



2026 SRS Board of Directors Candidate

Director-at-Large

Satvinder Kaur, PhD



Dear Colleagues:

My career has been devoted to understanding how the brain regulates sleep, arousal, pain, and respiration, and to translating these into strategies that improve human health. From my early training in sleep neurobiology through my postdoctoral work in circadian and brainstem physiology, and now as a faculty member at Harvard Medical School and Beth Israel Deaconess Medical Center, I have focused on the neural circuits that maintain sleep–wake stability and

the mechanisms by which this stability breaks down in conditions such as sleep apnea, chronic pain, and opioid-induced respiratory depression.

The Sleep Research Society has been my scientific home for more than twenty years. Through service on the Membership, Scientific Review, and Pipeline Development Committees, I have seen firsthand how essential the Society is in shaping the field, supporting trainees, and fostering rigorous, collaborative science. I am running for Director-at-Large because I believe deeply in this mission and want to help strengthen the Society’s role as the central hub for sleep and circadian researchers across disciplines and career stages.

My research program integrates optogenetics, chemogenetics, fiber photometry, GRIN lens imaging, and pharmacology to dissect the circuits that link sleep, pain, and respiration. These contributions reflect my commitment to bridging basic circuit neuroscience with translational impact—an approach I would bring to Society leadership.

Equally central to my work is mentorship. I train postdoctoral fellows, graduate students, and undergraduates, dedicating significant time each year to developing

their technical skills, scientific judgment, and professional confidence. Many have gone on to successful careers in academia, medicine, and industry. Supporting the next generation of sleep researchers is one of my highest priorities, and I would work to expand mentorship pipelines and career development opportunities within the Society.

As Director-at-Large, I would focus on strengthening community, broadening participation, and elevating the visibility of sleep and circadian science. My priorities include expanding support for trainees and early-career investigators, fostering collaboration between basic and clinical researchers, enhancing diversity and inclusion across all levels of Society leadership, and promoting initiatives that translate sleep research into public health impact.

I am honored to be considered for this role and would welcome the opportunity to serve the Sleep Research Society and its members.

Satvinder Kaur, PhD