

Frances P. Thorndike, PhD

VP, Medical and Scientific Affairs

Frances leads Medical and Scientific Affairs at Nox Health, working to share the value of innovative sleep care models. She brings over 20 years of experience in technology-delivered behavioral and medical treatments, including development, evaluation, and communication of outcomes in more than a dozen digital or prescription digital therapeutics. Frances worked with a multi-disciplinary team to successfully bring the first prescription digital therapeutic for chronic insomnia through the FDA authorization process. She has held leadership roles in discovery, clinical development, medical affairs, and oversight of science at small start-ups in the digital therapeutic space. Most of her early career was spent as a faculty member at the University of Virginia, Center for Behavioral Health and Technology. While on faculty at the University of Virginia, she was a co-investigator for multiple National Institutes of Health-funded studies utilizing technology to increase access to effective behavioral treatments, including insomnia. In 2016, she co-founded a company and took on the role of Chief Science Officer, an entity she and her colleagues founded to move evidence-based programs into the real world.

Frances completed her PhD in Clinical Psychology at American University and a post-doctoral fellowship in behavioral health and technology at the University of Virginia School of Medicine.