



The Sleep Health Times

NSF Selects the next Editor-in-Chief

NSF is pleased to announce the selection of Orfeu Buxton, PhD, as the next Editor-in-Chief of *Sleep Health*. Dr. Buxton is Professor of Biobehavioral Health and Director of the Sleep, Health & Society Collaboratory at Pennsylvania State University. Dr. Buxton's research focuses on the causes and consequences of sleep deficiency, particularly in the areas of sleep deficiency causes in the workplace, home, and society; health consequences of sleep deficiency, especially cardiometabolic outcomes; and use of biomarkers in field and intervention studies. Dr. Buxton will succeed Lauren Hale, PhD, in Summer 2020.

Sleep Timing and Variability Consensus Panel Update

NSF convened its third Sleep Timing and Variability Consensus Panel meeting on June 10 in San Antonio, TX. The Panel is finalizing first-ever public recommendations on the many aspects of sleep timing variability in the general public. This effort comes as a natural next step for NSF after its duration, quality, and satisfaction guideline and assessment endeavors. The international expert panel is chaired by Charles Czeisler, PhD, MD, and its members are Russell Grant Foster, PhD, David Gozal, MD, MBA, Elizabeth Klerman, PhD, MD, Shanthakumar Rajaratnam, PhD, Till Roenneberg, PhD, Joseph Takahashi, PhD, Fred Turek, PhD, Michael Vitiello, PhD, and Michael Young, PhD. The latest findings are expected to be released in Fall 2019.

SleepTalks™ Now Available Online

On March 8-10, 2019 NSF brought over 100 educational sessions to The George R. Brown Convention Center in Houston, TX. The talks covered many sleep topics including technology, fitness, and health. Visit education.sleepfoundation.org to view some of the great sessions!

Foundations of Sleep Health™ Textbook

Foundations of Sleep Health will educate future public health and primary care professions on sleep health global perspectives, contemporary theories and modern practices. Public health pedagogy experts are reviewing textbook chapters under the direction of the Co-Editors Drs. Javier Nieto and Donna Petersen. The textbook will be published in early 2020.

Sleep Learning Zone™

Check out our latest online sleep education courses targeted to primary care professionals and allied health professionals at the *Sleep Learning Zone*. Course topics range from insomnia, excessive daytime sleepiness, sleep disordered breathing to cognitive behavioral therapy and pain. Learners can earn their CME credits. To start earning your CME credit today, visit education.sleepfoundation.org.