

Last updated: 22 Aug 2017

Christopher M. Barnes

Department of Management and Organization
Foster School of Business
University of Washington
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EDUCATION

Ph.D. **Michigan State University, 2009**
Business Administration
Major: Organizational Behavior/Human Resources
Minor: Industrial/Organizational Psychology

B.S. **Pacific Lutheran University, 1999**
Major: Psychology
Minor: Biology

ACADEMIC EMPLOYMENT

University of Washington

Department of Management and Organization, Foster School of Business
Associate Professor, 2015-current
Evert McCabe Endowed Fellow, 2016-current
Assistant Professor, 2013-2015

Virginia Tech

Management Department, Pamplin School of Business
Assistant Professor, 2011-2013

United States Military Academy at West Point

Army Center of Excellence for the Professional Military Ethic
Assistant Professor (2009-2011)

Consortium of Research Universities

Research Fellow, 2005-2009

Michigan State University

Management Department, Eli Broad School of Business
Research Assistant, 2004-2009

MILITARY EMPLOYMENT

Officer, Behavioral Scientist, United States Air Force (2000-2004)

Prior to pursuing a Ph.D., I was an active duty officer in the United States Air Force. I worked as a Behavioral Scientist in the Air Force Research Laboratory. In addition to my research activities, I was trained as an Acquisitions officer with a focus on project management.

RESEARCH INTERESTS

My research examines human sustainability. Within this domain, I primarily study sleep. This includes both the effects of sleep on work as well as the effects of work on sleep. I additionally have currently active research interests in studying leadership, humor, behavioral ethics, work-life conflict, political ideology, and sex. I have former research interests in compensation, emotional labor, and team performance.

CITATIONS:

Google Scholar citations: 2045

Google Scholar h-index: 24

Google Scholar i10-index: 32

Web of Science citations: 843

Web of Science h-index: 17

RESEARCH

Refereed Academic Journal Publications

Italicized names were PhD students when the research project was started

Yuan, Z., Barnes, C. M., & Li, Y. (in press). Bad behavior keeps you up at night: Counterproductive work behaviors, rumination, and insomnia. *Journal of Applied Psychology*.

Hong, M., Barnes, C. M., & Scott, B. A. (in press). Collateral damage from the show: Emotional labor and unethical behavior. *Business Ethics Quarterly*.

Leavitt, K., Barnes, C. M., Watkins, T., & Wagner, D. T. (in press). From the bedroom to the office: Workplace spillover effects of sexual activity at home. *Journal of Management*.

Media coverage by: BBC, Forbes, Wall Street Journal (Money, Markets, & More Podcast), CBS News, US News & World Report, NY Magazine, NY Daily News, msn, Popular Science, TIME Magazine, Fox News, The Tonic (Vice News), Broadly (Vice News), Yahoo!, USA Today, The Telegraph (UK), Quartz, Salon, Cosmopolitan, Vogue, Good Housekeeping, GQ, Shape Magazine, Esquire, Gizmodo, The Register (UK), The Daily Mail (UK), Business-Standard, WebMD, PsyPost, AARP Magazine

Barnes, C. M., Dang, C., Leavitt, K., Guarana, C., & Uhlmann, E. L. (in press). Archival data in micro organizational research: A toolkit for moving to a broader set of topics. *Journal of Management*.

Guarana, C. L., & Barnes, C. M. (2017). Lack of sleep and the development of leader-follower relationships over time. *Organizational Behavior and Human Decision Processes*, 141, 57-73.

Cho, K., Barnes, C. M., & Guarana, C. (2017). Sleepy punishers are harsh punishers: Daylight saving time and legal sentences. *Psychological Science*, 28, 242-247.

Media coverage by: The Times (of London), The Tonic (Vice News), Bloomberg Business, Boston Globe, Quartz, Discover Magazine Blog, Harvard Business Review, ScienceDaily, NZ Herald, Psy Post, The Evolving Planet

- Barnes, C. M., Miller, J., & Bostock, S. (2017). Helping employees sleep well: Effects of cognitive behavioral therapy for insomnia on work outcomes. *Journal of Applied Psychology*, 102, 104-113.
- Barnes, C. M., Guarana, C. L., Nauman, S., & Kong, D. T. (2016). Too tired to inspire or be inspired: Sleep deprivation and charismatic leadership. *Journal of Applied Psychology*, 101, 1191-1199.
Media coverage by: The Atlantic, Huffington Post, Harvard Business Review, inc.com, Business Insider, Van Winkle's, BPS Research Digest, Entrepreneur.com
- Barnes, C. M., Jiang, K., & Lepak, D. (2016). Sabotaging the benefits of our own human capital: Work unit characteristics and sleep. *Journal of Applied Psychology*, 101, 209-221.
Finalist for 2017 AOM HR Division Scholarly Achievement Award
Media coverage by: I/O at Work
- Barnes, C. M., Lefter, A., Bhave, D., & Wagner, D. (2016). The benefit of bad economies: Business cycles and time-based work-life conflict. *Journal of Occupational Health Psychology*, 21, 235-249.
Nominated for Kanter Award for Excellence in Work Family Research
Media coverage by: Huffington Post
- Barnes, C. M. & Drake, C. L. (2015). Prioritizing sleep health: Public health policy recommendations. *Perspectives in Psychological Science*, 10, 733-737.
Media coverage by: Psychology Today, Minds for Business (APS blog), Business Insider, WTVR (CBS affiliate)
- Barnes, C. M., Lucianetti, L., Bhave, D., & Christian, M. (2015). You wouldn't like me when I'm sleepy: Leader sleep, daily abusive supervision, and work unit engagement. *Academy of Management Journal*, 58, 1419-1437.
Media coverage by: Businessweek, Harvard Business Review, Wall Street Journal Live, New York Magazine, 13abc Toledo (ABC affiliate), Minds for Business (APS blog), The Military Leader, Executive Grapevine, Education Advisory Board, CanadianBusiness
- Firth, B. M., Hollenbeck, J. R., Miles, J. E., Ilgen, D. R., & Barnes, C. M. (2015). Same page, different books: Extending representational gaps theory to enhance performance in multiteam systems. *Academy of Management Journal*, 58, 813-845.
- Barnes, C. M., Johnson, H. H., & Burch, T. C. (2015). People like me are never promoted! Plurality in hierarchical tournaments for promotion and compensation. *Organizational Psychology Review*, 5, 146-167.
- Barnes, C. M., Gunia, B., & Wagner, D. T. (2015). Sleep and moral awareness. *Journal of Sleep Research*, 24, 181-188.
Media coverage by: Wall Street Journal, Huffington Post, msn, Business Insider, Chicago Daily Digest

- Gunia, B., Barnes, C. M., & Sah, S. (2014). The morality of larks and owls: Unethical behavior depends on chronotype as well as time-of-day. *Psychological Science*, 25, 2272-2274.
Media coverage by: BBC online, BBC World live (television), BBC Radio, Businessweek, Harvard Business Review, The New Yorker, The Telegraph, Huffington Post, Association for Psychological Science (“We’re Only Human” blog), Fast Company, The Atlantic, SmithsonianMag, NPR Marketplace, Washington Post (Wonkblog), Business Insider, Boston Globe, Ars Technica, Seattle PI, Daily News, KABC Los Angeles (ABC affiliate), KOMO News Radio (ABC affiliate), Baltimore Business Journal, Times of India, New Zealand Herald
- Yam, K. C., Fehr, R., & Barnes, C. M. (2014). Morning employees are perceived as better employees: Employees’ start times influence supervisor performance ratings. *Journal of Applied Psychology*, 99, 1288-1299.
HR Division Award for the best student convention paper (Academy of Management conference, award given to first author K. C. Yam)
Media coverage by: CBS News, Harvard Business Review, Huffington Post, Daily Mail (UK), Quartz, ewallstreeter, Government Executive, I/O at Work, Glamour
- Johnson, R. E., Lanaj, K., & Barnes, C. M. (2014). The good and bad of being fair: Effects of procedural and interactional justice behaviors on actors’ regulatory resources. *Journal of Applied Psychology*, 99, 635-650.
Media coverage by: Yahoo! News, MSN Lifestyle, Business News Daily, Minds for Business (Association for Psychological Science blog)
- Wagner, D. T., Barnes, C. M., & Scott, B. A. (2014). Driving it home: How workplace emotional labor harms employee home life. *Personnel Psychology*, 67, 487-516. doi: 10.1111/peps.12044
Finalist for Best Paper Award (from the journal Personnel Psychology)
Media coverage by: Huffington Post
- Uhlmann, E., & Barnes, C. M. (2014). Selfish play increases during high-stakes NBA games and is rewarded with more lucrative contracts. *PLOS One*, 9, 1-5. doi: 10.1371/journal.pone.0095745
Media coverage by: ScienceNews, Discover Magazine, Pacific Standard, Technology.org, ESPN.com
- Lanaj, K., Johnson, R., & Barnes, C. M. (2014). Beginning the workday yet already depleted? Consequences of late-night smartphone use and sleep. *Organizational Behavior and Human Decision Processes*, 124, 11-23. doi: 10.1016/j.obhdp.2014.01.001
Media coverage by: Forbes, US News & World Report, Financial Times, Popular Science, Huffington Post, Yahoo!, Daily Mail (UK), Time Newsfeed, Redorbit, India Today, International Business Times, Business Today, Medical Daily, Colorado Newsday, ScienceDaily, PsychCentral, Business Insider, The Globe and Mail, Toronto Sun, Toronto Star, Psychology Today, Men’s Health, Women’s Health, The Sydney Morning Herald
- Barber, L., Barnes, C. M., & Carlson, K. (2013). Sleepy respondents: Random and systematic error effects of insomnia on survey behavior. *Organizational Research Methods*, 16, 616-649. doi: 10.1177/1094428113493120

- Johnson, M. D., Hollenbeck, J. R., DeRue, D. S., Barnes, C. M. & Jundt, D. (2013). Functional versus dysfunctional team change: The role of problem diagnosis and interventions for self-managing teams. *Organizational Behavior and Human Decision Processes*, 122, 1-11.
- Lanaj, K., Hollenbeck, J. R., Ilgen, D. R., Barnes, C. M., & Harmon, S. J. (2013). Decentralized planning in multiteam systems: Testing the limits of team autonomy. *Academy of Management Journal*, 56, 735-757. doi: 10.5465/amj.2011.0350
- Barnes, C. M., Ghumman, S., & Scott, B. A. (2013). Sleep and organizational citizenship behavior: The mediating role of job satisfaction. *Journal of Occupational Health Psychology*, 18, 16-26. doi: 10.1037/a0030349
Media coverage by: Fast Company
- Ghumman, S. & Barnes, C. M. (2013). Sleep and prejudice: A resource recovery approach. *Journal of Applied Social Psychology*, 43, E166-E178. doi: 10.1111/jasp.12045
Media coverage by: Men's Health, Yahoo! News
- Leavitt, K., Reynolds, S., Barnes, C. M., Schilpzand, P., & Hannah, S. T. (2012). Different hats, different obligations: Plural occupational identities and situated moral judgments. *Academy of Management Journal*, 55, 1316-1333. doi: 10.5465/amj.2010.1023
Media coverage by: Science Newline, The Globe and Mail
- Barnes, C. M., Wagner, D. T., & Ghumman, S. (2012). Borrowing from sleep to pay work and family: Expanding time-based conflict to the broader non-work domain. *Personnel Psychology*, 65, 789-819. doi: 10.1111/peps.12002
Media coverage by: I/O at Work, Psychology Today
- Wagner, D. T., Barnes, C. M., Lim, V., & Ferris, D. L. (2012). Lost sleep and cyberloafing: Evidence from the laboratory and a Daylight Saving Time quasi-experiment. *Journal of Applied Psychology*, 97, 1068-1076. doi: 10.1037/a0027557
Media coverage by: Wall Street Journal, Harvard Business Review, USA Today, Newsweek, CBS Radio News Nationwide, Fortune, Canadian Broadcasting Corporation, Wall Street Journal, New York Times, Freakonomics website, CNBC, Washington Post, Yahoo! News, Fox Business, Forbes, Huffington Post, New York Magazine, Business Insider
- Scott, B. A., Barnes, C. M., & Wagner, D. (2012). Chameleonic or consistent? A multilevel model of self monitoring and variability in emotional labor. *Academy of Management Journal*. 55, 905-926. doi: 10.5465/amj.2010.1050
- Barnes, C. M. (2012). Working in our sleep: Sleep and self-regulation in organizations. *Organizational Psychology Review*, 2, 234-257. doi: 10.1177/2041386612450181
- Barnes, C. M., Reb, J., & Ang, D. Y. (2012). More than just the mean: Moving to a dynamic view of performance-based compensation. *Journal of Applied Psychology*. 97, 711-718. doi: 10.1037/a0026927
- Davison, R. B., Hollenbeck, J. R., Barnes, C. M., Slesman, D., & Ilgen, D. R. (2012). Coordinated action in multiteam systems. *Journal of Applied Psychology*, 97, 808-824. doi: 10.1037/a0026682

- Barnes, C. M., Hollenbeck, J. R., Jundt, D. K., DeRue, D. S., & Harmon, S. J. (2011). Mixing individual and group incentives: Best of both worlds or social dilemma? *Journal of Management*, 37, 1611-1635. doi: 10.1177/0149206309360845
Media coverage by: British Psychology Society's *Occupational Digest*
- Barnes, C. M., Schaubroeck, J. M., Huth, M., & Ghumman, S. (2011). Lack of sleep and unethical behavior. *Organizational Behavior and Human Decision Processes*, 115, 169-180. doi:10.1016/j.obhdp.2011.01.009
Media coverage by: Forbes, Wall Street Journal, WVTF (National Public Radio member station), Huffington Post, Leading in Context, Fast Company, Workplace Psychology – People at Work, The Sleep Doctor (Michael Breus blog)
- Scott, B. A., & Barnes, C. M. (2011). A multilevel investigation of emotional labor, affect, withdrawal, and gender. *Academy of Management Journal*, 54, 116-136.
Media coverage by: BBC Radio, The New York Times, Forbes, Reader's Digest
- DeRue, D. S., Barnes, C. M., & Morgeson, F. P. (2010). Understanding the motivational contingencies of team leadership. *Small Group Research*, 41, 621-651. doi: 10.1177/1046496410373808
Most frequently read article in *Small Group Research* in 2010
Media coverage by: *Management Ink*
- Barnes, C. M. & Wagner, D. T. (2009). Changing to daylight saving time cuts into sleep and increases workplace injuries. *Journal of Applied Psychology*, 94, 1305-1317. doi: 10.1037/a0015320
Media coverage by: CNN.com, The New York Times, Wall Street Journal, Newsweek, abc News, msnbc, Yahoo! News, Scientific American (podcast), The Atlantic, Huffington Post, The Daily Stat (harvardbusiness.org), USA Today, Last Week Tonight, Business Insider, Human Resources Executive, Reuters, Detroit Free Press, shrm.org
- Barnes, C. M. & Hollenbeck, J. R. (2009). Sleep deprivation and teams: Burning the midnight oil or playing with fire? *Academy of Management Review*, 34, 56-66.
Media coverage by: SIOP's *Good Science – Good Practice* column, strategy+business, Work Matters (Bob Sutton blog)
- Barnes, C. M. & Van Dyne, L. (2009). "I'm Tired:" Differential effects of physical and emotional fatigue on workload management strategies. *Human Relations*, 62, 57-90. doi: 10.1177/0018726708099518
- Barnes, C. M., Hollenbeck, J. R., Wagner, D. T., DeRue, D. S., Nahrgang, J. D., & Schwind, K. M. (2008). Harmful help: The costs of backing up behavior in teams. *Journal of Applied Psychology*, 93, 529-539. doi 10.1037/0021-9010.93.3.529
Media coverage by: OBWeb's *Under New Management* podcast forum, I/O at Work blog
- Barnes, C. M. & Morgeson, F. P. (2007). Typical performance, maximal performance, and performance variability: Expanding our understanding of how organizations value performance. *Human Performance*, 20, 259-274.

Consolidated List of Media Mentions

News Media

The New York Times, Wall Street Journal, CNN.com, Forbes, BBC, BBC.com, BBC Radio, Businessweek, Bloomberg Business, abc News, msnbc News, msn, MSN Lifestyle, CBS News, CBS Radio News, Reuters, Financial Times, Newsweek, Yahoo! News, Boston Globe, CNBC, Harvard Business Review, The Atlantic, Popular Science, The New Yorker, Huffington Post, The Telegraph, WVTF (National Public Radio member station), NPR Marketplace, SmithsonianMag, US News & World Report, Fortune, The Tonic (Vice News), Broadly (Vice News), Canadian Broadcasting Corporation, The Globe and Mail (Canada), Salon, Fox News, Fox Business, Fast Company, Business Insider, inc.com, Detroit Free Press, Seattle PI, The Toronto Star, The Toronto Sun, strategy+business, New York Magazine, ESPN.com, Men's Health, Women's Health, FITNESS Magazine, Cosmopolitan, Vogue, Good Housekeeping, GQ, TIME Magazine, TIME Newsfeed, The Daily Mail (UK), Times of India, India Today, Business Today, Gizmodo, International Business Today, Psychology Today, Medical Daily, NewsDaily, ScienceDaily, PsychCentral, WebMD, Human Resources Executive, Colorado Newsday, Business News Daily, Pacific Standard, The Register (UK), The Sydney Morning Herald, Discover Magazine, Technology.org, Quartz, eworkstreet, Government Executive, Ars Technica, KOMO News, KOMO News Radio, KABC Los Angeles (ABC affiliate), BPS Research Digest, Daily News, Baltimore Business Journal, New Zealand Herald, Glamour, Esquire, The Military Leader, NY Daily News, Executive Grapevine, CanadianBusiness.com, Van Winkle's, Entrepreneur.com, Evancarmichael.com, NZ Herald, The Evolving Planet, Business-Standard, Shape Magazine, AARP Magazine

Blogs/Podcasts/Other

The Daily Stat (Harvard Business Review), Scientific American (Podcast), Ideas Market (Wall Street Journal Blog), Freakonomics (Website), Wonkblog (The Washington Post blog), Well (New York Times Blog), Forbes ("Billionaires" Blog), Money, Markets, & More Podcast (Wall Street Journal), We're Only Human (Association for Psychological Science Blog), Minds for Business (Association for Psychological Science Blog), CBS Radio News San Francisco (live radio interview), The Science of Us (NY Magazine blog), Huffington Post Healthy Living Blog, OBWeb's Under New Management (Podcast), Psychology Today, Reader's Digest, LastWeekTonight (with John Oliver), Leading in Context (Blog), Management Ink (Blog), I/O at Work (Blog), SHRM.org, Work Matters (Bob Sutton Blog), SIOP's Good Science Good Practice Column, Occupational Digest (British Psychological Society), Psy Post, Medical Daily, ScienceNews

General Interviews/Appearances

TEDxOregonStateU presentation, BBC World News, Wall Street Journal Live, The Weather Channel, Huffington Post Live, WVTF (NPR affiliate in Virginia), Minnesota Public Radio (NPR affiliate), WHYI Radio Times (NPR affiliate in Philadelphia), The Kathleen Dunn Show on Wisconsin Public Radio (NPR affiliate), King 5 News (NBC affiliate), KOMO News (abc affiliate), CBS Radio News, SleepHub (Australian sleep-related podcast), Classic FM (South African radio station)

Notable "tweets" of research by: The Daily Show, Arianna Huffington (x4)

Practitioner Journal Publications

Barnes, C. M. (2016). Sleepy employees are less effective employees. *Management Insights*, 2016, 6-10.

Barnes, C. M. & Spreitzer, G. (2015). Why sleep is a strategic resource. *MIT Sloan Management Review*, 56(2), 19-21.
Media coverage by: BBC.com

Barnes, C. M. (2011). “I’ll sleep when I’m dead”: Managing those too busy to sleep. *Organizational Dynamics*, 40(1), 18-26. doi: 10.1016/j.orgdyn.2010.10.001

Barnes, C. M. & Leavitt, K. N. (2010). Moral disengagement: When will good soldiers do bad things? *Military Review*, September, 46-51.

Barnes, C. M. & Doty, J. (2010). What does contemporary science say about ethical leadership? *Military Review*, September, 90-93.

Blog Entries

Harvard Business Review

Guarana, C., & Barnes, C. M. (2017). Research: Sleep deprivation can make it harder to stay calm at work.. *Harvard Business Review*. 21 Aug 2017. <https://hbr.org/2017/08/research-sleep-deprivation-can-make-it-harder-to-stay-calm-at-work>

Barnes, C. M. (2017). Sleep-deprived judges dole out harsher punishments. *Harvard Business Review*. 15 Feb 2017. <https://hbr.org/2017/02/sleep-deprived-judges-dole-out-harsher-punishments>

Barnes, C. M. (2016). Research: Sleep deprived leaders are less inspiring. *Harvard Business Review*. 15 June 2016. <https://hbr.org/2016/06/research-sleep-deprived-leaders-are-less-inspiring>

Barnes, C. M. (2015). Jetlag doesn’t have to ruin your business trip. *Harvard Business Review*. 4 Nov 2015. <https://hbr.org/2015/11/jet-lag-doesnt-have-to-ruin-your-business-trip>

Barnes, C. M. (2015). The ideal work schedule, as determined by circadian rhythms. *Harvard Business Review*. 28 Jan 2015. <https://hbr.org/2015/01/the-ideal-work-schedule-as-determined-by-circadian-rhythms>

Barnes, C. M. (2014). Research: Your abusive boss is probably an insomniac. *Harvard Business Review*. 7 Nov 2014. <https://hbr.org/2014/11/research-your-abusive-boss-is-probably-an-insomniac>

Barnes, C. M., Gunia, B., & Sah, S. (2014). Morning people are less ethical at night. *Harvard Business Review*. 23 June 2014. <http://blogs.hbr.org/2014/06/morning-people-are-less-ethical-at-night/>

Barnes, C. M., Yam, K. C., & Fehr, R. (2014). With flextime, bosses prefer early birds to night owls. *Harvard Business Review*. 13 May 2014. <http://blogs.hbr.org/2014/05/with-flex-time-bosses-prefer-early-birds-to-night-owls>

Featured online in: Huffington Post, Daily Mail (UK), Quartz, ewallstreeter, Government Executive

Barnes, C. M., Lanaj, K., & Johnson, R. E. (2014). Research: Using a smartphone after 9 pm leave workers disengaged. *Harvard Business Review*. 15 Jan 2014. <http://blogs.hbr.org/2014/01/research-using-a-smartphone-after-9-pm-leaves-workers-disengaged/>

Featured online in: Daily Mail (UK), Redorbit, India Today, International Business Times, Business Today, Medical Daily, Colorado Newsday

Barnes, C. M. (2013). Sleep deprived people are more likely to cheat. *Harvard Business Review*. 31 May 2013. http://blogs.hbr.org/cs/2013/05/sleep_deprived_people_are_more_likely_to_cheat.html

Featured online in: Fast Company, Washington Post, Daily Mail, Jezebel, FDS News

Huffington Post

Barnes, C. M. (2016). Treating insomnia benefits work outcomes. *Huffington Post*, 4 Oct 2016.

http://www.huffingtonpost.com/christopher-m-barnes/treating-insomnia-benefit_b_12314438.html

Barnes, C. M. (2015). Beware the costs of a strong economy: Sleep, recreation, and family. *Huffington Post*,

6 Oct 2015. http://www.huffingtonpost.com/christopher-m-barnes/beware-the-costs-of-a-str_b_8246542.html

Barnes, C. M. (2014). Lack of sleep harms moral awareness. *Huffington Post*, 12 Oct 2014.

http://www.huffingtonpost.com/christopher-m-barnes/sleep-moral-awareness_b_5908130.html

Barnes, C. M. (2013). Should we blame the engineer for falling asleep at the train controls? *Huffington Post*,

4 Dec 2013. http://www.huffingtonpost.com/christopher-m-barnes/metro-north-derailment_b_4380197.html

Barnes, C. M. (2013). Sleep well for a safe workplace. *Huffington Post*, 21 June 2013.

http://www.huffingtonpost.com/christopher-m-barnes/sleep-workplace-accidents_b_3479572.html

Barnes, C. M. (2013). Lack of sleep and stress – A vicious cycle you can escape. *Huffington Post*. 11 June

2013. http://www.huffingtonpost.com/christopher-m-barnes/sleep-and-stress_b_3415480.html

Barnes, C. M. (2013). Tired but can't fall asleep? Good sleep hygiene helps. *Huffington Post*. 9 June 2013.

http://www.huffingtonpost.com/christopher-m-barnes/sleep-tips_b_3397211.html

Barnes, C. M. (2013). Avoiding temptation: Self-control requires a good night of sleep. *Huffington Post*. 27

May 2013. http://www.huffingtonpost.com/christopher-m-barnes/self-control-and-sleep_b_3327960.html

Invited Commentary

The New York Times

Wagner, D. T., & Barnes, C. M. (2014). The economic toll of lost sleep. *The New York Times*. 6 March 2014. <http://www.nytimes.com/roomfordebate/2014/03/06/daylight-saving-time-at-what-cost/the-economic-toll-of-daylight-saving-time>

Edited Books

Barling, J., Barnes, C. M., Carleton, E., & Wagner, D. T. (2016). *Work and Sleep: Research Insights for the Workplace*. Oxford University Press: London.

Book Chapters

Barnes, C. M., Schouten, M. E., & van de Veen, E. (2016). Management educators are asleep at the wheel: Integrating the topic of sleep into management education. In J. Barling, C. M. Barnes, E. Carleton, & D. T. Wagner (Eds.), pp. 263-278. *Work and Sleep: Research Insights for the Workplace*. Oxford University Press: London.

Barling, J., Barnes, C. M., Carleton, E., & Wagner, D. T. (2016). Work and sleep: Looking back, and looking forward. In J. Barling, C. M. Barnes, E. Carleton, & D. T. Wagner (Eds.), pp. 3-10. *Work and Sleep: Research Insights for the Workplace*. Oxford University Press: London.

Barnes, C., Elliott, L. R., Stoyen, A. (2004). Development of a Training and Research Distributed Testbed System: DMT-RNet. In S. Schiflett, L. Elliott, E. Salas, & M. Coover (Eds.) *Scaled Worlds: Development, Validation, and Applications*, pp.100-118. Ashgate Publishing Limited, Surrey, England.

TEDx Talk: <https://www.youtube.com/watch?v=z8rpaCSm708>

Conference Publications/Presentations and Invited Presentations (available upon request)

TEACHING EXPERIENCE

Undergraduate Students

Management 320: Business, Government, and Society
Fall 2017

Management 300: Leadership and Organizational Behavior
Winter 2014

Management 3324: Introduction to Organizational Behavior (Virginia Tech)
Fall 2011, Spring 2012, Spring 2013

Management 3304: Management Theory and Leadership Practice (Virginia Tech)
Fall 2012

Management 4314: International Management (Virginia Tech)
Fall 2012

PL100: General Psychology for Leaders (West Point)
Spring 2011

Management 315: Human Resources (Michigan State University)
Summer I 2008

Management 325: Management Skills (Michigan State University)
Summer I 2007

Master of Business Administration Students

Business Administration 501: Leading Teams and Organizations
Winter 2015, Winter 2016, Winter 2017

Management 500: Management and Leadership
Fall 2013, Fall 2014, Fall 2017

Management 5314: Introduction to Organizational Behavior (Virginia Tech)
Spring 2013

Global Executive Master of Business Administration Students

GEMBA 521: Organizational Leadership
Winter 2016, Winter 2017

PhD Students

Management 580: Psychological Foundations of Organizational Behavior
Winter 2017

Management 581: Social Processes in Organizations
Winter 2015

Management 6944: Graduate Seminar in Management Research (Virginia Tech)
Spring 2012

Executive Education

Sleep and Human Sustainability
Winter 2014

REVIEWING ACTIVITIES

Editorial Review Board Member

Academy of Management Review (2009-current)

Academy of Management Journal (2013-current)
Organizational Behavior and Human Decision Processes (2012-current)
Journal of Applied Psychology (2014-current)

Ad Hoc Reviewer

Academy of Management Review (2008)
Academy of Management Journal (2009, 2012)
Journal of Applied Psychology (2008-2013)
Organizational Behavior and Human Decision Processes (2008-2012)
Personnel Psychology (2011)

Journal of Management (2009-2013, 2016)
Academy of Management Perspectives (2011)
Sleep Medicine (2011)
Journal of Sleep Research (2015)
Journal of Biological Rhythms (2015)
Journal of Occupational Health Psychology (2012-2014)
Stress and Health (2012)
Group Dynamics (2008)
Small Group Research (2010-2011)
Applied Psychology: An International Review (2011-2012)
Accident Prevention (2010)

Dissertation Committee Service

Dissertation Committee Chair:
Trevor Watkins (scheduled for 2019)

Dissertation Committee Member:
Jared Miller (scheduled for 2018)
Junchao (Jason) Li (2017)
Tyler Burch (2014)

External Thesis/Dissertation Committees:
Garrett Mercier (2017), Museology

HONORS AND AWARDS:

Research

2017 SIOP Distinguished Early Career Contributions Award - Science
2017 Finalist for the AOM HR Division Scholarly Achievement Award
2017 Nominee for the Kanter Award for Excellence in Work Family Research
2016 Finalist for Paper of the Year award from Personnel Psychology
2014 Western Academy of Management Ascendant Scholar Award
2013 Management Department Faculty Research Excellence Award
2013 SIOP Top Poster Presentation award
2012 Virginia Tech Scholar of the Week (1 university level awarded weekly)
2012 Management Department Faculty Research Excellence Award

- 2007 Dissertation Completion Fellowship, Michigan State University
- 2005 Consortium Research Fellowship, Consortium of Universities/Air Force Research Laboratory
- 2004 University Distinguished Fellowship, Michigan State University
- 2001 Outstanding Paper Award, WebNet 2001 conference

Teaching

- 2012 CIDER Teacher of the Week (1 university level awarded weekly)
- 2012 Favorite Faculty (student nominated, 200 university-level awarded annually)

Service

- 2016 Outstanding Reviewer Award (among board members), Academy of Management Journal
- 2014 Outstanding Reviewer Award (among board members), Academy of Management Journal
- 2010 Outstanding Reviewer Award (among board members), Academy of Management Review

MORE INFO:

Faculty Page: <http://foster.uw.edu/faculty-research/directory/christopher-barnes/>

ResearcherID page: <http://www.researcherid.com/rid/O-4814-2014>

ORCID page: <http://orcid.org/0000-0003-2520-6200>

