

Gandhi Yetish

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Education

Postdoctoral Scholar. University of California, Los Angeles, CA. **Oct 2016-March 2023**.
University of New Mexico, Albuquerque, NM.

PhD in Anthropology issued: **Dec 2016**

Passed with distinction Sep 19, 2016, Chair: **Hillard Kaplan**

M.S. in Evolutionary Anthropology issued: **May 2014**

Rutgers University, New Brunswick, NJ.

B.S. (*summa cum laude*) in Evolutionary Anthropology issued: **May 2011**

Graduated with Honors, Honors Thesis Advisor: **Robert Trivers**

Work Experience

Senior Research Associate II. University of California, Los Angeles/ VA of Greater Los Angeles. **Dec 2016-Sep 2019**. Under PI Jerome Siegel, conduct field research, data analyses, and manuscript drafting to study sleep in San population. Apply for NSF and NIH postdoctoral fellowships.

NSF Postdoctoral Scholar (PI: Yetish). University of California, Los Angeles. **Sep 2019-Feb 2022**. Under PI Jerome Siegel, conduct field research, data analyses, and manuscript drafting to study sleep in Hadza population.

NIH Postdoctoral Scholar (PI: Siegel). University of California, Los Angeles. **Sep 2019-March 2023**. Under PI Jerome Siegel, conduct field research, data analyses, and manuscript drafting to study sleep in Hadza population.

Teaching

Instructor.

ANTH 151: "Human Evolution Lab." UNM, Spring 2016. – Genetics, evolution, osteology, primate morphology and social behavior, paleoanthropology, modern human morphology and behavior

ANTH 161: "Human Evolutionary Ecology Computer Lab." UNM, Fall 2012, Spring 2016. – Research design in human evolutionary ecology, statistical techniques for hypothesis testing, MS Excel and SPSS data entry and analysis, graphic display of results, interpreting study results, writing research reports

Teaching Assistant.

ANTH 363: "Primate Social Behavior." UNM, Spring 2015. – Assist in grading, classroom management, and some guest lectures

ANTH 360: "Human Behavioral Ecology." UNM, Fall 2014, Fall 2015. – Assist in grading, classroom management, and some guest lectures

ANTH 150: "Evolution and Human Emergence." UNM, Spring 2014. – Assist in grading, classroom management, and some guest lectures

ANTH 160: "The Human Life Course." UNM, Fall 2011, Spring 2012, Spring 2013. – Assist in grading, classroom management, and some guest lectures

Graduate Student Peer-Mentorship

Katie Sayre, PhD Candidate, University of Southern California. mksayre@usc.edu
Edmond Seabright, Adjunct Assistant Professor, Université Mohammed VI
Polytechnique, Ben Guerir, Morocco. Edmond.seabright@um6p.ma
Matthew Schwartz, Postdoctoral Fellow, University of New Mexico.
mschwar@salud.unm.edu

Professional Training

Post-Doc Association training at UCLA: Managing Up, Designing your postdoc, Writing a 3-minute research pitch

NOLS: Wilderness First Responder emergency back-country medical training, first aid
National Committee for Faculty Development and Diversity:

Teaching Toolkit- Evidence-based teaching strategies, communication with students, structuring course content, efficient and effective grading, and preparing for class

Core Faculty Development Program- Organization of time, professional activities, and networking

Building a Second Brain: Develop advanced note taking and organization skills

Cheeky Scientist Association- Job search skills, completing applications, interviewing

Related Coursework

The Researcher and Social Responsibility, UNM Fall 2015

Teaching the Basic Course, UNM Fall 2011

References

Dr. Hillard Kaplan, Chapman University: Distinguished Research Professor, Economic Science Institute; Co-director of the Tsimané Health and Life History Project.
hkaplan@chapman.edu

Dr. Brian Wood, University of California, Los Angeles: Associate Professor, Anthropology. brianwood@anthro.ucla.edu

Dr. Michael Gurven, UCSB: Professor and Chair of Integrative Anthropological Sciences; Co-director of the Tsimané Health and Life History Project. gurven@anth.ucsb.edu

Current Languages

Swahili (Tanzanian): proficient

Spanish (Bolivian): proficient

R (programming and statistics language): proficient

Mandarin Chinese: beginner/ intermediate

Honors, Awards, and Grants

National Science Foundation Postdoctoral Research Fellowship, 2019-2021

(PI:Yetish). Funded by Social, Behavioral and Economic Sciences/ Biological Anthropology. "Sleep adaptations to seasonal changes in light and temperature". \$175,000.

National Institutes of Health R01, 2019-present (CI; PI:Siegel). "Environmental determinants of human sleep timing, duration, and continuity: studies in hunter-

gatherers". Role- Senior partner in study design, analysis, interpretation; coordinate study implementation across field sites in Namibia, Bolivia, and Tanzania; direct data collection in Namibia, Bolivia, and Tanzania.

Passed with Distinction, Doctoral Dissertation: "Sleep as an evolved behavior: ecological opportunity costs and sleep optimization", Department of Anthropology, University of New Mexico, September 19, 2016. Chair: Hillard Kaplan.

UNM Regents' International Study Grant, 2015.

UNM Roger's Research/ Project Grant Award, 2015.

UNM Graduate and Professional Student Association's Graduate Scholarship Fund, 2014.

UNM Graduate and Professional Student Association's Student Research Grant, 2014.

UNM Latin American and Iberian Institute's Field Research Grant, 2013.

UNM Office of Graduate Studies Research Project and Travel Grant, 2013.

UNM Graduate and Professional Student Association's Student Research Grant, 2013.

UNM Graduate and Professional Student Association's Student Research Grant, 2012.

Honors Distinction, Undergraduate Senior Thesis: "The Selective Feature of Heterozygosity and Hybrid Vigor", Department of Anthropology, Rutgers University, April 8, 2011. Advisor: Robert Trivers.

Phi Beta Kappa, Rutgers University Chapter: Spring 2010, Spring 2011.

Fieldwork and International Study

Total fieldwork in Bolivia (with Tsimane population): 12 months

Total fieldwork in Tanzania (with Hadza population): 12 months

Total fieldwork in Namibia (with San population): 4 months

Lake Eyasi Region, Tanzania. **2022-2023** (November-February). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Seasonal changes in sleep and physical activity in the Hadza population

Lake Eyasi Region, Tanzania. **2022** (September). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Seasonal changes in sleep and physical activity in the Hadza population

Lake Eyasi Region, Tanzania. **2022** (May-June). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Seasonal changes in sleep and physical activity in the Hadza population

Lake Eyasi Region, Tanzania. **2022** (February). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Seasonal changes in sleep and physical activity in the Hadza population

Lake Eyasi Region, Tanzania. **2021** (October). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Seasonal changes in sleep and physical activity in the Hadza population

Lake Eyasi Region, Tanzania. **2021** (August). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Seasonal changes in sleep and physical activity in the Hadza population

Lake Eyasi Region, Tanzania. **2021** (June-July). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Seasonal changes in sleep and physical activity in the Hadza population

Usa River, Tanzania. **2020** (February). MS-Training Center for Development and Cooperation, Actlonaid Denmark. Intermediate Swahili.

El Beni, Bolivia. **2019** (July-August). Tsimané Health and Life History Project, Chapman Univeristy Economic Sciences Institute. Cardiovascular function, energetic efficiency, and reaction time.

Tsumkwe, Namibia. **2017** (March). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Sleep, environmental conditions, well-being, and ethnography in the San population

Tsumkwe, Namibia. **2016** (November). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Sleep, environmental conditions, well-being, and ethnography in the San population

Tsumkwe, Namibia. **2016** (July). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Sleep, environmental conditions, well-being, and ethnography in the San population

Tsumkwe, Namibia. **2016** (March). Siegel Lab, UCLA Department of Psychiatry & Biobehavioral Sciences. Sleep, environmental conditions, well-being, and ethnography in the San population

El Beni, Bolivia. **2015** (July-August). Tsimané Health and Life History Project, UNM Department of Anthropology. Sleep and time-allocation tradeoffs between health and production.

El Beni, Bolivia. **2013** (May-December). Tsimané Health and Life History Project. UNM Department of Anthropology. Sleep and time-allocation tradeoffs between health and production.

San Borja, Bolivia. **2012** (June-August). Tsimané Health and Life History Project. UNM Department of Anthropology. Metabolism and cardiovascular fitness in an aging population.

Beijing, Chila. **2010** (June-August) Advanced Mandarin Chinese at CLERC Language Institute, Peking University, Beijing.

Professional Service

Guest editor, *Sleep Health*, with David Samson. "Global and evolutionary perspectives on human sleep". Scheduled print release December 2018.

Data repository. Yetish, G., Siegel, J., & Cristia, A. (2017). Daylong recordings from young children learning Ju'hoan in Namibia. <https://nyu.databrary.org/volume/446>, accessed: 2018-03-03.

Publications

Yetish, G. & McGregor, R. 2019. Hunter-gatherer sleep and novel human sleep adaptations, in Handbook of Behavioral Neuroscience, ed. Dringenberg, H., Elsevier. Vol. 30: 317-331.

Gurven, M., Trumble, B., Stieglitz, J., Cummings, D., Kaplan, H., Blackwell, A., Yetish, G., & Pontzer, H. 2019. Methodological differences cannot explain associations between health, anthropometrics, and excess resting metabolic rate. *American Journal of Physical Anthropology*.

- Yetish, G. & Samson, D. 2018. Sleep research in non-Western populations reveals novel insights about the breadth and diversity of human sleep patterns. *Sleep Health*, 4(6):495-496. <https://doi.org/10.1016/j.sleh.2018.10.006>.
- Prall, S., Yetish, G., Scelza, B., & Siegel, J. 2018. The influence of age and sex specific labor demands on sleep in Namibian agro-pastoralists. *Sleep Health*, 4(6):500-508. <https://doi.org/10.1016/j.sleh.2018.09.012>.
- Yetish, G., Kaplan, H., & Gurven, M. (2018). Sleep variability and nighttime activity among Tsimane forager-horticulturalists. *American Journal of Physical Anthropology*, 166(3): 590-600.
- Samson, D. & Yetish, G. (2017). Global and evolutionary perspectives on sleep: Sleep Health request for papers (RFP) 2017-2018. *Sleep Health*, 3(2): 73-74.
- Samson, D., Yetish, G., Crittenden, A., Mabulla, I., Mabulla, A., & Nunn, C. (2016). What is segmented sleep? Actigraphy field validation for daytime sleep and nighttime wake. *Sleep Health*, 2(4): 341-347.
- Gurven, M. D., Trumble, B. C., Stieglitz, J., Yetish, G., Cummings, D., Blackwell, A. D., Beheim, B., Kaplan, H., & Pontzer, H. (2016). High resting metabolic rate among Amazonian forager-horticulturalists experiencing high pathogen burden. *American Journal of Physical Anthropology*, 161(3): 414-425.
- Yetish, G., Kaplan, H., Gurven, M., Wood, B., Pontzer, H., Manger, P. R., Wilson, C., McGregor, R., & Siegel, J. M. (2016). Response to de la Iglesia et al. *Current Biology*, 26(7): R273-R274.
- Yetish, G., Kaplan, H., Gurven, M., Wood, B., Pontzer, H., Manger, P., Wilson, C., McGregor, R., & Siegel, J. (2015). Natural sleep and its seasonal variations in three pre-industrial societies. *Current Biology*, 25(21): 2862-2868.
- Pisor, A., Gurven, M., Blackwell, A., Kaplan, H., & Yetish, G. (2013). Patterns of senescence in human physical fitness: VO2max in subsistence and industrialized populations. *American Journal of Human Biology* 25(6), 756-769.

Under review:

- Caldwell, A., Hooper, P., Cummings, D., Yetish, G., Stieglitz, J., & Kaplan, H. (*under review*). Tsimane children's activity and sleep patterns as a function of tanner stage.
- Trumble, B., Pontzer, H., Stieglitz, J., Cummings, D., Beheim, B., Yetish, G., Kaplan, H., & Gurven, M. (*under review*). Energetic expenditure is positively associated with male but not female testosterone among physically active forager-horticulturalists.

In prep:

- Yetish, G., Kaplan, H., & Gurven, M. (*in prep*). Longer time in bed insulates Tsimane sleep duration against unpredictable sleep interruptions: assessing the effect of having walls on sleep duration and interruptions among indigenous Amazonians.
- Cristia, A. & Yetish, G. (*in prep*). Infant language learning from directed and overheard speech among San hunter-gatherers.
- Schwartz, M., O'Donnell, A., Seabright, E., Yetish, G., Pisor, A., Trumble, B., Gurven, M., & Kaplan, H. (*in prep*). Market integration and oral health: extreme sex-differences in tooth loss among the Tsimane of lowland Bolivia.

Presentations

- Zhang, Z., Warlaumont, A., Schuller, B., Yetish, G., Scaff, C., Colleran, H., Stieglitz, J., & Cristia, A. (2018, June). Developing computational measures of vocal maturity from daylong recordings. Workshop podium session at *Reseau Francais de Phonologie*, no. 24.
- Cristia, A., Yetish, G., & Stieglitz, J. (2018, February). Estimating vocal development from daylong recordings: stability of quantity. Poster session at Nijmegen Lectures 2018, Max Planck Institute for Psycholinguistics.
- Yetish, G., Kaplan, H., & Gurven, M. (2017, May). Opportunity costs from potential nighttime activities trade off against time allocated to sleep behavior among Tsimane hunter-horticulturalists. Podium session at the meeting of the California Workshop on Evolution in the Social Sciences.
- Yetish, G., Kaplan, H., & Gurven, M. (2017, April). Opportunity costs from potential nighttime activities trade off against time allocated to sleep behavior among Tsimane hunter-horticulturalists. Podium session at the meeting of the American Association of Physical Anthropologists.
- Yetish, G. (2016, October). Sleep as an evolved behavior: ecological opportunity costs and sleep optimization. Invited lecture for UCLA Behavior, Evolution, and Culture speaker series.
- Yetish, G., Kaplan, H., & Gurven, M. (2016, August). More exposed sleeping sites for Tsimane hunter-horticulturalists (*Homo sapiens*) is associated with more sleep interruption. Podium session on sleep at the meeting of the International Primatological Society.
- Yetish, G., Kaplan, H., & Gurven, M. (2016, June). Tsimane hunter-horticulturalists sleeping in more exposed sleeping sites have more sleep interruptions and lower sleep efficiency. Podium session at the meeting of the International Society for Evolution, Medicine, and Public Health.
- Yetish, G., Kaplan, H., & Gurven, M. (2016, April). Sleeping exposed to the elements: Tsimane sleep conditions reduce sleep efficiency. Podium session at the meeting of the American Association of Physical Anthropologists.
- Yetish, G., Kaplan, H., & Gurven, M. (2015, October). Sleeping exposed to the elements decreases sleep efficiency among Tsimane hunter-horticulturalists. Podium session at the meeting of the Southwest Association of Biological Anthropologists.
- Siegel, J., Yetish, G., Kaplan, H., Gurven, M., Wood, B., Pontzer, H., Manger, P., Wilson, C., & McGregor, R. (2015, October). Sleep in preindustrial societies: human sleep under evolutionarily relevant conditions. Podium session at the meeting of the *Society for Neuroscience*.
- Yetish, G., Siegel, J., Gurven, M., & Kaplan, H. (2015, March). Greater family size is associated with less sleep among Tsimané parents. Podium session at the meeting of the *American Association of Physical Anthropologists*.