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CONTACT INFORMATION

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EDUCATION

October 2019- July 2020: One-year internship. Woolcock Institute of Medical Research, University of Sydney.

- Skills developed in sleep science research, study design, selection of scientific aims, data analysis, authorship, ethics and managing sleep disorders.
- Extensive leadership training in the field of sleep medicine and research.
- Awarded the title “Mentoring and Training Sleep Research Leader” by the *World Sleep Society*.

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

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

June 2016: Educational Commission for Foreign Medical Graduates (ECFMG) certified, after passing all required examinations.

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

January 2016—June 2016: Post-Doctoral Scholar in the Neuro-Anesthesiology Department of UCSF, San Francisco, USA.

January 2015—December 2015: Post-Doctoral Researcher in the Department of Medicine (Pulmonology-Sleep), University of Chicago, USA.

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

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

- Thesis: *Evaluation of ketamin gargling on post-operative sore throat after ear surgery and its mechanism*. Advisors: Alireza Salimi, Afshar Etemadi, Fateme Haji-Mohammadi.

February 1995—November 2002: MD Degree, Tehran University of Medical Science, Tehran, Iran.

- Thesis: *Evaluation of prevalence of bone and joint pathological cases in the hospitals related to four medical universities in ICD method.* Advisors: Mansour Jamali, Bagher Minae

PROFESSIONAL WORK EXPERIENCES

January 2026- current for four years: Chairing World Sleep Academy (WSA) in conjunction with professor Lourdes Delrosso the founder of WSA.

September 2023—current: Assistant professor and founder of sleep department. Anesthesiology Program of Shohadaye Tajrish Hospital, Shahid Beheshti University of Medical Sciences.

- Visiting patients in sleep clinics, consulting sleep patients in the wards and educating anesthesia residents and international anesthesia technicians on sleep and anesthesia.

September 2021—September 2022: Researcher at Ruzbeh Research Center, Tehran University of Medical Sciences.

July 2022—current: Core faculty member for the World Sleep Academy, a global sleep health initiative for physicians and scientists.

July 2020—current: Founder of six active sleep centers in Tehran, Iran.

- Shohadaye Tajrish Academic Hospital, Shahid Beheshti University, Tehran
- Somna Sleep Clinic, private clinic, Tehran
- Sleep clinic at Toos General Hospital, Tehran
- Sleep clinic Mehr General Hospital, Tehran
- Roozbeh sleep clinic, Tehran University of Medical Sciences, Tehran
- Marvasti sleep clinic, Tehran University of Medical Sciences, Tehran

July 2020—current: Advisor and mentor with World Sleep Society. Joining weekly webinars with selected sleep specialists and scientists.

July 2020—September 2022: Researcher at the Otolaryngology Research Center, Tehran University of Medical Sciences.

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

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

January 2018—September 2019: Sleep specialist and founder of the sleep center at Amiralam Hospital Complex, Marvasti Hospital, 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 Medicine researcher, Amiralam Hospital, Tehran, Iran.

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

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

COURSES

February 2026- 15th Research Week Course on **Professional Research**, organized by Universal Scientific Education and Research Network (USERN).

January 2025—May 2025: Course “**AIHEALTHx: AI in Healthcare. Hype or Help**”
Successfully passed the exam, Valid Certificate ID: 5b1304788d424d96a15c931293eb5723

June 2024—September 2024: Summer school **Artificial Intelligence** course for medical professors. Shahid Beheshti University of Medical Sciences.

June 2023—September 2023: Review paper writing course. Shahid Beheshti University of Medical Sciences.

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

PUBLISHED JOURNAL PAPERS

- 1) Maryam Bemanalizadeh, Mahan Parsapoor, **Leila Emami**, Vida Imani, Zahra Parsapour, Roya Kelisahd, The association between sleep consolidation and growth and development in early childhood: a systematic review Health Promotion Perspectives, 2024, 14(4), x-x doi: 10.34172/hpp.43037

- 2) Zahra Parsapoor, Imani, Amiri, **Leila Emami**, *Central sleep apnea in a treatment resistant migraine patient: a case report*, Sleep Science, Sleep Sci. 2022;15(2):000000, DOI: 10.5935/1984-0063.20220000.
- 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.

Author Contributions

- 1) First author of the “Chapter 4 Neurology, Sleep, and Circadian Rhythms” in the Textbook of Sleep and Circadian Medicine, Dr Kushida, 2026, Elsevier in press.
- 2) Senior author of the “Chapter 25- Obstructive Sleep Apnea in Children” chapter in the Textbook of Sleep and Circadian Medicine, Dr Kushida, Elsevier in press.
- 3) First author of the chapter “Effects of Neuropsychotropic and Other Medications on Sleep” in the Textbook of Basics of sleep technology, Dr Gupta, 2026, Elsevier in press.
- 4) Contributor and panel participant for the first edition of the Asian Adult Sleep Medicine Fellowship Training Curriculum, October 2024
- 5) First author of chapter of "Sleep Medicine", in anesthesiology reference book for medical students in Shahid Beheshti University of Medical Sciences, August 2024
- 6) First author of the “International Sleep Medicine” chapter in the *Encyclopedia of Sleep Medicine*, 2021.
- 1) Author of the “Non-Invasive Ventilation” chapter for World Sleep Academy, 2023
- 2) First author of “Neurological Conditions and Sleep and Circadian Rhythms” chapter in “Textbook of Sleep and Circadian Medicine” In progress.
- 3) Second author of “Pediatric Obstructive Sleep Apnea” chapter in “Textbook of Sleep and Circadian Medicine” In progress.

CONSULTING EXPERIENCES

- 1) Honorary professor of sleep medicine, Avicenna Tajik State Medical University, Dushanbe, Tajikistan.
- 2) Medical advisor for Professor Ismael Sarwar for the establishment of a sleep clinic in Sulaymaniyah, Kurdistan of Iraq and educating sleep technicians.
- 3) 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 Pramipexol in Firuzgar Hospital, a clinical trial”, March 2021.
- 4) 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.
- 5) 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.
- 6) 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.

PRESENTATIONS

1. Speaker in Avicenna Tajik State Medical University, title “Why every doctor should ask about sleep?” as a part of World Sleep Day activity in Dushanbe, Tajikistan, March 6th
2. Speaker in the 19th International Congress of the Iranian Society of Otolaryngology Head & Neck Surgery, title “Pharmacologic Management of Obstructive Sleep Apnea”, Tehran, Iran, Nov 26th
3. Speaker at Seminar of Iranian society of Rhinologists, title “Preoperative Considerations of Obstructive Sleep Apnea in Rhinology Surgery”, Tehran, Iran, November 20th 2025
4. Speaker at Sleep & Palliative Medicine Panel, 17th International Congress of Anesthesia, Critical Care, and Pain Management, title “Understanding Sleep in Palliative Medicine” Nov 5th 2025.
5. Chairing the scientific session in World Sleep 2025 congress, title “Empowering Women’s sleep Health with Artificial Intelligence” and speaker on “Sleep Disorders in Iranian Women”, Singapore September 10th 2026.
6. Speaker at one day seminar of Sleep and Heart in Tabriz, title: "Obstructive Sleep Apnea and Its Impact on Hypertension and Arrhythmia", May 15th 2025.

7. Speaker at 3 day "First Congress of Translational Anesthesia", title: "Effect of Anesthetics on sleep structure", May 2-5th 2025.
8. World Sleep Academy lecture. Title: "Setting up a sleep center: Recommendations and Requirements", November 27th, 2024.
9. Speaker at Iranian Rhinology congress Tehran, Iran. Title "Guideline on anesthesia for pediatric obstructive sleep apnea surgery". November 22th 2024
10. Speaker at Iranian Rhinology congress Tehran, Iran. Title "When to refer an OSA patient to a surgeon?". November 21th 2024.
11. Symposium chair, sleep panel at National Anesthesiology and Intensive Care Unit congress Tehran, Iran. November 6th 2024.
12. World Sleep Academy lecture. Title: "Non-Invasive Ventilation Modalities and Treatment Options", May 15th, 2024.
13. Speaker and main executive secretary of 9th Iranian Congress on Sleep Disorders, Title "Modes of Non-Invasive Ventilation", May 3rd, 2024.
14. Speaker at Sleep and Anesthesia webinar, Iranian Society of Anesthesiologists. March 7th, 2023
15. Speaker at World Sleep 2023, Rio De Janeiro, Brazil. Title "Sleep deprivation in the elderly". October 20-25, 2023.
16. Speaker at World Sleep 2023, Rio De Janeiro, Brazil. Title "Establishing sleep clinics in developing countries". October 20-25, 2023.
17. Speaker at one-day sleep seminar in Hormozgan University, Bandar-Abbas, Iran. Title "Insomnia diagnosis and treatment". June 15th 2023
18. Speaker at National Anesthesiology and Intensive Care Unit congress Tehran, Iran. Title "Role of Anesthesiologists in Sleep Medicine". May 24th 2023
19. World Sleep Academy lecture. Title: "Non-Invasive Ventilation", November, 2022.
20. Speaker at World Sleep 2022, Rome, Italy. Title "Establishing sleep clinics in developing countries". March 11-16, 2022.
21. Speaker at "Sleep Medicine" workshop in Soleimani University, Kurdistan of Iraq. Titles "sleep disorders in neuropsychiatric conditions" and "Telemedicine in sleep". June 9th 2022

22. Speaker at “International Symposium of Otolaryngology, Allergy and Immunology” in Dushanbe, Tajikistan. Title “Obstructive Sleep Apnea and the Immune System”. May 27th 2022.
23. Speaker at “IS RTP mentees’ perspectives on obstructive sleep apnea though out the world” symposium at World Sleep 2022, March 15th, Rome, Italy.
24. Symposium chair and speaker “Establishing sleep labs in developing countries, primary steps and current challenges”, other speakers: S. Khachatryan, H. Mallick, H. Fang, World Sleep 2022 congress, March 15th, Rome, Italy.
25. “Spindle characteristics as Polysomnographic biomarkers for sleep breathing disorders in chronic opioid users” Poster presentation at World Sleep 2022, March 15th, Rome, Italy.
26. “EEG Biomarkers of insufficient sleep in chronic opioid users” Poster presentation at World Sleep 2022, March 16th, Rome, Italy.
27. “Sleep Disorders in Neurologic Patients” Oral presentation in annual neurological meeting, New Topics in American Academy of Neurologists 2021, Tekaje company, 9th September 2021
28. “Sleep Study indication for Otolaryngology Patients” Oral presentation in Kurdistan Virtual meeting, August 2021.
29. “Sleep Medicine in Iran” Oral presentation in World Sleep 2021 Virtual Meeting, 2425th June 2021.
30. “The effect of Armodafinil on sleep spindles in obstructive sleep apnea” Oral presentation and chair in IS RTP panel, The 3rd Sleep Congress of Asian Society of Sleep (ASSM 2021), 14-17th May 2021.
31. “Anesthetic Considerations in obstructive sleep apnea” Oral presentation in Iranian Ear Nose and Throat webinar 4th March 2021.
32. “Accreditation and standardization of Sleep Clinics in Iran” Oral presentation in sleep fellowship program of Tehran University of Medical Sciences 26th January 2021.
33. “Cognitive Behavioral Therapy for Insomnia” Oral presentation at Zoom meetings of International Sleep Research and Training Program, World Sleep Society, December 12 2020.
34. “The effect of Armodafinil on sleep spindles in obstructive sleep apnea” Oral presentation in 25th congress European Sleep Research Society 22-24th September 2020.

35. "Dermatological presentations in sleep patients", Oral presentation at Zoom meeting International Sleep Research and Training Program, World Sleep Society, Woolcock Institute of Medical Research, Sydney, Australia, 4 April 2020.
36. "OSA and dermatological disorders". Dermatology department of St. George Hospital, University of NSW, Sydney, Australia, 5 February 2020.
37. "Video Education to Improve Adherence (Sleep Apnea Video Education for CPAP or SAVE-CPAP study): A Randomized Control Trial" poster, World Sleep 2019, Vancouver, 20-25 September 2019.
38. "Sleep in Elderly", "Sleep Hygiene", "Sleep in Shift Workers", "Nightmares and Disorders of Dreaming", "World Sleep Day-2021" Invited speaker on various Iranian National Radio educational programs for public awareness on sleep disorders. 2018-2021
39. "*Anesthesia and sleep disorders*", sleep disorders symposium, Nikan Hospital, Tehran, Iran, 4 July 2019.
40. "*Hidden Danger! Perioperative management of Obstructive Sleep Apnea patients*",
 - a. 5th Shiraz Rhinology & Facial Plastic Surgery International Course (SRFPIC), Shiraz,
 - b. Iran, May 2019. <http://www.shirazrhinology.com/dr-leila-emami/?lang=fa>
41. "Sleep Medicine", 1st Seminar in Neural Stimulation engineering, Shahid Beheshti University, Tehran, Iran. <http://arg.sbu.ac.ir/sense2019>
42. "*Anesthesia considerations in an Obstructive Sleep Apnea*", Weekly webinars for sleep Fellows of Tehran University of Medical Sciences, Tehran, Iran, January 2019.
43. "*Anesthesia Points in an Obstructive Sleep Apnea patient*", 16th International Congress of Iranian Society of Otolaryngology, Head and Neck Surgery, Tehran, Iran, November 2018.
44. "*Treatment options in an Obstructive Sleep Apnea*", 16th International Congress of Iranian Society of Otolaryngology, Head and Neck Surgery, Tehran, Iran, November 2018.
45. "Obstructive Sleep Apnea and Anesthesia", Annual conference of Sleep Medicine, Tehran, Iran, May 2018.
46. "Obstructive Sleep Apnea and Anesthesia", New Trends in Sleep Medicine, Tehran University of Medical Sciences, Tehran, Iran, February 2018.
47. A. Salimi, F. Haji-Mohammadi, 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.

48. A. Salimi, F. Haji-Mohammadi, A. Etemadi, L. Emami, P. Borghei, *Evaluation of ketamin gargling on sore throat after ear surgery and its mechanism*, Annual ESRA Congress, European Society of Regional Anesthesia, Porto, Portugal, 2010.
49. L. Emami, S. Razavi, *Displacement of naso-tracheal tube during cleft palate surgery*, Weekly Meetings of Anesthesiology Department, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2009.
50. L. Emami, *Treatment of laryngeal spasm in pediatric anesthesia*, Weekly Meetings of Anesthesiology Department, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2009.
51. L. Emami, F. Roodneshin, *A case report of anesthesia in myopathy*, Seasonal Meetings of Anesthesiology Department, Labbafi Nejad Teaching Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2009.
52. L. Emami, “*Pediatric laryngospasm*”, Weekly Meetings of Anesthesiology Department, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2009.
53. L. Emami, M. Koochak, “*Agitation & delirium*”, Seasonal Meetings of Anesthesiology Department, Imam Hossein Teaching Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2008.
54. L. Emami, “*Hemodynamic changes in spinal anesthesia for cesarean delivery in severe preeclampsia*”, Weekly Meetings of Anesthesiology Department, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2008.
55. L. Emami, M. Moghadam, *A case report of cardiogenic pulmonary edema in pregnancy*, Weekly Meetings of Anesthesiology Department, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2008.

Community presentations in TV and Radio

1. “Sleep Hygiene for Society” Invited speaker on a national Iranian Scientific TV program, “Sobhi Digar (Another Morning)” Channel 7 TV program
2. Case presentation with sleep disorders for the Sepeher Danesh Radio program
3. Multiple radio presentation of various topics in sleep medicine, on Radio Salamat
4. Lecture of “Sleep hygiene in students” for group of parents of students of one of the largest primary schools in Teran, Iran, April 18th, 2022.

POSTERS

- 1) "Screening candidates of surgery for obstructive sleep apnea in preoperative clinic of Shohadaye Tajrish Hospital", National Anesthesiology and Intensive Care Unit congress Tehran, Iran. November 6th 2024
- 2) Video presentation and poster for celebrating World Sleep Day, 19th March 2021.
- 3) "The effect of Armodafinil on sleep spindles in obstructive sleep apnea" Poster presentation accepted in Philadelphia Sleep conference 13-16th June 2020.
- 4) "SAVECPAP" World Sleep Congress, Canada September 2019.

CONGRESSES AND WORKSHOPS

- 1) 19th International Congress of the Iranian Society of Otolaryngology Head & Neck Surgery, Tehran, Iran, Nov 26-28th
- 2) Seminar of Iranian society of Rhinologists, Tehran, Iran, November 20th 2025
- 3) 17th International Congress of Anesthesia, Critical Care, and Pain Management, Nov 5-7th 2025.
- 4) World Sleep 2025 congress, Singapore September 10th 2026.
- 5) Iranian Rhinology congress Tehran, Iran. November 21-22th 2024
- 6) National Anesthesiology and Intensive Care Unit congress Tehran, Iran. November 6-8th 2024
- 7) 9th Iranian Congress on Sleep Disorders, May 2-4th 2024.
- 8) World Sleep 2023, Rio De Janeiro, Brazil. October 20-25, 2023
- 9) National Anesthesiology and Intensive Care Unit congress Tehran, Iran. May 24th 2023
- 10) World Sleep 2022, Rome, Italy, February 2022
- 11) Weekly virtual sleep meetings of Harvard University, Boston, USA, since September 2021 till now.
- 12) Weekly virtual sleep behavioral meeting of Arizona University, Arizona, USA since June 2021 till now.
- 13) "EEG in ICH patients" virtual meeting by Natus, 2021.
- 14) University of Sydney clinical case conference, Woolcock Institute of Medical Research, Sydney, Australia, 5th May 2020.
- 15) University of Sydney clinical case conference, Woolcock Institute of Medical Research, Sydney, Australia, 5th Nov 2019.

- 16) Sleep-Down-Under 2019, Sydney, Australia, 16-19 October 2019.
- 17) Sleep disorders symposium, Nikan Hospital, Tehran, Iran, 4 July 2019.
- 18) Natus polysomnography scoring and interpreting workshop, Firoozgar hospital, Tehran, Iran, June 2019.
- 19) Lowenstein sleep conference, Payambaran Hospital, Tehran, Iran, June 2019.
- 20) 5th Shiraz Rhinology & Facial Plastic Surgery International Course (SRFPIC), Shiraz, Iran, May 2019.
- 21) Sleep and Breathing Conference, European Sleep Research Society, Marseille, France, April 2019.
- 22) 1st Seminar in Neural Stimulation engineering, Shahid Beheshti University, Tehran, Iran, February 2019.
- 23) 16th International Congress of Iranian Society of Otolaryngology, Head and Neck Surgery, Tehran, Iran, November 2018.
- 24) Nasal High Flow Nasal Treatment, Tehran, Iran, October 2018.
- 25) 2nd Sleep Medicine Conference by LOWENSTEIN, Isfahan, Iran, October 2018.
- 26) 15th International Conference on Home Mechanical Ventilation, 6th European Respiratory Care Association, Lyon, France, March 2018.
- 27) Clinical Research Priority Program Sleep and Health, University of Zurich, Zurich, Switzerland, February 2018.
- 28) 2nd Winter School for Neurosciences, Tehran, Iran, December 2017.
- 29) Iranian Sleep Medicine Society and Sonafi Insomnia Conference, Tehran, Iran, December 2017.
- 30) The Best of Sleep Medicine Conference by Somnomedics, Tehran, Iran, December 2017.
- 31) 4th Iranian Human Brain Mapping Congress, Tehran, Iran, October 2017.
- 32) 1st Sleep Medicine Conference by LOWENSTEIN, Isfahan, Iran, October 2017.

- 33) World Sleep 2017, Prague, Czech Republic, October 2017.
- 34) Diagnostic Evaluation of Sleep Disorders Workshop, Institute of Medical Sciences and Technology, Tehran, Iran, August 2017.
- 35) Intensive Clinical PSG Scoring and Embla Applications, Tehran, Iran, December 2016.
- 36) Illinois Sleep Society Conference, Chicago, IL, March 2014.
- 37) 10th World Congress on Sleep Apnea, Pontificia Universitas Lateranensis, Rome, Italy, September 2012.
- 38) Scoring in Polysomnography Workshop, Masih Daneshvari Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran, July 2009.
- 39) 4th National Conference of Sleep Medicine, Iran University of Medical Sciences, Tehran, Iran, October 2008.
- 40) 14th World Congress of Anesthesiologists, Cape Town, South Africa, February 2008.
- 41) 1st International Congress on Ophthalmic Anesthesia, Shahid Beheshti University of Medical Sciences, Tehran, Iran, December 2008.
- 42) Weekly conferences during 4 years of Anesthesiology residency in Shahid Beheshti University of Medical Sciences, 2006-2010.
- 43) Weekly conferences during 2 years of Sleep Medicine fellowship in University of Chicago, 2014-2016.
- 44) Weekly zoom scientific meetings of International Sleep Research and Training Program (IS RTP), 2010-2020.

SCIENTIFIC ARTICLES:

- 1) **February 2021** "Idiopathic Hypersomnia" on the main website of Iranian Neurologists <https://norology.com>
- 2) **January 2021** "Sleep and Epilepsy" on the main website of Iranian Neurologists <https://norology.com>
- 3) **March 2021, reprinted in 2025**, "Short and Long Sleeper Syndrome, overview for patients", Interview in Healthier Sleep Magazine, United States, Minnesota, Rochester.

AWARDS AND HONORS

December 2024: Establishing and the chairing Artificial Intelligence committee for the Iranian Society of Sleep Medicine.

August 2024: Working to gather data for putting Iranian Sleep Medicine Society as one of the associate society members of World Sleep Society.

May 2024: Executive Secretary of Iranian Congress on Sleep Disorders (ICSD2024) in Tehran Iran. This congress had the honor of virtual contributions from 25 international speakers.

April 2022: Awarded “Certification of Significant Author Contribution” for work in the area of non-invasive ventilation for the World Sleep Academy.

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

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

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

June 2019: Selected as **one of 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 to be board certified by the “World Association of Sleep Medicine” (WASM), and thus recognized as an “*International Sleep Disorders Specialist*”.

March 2017: Matched in Anesthesiology program of Georgia Regent University (Medical College of Georgia) to start working Anesthesiology residency but my US visa was refused due to Iranian visa ban 2017.

May 2016: Board of Polysomnographic Technologists Certification with above competence score and became Registered Polysomnographic Technologist (RPSGT) certified.

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 2010: Achieved a thesis grade of 19.5 out of 20 for graduation in Anesthesiology specialty and graduated as a board-certified anesthesiologist.

March 2005: Chosen among approximately 20,000 physicians in the national comprehensive residency exam held in Iran every year for admission into medical specialty

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.

REFERENCES:

1- Clete A Kushida, MD, PhD
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2- Babak Mokhlesi, MD, M.Sc.,
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4- Amir Sharafkhaneh, Professor of Medicine
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5- Brendon Yee, Clinical Professor, MBChB FRACP PhD
Respiratory and Sleep Physician, Senior Staff Specialist
Department of Respiratory and Sleep Medicine, Royal Prince Alfred Hospital
Head, Discipline of Sleep Medicine, Sydney Medical School
University of Sydney
Co-Chair: Clinical Academic Group (Sleep), Sydney Health Partners
Honorary Professor
Woolcock Institute of Medical Research, Sleep and Circadian Research Group
Faculty of Medicine, Macquarie University

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