MEET OUR SPEAKERS

2027 UTAH SLEEP SYMPOSIUM



MICHAEL GRANDNER, PHD, MTR, CBSM, FAASM

Director, Sleep and Health Research Program | University of Arizona

Dr. Michael Grandner is a licensed clinical psychologist and internationally recognized expert in sleep health and behavioral sleep medicine. He directs the Sleep and Health Research Program at the University of Arizona and the Behavioral Sleep Medicine Clinic at Banner – University Medical Center. His research examines how sleep affects cardiovascular and metabolic health, mental health, performance, and longevity, as well as the social and behavioral factors that shape sleep.



WENDY TROXEL, PHD, CBSM

Senior Scientist, RAND Corporation | Behavioral Sleep Medicine

Dr. Wendy Troxel is an internationally recognized sleep expert, Senior Scientist at the RAND Corporation, licensed clinical psychologist, and board-certified behavioral sleep medicine specialist. She is also an Adjunct Professor at the University of Utah and University of Pittsburgh. Her research explores the role of sleep in health, relationships, performance, and longevity, and she has helped shape national sleep policy and clinical practice. Dr. Troxel is also an author, TEDx speaker, and frequent contributor to major national media outlets.



KELLY GLAZER BARON, PHD, MPH, DBSM

Professor, University of Utah | Behavioral Sleep Medicine

Dr. Kelly Glazer Baron is a tenured professor in the University of Utah's Division of Public Health and a clinical psychologist specializing in behavioral sleep medicine. She leads a prominent behavioral sleep research program and treats patients with insomnia, circadian disorders, and other sleep conditions. Her research focuses on sleep and circadian health, behavioral interventions, and their connections to overall health. She also directs the University of Utah's behavioral sleep medicine training program.



DAVID BLODGETT, MD, MPH

Southwest Utah Public Health Department Director & Health Officer

Dr. David Blodgett has served as Director and Health Officer of the Southwest Utah Public Health Department since 2005, leading public health efforts across five counties. A physician and public health leader, he focuses on disease prevention, community wellness, and evidence-based strategies that help people live longer, healthier lives. He has championed sleep as an essential pillar of health and helped lead regional efforts to increase awareness of how sleep affects chronic disease, mental health, safety, and longevity.

SOUTHWEST UTAH PUBLIC HEALTH DEPARTMENT

Davis COUNTY HEALTH DEPARTMENT