

## **Martin Moore-Ede, M.D., Ph.D.**

### ***Biography***

For 30 years, Dr. Martin Moore-Ede has been a leading expert on managing the risks of human fatigue in transportation and industrial businesses that operate 24/7. After experiencing the challenges of fatigue as a surgeon-in-training required to work 36-hour shifts, Dr. Moore-Ede was one of the first to define the challenges of living, working and sleeping in a 24 hour a day, 7-day a week world. As a professor at Harvard Medical School (1975 – 1998), he led the team that located the biological clock in the human brain that controls the timing of sleep and wake, and pioneered research on how the human body can safely adapt to working around the clock and sustain optimum physical and mental performance.

In 1983 Dr. Moore-Ede founded Circadian Technologies, Inc. ([www.circadian.com](http://www.circadian.com)), a research and consulting firm dedicated to reducing the costs and liabilities of managing a 24/7 workforce. As Chairman and CEO, he has guided the growth of the international network of Circadian companies (“CIRCADIANTM”) which now advises over half of the Fortune 500 companies on 24/7 work schedules and fatigue risk management. CIRCADIANTM also assists companies in obtaining regulatory waivers and exemptions, and provides expert services related to work-rest and Hours of Service regulations and fatigue impairment.

Dr. Moore-Ede graduated with a First Class Honors degree in Physiology from the University of London, and received his medical degrees from Guy’s Hospital Medical School, and his Ph.D. in Physiology from Harvard University. He has published 10 books, and more than 145 scientific papers on human fatigue, errors and accidents and the physiology of sleep deprivation and circadian rhythms. Dr. Moore-Ede holds multiple patents on tools for assessing and mitigating fatigue risk including the Circadian Alertness Simulator (CAS) a scientifically validated fatigue risk model. He has served on multiple national and international committees, and has received numerous awards including the Bowditch Lectureship of the American Physiological Society. He is a frequent guest on television (CNN, Today Show, Good Morning America, 20:20, Dateline, Oprah Winfree, Nova, BBC), radio (NPR Fresh Air, Connection), and print media (Wall Street Journal, New York Times, Washington Post, Time and Newsweek). He has testified before Congressional committees on multiple occasions, and advised government agencies on hours of service and working time regulations in the US, Canada and the U.K.