Katie Sharkey is a sleep medicine physician and the inaugural Director of the Center for Sleep & Circadian Rhythms at Wake Forest University School of Medicine and Atrium Health Wake Forest Baptist where she is a professor in the departments of psychiatry & behavioral medicine and internal medicine. She earned her MD-PhD and completed a combined internal medicine and psychiatry residency at Rush University in Chicago, IL. She is a recognized expert on sleep and circadian rhythms, particularly as they relate to mood regulation and women's health. Dr. Sharkey is an Associate Editor of Behavioral Sleep Medicine and Frontiers in Sleep and serves on the editorial board of Sleep Health.