

Dr. Joseph Dzierzewski is the Vice President of Research & Scientific Affairs at the [National Sleep Foundation](#). In this role, he is charged with leading NSF's scientific platform, which includes overseeing the development of NSF's sleep health guidelines and sleep health research activities. He also serves as an NSF sleep expert for media and industry partnerships and engages in national advocacy efforts. Dr. Dzierzewski was previously a tenured Associate Professor in the Department of Psychology at Virginia Commonwealth University where he served as the Concentration Director for the Behavioral Medicine Program. He is both a well-funded and widely-published investigator, with over 120 publications. He has served on numerous Scientific Review Committees for the American Academy of Sleep Medicine and National Institutes of Health, as well as serving as an Associate Editor for several academic journals. Dr. Dzierzewski's educational background is in Clinical Health Psychology, focusing on behavioral sleep medicine, and he maintains an active clinical license.