Kristen Holmes

**Global Head of Human Performance &
Principal Scientist, WHOOP**

 Dr. Kristen Holmes leads cutting-edge performance research at WHOOP, engaging with top universities and industry collaborators to deepen understanding of biometric, behavioral, and performance data. Her work investigates how sleep, circadian rhythms, recovery practices, and training load impact physical, mental, and emotional resilience.

She guides science-based strategies that optimize health and performance for elite audiences—from tactical military and professional sports teams to frontline healthcare workers, corporate leaders, NCAA athletes and everyday users. By interpreting WHOOP's biometric insights, Kristen empowers hundreds of world-class teams and individuals to elevate every aspect of their lives.