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She received her medical degree from Loyola University Chicago Stritch School of Medicine in 1978. She completed a residency in neurology at Boston University and a fellowship in EEG, Clinical Epilepsy and Evoked Potentials, at the Children's Hospital Medical Center, Seizure Unit at Harvard Medical School.

Dr. Grigg-Damberger is boarded in neurology, clinical neurophysiology, sleep medicine and epilepsy. She helped develop the ABMS Sleep Medicine examination and served on task forces and committees to develop the AASM criteria for recording and scoring polysomnography in adults, children and infants. She is also an associate editor for the Journal of Clinical Sleep Medicine and the Journal of Clinical Neurophysiology. She has received numerous teaching awards, most recently the 2020 AASM Excellence in Education Award.

