



2026 SRS Board of Directors Candidate

Director-at-Large

Mark Wu, MD, PhD



Dear Colleagues,

I am honored to apply for a Director-at-Large position at the Sleep Research Society. I have always loved sleep. As a child, I remember greatly enjoying sleeping late and also wondering what happened to our bodies when we were asleep. I did my MD/PhD training at Baylor College of Medicine with Hugo Bellen and then moved to UCLA to do residency training in Neurology. During residency training, I began to think deeply about the direction of my future career. Returning to my childhood questions about how and why we sleep, I sought out sleep and circadian scientists at UCLA, such as Jerry Siegel and Chris Cowell. These conversations highlighted the many important, yet unresolved questions in the sleep field and galvanized my interest to pursue a career in sleep research.

To train in sleep science and medicine, I next went to the University of Pennsylvania, joining Amita Sehgal's group as a postdoctoral fellow and working as a sleep medicine fellow with Allan Pack. I then started my own laboratory at Johns Hopkins in 2009, where we investigate the molecular and circuit mechanisms underlying sleep in fruit flies, mice, and humans. We also have studied the interactions of sleep with Alzheimer's disease in animal models and humans. I am currently Professor and Vice-Chair of Research in the Department of Neurology at Johns Hopkins and in this role have substantial experience in promoting career development of postdoctoral fellows and organizing conferences at the institutional and regional level.

I joined the SRS in 2008 and have found the organization to be a wonderful place to connect with other sleep researchers and promote sleep science. I have served on multiple committees over the years, including the Training/Pipeline Task Force

(2014-2016), Scientific Offerings Committee (2016-2019), Physician Scientists Task Force (2017-2018), and Scientific Review Committee (2022-2025). Of note, I was also a member of the task force that developed and initiated the Advances in Sleep and Circadian Science (ASCS) bi-annual meeting, which has been highly successful in advancing the mission of the society. If elected to serve on the Board, my goals are to: a) focus on the career development of our trainees, given the many headwinds facing scientists (especially junior investigators) in the current climate; and b) promote and advocate for basic science research in sleep.

Mark Wu, MD, PhD