

**Giuseppe Guglielmello, D.O., FAASM, FACOI**

---

Pulmonary, Critical Care and Sleep Physician  
Bethlehem, Pennsylvania

---

**What was your “ah-ha” moment when you knew sleep medicine was for you?/ How did you get into sleep medicine?**

During my pulmonary fellowship I met a patient with PMHx of COPD, bipolar disease and current smoker who was a routine follow up. Although recently admitted to the hospital for respiratory issues, the biggest complaint the patient had was related to sleep. They had severe parasomnias, prolonged periods of insomnia, self harm and sleep paralysis. This led to my evaluation of her sleep conditions to find the overlap issues of mania from bipolar disease, profound sleep deprivation, and severe obstructive sleep apnea. The complexity of managing this case moving forward led me to pursue sleep medicine with eager anticipation of how sleep overlaps with many different pathologic conditions.

---

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

While the approval of our Sleep Fellowship and the first year as the program director sparked much excitement, I was then challenged with several obstacles that have made my recent 3 years challenging. With these changes my career trajectory has changed and new opportunities are emerging which have reinvigorated my purpose in sleep medicine. Part of these opportunities coincide with volunteering with the AASM and becoming a fellow. This allowed for professional growth and fulfillment as I get involved with sleep medicine on a national level.

---

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

Volunteering and serving on the education and fellowship steering committee provided the possibility to meet leaders in our field and interact with our sleep community. This was further enriched by the opportunity to host a webinar for our society which was both challenging and incredibly gratifying.

---

**List three hashtags that describe you**

#rescueyoursleep, #relentlessintegrity, #flyeaglesfly

---