

A. ROGER EKIRCH

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EDUCATION

Johns Hopkins University, M.A., 1974, Ph.D., 1978
 Dartmouth College, A.B., Cum Laude, Highest Distinction in History, Rufus Choate Scholar, 1972

EMPLOYMENT

1988- Professor, Virginia Tech
 1987-88 Visiting Editor of Publications, Institute of Early American History & Culture
 1982-88 Associate Professor, Virginia Tech
 1978-82 Assistant Professor, Virginia Tech
 1977-78 Instructor, Virginia Tech
 1975-76 Part-Time Instructor, University of Maryland, Baltimore County
 1971-72 Research Assistant, Papers of Daniel Webster

PRIZES/HONORS

Scholar Award in History, Virginia Social Science Association, 2010 (presented annually to one historian in the state)

Birthright: The True Story that Inspired "Kidnapped"

Book of the Month (November/December 2010), British Scholar Society

Finalist, Library of Virginia People's Choice Award, 2011

Alumni Award for Research Excellence, 2009 (the highest award granted by Virginia Tech for faculty research, two of which are awarded annually)

College of Liberal Arts and Human Sciences Award for Excellence in Research and Creative Scholarship, Virginia Tech, 2009

At Day's Close: Night in Times Past

Phi Beta Kappa Sturm Award for Excellence in Faculty Research, Virginia Tech, 2006

Library of Virginia Literary Award in Nonfiction, 2006

Phi Alpha Theta National History Honor Society Prize ("Best subsequent book"), 2007

Charles Smith Book Award, Southern Historical Association, European Section, 2006

An *Observer* Book of the Year, 2005

A Longman *History Today* Best Title, 2005

An Amazon Editors' #3 History Book of the Year, 2005

A *Discover Magazine* Science Book of the Year, 2005

An Editors' Pick, *Lapham's Quarterly*, 2008

#1 Pick, "Ian Marchant's Top Ten Books of the Night," *The Guardian*, Jan. 25, 2012)

"Outstanding Faculty," Virginia Tech "Measures of Excellence," 2005-2006, 2006-2007 (one of four faculty members featured by the College of Liberal Arts and Human Sciences)

James L. Clifford Prize for Best Article, 2002, American Society for Eighteenth-Century Studies

Percy G. Adams Prize for Best Article, 2002, Southeastern American Society for Eighteenth-Century Studies

"Outstanding Faculty," Virginia Tech "Measures of Excellence," 2000-2001 (one of ten faculty members featured by the university)

STUDENT RECOGNITION

"Favorite Faculty," April 3, 2012 (one of the "favorite professors" honored at an annual reception hosted by Residence Life and Housing at Virginia Tech)

"Favorite Faculty," April 6, 2011

"Professor Appreciation Night," November 6, 2010 (one of the "favorite professors" honored by members of the Virginia Tech Women's Volleyball Team)

Faculty Excellence Award, 2009 (presented annually by History Department graduate students)

COURSES

Virginia Tech

Undergraduate: U.S. History to 1865

Historical Methods (overall evaluation score, 2008-11, 5 classes: 3.88/ 4)

Seventeenth-Century America

Eighteenth-Century America

Colonial America (overall evaluation score, 2008-11, 4 classes: 3.80/4)

The American Revolution (overall evaluation score, 2008-11, 4 classes: 3.63/4)

Chapters in the Peopling of Early America

The Atlantic in the Age of Piracy

History in American Society

Graduate: Historical Research and Writing

History of Early America – Reading Seminar

History of Early America – Research Seminar

Cambridge University

Set of eight lectures on the American Revolution in addition to undergraduate tutorials

University of Maryland, Baltimore County

U.S. History to 1865

Black America to 1865

GRADUATE STUDENTS (CURRENT/ RECENT)

Doctoral Dissertation Co-Director for Rosa Fina, "The Idea of Night in Portuguese Culture (XVII to XXth Centuries): Nocturnal Imaginary and Configurations," Center for Lusophonic and European Literatures and Cultures, University of Lisbon

Doctoral Dissertation Committee Member for Mary Richie McGuire, "Tobacco Cultures in the Age of Revolution: Migrations of Plants and Peoples in the Early Modern Atlantic, 1750-1850," Department of Science and Technology in Society, Virginia Tech

Doctoral Dissertation Committee Member for Allison Madar, “Eighteenth-Century Indentured Servitude in the Chesapeake, 1700–1783,” Department of History, Rice University, 2013
 Masters Thesis Co-Director for Alexandra Dowrey, “Non-Elites and the Classics: Interaction in Philadelphia, 1780-1820,” Department of History, Virginia Tech
 Masters Thesis Director for Heather Lennon, “Tavern Culture, Class, and Gender in Richmond, 1770-1810,” Department of History, Virginia Tech, 2013
 Masters Thesis Co-Director for William Paxton, “Crime and Society in Georgian London,” Department of History, Virginia Tech, 2013

FELLOWSHIPS (External)

National Endowment for the Humanities Fellow, 2013-2014
 John Simon Guggenheim Memorial Foundation Fellow, 1998
 National Endowment for the Humanities Fellow, 1992-93
 Virginia Foundation for the Humanities Fellow, 1990
 Virginia Foundation for the Humanities Fellow, 1987
 National Endowment for the Humanities Fellow, 1986-87
 National Endowment for the Humanities Fellow, 1982-83
 Fellow Commoner, Peterhouse, Cambridge, 1981-82
 Paul Mellon Research Fellow, Faculty of History, Cambridge University, 1981-82

GRANTS (External)

National Endowment for the Humanities Summer Seminar for School Teachers (Director), 1995
 American Philosophical Society Grant, 1993
 American Council of Learned Societies Grant-in-Aid, 1991
 American Historical Association Grant, 1990
 National Endowment for the Humanities Travel to Collections Grant, 1989
 American Historical Association Grant, 1986
 American Philosophical Society Grant, 1981

PUBLICATIONS

Books:

An Asylum Westward: Mutiny, Martyrdom, and American Identity in the Age of Revolution (New York: Pantheon, under contract).

Birthright: The True Story that Inspired “Kidnapped” (New York and London: W.W. Norton, 2010). Pp.258. Paperback edition (2011).

At Day’s Close: Night in Times Past (New York: W.W. Norton, 2005). Pp.480. Paperback edition (2006). 6th printing. Published in the UK by Weidenfeld & Nicolson (London, 2005). Paperback edition (2006). In Germany: *In der Stunde der Nacht: Eine Geschichte der Dunkelheit* (Lübbe, 2006). In the Netherlands: *Nacht en Ontij: Een Geschiedenis van het Duister* (De Bezige Bij, 2006). In China: *在一天關閉：歷史的夜晚* (Hunan Art House and Literature, 2006). In South Korea: *에 데이는 달기 : 나이트 타임즈 과거* (Dolbegae, 2008). In Russia: *На исходе дня. История ночи* (Azбука, 2010). In Slovenia: *Ob Satonu Dneva* (Studia Hamanitatis, 2011). Translations forthcoming in Japan, Italy, and Taiwan.

Bound for America: The Transportation of British Convicts to the Colonies, 1718-1775 (Oxford: Clarendon/Oxford University Press, 1987). Pp.296. Paperback edition (1990).

"*Poor Carolina: Politics and Society in Colonial North Carolina, 1729-1776* (Chapel Hill, N.C.: University of North Carolina Press, 1981). Pp.305.

Articles and Anthology Chapters:

"Sleep Medicine in the Middle Ages and the Renaissance," in Sudhansu Chokroverty, M.D. and Michel Billiard, M.D., eds. *Sleep Medicine: A Comprehensive Guide to Its Development, Clinical Milestones and Advances in Treatment* (New York: Springer Science, forthcoming).

With John Shneerson, M.D., "Nineteenth-Century Sleep Violence Cases," *Sleep Medicine Clinics*, VI, no.4 (December 2011), 483-491.

With John Shneerson, M.D., "The Clinical Features of Sleep Violence in Arousal Disorders: An Historical Review," *Sleep Medicine Clinics*, VI, no.4 (December 2011), 493-498.

"Sleep We Have Lost: Pre-industrial Slumber in the British Isles," *American Historical Review*, CV, no.2 (April 2001), 343-387

"Exiles in the Promised Land: Convict Labor in the Eighteenth-Century Chesapeake," *Maryland Historical Magazine*, LXXXII, no.2 (Summer1987), 95-122.

."Hungry as Hawks': The Social Bases of Political Leadership in Colonial North Carolina, 1729-1776," in Bruce Daniels, ed., *Power and Status: Office holding in the American Colonies* (Middletown, Conn.: Wesleyan University Press, 1986), 139-145.

"Bound for America: A Profile of British Convicts Transported to the Colonies, 1718-1775," *William and Mary Quarterly*, 3d Ser., XLII, no.2 (April 1985), 184-200

"Whig Authority and Public Order in Backcountry North Carolina, 1776-1783," in Ronald Hoffman, Thad W. Tate, and Peter J. Albert, eds., *An Uncivil War: The Southern Backcountry during the American Revolution* (Charlottesville, Va.: University Press of Virginia, 1985), 99-124.

"The Transportation of Scottish Criminals to America during the Eighteenth Century," *Journal of British Studies*, XXIV, no.3 (July 1985), 366-374.

"Great Britain's Secret Convict Trade to America, 1783-1784," *American Historical Review*, LXXXIX, no.5 (December 1984), 1285-1291.

"The North Carolina Regulators on Liberty and Corruption, 1766-1771," *Perspectives in American History*, ed., Donald Fleming (Harvard University: The Charles Warren Center for Studies in American History, 1977-1978), XI, 197-256.

A New Government of Liberty!: Hermon Husband's Vision of Backcountry North Carolina, 1755," *William and Mary Quarterly*, 3d Ser., XXXIV, no. 4 (October 1977), 632-646.

Other Publications:

"Segmented Sleep," *Harper's Magazine*, August 2013, 35-37.

"Embracing the Dark Side," *Wall Street Journal*, July 27, 2013, "Life & Culture."

"Planes, Trains, and Orbital Spacecraft," *Wall Street Journal*, December 14, 2012, "Life & Culture."

“Zzzzzz the Day,” *Wall Street Journal*, April 28, 2012, “Life & Culture.”

“Return to a Darker Age,” *New York Times*, January 8, 2012, “The Sunday Review,” 5.

“Kidnapped! Tracking Down a Ripping Good Irish-American Tale,” *Common-Place*, XI, no.1 (October 2010) www.common-place.org/.

“Supernatural Terrors Tamed,” *New York Times*, August 1, 2010, “Room for Debate” Opinion Blog (by invitation).

Robert Louis Stevenson’s ‘Kidnapped’ . . . The True Story,” *The Scotsman* (Edinburgh), March 6, 2010.

“Violence in the Land of Sleep,” *New York Times*, March 24, 2010, “All-Nighters” Opinion Blog (by invitation).

“Dreams Deferred,” *New York Times*, February 19, 2006, “Week in Review,” 13. Reprinted in Steven Lee Berber, *Awake: A Reader for the Sleepless Soul* (Soft Skull Press, 2008), 219-21.

"Sometimes an Art, Never a Science, Always a Craft: A Conversation with Bernard Bailyn," *William and Mary Quarterly*, 3d Ser., XLIX, no.4 (October 1994), 625-658.

"Bound for the Chesapeake: Convicts, Crime, and Colonial Virginia," *Virginia Cavalcade*, XXXVII, no.3 (Winter 1988), 100-113.

"Poverty, Class, and Dependence in Early America," *Historical Journal*, XXVII, no.2 (June 1984), 493-502.

Miscellaneous dictionary/encyclopedia entries and academic book reviews

INVITED LECTURES

“Is Insomnia History: The Modernization of Sleep,” Keynote Address, Conference on “Nature, Nurture, Economy: The History of Sleep in Modern Times,” University of Göttingen, 2012

“Mutiny, Human Rights, and American Nationhood,” Washington and Lee University, Lexington, 2011

“Sleep Across the Disciplines,” Panel Symposium, Center for Mind, Brain, and Culture, Emory University, Atlanta, 2010

“Sleep We Have Lost,” Keynote Address, Annual Awards Dinner, National Sleep Foundation, Harbor, Maryland, 2010

“The Modernization of Sleep,” Keynote Address, Annual Conference, Virginia Academy of Sleep Medicine, Richmond, 2010

“Reflections,” Virginia Social Science Association Conference, Virginia State University, Petersburg, 2010

“Birthright: The True Story of the Kidnapping of Jemmy Annesley,” Center for the Book, Library of Congress, Washington, D.C., 2010; Library of Virginia, Richmond, 2010; Virginia Festival of the Book,

Charlottesville, 2010; Glucksman Ireland House for Irish & Irish American Studies, New York University, 2010

“Historical Perspectives on Sleep,” Joint Congress of the Japanese Society of Sleep Research, the Asian Sleep Research Society, and the Japanese Society of Chronobiology; also given as a public lecture at Nihon University School of Medicine, Tokyo, at the invitation of Makoto Uchiyama, M.D., Ph.D., Chair of the Department of Psychiatry, 2009

“The History of Sleep: Needs and Opportunities,” Western Psychiatric Institute and Clinic at the University of Pittsburgh, 2008

“Sleep in Times Past,” Keynote Address, British Sleep Society Conference, Robinson College, Cambridge University, 2007

“*At Day’s Close*,” Center for the Book, Library of Congress, Washington D.C., 2005; Exchange Club of Capitol Hill, Washington, D.C., 2005; the Library of Virginia, Richmond, 2005; Western Virginia Historical Society, Roanoke, 2005; Reynolds Homestead, Critz, Va., 2006; Roanoke Book Festival, 2006; Prof. Katherine Lebow’s Western Civilization class at the University of Virginia, 2006; Virginia Festival of the Book, Charlottesville, 2006; Phi Beta Kappa Meeting, Virginia Tech Chapter, 2006; National Trust for Historic Preservation, Washington, D.C., 2006

“Nighttime in Preindustrial Europe,” Louisiana State University, 2002; Ohio State University, 2004

“Night in Times Past,” North Cross School Symposium, Roanoke, Va., 2001; Higher Education Center, Roanoke, Va., 2003

“Night is No Man’s Friend,” Keynote Address, State Conference, Virginia Crime Prevention Association, Roanoke, Va., 2002

“Sleep We Have Lost,” Blacksburg Torch Club, 2002; Rotary Club of Arlington, Va. 2002

“Be Afraid of the Dark,” Arts Club of Washington, 2001

“‘The Poor Man’s Wealth’? Sleep in Early Modern Britain,” Johns Hopkins University, 1997

“Night Life in Colonial America,” Fossieck Memorial Lecture, State University of New York at Albany, 1989

“*At Day’s Close: Nighttime in the Early Modern World*,” Institute of Early American History and Culture, Williamsburg, Va., 1988

“Great Britain’s Secret Convict Trade to America, 1783-1784,” Phi Alpha Theta, University of Richmond, 1987

“Exiles in the Promised Land: Convict Laborers and the Eighteenth-Century Chesapeake,” Conference on “The Eighteenth-Century Chesapeake,” sponsored by the Institute of Early American History and Culture and by Johns Hopkins University, Baltimore, 1984

“The Transportation of British Convicts to America,” Southwestern Virginia Genealogical Society, Roanoke, Va., 1984

“Strife and Contention: Eighteenth-Century Society,” University of North Carolina at Charlotte, Continuing Education, Gastonia, Salisbury, Charlotte, 1984

“Early American Indians,” talk given to two American history classes at Blacksburg High School, 1983

“Whig Authority and Public Order in Backcountry North Carolina, 1776-1783,” American Studies Seminar, Cambridge University, 1982; American History Seminar, Oxford University, 1982

“Beyond William Bryd’s Dividing Line,” Association for the Preservation of Virginia Antiquities, Blacksburg, Va., 1978

CONFERENCE ACTIVITY

“The Modernization of Segmented Sleep,” Associated Professional Sleep Societies Meeting, Baltimore, 2013

Chair and Commentator, “Beyond Slave Labor: Exploring Shifting Sources of Unfree Labor in the Colonial Americas after 1700,” Organization of American Historians Meeting, San Francisco, 2013

“Nighttime in Preindustrial Europe,” Night & the City Conference, McGill University, 2001

“At Day’s Close: Nighttime in Early America,” Front Range Early American Consortium, 1990, Jackson Hole, Wyoming; Australian and New Zealand American Studies Association Biennial Conference, Sydney, 1990

Discussant, “The Atlantic World in the Colonial Period,” New Directions in Virginia History, Virginia Historical Society, Richmond, 1990

Discussant, “Tanner Lectures,” delivered by Kingman Brewster, Clare Hall College, Cambridge University, 1981

“Whig Authority and Public Order in Backcountry North Carolina, 1776-1783,” Conference of the United States Capitol Historical Society and the Institute of Early American History and Culture, Washington, D.C., 1982

“Crime and British Convicts in the Eighteenth-Century Chesapeake,” Social Science History Association Meeting, Chicago, 1985; Australian and New Zealand American Studies Association Biennial Conference, Auckland, 1986

Chair, “History Panel,” Virginia Social Science Association Meeting, Farmville, 1986

Discussant, “The Transformation of Punishment in England and North America, 1750-1850,” American Society for Legal History Meeting, Toronto, 1986

Discussant, “The Social World of Britain and America, 1600-1820: A Comparison from the Perspective of Social History,” sponsored by Colonial Williamsburg, the Institute of Early American History and Culture, and the Institute of Historical Research, Williamsburg,

Chair and Discussant, “Economic Development in Colonial South Carolina,” Citadel Conference on the South, Charleston, 1985

“Bound for America: A Profile of British Convicts Transported to the Colonies, 1718-1775,” Phi Alpha Theta Meeting, San Francisco, 1983; Social Science History Association Meeting, Toronto, 1984

“British Convicts and Colonial America, 1718-1775,” British Association for American Studies Conference, Reading, England, 1984

Discussant, “Tanner Lectures,” delivered by Kingman Brewster, Clare Hall College, Cambridge University, 1981

“Land Tenure and Proprietary Policy in the Granville District of North Carolina, 1744-1776,” American Historical Association Meeting, New York, 1979

“Country Ideology and Popular Protest: The North Carolina Regulators, 1766-1771,” Organization of American Historians Meeting, New Orleans, 1979

FILM AND TELEVISION

“Night Light: Recycling the Sun,” PBS documentary, commentator (forthcoming),
<http://www.nightlightfilm.org/>

“The City Dark,” a feature documentary film directed by Ian Cheney, commentator, Points of View, PBS television, 2012

“The One Show,” BBC1 Television, 2012

“Aktuellt,” SV2, Swedish National Television, 2012

“Kidnapped: A Georgian Adventure,” one-hour television documentary based on my book *Birthright*, BBC Four, consultant and commentator, 2011

“The Epic History of Everyday Things,” two-hour television documentary, The History Channel, commentator, 2011

“Virginia This Morning,” Richmond CBS, 2010

“Afraid of the Dark,” two-hour television documentary, The History Channel, commentator, 2010,
www.history.com

“Book TV,” C-Span, 2006

“Understanding Sleep,” one-hour television documentary, The Learning Channel, contributor, 2000

RADIO

“Samfelldur svenfn ekki endilega lausnin,” *RUV* (Icelandic National Broadcasting Service), 2013.

“Why Do We Get Insomnia?” *The Why Factor*, BBC World Service, London, 2013

“Sleep,” *The Why Factor*, BBC World Service, London, 2013

“Backstory: The History Guys,” NPR, 2013

“Sleep: Good Night and Good Luck,” The Sunday Edition with Michael Enright, CBC Radio, Toronto, 2012

“Kvanthopp” Radio Vega, National Broadcasting Company YLE, Helsinki, Finland, 2012

“Weekend Mornings with Chris Adams,” 4BC Radio Brisbane, Australia, 2012

“The Michael Smeronish Program,” nationally syndicated, Philadelphia, 2012

“The Tim Constantine Show,” WFOY, St. Augustine, Florida, 2012

“The Carl Lanore Show,” Louisville, Kentucky, 2012

“The Colin McEnroe Show,” WNPR, NPR affiliate, Hartford, Connecticut, 2011

“The Sleep Diaries” (five-part series), BBC Radio 4, London, 2011

“Virginia Voice,” Richmond, 2010

“Morning Roundtable,” WAMC, NPR affiliate, Albany, New York, 2010

“Weekend Edition with Liane Hansen,” NPR, 2010

“The John Batchelor Show,” WABC, New York, 2010

“Redskins,” Commentary, WVTM, NPR Affiliate, Roanoke, Virginia, 2010

“Moncrieff with Sean Moncrieff,” Newstalk Radio, Dublin, 2010, 2007

“Saturday Afternoon at the Opera,” CBC Radio, Vancouver, 2009
 “The People’s Pharmacy,” 2008
 “Mornings with Margaret Throsby,” ABC Radio National, Sydney, 2007
 “Talk of the Nation with Neal Conan,” NPR, 2006
 “Morning Edition,” NPR, 2006
 “On Point with Tom Ashbrook,” NPR, 2005
 “Whad’Ya Know with Michael Feldman,” NPR, 2005
 “Afternoon Magazine,” WILL-AM, NPR affiliate, Urbana, Illinois 2005
 “Open Line,” WOSU, NPR affiliate, Columbus, Ohio 2005
 “The Book Show,” WAMC, NPR affiliate, Albany, New York 2005
 “Jamie Owen,” BBC Radio Wales, Cardiff, 2005
 “Up All Night,” BBC Radio 5 Live, London, 2005
 “Late Night Live,” ABC Radio National, Sydney, 2005
 “Ideas,” Canadian Broadcasting Corporation Radio, Toronto, 2004
 “Documents,” BBC Radio, London, 2004
 “With Good Reason,” WVTF, NPR affiliate, Charlottesville, Virginia 2002, 2005
 WFAE, Charlotte, 1984
 WRVA, Richmond, 1982

PRINT PROFILES OF RESEARCH

Maarja Aljas, “Unerütmid on ajas muutunud,” *Labipasistev Meedia Telegram* (Estonia), August 24, 2013.

Stassia Bliss, “Two Sleeps – How People Used to Slumber,” *Las Vegas Guardian Express*, August 24, 2013.

Catherine Woulfe, “Sleep Like a Caveman,” *New Zealand Listener*, July 27, 2013.

David K. Randall, “How the Lightbulb Transformed the Way We Sleep,” *National Post* (Toronto), September 17, 2012.

“Good Night, Sleep Tight (Maybe More than Once),” *News Tribune* (Tacoma, WA), September 15, 2012.

“The Students of Sleep,” Toby Manhire, *New Zealand Listener*, August 13, 2012.

“*Había una vez una época en que despertábamos a media noche,*” Marcelo Córdova, *Latercera* (Santiago), August 12, 2012.

“Sen w kawalkach,” *Nowości* (Torun, Poland), April 13, 2012.

“História e ciência derrubam o mito das oito horas de sono,” *Singular Magazine*, April 23, 2012.

Luke Malone, “Eight-Hour Sleep Unnatural, Say Experts,” *Sydney Morning Herald*, March 16, 2012.

Martin Hesp, “Why Scientists Are No Longer in the Dark When It Comes to Sleep,” *Western Morning News* (Plymouth, UK), March 12, 2012.

“Eight Hour Sleep Myth,” *Huffington Post*, March 5, 2012.

“Åtta timmars sömn kan vara onaturligt,” *Metro* (Stockholm), March 3, 2012.

“*El día después, cuando el descanso se acorta,*” *El Norte* (Buenos Aires), March 1, 2012.

- Cathrine Kahrs, “Feil at du trenger åtte timers søvn,” *Klartale* (Oslo), February 29, 2012.
- “Uavbrutt søvn er en myte,” *Trønder –Avisa*, (Steinkjer, Norway), February 29, 2012.
- “Åtta timmars sömn en myt,” *Dagens Nyheter* (Stockholm), February 28, 2012.
- Arnt Olaf Foseide, “Before, We Slept Twice Each Night,” *Framtid i Nord* (Nordresia, Norway), February 24, 2012.
- Andrew Sullivan, “Is Eight Straight Hours of Sleep Unnatural,” *The Daily Beast*, February 25, 2012.
- “Realmente necesitamos dormir ocho horas seguidas?,” *La Vanguardia* (Barcelona), February 23, 2012.
- “Otto ore di sonno? Troppe, ne bastano quattro,” *Il Mattino* (Naples), February 23, 2012.
- “Got Insomnia? Sleep on This,” *Catholic Online*, February 23, 2012.
- Christine Baumgarhuber, “Night Moves,” *The New Inquiry*, February 22, 2012.
- Stephanie Hegarty, “The Myth of the Eight-Hour Sleep,” *BBC News Magazine*, February 22, 2012.
- Erin Anderson, “Not Getting Steady Shut-Eye? Don’t Lose Sleep Over It,” *Globe and Mail*, February 22, 2012.
- Esben Larsen Mikkelsen, “Tvivl om den gode nattesøvn,” *Morgenavisen Jyllands-Posten* (Vilby, Denmark), February 22, 2012.
- Torsten Harmsen, “NACHT: Die geraubte Dunkelheit,” *Berliner Zeitung*, August 25, 2011.
- Naoatsu Aoyama, “An Interview with Professor Ekirch,” *Asahi Shimbun* (Tokyo), August 21, 2011.
- Barry Evans, “Sleep, Pray, Sleep,” *North Coast Journal*, July 28, 2011.
- Anna Von Sperling, “Myten om en god nats søvn,” *Dagbladet Information* (Copenhagen), July 22, 2011.
- Bernhard Mackowiak, “Wen die Nacht am tiefsten,” *Frankfurter Neue Presse*, February 11, 2011.
- Simon Edge, “Kidnapped by a Ruthless Lord,” *The Daily Express*, March 1, 2010.
- Jon Henley, “Stranger Than Fiction: The True Story Behind Kidnapped,” *The Guardian*, February 18, 2010, G2, 12-14.
- Walter A. Brown, M.D., “Ancient Sleep in Modern Times,” *Scientific American Mind*, December 2006, 14-15.

Walter A. Brown, M.D., “Acknowledging Preindustrial Patterns of Sleep May Revolutionize Approach to Sleep Dysfunction,” *Applied Neurology*, May 2006, 32-34 (revised and reprinted, “Broken Sleep May be Natural Sleep,” in *Psychiatric Times*, March 2007).

Joe Kennedy, “Historian Illumines Society’s Night Life,” *Roanoke Times*, May 28, 2005.

Patricia Oomen, “De Geschiedenis Van het Slapen,” *Historisch Nieuwsblad*, June/August 2003.

Noordmans, “Hoe de Mensen hun Eerste Slaap Verloren,” *Leeuwarder Couraunt*, July 14, 2001.

Joe Kennedy, “Book About Night Has a Bright Future,” *Roanoke Times*, February 3, 2001.

Joyce and Richard Wolkomir, “When Bandogs Howle and Spirits Walk,” *Smithsonian*, January 2001, 38-44.

Kate Terwilliger, “Heaven’s Sparkles Inverted,” *Denver Post*, February 3, 2000.

Rex Bowman, “Shedding Some Light on a Dark Topic,” *Richmond Times-Dispatch*, May 25, 1999.

In addition to the above profiles of my research, other articles referencing my work, in varying detail, are listed below in 1) medical and scientific periodicals and 2) newspapers and magazine publications (not including reprinted articles or reviews of my books).

1) *Science News* (9/25/99, 8/11/01), *Journal of Biological Rhythms* (8/01), *Townsend Letter for Health* (4/02), *Doctors and Patients* (7/02), *Sleep Medicine Reviews* (2004, 2009, 2010), *Pediatrics* (1/05), *Somnologie* (10/06), *Medicine Weekly* (3/15/06), *Journal of Sleep Research* (3/08), *Acta Paediatrica* (8/07), *Sleep and Biological Rhythms* (8/07), *Chronic Illness* (6/08) *Environmental Health Perspectives* (1/09), *Pro Sana* (3/07), *Sleep* (3/1/09), *Acta Neurologica Scandinavica* (11/09), *Scientist Magazine* (4/1/09), *Medicine Alert* (2/15/11), *Social Science and Medicine* (4/11, 2/13), *Helse* (8/31/11), *Healthy Living* (9/21/12), *Sosiaalilääketieteellinen Aikakauslehti* [Journal of Social Medicine] (2011), *American College of PhysiciansInternist.com* (9/28/12), *Oncology Times* (6/25/12), *JustOncology.com* (9/4/12), *Revista Médica de Clínica Las Condes* (2013), *Biological Psychology* (2/13), *Medical Anthropology* (4/13), *Current Biology* (8/13), *Contemporary Clinical Trials* (9/13).

2) *New York Times Sunday Magazine* (11/18/07), *New York Times* (9/2/11, 9/23/12), *Boston Globe* (4/10/06), *Washington Post* (3/12/09, 2/14/11), *Los Angeles Times* (10/9/06), *Wall Street Journal* (2/28/08, 11/20/09, 8/4/12), *New Yorker Magazine* (3/8/2013), *City News Service of Los Angeles* (1/29/01), *Chicago Tribune* (1/19/01), *San Francisco Chronicle* (12/16/07), “On Point with Tom Ashbrook,” NPR (8/16/12), *Associated Press* (2008), *USA Today* (2/27/06), *Newsday* (8/16/12), *Business Insider* (8/14/12), *Fortune Magazine* (8/31/12), *Richmond Times Dispatch* (11/28/05), *Roanoke Times* (5/28/05, 6/22/05, 2/23/06, 9/15/06), *Columbus Dispatch* (7/3/05), *Union Leader* (1/13/08), *Pittsburgh Post-Gazette* (5/30/05), *Baton Rouge Advocate* (9/17/05), *The Ledger* (7/7/05), *Sacramento Bee* (10/23/09), *San Mateo County Times* (9/21/09), *Newport Beach Independent* (10/1/12), *Lake County Record-Bee* (3/13/12), *Islands’ Sounder* (8/6/13), *Santa Fe Reporter* (2/8/12), *New Yorker* (3/11/13), *Newsweek* (7/17/08), *US News & World Report* (10/16/00), *Congressional Quarterly Researcher* (2/12/10), *The Forward* (5/4/11), *Military Officer* (12/06), *Ode Magazine* (11/05), *Oprah.com* (9/17/12), *Daily Beast* (7/17/13), *Huffington Post* (4/25/08, 9/21/12), *Huffington Post United Kingdom* (7/1/13), *Salon* (10/3/10), *Slate* (10/27/12), *Good Housekeeping* (1/13), *Southwest Review* (9/07), *American Scholar* (Spring/08), *Chronicle of Higher Education* (4/16/10, 10/11/12), *Lingua Franca* (10/01),

American Spirit Magazine (9-10/08), *More Magazine* (7/13), *Southwest Airlines Spirit Magazine* (2/09), *Psychology Today* (11/07, 10/12, 2/13), *Muslim Times* (8/15/12), *Québec Science Magazine* (12/11-1/12), *Toronto Star* (2/7/99, 9/23/07, 5/1/10), *National Post* (1/27/12, 7/16/12), *University of Toronto Varsity* (1/24/11, 1/22/12), *Globe & Mail* (1/10/01, 11/15/08, 2/11/11), *Montreal Mirror* (10/10/07), *The Hamilton Spectator* (4/7/07), *North Shore News* (2/7/07), *Macleans Magazine* (3/17/08), *Reporte Indigo* (10/12/12), *Chihuahua Segundoasegundo* (1/17/11), *El Siglo de Torreón* (10/28/12), *Salud Pública de México* (9/10/10), *La Estrella de Panamá* (8/19/12), *Vox Objetiva Magazine*, Brazil (6/1/12), *Semana*, Bogotá, (8/12/12), *Revista Ñ*, Buenos Aires (12/27/12), *Diario Veloz*, Buenos Aires (11/21/12), *El-Nacional Caracas* (1/18/11), *El Carabobeño* (1/18/11), *Financial Times* (5/13/06, 5/26/07), *The Guardian* (8/10/99, 10/31/09, 5/22/10), *The Times* (6/19/12), *The Observer* (4/27/08), *The Independent*, *University of Cardiff Gair Rhydd* (1/9/11), *The Express* (3/8/10), *Times Higher Education Supplement* (7/10/08), *Daily Telegraph* (1/8/09), *The Week* (9/4/09), *BBC News Magazine* (3/16/07, 1/5/11), *Daily Mail* (2/23/12, 10/2/12), *Sunday Mirror* (3/21/10), *Manchester Evening News* (3/3/08), (3/19/12), *International Herald Tribune* (4/11/06), *El Periodico*, Barcelona (9/13/11), *La Vanguardia*, Barcelona (6/1/12), *Nederlands Dagblad* (1/12/09), *Brabants Dagblad* (2/22/06), *Psychologie Magazine* (11/1/12); *NRC Handelsblad* (12/19/08), *Amsterdam Elsevier* (3/17/07), *Urbanmag* (4/19/09), *Focus Magazin* (10/22/12) *Berliner Zeitung* (3/20/12), *Sueddeutsche Zeitung* (9/24/10, 10/4/12), *Augsburger Allgemeine* (9/12/11) *Neue Zürcher Zeitung* (10/25/10), *Stuttgarter Zeitung* (5/9/08), *Stuttgarter Nachrichten* (9/7/11), *Delo* (10/20/10), *Askim Samaalenene* (11/10/02), *Stockholm Dagens Nyheter* (10/30/08, 12/31/10), *Stockholm Östermalms* (4/27/07), *Stockholm Expressen* (8/3/13), *Aftenposten Innsikts*, Oslo (11/12), *Helsingin Sanomat*, Helsinki (10/6/12), *Talous-Sanomat*, Helsinki (2/23/12), *Panorama Magazine* (11/2/12) *IL Post* (9/24/12), *Newsweek Poland* (8/24/13), *Jutarnji List*, Zagreb (10/5/12), *Le Courier de Russie* (1/18/10), *Millyet*, Istanbul (8/7/12), *Nairobi Star* (5/28/11), *Mail & Guardian*, Johannesburg (8/2/13), *The News International* (4/24/11), *Times of India* (2/9/13), *Economic Times of India* (5/30/05, 2/25/12), *Hindustan Times* (4/25/11), *Indian TV Today* (11/21/12), *Deccan Chronicle* (3/25/10), *Reader's Digest Asia* (6/27/11), *South China Morning Post* (6/19/11), *Kompas*, Jakarta (12/5/12), *Malaysia New Straits Times* (12/12/99), *Singapore Straits Times* (10/2/10, 7/14/11), *Kumpul Berita* (2/17/11), *Jakarta GresNews* (3/29/11), *Manado Post* (2/19/11), *New Zealand Listener* (8/13/12), *Gold Coast Bulletin* (12/6/2000), *Parallax* (7/06), *Canberra Times* (6/30/06), *Arena Magazine* (6-7/2006), and *Sydney Morning Herald* (2/23/08).

PROFESSIONAL ACTIVITY

Member of the American Historical Association, Associates of the Omohundro Institute of Early American History and Culture, Irish Historical Society, American Academy of Sleep Medicine

Manuscript referee for Cambridge University Press; D.C. Heath; Omohundro Institute of Early American History and Culture; Routledge, Chapman, and Hall; Bedford/St. Martins; University of North Carolina Press; University Press of Virginia, University of South Carolina Press; Penn State University Press; University Press of Kentucky; Johns Hopkins University Press; *William and Mary Quarterly*; *Pennsylvania History*; *Journal of American History*; *Journal of the Early Republic*; *Virginia Magazine of History and Biography*; *Body & Society*; *History: The Journal of the Historical Association*

Reviewer of grant and fellowship applications, National Endowment for the Humanities; Wellcome Trust

Member, Protect Historic America

Member, 2002-2003, Clifford Prize Committee, American Society for Eighteenth-Century Studies
Chair, Editorial Board, *Soundings*, a journal of the Potomac River Basin Consortium, 1985-86

HISTORY DEPARTMENT SERVICE

Third-Year Review Committee, 2009-2010 (Chair), 2010-2011 (Chair)

Medieval Search Committee, 2004-2005
 Outreach Committee, 2002-2008
 Judge, History Department Prizes, 2002
 Instructor, Summer Advanced Placement in History for Minority Students, 1990-1994
 Undergraduate Curriculum Committee, 1990, 2001-2013
 Diggs Professor Search Committee, 1989-90
 Long-Range Planning Committee, 1988-89, 1997-99, 2000-2001
 Governance Guidelines Committee, 1989-90
 Southern History Search Committee, 1985-86
 Executive Committee, 1984-85, 1997-98, 2007, 2008-12
 Tenure and/or Promotion Committees, 1982-83, 1983-84, 1989-90, 1992, 1997, 2004, 2009 (Chair), 2010
 Phi Alpha Theta Faculty Advisor, 1980-81, 1982-86 ("Best Chapter Award," 1984, shared with Kansas State for chapters at universities in excess of 16,000 students)
 History Club Faculty Advisor, 1979-81
 Committee of Public Safety, 1979-81
 United Fund Coordinator, 1979
 Black History Search Committee, 1978-79, 1985-86
 Colloquia Director, 1978-81
 Research Committee, 1978-81, 1983-85, 1988-89, 1993-94, 1996-98, 2008-2013
 Graduate Committee, 1977-78, 1991-99, 2000-2001, 2002-2004, 2006-2008
 Society of the Cincinnati Committee, 1977-2001 (Chair, 1988-2001), responsible for annually arranging a public address by a distinguished historian

COLLEGE SERVICE

Panelist, NEH Fellowship Information Session, 2013
 Panelist, Fellowship Information Session, 2011
 Outstanding Senior Award Committee, 2011
 Reviewer, Education Abroad Scholarships, 2009
 Research Advisory Board, 2008-2009
 Reviewer, Faculty Grant Writing Institute, 2006
 Honors/Awards Committee, 2004-2006, 2008-2013
 Humanities Summer Stipend Committee, 1993, 2007

UNIVERSITY SERVICE

Faculty Marshal, 2013
 Member, Alumni Award for Research Excellence Committee, 2009-
 Faculty Judge, Annual Research Symposium, Graduate Student Association, 2008
 Member, Phi Beta Kappa Sturm Award Committee, 2007
 Reviewer, Graduate Student Research Grants, Graduate Student Assembly, 2007
 Faculty Marshal, 2007
 Consultant, Theatre Arts production of "Places and the Displaced," 1993
 Virginia Tech Representative to the Potomac River Basin Consortium, 1980-1993
 Search Committee for Chair of History Department, 1980-1981