

Wendy M. Troxel, Ph.D.

Dr. Troxel is a Senior Behavioral Scientist at the RAND Corporation and Adjunct Professor at the University of Pittsburgh and University of Utah. Dr. Troxel's work focuses on the intersection between sleep, the social environment and public policy. She authored the book "Sharing the Covers: Every Couple's Guide to Better Sleep." She has led multiple research studies funded by the National Institutes of Health, the Department of Defense, and private foundations and corporations.



Her work has been published in top-tier medical and psychiatric journals and has also received widespread media attention. Troxel's TEDx talk on the impact of early school start times on adolescent sleep has received over 2.5 million views and is at the forefront of policy discussions on the impact of early school start times on adolescent sleep. She also co-authored the widely cited RAND report demonstrating the economic benefits of delaying school start times across the U.S. She has served in leadership roles in several professional sleep societies and is an Associate Editor for the journals Sleep Health, Behavioral Sleep Medicine, and Psychosomatic Medicine. Dr. Troxel is dedicated to translating science to the public and policy makers in order to effect positive change.