

David R. Samson
Ph.D.
Curriculum Vitae

University of Toronto, Mississauga
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ACADEMIC APPOINTMENTS

2022 – Associate Professor, University of Toronto, Mississauga
2017 – 2021 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: Sleep and human evolution. Human and non-human primate 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 social sleep and coalition cognition in the human lineage.**

BOOKS

2024 THE SLEEPLESS APE: The strange and unexpected story of sleep's role in human evolution. Princeton University Press. *Under contract, in prep.*
2023 OUR TRIBAL FUTURE: How to channel our foundational human instincts into a force for good. Macmillan Publishers, St. Martin's Press. ISBN 9781250272249

JOURNAL PUBLICATIONS (Refereed; $n = 50$; total publications = 75)

2023 **Samson, D. R.**, Clerget, A., Abbas, N., Senese, J., Sarma, M. S., Lew-Levy, S., ... & Perogamvros, L. (2023). Evidence for an emotional adaptive function of dreams: a cross-cultural study. *Scientific Reports*, 13(1), 1-13. DOI:doi.org/10.1038/s41598-023-43319-z
2023 Huynh, N.C., Kendzor, D.E., Ra, C.K., Frank-Pearce, S.G., Alexander, A., Businelle, M.S., **D.R. Samson**. The Association of Sleep with Physical and Mental Health among People Experiencing Homelessness. *Sleep Health*. DOI: doi.org/10.1016/j.sleh.2023.10.004
2023 Gettler, T.L., **Samson, D.R.**, Kilius, E., Mallika, S.S., Miegakanda, V. Lew-Levy, S., A.H. Boyette. Hormone physiology and sleep dynamics among BaYaka foragers of the Congo Basin: Gendered associations between nighttime activity, testosterone, and cortisol. *Hormones and Behavior*. DOI: doi.org/10.1016/j.yhbeh.2023.105422

- 2023 Abbas, N., and **D.R. Samson**. Dreaming during the COVID-19 Pandemic: Support for the threat simulation function of dreams. *Frontiers in Psychology*. DOI: doi.org/10.3389/fpsyg.2023.1124772
- 2022 McKinnon, L. Shattuck, E. and **D.R. Samson**. Sound reasons for unsound sleep: Comparative support for the sentinel hypothesis in industrial and nonindustrial groups. *Evolution, Medicine, & Public Health*. DOI: 10.1093/emph/eoac039/6836702
- 2022 McKinnon, L, **Samson, D.R.**, Nunn, C.L., Rowlands, A., Salvante, K.G. and P.A, Neopmnaschy. Technological infrastructure, sleep, and rest-activity patterns in a Kaqchikel Maya community. *PLOS ONE*. DOI: doi.org/10.1371/journal.pone.0277416
- 2022 Gettler, L.T., **Samson, D.R.**, Kilius, E., Sarma, M.S., Ouamba, Y.R., Miegakanda, V., Boyette, A.H., S. Lew-Levy. Links between household and family social dynamics with sleep profiles among BaYaka foragers of the Congo Basin. *Social Science & Medicine*. DOI: 10.1016/j.socscimed.2022.115345
- 2022 Smeltzer, E.A., Stead, S.M., Li, M.F., **Samson, D.R.**, Kumplan, L.T., J.A. Teichroeb. Social sleepers: The effects of social status on sleep in terrestrial mammals. *Hormones and Behavior*. DOI: 10.1016/j.yhbeh.2022.105181
- 2022 Li, Ming Fei, Nagendran, Lavania, Schroeder, Lauren, **Samson, D.R.** The activity patterns of nonworking and working sled dogs. *Scientific Report: Nature Research*. DOI: 10.1038/s41598-022-11635-5
- 2021 **Samson, D.R.** The human sleep paradox: the unexpected sleeping habits of *Homo sapiens*. *Annual Review of Anthropology*. DOI: /10.1146/annurev-anthro-010220-075523
- 2021 Vining, A., Nunn, C.L., and **D.R. Samson**. Enriched sleep environments lengthen lemurs sleep duration. *PLOS ONE*. DOI: 10.1371/journal.pone.0253251
- 2021 Kilius, E., **Samson, D.R.**, Lew-Levy, S., Sarma, M.S., Ouamba, Y.R., Miegakanda, V., Patel, U.A., Gettler, L.T., and A. Boyette. Gender differences in BaYaka forager sleep-wake patterns in forest and village contexts. *Scientific Report: Nature Research*. 11: 13658. DOI: 10.1038/s41598-021-92816-6
- 2021 Reyes, K.R., Patel, U.A., Nunn, C.L., and **D.R. Samson**. Gibbon sleep quantified: the influences of lunar phase and meteorological variables on activity in *Hylobates moloch* and *Hylobates pileatus*. *Primates*. DOI: 10.1007/s10329-021-00920-y
- 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 Abbas, N.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/s41598-020-00623-0.
- 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

PUBLICATIONS IN REVIEW

- 2023 **Samson, D.R.**, and L. McKinnon. Are humans undergoing a sleep epidemic or enlightenment? Sleepers in the Global North exhibit long and efficient sleep yet weaker circadian function. *PNAS. In Review.*

GRANTS

Current Research Support

- 2023 UTM Anthropology Faculty Research Funds: \$3,200 CAD

- 2020 NSERC Discovery Grant: \$152, 500 CAD
- 2019 JELF-CFI: \$458, 660 CAD

Past Research Support

- 2022 UTM Anthropology Faculty Research Funds: \$3,200 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 SSHRC Insight Development Grant: \$74,913 CAD
- 2018 Connaught New Researcher Award: \$35,000 CAD
- 2018 University of Toronto Mississauga Department of Anthropology SIG: \$2,000 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

- 2023 Winner of the Balsillie Prize for Public Policy Writing for *OUR TRIBAL FUTURE*: \$60,000 CAD
- 2023 Social Sciences Annual Research Prize: \$2,000 CAD
- 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

TEACHING EXPERIENCE

David R. Samson C.V., October 2023

- 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

- 2024 The 93rd Annual Meeting of the American Association of Biological Anthropologists (AABA). Ming Fei Li and David R. Samson. Seasonal sleep variation among rural South African agropastoralists. Podium presentation. Los Angeles, California: March 2024.
- 2024 The 93rd Annual Meeting of the American Association of Biological Anthropologists (AABA). Kilius, E., Li, MF. & Samson, D.R. Sleep architecture and nighttime vigilance in a rural agropastoral community in South Africa. Poster presentation. Los Angeles, California: March 2024.
- 2023 SLEEP, Indianapolis Indiana, USA. Indigenous Societies Experience the Shortest, Lowest Quality Sleep but Stronger Circadian Function. Poster presentation. Samson, D.R. & McKinnon, L.
- 2022 DOHaD World Congress in Vancouver, Canada. *Stress axis activity, metabolic energy and sleep during the adolescent transition: A preliminary analysis* Authors: Rowlands, Amanda; Salvante, Katrina G.; McKinnon, Leela; Samson, David R.; Nepomnaschy, Pablo A.
- 2022 The 47th Human Biology Association (HBA) in Denver, CO. *Hypothalamic-pituitary-adrenal axis activity and sleep patterns across stages of the adolescent transition in a group of Mayan girls – A preliminary analysis. Hybrid/flex presentation.* Authors: Rowlands, Amanda; Salvante, Katrina G.; McKinnon, Leela; Samson, David R.; Nepomnaschy, Pablo A.
- 2021 Animal Behavior Society presentation by Ming Fei Li (graduate student). *Biological, environmental, and human drivers of sled dog (Canis familiaris) activity.*
- 2021 McGill University's 1st Canadian Consciousness Research Symposium. Virtual presentation by Noor Abbas (graduate student). *Testing Evolutionary Hypotheses on Dreaming: Preliminary results on university students' dreams during COVID-19 shows evidence consistent with threat simulation.*

- 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 University of Toronto: Annual Graduate Research Colloquium. Virtual Presentation by Noor H. Abbas (graduate student). *The Evolutionary Functions of Dreams.*
- 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 Medusa Graduate Conference. Podium presentation by Leela McKinnon (graduate student). *Social Networks, Sense of Place, and Ecological Holism: The Meaning of Connection in Wixárika Traditional Belief*
- 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 podium presentation 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 presentation: *Throwing versus thrusting: Contextualizing middle paleolithic spear use*
- 2004 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

- 2024 Ben and Trudy Termini Distinguished Anthropologist Lecture at the Anthropology Program of the University of Texas at Arlington: Invited Keynote
- 2024 [Prosocial World](#): Our Tribal Future: Using ProSocial to Overcome Evolutionary Mismatch with David Samson
- 2023 The Human Nature Lab, Nickolas Christakis (Yale University): Invited lecture
- 2022 The Cognitive Immunology Research Collaborative (CIRCE): Guest lecture
- 2022 The University of Geneva, Sleep and Cognition lab: Guest lecture
- 2022 MECADEV (Mécanismes adaptatifs & Evolution): Guest lecture
- 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

- 2021 Fact checker for Atlantic Magazine as an evolutionary anthropologist
- 2021 *Access to Education Parent Night with Deborah Peart*. Presentation to encourage Black students to apply for higher education
- 2021 *Sleep Health Journal of the National Sleep Foundation* Editorial Board member

- 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

- 2023 *The Conversation* (invited article): [Dreaming may have evolved as a strategy for co-operative survival.](#)
Michael Ashford: [Ep 117: David Samson | Understanding our tribe drive and how to use it for good.](#)
[Dreams can vary across cultures and environments, UTM anthropologist finds](#) by Kristy Strauss UTM News
This Anthro Life: [Understanding tribal signals – a conversation with an evolutionary anthropologist](#) with Adam Gamwell
The HUB: The Rise of the Meta Tribe – [Anthropologist David Samson on how modern society can harness tribalism for good](#) with Sean Spear
Redefining Tribalism for Good: Discussing 'Our Tribal Future' | [Seize The Moment Podcast #185](#) with Leon Garber and Alen Ulman
Tribal Instinct: the powerful force that shapes who we are - [The CRAM Podcast ~ Extraordinary Ideas Unleashed](#) with Mary Ito
The You Project #1236 [The Vibe Of The Tribe - David Samson](#) with Craig Harper
Vox's The Gray Area: [The Future of Tribalism](#) with Sean Illing
- 2022 *The Nature of Things*: [How the wild things sleep – narrated by David Suzuki](#): Featured interview
Windvane: [Sleep, health, and wellness.](#)
[UofT Researcher David Samson on mental health rewards of sleep and tips](#)
CBC Radio-Quirks & Quarks: Invited expert
- 2021 *Discovery Magazine*: [The Strange Sleeping Habits of Homo sapiens](#) by Holly Barker
BBC: [Chris Packham's Animal Einsteins](#). Special guest for Series 1: Episode 3: "Builders."
The Human Biology Association's Sausage of Science: [COVID Nightmares and sleep architecture with Dr. David Samson](#)
U of T News: [U of T researcher David Samson on the mental health rewards of sleep – and tips on how to achieve it](#) by Yanan Wang
U of T News: ['Resilient and inspiring': U of T faculty members celebrate students in video message](#)
- 2021 *View to the U*: [An eye on UTM research podcast: David Samson](#), by Carla Dem
- 2020 *U of T News*: [Strange dreams during COVID-19? You're not alone, U of T researchers say](#), by Blake Eligh
University of Toronto, Mississauga Library Spotlight: [Going beyond Quercus - Implementing Third Party Software using a considered approach: Understanding and Mitigating Risks](#)

- CBC Media* request directed graduate students Leela McKinnon and Erica Kilius to get syndicated on CBC radio
- University of Toronto *In the Media*:** [Today's top stories: Welcome to Twitch U.](#)
- CBC News:* [Welcome to Twitch U: Pandemic has some profs streaming lectures on gaming platform](#), by Sarah Smellie
- UTM News:* [Two UTM researchers ear grants from fund honouring past U of T president](#), by Elaine Smith
- UTM News:* [In Your Dreams: New study delves into our subconscious response to COVID-19](#), by Blake Eligh
- CBC Radio:* Syndicated interviews on the topic of remote online teaching across several provinces in Canada
- The Times of India:* ['Great apes' nests improved their cognition – and shaped human dwellings'](#), by Srijana Mitra Das
- UTM News.* [UTM professors find ways to engage with students online](#), by Elaine Smith
- University of Toronto:* [3Qs with Science Sam and anthropologist David Samson](#), episode 3.
- Toronto Star:* [Sleep struggles: pandemic could impact body's fear response, cause poor sleep](#), by Melissa Couto
- Renard, Atlas:* [The evolution of sleep with David Samson](#). Podcast interview on July 24th, produced by Marie-Claude Lacerte
- Sleep is a skill.* [David Samson, Anthropology Professor, What Primates Can Teach Us About Leveraging Circadian Rhythm For Great Sleep](#). Produced by Mollie McGlocklin
- 3Qs at the U.* [Episode 3 with Science Sam and anthropologist David Samson](#). Produced by the University of Toronto.
- Global News Radio:* Live interview on April 21st, produced by Jaclyn Carbone
- World News Radio:* Live interview on April 22nd, produced by Chris Chreston
- CTV News:* [Sleep struggles: pandemic could impact body's fear response, cause poor sleep](#). Author: Melissa Couto
- Toronto Star:* [Social distancing shows us why the nuclear family doesn't work](#). Author: Brandi Weikle
- CBC News:* [How to keep COVID-19 stress from ruining your sleep](#). Author: Brandi Weikle
- 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!***
- Discovery Magazine:* [To sleep, perchance to evolve](#). Author: Bridget Alex
- 2018 *GQ Magazine:* [Why am I so tired all the time?](#) Author: Alex Shultz
- TVO The Agenda with Steve Paikin:* [ZZZZZ: 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
- The Washington Post.** [How climbing down from the trees let humans finally get a good night's sleep.](#) Author: Sarah Kaplan
- 2015 **BBC Earth.** [Apes reveal secrets of good sleep.](#) Author: Matt Walker
- Smithsonian.com.** [Learn the Secrets of Ape's Sleeping Habits: Apes sleep better and longer than other primates.](#) Author: Marissa Fessenden
- 2014 **New York Times.** [Chimps are particular about where they rest.](#) Author: Bhanoo, S.
- National Geographic.** [Chimpanzees Make Beds That Offer Them Best Night's Sleep.](#) Author: Dell'Amore, C.
- SmithsonianMag.com.** [Chimpanzees Are Extremely Picky About Where They Sleep.](#) Author: Nuwer, R.
- NBCnews.com.** [Choosy Chimps Use Strongest Wood for a Nice, Firm Bed.](#) Author: Boyle, A.
- NPR.org.** [Even Chimps Know That A Firm Bed Makes For Quality Sleep.](#) Author: Neuman, S.
- HNGN.com.** [Chimps Prefer Firmer Beds Made From Ugandan Ironwood.](#) Author:

- Rebekah, M.
TechTimes. Fit for a king: Chimpanzees choose the best wood to create firm beds.
Author: Saltarin, A.
Zeit.de. [Schimpansen ruhen gern gemütlich](#). Author: Jötten, V. F.
- 2013 *Entr'espèces*. [Les chimpanzés s'aménagent-ils des lits anti-moustiques?](#) Author: Corbara, B.
Science in the clouds. [Why do chimpanzees build nests?](#) Author: Docherty, L.
- 2012 *Hominid Hunting: Smithsonian.com*. [Chimpanzees Sleep in Trees to Escape the Humidity](#). Author: Wayman, E.

EXTERNAL RESPONSIBILITIES

- 2022 Science of Mental Immunity meeting with the panel for the White House task force
CrisiScience Collaborative
- 2021 CCS Roger Broughton Young Investigator Award Committee
- 2021- Research Affiliate: The Cognitive Immunology Research Collaborative ([CIRCE](#))
- 2021 Canadian Sleep Society Roger Broughton Young Investigator Award committee
- 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*, *American Journal of Human Biology*, *Nature: Scientific Reports*

STUDENT MENTORSHIP

Doctoral Students – Primary Supervision

- 2018 – **Erica Kilius**. PhD Graduate adviser. Thesis title: *Sleep and Circadian Rhythmicity in Alaskan Yup'ik Populations (61° N)*
- 2018 – **Leela McKinnon**. PhD Graduate adviser. Thesis title: *Environmental, social, and genetic perspectives on isolation, risk, and sleep disruption*
- 2019 – **Kaleigh Reyes**. PhD Graduate adviser. Thesis title: *Ape Sleep in a Comparative Context: Investigating Bonobo, Gorilla, & Gibbon Sleep Architecture*
- 2020 – **Ming Fei Li**. PhD Graduate adviser. Thesis title: *Investigating the effects of human-wildlife interactions on sleep*.
- 2023 – **Dominick Roussel**. MSc advisor. Thesis title: *Autism and Sleep – an Evolutionary Hypothesis test*
- 2024 – **Noor Abbas**. PhD Graduate adviser. Thesis title: *Social Cognition and Dreams: Testing evolutionary hypotheses on dreaming*
- 2024 – **Zach Grant**. MSc advisor. Thesis title: *Heritability of Dream Frequency and Recall*

Sleep and Human Evolution Lab (SHEL) managers supervised

2023- Aisha Mir
2021-22 Tanisha Kumar
2018-21 Ujas Patel

Ph.D. Core Committee Member

2020 Tamara Kumpan – Julie Teichroeb primary supervisor
2017 Eve Smeltzer – Julie Teichroeb primary supervisor

Ph.D. Proposal Defense Committee Member

2020 Sam Stead
2019 Tamara Kumpan
2018 Fernando Mercado Malabet
2017 Frida Lona Duranzo
2018 Amanda Rowlands – outside committee member; Simon Frasier University

Ph.D. Defense

2020 Karen Class

Second Reader for MRP

2020 Cristina Abbantgelo
2020 Kathryn Campeau
2019 Patrick Bozek
2019 Emily Smith
2018 Devin Ward
2018 Muhammad Faizan

Graduate Teaching Assistant Supervisor

2020 Noor Abbas
2020 Kaleigh Reyes
2019 Emily Smith
2019 Leela McKinnon
2019 John Vandergugten
2017 Christopher Kendall

Undergraduate student supervision

2021- Nhu Huynh (Independent research project)
2018-2019 Arielle Felix (Research Opportunity Program)
2017-2018 Natalie Cui (Research Opportunity Program)
2018-2019 Anita Singh (Research Opportunity Program)
2018-2021 Ujas Patel (SHEL manager)

Pre-tenure stream student supervision

2017 Gloria Zhang. (Duke University). Mentored and chaired defense for *Senior Thesis*.
2016 Melissa Manus. (Duke University). Mentored in research with Malagasy small scale agriculturalists and gorillas at the North Carolina Zoo.
2016 Emilie Melvin. (Duke University). 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.

2014 Mark Cunningham and Ashley Henard (UNLV). Poster presentation.

2013 Samantha Wylie (UNLV). Supervised undergraduate project.

ADMINISTRATIVE POSITIONS

University Service

- 2023 Graduate Fellowship & Awards Committee
- 2022 Graduate Fellowship & Awards Committee
- 2022 Alternate member in the graduate appeals committee
- 2022 Dean's representative for hiring committee Urdu Language, literature, and performance
- 2022 NSERC PGS/CGS Awards Committee (Biology, Ecology & Life Sci)
- 2022 SGS Awards Committee: Unconscious Bias Training Completion Confirmation Form
- 2022 Provost Postdoc Fellowship Program (PPFP) reviewer
- 2021 Graduate Fellowship & Awards Committee
- 2021 Progress Through the Ranks Anthropology Committee
- 2021 Anthropology of Health Search Committee
- 2021 Presented at Anthropology Virtual Spring Showcase
- 2021 UTM Anthropology Chair Search Committee
- 2021 UTM DERC Ethics Review Committee
- 2020 Presented at *Access to Education Parent Night* with Deborah Peart
- 2020 Graduate Fellowship & Awards Committee
- 2020 UTM DERC Ethics Review Committee
- 2019 Colloquium Committee
- 2019 External Awards Committee
- 2018 UTM DERC Ethics Review Committee
- 2018 Curriculum Committee

University Workshops

- 2021 Anthropology department discussion: "Is it possible to decolonize anthropology?"
- 2019 UTM Workshop on Tenure Dossier Preparation
- 2019 UTM Cultural competency training from the Office of Indigenous Initiatives by John Crutch
- 2018 Implicit Bias Workshop by Maydianne Andrade