



Sara Nowakowski, Ph.D., M.S.

Assistant Professor

Academic Office:

UTMB Ob/Gyn Route 0587
 301 University Boulevard
 3.110-B John Sealy Annex
 Galveston, TX 77550-0587
 Office: 409-772-3996 Fax: 409-747-5129

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Practice Locations

UTMB at Galveston
 301 University Boulevard
 Galveston, TX 77555-1022
 Phone: 409-772-9507

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Pelvic Health Clinic at Victory Lakes
 2240 Gulf Freeway South
 League City, TX 77573
 Phone: (832) 505-1910

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Clinical Interests	Behavioral Sleep Medicine; Behavioral Health; Cognitive Behavioral Therapy for Insomnia, Depression, and Anxiety Disorders; and Women’s Mental Health (Peripartum, Perimenopause)
Specialty	Clinical Psychology; Behavioral Sleep Medicine
Board Certifications	American Academy of Sleep Medicine – Certified in Behavioral Sleep Medicine Provisionally Licensed Psychologist (License # 36908)
Graduate School Internship Fellowship	San Diego State University, M.S. – 2004-2006 University of California, San Diego, Ph.D. - 2004-2010 Alpert Medical School of Brown University, Clinical Internship - 2009-2010 Stanford University School of Medicine – Fellowship 2010-2012
Research Interests	Treatment of Insomnia and Nocturnal Hot Flashes in Menopausal Women Sleep and Psychological Well-being in Women’s Health
National Organizations	American Psychological Association North American Menopause Society Sleep Research Society Society of Behavioral Sleep Medicine Texas Society of Sleep Professionals American Academy of Sleep Medicine Association for Behavioral and Cognitive Therapies
Honors	2002, 03, 05 Sleep Research Society Meritorious Abstract Award 2010 T32 Ruth L. Kirschstein National Research Service Award (NIMH Grant T32MH019938) 2012 National Institute of Aging (NIA) Loan Repayment Program Award 2013 Career Development Institute Recipient (NIMH Grant R25MH090947)

- 2013 13th Annual Summer Institute on Randomized Behavioral Clinical Trials Recipient (sponsored by NHLBI)
- 2014 UTMB Center for Interdisciplinary Research in Women's Health Travel Award
- 2014 UTMB Research Services Researcher of the Month (July)
- 2014 NIA Loan Repayment Program (LRP) Competitive Renewal Award
- 2014 North American Menopause Society Mentorship Program - Mentee

Grants

- Cognitive Behavioral Therapy for Insomnia and Nocturnal Hot Flashes in Menopause K23NR014008
2012-2016 – National Institute of Health, Principal Investigator
- Examination of Cognitive Behavioral Therapy for Insomnia on Menopausal Depression JR-265
2014-2015 – Hogg Foundation, Principal Investigator

Selected Publications

- Tal, J.Z., Suh, S.A., Dowdle, C.L., & **Nowakowski, S.** (In Press). Treatment of insomnia, insomnia symptoms, and obstructive sleep apnea during and after menopause: Therapeutic Approaches. *Current Psychiatry Reviews*.
- Nowakowski, S.**, Meers, J.M., Heimbach, E. (2013). Sleep and women's health. *Sleep Medicine Research, 4(1), 1-22*.
- Nowakowski, S.**, Meliska, C.J., Martinez, L.F., & Parry, B.L. (2009). Sleep and menopause. *Current Neurology and Neuroscience Reports, 9(2), 165-172*.
- Nowakowski, S.**, Meliska, C.J., & Parry, B.L. (2008). Menopause and sleep disorders. *The Female Patient, 33(9), 30-32*.
- Perlis, M.L., Orff, H.J., Smith, M.T., Enright, T., **Nowakowski, S.**, Jungquist, C.R., & Plotkin, K. (2004). The effects of modafinil and cognitive behavior therapy on sleep continuity in patients with primary insomnia. *Sleep, 27(4), 715-725*.
- Perlis, M.L., Smith, M.T., Cacialli, D.O., **Nowakowski, S.**, & Orff, H.J. (2003). On the comparability of pharmacotherapy and behavior therapy for chronic insomnia: Commentary and implications. *Journal of Psychosomatic Research, 54(1), 51-59*.
- Other Publication PMCID's:* [PMC4041493](#) [PMC3480569](#) [PMC3366092](#)
[PMC4086618](#) [PMC3227711](#) [PMC2190736](#) [PMC1978394](#)

[Selected Publications in PubMed \(click here\)](#)