



Amy R. Wolfson is a Professor of Psychology at Loyola University Maryland. Her longstanding scholarship focuses broadly on adolescents' sleep health and daytime functioning with a deep commitment to preventive interventions, including delaying school start times and her Sleep-Smart program for early adolescents.

Her research has been published in numerous peer-reviewed journals, book chapters, editorials, and she is the author of two books, *The Women's Book of Sleep: A Complete Resource Guide* and *The Oxford Handbook of Infant, Child, and Adolescent Sleep and Behavior*. Dr. Wolfson's collaborative work (with Maryland's Department of Juvenile Services) examined the sleep health, schedules, and

environment of staff and youth residing in the juvenile justice system. Moreover, she collaborates with colleagues at the University of Houston, Fairleigh Dickinson University, and the Pajama Program on sleep health education for foster parents and their children. Dr. Wolfson is one of the co-authors on the AAP 2014 Policy Statement on healthy school start times and the Abell Foundation report, *Later School Start Times for Adolescents in Baltimore City Public Schools: Opportunities and Recommendations*.

She just completed a term on the Board of Directors of the Sleep Research Society and is returning to the Start School Later Board of Directors. In all her sleep health endeavors, she loves engaging her undergraduate and doctoral students in her passion – adolescent sleep health!