## Terra Ziporyn Snider, PhD, is the

Executive Director and Co-Founder of Start School Later, a nonprofit dedicated to school hours compatible with healthy sleep, as well as an historian of medicine and science writer whose books include *The New Harvard Guide to Women's Health, The Women's Concise Guide to Emotional Well-Being,* and *Nameless Diseases.* Formerly an associate editor at the *Journal of the American Medical Association (JAMA)*, she



has received science writing fellowships from the American Association for the Advancement of Science, the American Chemical Society, and the Woods Hole Marine Biological Laboratory, and has written extensively on a wide range of health and medical issues for both popular and professional audiences. She is the 2022 recipient of Sleep Research Society's Public Service Award.