

Dr. Wendy Troxel, Ph.D. is a Senior Behavioral Scientist at the RAND Corporation and holds Adjunct Faculty positions at the University of Pittsburgh and University of Utah whose research focuses on the intersection between sleep, social environments, and health, and the implications for public policy. She is a licensed clinical psychologist and certified behavioral sleep medicine specialist, and author of "Sharing the Covers: Every Couple's Guide to Better Sleep". Dr. Troxel earned her doctoral degree and postdoctoral training at the University of Pittsburgh, with pre- and post-doctoral fellowships provided by the National Heart Lung Blood Institute. Dr. Troxel's program of research integrates multiple perspectives and methodologies to understand how our social environments, from our closest relationships, to the communities we live in, to the public policies which shape our lives, influences sleep and sleep health disparities. Her work has been funded by the National Institutes of Health, the Department of Defense, private foundations, and corporations. In addition to publishing in top-tier journals, her research is widely cited by the media, including The Wall Street Journal, The New York Times, ABC World News Tonight, CBS Sunday Morning, NPR, and the BBC, and she is a regular contributor to HuffPost, Thrive Global, and Psychology Today. Her TEDx talk on the impact of school start times on adolescent sleep has been viewed over 2 million times and has spurred national and international conversations about the role of start times in contributing to insufficient sleep among adolescents. She is an Associate Editor for Sleep Health and Behavioral Sleep Medicine and serves on the National Institutes of Health Sleep Disorders Research Advisory Board. She also served on the American Academy of Sleep Medicine Task Force for the Psychological and Behavioral Guidelines for the Treatment of Chronic Insomnia and on the Commonwealth of Pennsylvania's task force to study school start times. Dr. Troxel is passionate about disseminating sleep science to inform public policy and improve population health.