

**2020-2021 SOAR Fellow**

**Jack S. Peltz, Ph.D.**

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Dr. Peltz holds a master's in child development from Tufts University and a Ph.D. in clinical psychology from the University of Rochester. Supported by funding from the National Sleep Foundation and the Society for Research in Child Development, his current research focuses on the intersection of sleep and youth's mental health problems within a family context. Additional research interests include examining the effects of school start times on adolescents and understanding the precursors and consequences of college students' sleep problems.

Dr. Peltz is also currently developing an assessment tool to measure children's sleep environments. As a licensed clinical psychologist, Dr. Peltz plans to integrate his training in developmental psychopathology and behavioral sleep medicine to support youths and their families through sleep-focused interventions, with a specific interest in supporting disadvantaged populations and their sleep health.