



2026 SRS Board of Directors Candidate

Director-at-Large

Jennifer Goldschmied, PhD



Dear Colleagues,

I am writing to express my strong interest in joining the Sleep Research Society Board of Directors as a Director-at-Large. The SRS has been an integral part of my professional journey, and I remain deeply committed to supporting its mission of advancing sleep and circadian research to improve health and well-being. I am currently an Assistant Professor of Psychiatry in the Perelman School of Medicine at the University of Pennsylvania, focusing on investigating the functional significance of slow-wave activity to mood, cognition, and

health. I believe that my unique perspective as the former Chair of the Pipeline Development Committee (PDC) and my active engagement with the European Sleep Research Society would be invaluable to the board.

The SRS has played a pivotal role in my career development, and I am proud to have contributed to the Society through my work as Vice Chair and Chair of the Pipeline Development Committee (PDC). In my role, I successfully spearheaded several new initiatives including the development and advocacy of the Small Research Grant, one of the most successful initiatives in the PDC's portfolio, creation of the Virtual Seminar Series, Grant Repository, and the continued development of the Grant Reviewer Training Program. These initiatives reflect my ability to innovate, plan, and execute impactful programs that further the Society's mission and strategic plan, especially with respect to Strategic Priority (C), to expand and bolster the sleep and circadian pipeline in and outside of academia, and (D), to maximize advocacy and outreach.

My commitment to the field is further demonstrated by my active participation in service activities outside of the SRS, including my role as a member of the European Sleep Society's

Digital and Communication Committee, and most recently my promotion to the Program Manager of Webinar Development. This positions me to act as a valuable liaison between the American and European sleep research communities. Most notably, I continue to be the co-chair of the ESRS/SRS Joint Seminar Series subcommittee that launched the first-ever joint webinar series between the SRS and ESRS in 2025, a groundbreaking initiative that required the drafting of a memorandum of understanding between the two societies. This collaboration represented a milestone in fostering connections between the American and European sleep research communities and established a framework for future joint initiatives. For 2026, we will now be collaborating with the Canadian Sleep Society and aim to hold two joint webinars between the SRS and ESRS and two joint webinars between the SRS and CSS. This effort aligns with Cross-cutting Strategic Priority II, to develop and strengthen strategic partnerships internationally, and highlights my ability to lead impactful projects that contribute to the broader objectives of the SRS.

From a research perspective, I have a strong publication record and have secured external funding from the National Institute of Mental Health, National Institute on Aging, and the American Academy of Sleep Medicine, as well as internal funding from the Perelman School of Medicine at the University of Pennsylvania. In addition to my research expertise, I possess strong communication and interpersonal skills, honed through my experience as a clinical psychologist with an active behavioral sleep medicine practice. I am an outgoing and collaborative individual who thrives in building relationships and fostering connections within the sleep research community.

Having served as the Trainee Member-at-Large to the Board of Directors for the Sleep Research Society from 2014-2015, I gained an intimate understanding of the Society's mission and strategic priorities. My experiences in the SRS have solidified my commitment, and I am confident that my qualifications, experience, and dedication make me a strong candidate for the Board of Directors. My prior promotions into leadership roles reflects my aptitude for effective communication, strategic thinking, problem-solving, collaboration, and advocacy. I am thus eager to contribute to the Society's continued growth and success and am committed to upholding its values and objectives. Thank you for considering my application.

Sincerely,

Jennifer Goldschmied, PhD