragers: An intra-community comparison of village and forest sleep of BaYaka foragers from the Congo*
- 2019 The 88th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Cleveland, Ohio. Podium presentation by Shattuck and Samson: *Comparing sleep segmentation between traditional and Western populations: a test of the Sentinel Hypothesis*
- 2019 The 88th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Cleveland, Ohio. Poster presentation by Amanda Rowlands: *Sleep and the hypothalamic-pituitary-adrenal axis as modulators of metabolic energy across the adolescent transition in a group of Mayan girls*
- 2018 Wild Clocks. Max Planck Institute for Ornithology. Munich, Germany. Podium presentation: *Human Sleep: Evolutionary outliers among primates*
- 2018 The 46th Canadian Association of Physical Anthropology (CAPA). London, Ontario. Podium Presentation: *Sleep influences cognitive performance in lemurs*
- 2018 The 46th Canadian Association of Physical Anthropology (CAPA). London, Ontario. Podium Presentation: *The Effects of Childhood Adversity on Sleep Quality Using Midlife in the United States (MIDUS) Data*
- 2018 The 87th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Austin, Texas. Poster presentation: *Hadza hunter-gatherer domiciles provide sleep sites with less overall variation in thermal stress*
- 2017 The 45th Canadian Association of Physical Anthropology (CAPA). Edmonton, Alberta.

- Podium Presentation: *Chronotype variation drives nighttime sentinel behaviour in hunter-gatherers*.
- 2017 Human Biology Association Meeting. New Orleans, Louisiana. Plenary Session: An Evolutionary Perspective on Sleep and Human Health Disparities. Symposium podium presentation: *Chronotype variation drives nighttime sentinel behaviour in hunter-gatherers*.
- 2016 Awakening to the Significance of Sleep and Health Disparities: A Global Evolutionary Perspective. Durham, North Carolina. Co-Organized with Charles Nunn.
- 2016 Duke Lemur Center 50th Anniversary Scientific Symposium & Gala. Durham, North Carolina. Podium presentation co-author: *Cooking practices, health, and deforestation in Madagascar*
- 2016 Duke Lemur Center 50th Anniversary Scientific Symposium & Gala. Durham, North Carolina. Contributed poster: *Cathemerality, sleep, and cognition in seven captive lemur species*
- 2016 Joint Meeting of the International Primatological Society and the American Society of Primatologists. Chicago, Illinois. Podium presentation co-author: *Shining evolutionary light on human sleep: sleep intensity and human cognition*
- 2016 The International Society for Evolution, Medicine, & Public Health (ISEMPH). Durham, North Carolina. Podium presentation: *Segmented sleep in a non-electric population in Madagascar*
- 2016 The 85th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Atlanta, Georgia. Podium presentation: *Sleep duration, quality and timing in a non-electric population in Madagascar*
- The 85th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Atlanta, Georgia. Podium presentation co-author: *Shining evolutionary light on human sleep: Sleep intensity and human cognition*
- 2015 The 84th Annual Meeting of the American Association of Physical Anthropologists (AAPA). St. Louis, Missouri. Contributed poster: *Cathemerality and sleep intensity in seven captive lemur species*
- 2014 The 83rd Annual Meeting of the American Association of Physical Anthropologists (AAPA). Calgary, Alberta, Canada. Contributed poster: *The effects of sleeping platforms on next day cognition in captive orangutans (Pongo spp.)*
- 2014 The 83rd Annual Meeting of the American Association of Physical Anthropologists (AAPA). Calgary, Alberta, Canada. Contributed poster: *Species differences in sleep quality between captive orangutans (Pongo pygmaeus) and baboons (Papio papio)*
- 2013 The 82nd Annual Meeting of the American Association of Physical Anthropologists (AAPA). Knoxville, Tennessee. Podium presentation: *Orangutan sleep architecture: A comparison between orangutan, chimpanzee and human sleep behavior*
- 2012 The 19th Annual Indiana University Animal Behavior Conference. Bloomington, Indiana. Podium presentation: *Orangutan sleep architecture: Discovering the evolutionary timing of human sleep*
- 2011 The 8th Midwest Primate Interest Group (MPIG) Conference. Kent, Ohio. Podium presentation: *Do Chimpanzees exhibit sleep related behaviors that minimize exposure to flying insects?*
- 2009 The 78th Annual Meeting of the American Association of Physical Anthropologists (AAPA). Chicago, Illinois. Contributed poster: *Interspecies orbit shape: An analysis of the morphological differences of the aperture in hominoids*
- 2009 The 16th Annual Indiana University Animal Behavior Conference. Bloomington, Indiana. Sponsored by the Center for the Integrative Study of Animal Behavior (CISAB). Contributed poster: *Chimpanzee Nesting Behavior at the Toro-Semliki Wildlife Reserve*
- 2004 State of Indiana McNair Consortium Undergraduate Research Conference. Podium

- 2004 presentation: *Throwing versus thrusting: Contextualizing middle paleolithic spear use*
12th National Ronald E. McNair Scholars Research Conference & Graduate
Fair. Lake Lawn Resort; Delaven, Wisconsin. Podium presentation: *Stones of contention:
The Acheulean handaxe lethal projectile controversy*
- 2003 State of Indiana Undergraduate Research Conference. Indiana State University; Terre
Haute, Indiana. Contributed poster: *Stones of contention: The Acheulean handaxe lethal
projectile controversy*

INVITED SCHOLARLY LECTURES

- 2019 The World Sleep Society presents World Sleep Day, Malaysia. Keynote speech.
2018 McMaster University, Department of Anthropology: Guest lecture
2018 Sunnybrook Brain Sciences Rounds – Krembil Foundation Lecture
2018 University of Toronto, Department of Anthropology (St. George): Guest course lecture
ANT 3047H Evolutionary Anthropology Theory
2017 Trent University Durham: Public Talk.
2016 Wake Forest University, Department of Biology: Podium presentation.
2015 National Geographic Emerging Explorers Symposium: TED-style talk at the National
Geographic headquarters in Washington, D.C.
2015 University of Arizona, Department of Anthropology: Podium presentation.
2014 University of Kentucky, Department of Biology: The Ribble Seminar Series.
2013 University of Nevada, Las Vegas, Department of Anthropology: Colloquium, Forum and
Proseminar series.
2013 Indiana University, Department of Anthropology: Primate archaeology guest lecture.
2012 Indianapolis Zoo lecture series: Podium presentation.

PROFESSIONAL SERVICE AND PUBLIC OUTREACH

- 2019 World Sleep Day Malaysia: Selected delegate to represent the World Sleep Society in
Kuala Lumpur, Malaysia
2016 Comparative Medicine Institute (CMI): Associate membership in the Emerging and
Infectious Disease Program
2012 Youth Fitness Mentor at the National Institute for Fitness and Sport: Instructing fitness
obstacle courses for first- to sixth-grade children on class field trips, Indianapolis,
Indiana.
2008 Anthropology Graduate Student Association (AGSA) Vice President of Programming:
Social programming and in charge of departmental social events both within and between
departments.
2007 Bloomington Montessori School Guest Lecture on Primatology and Human Evolution:
Presenting and organizing, Bloomington, Indiana.

SELECTED COMMENTARIES AND MEDIA OUTREACH

- 2020 *The Times of India*: '[Great apes' nests improved their cognition – and shaped human dwellings](#)', by Srijana Mitra Das
2020 UTM News. [UTM professors find ways to engage with students online](#), by Elaine Smith
2020 *University of Toronto*: [3Qs with Science Sam and anthropologist David Samson](#), episode 3.
2020 *Toronto Star*: [Sleep struggles: pandemic could impact body's fear response, cause poor sleep](#), by Melissa Couto
2020 *Renard, Atlas*: [The evolution of sleep with David Samson](#). Podcast interview on July

- 24th, produced by Marie-Claude Lacerte
- 2020 *Sleep is a skill.* [David Samson, Anthropology Professor, What Primates Can Teach Us About Leveraging Circadian Rhythm For Great Sleep.](#) Produced by Mollie McGlocklin
- 2020 *3Qs at the U. Episode 3* with Science Sam and anthropologist David Samson. Produced by the University of Toronto.
- 2020 *Global News Radio:* Live interview on April 21st, produced by Jaclyn Carbone
- 2020 *World News Radio:* Live interview on April 22nd, produced by Chris Chreston
- 2020 *CTV News:* [Sleep struggles: pandemic could impact body's fear response, cause poor sleep.](#) Author: Melissa Couto
- 2020 *Toronto Star:* [Social distancing shows us why the nuclear family doesn't work.](#) Author: Brandi Weikle
- 2020 *CBC News:* [How to keep COVID-19 stress from ruining your sleep.](#) Author: Brandi Weikle
- 2020 *UTM News:* [Up all night? Tips for resting easy in uncertain times.](#) Author: Blake Eligh
- 2019 *TV Interview: Health Matters with Dishen Kumar (Episode 5):* [Time to Get Some Sleep!](#)
- 2019 *Discovery Magazine:* [To sleep, perchance to evolve.](#) Author: Bridget Alex
- 2018 *GQ Magazine:* [Why am I so tired all the time?](#) Author: Alex Shultz
- 2018 *TVO The Agenda with Steve Paikin:* [ZZZZ: The importance of good sleep.](#) Guest commentator for on air televised episode: "Understanding sleep."
- Seeker:* [How human sleep differs from other primates, and what it means for our health.](#) Author: Jen Viegas
- Best of BBC Future:* [What I learned from living without artificial light.](#) Author: Linda Geddes
- 2017 *CBC Radio Metro Morning:* Syndicated interviews on the topic of sleep evolution in all provinces in Canada.
- NPR The Pulse:* [Sleep habits may have helped humans branch off from other primates:](#) Presenter: Max Green
- BBC World Service The Inquiry:* [Have we always felt this tired?](#) Presenter: James Fletcher
- BBC CrowdScience.* [Why are there morning people and night people?](#) Producer: Cathy Edwards; Presenter: Anand Jagitia
- Reuters Editor's Pick Video:* Out sleep patterns inherited from hunter-gatherers, study says. Producer: Jim Drury
- BBC News.* [Lark or night owl? Blame your ancestors.](#) Author: Helen Briggs
- New York Times.* [Living another day, thanks to grandparents who couldn't sleep.](#) Author: Aneri Pattani
- New Scientist.* [Sleeping less in old age may be adaptation to survive in wild.](#) Author: Linda Geddes
- Popular Science.* [Grandma's insomnia might be a product of evolution.](#) Author: Aparna Nathan
- Seeker.* [Trouble sleeping? Restless nights evolved from ancestors avoiding dangers.](#) Author: Jen Viegas
- The Sydney Morning Herald* (Australia). [Early birds, night owls and wakeful elderly people - why we sleep when we do.](#) Author: Melissa Cunningham
- The Guardian.* [Restless development - bad sleep may be evolutionary survival tool, study finds.](#) Author: Hannah Devlin
- United Kingdom The Telegraph.* [Revealed - Why we lose sleep as we grow older.](#) Author: Sarah Knapton
- UNLV News Center.* [Sleep elusive? New study shows there's a reason for that.](#) Author: Francis McCabe

- Duke Today*. [Live-in grandparents helped human ancestors get a safer night's sleep](#). Author: Robin Smith
- Huffington Post*. [People who live without screens don't sleep any better than the rest of us](#). Author: Sarah DiGiulio
- Duke Today*. [People far from urban lights, bright screens still skimp on sleep](#). Author: Robin Smith
- Welt (Germany)*. Schlafstörungen? Kennen manche Völker gar nicht. Author: Von Wiebke Hollersen
- The Toronto Star*. [Having trouble sleeping? Blame evolution, study says](#). Author: Scott Wheeler
- Science News*. [Snooze patterns vary across cultures, opening eyes to evolution of sleep](#). Author: Bruce Bower
- 2016 *Time*. [Humans Sleep Less Than Closely Related Mammals](#). Author: Victor Luckerson
- New York Times*. [Down From the Trees, Humans Finally Got a Decent Night's Sleep](#). Author: Carl Zimmer
- BBC Earth*. [Why humans need less sleep than any other primate](#). Author: Melissa Hogenboom
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- 2015 *BBC Earth*. [Apes reveal secrets of good sleep](#). Author: Matt Walker
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- 2014 *New York Times*. [Chimps are particular about where they rest](#). Author: Bhanoo, S.
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- 2013 *Entr'espèces*. [Les chimpanzés s'aménagent-ils des lits anti-moustiques?](#) Author: Corbara, B.
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- 2012 *Hominid Hunting: Smithsonian.com*. [Chimpanzees Sleep in Trees to Escape the Humidity](#). Author: Wayman, E.

EDITORIAL RESPONSIBILITIES

- 2019 Editorial Board: *Sleep Health*: Journal of the National Sleep Foundation
- 2018 Guest editor for *Sleep Health Special Issue: Global and Evolutionary Perspectives on Sleep*

PROFESSIONAL REFEREEING

Journal reviews: *Royal Society Open Science*, *American Journal of Physical*

Anthropology, American Journal of Primatology, Brains, Behavior and Evolution, International Journal of Primatology, Journal of Comparative Psychology, Journal of Ecology and the Natural Environment, Journal of Mammalogy, Journal of Zoo and Aquarium Research, Primates, Folia Primatologica, Animal Behaviour, Journal of Biological Rhythms, Sleep Health, Sleep Medicine, Current Anthropology, International Journal of Circumpolar Health

STUDENT MENTORSHIP

- 2019 **Kaleigh Reyes.** PhD Graduate adviser.
Leela McKinnon. PhD Graduate adviser.
Erica Kilius. PhD Graduate adviser.
Arielle Felix. Supervised data processing of actigraphy data for Natural Global Sleep Database (NGSD).
Amanda Rowlands. Outside committee member for Pablo Nepomnaschy's (SFU) Master's student
Ujas Patel. Supervised data processing of actigraphy data for Natural Global Sleep Database (NGSD).
Anita Singh. Supervised data processing of actigraphy data collected in the Efe hunter-gatherers of the Congo.
Jeff Senese (President of UTM's Undergraduate Philosophy Society): Guest lecture to high school students for *Project Gen Z*
- 2018 Natalie Cuei: ROP supervision for Natural Global Sleep Database (NGSD) data processing
Katrina Khan. Supervised data processing of actigraphy data collected in the Efe hunter-gatherers of the Congo.
- 2017 Gloria Zhang. Mentored and chaired defense for *Senior Thesis*.
Melissa Manus. Mentored in research with Malagasy small-scale agriculturalists and gorillas at the North Carolina Zoo.
- 2016 Emilie Melvin. Mentored and chaired defense for *Graduation with Distinction Candidacy*.
- 2014 Sean Basile, James Yu, Caroline Schwaner, Teddi Maslowski, and Rachel Silver (Duke University). Supervised the generation of cognitive data on lemurs at the Duke Lemur Center.
Mark Cunningham and Ashley Henard (UNLV). Supervised poster presentation for the Anthropology Research Forum: *Human and Bonobo non-conceptive sex: the self-domestication hypothesis and the evolution of sexual behavior*.
- 2013 Samantha Wylie (UNLV). Supervised undergraduate data generation of infra-red videography for baboon sleep behavior analysis