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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?

When I committed to training in internal medicine for residency, I kept seeing associations between untreated sleep apnea and other pathologies I was learning about. I realized that by advocating for earlier sleep medicine evaluation and treatment, it could have a major impact on a patient's health and quality of life.

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

Coming back from my first AASM conference and sharing what I learned with my colleagues. It opened the door for a more concentrated effort in my training program for the evaluation of sleep in our patients as well as several quality improvement initiatives.

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

I love that sleep medicine is truly an interdisciplinary field. Hearing about the experience of other clinicians at conferences and on the Engage platform is very encouraging. It's exciting to think about how people are coming together from a variety of backgrounds to tackle issues in sleep.

List three hashtags that describe you

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