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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?

I started exploring sleep medicine as a career after my own personal sleep struggles as a physician and mom. I was chronically sleep-deprived but also struggled with insomnia leading me to burn the candle on both ends. This led to burnout and significant anxiety. Understanding the impact and taking measures to improve my own sleep, motivated me to seek additional training so I could help others achieve sleep success. After completing my fellowship in pediatric pulmonology and appreciating how intricately linked breathing disorders were to sleep, I pursued additional sleep fellowship training.

What is the best part of practicing sleep?

The best part of practicing sleep has been the transformation in the patients I care for. While I have achieved success in this field, I am constantly humbled by the families, relationships, careers, and lives of individuals struggling with sleep issues. This is what grounds me and motivates me to help more people even outside the four walls of the exam room.

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

One of my most memorable moments has been choosing to pivot in a different direction when it came to my career by starting my own sleep practice. While this was scary, choosing to build a practice that catered to patients in a holistic manner, helped me choose a trajectory that aligned with my values while meeting families' unique sleep needs. As women, we are often told we can't do certain things, but in making this difficult decision, I chose to bet on my fears, move in spite of my fears and stretch myself. What I love most about this is the fact that I still get to impact lives through education, advocacy, and collaboration.

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

Being an AASM member has had a tremendous impact in my career. I have had access to amazing mentors and resources and I have the opportunity to learn and network with leaders in the field of sleep medicine. In addition, I have been able to give back and serve being a mentor, served on task forces and contributed in a meaningful way to such a remarkable 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?

The future of sleep medicine is bright. There is a shift in the narrative of sleep health and being a part of a movement that changes people from inside out, is a true privilege. Sleep impacts all domains of life and this is not about to change. I would encourage you to lean in and be a part of the movement of making people's lives better one night of sleep at a time.

List three hashtags that describe you

#womeninmedicine #workingmoms #restfulsleepmd