



## **2022 SRS Board of Directors Candidate**

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

**Candice A. Alfano, PhD**



I am a Professor of Psychology, licensed clinical psychologist, and Director of the Sleep and Anxiety Center of Houston (SACH) at the University of Houston. I have researched and treated behavioral sleep problems in infants, children and adults for the past 15+ years. My active research program centers on the interactions between and sleep and mental health across the life span with the goal of informing effective interventions.

It would be my pleasure to serve on the Board of Directors as a Director at Large for the Sleep Research Society (SRS). I have been a member of SRS throughout my career, benefiting from SRS's many efforts to promote and support sleep science. I consider the annual SLEEP meeting (a joint venture of the SRS and AASM) to be essential for presenting my research, staying abreast of the latest scientific and clinical findings, and networking with other sleep scientists. As a sleep clinician, I have routinely relied on SRS's many evidence-based educational opportunities, including in-person and online seminars and workshops, to gain exposure to new methods and findings in the field. My graduate students are routinely encouraged to become SRS members and, over the past 10 years, many of them have received awards from SRS including a Mentor-Mentee Award, a Diversity Travel Award, and multiple Trainee Travel Awards to present their work at the annual SLEEP meeting. Lastly, as a primarily pediatric-focused sleep researcher, I welcome the opportunity to bring a life-span perspective to SRS governance, which is often under-represented in the field of sleep science as a whole.

Candice A. Alfano, Ph.D.  
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Director, Sleep and Anxiety Center of Houston (SACH)  
University of Houston