

Name: Alham Al-Sharman	
Present appointment:	
Assistant professor, Department of Rehabilitation Sciences, Faculty of Applied Medical Sciences, Jordan University of Science and Technology.	
Address:	
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Telephone number: 027201000. 26926	Email address: ejalshorman@just.edu.jo
Qualifications:	
BS Physical Therapy Jordan University of Science & Technology (J.U.S.T) PhD in Rehabilitation Sciences/ Kansas University Medical Center (Neurological Rehabilitation)	
Professional registration:	
License to practice physiotherapy Jordan Ministry of Health	
Memberships:	
Member of Jordanian Physical Therapy Association Associate member of Association of Physiotherapists in Parkinson's disease Europe (APPDE) Associate member of International Organization of Physical Therapy Working with Older People (IPTOP) Member of the International Parkinson and Movement Disorder Society (MDS)	
Previous and other appointments:	
September 2013- present: Assistant professor, University of Science and Technology, Faculty of Applied Medical Sciences, Irbid-Jordan	
Oct 2007-February 2013: Full time PhD student, Kansas University Medical Center, School of Health profession, Kansas(scholarships from Jordan University of Science and Technology)	
Oct 2008-February 2013: Full time Research Assistant, Kansas University Medical Center, School of Health profession, Kansas	
2005-2007: Full Time Teaching Assistant, Jordan University of Science and Technology, Faculty of Applied Medical Sciences, Irbid-Jordan	
2001 – 2005: Full time BSc student, Jordan University of Science & Technology (J.U.S.T) BS Physical Therapy.	
Training courses:	
2015: Promoting arm recovery in stroke survivors with sever paresis. World Congress of Physical Therapy (WCPT), Singapore.	
Funded projects	
The effect of aerobic exercise on serum and saliva melatonin and cortisol, sleep disturbances, fatigue, depressive symptoms, and ambulatory function in individuals with multiple sclerosis (15.000); funded by Jordan University of Science and Technology; fund since July 2015.	
Gait variability and risk of falls in people with multiple sclerosis (MS): which clinical characteristics are important? (10.000 JD); funded by Jordan University of Science and Technology; fund since July 2014.	
The association between physical activity and sleep deficits and biomarkers in patients with multiple sclerosis (6.000 JD); funded by Jordan University of Science and Technology; fund since November	

2014.

Virtual Reality Based Motor Control Learning for People with Multiple Sclerosis: A Pilot Study (25.000JD); funded by EU commission (Support to Research and Technological Development & Innovation initiatives and Strategies in Jordan scheme); funded since December 2014.

Published Abstract:

Khalil H, Al-Shorman A, Alomari M, Aburub A, Batayha W, Darwish M, "The comparative ability of three physical function tests for predicting physical activity levels in people with parkinson's disease [abstract]," *Physiotherapy*, vol. 101

Al-Shorman A, **Khalil H**, Alomari M, Aburub A, Batayha W, Darwish M, "Sleep latency is a predictor of physical function and physical activity in individuals with Parkinson's disease [abstract]," *Physiotherapy*, vol. 101, no. Suppl 1, e61-e62, pp. 0-0, 2015, no. Suppl 1, e742-e743, pp. 0-0, 2015

Algwiri A, **Khalil H**, Al-Shorman A., "Reliability and validity of the Arabic Activities-specific Balance Confidence scale in people with multiple sclerosis study [abstract]," *Multiple Sclerosis Journal*, vol. S1:1-24, no. , pp. 0-0, 2016

Aburub A, **Khalil H**, Al-Shorman A, Batayha , "The association between physical activity and sleep deficits and biomarkers in patients with multiple sclerosis [abstract]," *Multiple Sclerosis Journal*, vol. S1:1-24, no. , pp. 0-0, 2016

Al-Shorman A, **Khalil H**, Nazzal M, Algwiri A, El-Salem K., "Perspective and experiences of Jordanian people with multiple sclerosis?A qualitative study [abstract]. , " *Multiple Sclerosis Journal*, vol. S1:1-24, no. , pp. 0-0, 2016

Relevant publications:

Published Papers

Alham Al-Sharman, **Catherine F Siengsukon** and Mayis Al-Dughmi. Sleep parameters, functional status and time post-stroke are associated with off-line motor skill learning in people with chronic stroke. *Frontiers in Neurology*, section Sleep and Chronobiology.2015

Mayis Al-Dughmi, **Catherine F Siengsukon** and Alham Al-Sharman. Sleep characteristics of individuals with chronic stroke: a pilot study. *Nature and Science Sleep*. 2015

Catherine F Siengsukon and Alham Al-Sharman. Sleep promotes offline enhancement of an explicitly learned discrete but not an explicitly learned continuous task. *Nature and Science Sleep*. 2011; 3: 39–46.

Alham Al-Sharman and Catherine F Siengsukon .Time rather than sleep appears to enhance off-line learning and transfer of learning of an implicit continuous task. *Nature and Science Sleep*. 2014; 6: 27–36

Alham Al-Sharman and Catherine F Siengsukon. Sleep enhances learning of a functional motor task in young adults. *Physical Therapy*. 2013;93:1625-1635

Alham Al-Sharman and Catherine F Siengsukon. Sleep- dependent learning of a functional motor task declines with age. *Journal of American Geriatric Society*. 2014; 62(9):1797-8

Alham Al-Sharman and Catherine F Siengsukon. Performance on a functional motor task is enhanced by sleep in middle aged and older adults. *Journal of Neuro Rehabilitation Physical Therapy*. 2014.

Alham Al-Sharman, **Catherine F Siengsukon**, and mayis Aldogmi. Sleep characteristics of individuals with chronic stroke: A Polysomnographic study" to our journal Nature and Science of Sleep. In Press

Presentation's Awards

Best presentation prize at the Students Research Forum. Kansas University Center, 2013.

Community Services

- Open Medical Day at Almazar school,2015
- Open Medical Day at Kofer Almaa, 2015