

## **Biography**

### **Mary A. Carskadon, PhD**

Professor, Psychiatry and Human Behavior  
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Mary A. Carskadon, PhD is an authority on adolescent sleep and circadian rhythms. Dr. Carskadon serves as director of the Chronobiology and Sleep Research Laboratory at Bradley Hospital and is a Professor of Psychiatry & Human Behavior at the Alpert Medical School of Brown University. Dr. Carskadon is also director of the Bradley Hospital COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health.

Carskadon's early research culminated in the development and application of a standardized measure for daytime sleep tendency, the multiple sleep latency test, that continues to be used in the diagnosis of narcolepsy. A major focus of Dr. Carskadon's scientific activities is research examining interrelations between the circadian timing system and sleep/wake patterns of children, adolescents, and young adults. Her findings show a delayed circadian phase in adolescents and slowed rise of sleep pressure when awake. These findings have raised public health issues regarding the consequences of insufficient sleep for adolescents as well as concerns about early starting times of schools. Her work has affected education policy, prompting the AAP and others to promote later school timing for adolescents and many school districts to delay school start times.

Dr. Carskadon is a distinguished alumna and honorary degree-holder of Gettysburg College and holds an earned doctorate in neuro- and bio-behavioral sciences from Stanford University, with a specialty in sleep research. Dr. Carskadon has received awards recognizing her scientific, educational, and public policy contributions including the AASM Nathaniel Kleitman Distinguished Service (1991), Mark O Hatfield Public Policy (2003), and William C. Dement Academic Achievement (2023) awards; the Outstanding Educator (2005) and Distinguished Scientist (2007) awards of the Sleep Research Society; the Brown University Distinguished Research Achievement (2023) Award; Psychiatric Foundation of North Carolina Mental Health Research Award (2023); American Association of Physicians of Indian Origin-Sleep Leadership in Sleep Medicine Award (2024).