



Rafael Pelayo, MD

Clinical Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

CLINICAL OFFICE (PRIMARY)

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ACADEMIC CONTACT INFORMATION

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Bio

BIO

Rafael Pelayo, MD is a clinical professor at Stanford University's Sleep Medicine division and the author of *How to Sleep*. Since 1993 he has worked at the Stanford Sleep Disorders Clinic treating patients of all ages. He teaches the popular Dement's Sleep and Dreams undergraduate course and co-authored the textbook with Dr. William Dement. He has lectured throughout the country and internationally. He helped lead the effort to delay school start times for adolescents in California. His undergraduate degree is from the University of Puerto Rico. His initial exposure to sleep medicine was as a medical student at Montefiore Medical Center in the Bronx and it became the focus of his career. He trained in child neurology as a pathway into sleep medicine. He currently volunteers in leadership positions for the American Academy of Sleep Medicine, the National Sleep Foundation, Start School Later, and the California Sleep Society.

CLINICAL FOCUS

- Sleep Medicine
- Children
- adults

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

HONORS AND AWARDS

- Chairman's Educational Excellence Award, Stanford University Department of Psychiatry and Behavioral Science (2018)
- Chairman's Unsung Hero Award, Department of Psychiatry and Behavioral Science (2020)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University School of Medicine (1994) CA
- Residency: Albert Einstein College of Medicine (1993) NY
- Residency: Albert Einstein College of Medicine (1990) NY

- Medical Education: Albert Einstein College of Medicine (1988) NY
- Board Certification: Sleep Medicine, American Board of Pediatrics (2007)
- Internship: New York Presbyterian Medical Center (1989) NY

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Sleep Disorders in Adults and Children

CLINICAL TRIALS

- Light Flashes to Treat Delayed Sleep Phase Disorder (DSPD), Recruiting

Teaching

COURSES

2025-26

- Dement's Sleep and Dreams: PSYC 135, PSYC 235 (Win, Spr)

2024-25

- Dement's Sleep and Dreams: PSYC 135, PSYC 235 (Win, Spr)

2023-24

- Dement's Sleep and Dreams: PSYC 135, PSYC 235 (Win, Spr)

2022-23

- Dement's Sleep and Dreams: PSYC 135, PSYC 235 (Win, Spr)

Publications

PUBLICATIONS

- **Longitudinal Effects of Sleep Education on Undergraduates and Graduates Students: Insights from Stanford University's Dement's Sleep and Dreams**
Pelayo, R., Dias, B., Mejia, G., Lomba, S., Lemer, A., Keenan, S., Mah, C. D., Mignot, E.
OXFORD UNIV PRESS INC.2025: A588
- **Management of Paediatric Obstructive Sleep Apnoea: From a Multidisciplinary to an Interdisciplinary Care Model.** *Orthodontics & craniofacial research*
Arab, M., El Ansari, Y. S., Pelayo, R., Yoon, A.
2025
- **In response to the Letter to the Editor regarding "A roadmap of craniofacial growth modification for children with sleep-disordered breathing: a multidisciplinary proposal".** *Sleep*
Yoon, A., Gozal, D., Pelayo, R., Kushida, C., Liu, S., Hong, C.
2023
- **Do Insomnia Treatments Improve Daytime Function?** *Journal of clinical medicine*
Watson, N. F., Bertisch, S. M., Morin, C. M., Pelayo, R., Winkelman, J. W., Zee, P. C., Krystal, A. D.
2023; 12 (9)
- **Should Trazodone Be First-Line Therapy for Insomnia? A Clinical Suitability Appraisal.** *Journal of clinical medicine*
Pelayo, R., Bertisch, S. M., Morin, C. M., Winkelman, J. W., Zee, P. C., Krystal, A. D.
2023; 12 (8)
- **A Roadmap of Craniofacial Growth Modification for Children with Sleep Disordered Breathing: A Multidisciplinary Proposal.** *Sleep*

- Yoon, A., Gozal, D., Kushida, C., Pelayo, R., Liu, S., Faldu, J., Hong, C.
2023
- **What Should Be the Focus of Treatment When Insomnia Disorder Is Comorbid with Depression or Anxiety Disorder?** *Journal of clinical medicine*
Morin, C. M., Bertisch, S. M., Pelayo, R., Watson, N. F., Winkelman, J. W., Zee, P. C., Krystal, A. D.
2023; 12 (5)
 - **Long-Term Use of Insomnia Medications: An Appraisal of the Current Clinical and Scientific Evidence.** *Journal of clinical medicine*
Zee, P. C., Bertisch, S. M., Morin, C. M., Pelayo, R., Watson, N. F., Winkelman, J. W., Krystal, A. D.
2023; 12 (4)
 - **Good Sleep, Better Life-Enhancing Health and Safety With Optimal Sleep.** *JAMA internal medicine*
Rosekind, M. R., Pelayo, R., Babcock, D. A.
2022
 - **Adolescent sleep health and school start times: Setting the research agenda for California and beyond: A research summit summary: A research summit summary.** *Sleep health*
Ziporyn, T. D., Owens, J. A., Wahlstrom, K. L., Wolfson, A. R., Troxel, W. M., Saletin, J. M., Rubens, S. L., Pelayo, R., Payne, P. A., Hale, L., Keller, I., Carskadon, M. A.
1800: 661
 - **Variable negative external pressure-an alternative to continuous positive airway pressure for the treatment of obstructive sleep apnea: a pilot study.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
Kram, J. A., Pelayo, R.
2021
 - **School start time: a public health crisis.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
Sheldon, S. H., Pelayo, R.
2020
 - **William C. Dement (1928-2020).** *Science (New York, N.Y.)*
Pelayo, R. n., Mourrain, P. n.
2020; 369 (6503): 512
 - **Reminiscences of Michel Jouvet.** *Sleep medicine*
Dement, W. C., Pelayo, R.
2018
 - **Socioeconomic Impact of Pediatric Sleep Disorders.** *Sleep medicine clinics*
Yuen, K. M., Pelayo, R.
2017; 12 (1): 23-30
 - **Socioeconomic Impact of Pediatric Sleep Disorders** *SLEEP MEDICINE CLINICS*
Yuen, K. M., Pelayo, R.
2017; 12 (1): 23-30
 - **Sleep-deprived motor vehicle operators are unfit to drive: a multidisciplinary expert consensus statement on drowsy driving** *SLEEP HEALTH*
Czeisler, C. A., Wickwire, E. M., Barger, L. K., Dement, W. C., Gamble, K., Hartenbaum, N., Ohayon, M. M., Pelayo, R., Phillips, B., Strohl, K., Tefft, B., Rajaratnam, S. M. W., Malhotra, et al
2016; 2 (2): 94-99
 - **Pediatric Sleep Pharmacology: A Primer** *SEMINARS IN PEDIATRIC NEUROLOGY*
Troester, M. M., Pelayo, R.
2015; 22 (2): 135-147
 - **Pediatric Sleep Pharmacology: A Primer.** *Seminars in pediatric neurology*
Troester, M. M., Pelayo, R.
2015; 22 (2): 135-147

- **Evaluation of a new pediatric positive airway pressure mask.** *Journal of clinical sleep medicine*
Kushida, C. A., Halbower, A. C., Kryger, M. H., Pelayo, R., Assalome, V., Cardell, C., Huston, S., Willes, L., Wimms, A. J., Mendoza, J.
2014; 10 (9)
- **Pediatric Sleep Pharmacology** *CHILD AND ADOLESCENT PSYCHIATRIC CLINICS OF NORTH AMERICA*
Pelayo, R., Yuen, K.
2012; 21 (4): 861-?
- **Pediatric Sleep Pharmacology** *CHILD AND ADOLESCENT PSYCHIATRIC CLINICS OF NORTH AMERICA*
Pelayo, R., Yuen, K.
2012; 21 (4): 861+
- **Treatment of Sleep Disorders** *NEUROTHERAPEUTICS*
Pelayo, R., Mignot, E.
2012; 9 (4): 685-686
- **Pediatric Sleep Pharmacology** *SLEEP IN CHILDHOOD NEUROLOGICAL DISORDERS*
Pelayo, R., Yuen, K.
edited by Kothare, S. V., Kotagal, S.
2011: 345-365
- **Chapter 34: the history of sleep medicine.** *Handbook of clinical neurology*
Pelayo, R., Hodgson, N., Guilleminault, C.
2010; 95: 547-556
- **Pediatric Sleep Pharmacology** *SEMINARS IN PEDIATRIC NEUROLOGY*
Pelayo, R., Dubik, M.
2008; 15 (2): 79-90
- **Reliability of respiratory polygraphy for the diagnosis of sleep apnea-hypopnea syndrome in children** *ARCHIVOS DE BRONCONEUMOLOGIA*
Alonso Alvarez, M., Teran Santos, J., Cordero Guevara, J., Navazo Eguia, A., Ordax Carbajo, E., Masa Jimenez, J., Pelayo, R.
2008; 44 (6): 318-323
- **Pediatric Sleep Pharmacology** *SEMINARS IN PEDIATRIC NEUROLOGY*
Pelayo, R., Dubik, M.
2008; 15 (2): 79-90
- **Reliability of respiratory polygraphy for the diagnosis of sleep apnea-hypopnea syndrome in children** *ARCHIVOS DE BRONCONEUMOLOGIA*
Alonso Alvarez, M. L., Teran Santos, J., Cordero Guevara, J. A., Navazo Eguia, A. I., Ordax Carbajo, E., Masa Jimenez, J. F., Pelayo, R.
2008; 44 (6): 318-323
- **Bed sharing with unimpaired parents is not an important risk for sudden infant death syndrome** *PEDIATRICS*
Pelayo, R., Owens, J., Mindell, J., Sheldon, S.
2006; 117 (3): 993-994
- **NARCOLEPSY** *SLEEP: A COMPREHENSIVE HANDBOOK*
Pelayo, R., Lopes, M., LeeChiong, T.
2006: 145-150
- **Effect of CPAP and lung volume on obstructive sleep apnea** *AMERICAN JOURNAL OF RESPIRATORY AND CRITICAL CARE MEDICINE*
Sivan, Y., Pelayo, R.
2005; 172 (10): 1349-1350
- **Increased behavioral morbidity in school-aged children with sleep-disordered breathing** *PEDIATRICS*
Pelayo, R., Sivan, Y.
2005; 116 (3): 797-798

- **Efficacy of automated continuous positive airway pressure in children with sleep-related breathing disorders in an attended setting** *PEDIATRICS*
Palombini, L., Pelayo, R., Guilleminault, C.
2004; 113 (5): E412-E417
- **Breathing patterns in prepubertal children with sleep-related breathing disorders** *ARCHIVES OF PEDIATRICS & ADOLESCENT MEDICINE*
Guilleminault, C., Li, K., Khramtsov, A., Palombini, L., Pelayo, R.
2004; 158 (2): 153-161
- **Pediatric sleep pharmacology: you want to give my kid sleeping pills?** *PEDIATRIC CLINICS OF NORTH AMERICA*
Pelayo, R., Chen, W., Monzon, S., Guilleminault, C.
2004; 51 (1): 117-?
- **Abnormal blood pressure in prepubertal children with sleep-disordered breathing** *PEDIATRIC RESEARCH*
Guilleminault, C., Khramtsov, A., Stoohs, R. A., Kushida, C., Pelayo, R., Kreutzer, M. L., Chowdhuri, S.
2004; 55 (1): 76-84
- **Sleep disordered breathing: Surgical outcomes in prepubertal children** *LARYNGOSCOPE*
Guilleminault, C., Li, K. K., Khramtsov, A., Pelayo, R., Martinez, S.
2004; 114 (1): 132-137
- **Sleepwalking and sleep terrors in prepubertal children: What triggers them?** *PEDIATRICS*
Guilleminault, C., Palombini, L., Pelayo, R., Chervin, R. D.
2003; 111 (1)
- **Sleep-disordered breathing and upper-airway anomalies in first-degree relatives of ALTE children** *PEDIATRIC RESEARCH*
Guilleminault, C., Pelayo, R., Leger, D., Philip, P., Ohayon, M.
2001; 50 (1): 14-22
- **Apparent life-threatening events, facial dysmorphism and sleep-disordered breathing** *EUROPEAN JOURNAL OF PEDIATRICS*
Guilleminault, C., Pelayo, R., Leger, D., Philip, P.
2000; 159 (6): 444-449
- **Pediatric sleep-related breathing disorders** *AMERICAN JOURNAL OF OTOLARYNGOLOGY*
Messner, A. H., Pelayo, R.
2000; 21 (2): 98-107
- **Narcolepsy in children: a practical guide to its diagnosis, treatment and follow-up.** *Paediatric drugs*
Guilleminault, C., Pelayo, R.
2000; 2 (1): 1-9
- **Power spectral sleep EEG findings in patients with obstructive sleep apnea and upper airway resistance syndromes** *14th International Congress of EEG and Clinical Neurophysiology*
Guilleminault, C., Kim, Y. D., Horita, M., Tsutumi, M., Pelayo, R.
ELSEVIER SCIENCE BV.1999: 113-120
- **Sleep-disordered breathing in children** *ANNALS OF MEDICINE*
Guilleminault, C., Pelayo, R.
1998; 30 (4): 350-356
- **Narcolepsy in prepubertal children** *ANNALS OF NEUROLOGY*
Guilleminault, C., Pelayo, R.
1998; 43 (1): 135-142
- **Obstructive sleep apnea surgery: Risk management and complications** *OTOLARYNGOLOGY-HEAD AND NECK SURGERY*
Riley, R. W., Powell, N. B., Guilleminault, C., Pelayo, R., Troell, R. J., Li, K. K.
1997; 117 (6): 648-652
- **Public health impact and treatment of insomnia.** *European psychiatry*
Dement, W., Pelayo, R.

1997; 12: 31-39

● **Public health impact and treatment of insomnia** *EUROPEAN PSYCHIATRY*

Dement, W. C., Pelayo, R.

1997; 12: S31-S39

● **Recognition of sleep-disordered breathing in children** *PEDIATRICS*

Guilleminault, C., Pelayo, R., Leger, D., Clerk, A., Bocian, R. C.

1996; 98 (5): 871-882

● **Development of circadian rhythmicity of temperature in full-term normal infants** *NEUROPHYSIOLOGIE CLINIQUE-CLINICAL NEUROPHYSIOLOGY*

Guilleminault, C., Leger, D., Pelayo, R., Gould, S., Hayes, B., Miles, L.

1996; 26 (1): 21-29

● **HOME NASAL CONTINUOUS POSITIVE AIRWAY PRESSURE IN INFANTS WITH SLEEP-DISORDERED BREATHING** *JOURNAL OF PEDIATRICS*

Guilleminault, C., Pelayo, R., Clerk, A., Leger, D., BOCIAN, R. C.

1995; 127 (6): 905-912

● **ADULT OBSTRUCTIVE SLEEP-APNEA WITH SECONDARY ENURESIS** *WESTERN JOURNAL OF MEDICINE*

Brown, M. A., Jacobs, M. B., Pelayo, R.

1995; 163 (5): 478-480

● **NONDRUG TREATMENT TRIALS IN PSYCHOPHYSIOLOGICAL INSOMNIA** *ARCHIVES OF INTERNAL MEDICINE*

Guilleminault, C., Clerk, A., Black, J., LABANOWSKI, M., Pelayo, R., Claman, D.

1995; 155 (8): 838-844