

Dr. Goldstein is faculty at the University of Michigan Sleep Disorders Centers, where she evaluates and treats patients with various sleep conditions. She is an expert in the field of longitudinal sleep tracking with consumer-facing devices and has collaborated extensively with mathematicians to develop methods to assess sleep and circadian rhythms in the ambulatory, day-to-day setting. Her other scholarly work includes the interface of sleep and circadian rhythms with health conditions such as infertility and gastrointestinal disease. At the University of Michigan, she is the faculty lead for the Mobile Technology Research Core.

Nationally, she is task force member for the Practical Guidelines for Using Wearable Technology in Sleep and Circadian Clinical and Research Studies: A Position Statement from the Sleep Research Society (SRS) and Consumer Sleep Tracker Guidelines by the World Sleep Society (WSS). Dr. Goldstein is also an editor of Principles and Practice of Sleep Medicine, Associate Editor for The Journal of Clinical Sleep Medicine, and a editor of the Circadian Rhythm Section of UpToDate.