



## **2021 SRS Board of Directors Candidate**

### **President-Elect**

**Namni Goel, PhD**



I am Professor and Director for Adult Chronobiology Research, Department of Psychiatry and Behavioral Sciences, and Director of Adult Chronobiology and Sleep Medicine, Biological Rhythms Research laboratory at Rush University Medical Center in Chicago, IL, USA. Prior to relocating to Rush, I was on the faculty of the University of Pennsylvania. As a broadly trained behavioral neuroscientist and biological psychologist, I have been conducting research in the fields of circadian rhythm physiology, chronobiological treatments and mood, and sleep-wake functions including the characterization of cognitive, metabolic (including delayed eating) and biological responses to sleep loss and biomarkers (including omics markers) to predict these responses and their differential vulnerability. I have published broadly in these areas of experimental research, in both human and animal models.

I utilize both clinical and nonclinical human populations for my research studies. I have carried out NIH-sponsored clinical trials of chronobiological treatments for seasonal affective disorder (SAD) and chronically depressed patients and have studied circadian phase-shifting responses in laboratory investigations. I also have investigated sleep and circadian rhythm disruption as risk factors for bipolar spectrum disorder and have characterized sleep and circadian rhythm changes in Night Eating Syndrome and in persons exposed to different timed eating schedules in various NIH-funded studies. I am Principal Investigator on large, multi-year federal grants (NIH and other agencies) using complicated, highly controlled experimental designs assessing physiological, psychological, and cognitive responses to sleep loss and circadian rhythm shifts, meal timing, and biomarkers to predict these responses in humans.

I have been an SRS member since 1996 and I have contributed to the SRS mission in several ways. I have given presentations to trainees as part of the Trainee Symposia Series and Meet the Professors Lunch Series. I have been serving as an Associate Editor of SRS's flagship journal, SLEEP, since 2012 (before this I was on the Editorial Board). I also have served as a member of the SRS Educational Programs Committee (EPC; 6/2011-6/2014) including as its Vice-Chair (6/2014-6/2016), during which time I co-chaired a Basic of Sleep postgraduate course developed by myself and other EPC members (2012). I also served as the elected Member-at-Large of the Conflict-of-Interest Committee (6/2016-6/2018) and as the Board Liaison to the Pipeline Development Committee (6/2018-6/2020). I am currently a member of the SRS and SRS Foundation Board of Directors (6/2018-Present) and I am on the SRS Executive Committee and, as such, on the Board of Directors of the Associated Professional Sleep Societies (6/2020-Present). I also serve on the Governing Council of the World Sleep Society as the SRS representative (1/2020-Present). Finally, I am the Chair of the Diversity and Inclusion Task Force (1/2020-Present), and in that capacity I have led the development of our new SRS mission statement and several tangible, key initiatives aimed at increasing diversity, equity and inclusion, which collectively directly address priorities in our Strategic Plan and as such, will guide the SRS in the years ahead.

In addition to my extensive SRS experience, I am former President of the Society for Light Treatment and Biological Rhythms (SLTBR; 2008-2010), an international society that conducts research at the interface of circadian rhythms, sleep, and nonpharmacological treatments, including bright light, for mood disorders, and served on its Board for 12 years (2001-2013). I also served on the Board of the Center for Environmental Therapeutics (CET), the leading group of international experts in chronobiological treatments for mood disorders, from 2013-2018 (I resigned my position to serve on the SRS Board). In addition to my duties for SLEEP, I am an Academic Editor of PLoS ONE, and sit on the Editorial Boards of 3 other circadian rhythms and sleep journals (Chronobiology International, Journal of Circadian Rhythms, Journal of Sleep Disorders: Treatment and Care) and on the Editorial Boards of 4 broader journals: Scientific Reports, Frontiers in Behavioral & Psychiatric Genetics, Journal of Neurology Research and Healthcare.

Thus, I have extensive experience serving on the SRS Board and other key committees, and I have a clear understanding of the SRS's structure, budget, key priorities and initiatives, and future outlook. In addition, I am familiar with, and able to perform, the duties and responsibilities of a society President, as evidenced by my

prior successful 2-year term as President of an academic society. As such, given my prior significant leadership experience in the SRS and in other societies, I am well positioned to serve as President-Elect (and subsequent President) of the SRS. If I were elected President, among other goals, I would work with the BOD and committees to continue development and implementation of diversity, equity and inclusion initiatives, and seek to expand on and develop new sources of revenue for the SRS (and SRSF) to ensure continued long-term viability of the SRS and its ability to in particular, grow and sustain the pipeline of all levels of trainees and of early-career faculty members.

Thank you very much for your kind consideration of my nomination for President-Elect.