



**R. Robert Auger, MD**  
**Mayo Clinic**

Associate Professor of Medicine & Psychiatry  
Joint Appointment: Consultant in The Mayo Center for Sleep Medicine &  
The Department of Psychiatry & Psychology  
Mayo Clinic, Rochester, Minnesota

Dr. R. Robert “Robb” Auger is a consultant in Mayo Clinic’s Center for Sleep Medicine with wide-ranging interests in the field, particularly circadian rhythm sleep-wake disorders. He is one of only a few sleep medicine physicians who interface with the adolescent population.

Dr. Auger harbors a strong desire to combine ongoing clinical experience with field research. He values his collaborative relationships with colleagues both within and outside of Mayo Clinic. Currently, he is collaborating Dr. Bhanu Kolla (who also holds a joint appointment in the Mayo Center for Sleep Medicine and the Department of Psychiatry & Psychology) and Dr. Stephanie Crowley-McWilliam (Rush University, Chicago), who is an internationally recognized expert in sleep/circadian studies among adolescents. Their recently completed American Sleep Medicine Foundation grant “Amber Glasses for Pediatric/Adolescent Delayed Sleep-Wake Phase Disorder: A Placebo-Controlled Study,” investigated whether reduction in evening ambient light using glasses with amber lenses improves subjective and objective sleep and circadian parameters.

After receiving his medical degree from the University of Minnesota Medical School, Dr. Auger completed internship and residency at Johns Hopkins in Baltimore. Following his Sleep Medicine Fellowship at Mayo Clinic, he then joined the staff at Mayo with a joint appointment in Sleep Medicine and Psychiatry & Psychology.

He has served as Chair of the American Academy of Sleep Medicine's Circadian Rhythm Membership Section, the Circadian Rhythm Sleep Disorders Practice Parameters Update Task Force and served in the Circadian Rhythms Disorder Work Group for revision of the International Classification of Sleep Disorders. He also edited the book “Circadian Rhythm Sleep-Wake Disorders: An Evidence-Based Guide for Clinicians and Investigators.”