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Dr. Grigg-Damberger contributed to the development of the ABMS Sleep Medicine exam and AASM scoring criteria for polysomnography across age groups. She is an associate editor for both the *Journal of Clinical Sleep Medicine* and the *Journal of Clinical Neurophysiology*, and frequently authors invited reviews on sleep medicine topics. She is a sought-after speaker at national and international conferences and has received multiple teaching honors, including the 2020 AASM Excellence in Education Award. Her recent research includes studies on hypersomnia in adults with epilepsy and glymphatic flow in Parkinson's disease, as well as invited reviews on epilepsy in Alzheimer's disease and the role of sleep in SUDEP.