

2022-2023 SOAR Mentor

Helen Burgess, PhD

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Dr. Helen Burgess is Professor of Psychiatry and Co-Director of the Sleep and Circadian Research Laboratory at the University of Michigan. At the invitation of the American Academy of Sleep Medicine, Dr. Burgess assisted in formulating the latest clinical practice guidelines for the treatment of circadian rhythm sleep-wake disorders. She has also made multiple invited presentations at the National Institutes of Health on the topic of sleep and circadian rhythms. Her current research focuses on the assessment and treatment of sleep and circadian disturbance in a variety of human clinical conditions including alcoholism, chronic pain conditions, diabetes, depression, HIV, and post-traumatic stress disorder.