Faculty Spotlight
Teresa Valerio, D.N.P., APN, FNP-BC, CBSM

Biography
Dr. Valerio is an assistant professor, the DNP program leader, and has a clinical practice in sleep disorders and primary care at ISU's Student Health Services. She is the 1st nurse practitioner to be board certified in Behavioral Sleep Medicine. Her professional career includes teaching, research, clinical practice, and nearly 20 years of healthcare administrative experience.

Teaching Interest
Teaching responsibilities include FNP and DNP courses.

Research Interest
Sleep promotion & disorders in primary care including college students.

WGLT Interviews
Laura Kennedy of WGLT interviewed Dr. Valerio for their Sound Ideas program. Below are the links of the 4-part interview.

Lack Of Z's Not OK
Thu, 15 Jan 2015 04:04:40 CST

Insomnia: When Counting Sheep Doesn't Cut It
Thu, 29 Jan 2015 04:03:56 CST

Noisy Sleep A Bad Sign
Thu, 12 Feb 2015 09:47:29 CST

Sleep Disorder Brings Dreams To Life
Thu, 26 Feb 2015 10:11:56 CST