

## Expert Panel for Excessive Sleepiness associated with Obstructive Sleep Apnea website

Helene Emsellem, MD



Helene A. Emsellem, MD is a nationally known sleep expert. Emsellem has written *Snooze...or Lose!* She has also developed an outreach program to educate adolescents, parents, teachers, administrators and legislators on the importance of sleep in adolescence and the benefits of making changes in the middle and high school start times. In addition to appearing on radio and television shows, sharing her expertise through various publications and direct presentations, teaching and seeing patients, Dr. Emsellem has been the principal investigator in numerous national studies of investigational agents for the treatment of sleep disorders. She has also authored many articles and book chapters and her writing has appeared in publications such as *Sleep*, *Sleep Research*, and the Report of the National Commission on Sleep Disorders Research. Dr. Emsellem has been named to the Washington, D.C., area's Consumer's Checklist of Top Doctors and *Washingtonian Magazine's* Top Doctors guide.

David Neubauer, MD



Dr. David Neubauer is Associate Professor in the Department of Psychiatry of the Johns Hopkins University School of Medicine, as well as Associate Director of the Johns Hopkins Sleep Disorders Center. He is the author of the book, *Understanding Sleeplessness: Perspectives on Insomnia*, and numerous articles on sleep-related topics. He serves on the editorial board of the journal *Sleep and Postgraduate Medicine*.