



**2020 SOAR Mentor**  
**Phyllis C. Zee, MD, PhD**  
**Professor, Northwestern University**  
**Board Certification/Specialty: ABPN and Sleep Medicine**



**About Me:** I am the Director of the Center for Circadian and Sleep Medicine (CCSM) and Chief of the Division of Sleep Medicine at Northwestern University's Feinberg School of Medicine. My research focuses on understanding the mechanisms that link alterations in sleep, circadian rhythms and sleep disorders with neurological and cardio-metabolic disorders, as well as the development of treatments for sleep and circadian based disturbances in clinical populations. I am the principal investigator of an NIA Program Project Grant and serves as a co-investigator in several NIH funded studies to understand the mechanisms linking sleep quality and circadian alignment with neurocognitive impairment, mood, cardiovascular and metabolic risk in populations at risk for sleep and circadian disorders. I have extensive experience as a mentor and currently am the primary mentor of 2 K23 NIH awardees.

**Past Mentees:** Matthew Maas, MD; Ana Fishbein, MD