Speakers

J. Todd Arnedt, Ph.D., DBSM, is a Professor of Psychiatry and Neurology, Director of the Society of Behavioral Sleep Medicine–accredited Behavioral Sleep Medicine Program, and Codirector of the Sleep and Circadian Research Laboratory at Michigan Medicine at the University of Michigan. He conducts research on sleep and circadian rhythms in mental health disorders, with a specific focus on substance use disorders. His research has received funding from the National Institute on Alcohol Abuse and Alcoholism, National Institute on Drug Abuse, and the National Institute of Mental Health. Dr. Arnedt serves on the editorial boards for *Behavioral Sleep Medicine*, *Sleep*, *Sleep Advances*, *Current Sleep Medicine Reports*, and *Frontiers in Sleep* and has served in leadership roles for the American Academy of Sleep Medicine and Sleep Research Society. He received his M.A. and Ph.D. in clinical psychology from Queen's University.

Claire Berryman, Ph.D., RD, is an Associate Professor and Director of the Nutritional Physiology Laboratory at Pennington Biomedical Research Center. Her research uses nutritional and environmental interventions to manipulate body composition, energy balance, and macronutrient metabolism for the prevention and treatment of chronic metabolic diseases. In addition, she uses large datasets, like the National Health and Nutrition Examination Survey and Military Health and Nutrition Examination Study, to examine dietary intake, health status, and disease prevalence in civilian and military populations, respectively. She received her Ph.D. in nutritional sciences from Penn State University and her RD from the James A. Haley Veterans Hospital. She completed a postdoctoral fellowship in nutritional physiology at the U.S. Army Research Institute of Environmental Medicine.

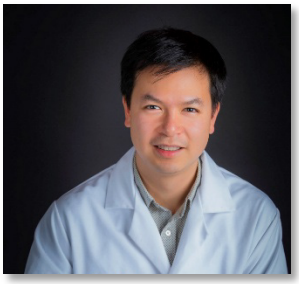
Angus C. Burns, Ph.D., is a Postdoctoral Research Fellow in the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital and Harvard Medical School, under the mentorship of Dr. Jacqueline Lane. His research focuses on large-population epidemiological and genetic studies of human sleep and circadian rhythm traits and their links to human disease, with a particular focus on biomarkers of circadian misalignment and risk of psychiatric disorders. Dr Burns's research also investigates the epidemiology of light exposure as the primary zeitgeber of the human circadian system in large biobanks. This work explores the link between light exposure patterns that disrupt circadian health (phase and amplitude) and poor sleep and psychiatric health. He received his B.S. and Ph.D. in medicine, nursing, and health sciences from Monash University.

Orfeu M. Buxton, Ph.D., directs the Sleep, Health & Society Laboratory at Penn State. His research primarily addresses the causes of chronic sleep deficiency in the workplace, home, and society; the health consequences of chronic sleep deficiency; the physiological and social mechanisms by which these outcomes arise; and translational interventions. Completed and ongoing interdisciplinary and translational human studies in free-ranging humans of all ages address sleep health, cardiometabolic risk, cognition, disparities, and well-being across the life course and include large studies such as the Work, Family & Health Network; the Future of Families and Child Wellbeing Sleep Substudy; and the Einstein Aging Study. Previously Dr. Buxton was a faculty member at Harvard Medical School and Brigham and Women's Hospital. He served as the second Editor in Chief of *Sleep Health*, which focused on the social epidemiology and public health aspects of sleep. He co-founded the National Postdoctoral Association in 2003, a member-driven organization that provides a unique national voice for postdoctoral fellows that is effective to this day. Dr. Buxton was awarded the Elizabeth Fenton Susman Professor of Biobehavioral Health and the 2024 Evan G. and Helen G. Pattishall Outstanding Research Achievement Award by the Penn State University's College of Health and Human Development. He received his B.S. in behavioral neuroscience from the University of Pittsburgh and his Ph.D. in neuroscience from Northwestern University. He completed a postdoctoral fellowship at the University of Chicago.

Daniel Buysse, M.D., is the UPMC Endowed Chair in Sleep Medicine and Distinguished Professor of Psychiatry, Clinical and Translational Science, and Medicine at the University of Pittsburgh School of Medicine. His research focuses on the diagnosis, assessment, pathophysiology, and treatment of insomnia. He has published more than 350 peer-reviewed manuscripts and 100 book chapters or invited reviews. Dr. Buysse is a current board member of the Sleep Research Society, past President of the American Academy of Sleep Medicine, and past Deputy Editor of *Sleep* and the *Journal of Clinical Sleep Medicine*. He received his M.D. from the University of Michigan.

Jeff Chen, M.D., MBA, is the cofounder and CEO of Radicle Science, a public benefit corporation recognized by *Fast Company* as a "World Changing Idea." Radicle fuses AI, consumer science, and vertically integrated decentralized trials to compress years of clinical testing for nonprescription therapies into months at a fraction of the traditional cost—with unparalleled participant diversity and real-world data capture that brings us closer to precision health. Since launching in 2021, Radicle has completed placebo-controlled trials on wellness products involving more than 75,000 Americans, built one of the world's largest clinical evidence datasets on wellness, and published their trials with coauthors at leading academic institutions. Radicle's platform integrates surveys, physical biomarkers,

wearables, and AI-powered digital measures to drive R&D, health claims, and public health. A TED speaker, advisor to government leaders, and former UCLA research center director, Dr. Chen's work has been featured in outlets from CNN and *TIME* to *WSJ* and NPR. He received his B.S. in music, business, and biology from Cornell University, his M.D. from UCLA's David Geffen School of Medicine, and his MBA in entrepreneurship and healthcare management from UCLA's Anderson School of Management.



Philip Cheng, Ph.D., is an Associate Professor of Medicine and a licensed psychologist in the Sleep Disorders and Research Center at the Henry Ford Health + Michigan State University Health Sciences Center in Detroit. His research interests primarily focus on sleep and circadian rhythms and their roles in health and psychological functioning. He is funded by the National Institutes of Health to study phenotypes of shift work disorder and to translate the science of circadian rhythms into clinically feasible and widely accessible interventions for night shift workers. In addition, Dr. Cheng's work examines how digitally delivered therapies may be leveraged to enhance the accessibility of sleep treatments to those who are socially and economically disenfranchised. He also conducts randomized clinical trials testing new pharmacologic and behavioral interventions for sleep disorders such as narcolepsy, obstructive sleep apnea, and circadian rhythm sleep-wake disorders. He received his Ph.D. in clinical psychology from the University of Michigan, Ann Arbor.

Christopher S. Coffey, Ph.D., is a Professor of Biostatistics and Director of the Clinical Trials Statistical and Data Management Center at the University of Iowa College of Public Health. He has more than 20 years of experience providing data management and statistical support to large randomized clinical trials. He is the Principal Investigator of the Data Coordinating Centers for the NIH-funded Network of Excellence in Neuroscience Clinical Trials and the Statistics Core for the Michael J. Fox Foundation–funded Parkinson's Progression Markers Initiative. Dr. Coffey has served as the primary statistician for multisite clinical trials and biomarker studies in cryptogenic sensory peripheral neuropathy, Fragile X syndrome, glioblastoma, GNE myopathy, Huntington's disease, hypertension, multiple sclerosis, myasthenia gravis, NMDAR encephalitis, obesity, Parkinson's disease, spinal muscular atrophy, stroke, and traumatic brain injury. He is a Fellow of the American Statistical Association, Society for Clinical Trials, and American Academy of Neurology. He is a member of the FDA Gastrointestinal Diseases Advisory committee and serves on several data and safety monitoring boards. His research interests lie in novel trial designs, particularly the use of adaptive designs. He received his Ph.D. in biostatistics from the University of North Carolina at Chapel Hill.

Christopher S. Colwell, Ph.D., is a neuroscientist in the Department of Psychiatry and Biobehavioral Sciences at UCLA. His research focuses on the neural mechanisms underlying circadian rhythms and the consequences of their disruption in disorders of the nervous system. His work has significantly advanced understanding of how biological clocks regulate behavior, cognition, sleep, and cellular function. Using a diverse set of approaches including electrophysiology, molecular biology, and behavioral analysis, his laboratory investigates how circadian disruptions contribute to neurodevelopmental and neurodegenerative conditions such as autism spectrum disorder, Huntington's disease, and Alzheimer's disease. With a strong translational focus, Dr. Colwell explores novel interventions such as time-restricted feeding and light therapy to mitigate sleep-related dysfunction. He has a strong interest in the use of dietary supplements to improve sleep and circadian rhythms. To date, he and his students and collaborators have authored more than 179 publications indexed in PubMed. He received his B.S. in neuroscience from Vanderbilt University and his Ph.D. in biology from the University of Virginia.

Shilpy Dixit, Ph.D., is Program Director for Prevention and Sleep Health in the National Center on Sleep Disorders Research (NCSDR) at the National Heart, Lung, and Blood Institute, which supports research focused on the relationship between healthy sleep, physical health and well-being, and chronic disease prevention. Her interest in the comorbidities that contribute to neurodegeneration led her to a postdoctoral fellowship in the Department of Medicine at Vanderbilt University Medical Center. The AAAS Science & Technology Fellowship brought Dr. Dixit to NCSDR, where she strives to elevate the critical relationship between sleep and circadian biology research and health outcomes through coordination across NIH and other federal agencies, academia, and public stakeholders. She received her Ph.D. in cellular and molecular neuroscience from Vanderbilt University for her research on the detrimental effect of vitamin C deficiency in aging and neurodegeneration.

Gayathri J. Dowling, Ph.D., is the Director of the Adolescent Brain and Cognitive Development (ABCD) Study at the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health (NIH). The ABCD Study®, the largest long-term study of brain development and child health in the United States, has enrolled nearly 12,000 children age 9–10 and is following them through their teens and into early adulthood to explore how diverse experiences during adolescence shape brain, cognitive, social, emotional, and academic development. As a result of the ABCD Study's open science model, there have been more than 1,400 scientific papers published using ABCD data. These publications span a wide array of topics including, but not limited to, psychiatric conditions, screen time, neighborhood disadvantage, substance use, obesity/weight gain,

and genetics and their interactions with brain structure and function. Previously, Dr. Dowling served as the Deputy Director of the Office of Science Policy, Engagement, Education, and Communications at the National Heart, Lung, and Blood Institute and the Chief of Science Policy at NIDA. In these positions, she provided scientifically based information to patients and their family members, health professionals, researchers, policymakers, and other stakeholders to inform policy and promote the prevention and treatment of a wide variety of diseases. She received her Ph.D. in neurobiology from the University of California at Davis.

Jeanne F. Duffy, MBA, Ph.D., is a Senior Investigator in the Division of Sleep and Circadian Disorders in the Department of Medicine at Brigham and Women's Hospital and a Professor of Medicine in the Division of Sleep Medicine at Harvard Medical School. She is a clinical researcher whose work focuses on understanding how the circadian timing system interacts with and impacts sleep and subsequent waking performance; how to assess and treat circadian rhythm sleep-wake disorders; and what factors contribute to individual differences in sleep timing, duration, need, quality, and response to sleep loss. Her research has investigated the impact of exogenous melatonin on sleep; how the timing of endogenous melatonin varies with age, sex, and in patients with circadian rhythm sleep-wake disorders; and development of methods to assess endogenous melatonin timing in field settings. She is currently working on developing proteomic biomarkers for circadian rhythmicity and sleep deficiency. She received her Ph.D. in biology from Northeastern University and her MBA from the Simmons School of Management.

Rachael Frost, Ph.D., is a Senior Lecturer in Health and Social Care at John Moores University in Liverpool and a practitioner of Western herbal medicine. She has more than 10 years of postdoctoral research experience in healthy ageing, exercise and nutrition, and natural products to support mental health. She has worked on evidence reviews, qualitative research, surveys, and randomized trials. She received her M.Sc. in health sciences from the University of York and her Ph.D. in health services/allied health/general health sciences from Glasgow Caledonian University.

Jaime Gahche, Ph.D., M.P.H., is a Nutritional Epidemiologist and Director of the Population Studies Program in the National Institutes of Health Office of Dietary Supplements (ODS). Her work focuses on assessing the use of dietary supplements in the United States and investigating the role of dietary supplements in disease prevention and health promotion, using data from health surveys and epidemiologic studies. Prior to joining ODS in 2017, Dr. Gahche worked as a Nutritional Epidemiologist at the Centers for Disease Control and Prevention National Center for Health Statistics in the Division of National Health and Nutrition Examination Surveys (NHANES). From 2005 to 2016, she

directed the effort to collect and process dietary supplement data collected in NHANES. Throughout those years, Dr. Gahche also worked closely with colleagues at ODS to characterize dietary supplement usage in the U.S. population. She received her B.S. in nutritional sciences from Cornell University, her M.P.H. from The George Washington University, and her Ph.D. in nutrition from the University of Maryland, College Park.

Jason R. Gerstner, Ph.D., is an Assistant Professor in the Department of Translational Medicine and Physiology at the Elson S. Floyd College of Medicine at Washington State University in Spokane. He also is the inaugural Steve Gleason Institute for Neuroscience Fellow and a core faculty member of the Sleep and Performance Research Center. He has expertise in the neuroscience of sleep and circadian rhythms with a specialty focus on glial cells, particularly astrocytes. He first identified the astrocyte-enriched Fabp7 mRNA to be a unique transcript with synchronized circadian cycling throughout the whole mammalian brain, including regions necessary for sleep and wakefulness. He showed that Fabp7-induced sleep in transgenic fruit flies was sufficient to produce enhancement of long-term memory. Dr. Gerstner was the first to describe an oscillation in the subcellular localization of Fabp7 and changes in relative levels of Fabp7 mRNA in the fine perisynaptic astrocytic process compartment in the mouse brain. He discovered that a single nucleotide polymorphism in the human Fabp7 gene is associated with fragmented sleep, which recapitulated the phenotype in Fabp7 knockout mice and transgenic flies expressing the human Fabp7 variant in astrocytes. His research interests are broad, and his laboratory uses multiple species and approaches to test how underlying cellular, molecular, and genetic regulation of sleep and circadian rhythms interact with other processes, such as neurological disorders and neurodegenerative disease progression. He received his B.S. in zoology and his Ph.D. in neuroscience from the University of Wisconsin, Madison.

Michael Grandner, Ph.D., is a licensed clinical psychologist, Director of the Sleep and Heath Research Program at the University of Arizona, and Director of the Behavioral Sleep Medicine Clinic at the Banner-University Medical Center in Tucson, Arizona. His work focuses on translational sleep research and behavioral sleep medicine, including studies of sleep as a domain of health behavior and the development and implementation of behavioral interventions for insufficient sleep and sleep disorders. Specific areas of focus include downstream cardiovascular, metabolic, and behavioral health outcomes associated with habitual sleep duration and/or insufficient sleep; upstream social, behavioral, and biological determinants of habitual sleep duration, insufficient sleep, and poor sleep quality; and development and implementation of behavioral interventions for sleep as a domain of health behavior. He received his Ph.D. in clinical psychology from the University of California San Diego.

Michael Heinrich is a Professor of Ethnopharmacology and Medicinal Plant Research (Pharmacognosy) at the University College London (UCL) School of Pharmacy. He also is a Yushan Fellow at China Medical University, Taiwan, developing research on various aspects of Chinese herbal medicine. The group's research is based on a transdisciplinary perspective integrating approaches from the biomedical and social sciences with an overall aim of tackling fast-changing global health needs. Key areas of interest include wound healing and other inflammatory skin conditions, incorporating the use of light for improved activity, the prevention and early stage management of diabetes/metabolic syndrome, and cancer chemoprevention based on the use of traditional medicines as well as value chains of herbal medicinal products. The research integrates methodological approaches from ethnopharmacology, natural product research, public health research, and anthropology. Currently, Prof. Heinrich is the President of the GA (Society for Medicinal Plant and Natural Product Research), one of the largest societies in the field, and Specialty Editor in Chief of *Frontiers in Pharmacology | Ethnopharmacology*. He received ABC's 2023 Norman R. Farnsworth Excellence in Botanical Research Award and is an honorary fellow of the Academy of Pharmaceutical Sciences of Great Britain. Previously he served as the joint chair of UCL's Research Ethics Committee. He is listed among the Clarivate's Highly Cited Researchers.

Miguel Hernán, M.D., DrPH, is the Director of CAUSALab, the Kolokotrones Professor of Biostatistics and Epidemiology at the Harvard T.H. Chan School of Public Health, a faculty member at the Harvard-MIT Division of Health Sciences and Technology, and a Cofounder of Adigens Health. He and his collaborators repurpose real world data into evidence for the prevention and treatment of infectious diseases, cancer, cardiovascular disease, and mental illness. This work has contributed to shaping health research methodology worldwide. He teaches causal inference methods to generate and analyze data for health policy and clinical decision-making. At Harvard, he has mentored dozens of trainees. His free online course Causal Diagrams and book *Causal Inference: What If*, coauthored with James Robins, are widely used for the training of researchers. Dr. Hernán has received several awards, including the Rousseeuw Prize for Statistics, the Rothman Epidemiology Prize, and a MERIT award from the U.S. National Institutes of Health. He is an elected Fellow of the American Association for the Advancement of Science and the American Statistical Association, a member of the Advisory Board of ADIA Lab, and Associate Editor of *Annals of Internal Medicine*. He was a Special Government Employee of the U.S. Food and Drug Administration, Editor of *Epidemiology*, and Associate Editor of *Biometrics*, *American Journal of Epidemiology*, and *Journal of the American Statistical Association*. He received his M.D. from the Universidad Autónoma de Madrid and his MPH and DrPH from the Harvard T.H. Chan School of Public Health.

Todd Horowitz, Ph.D., is the Chief of Basic Biobehavioral and Psychological Sciences in the Individual Behavioral Processes Program in the Division of Behavioral and Social Research at the National Institute on Aging. He is a cognitive psychologist. Previously he was a research faculty member at Brigham and Women's Hospital and Harvard Medical School, where he conducted research on shift work and cognition. He then moved to the National Cancer Institute, where he served as Program Director in Basic Biobehavioral and Psychological Sciences in the Division of Cancer Control and Population Sciences. He received his B.S. in psychology from Michigan State University and his Ph.D. in cognitive psychology from the University of California, Berkeley.

Doris E. Kretzschmar, Ph.D., is a Professor at the Oregon Institute of Occupational Health Sciences and an Associate Professor of Molecular and Medical Genetics at the School of Medicine at Oregon Health & Sciences University. Her research interests, mostly using Drosophila models, include studying genes and mechanisms leading to neurodegenerative diseases, specifically Alzheimer's disease and Alzheimer-related diseases; investigating the connection between circadian rhythms, aging, and age-related diseases; and determining the effects of botanicals on resilience to age-related decline in sleep and cognition. Previous positions include Group Leader in the Department of Genetics at the University of Wuerzburg and Group Leader in the Department of Developmental Biology at the University of Regensburg. She received her Ph.D. in genetics and neurobiology from the University of Wuerzburg.

Roger Linington, Ph.D., is a Professor of Chemistry at Simon Fraser University, where he holds a Tier 1 Canada Research Chair in Natural Products and High-Throughput Screening. His research program focuses on developing new tools in chemical characterization of complex mixtures, phenotypic fingerprinting of bioactive metabolites, and creation of informatics platforms to integrate chemical and biological datasets. His research program integrates wet lab science in small molecule characterization with informatics tool development through the creation of open-source databases, webservers, and informatics pipelines for small molecule discovery and characterization. Professor Linington has interests in both the practical aspects of small molecule identification and the technical aspects of developing new computational methods in this area. This includes separation science, nuclear magnetic resonance spectroscopy, mass spectrometry, database design, and algorithm development. His team maintains the Natural Products Atlas, a database of all known microbial metabolites. Previously he was a faculty member in the Department of Chemistry and Biochemistry at the University of California Santa Cruz. He received his undergraduate degree in chemistry from the University of Leeds and his Ph.D. in natural products chemistry from the University of British Columbia.

Yitong Liu, Ph.D., is a Senior Research Pharmacologist in the Human Foods Program at the U.S. Food and Drug Administration (FDA). Her research primarily focuses on using in silico and in vitro approaches to identify chemical hazards in food substances, including herbal dietary supplements. In addition to her laboratory research, she has extensive experience as a regulatory review scientist, contributing to the safety assessment of new dietary ingredients in premarket notifications. She also plays a pivotal role as a subject matter expert in toxicology and absorption, distribution, metabolism, and excretion (ADME), contributing to numerous working groups both within the FDA and across external collaborations. Notably, Dr. Liu is the lead of the in-silico ADME team at the Botanical Safety Consortium, an international public-private initiative aimed at advancing botanical safety and enhancing the assessment of botanical dietary ingredients. In 2023, she became a certified Diplomate of the American Board of Toxicology. Dr. Liu has published more than 30 peer-reviewed journal articles and book chapters in toxicology and pharmacology, with more than 1,000 citations. She is also a sought-after speaker, frequently invited to present at both FDA and international conferences. She received her B.S. in pharmacology and her Ph.D. in pharmacokinetics from China Pharmaceutical University.

Clay Mash, Ph.D., is a Program Officer in the Environmental Influences on Child Health Outcomes (ECHO) Program in the NIH Office of the Director. ECHO is a nationwide longitudinal study of the effects of early experience on children's health and development from infancy through adolescence and a complementary network of related clinical trials. He also is a member of the NIH Behavioral and Social Sciences Research Coordinating Committee. Dr. Mash previously worked in the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD) Division of Intramural Research, where he investigated early behavioral development in infants and toddlers, and in the NICHD Division of Extramural Research, analyzing research effort on disability and leading the Biobehavioral and Behavioral Sciences Study Section. He has served on the editorial boards of *Infancy*, *The Journal of Genetic Psychology*, and *Child Development*. He received his Ph.D. in developmental psychology from the University of Pittsburgh and completed a postdoctoral fellowship at the University of Massachusetts.

Alysson R. Muotri, Ph.D., is a Professor in the Departments of Pediatrics and Cellular & Molecular Medicine at the School of Medicine, Director of the Archealization Center, Director of the Sanford Stem Cell Education and Integrated Space Stem Cell Orbital Research Center, Director of the Gene Therapy Initiative, and Associate Director of the Center for Academic Research & Training in Anthropogeny at the University of California San Diego. His research focuses on brain evolution and modeling

neurological diseases using human-induced pluripotent stem cells and brain organoids. Dr. Muotri pioneered the use of a human brain model system to gain insights into neurological conditions such as autism and Alzheimer's disease. Moreover, his lab uses the International Space Station to accelerate human aging in space, opening opportunities to protect astronaut's cognition and creating novel therapeutic opportunities on earth. He has received several awards for his highly innovative multidisciplinary research and creativity, including the prestigious NIH Director's New Innovator Award, the Emerald Foundation Young Investigator Award, the Surugadai Award, the NIH EUREKA Award, and two Telly Awards for Excellence in Science Communication. He received his B.Sc. in biological sciences from the State University of Campinas and his Ph.D. in genetics from the University of Sao Paulo in Brazil.

C. Benjamin Naman, Ph.D., is Director of Medicinal Plants Research at San Diego Botanic Garden, a 501(c)(3) nonprofit organization. He leads a multidisciplinary program of science and conservation of medicinal plants including ethnobotany and pharmacognosy for sustainable development and drug discovery through plant genomics, transcriptomics, and metabolomics; seed collection and seed banking; germination and propagation; specialty cultivation; and horticulture. He also organizes a multisectoral academic, industrial, nonprofit, and tribal government research consortium in San Diego. He previously cofounded a drug development startup company in America and a College of Food and Pharmaceutical Sciences in China. Dr. Naman has managed several multinational collaborative research programs with scientists and practitioners all over the world; published more than 70 scientific papers, patents, and book chapters; and brought new natural product functional food ingredients and medicinal plant products to the commercial consumer market. These studies have led to the public disclosure of more than 140 new molecules, including more than 100 new natural products and more than 40 new synthetic small molecules designed for synthetic medicinal chemistry optimization. In addition, more than 80 known natural products have been reported in his publication record, including many with newly determined biological functions. Some of these basic discoveries have been developed as lead molecules with in vivo studies for preclinical translation and preliminary toxicity studies. Through all this work, Dr. Naman has supervised more than 40 undergraduate, graduate, postdoctoral, and visiting students and staff scientists; taught classes professionally; and organized conference symposia in America, China, and India. He received his Ph.D. in pharmaceutical sciences from The Ohio State University and completed a postdoctoral fellowship in marine biotechnology and biomedicine at Scripps Institution of Oceanography.

Holly Nicastro, Ph.D., MPH, is a Senior Nutrition Scientist in the NIH Office of Nutrition Research. She serves as the Coordinator for Nutrition for Precision Health, powered by the *All of Us* Research Program, NIH's ambitious precision nutrition program that aims to develop algorithms to predict responses to foods and dietary patterns. In this role, she is responsible for overall management of the Nutrition for Precision Health Consortium, progress toward the program's goals, and monitoring interactions between the consortium and the external community. She received her Ph.D. in molecular and biochemical nutrition from the University of California, Berkeley, and her MPH in epidemiologic and biostatistical methods for public health and clinical research from The Johns Hopkins University.

Judith A. Owens, M.D., MPH, is a senior faculty member in the Pediatric Sleep Center at Boston Children's Hospital and a Professor of Neurology at Harvard Medical School. She has more than 40 years of experience in treating sleep problems in children. She is an internationally recognized authority on pediatric sleep and the author of more than 175 original research and review articles in peer-reviewed journals, chapters, and books on the topic. Her research interests are the neurobehavioral and health consequences of sleep problems in children, sleep health education, and cultural and psychosocial issues impacting sleep. She recently led the International Pediatric Sleep Association Task Force on developing provider and caregiver recommendations for melatonin use in pediatrics, published in *Sleep Medicine*. Dr. Owens received her undergraduate and medical degrees from Brown University and her master's degree in maternal and child health from the University of Minnesota. She completed fellowships in behavioral pediatrics at Minneapolis Children's Medical Center and in child psychiatry at Brown University.

Mary F. Paine, R.Ph., Ph.D., is a Professor in the Department of Pharmaceutical Sciences at the College of Pharmacy and Pharmaceutical Sciences at Washington State University. She has more than 25 years of experience using translational research approaches to evaluate the clinical relevance of pharmacokinetic xenobiotic-drug interactions, particularly those precipitated by botanical and other natural products. She leads the Center of Excellence for Natural Product Drug Interaction Research (NaPDI Center), funded by the National Center for Complementary and Integrative Health. The NaPDI Center is a multidisciplinary effort comprising clinical pharmacologists, natural products chemists, bioinformaticists, and health communications experts whose mission is to provide leadership and guidance on the study and dissemination of these complex, understudied, and underreported interactions. Dr. Paine currently serves as Chair for the Membrane Transporter Community of the American Society for Clinical Pharmacology & Therapeutics (ASCPT), as Treasurer and Council

Member for the International Society for the Study of Xenobiotics, and as Associate Editor for *Drug Metabolism and Disposition*. She is a former Associate Editor for *Clinical Pharmacology & Therapeutics*. She has coauthored approximately 150 publications as original research articles, invited reviews, editorials, and book chapters. She is the recipient of the 2021 ASCPT & FDA William B. Abrams Award and 2023 ASCPT Rawls-Palmer Progress in Medicine Award. She received her B.S. in pharmacy from Oregon State University and her Ph.D. in pharmaceutics from the University of Washington and completed a postdoctoral fellowship in clinical pharmacology at the University of Michigan.

Aric A. Prather, Ph.D., is a Professor and the Pritzker Family Fund Endowed Chair in Health and Community in the Department of Psychiatry and Behavioral Sciences at the University of California San Francisco (UCSF), where he also directs the Center for Health and Community and the UCSF Behavioral Sleep Medicine Research Program. His research investigates the causes and consequences of insufficient sleep, with a focus on immune system functioning and biological aging. Dr. Prather's research also centers on intervention development and testing. A licensed psychologist, he also treats insomnia patients through the UCSF Insomnia Clinic using cognitive behavioral therapy for insomnia. He is also an Associate Editor for the journals *Health Psychology* and *Sleep Health: Journal of the National Sleep Foundation*. He received his Ph.D. in clinical-health psychology from the University of Pittsburgh.

Dragana Rogulja, Ph.D., is an Associate Professor of Neurobiology in the Department of Neurobiology at Harvard Medical School. Her lab studies sleep, circadian rhythmicity, motivation, and memory using fruit flies and mice. One of the main goals in the lab is to understand why sleep seems to be essential for the survival of virtually all animals. Using flies and mice the lab showed that the gut is particularly vulnerable to sleep loss, with oxidative stress developing in this organ during periods of insufficient sleep. Gut oxidation can even lead to premature death if sleep restriction continues. While asking how sensory arousal is suppressed during sleep, the lab also found a reciprocal relationship between the gut and sleep, where the gut regulates sleep depth in response to dietary proteins. She received her Ph.D. from Rutgers University.

Christopher Sarampote, Ph.D., is Director of the HEALthy Brain and Child Development (HBCD) Study at the National Institute on Drug Abuse. His responsibilities include leading an NIH-funded longitudinal study on how early life experiences influence brain development and long-term health; advising NIH leadership on scientific direction and priorities for the HBCD initiative; coordinating with NIH institutes and external partners to align study goals with national public health objectives; overseeing the scientific and technical management of funded projects, enhancing data-sharing infrastructure, and building interagency collaborations; and managing and mentoring a

multidisciplinary team of program analysts and research administrators. Previously he was Chief of the Biomarker and Intervention Development for Childhood-Onset Disorders Branch in the Division of Translational Research at the National Institute of Mental Health. He received his M.S. in psychology and Ph.D. in clinical psychology from George Mason University and completed postdoctoral fellowships at the Kennedy Krieger Institute and George Washington University School of Medicine and Health Sciences.

Eva S. Schernhammer, M.D., is a Professor and Chair of the Department of Epidemiology at the Medical University of Vienna, Adjunct Professor in the Department of Epidemiology at the Harvard T.H. Chan School of Public Health, and Lecturer on Medicine at Harvard Medical School. She is best known for her studies on disturbances of the circadian clock and their role in human health. Her projects center around the circadian system in humans, incorporating biomarkers and transgenerational-, gender-, and age-specific aspects into her research and applying standard and advanced statistical and mathematical modelling. Dr. Schernhammer's work has received several international awards and is frequently featured in the media around the globe. She is an elected Member of the Austrian Academy of Sciences, Academia Europea, and the European Academy of Arts and Sciences. She received her M.D. from the University of Vienna Medical School, her DrPH in epidemiology from the Harvard T.H. Chan School of Public Health, and her MPhil in psychology from the University of Vienna.

Dana Schloesser, Ph.D., is a Health Scientist Administrator at the NIH Office of Behavioral and Social Science Research (OBSSR), with a portfolio covering neurosciences across the NIH institutes and offices, particularly where they intersect with the behavioral and social sciences. She is involved in programmatic efforts including the BRAIN Initiative of the Brain Behavior Quantification and Synchronization Program, Blueprint for Neurosciences, Music and the Mind, the common fund Complement-ARIE program, the Training in Advanced Data Analytics for Behavioral and Social Science Research predoctoral T32, and others. Previously Dana was a Health Scientist in Channels, Synapses, and Neural Circuits at the National Institute of Neurological Disorders and Stroke (NINDS). Prior to NINDS, she was an AAAS Fellow/Health Scientist at the NIH OBSSR. Over the past three decades, Dana has been engaged in several fields of biological research, including behavioral neuroscience and radiation neurobiology, and has presented, published research, received awards, and developed a comprehensive understanding of these varied fields. She received her Ph.D. in biology from the University of Alaska Fairbanks.

Barbara C. Sorkin, Ph.D., is the Co-Director of the NIH Consortium for Advancing Research on Botanical and Other Natural Products, which is focused on advancing the understanding of the biological activities and related chemistry of botanicals and other natural products relevant to dietary supplements, at the Office of Dietary Supplements (ODS). She received her B.S./M.S. in molecular biophysics and biochemistry from Yale University and her Ph.D. in developmental and molecular biology from Rockefeller University. Following faculty positions at the Scripps Research Institute and the Forsyth Institute she began working at the NIH in 2001 and moved to the ODS in 2011.

Jeran Stratford, Ph.D., is a statistical geneticist at RTI International. In this role, he focuses on generating and analyzing large genomic and transcriptomic datasets and integrating molecular profiles with clinical observations to identify biomarkers of patient outcome. He is a strong advocate for implementing data standards and data harmonization to create interoperable datasets. Dr. Stratford has more than 12 years of combined academic and industry experience in biomedical research. Recently, he led a cross-functional team to provide analysis-ready datasets for the Regenerative Medicine Innovation Project and National Sleep Research Resource at the National Heart, Lung, and Blood Institute BioData Catalyst ecosystem. He received his B.S. in biochemistry from Utah State University and his M.S. in biostatistics and Ph.D. in pharmacology from the University of North Carolina at Chapel Hill.

Hsinyi "Steve" Tsang, Ph.D., is a Clinical Informatics Program Officer in Office of Data Science Strategy (ODSS) at the NIH. In this role, he promotes the use of clinical standards, such as Fast Healthcare Interoperability Resources and common data elements, in research by collaborating with NIH Institutes, Centers, and Offices and conducting training and education activities. He has spent most of the last two decades at the NIH in various capacities. Prior to joining ODSS, he was a Program Officer at the National Institute of Allergy and Infectious Diseases, where he administered and oversaw data science projects in immune-mediated and infectious diseases. For the broader research community, he promotes data science training as well as the use of emerging technologies including cloud computing, software containerization, and workflow management for reproducible biomedical data science research. He received his B.S. in biochemistry from the University of Maryland, College Park and his Ph.D. in biology/structural bioinformatics from the Johns Hopkins University, as part of the NIH Graduate Partnerships Program.

Ina Vandebroek, Ph.D., is a Professor of Ethnobotany at The University of the West Indies, Mona, in Jamaica. She collaborates with local communities to explore the deep-rooted connections between their traditional knowledge systems and Caribbean biodiversity. With more than 25 years of experience in research and international collaboration across Latin America, the Caribbean, and New York City with the Caribbean diaspora, her current projects in Jamaica focus on preserving culturally important plant diversity and strengthening traditional knowledge for community health, food security, and livelihoods. Her work also involves reassessing the conservation status of endemic Jamaican plant species. Dr. Vandebroek's research shows the enduring importance of wild and semi-domesticated plants within local communities, contributing significantly to their cultural heritage despite the global decline in biological diversity and associated cultural knowledge. A practical application of her research includes developing curricular materials and training activities for health care

providers that embrace the cultural knowledge, beliefs, and practices of Caribbean patients, promoting culturally sensitive health care. She is the Editor-in-Chief of *Economic Botany*, the journal of the Society for Ethnobotany. She is fluent in Dutch, English, and Spanish; speaks Flemish at home; and champions Jamaican Patois. She received her Ph.D. in medical sciences from Ghent University.

William Wisden, Ph.D., is a Professor of Molecular Neuroscience and Centre Director of the UK Dementia Research Institute at Imperial College London. His contributions impact molecular, circuit, and behavioral neuroscience. He was at the center of studies characterizing gene families for GABA and glutamate receptors and in linking immediate-early genes with long-term potentiation, a model for memory. In more recent years, he discovered GABA and glutamate circuitries that promote wakefulness, control sleep preparatory behaviors, track sleep need, coregulate sleep and body temperature, and respond to psychosocial stress to induce beneficial sleep. Overall, Dr. Wisden's work has contributed to core knowledge on how brain cells communicate, how they generate sleep and wakefulness, how their selective loss generates insomnia, and how the selective enhancement of specific sleep circuitry reduces anxiety. In collaboration with Prof. Nick Franks, also at Imperial, he used mouse genetics to investigate sleep-wake circuitry and the actions of sedative drugs and if good sleep diminishes the risk of dementia. He is a member of the UK Dementia Research Institute, a Fellow of the Academy of Medical Sciences, and a Fellow of the Royal Society. He received his M.A. in zoology (natural sciences) and his Ph.D. in molecular neuroscience from the University of Cambridge.