

National Sleep Medicine Course (NSMC) Faculty Profile

National Faculty



Dr Hrudananda Mallick after obtaining his MD and PhD from All India Institute of Medical Sciences, New Delhi joined as a faculty in 1990. He started his career in neuroscience under IBRO career development programme for young neuroscientists initiated by Prof Masao Ito in 1987. He worked in prestigious Exploratory Research for Advanced Technology programme of Japan Science and Technology Corporation in Toyama University School of Medicine under Prof Taketoshi Ono. His work on glycine potentiation of glutamate induced neuronal excitability has got US, Canadian and European patent.

Dr Mallick has been working on the role of preoptic area in male sexual behaviour, thermoregulation and sleep-wakefulness with Prof V Mohan Kumar till 2006. He has extended Baldev Singh Sleep laboratory established by Dr Mohan Kumar in the Dept of physiology to human sleep research. This is one of the rare laboratories where both animal and human sleep and chronobiology research are conducted. Dr Mallick along with Dr Deepak Shrivastava from USA is carrying out sleep medicine education programme (National Sleep Medicine Course and Sleep Technology Workshop) in India since 2006. He is currently the President of Indian Society for Sleep Research and the Asian Sleep Research Society.



Dr. V. Mohan Kumar Joined the faculty of AIIMS, New Delhi in 1972 and retired as Head of the Department of Physiology, AIIMS in 2006. He got attracted to the subject of “Sleep” because of his close personal rapport with the late Prof. Baldev Singh, who was then working as Emeritus Professor in the Department of Physiology, AIIMS. Dr. Kumar went to Milan, Italy in 1977 to work for a year with Prof. Mancina, the disciple of Morruzi who discovered the function of Ascending Reticular Activating System. Dr. Kumar did research work on neural regulation of sleep. He established the first telemetric sleep recoding laboratory at the department of Physiology, AIIMS, and dedicated it to the memory of Prof. Baldev Singh.

A novel automated system that Dr. Kumar had developed, for detecting the thermal preference in experimental animals, has helped in unravelling the mysteries of sleep regulation and thermoregulation. Dr. Kumar formed the Indian Society for Sleep Research, and is the founder member of Asian Sleep Research Society. He was the first Asian to be elected as the Vice-President of the World Federation of Sleep Research Societies. He is the patron of the Springer journal Sleep and Vigilance. He worked (till 2016) as Visiting Professor, and Emeritus Scientist of CSIR and ICMR at Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST), the DST institute in Thiruvananthapuram, Kerala. He established the Comprehensive Centre for Sleep Disorders at

SCTIMST. He is the Chairperson of the Kerala Chapter of the National Academy of Medical Sciences (India).



Dr. Bindu M. Kutty is Professor of Neurophysiology and officer in charge, Center for Consciousness Studies, Dept. of Neurophysiology, NIMHANS, Bangalore. Her team has contributed immensely in the area of neurobiology of sleep in the last twenty-five years. Some major studies include; importance of yoga- meditation on sleep organization, REM sleep- hippocampal theta activity and spatial learning, sleep abnormalities associated with neurodegeneration, photoperiod manipulations in restoring sleep using animal models of neurodegeneration and cognitive impairment.

She has various collaborative studies investigating the sleep abnormalities in neuropsychiatric disorders viz; schizophrenia, anxiety disorders, cerebellar ataxia, Parkinson's disease, to understand the pathophysiology. Currently, her team focuses on neurophysiology and phenomenology of dreams, neuroscience of consciousness from the perspectives of sleep and dreams.

She has served the ISSR in various capacities; Treasurer, General Secretary and as executive committee member. Presently, she is the coordinator, Bangalore Sleep Forum, the Bangalore chapter of ISSR and contributes to sleep education initiatives of ISSR.



Dr. Preeti Devnani MD, ABPN, D, ABIM, FAASM She is a specialist in Sleep Medicine and Neurology and is board certified by the American Board of Neurology & Psychiatry and American Board of Sleep Medicine.

Dr. Devnani completed Neurology residency, Neurophysiology and Sleep Medicine Fellowships in Chicago, USA.

Dr. Devnani is the recipient of the Young Investigator Research Award from the World Association of Sleep Medicine 2013. She is also a board member and faculty examiner of the Indian Sleep Disorder Association and Indian Sleep Research Society. Dr. Devnani hosted the Indo-US National Sleep Medicine Course, 2011 Mumbai. She is the Co-Course Director of the Ace School of Sleep Medicine founded in 2011 for training physicians and technicians in the field of Sleep Medicine. She has published several articles and is a principal investigator for various clinical trials. Invited to a forum on Indian National Guidelines, INOSA- Obstructive Sleep Apnea -2014, Insomnia National Guidelines-2014

Her special interests include Behavioral Sleep Medicine Sleep in Women and Children and Sleep disturbances in Neurodegenerative disorders. She is also involved in epidemiological surveys in adolescent medicine and autism.



Kamalesh K Gulia is currently working as Scientist & In-charge, Division of Sleep Research in the Biomedical Technology Wing of the Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST), an Institute of National Importance by Govt of India, in Trivandrum, Kerala. She studied and completed her Doctoral Degree from the University of Delhi availing fellowship from the Council of Scientific and Industrial Research (CSIR), India qualifying the CSIR-NET. She pursued 'Neurophysiology of Sleep' obtaining research grants from the Indian Council of Medical Research (ICMR) and CSIR during Post-Doc from the All India Institute of Medical Sciences (Delhi), and attained expertise in the advanced neurophysiological techniques availing the International Brain Research Organization, IBRO-International Fellowship working in the Neurophysiology Department at the Fukushima Medical University, Japan in 2006-2007.

After return from Japan, she worked as Scientist (in Women Scientist Scheme-A) at the National Brain Research Center, Manesar until 2009. With extensive expertise in area of sleep, she joined SCTIMST, Trivandrum to initiate the Division of Sleep Research, a laboratory of International standard, in late 2009. Her research interests pertain to explore the role of sleep in cognition, development of early neural networks, effects of herbs and Ayurvedic principles in insomnia. She is also studying the effects of yogic sleep in improving sleep and wellbeing in women. The lab also provides training in sleep research to national and International students.

She organised the 5th National Sleep Medicine Course (with the generous support of Dept of Science & Technology, India), and the 4th national Conference of Indian Society for Sleep Research in Trivandrum (supported by CSIR, ICMR and Dept of Biotechnology, India) in 2010. She organized 8th International Conference of the Asian Sleep Research Society in Kovalam (Kerala) in 2014. In 2019, she organized IBRO-APRC International residential Neuroscience School on Advanced techniques to explore the functions of normal and diseased brain in Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum, Kerala in 2019 availing grant from IBRO APRC, France.

Dr Gulia has authored more than forty full papers in peer-reviewed International journals and edited 3 conference proceedings. She serves as the Co-Editor of Sleep and Vigilance and a member of the Board of Reviewing Editors of Sleep Advances. She has delivered invited talks and orations in various national and International Conferences, and is also Faculty of the National Sleep Medicine Course, India.

Dr Gulia has acclaimed several awards including Dr BK Anand Oration Award for the year 2020-2021 by the National Academy of Medical Sciences (New Delhi); Prof Baldev Singh Oration Award for year 2019 by the Association of Physiology and Pharmacology of India; the Young Investigator Awards at 29th Meeting of Japanese Neuroscience Society (Kyoto) in 2006 & at 34th IUPS congress (Christchurch, New Zealand) by FAOPS in 2001; Young Scientist Award at the 4th Asian Sleep Research Society Congress (Zhuhai, China) in 2004; Best poster Award at 3rd Asian Sleep Research Society Congress (Bangkok, Thailand) in 1999 etc. She is currently the General Secretary of the ISSR.



Dr Manjari Tripathi is Professor of Neurology at AIIMS- Delhi. She completed her training in Neurology at the prestigious institute, NIMHANS, Bangalore in the year 1996.

She completed the American Academy Sleep Medicine fellowship awarded to international scholars in sleep medicine in the year 2008 under the mentorship of Prof Phyllis Zee, NORTHWESTERN UNIVERSITY, Chicago. She also did a rotation in Sleep medicine under the supervision of Prof Frica Yan Go (UCLA) April 2006. She is a fellow of the Indian Sleep Disorders Association (ISDA). Executive member of Indian Society Sleep Research (ISSR) and ISDA.

She did her National Institute of Health (NIH-USA) FELLOWSHIP in EPILEPSY at the prestigious University College of Los Angeles – USA, June 05-06. She did a Penry mini fellowship in Epilepsy from the Wake forest university in North Carolina.

She is Center PI of Sleep apnea vascular endpoints study (SAVE-multicentric) & DBT funded project on Insomnia and OSA.

She is an active member of Professional societies like American Academy of Neurology, ISSR, ISDA & American Academy of Sleep Medicine. She has numerous research publications in sleep, epilepsy, etc. Her main areas of interest are Epilepsy especially Intractable epilepsies, Sleep medicine & cognitive neurology. The interface between sleep and cognition is an area of interest to her. Her sleep lab does both Level I and level III portable recordings with a clear indication paradigm.

She has more than 200 publications in peer-reviewed journals. Is an integral part of the comprehensive epilepsy care program and runs the intractable epilepsy clinic. She has delivered guest lectures at various National and International epilepsy and sleep conferences. She is committee member in formulating Insomnia and OSA guidelines by ICMR India.

She is reviewer of various National and International Journals and recipient of Numerous Young Investigator Awards and Scholarships of the AAN and AASM.

She has been a guide for 70 research students (DM Neurology, Pediatric Neurology, Physiology, Anatomy, Pharmacology etc). She also guides PhD students and is a devoted teacher.

She has delivered talks and orations in various sleep related meetings at both national and international level.



Dr. Garima Shukla is Professor of Neurology at the All India Institute of Medical Sciences, New Delhi, India. She heads the Sleep disorders facility at her center and is a senior member of the Comprehensive Epilepsy care team there. Her specialized training, interest and research focus is in Sleep Medicine and medically refractory epilepsy, and the fascinating interface between these areas.

Dr. Shukla graduated from medical school with MBBS (1994) and completed her postgraduate degree (MD) in Medicine (1997) from the Faculty of Medicine, Maharaja Sayajirao University of Baroda, Vadodara, Gujarat. Subsequently she completed training at the Department of Neurology, All India Institute of Medical Sciences resulting in a post-doctoral specialist certification in DM (Neurology) in 2001. After completion of her training she was appointed to the faculty at the department of Neurology at AIIMS. She has several academic distinctions during her postgraduate training, having been awarded a gold medal for MD (Medicine) and the Manoharlal Soni 'best student award' at her DM course.

Having chosen epilepsy (especially medically refractory epilepsy) and Sleep Medicine as her areas of interest and research focus, she pursued fellowship training with a Department of Science and Technology, Government of India grant, in Epilepsy, Clinical Neurophysiology and Sleep Medicine at the Cleveland Clinic, Ohio, USA in 2008. She has been actively involved in her research interests, having secured funding and support from National Agencies (ICMR, DST) leading to a well established nationally recognized research program.

Dr. Shukla is the recipient of more than 25 academic awards at National and International scientific forums, mainly for her work in the field of "Restless legs syndrome" and "pharmaco-resistant epilepsies".

Her research focus has been in the fields of Sleep Medicine and epilepsy, mainly the fascinating interface between these areas. She has also worked extensively in the areas of Restless legs syndrome, advanced multimodality treatment of sleep disordered breathing and non-seizure outcomes of epilepsy surgery. Over the last few years, she has been keenly involved in developing evaluation tools for various sleep disorders tailored to the socio-cultural characteristics of the Indian subcontinent. To date she has more than 100 indexed publications in high impact International peer-reviewed journals.

Dr. Shukla is an executive member of the International RLS study group, member of the International Liaison committee of the World Association of Sleep Medicine and has been on the Scientific committee of the last three World Sleep congresses.



Dr. MANVIR BHATIA is a Senior Neurologist and Sleep Specialist with > 25 years of experience. She is the founder of Neurology Sleep Centre, New Delhi. She is currently the Vice President of the Indian Society for Sleep research. She is the author of the book- "The Sleep Solution" first non-fiction book on sleep, in India.

She is a co-founder of the Ace School of Sleep Medicine for training physicians and paramedics in the field of sleep medicine. She is one of the pioneers in developing the specialty of Neurophysiology and sleep Medicine in the country. She was in charge of the Clinical Neurophysiology Laboratory at AIIMS and developed the 'state of art'. Clinical Neurophysiology Laboratory and started the first sleep disorders clinic under Neurology in the country. Dr. Manvir initiated and was the coordinator of the epilepsy surgery program at AIIMS.

She has been trained in USA and UK in Electrophysiology, Epilepsy and Sleep Medicine.

Dr. Manvir Bhatia has been invited to deliver lectures, Orations in National and International workshops, conferences on topics related to Neurology, Epilepsy, Sleep Medicine and has published more than 80 papers in leading journals and several chapters in books.

She received the scholarship for 10K Women Entrepreneurs' program and ambassador program by – Goldman Sach's/ISB. She has been awarded the Indira Gandhi Mahila Ratan Award, and the AAPIOS (American Association of Physicians of Indian Origin) Boston in 2017.

She was invited for the Indian National Guidelines-The Indian Initiative on OSA Guidelines (INOSA) 2014 and Insomnia National Guidelines,2014

She has participated in conducting an Awareness Program on the Importance of Sleep in the community, and celebrated World Sleep Day for > 10 years. Given interviews on TV and Print Media about Sleep.

She is a member of National and International Organisations related to Neurology, Sleep and Epilepsy. She is an executive member and country representative for ISSR to WFSRS



Lt Col (Dr) Karuna Datta (Professor Physiology, Prof and HOD, Department of Physiology, ACMS, Delhi Cantt) did her MBBS(Bachelor of Medicine and Bachelor of Surgery in 1994, from Armed Forces Medical College, University of Pune, India). After a prerequisite service of 05 years joined MD Physiology from AFMC, University of Pune, India. Completed MD in Dec 2002 and DNB Physiology from National Board of Education, Delhi in Sept 2003. Completed WHO Fellowship in 2007 in Neurophysiology at NIMHANS Bangalore under the guidance of Dr Bindu Kutty and worked in her sleep lab. Completed two weeks observership in sleep medicine at division of sleep medicine, Harvard Medical School and Brigham and Women hospital, Boston, USA in 2008

Completed two years distance education fellowship for FAIMER (Foundation for Advancement in International Medical Education and Research) at Mumbai, 2009-2011. Certified Sleep Medicine specialist from World Federation of Sleep Research and Sleep Medicine Society, Jun 2012.

She established a GI Physiology Lab at AFMC Pune and was conducting research and had projects in non erosive reflux disease and Laryngopharyngeal reflux disease. She used to see many OSA patients and that developed her interest in sleep medicine. Her area of interest in research shifted to sleep in

2007 after working at sleep lab at NIMHANS following which she had set up a clinical sleep lab at her institute. She did an Armed Forces Research project on OSA.

She is a national faculty for NSMC and Sleep Technician workshop. Has conducted PSG workshop for these workshops and for conferences. She is working on “Electrophysiological characterisation of yoga nidra and its role in insomnia patients” which is her PhD work at AIIMS, New Delhi under the guidance of Dr HN Mallick.



Dr Ravi Gupta joined the Department of Psychiatry, SMS Medical College, Jaipur as postgraduate trainee in 2000. During his residency program, he developed an inclination towards Sleep Medicine. However, its clinical transformation remained limited to the sleep disorders associated with Psychiatric disorders. In 2008, he left the academic position to pursue his interest in Sleep Medicine and started his own clinic in Jaipur with one Sleep-laboratory. In 2010, he was awarded the mini-fellowship from American Academy of Sleep Medicine.

He joined his present institute in 2010 and started the Sleep Clinic and Sleep-laboratory. Presently, he is working as Associate Professor in Department of Psychiatry, Himalayan Institute of Medical Sciences, Dehradun and also the in-charge of Sleep Clinic and sleep laboratory.



Dr. Tripat Deep Singh graduated with MBBS from Govt. Medical College Patiala, Punjab, India in 2003. He obtained his Post-graduate degree in Physiology from Vallabhbhai Patel Chest Institute University of Delhi, Delhi, India in 2009 where he also got trained in the field of Sleep medicine. He specializes in Sleep Medicine as International Sleep Specialist (World Sleep Federation program) and Sleep Technology as Registered Polysomnography Technologist (RPSGT) & Registered Sleep Technologist (RST).

He is a regular faculty for National Sleep Medicine Course and National Sleep Technology Course in India. He is editor of newsletter for Indian Society for Sleep Research (SleepWatching India). He is also Director of Academy of Sleep Wake Science which prepares doctors and technologists for various International certifications in the field of Sleep Medicine.

He has published 3 books on various aspects of Sleep technology. He is Associate Editor of American Academy of Sleep Technology (AAST) Book “Fundamentals of Sleep Technology”, which is considered must read in the field of Sleep technology. He is on the Editorial board of “Sleep and Vigilance” Journal and Journal of Neurology- Indonesian Neurology Society.

He was awarded Medal of Honor in 2019 by Ministry of Health Vietnam for his contributions for developing Sleep Medicine and Sleep Technology in Vietnam.

He is currently working on developing India’s first online Sleep consultation platform in

collaboration with REM42. He along with engineering team of REM42 is working on developing AI algorithms for diagnosing different Sleep disorders. He is also Clinical Director of Academy of Sleep wake Science imparting education in the field of Sleep Medicine and technology.



Dr Nasreen Akhtar is Additional Professor at Department of Physiology, All India Institute of Medical Sciences New Delhi. After obtaining her M.D. and Ph.D. from Maulana Azad Medical College New Delhi, she joined AIIMS, New Delhi as Faculty in 2015. She is the recipient of the prestigious Young Researcher Award by Department of Science and Technology to visit the meeting of Nobel Laureates and students in Lindau, Germany in 2003. She received the David Zeaman travel award for paper presentation at Gatlinburg Conference, Chicago, Illinois, USA, in 2014. She received First prize for the best paper presented at National Conference on “Oxidative stress and cognition-an overview”, New Delhi in 2008 and Best paper presented Award at International Conference on “Cardiopulmonary regulation in health & disease: Molecular and systemic integration”, New Delhi, in 2007.

Her areas of interest are effect of endocannabinoids on sleep and sleep quality in young adults. She is PI of many projects and has full length research papers in per-reviewed national and international journals. She is Associate Editor of the journal ‘Sleep and Vigilance’. She is a life member of ISSR, member of AASM (since 2018) and WSS (since 2018). She was Organizing Secretary of Advanced Sleep Technology Course in 2019 and National Sleep Technology Workshop in 2016 at AIIMS New Delhi. She has been a Faculty of Sleep technology workshop since 2016 and of National Sleep Medicine Course since 2019. She was Convener of ‘Workshop on Polysomnography’ in Workshop on Techniques in Physiological Sciences for SAARC Nations in December 2020.



Dr. Arun has done his MBBS from Government Medical College, Kottayam, Kerala (2002-2008) and then then did a PhD in Neurophysiology from NIMHANS, Bangalore (2010-2015). He has spent the last 11 years exploring various aspects of EEG-based sleep research, contributing to the improvement of sleep EEG analysis, sleep stage measures, developing novel sleep assessment approaches, and innovating new EEG-based devices. For his Ph.D. study he carried out a multi-modal neurophysiological and neuroimaging study to evaluate the dysfunctional brain mechanisms associated with schizophrenia. He has also got 4.5 valuable years of post-PhD work experience in a medical device R&D lab, managing several academia-industry collaborative studies, and working with engineers to develop novel EEG-based medical devices and analysis tools.

Overall, his research projects involved participants with various mental disorders (Schizophrenia, Anxiety, Spinocerebellar ataxia, Parkinson's disease, Epilepsy, etc.) and those with enhanced mental-training/well-being (Meditators, Expert Musicians, etc) – all involving various aspects of EEG research.

Currently, he is a Scientist at the new Center for Consciousness Studies (under Dept of Neurophysiology, NIMHANS) where he undertakes multi-disciplinary research in consciousness, across the illness-to-wellness spectrum, with sleep research being a core domain. The work focuses on solutions for disorders of consciousness (including mental disorders), based on scientific studies

of efficient cognitive dynamics attained through traditional Indian mind-body training practices like meditation. This include using sleep as a window to understand and modulate cognition and consciousness. He is also involved in developing new approaches in EEG research (in both sleep and wake) and provide training of the same to other researchers across the country.

He is a resource person for various EEG and sleep workshops across India (>40 talks given). He has published >20 papers in international journals and >47 conference presentations. He is a subject expert in PhD DAC committees for multiple institutes. He is on the Editorial Board of few international journals and has reviewed several international articles in different journals.



Dr. P. N. Ravindra is a neurophysiologist with passionate interest in integrating Indian psychological aspects pertaining to Yoga (meditation) and neuroscience with special focus in understanding neuroscientific aspects of meditation and its effect on sleep, cognition and consciousness. His work on Vipassana meditation and sleep organization is been landmark study that has demonstrated the age attenuation effect of meditation practice on sleep organization with appropriate autonomic and humoral modulation. His work recognized with a National award from Association of Physiologist and Pharmacologist of India.

Presently his work is focused on sleep spindle modulation and memory in vulnerable group, learning during sleep, Yoga intervention in adolescent depression and Insomnia. He is also interested in developing sleep-interface devices for inducing optimal sleep. He Conducts seminar/workshops on various contemporary subjects with integrating neuroscience with Indian psychology and philosophy. He was bestowed with a prestigious fellowship by Mind and Life Institute.



Dr. Ravi Yadav started his career in medicine after graduating from the prestigious King George's Medical College, Lucknow, India. He obtained honours in Surgery, Orthopedics, and Pathology. He completed his MD in general medicine at the King Georges University in 2004. He did his DM Neurology training at All India Institute of Medical Sciences, New Delhi and was awarded best Postgraduate in Neurology for the year 2008. He joined as assistant professor of neurology at prestigious National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru in 2008, and is currently working as the Professor of Neurology at NIMHANS, Bengaluru. He is the co-editor of the reputed book "Bickerstaff's Neurological Examination in Clinical Practice," 7th adapted edition and was published in 2014. He also is the editor of the book "Ward Rounds in Neurology".

He has published more than 125 publications in various National and International journals. He has also been the founding member and the treasurer of the Movement Disorders Society of India. He was awarded Diplomate of World Sleep Society in 2019

His interest towards Sleep Medicine was initiated by his mentor Dr Garima Shukla at AIIMS, New Delhi. Subsequently at NIMHANS he has been working on REM sleep behaviour disorder in Parkinson's disease and sleep disturbances in several neurodegenerative disorders like, Spinocerebellar ataxias, Huntington's disease, Progressive Supranuclear palsy and cervical dystonia.

Some of the core work has been to demonstrate the association of saccadic eye movement disturbances and reduced REM sleep detection in spinocerebellar ataxia and Huntington's disease. He has published extensively in peer reviewed journals in the above areas. He also initiated NIMHANS sleep disorders clinic in 2019.

International Faculty



Dr. Deepak Shrivastava trained at State University of New York and University of California, Davis. He received his sleep medicine training at Stanford. He is board certified in Sleep medicine, Pulmonary, Critical Care, Internal medicine and Polysomnography technology.

He is a Professor of Medicine, Sleep, Pulmonary and Critical Care. He is a senior faculty at Sleep Medicine Fellowship Program at UC Davis School of Medicine. He is recipient of many Academic and Service awards. He is also in clinical practice of sleep in California since 1989.

He is actively involved in leadership, political advocacy and sleep medicine training of healthcare providers in United States and abroad. He pioneered National Sleep Medicine Course in India with Dr. H N Mallick and full support of Dr. V. Mohan Kumar through ISSR. His FDA guided research in oral appliance therapy compliance monitoring is notable for a breakthrough technology.



Dr. Sunao Uchida graduated from Shiga University of Medical Sciences, in 1983, and immediately started neuropsychiatry clinical training in Tokyo Medical and Dental University. There he studied clinical psychiatry, EEG physiology and sleep research. In 1990, he moved to University of California at Davis and joined Prof. Irwin Feinberg Laboratory. Then he came back to Japan in 1992 and started work in Tokyo Institute of Psychiatry. When he moved to Waseda University in 2003, he was a vice councilor of research and the head of sleep disorders research division. In Waseda University, he was a professor and also now functioning as deputy dean of international affair.

Dr. Uchida is fluent in Japanese and English, and has given lectures in India since 2002. He is a founding member of Japanese Association of Sport Psychiatry, and a Certified Psychiatrist of the Japanese Board of Psychiatry (JSPN), Certified Physician of Sleep Medicine (JSSR) and Certified Sports Doctor (JSA).



Dr. Kumar Budur, MD, MS, is the Executive Medical Director for Neuroscience Research and Drug Development at AbbVie Pharmaceuticals in Chicago, IL. Prior to joining AbbVie, he was an Associate Professor of Medicine at Cleveland Clinic, Cleveland, OH. Kumar Budur is double board certified in Psychiatry and Neurophysiology/ Sleep Medicine. He also has a Master's Degree in Clinical Research from Case Western Reserve University, Cleveland, OH.

Kumar Budur is an expert in Sleep disorders, especially in the portable sleep apnea testing and treatment devices and services; and Neurodegenerative disorders such as Alzheimer's Disease and Parkinson's Disease. He has presented his original research at many national and international meetings and is an invited speaker for many organizations including the FDA and NIMH. He has published more than 60 scientific articles in peer-reviewed journals and presented more than 100 abstracts at various professional meetings. He has written three text books in Neurology, Psychiatry and Sleep Medicine and has authored numerous chapters. He is passionate about clinical research and new drug development, and he is currently working on developing innovative treatments for Sleep Disorders and Neurodegenerative Disorders.



Anuja Sharma, MD did her MBBS at the prestigious All India Institute of Medical Sciences, New Delhi. She completed training in Internal Medicine, Pulmonary and Critical Care at University of Wisconsin, Madison, USA. She has practiced for 19 years with Pulmonary and Critical Care Associates and AllinaHealth in St Paul. In that capacity she has been the medical director of sleep services with these organizations since 1998 until 2015. Alongwith the above she has been working in TeleICU through the Veteran's Administration Medical Center in Minneapolis. She is currently pursuing a fellowship in Interventional Pulmonary at University of Wisconsin, Madison. She is board certified in Pulmonary, Critical Care and Sleep Medicine. Through out her career she has remained a passionate advocate of excellence in patient care.



Dr. Anuj Chandra, President of AAPIOS, is the founder and medical director of Advanced Center for Sleep Disorders in Chattanooga, Tennessee.

Chandra pursued studies in sleep medicine at the Stanford School of Sleep Medicine, the Atlanta School of Sleep Medicine, and the American Academy of Sleep Medicine. In 2004, he became board certified in sleep medicine through the AASM. In 2010, he received an additional board certification in sleep medicine from the ABMS (American Board of Medical Specialities).

Besides running the facilities in Chattanooga and Cleveland, he also has an office at the Memorial Regional Sleep Center and reviews sleep studies at Parkridge Hospital (an HCA facility).

Named one of the Best Sleep Doctors, Anuj Chandra is passionate sleep medicine. Chandra brings in unique qualities including high energy, intellectual sharpness, ability to connect with people and being a compassionate and caring doctor.

Besides running the facilities in Chattanooga and Cleveland, he also has an office at the Memorial Regional Sleep Center and reviews sleep studies at Parkridge Hospital (an HCA facility).

"To me, [pursuing a specialty in sleep medicine] was a unique opportunity, not only to practice this field as a doctor, but also to educate the entire community," he says.

Since 2005, Chandra has served as part of the international teaching faculty of the National Sleep Medicine Course, a physician education initiative that brings sleep medicine training to his native India. "We have physicians who come from all over India to attend," he says. "It's been very gratifying because people have gone on to start their own sleep centers. We've had such wonderful feedback."



Dr. Maganti did his medical school in India at Guntur Medical College. He is currently a Professor in Department of Neurology and Director of the Comprehensive Epilepsy Center at University of Wisconsin School of Medicine and Public Health. In addition he is also the Director for Fellowship program in Neurophysiology and Epilepsy. He arrived at University of Wisconsin in 2012 after being at the Barrow Neurological Institute in Phoenix Arizona.

Following his Neurology he had trained in Epilepsy and Sleep disorders and is currently boarded in all 3 areas. His interest in Sleep Medicine evolved as he was doing a research project as a fellow in epilepsy, where he examined sleep disturbances in patients with epilepsy.

This lead to further interest in understanding the relationship between sleep and epilepsy through animal models. Current research focus in on understanding cortical and network excitability and synaptic plasticity changes associated with sleep deprivation. He provides clinical care for patients with epilepsy as well as those with sleep disorders.