

**Gregory Belenky, M.D.**

***Biography***

Dr. Belenky is Research Professor and Director of the Sleep and Performance Research Center at Washington State University. Prior to this he was Director of the Division of Neuropsychiatry at the Walter Reed Army Institute of Research and Professor in the Department of Psychiatry of the Uniformed Services University of the Health Sciences. From 1984-2004, Dr. Belenky lead the U.S. Army's program of research in sleep, sleep loss, fatigue, and human performance. He is a Colonel (Retired) in the U.S. Army Medical Corps. During the Gulf War (1990-91), he served as regimental psychiatrist for the U.S. Army's Second Armored Cavalry Regiment. Dr. Belenky received his B.A. degree in Psychology from Yale University and his M.D. degree from Stanford University. During medical school, he worked in the laboratory of Dr. William Dement, a pioneer in the field of sleep and sleep medicine. Dr. Belenky completed an internship in internal medicine at the University of Utah, and a residency in psychiatry at Yale University. Dr. Belenky leads one of the few laboratories in the world specializing in the study of human sleep and sleep loss and their role in performance, productivity, safety, health, and well-being. Dr. Belenky's laboratory and field studies inform the emerging science of managing sleep to sustain performance, productivity, safety, health, and well-being. He studies the factors leading to fatigue, operationally defined by degraded performance. These factors are sleep/wake history (time awake), circadian rhythm (time of day), workload (time on task), and individual differences in responsivity to the preceding three factors. Dr. Belenky is funded by the U.S. Department of Defense, the U.S. Department of Transportation, the W.M. Keck Foundation, and Continental Airlines. Dr. Belenky is integrating the science of sleep and fatigue into operational techniques for fatigue risk management.