

SLEEP HEALTH[®]

JOURNAL OF THE NATIONAL SLEEP FOUNDATION[®]

Editor-in-Chief

Orfeu M. Buxton, PhD
Pennsylvania State University, University Park, PA

Associate Editors

Helen Ball, PhD
Durham University, Durham, United Kingdom

Suzanne Bertisch, MD
Harvard Medical School, Boston, MA

Allison Brager, PhD
Walter Reed Army Institute of Research, Fort Knox, KY

Martha E. Billings, MD
University of Washington, Seattle, WA

Natalie Dautovich, PhD
Virginia Commonwealth University, Richmond, VA

Royette T. Dubar, PhD
Wesleyan University, Middletown, CT

Julio Fernandez-Mendoza, PhD
Pennsylvania State University, Hershey, PA

Michelle M. Garrison, PhD
Purdue University, West Lafayette, IN

Michael Grandner, PhD
University of Arizona, Tucson, AZ

Art Editor

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

Editorial Board

Carmela Alcántara, PhD
Columbia University School of Social Work, New York, NY

Christopher M. Barnes, PhD
University of Washington, Seattle, WA

Yu Sun Bin, BSc(Hons), MPH, PhD
University of Sydney, Sydney, Australia

Donald Blwise, PhD
Emory University, Atlanta, GA

Matthew P. Buman, PhD
Arizona State University, Phoenix, AZ

Philip Cheng, PhD
Henry Ford Health System, Columbus, OH

Sean Cain, PhD
Monash University, Victoria, Australia

Anne-Marie Chang, PhD
Pennsylvania State University, University Park, PA

Kimberly A. Cote, PhD
Brock University, St. Catherine, Ontario, Canada

Stephanie Crowley, PhD
Rush University, Chicago, IL

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

Lulu Dong, PhD
The RAND Corporation, Santa Monica, CA

Dustin Duncan, ScD
Columbia University, New York, NY

A. Roger Ekirch, PhD
Virginia Tech, Blacksburg, VA

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

Jason Ellis, PhD
Northumbria University, Newcastle-upon-Tyne, United Kingdom

Mariana G. Figueiro, PhD
Lighting Research Center, Rensselaer Polytechnic Institute, Troy, NY

Aaron Fobian, PhD
University of Alabama at Birmingham, Birmingham, AL

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

Joshua J. Gooley, PhD
Duke-NUS Medical School, Singapore

National Sleep Foundation Leadership

Temitayo Oyegbile-Chidi, MD, PhD, Chair
Thomas C. DiSalvi, GDS, Vice Chair
David N. Neubauer, MD, Secretary
Steven E. Lerman, MD, MPH, Treasurer
John Lopes, Chief Executive Officer

Senior Associate Editors

Kelly Baron, PhD, MPH
University of Utah, Salt Lake City, UT

Tianyi Huang, ScD
Harvard University, Boston, MA

Freda Patterson, PhD
University of Delaware, Newark, DE

Paul E. Peppard, PhD
University of Wisconsin, Madison, WI

Megan Petrov, PhD
Arizona State University, Phoenix, AZ

T. Leigh Signal, PhD
Massey University, Wellington, New Zealand

Tamar Shochat, DSc
University of Haifa, Haifa, Israel

Guido Simonelli, MD
Université de Montréal, Montreal, Quebec, Canada

James C Spilisbury, PhD
Case Western Reserve University, Cleveland, OH

Saverio Stranges, MD, PhD
Western University, Ontario, Canada

Ombudsman

Thomas Roth, PhD
Henry Ford Hospital, Detroit, MI

Reut Gruber, PhD
McGill University, Montreal, Canada

Lauren Hale, PhD
Stony Brook University, Stony Brook, NY

Martica Hall, PhD
University of Pittsburgh Medical Center, Pittsburgh, PA

Terrence Hill, PhD
University of Arizona, Tucson, AZ

Max Hirshkowitz, PhD
Stanford University, Stanford, CA

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

Girardin Jean-Louis, PhD
University of Miami, Miami, FL

Dayna A. Johnson, PhD
Emory University, Atlanta, GA

Jill Kaar, PhD
University of Colorado, Aurora, CO

Ryan Kelly, PhD
University of New Mexico, Albuquerque, NM

Christopher E. Kline, PhD
University of Pittsburgh, Pittsburgh, PA

Kristen Knutson, PhD
Northwestern University, Chicago, IL

Soomi Lee, PhD
University of South Florida, Tampa, FL

Kenneth L. Lichstein, PhD
The University of Alabama, Tuscaloosa, AL

Susan Malone, MSN, PhD
New York University, New York, NY

Nathaniel Marshall, PhD
University of Sydney, Sydney, Australia

Brandon McDaniel, PhD
Parkway Health, Fort Wayne, IN

W. Roger Mills-Koonce, PhD
University of North Carolina, Chapel Hill, NC

Tanvi Mukundan, MD
Oregon Health and Sciences Institute, Portland, OR

Sara Nowakowski, PhD, MS
University of Texas Medical Branch, Galveston, TX

Maurice M. Ohayon, MD, DSc, PhD
Stanford University, Palo Alto, CA

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

Mathias Basner, MD, PhD, MSc
University of Pennsylvania, Philadelphia, PA

Marie-Pierre St. Onge, PhD, FAHA, CCSH
Columbia University, NY

Douglas Tei, PhD
Pennsylvania State University, University Park, PA

Liat Tikotzky, PhD
Ben-Gurion University of the Negev, Be'er Sheva, Israel

Wendy Troxel, PhD
The RAND Corporation, Park City, UT

Meredith Wallace, PhD
University of Pittsburgh, Pittsburgh, PA

Ariel Williamson, PhD
Children's Hospital of Philadelphia, Philadelphia, PA

Amy Wolfson, PhD
Loyola University, Baltimore, MD

Massimiliano de Zambotti, PhD
SRI International, Menlo Park, CA

Judith Owens, MD, MPH
Boston Children's Hospital, Boston, MA

Donna Petersen, ScD, MHS, CPH
University of South Florida, Tampa, FL

Lauren Philbrook, PhD
Colgate University, Hamilton, NY

Aric A. Prather, PhD
University of California San Francisco, San Francisco, CA

Cathi Propper, PhD
University of North Carolina, Chapel Hill, NC

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

Susan Redline, MD, MPH
Harvard Medical School, Boston, MA

Graham Reid, PhD
Western University, London, Ontario, Canada

Benjamin Reiss, PhD
Emory University, Atlanta, GA

Samantha Riedy, PhD
Walter Reed Army Institute of Research, Silver Spring, MD

Jared M. Saitin, PhD
Brown University, Providence, RI

David Samson, PhD
University of Toronto, Ontario, Canada

Azizi Seixas, PhD
University of Miami, Miami, FL

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

Akiyoshi Shimura, MD, PhD
Tokyo Medical University, Tokyo, Japan

Michael G. Smith, PhD
University of Gothenburg, Gothenburg, Sweden

Adam P. Spira, PhD
Johns Hopkins University, Baltimore, MD

Mariana Szklo-Coxe, PhD, MHS
Old Dominion University, Norfolk, VA

Daniel Taylor, PhD
University of Arizona, Tucson, AZ

Kyla Wahlstrom, PhD
University of Minnesota, Minneapolis, MN

Kate Williams, PhD
Queensland University of Technology, Queensland, Australia

Matthew Wolf-Meyer, PhD
Binghamton University, Binghamton, NY

National Sleep Foundation Journal Staff

Amanda Applegate, Senior Journal Assistant
Inne Barber, Vice President, Strategic Initiatives
Stephanie Kohn, Brand & Marketing Manager