David F. Dinges, M.S., M.A.(h), Ph.D.

David F. Dinges is a tenured Professor of Psychology in Psychiatry at the University of Pennsylvania Perelman School of Medicine (www.med.upenn.edu/uep). He is Chief of the Division of Sleep and Chronobiology and Director of the Unit for Experimental Psychiatry in the Department of Psychiatry. He is also Associate Director of PENN's Center for Sleep & Circadian Neurobiology. His Sleep & Chronobiology Laboratory (SCL) in the Hospital of the University of Pennsylvania (HUP) is a satellite of the Clinical and Translational Research Center (CTRC). His laboratory has conducted some of the most extensive experiments ever performed on the neurobehavioral and physiological effects of acute total and chronic partial sleep deprivation in healthy adults.

Dr. Dinges is a member of PENN's Institute for Translational Medicine and Therapeutics (ITMAT), the Center for Functional Neuroimaging (CFN), the PENN Genomics Frontiers Institute (PGFI), the Institute for Neurological Sciences (INS), and the Psychology Department Graduate Group. Administratively, he serves as the Vice Chair for Faculty Affairs and Professional Development in the Department of Psychiatry, and as Vice Chair of the Committee on Appointment and Promotions in the School of Medicine. He is a popular lecturer in PENN's medical school and in the Biological Basis of Behavior Program in the College of Arts and Sciences. He has trained hundreds of undergraduates, medical students, graduate students and post-doctoral fellows.

Dr. Dinges' scientific work focuses on the biological, behavioral, cognitive and emotional effects of sleep loss and circadian misalignment due to work demands, life style, and disorders. The research has had widespread public policy impact. He also develops and validates behavioral, technological, and biological measures and interventions for the effects of sleep loss, to promote human health and safety. He invented the psychomotor vigilance test (PVT), which is among the most sensitive and reliable measures of behavioral alertness relative to the neurobiological interactions circadian and sleep homeostatic mechanisms. In addition to fundamental research in healthy humans involving cognitive, neuroimaging, inflammatory, and genetic markers, Dr. Dinges conducts research in simulators and operational environments, including extensive studies for the U.S. space program. He is currently measuring astronaut performance on a test he invented and deployed on the International Space Station, and he is assessing a multinational crew in a 520-day simulated Mars mission conducted by the Russian IBMP in Moscow. His research has been continuously supported for 30 years by major grants from the NIH, NASA, National Space Biomedical Research Institute, Department of Defense, Department of Transportation, and other U.S. Federal agencies.

Dr. Dinges has served on National Academy of Sciences Committees (IOM and NRC), lectured at the National Transportation Safety Board Academy, and advised a large number of both federal and private entities in the U.S. and abroad on work-hour limits and regulatory policies regarding duty hours and fatigue management. He directed a congressionally mandated Center of Research Excellence for the Air Force Office of Scientific Research, and for the past 10 years he has led the Neurobehavioral and Psychosocial Factors Team for the NASA-supported National Space Biomedical Research Institute. He has served on an NIH Advisory Council; been President of both the U.S. Sleep Research Society and the World Federation of Sleep Research and Sleep Medicine Societies; and been on the Board of Directors of the American Academy of Sleep Medicine and the National Sleep Foundation. He is presently Editor-in-Chief of *SLEEP*, the leading scientific journal on sleep research and sleep medicine in the world.

Dr. Dinges has received numerous awards, including the 2001 Senator Mark O. Hatfield Public Policy Award from the American Academy of Sleep Medicine; 2004 Decade of Behavior Research Award from the American Psychological Association; 2007 NASA Distinguished Public Service Medal, which is the highest honor NASA awards to a non-Government employee; 2008 Laurence R. Young Space Biomedical Research Award for Contributions to Human Performance in Space; 2009 Raymond F. Longacre Award for Outstanding Accomplishment in the Psychological and Psychiatric Aspects of Aerospace Medicine from the Aerospace Medical Association; and 2009 Mary A. Carskadon Outstanding Educator Award, Sleep Research Society.