Stanford



Nnamdi Orakpo, MD, PhD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **California Health Care Facility**

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  Stockton, CA 95215

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Bio

BIO

Dr. Nnamdi Orakpo is a fellowship-trained sleep medicine specialist with Stanford Health Care. Dr. Orakpo is also a clinical assistant professor in the Department of Psychiatry and Behavioral Sciences, Division of Sleep Medicine at Stanford University School of Medicine.

Dr. Orakpo specializes in sleep medicine and sleep psychiatry. He focuses on sleep-related conditions, including chronic insomnia, narcolepsy, sleep apnea, restless leg syndrome, and trauma-associated sleep disorders. Dr. Orakpo also treats patients with ADHD, depression, anxiety disorders, neurocognitive disorders, and post-traumatic stress disorder. He offers interventional psychiatry treatments, including ketamine therapy and transcranial magnetic stimulation.

Dr. Orakpo led a pioneering study on virtual reality neurofeedback to treat insomnia and chronic centralized pain. He has also studied managing sleep apnea and obesity using GLP-1 medications. His other research has looked at the development of a rare movement disorder (propriospinal myoclonus) after taking metoclopramide during pregnancy.

Dr. Orakpo has published his research in peer-reviewed journals, including Sleep, Frontiers in Human Neuroscience, and Frontiers in Psychiatry. He co-wrote a clinical sleep medicine textbook with his colleagues, contributing chapters on chronic insomnia, isolated sleep paralysis, sleep-related eating disorders, sexsomnia, and exploding head syndrome. Dr. Orakpo has presented to his peers at international and national meetings of the World Sleep Congress/World Dentofacial Sleep Society, the American Academy of Neurology, and the American Public Health Association.

Dr. Orakpo is a member of many professional organizations, including the American Academy of Sleep Medicine, the American Psychiatric Association, the North American Neuromodulation Society, and the World Sleep Society.

CLINICAL FOCUS

- Psychiatry
- Sleep Medicine Specialty

- Sleep Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

HONORS AND AWARDS

- Member's Choice Award for Best Overall Research Study, American Medical Student Association's 17th Annual National Convention
- Third Place, Sixth Annual Poster Competition, Garnet Health Medical Center

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, World Sleep Society (2023 - present)
- Member, Northern California Psychiatric Society (2023 - present)
- Member, North American Neuromodulation Society (2016 - present)
- Member, California Sleep Society (2022 - present)
- Member, American Psychiatric Association (2018 - present)
- Member, American Academy of Sleep Medicine (2021 - present)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Dept of Sleep Medicine (2023) CA
- Residency: Garnet Health Medical Center Psychiatry Residency Program (2022) NY
- Medical Education: Universidad Autonoma de Guadalajara (2016) Mexico
- MD, Universidad Autonoma de Gauadalajara - Mexico , Medicine and Surgery (2016)
- PhD, University of North Texas - Denton, TX , Biomedical Gerontology - Oncology (Prostate Cancer) (2011)
- BS, University of North Texas - Denton, TX , Applied Gerontology; Minor: Degrees Psychology and PreMed/PreOptometry (2005)

COMMUNITY AND INTERNATIONAL WORK

- Building Sustainable Communities, Zacatecas and Jalisco

Research & Scholarship

RESEARCH INTERESTS

- Brain and Learning Sciences
- Diversity and Identity
- Poverty and Inequality
- Psychology
- Race and Ethnicity
- Social and Emotional Learning
- Technology and Education

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Sleep Medicine (Fellowship Program)

Publications

PUBLICATIONS

- **Pharmacological management of sleep apnea and obesity, a new frontier.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Taweesedt, P. T., Orakpo, N., Pelayo, R.
  2025

- **Chronic Insomnia** *Textbook of Sleep and Circadian Medicine*
  Orakpo, N., Cetel, M.
  2024

- **Sleep related Eating Disorder and Sexsomnia** *Textbook of Sleep and Circadian Medicine*
  Orakpo, N., Spector, A.
  2024

- **Exploding Head Syndrome, Recurrent Isolated Sleep Paralysis, and Enuresis** *Textbook of Sleep and Circadian Medicine*
  Orakpo, N.
  2024

- **Laughing in the Face of Laughter: Narcolepsy with severe cataplexy refractory to medication: A case report** *Sleep*
  Orakpo, N., Taweesedt, P., Safarpour, Y., Miglis, M., Mignot, E.
  2023

- **Jerky Night: Propriospinal myoclonus at sleep onset after Metoclopramide use during pregnancy** *Sleep*
  Orakpo, N., Tu, X., Hekmat, A.
  2023

- **Does Virtual Reality Feedback at Infra-Low Frequency Improve Centralized Pain With Comorbid Insomnia While Mitigating Risks for Sedative Use Disorder?: A Case Report.** *Frontiers in human neuroscience*
  Orakpo, N., Yuan, C., Olukitibi, O., Burdette, J., Arrington, K.
  2022; 16: 915376

- **Case Report: Virtual Reality Neurofeedback Therapy as a Novel Modality for Sustained Analgesia in Centralized Pain Syndromes.** *Frontiers in psychiatry*
  Orakpo, N., Vieux, U., Castro-Nuñez, C.
  2021; 12: 660105

- **Gerontology: An interactive text**
  Curch, L., Cox, G., Cohen, H., Eckstein, D., Force, L., Ingman, S., Klein, J., Kronenfeld, J., Orakpo, N., Rogers, A., Shashidhara, S., Thomas, C., Weinreich, et al
  2009

- **Chapter 13** *Retirement, economics and work*
  Ingman, S., Shashidara, S., Orakpo, N.
  2009