



**Sarah Patel, MD**

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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?**

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While I didn't experience a typical "ah-ha" moment, one particular follow-up visit discussing a patient's treatment of OSA did lead me to have an interest in the field. During this appointment, my patient revealed remarkable improvements in both her health and personal life following the initiation of CPAP therapy. This encounter underscored the profound importance of sleep and its wide-ranging not only on our health but other aspects of our life.

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

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The most fulfilling aspect of practicing sleep medicine is the opportunity to educate my patients about the significance of sleep disorders and teaching patients how treatments may have a profound effect on other disorders. The field is evolving with innovative advancements and fosters an environment of continuous learning and excitement. I am deeply passionate about sleep medicine and consider it a privilege to care for patients and also advocate for our field.

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

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Establishing my practice in 2020 has been an immensely challenging yet deeply rewarding journey. From the beginning, my aim has been to offer comprehensive, high-quality care to my patients. As I approach the four-year mark, I reflect on the significant growth and learning that have accompanied this endeavor. I remain committed in my goal and continually strive to elevate the standard of care provided to those I serve.

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

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As the Chair of the Early Career Physician Assembly, I've had the privilege of meeting with my colleagues across the US and engaging in conversations with the ECP community. My colleagues consistently exhibit remarkable support for one another, which was evident in our networking events and peer discussions. Facilitating these interactions has been immensely rewarding and I take pride in contributing to the growth and collaboration within our community. Moving forward, my interests and goals also include advocating for the needs of my colleagues.

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

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You won't regret your decision! The field of sleep medicine offers a unique and fulfilling journey. Despite challenges and barriers, there's a continuous stream of innovation aimed at enhancing sleep health. Joining this dynamic field promises opportunities for growth, impact, and contributing to the well-being of countless individuals.

**List three hashtags that describe you**

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#advocate #womeninsleep #hikertravelmom