



**MARK R. ROSEKIND, PH.D.**  
**President and Chief Scientist, Alertness Solutions**

Dr. Mark Rosekind is internationally recognized as a leader in translating the complex science on sleep, circadian rhythms (the body clock), and alertness into practical and effective strategies that help individuals and organizations improve productivity, safety, and health in our 24/7 society. Over the past thirty years, Dr. Rosekind has conducted scientific research in major academic institutions, led the innovative advance of a groundbreaking NASA program and run a scientific firm that helps to improve safety and performance in diverse work settings.

Dr. Rosekind graduated from Stanford with honors, and then obtained his Ph.D. in clinical psychology and psychophysiology at Yale University. He completed his formal academic training with a postdoctoral fellowship in sleep and chronobiology at Brown University's Sleep Laboratory.

His professional career began as the director of the Center for Human Sleep Research, after which, Dr. Rosekind went on to direct the NASA Fatigue Countermeasures Program. For a year and a half, he also served as chief of the aviation operations branch in the NASA Ames Flight Management and Human Factors Division. After seven years as a principal investigator at NASA, Dr. Rosekind founded Alertness Solutions, a scientific consulting firm, and has served as President and Chief Scientist since 1998.

Dr. Rosekind's expertise has been used by many government agencies to address safety and alertness-related policies and his research and activities have been published in over 125 scientific and technical papers. Over the course of his career, Dr. Rosekind has conducted research and implemented programs in diverse work settings, including the "NASA Nap" study showing the powerful benefits of a cockpit nap for pilots, a Hilton Hotel project enhancing the sleep environment of U.S. Olympic athletes and an Air New Zealand study demonstrating the first-ever scientifically proven physiological and psychological effects of a vacation.

Dr. Rosekind's accomplishments and contributions have been acknowledged through numerous honors and awards including the NASA Exceptional Service Medal and several NASA Group Achievement Awards. The Flight Safety Foundation has honored him with their Outstanding Achievement in Safety Leadership Award and their Business Aviation Meritorious Award. Dr. Rosekind is a Fellow of the World Economic Forum, as well as an Honorary Life Member (Magician) of the Magic Castle's Academy of Magical Arts.