

Matthew Troester, DO, FAASM, is one of a handful Neurologists in the US quadruple board certified in Neurology with special competence in Child Neurology, Sleep medicine, Clinical Neurophysiology, and Epilepsy. After graduating Phi Beta Kappa from the University of Kansas, Dr. Troester completed his medical training at the Arizona College of Osteopathic Medicine–Midwestern University. Dr. Troester then completed his pediatric residency at St Joseph’s Hospital and Medical Center and three years of Pediatric Neurology residency at Barrow Neurological Institute. He went on to do fellowship training in Epilepsy, Clinical Neurophysiology and Sleep Medicine also at Barrow.

After 2 decades in academic neurology, he started a private sleep medicine practice in Scottsdale, Arizona with his wife.

A highly engaged member of the American Academy of Sleep Medicine (AASM), he is a former member of the AASM Childhood Sleep Disorders and Development Steering Committee, an author of the AASM Quality and Outcome Measure on Pediatric Sleep Apnea, an author of AASM/CDC Consensus Conference on Healthy Sleep Duration for Children, a past member of the AASM Presidential Telemedicine Committee, co-author of the last 4 versions of the AASM Scoring Manual, first author of the current version, past Chair of the AASM Scoring Manual Editorial Board and he currently serves as an Advisor to the Board on scoring related matters.

He has twice chaired the AASM national intensive sleep scoring course and has had the opportunity to be a lecturer in the course over the years as well.