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Phyllis C. Zee, M.D., Ph.D. is Professor of Neurology, Neurobiology, and Physiology, and Director of the Sleep Disorders Center and the sleep medicine fellowship training program, at Northwestern University Feinberg School of Medicine. She is also Associate Director of the Center for Sleep and Circadian Biology at Northwestern University.

Dr. Zee's research has focused on the effects of age on sleep and circadian rhythms, pathophysiology of circadian rhythm sleep disorders, and behavioral interventions to improve sleep and performance. In addition, current NIH sponsored research include studies that examine the relationship between sleep and sleep disorders with cardiometabolic risk and cognitive function, and the

effects of age on the neural response to sleep loss.

Dr. Zee is a fellow of the American Academy of Sleep Medicine, fellow of the American Academy of Neurology, member of the American Neurological Association and the recipient of the NIH Sleep Academic Award. Dr. Zee is also Associate Editor for *SLEEP* and has served on the editorial board or as a reviewer for over 30 journals. She is very active on national and international committees and panels. She has been a member of NIH study sections and several NIH Data Safety and Monitoring Boards. She is a member of the Board of Directors of the Sleep Research Society, as well as the past Chair of the NIH Sleep Disorders Research Advisory Board.