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Distinguished Speaker Sessions

Wendy M. Troxel, Ph.D.

Dr. Troxel is a Senior Behavioral Scientist at the RAND Corporation and Adjunct Faculty in Psychiatry and Psychology at the University of Pittsburgh and University of Utah. Her research focuses on the interface between sleep, the social environment, and health, and the implications for public policy. Dr. Troxel is considered the leading authority on sleep in the context of close relationships, including couples and is author of the book “Sharing the Covers: Every Couple’s Guide to Better Sleep”. She is the PI or Co-PI of several projects funded by the National Institutes of Health and the Department of Defense and foundations. Her work has been published in top-tier medical and psychiatric journals and has also received widespread media attention, including film interviews on CBS Sunday Morning, Good Morning America, and print interviews with the Wall Street Journal, the New York Times, MSNBC, and CNN. Troxel’s TEDx talk on sleep in adolescents has received over 2 million views, and is at the forefront of policy discussions on the impact of early school start times on adolescent sleep. Troxel is also an active clinical psychologist with a focus on behavioral (non-pharmacologic) treatments for sleep disorders. She has served in leadership roles in several professional sleep societies, including the Society of Behavioral Medicine and the Sleep Research Society and serves as an Associate Editor for the journals Sleep Health and Behavioral Sleep Medicine.