

Leila, Emami

M.D. Anesthesiologist, RPSGT

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EDUCATION

September 1992- September 1995: Aboureyhan Highschool, Tehran, IRAN
Undergraduate Program

February 1995- November 2002: M.D. Degree, Tehran University of Medical
Science, Tehran, Iran.

POST GRADUATE TRAINING

Aug 2019- July 2020: One-year ISRTP mentor of World Sleep Society at the
“University of Sydney” in which skills in sleep science research, study design,
selection of scientific aims, data analysis, authorship, ethics and managing sleep
disorders were obtained that demonstrated leadership potential in the field of sleep
medicine and research. Finally got the title of “MENTORING AND TRAINING
SLEEP RESEARCH LEADER” by World Sleep Society.

October 2019- April 2020: Advanced Sleep and Epilepsy course by International
League Against Epilepsy (ILAE) and Virtual Epilepsy Academy (VIREPA).

April 12, 2019: Somnologist-Expert in Sleep Medicine, certification no. 795,
European Sleep Research Society.

October 6, 2017: International Sleep Medicine Certification Board, recognized as an International Sleep Disorders Specialist, by World Association of Sleep Medicine.

April 25, 2016: Registered Polysomnographic Technologist (RPSGT), Board of Registered Polysomnographic Technologists

January 2016- June 2016: Post-Doctoral Scholar in Neuro-anesthesiology Department of UCSF, San Francisco, CA. USA. **Dr Philip Bickler**

January 2015- December 2015: **Post-Doctoral researcher** in Department of Medicine (Pulmonology-Sleep), **University of Chicago**, Chicago, IL. USA. **Dr Babak Mokhlesi**

February 2014- December 2014: Post-doctoral researcher in Pediatric Sleep Department of University of Chicago, Chicago, IL. USA.

September 2006- September 2010: Anesthesiology residency, Shahid Beheshti Medical University, Tehran, Iran. Iranian National Board of Anesthesiology.

POST DOCTORIAL WORK

July 2020 - current: Founder and working sleep specialist at 3 sleep active centers in Tehran, Iran.

- 1) Somna Sleep Clinic, Tehran
- 2) Sleep clinic at Toos General Hospital, Tehran
- 3) Sleep clinic Mehr General Hospital, Tehran

July 2020 – current: Researcher at Otolaryngology Research Center, Tehran University of Medical Sciences.

July 2020- current: Working as an advisor and mentor with World Sleep Society. Joining weekly webinars with selected sleep specialists and scientists, as future leaders of sleep medicine from all over the world.

October 2019- July 2020: Researcher and visiting scholar, Woolcock Institute of Medical Research, Sydney University, Sydney, Australia.

February 2019-September 2019: Sleep specialist & consultant, Toos General Hospital, sleep department, Tehran, Iran.

January 2018-September 2019: Sleep Specialist, founder of the sleep center of Amiralam Hospital Complex, of Tehran University of Medical Sciences, Tehran, Iran.

August 2016- December 2017: General anesthesiologist, Imam-Khomeini Hospital, Firuzkuh, Iran.

September 2013- January 2014: General anesthesiologist, Imam-Khomeini Hospital, Firuzkuh, Iran.

April 2012- August 2013: Anesthesiology and sleep researcher, Amiralam Hospital, Tehran, Iran.

October 2010- September 2011: Sleep medicine co-practioner, Baharloo Sleep Center, Tehran University of Medical Sciences, Tehran, Iran.

January 2003- September 2006: General practitioner, Samen Medical Center, Hamedan, Iran.

PROFESSIONAL APPOINTMENTS

CONSULTING EXPERIENCES

- 1) Medical advisor of Professor Ismael Sarwar for establishment of sleep clinic in Soleymanieh, Kurdistan of Iraq and educating sleep technicians.
- 2) Selected as consulting professor for the thesis of neurology resident at Iran Medical University on “Evaluation of efficacy of treatment with Cannabinol in Restless Leg Syndrome patients in comparison with Pramipexil in Firuzgar Hospital, a clinical trial”, March 2021.

3) Selected as consulting professor for the thesis of a medical student at Tehran University of Medical Sciences on “Evaluation of the relationship between DSST and Polysomnographic characteristics in patients with obstructive sleep apnea”, January 2021.

4) Selected as Consulting sleep specialist by World Sleep Society to consult a college student at the Lake Forest Academy, Chicago, United States on his project on “Impact of technology on teenager’s sleep”, December 2020.

5) Selected as Consulting sleep specialist by World Sleep Society to consult a Design Manager Major student at the American University of Sharjah, for her project on “Insomnia and Melatonin”, October 2020.

PRIVATE PRACTICE

July 2020 - current: Founder and working sleep specialist at 3 sleep active centers in Tehran, Iran.

- 1) Somna Sleep Clinic, Tehran
- 2) Sleep clinic at Toos General Hospital, Tehran
- 3) Sleep clinic Mehr General Hospital, Tehran

MEDICAL AND SCIENTIFIC SOCIETIES

2019-current	World Sleep Society, Board certified member and Instructor
2021-current	Society of Anesthesia and Sleep Medicine
2019-2021	European Sleep Research Society, Board Certified by ESRS
2014- 2019	American Academy of Sleep Medicine
2015-current.	انجمن بیهوشی و مراقبت‌های ویژه ایران

COMMITTEE APPOINTMENTS

AWARDS AND HONORS:

May 2021: Being elected as one of recipients of Young Investigator Award at the 3rd Sleep Congress of Asian Society of Sleep Medicine ASSM 2021.

March 2021: Being selected as the leading author of “International Sleep Research and Training Program of World Sleep Society” chapter of Sleep Encyclopedia, which is under writing by Dr Clete A. Kushida, head of sleep department at the University of Stanford.

February 2021: Being selected as one of the co-authors of “International Sleep Medicine” chapter of Sleep Encyclopedia which is under writing by Dr Clete A. Kushida, head of sleep= department at the University of Stanford.

June 2019: Selected among the first five scientists around the globe, for the inaugural program of the “World Sleep Society” “International Sleep Research Training Program” (IS RTP). This Program aims at training research leaders and future mentors in the field of sleep medicine.

April 2019: **Board Certified by “European Sleep Research Society” (ESRS)** and recognized as “Somnologist-Sleep Specialist”

September 2018: Iranian National Board Certification in Anesthesiology.

October 2017: The first Iranian **Board Certified by “World Association of Sleep Medicine” (WASM)**, and thus recognized as “International Sleep Disorders Specialist”.

March 2017: Matched in **Anesthesiology program of Georgia Regent University** (Medical College of Georgia), USA.

May 2016: **RPSGT certified**, Board of Polysomnographic Technologists Certification with above

competence score and became Registered Polysomnographic Technologist

June 2015: Passed all **USMLE examinations** for medical practice in USA and have been

awarded the Educational Commission for Foreign Medical Graduates (ECFMG) Certificate.

July 1994: **Ranked 62** among approximately 1,200,000 participants in the national wide entrance examination held in Iran every year for admission into universities.

POST DOCTORIAL CONFERENCES

- 1) “EEG in ICH patients” virtual meeting by Natus. October 2021.
- 2) University of Sydney clinical case conference, Woolcock Institute of Medical Research, Sydney, Australia, May 2020.
- 3) University of Sydney clinical case conference, Woolcock Institute of Medical Research, Sydney, Australia, Nov 2019.
- 4) Sleep-Down-Under 2019, Sydney, Australia, 16-19 October 2019.
- 5) Sleep disorders symposium, Nikan Hospital, Tehran, Iran, 4 July 2019.
- 6) Natus polysomnography scoring and interpreting workshop, Firoozgar hospital, Tehran, Iran, June 2019.
- 7) Lowenstein sleep conference, Payambaran Hospital, Tehran, Iran, June 2019.
- 8) 5th Shiraz Rhinology & Facial Plastic Surgery International Course (SRFPIC), Shiraz, Iran, May 2019.
- 9) Sleep and Breathing Conference, European Sleep Research Society, Marseille, France, April 2019.
- 10) 1st Seminar in Neural Stimulation engineering, Shahid Beheshti University, Tehran, Iran, February 2019.
- 11) 16th International Congress of Iranian Society of Otolaryngology, Head and Neck Surgery, Tehran, Iran, November 2018.
- 12) Nasal High Flow Nasal Treatment, Tehran, Iran, October 2018.
- 13) 2nd Sleep Medicine Conference by LOWENSTEIN, Isfahan, Iran, October 2018.

PUBLICATIONS

- 1) Zahra Parsapour, Leila Emami, Hamd Amirifard, Central sleep Apnea in a Migrain headache, Journal, September 2021.
- 2) Arezu Najafi, Leila Emami, Mike Mutschelknaus, ISRTP of World Sleep Society, Journal of Sleep Sicence, August 2021.

- 3) Amy Guralnick, Jay S Balachandran, Shane Szutenbach, Kevin Adley, Leila Emami, Video Education to Improve Adherence (Sleep Apnea Video Education for CPAP or SAVE-CPAP study) : A Randomised Controlled Trial, American Journal of Respiratory and Critical Care Medicine;195 :A6544, 2017.

- 4) Jason R Carter, Ida T Fokoue, Daniela Grilmaldi, Leila Emami, David Gozal, Colin Sullivan, Bababk Mokhlesi, Positive airway pressure improves nocturnal beat-to-beat blood pressure surges in obesity hypoventilation syndrome with obstructive sleep apnea, American Journal of Physiology ; vol 310(7), 2016.

- 5) A. Salimi, F. Hajimohammadi, A. Etemadi, L. Emami, P.Borghei , Ketamine Gargle Peripheral Analgesic Effect on Sore Throat after Ear Surgery, a Randomized Clinical Trial, Asian Journal of Pharmacy, Nursing and Medical Sciences (ISSN: 2321 – 3639), vol.2(3) , Pages: 50-55, 2014.

- 6) M. Moin, A. Aghamohammadi,N. Rezai, L. Emami, X-linked agammaglobulinemia: a survey of 33 Iranian patients, Immunol. Inves., vol.33(1), pages: 81-93,2004.

Scientific articles:

- 1)“Short sleepers and long sleepers” Healtgier sleep magazine, World Sleep Society, USA, July 2021

2) February 2021 “Idiopathic Hypersomnia” in the main website of Iranian Neurologists

<https://norology.com/> / پرسویها-کیوپاتیڈیا-لیدل-بدون-یپر خواب/پزشکان-یپرا

3) January 2021 “Sleep and Epilepsy” in the main website of Iranian Neurologists

<https://norology.com/> / تشنج-و-خواب-نیب-ارتباط/پزشکان-یپرا

4) March 2021 “Short and Long Sleeper Syndrome, overview for patients”, Interview in

Healthier Sleep Magazine, United States, Minnesota, Rochester

RESEARCH PROJECTS

1) Leila Emami, Nathaniel S. Marshall, Julia L. Chapman, Garry Cho, Ronald R.

Grunstein, Brendon J. Yee, Angela L. D’Rozario., “The effect of armodafinil on sleep

spindles in obstructive sleep apnea: Secondary analyses of a randomized placebocontrolled

trial”. (Accepted for presentation in Sleep conference 2020.Philadelphia

USA). Woolcock Institute of Medical Research, University of Sydney, Sydney,

Australia

2) Leila Emami, Brendon Yee, Camilla Hoyos, Henri Ainge Allen, “Review article in sleep duration and obesity”. Woolcock Institute of Medical Research, University of Sydney, Sydney, Australia.

3) Leila Emami, Frances Chung, Magdy Younes, David Wang, Spindle

characteristics as Polysomnographic biomarkers for sleep breathing disorders in

chronic opioid users. **(Accepted for oral presentation at Sleep congress, Rome March 2022)**

4) Leila Emami, Frances Chung, Magdy Younes, David Wang EEG Biomarkers of insufficient sleep in chronic opioid users. **(Accepted for oral presentation at Sleep congress, Rome March 2022)**

PERSONAL DATA

DATE OF BIRTH:

- 16th April 1976

PLACE OF BIRTH

- Tehran, Iran

LANGUAGES

- Farsi, English, French