

Lara Wittine, MD, FCCP, FAASM, is a board-certified specialist in sleep medicine by the American Board of Internal Medicine (ABIM), and practices exclusively in sleep medicine. She completed her sleep medicine fellowship at the Mayo Clinic in Rochester, MN. She is passionate about this area of health care and the profound impact that good sleep has on health and overall well-being. She has 20 years of clinical experience in both private and academic settings. In addition to her clinical practice, she serves as the medical director of the AdventHealth-Tampa Sleep Center, which is accredited by the American Academy of Sleep Medicine (AASM). Dr. Wittine serves as a member of the AASM Accreditation Committee. She also collaborates with the Traumatic Brain Injury research team through the James A Haley VA Hospital.