

Biographical Sketch – Thomas J. Balkin, Ph.D.

Thomas J. Balkin, Ph.D., is Chief of the Department of Behavioral Biology at the Walter Reed Army Institute of Research (WRAIR). He is also a Diplomate, American Board of Sleep Medicine; a Fellow of the American Academy of Sleep Medicine; and a member of the Sleep Research Society and the European Sleep Research Society.

Dr. Balkin obtained his B.S. from Syracuse University in 1975, and his M.S. from SUNY Cortland in 1981. Upon obtaining his Ph.D. in Experimental Psychology from Bowling Green State University in 1984, he served as Assistant to the Director of the Sleep Disorders Center at the St. Louis University Medical Center for 14 months. In 1985, he joined the Department of Behavioral Biology at WRAIR, where he developed a research program to evaluate the efficacy and performance effects of sleep-inducing medications. In 1990 he was appointed Chief of the Human Psychopharmacology Branch in the Department of Behavioral Biology, and he was appointed Department Chief in 1995. With collaborators from the NIH and WRAIR, he has conducted and published studies of functional brain imaging during sleep and wakefulness, sleep and performance, the psychopharmacology of sleep-inducing and stimulant medications, and sleep deprivation. He has 85+ peer-reviewed publications, and he is a co-inventor on 7 current U.S./International patents in the area of sleep/performance modeling.

Dr. Balkin has been an invited lecturer and keynote speaker at national and international conferences, government research laboratories, and universities; and has served on a variety of panels addressing topics ranging from the measurement of sleep and performance in outer space to the impact of insomnia on quality of life. He currently serves as ex-officio member of the National Sleep Disorders Center Sleep Disorders Research Advisory Board (SDRAB) at the NIH; as an Associate Editor of the journal *Sleep*; as the Chairman, National Academy of Sciences Panel on “Behavior and Mental Health” (for the NASA 2010-2020 Decadal Survey); as a reviewer for the European Science Foundation/European Space Agency; and as Chairman of the Board of Directors of the National Sleep Foundation.