AASM MEMBER Appreciation Week

2025 MEMBER SPOTLIGHT

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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?

By sheer luck, I enrolled in a pre-clerkship observership where my supervisor practiced sleep medicine. They say, "**Find a job you love, and you will never have to work a day in your life.**" That describes my experience. First, I love sleeping well myself. The conditions that I encounter in sleep medicine are intellectually stimulating to me. The more I do in sleep medicine, the more I realize that I have to learn. I am certain that the next great scientific discoveries will come from sleep science. The fact that sleep is so multidisciplinary means that I get to collaborate with people that do work that is different than my own and I find that interface fun. Furthermore, I enjoy "talking shop" with all the patients I see on a daily basis, while I try to improve their sleep health. It really is the best.

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

My academic base is in education, and I am proud of all the students and trainees to whom I have taught sleep medicine, or influenced to join our profession. My most memorable career moment, so far, is having established a sleep medicine fellowship in the Department of Psychiatry at the University of Toronto. I look forward to mentoring the next generation of sleep clinicians and researchers. It is easy to be excited, as I see in them great enthusiasm.

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

I have two equally most enjoyable experiences as an AASM member: 1. attendance at the annual AASM conference and 2. participation in AASM Committees. The AASM is the repository of the greatest sleep clinicians, researcher and educators worldwide. I learn new things every year that I bring back to our group to improve our practice and research. Seeing old friends, colleagues and teachers makes the experience as fun as it is educational. You also develop awareness to the various initiatives that the academy is heading and learn about ways to participate. I had the privilege of serving on the Education Committee and helped co-develop the interactive learning modules for REM Sleep Behavior Disorder in Adults, Behavioral and Psychological Treatments for Chronic Insomnia in Adults and an upcoming one for Restless Legs Syndrome. It feels meaningful to materially contribute to sleep education.

List three hashtags that describe you

#family; #sleepwell; #behappy