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What was your “ah-ha” moment when you knew sleep medicine was for you? / How did you get into sleep medicine?

During my PCCM fellowship in Greece, I gained some fundamental experience in sleep medicine. However, it wasn't until I embarked on my training in the UK that my passion for this field truly ignited. It was during this time that I enrolled in the online Coursera class "Sleep: Neurobiology, Medicine, and Society," offered by the University of Michigan. Guided by an exceptional team led by Dr. Lydic and Dr. Baghdoyan, I delved into the intricacies of sleep medicine and discovered a profound interest in it. I got a certificate with distinction from them! The journey took an unexpected turn when, years later, I had the incredible opportunity to meet Dr. Lydic again. Both of us found ourselves serving as members of the SRS DEI Committee, a testament to the serendipitous paths that intertwine in the pursuit of our professional passions. This encounter further solidified my commitment to and enthusiasm for the field of sleep medicine, highlighting the power of continued learning and the importance of fostering connections within our community.

What is the best part of practicing sleep?

The best part of practicing sleep medicine lies in the profound impact it has on individuals' lives FOREVER. By diagnosing and treating sleep disorders, I feel I help patients achieve better sleep quality, leading to improved overall health and well-being. Witnessing the transformation in patients as they experience increased energy levels, enhanced cognitive function, and a better quality of life is incredibly rewarding. Moreover, being at the forefront of a research field that continues to evolve rapidly provides constant opportunities for learning and innovation. Ultimately, the ability to make a tangible difference in people's lives by promoting healthy sleep habits and addressing sleep-related issues is the most fulfilling aspect of practicing sleep medicine

What's been your favorite or most memorable moment of your career journey so far?

Attending the SLEEP conference and meeting in person Mary Carskadon. A giant in sleep medicine and a living legend....By knowing her I have a feeling that I am connected to where it all begun.

What has been the most enjoyable experience as a member of AASM?

The most enjoyable experience of my journey with the AASM has been the incredible evolution from a dedicated member to now co-chairing the International Assembly. This role has granted me the privilege of being in contact with sleep physicians from every corner of the globe. Together, we collaborate on a multitude of initiatives aimed at advancing the field of sleep medicine worldwide. From hosting engaging online educational events to fostering connections with other sleep societies, our mission is to "spread the word" about the importance of sleep health. One of the most fulfilling aspects of this role is maintaining a welcoming community, where members can connect, share insights, and support one another. Furthermore, I have the opportunity to promote international awareness of the AASM and its practice standards. By identifying and supporting initiatives that fully integrate international members within the AASM, we ensure that the organization reflects the diversity and richness of perspectives within the global sleep medicine community.

If you could offer one piece of advice to someone who wants to get into the sleep field, what would it be and why?

It would be to embrace continuous learning and networking. The field of sleep medicine is dynamic and interdisciplinary, encompassing elements of science, medicine, psychology, and public health. Therefore, staying abreast of the latest research, advancements in technology, and evolving clinical practices is crucial. Moreover, building a strong network of colleagues and mentors within the sleep medicine community can provide invaluable support, guidance, and opportunities for collaboration. Whether through professional organizations like the AASM, educational events, or online platforms, connecting with others who share your passion for sleep health can enhance your growth and development in the field. Finally, by prioritizing ongoing education and fostering meaningful connections with fellow sleep professionals, individuals can thrive in the ever-evolving and fulfilling field of sleep medicine.

List three hashtags that describe you

#doctor, #sleephealth, #greekmusic