

Kaninika Verma, MD is a pulmonary and intensive care physician at OSF Saint Francis Medical Center in Peoria. As medical director of sleep medicine at the Illinois Lung and Critical Care Institute and St. Elizabeth in Ottawa, Dr. Verma leads numerous groups, committees and 6 Sigma projects demonstrating her commitment to exceptional services and management of sleep patients. She is currently developing an outpatient sleep testing program, which will be accredited by the American Academy of Sleep Medicine, having previously established a home sleep apnea program, now in its final stages of accreditation, and a sleep lab in Ottawa. She also launched Sleep School, a cognitive behavior program for patients with insomnia, and works with local school districts to teach children better sleep habits. Her professional accomplishments include the publication of seven research studies and serving as lead contributor in six research grants.