

David F. Dinges, M.S., M.A.(H), Ph.D.

David F. Dinges is a Professor of Psychology in Psychiatry, Chief of the Division of Sleep and Chronobiology, Director of the Unit for Experimental Psychiatry, and Vice Chair for Faculty Affairs and Professional Development in the Department of Psychiatry at the University of Pennsylvania School of Medicine. A tenured professor with more than 250 scholarly publications, Dr. Dinges is also Associate Director of Penn's Center for Sleep and Circadian Neurobiology, and a member of Penn's Comprehensive Neuroscience Center, Institute for the Translational Medicine and Therapeutics, Center for Functional Neuroimaging, the Penn Genomics Frontiers Institute, and the Psychology Department Graduate Group.

Dr. Dinges' research focuses on biological, behavioral, cognitive and psychological effects of fatigue and stress from life style, work demands, sleep loss, and disturbances of circadian biology. He has conducted extensive scientific work on development and validation of behavioral, technological, and biological interventions for these effects to promote human health and safety. During the past 30 years, his research has been continuously supported by major grants from the U.S. National Institutes of Health, NASA, National Space Biomedical Research Institute, Department of Defense, and other U.S. Federal agencies. He is currently measuring astronaut performance on the International Space Station. For the past 10 years he has led the Neurobehavioral and Psychosocial Factors Team for the NASA funded National Space Biomedical Research Institute.

Dr. Dinges has served on the National Research Committee on Optimizing Graduate Medical Trainee (Resident) Hours and Work Schedules to Improve Patient Safety, and he is currently a member of the Committee on the Effects of Commuting on Pilot Fatigue. He regularly teaches at the National Transportation Safety Board Academy, and he has advised both federal and private entities in the U.S. and abroad on scientific evidence for human performance failure in major accidents, as well as regulatory policies regarding duty hours and fatigue management.

He has served on the NIH Advisory Council, been President of both the U.S. Sleep Research Society and the World Federation of Sleep Research and Sleep Medicine Societies, and he has served on the Board of Directors of the American Academy of Sleep Medicine and the National Sleep Foundation. He is presently Editor-in-Chief of *SLEEP*, the leading scientific journal on sleep research and sleep medicine in the world.

Dr. Dinges has received numerous awards, including the 2001 Senator Mark O. Hatfield Public Policy Award from the American Academy of Sleep Medicine; the 2004 Decade of Behavior Research Award from the American Psychological Association; the 2007 NASA Distinguished Public Service Medal, which is the highest honor NASA awards to a non-Government employee; the 2008 Laurence R. Young Space Biomedical Research Award for Contributions to Human Performance in Space; and the 2009 Raymond F. Longacre Award for Outstanding Accomplishment in the Psychological and Psychiatric Aspects of Aerospace Medicine from the Aerospace Medical Association.