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Dr. Charles H. Samuels is the medical director of the Centre for Sleep and Human Performance (CSHP) in Calgary, Alberta. He began his fellowship in sleep medicine while in rural Alberta and, as a result, moved to Calgary. Samuels' clinical practice and research focus on the effect of sleep deprivation and disruption on health and performance. Specifically, his expertise is in the effect of sleep on weight control; obesity; alteration in mood; cognitive processing, including memory and concentration; and performance. Samuels is a board-certified sleep physician with primary research interests focused on understanding the prevalence and effects of sleep disturbances in specialized populations such as law enforcement officers and athletes. His aim is to facilitate both broad and individualized clinical treatment strategies and foster effective knowledge transfer initiatives in these groups.