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Nurse Practitioner

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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 knew sleep medicine was for me FOR LIFE when I treated my first pediatric insomnia patient and at follow up both the patient and the family were living a better quality of life. Sleep Medicine found me and kind of fell in my lap. I interviewed for an inpatient pulmonary position and the Sleep Program Medical Director during the interview offered me a position in their sleep program.

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**What is the best part of practicing sleep?**

The 2 best parts of practicing pediatric sleep medicine are treating both the patient and the family. If a child is not sleeping, neither are the parents and/or siblings. Everyone is struggling. It's one of the most rewarding parts of my job to see these families live better lives with better sleep. The second best part of sleep medicine is the opportunity to contribute to research. Sleep medicine is one of the newest fields in medicine and I'm honored to be a part of this growing field of knowledge.

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

My favorite/most memorable part of my career journey has been growing an advanced practice provider (APP) team. I currently lead an expanding team of pediatric sleep APPs without a sleep medicine background. I've built a novel pediatric curriculum to our program as well as developed quality improvement projects alongside supportive physicians who have helped grow the program. Our APP team is built of strong, knowledgeable providers, and hope that my role and passion for sleep medicine will also continue to grow in their careers.

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

My most enjoyable experience as a member of AASM has been participating on AASM committees. I was humbled when selected to be a part of both the education committee and now leading the APP Assembly. Working with AASM staff and members has taught me a wealth of knowledge that I would've never learned before in any career. It's given me an opportunity to understand how much work it takes to run such a large organization and I have been blessed and honored to have such an opportunity.

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

Don't be intimidated by what you don't know. Sleep medicine is not a subject that we get much training in and it's important to remember that as you start a career in sleep medicine. Find a mentor to call on. Read as much literature as you can get your hands on. Give yourself grace for what ongoing experience in the field can teach you. I guess that's more than one piece of advice.

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**List three hashtags that describe you**

#workhardstayhumble, #letgoletgod, #supermomsuperwifesupertired