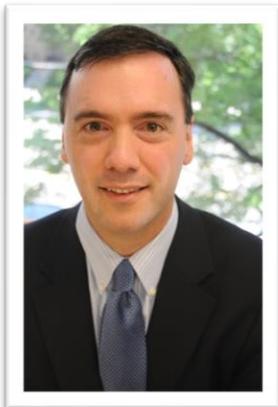




## **2021 SRS Board of Directors Candidate**

### **Director-at-Large**

**Philip Gehrman, PhD, CBSM**



I have been a member of the SRS since 1995 when I first joined as a trainee member. As a trainee I began volunteering for the society and served on the trainee subcommittee charged with planning the Trainee Day events at the annual meeting from 1997-2002. This led to being elected the trainee member-at-large to the board. After completing my trainee I joined as a full member and continued to be very active in the society. I was a member of the Trainee Education Advisory Committee from 2006-2014, serving as the chair of for the second half of that period. From 2016 to 2019 I chaired the Trainee Pipeline Committee, which was created to develop programming to facilitate a career in sleep research, helping to bridge the gap from graduate school through the junior faculty years. I have thus been active in the SRS for many years with a major focus on trainees.

In terms of my own work, I am a clinical psychologist conducting research on insomnia and its link with mental health. I approach this research from a variety of perspectives spanning from clinical trials of cognitive behavioral therapy to more mechanistic studies using genomic and metabolomic approaches. Developing this translational program of research has led to collaborations with both clinical and basic scientists. As such, I would be able to represent the interests of a broad range of SRS members rather than being focused on a limited subgroup.

Thank you for consideration of my nomination to a Director-at-Large position. I would bring to the board a strong focus on trainees, and extensive experience in both sleep research and behavioral sleep medicine. I am also committed to increasing the diversity of the SRS, both in terms of its membership and in leadership roles. I look forward to continuing to serve the SRS in the future.