



United States Navy Biography

DR. RACHEL MARKWALD
HEAD, SLEEP, TACTICAL EFFICIENCY, AND ENDURANCE
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Dr. Rachel Markwald is a Sleep Specialist providing education in sleep and circadian rhythms to enhance job performance and health. Her areas of specialization include the impact of inadequate sleep on alertness, cognition, athletic performance, metabolism, and pain.

From a brain perspective, she has studied how poor sleep raises the risk for accidents and mishaps through impacts on attention, learning, memory, and decision-making abilities. From a body perspective, she has studied the impact of poor sleep on metabolism, eating behavior, and body weight.

Dr. Markwald's professional experience includes adapting effective sleep optimization strategies to meet the needs and requirements of individuals and teams performing in high tempo, dynamic environments. She has worked with military medical and line communities, competitive and recreational athletes, business executives, and the general public to accomplish the goal of better sleep.

She received her Bachelor of Science in Health and Exercise Science at Colorado State University in 2004 and stayed to complete a Master of Science in Exercise Physiology in 2007. After several years of working with the CSU Clinical Health Science Laboratory, she decided to pursue a PhD in Sleep Science within the Integrative Physiology department at the University of Colorado at Boulder. During this time, she studied the role of sleep and circadian rhythms in human performance, health, and disease.

After a postdoctoral appointment at the University of Colorado Anschutz Medical Campus, she began a position with Navy Medicine as a civilian scientist. Currently, she is directing a team of medical researchers engaged in addressing sleep and fatigue issues during the training and deployment of active-duty personnel. Her research also spans sleep disorders facing military personnel, such as those experienced within the context of post-traumatic stress disorder and traumatic brain injury.

She has published multiple articles in peer reviewed journals, book chapters, and technical reports, and has delivered briefs to military operational leaders and Department of Defense policy makers.

Dr. Markwald likes to spend her time hiking, running, and climbing the mountains of southern California. She played high school and collegiate-level soccer and even after several injuries that she is blaming on old age, she continues to play in competitive recreational leagues.

