

# Center for Sleep & Circadian Neurobiology

## The Penn Behavioral Sleep Medicine Program

### A Personal Retrospective: Past Work on Sleep & Aging and the Possibilities for the Future

Tuesday, October 24<sup>th</sup> 12-1pm (lunch provided)

*3624 Market Street, Suite 201*



Michael V. Vitiello, PhD is Professor of Psychiatry & Behavioral Sciences, Gerontology & Geriatric Medicine, and Biobehavioral Nursing, University of Washington, Seattle, Washington, USA.

He is an internationally recognized expert in sleep, circadian rhythms and sleep disorders in aging. His research efforts, funded by the National Institutes of Health, focus on the causes, consequences and treatments of disturbed sleep, circadian rhythms and cognition in older adults.

He is the author of over 500 scientific articles, reviews, chapters, editorials and abstracts. Some of his most current work focuses on improving the sleep of osteoarthritis patients with comorbid insomnia in order to reduce their osteoarthritis related symptoms such as pain, fatigue and depression, and their healthcare utilization and related costs.

Professor Vitiello is currently Editor-in-Chief (for the Americas) of Sleep Medicine Reviews, and a member of the editorial boards of Sleep Medicine and Neurobiology of Sleep and Circadian Rhythms. He is a Fellow of the Gerontological Society of America and a founding member of the Society of Behavioral Sleep Medicine, the International Sleep Science and Technology Association, and the International College of Geriatric Psychoneuropharmacology.

He has previously served as: President of the Sleep Research Society and of the Sleep Research Society Foundation; Chair of the Sleep Disorders Research Advisory Board, National Institutes of Health; Scientific Program Chair of the Associated Professional Sleep Societies; a member of the founding Board of Directors and Scientific Program Co-Chair of the Society of Behavioral Sleep Medicine; a member of the Board of Directors of the Sleep Research Society; a member of the Governing Council of the World Sleep Federation; Vice President of the International Sleep Science and Technology Association; a member of the Board of Directors of the National Sleep Foundation; and on the editorial boards of: Behavioral Sleep Medicine, Journal of the American Geriatrics Society, Journal of Gerontology: Medical Sciences, Journal of Gerontology: Psychological Sciences, and Sleep.



*6<sup>th</sup> Lecture of a K24 Supported Lecture Series*  
*PI: Michael L. Perlis*