Sleep Health

Journal of the National Sleep Foundation

Editor-in-Chief
Lauren Hale, PhD
Stony Brook University, Stony Brook, NY

Associate Editors
Orfeu Buxton, PhD
Pennsylvania State University, State College, PA

Michael Grandner, PhD
University of Arizona, Tucson, AZ

Amy Wolfson, PhD
Loyola University Maryland, Baltimore, MD

Art Editor
Meir H. Kryger, MD
Yale University, New Haven, CT

Editorial Board
Carol M. Baldwin, PhD, RN
Arizona State University, Phoenix, AZ

Lawrence Berger, PhD
University of Wisconsin-Madison, Madison, WI

Donald Blumberg, PhD
Emory University, Atlanta, GA

Jeanne Brooks-Gunn, PhD
Columbia University, New York, NY

Joseph Buckhalt, PhD
Auburn University, Auburn, AL

Sarah Burgard, PhD
University of Michigan, Ann Arbor, MI

Stephanie Crowley, PhD
Rush University, Chicago, IL

Charles A. Czeisler, PhD, MD
Harvard Medical School and Brigham and Women’s Hospital, Boston, MA

Mona El-Sheikh, PhD
Auburn University, Auburn, AL

Marina G. Figueiro, PhD
Rensselaer Polytechnic Institute, Troy, NY

Nicholas Glozier, MBBS, PhD
University of Sydney, Sydney, Australia

Michael Gradisar, PhD
Flinders University, Adelaide, Australia

Martica Hall, PhD
University of Pittsburgh, Pittsburgh, PA

Terrence Hill, PhD
University of Arizona, Tucson, AZ

Max Hirshkowitz, PhD
Baylor College of Medicine, Houston, TX

Denise C. Jarrin, PhD
Université Laval, Québec City, Canada

National Sleep Foundation Leadership
Max Hirshkowitz, PhD, Chairman
David G. Davila, MD, Vice Chairman
Daniel B. Brown, JD, Treasurer

Ombudsman
Thomas Roth, PhD
Henry Ford Hospital, Detroit, MI

Girardin Jean-Louis, PhD
New York University, New York, NY

Kristen Knutson, PhD
University of Chicago, Chicago, IL

Meir H. Kryger, MD
Yale University, New Haven, CT

Tea Lallukka, PhD
Finnish Institute of Occupational Health, Helsinki, Finland

Nathaniel Marshall, PhD
University of Sydney, Sydney, Australia

Karen Matthews, PhD
University of Pittsburgh, Pittsburgh, PA

Lisa J. Meltzer, PhD
National Jewish Health, Denver, CO

Michelle A. Miller, BSc, PhD
University of Warwick, Coventry, United Kingdom

E. Javier Nieto, MD, MPH, PhD
Universidade of Wisconsin-Madison, Madison, WI

Tim Olds, PhD
University of South Australia, Adelaide, Australia

Judith Owens, MD, MPH
George Washington University, Washington, DC

Ståle Pallesen, PhD
University of Bergen, Bergen, Norway

Sanjay R. Patel, MD
Baylor and Women’s Hospital, Boston, MA

Paul Peppard, PhD
University of Wisconsin-Madison, Madison, WI

Shantha M.W. Rajaratnam, PhD
Monash University, Victoria, Australia

Amy Sawyer, PhD, RN
Pennsylvania State University, State College, PA

Katherine M. Sharkey, MD, PhD
Brown University, Providence, RI

James Spilsbury, PhD
Case Western Reserve University, Cleveland, OH

Saverio Stranges, MD, PhD
University of Warwick, Coventry, United Kingdom

Shahrad Taheri, MBBS, MD, PhD
Well Cornell Medical College in Qatar, Ar-Rayyan, Qatar

Daniel Taylor, PhD
University of North Texas, Denton, TX

Wendy Troxel, PhD
RAND Corporation, Pittsburgh, PA

Joyce Walseben, RN, PhD
New York University, New York, NY

Kyla Wahlstrom, PhD
University of Minnesota, Minneapolis, MN

Terry Young, PhD
University of Wisconsin-Madison, Madison, WI

Sleep Health Administration
Inne Barber, Vice President, Publishing
Natalie Crnosija, Editorial Assistant

Sleep Health is owned by the National Sleep Foundation, 1010 N. Glebe Road, Suite 420, Arlington, VA 22201.