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Dr. Teresa Ward is a Professor of Pediatrics at the University of Washington School of Medicine and the Center for Child Health, Behavior, and Development at Seattle Children's Research Institute.

Teresa's academic career centers on improving sleep health and managing comorbid chronic health conditions, fatigue, and mental health in children, adolescents, and their families. Her research develops tailored, technology-integrated, shared-management interventions to promote sleep and overall wellbeing. Rooted in her clinical experience as a pediatric nurse practitioner specializing in pulmonary and sleep disorders, Teresa collaborates with interdisciplinary teams and families to design interventions using a socio-ecological approach, addressing sociocultural and neighborhood factors that influence sleep.