



Lisa J. Meltzer, Ph.D., CBSM

Lisa Meltzer is the owner of Nyxeos Consulting in Denver, CO, providing pediatric sleep solutions for researchers and clinical providers. She is also a Professor of Pediatrics at National Jewish Health and a Professor of Family Medicine at the University of Colorado School of Medicine. She is a licensed child psychologist who is certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine, and is a Diplomate of the Board of Behavioral Sleep Medicine. Dr. Meltzer is the co-author of *Pediatric Sleep Problems: A Clinician's Guide to Behavioral Interventions*, and for more than 20 years she has provided clinical treatment and education for sleep problems in children 6 months through college-aged. Dr. Meltzer's funded program of research has focused on sleep health across

development, the objective and subjective measurement of pediatric sleep, the impact of changing school start times on health outcomes, and socio-ecological factors that contribute to sleep health disparities in toddlers through school-aged children.