



Clete A. Kushida, MD, PhD

Professor of Psychiatry and Behavioral Sciences (Sleep Medicine)

Psychiatry and Behavioral Sciences - Sleep Medicine

CLINICAL OFFICE (PRIMARY)

- **Stanford Sleep Medicine Center**

450 Broadway St

Pavilion C 2nd Fl MC 5704

Redwood City, CA 94063

Tel (650) 723-6601 Fax (650) 721-3448

Bio

BIO

Clete A. Kushida, M.D., Ph.D., FAASM is a neurologist, Chief of the Stanford Division of Sleep Medicine, Medical Director of the Stanford Sleep Medicine Center, Associate Chair and Professor in the Stanford Department of Psychiatry and Behavioral Sciences at the Stanford University Medical Center, and Director of the Stanford Human Sleep Research Laboratory. Dr. Kushida received his B.A.S. degree (Biological Sciences and Psychology) and M.S. degree (Biological Sciences) at Stanford University; M.D. and Ph.D. degrees at the University of Chicago; and completed a neurology residency at the University of California San Diego and a sleep medicine fellowship at Stanford University. He served as inaugural President of the World Sleep Society, past President of the World Sleep Federation, past President of the American Academy of Sleep Medicine, past President of the Associated Professional Sleep Societies Board of Directors, and founding President of the California Sleep Society. He also served as Chair of the Standards of Practice Committee of the American Academy of Sleep Medicine and is currently Founding Chair of both the International Sleep Medicine Practice Recommendations Committee and the International Sleep Research Training Program of the World Sleep Society.

Dr. Kushida has conducted basic and clinical sleep research since 1977, served as Principal Investigator of numerous large federally and industry sponsored studies, including the NHLBI-supported Apnea Positive Pressure Long-term Efficacy Study (APPLES), the AHRQ-supported Comparative Outcomes Management with Electronic Data Technology (COMET) Study, and the PCORI-supported Sustainable Methods, Algorithms, and Research Tools for Delivering Optimal Care Study (SMART DOCS). His primary research interests include the anatomic and physiologic changes associated with obstructive sleep apnea, and the management of narcolepsy, parasomnias (e.g., sleepwalking, REM sleep behavior disorder), restless legs syndrome, and insomnia.

At Stanford, he has directed the sleep medicine section of the Family Medicine core medical student clerkship, directs the medical student clerkship in sleep medicine, directs the A-STEP (Accredited Sleep Technologist Education Program), and serves on the Psychiatry Department's Academic Progress and Promotions Committee and Clinical Executive/Operations Committees.

Dr. Kushida has authored or edited over 350 publications and ten books, including serving as the Editor of the Handbook of Sleep Disorders, Obstructive Sleep Apnea (2-volume set), Sleep Deprivation (2-volume set), and the Textbook of Sleep and Circadian Medicine. He is the Editor-in-Chief of the largest publication on the field of sleep to date, the Encyclopedia of Sleep and Circadian Rhythms (2nd edition, 6 volumes, 454 chapters, 827 authors, 3,835 pages). He also serves as Editor-in-Chief of the journal Sleep Science and Practice.

Dr. Kushida is a recipient of the highest professional awards in the field of sleep medicine: he received the American Academy of Sleep Medicine's Nathaniel Kleitman Distinguished Service Award and twice received the World Sleep Society's Distinguished Service Award.

CLINICAL FOCUS

- Sleep Medicine
- Sleep Wake Disorders
- Neurology

ACADEMIC APPOINTMENTS

- Professor - Univ Med Line, Psychiatry and Behavioral Sciences - Sleep Medicine
- Member, Bio-X
- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Wu Tsai Neurosciences Institute

ADMINISTRATIVE APPOINTMENTS

- Associate Chair-Sleep Medicine, Department of Psychiatry and Behavioral Sciences, (2020- present)
- Division Chief, Stanford Sleep Medicine, (2017- present)
- Medical Director, Stanford Sleep Medicine, (2010- present)
- Director, Stanford University Center for Human Sleep Research, (1996- present)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Editor-in-Chief, Sleep Science and Practice Journal (2016 - present)
- Founding/Inaugural President, World Sleep Society (2016 - 2018)
- Medical Advisory Board, Restless Legs Syndrome Foundation (2014 - 2016)
- Chair, Research Committee, American Sleep Medicine Foundation (2013 - 2016)
- President, World Sleep Federation (2011 - 2016)
- President, Associated Professional Sleep Societies Board of Directors (2010 - 2011)
- President, American Academy of Sleep Medicine (2009 - 2010)
- Founding/Inaugural President, California Sleep Society (2008 - 2010)
- Board of Directors, American Academy of Sleep Medicine (2005 - 2011)
- Chair, Standards of Practice Committee, American Academy of Sleep Medicine (2003 - 2005)
- Board of Directors, American Board of Sleep Medicine (2000 - 2006)

PROFESSIONAL EDUCATION

- Fellowship, Stanford University , Sleep Medicine (1996)
- Residency, University of California San Diego , Neurology (1994)
- Internship, University of Hawaii , Internal Medicine (1991)

- M.D., Univ of Chicago , Medicine (1990)
- Ph.D., Univ of Chicago , Neurosciences/Biopsychology (1986)
- M.S., Stanford University , Biological Sciences (1982)
- B.A.S., Stanford University , Biological Sciences/Psychology (1981)

COMMUNITY AND INTERNATIONAL WORK

- APPLES - Apnea Positive-Pressure Long-Term Efficacy Study, Stanford Univ; Harvard Univ; Univ of Arizona; St. Luke's Hospital, MO; St. Mary's Hospital, WA

LINKS

- Division of Stanford Sleep Medicine: <http://med.stanford.edu/sleepdivision.html>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Kushida is a neurologist and sleep specialist who directs several NIH- and industry-sponsored research studies, focused on topics such as the physical features and neurocognitive changes associated with the obstructive sleep apnea syndrome, the epidemiology and treatment of restless legs syndrome/periodic limb movement disorder, primary care sleep education and training, and countermeasures for sleep loss.

CLINICAL TRIALS

- A Study of the Safety and Effectiveness of ADX-N05 for Excessive Daytime Sleepiness in Subjects With Narcolepsy, Not Recruiting
- Adaptive Neurostimulation to Restore Sleep in Parkinson's Disease, Not Recruiting
- Apnea Positive Pressure Long-Term Efficacy Study, Not Recruiting
- Brief Behavioral Intervention for Insomnia During Chemotherapy, Not Recruiting
- Comparative Outcomes Management With Electronic Data Technology (COMET) Study, Not Recruiting
- Once-Nightly Sodium Oxybate for Treatment of Excessive Daytime Sleepiness and Cataplexy in Narcolepsy, Not Recruiting
- Positive Pressure Treatment of Obstructive Sleep Apnea, Not Recruiting
- Study to Evaluate the Pharmacokinetics, Pharmacodynamics, and Safety of Armodafinil in Children and Adolescents With Excessive Sleepiness Associated With Narcolepsy, Not Recruiting
- Sustainable Methods, Algorithms, and Research Tools for Delivering Optimal Care Study, Not Recruiting

Publications

PUBLICATIONS

- **Prevalence of Insomnia in Healthcare Profession - PIHEP Study: A Large-Scale National Study in Vietnam.** *Nature and science of sleep* Duong-Quy, S., Nguyen-Thi-Thu, D., Hoang-Thi-Xuan, H., Nguyen-Tung, L., Bui-Ngoc-Phuong, H., Duy, L. T., Nguyen-Ngoc-Phuong, T., Tang-Thi-Thao, T., Nguyen-Duy, T., Nguyen-Trong, B., Nguyen-Thi-Hong, L., Tran-Thi-Doan, T., Phan-Thanh, et al
2026; 18: 597038
- **The association between slow wave activity and memory improvement following cognitive-behavioral therapy for insomnia in older adults: A secondary analysis of a randomized clinical trial.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine* Ahmadi, M., Krause, A. J., O'Hora, K. P., Blozyte-Sakenis, E., Hernandez, B., Lazzeroni, L. C., Zeitzer, J. M., Friedman, L., Posner, D., Kushida, C., Manber, R., Yesavage, J., Saletin, et al
2026; 22 (1)
- **Comprehensive Evaluation of Night-to-Night Variability in PSG Metrics and AHI-Based Diagnostic Reclassification.** *Chest* Alavi, A., Costa, E., Matsumoto, M. M., Odenwald, N., Kushida, C., Bahmani, A., Capasso, R.
2026

- **Cognitive status moderates long-term benefits of non-pharmacological insomnia therapy in older adults: A secondary analysis of a randomized clinical trial.** *Alzheimer's & dementia : the journal of the Alzheimer's Association*
O'Hora, K. P., Morehouse, A. B., Hernandez, B., Burda, K. F., Babros, M. C., Lazzeroni, L., Zeitzer, J. M., Friedman, L., Posner, D., Kushida, C., Manber, R., Yesavage, J. A., Goldstein-Piekarski, et al
2026; 22 (6): e71371
- **Effect of complete airway repositioning and expansion on headache severity in patients with obstructive sleep apnea** *BRAIN CIRCULATION*
Li, W., Baron, R., Heckman, S., Kushida, C.
2026
- **Comparative Evaluation of Consumer Sleep Trackers in Real-World Home Environments Using Home Polysomnography**
Kim, S., Cho, E., Lee, S., Heo, S., Lee, D., Hong, J., Kushida, C., Yoon, I.
OXFORD UNIV PRESS INC.2026: A571-A572
- **Associations Between Self-Reported Daily Lifestyle Behaviors and Objective Sleep Parameters in a Large, Real-World Sample**
Kamaci, A., Milton, S., Yang, H., Cotton-Clay, A., Baron, S., Fava, L., Easwar, V., Kinsolving, A., Kahn, P., Zitser, J., Kushida, C., Leng, Y.
OXFORD UNIV PRESS INC.2026: A571
- **External Validation of a Sound-Based AI Model for Sleep Staging Using a US Clinical PSG Cohort**
Cho, E., Kim, S., Lee, D., Hong, J., Kushida, C.
OXFORD UNIV PRESS INC.2026: A564-A565
- **Sleep Disorder Complaints and Risks in Adults with Attention-Deficit Hyperactivity Disorder**
Joshi, R., Luu, C., Dickstein, E., Leary, E., Kushida, C., Mignot, E., Cederberg, K.
OXFORD UNIV PRESS INC.2026: A504
- **Daily Stress and Objective Sleep Outcomes in a Real-World Sample of over 83,000 US Adults**
Menon, S., Milton, S., Cotton-Clay, A., Baron, S., Fava, L., Easwar, V., Kinsolving, A., Kahn, P., Zitser, J., Kushida, C., Leng, Y.
OXFORD UNIV PRESS INC.2026: A561
- **Multidimensional Determinants of Pediatric OSA Severity: Baseline Cross-Sectional Analysis of Clinical and Anatomical Factors**
Zhang, Y., Williams, L. H., Kraft, B., Cozean, C., Kushida, C.
OXFORD UNIV PRESS INC.2026: A386
- **Persistent Reduction in REM Sleep Following the Spring Daylight Saving Time Transition in a Large Real-World Cohort**
Branco, R., Milton, S., Cotton-Clay, A., Baron, S., Fava, L., Easwar, V., Kinsolving, A., Zitser, J., Kahn, P., Kushida, C., Leng, Y.
OXFORD UNIV PRESS INC.2026: A561-A562
- **Effects of Heat and Humidity on Sleep Parameters: Insights from 24.2 Million Nights Using an Under-Mattress Sleep Monitoring Device**
Wanchaitanawong, J., Charlton, B., Cotton-Clay, A., Easwar, V., Kinsolving, A., Leng, Y., Zitser, J., Kushida, C.
OXFORD UNIV PRESS INC.2026: A567
- **Effects of a Novel Oral Orthotic on Palatoglossal Muscle Tone as a Method for Maintaining Upper Airway Patency**
Simonetti, S., Kamyszek, G., Cozean, C., Kushida, C.
OXFORD UNIV PRESS INC.2026: A214
- **Comparative efficacy of positive airway pressure-based combination therapy in comorbid insomnia and sleep apnea: A systematic review and network meta-analysis.** *Sleep medicine reviews*
Zhang, Y., Wang, J., Zhang, J., Huang, J., Lu, W., Zeng, Z., Shi, S., Zhang, Y., Cui, X., Kushida, C. A.
2026; 88: 102301
- **Design of MOSAIC (Multi-Ethnic Observational Study in American Asian and Pacific Islander Communities).** *JACC. Asia*
Ahn, J., Ahsan, H., Anderson, G. L., Aschebrook-Kilfoy, B., Beery, D., Carrick, W., Celedón, J. C., Chan, K. C., Chen, Y., Doãn, L. N., Fang, C. Y., Floyd, J. S., Hayes, et al
2026
- **Consumer Sleep Technology and Wearables: Screening is Not Diagnosis.** *Journal of oral and maxillofacial surgery : official journal of the American Association of Oral and Maxillofacial Surgeons*
Chang, C. P., Kushida, C., Panchal, N., Liu, S. Y.

2026; 84 (4): 440-441

- **New definition, diagnostic criteria, and diagnostic workflows for patients with suspected COMISA.** *Sleep medicine*
Zhang, Y., Kushida, C. A.
2026; 142: 108871
- **Loop gain predicts residual sleep apnoea among people using positive airway pressure.** *Thorax*
Eschbach, E., Kushida, C., Peker, Y., Chu, J. H., Xu, Z., Lin, H. M., Xu, Y., Azarbarzin, A., Wellman, A., Yaggi, H. K., Sands, S., Zinchuk, A.
2026
- **Mazindol Immediate-Release/Sustained-Release (IR/SR): A 50-Year Legacy of Multifaceted Mechanisms and Emerging Therapeutic Potential.** *Clinical drug investigation*
Konofal, E., Arnulf, I., Bizot, J. C., Corser, B. C., Figadère, B., Kushida, C. A., Newcorn, J. H., Lecendreux, M., Peyron, C., Thorpy, M. J., Wigal, S. B., Wigal, T. L.
2026
- **CHRONIC HEALTH RISK IN RESTLESS LEGS SYNDROME AND ITS ASSOCIATION WITH EXERCISE**
Cederberg, K., Mejia, G., Leary, E., Kushida, C., Mignot, E.
ELSEVIER.2026
- **CONSISTENT EFFICACY OF ONCE-NIGHTLY SODIUM OXYBATE ON DISRUPTED NIGHTTIME SLEEP IN PEOPLE WITH NARCOLEPSY**
Dauvilliers, Y., Thorpy, M. J., Roth, T., Kushida, C. A., Morse, A. M., Hars, J., Ortiz, L. E., Gudeman, J.
ELSEVIER.2026
- **CLINICALLY MEANINGFUL IMPROVEMENT IN DAYTIME SLEEPINESS WITH ON-SXB IN PEOPLE WITH NARCOLEPSY AND SEVERE SLEEPINESS**
Bogan, R., Roth, T., Thorpy, M. J., Kushida, C. A., Gudeman, J.
ELSEVIER.2026
- **VALIDATION OF AN UNDER-MATTRESS MONITORING DEVICE AGAINST POLYSOMNOGRAPHY FOR HEART RATE (HR) AND HEART RATE VARIABILITY (HRV) ACCURACY ASSESSMENT**
Adibi, E., Cotton-Clay, A., Wray, A., Easwar, V., Kinsolving, A., Kahn, P., Kushida, C., Hekmat, A.
ELSEVIER.2026
- **IMPACT OF LIFESTYLES AND DAILY EXPERIENCES ON NOCTURNAL HEART RATE VARIABILITY AND HEART RATE AMONG 100,000 ADULTS**
Milton, S., Cotton-Clay, A., Baron, S., Fava, L., Easwar, V., Kinsolving, A., Kahn, P., Zitser, J., Kushida, C., Leng, Y.
ELSEVIER.2026
- **CLINICAL OUTCOMES FOR THE TREATMENT OF MILD-TO-SEVERE OBSTRUCTIVE SLEEP APNEA WITH NON-PERMANENT MAXILLARY EXPANSION AND MANDIBULAR ADVANCEMENT/EXPANSION ORAL APPLIANCES: A RETROSPECTIVE ANALYSIS OF REAL WORLD DATA**
Kushida, C., Cozean, C.
ELSEVIER.2026
- **IMPROVEMENT OF INDIVIDUAL EXCESSIVE DAYTIME SLEEPINESS SYMPTOMS WITH ONCE-NIGHTLY SODIUM OXYBATE FOR NARCOLEPSY**
Merius, H., Thorpy, M. J., Wermter, E., Kushida, C. A., Abaluck, B., Gudeman, J.
ELSEVIER.2026
- **HYPNAGOGIC/HYPNOPOMPIC HALLUCINATION TYPES AMONG PARTICIPANTS WITH NARCOLEPSY TYPE 1 FROM THE PHASE 3 REST-ON TRIAL**
Thorpy, M. J., Mundt, J. M., Ibrahim, S., Kushida, C. A., Lavender, M., Gudeman, J., Roth, T.
ELSEVIER.2026
- **THE CORRELATION BETWEEN SNORING AND SLEEP RELATED BREATHING DISORDERS USING AN UNDER-MATTRESS SLEEP MONITORING DEVICE**
Wanchaitanawong, J., Cotton-Clay, A., Baron, S., Fava, L., Easwar, V., Kinsolving, A., Zitser, J., Leng, Y., Kahn, P., Kushida, C.
ELSEVIER.2026
- **Association between pre-operative adherence to positive airway pressure therapy and postoperative opioid use after lower limb arthroplasty in patients with obstructive sleep apnoea.** *Anaesthesia reports*

Wong, J. K., Kou, A., Memtsoudis, S. G., Hunter, O., Kushida, C. A., Mariano, E. R.
2026; 14 (1): e70047

- **Management of Patients with Asthma, COPD, and OSA in Outpatient Unit: ACOSOU-Global Perspectives and Challenges.** *Pulmonary therapy*
Duong-Quy, S., Huynh-Anh, T., Vo-Pham-Minh, T., Tran-Thanh-Duy, L., Le-Thi-Hong, D., Bui-Viet, T., Nguyen-Quang, T., Tang-Thi-Thao, T., Nguyen-Tuan, A., Nguyen-Van, T., Hoc, T. V., Nguyen-Ngoc-Phuong, T., Vu-Tran-Thien, et al
2026
- **Hyperbaric Oxygen Therapy and Its Physio-Mechanical Effects on Sleep Breathing Disorder: A Systematic Review.** *Pulmonary therapy*
Duong-Quy, S., Hoc, T. V., Nguyen-Duy, T., Tang-Thi-Thao, T., Nguyen-Van, T., Huynh-Anh, T., Mai-Xuan, T., Tran-Quang, P., Nguyen-Ba, V., Nguyen-Trong, B., Nguyen-Ngoc-Phuong, T., Doan-Ngoc, H., Vu-Van, et al
2025
- **Obstructive sleep apnea detection and prevalence in men and women using a continuous large U.S. sample by home under-mattress devices.** *Sleep medicine*
Wanchaitanawong, J., Cotton-Clay, A., Baron, S., Fava, L., Easwar, V., Kinsolving, A., Zitser, J., Leng, Y., Kahn, P., Kushida, C.
2025; 136: 106808
- **Once-Nightly Sodium Oxybate Meets American Academy of Sleep Medicine Criteria for Treatment of Narcolepsy.** *Journal of sleep research*
Ortiz, L. E., Morse, A. M., Thorpy, M. J., Kushida, C. A., Harsh, J., Roth, T., Gudeman, J., Dauvilliers, Y.
2025: e70189
- **Partial endorsement of "Treatment of restless legs syndrome and periodic limb movement disorder: an American Academy of Sleep Medicine clinical practice guideline" by the World Sleep Society.** *Sleep medicine*
Ferri, R., Inoue, Y., Manconi, M., Silber, M. H., Trenkwalder, C., Kushida, C. A.
2025; 134: 106734
- **The American academy of sleep medicine position statement on sleepiness: A world sleep society international sleep medicine practice recommendations committee perspective.** *Sleep medicine*
Ferri, R., Bassetti, C. L., Kushida, C. A.
2025; 134: 106733
- **Multicenter clinical trial for the treatment of obstructive sleep apnea with a non-permanent orthodontic intraoral device in children.** *European journal of pediatrics*
Kushida, C. A., Stevens, J., Bennett, M., Heit, T., Klemp, D., Raio, D., Cozean, J., Cozean, C.
2025; 184 (7): 424
- **Narcolepsy and cardiovascular health: A big picture perspective.** *Sleep medicine*
Grandner, M. A., Morse, A. M., Avidan, A. Y., Kushida, C. A., Krahn, L., Weaver, C., Gudeman, J.
2025; 133: 106640
- **Comparative effectiveness and predictors of cognitive behavioral therapy for insomnia and its components in older adults: main outcomes of a randomized dismantling trial.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
O'Hora, K. P., Morehouse, A. B., Freidman, L., Posner, D., Ahmadi, M., Hernandez, B., Burda, K. F., Kushida, C., Zeitzer, J. M., Lazzeroni, L. C., Manber, R., Yesavage, J., Goldstein-Piekarski, et al
2025
- **Improvement of Individual Excessive Daytime Sleepiness Symptoms with Once-Nightly Sodium Oxybate for Narcolepsy**
Merius, H., Thorpy, M., Wermter, E., Kushida, C., Abaluck, B., Gudeman, J.
OXFORD UNIV PRESS INC.2025: A362
- **Sensitivity of Overnight Heart Rate Variability to Daily Behaviors and Experiences in a Large, Real-world Sample**
Milton, S., Cotton-Clay, A., Baron, S., Fava, L., Easwar, V., Kinsolving, A., Kahn, P., Zitser, J., Kushida, C., Leng, Y.
OXFORD UNIV PRESS INC.2025: A598-A599
- **Loop Gain Predicts Residual Sleep Apnea Events Among People Using Positive Airway Pressure**
Eschbach, E., Kushida, C., Peker, Y., Xu, Z., Deng, A., Azarbarzin, A., Wellman, A., Yaggi, H., Sands, S., Zinchuk, A.
OXFORD UNIV PRESS INC.2025: A321

- **Clinically Meaningful Improvement in Daytime Sleepiness with ON-SXB in People with Narcolepsy and Severe Sleepiness**
Bogan, R., Roth, T., Thorpy, M., Kushida, C., Gudeman, J.
OXFORD UNIV PRESS INC.2025: A361
- **CONSISTENT EFFICACY OF ONCE-NIGHTLY SODIUM OXYBATE ON DISRUPTED NIGHTTIME SLEEP IN PEOPLE WITH NARCOLEPSY**
Dauvilliers, Y., Thorpy, M., Roth, T., Kushida, C., Morse, A., Harsh, J., Ortiz, L., Gudeman, J.
OXFORD UNIV PRESS INC.2025: A362-A363
- **HYPNAGOGIC/HYPNOPOMPIC HALLUCINATION TYPES AMONG PARTICIPANTS WITH NARCOLEPSY TYPE 1 FROM THE PHASE 3 REST-ON TRIAL**
Thorpy, M., Mundt, J., Ibrahim, S., Kushida, C., Lavender, M., Gudeman, J., Roth, T.
OXFORD UNIV PRESS INC.2025: A361-A362
- **Impact of PAP Therapy in Comorbid COPD and Obstructive Sleep Apnea Overlap Syndrome: An Update**
Greig, D., Miryala, C., Rastogi, R., Imtiaz, L., Axelrod, B., Zhao, L., Kushida, C., Uzzaman, Q., Chowdhuri, S.
OXFORD UNIV PRESS INC.2025: A319
- **World Sleep Society recommendations for the use of wearable consumer health trackers that monitor sleep.** *Sleep medicine*
Chee, M. W., Baumert, M., Scott, H., Cellini, N., Goldstein, C., Baron, K., Imtiaz, S. A., Penzel, T., Kushida, C. A.
2025; 131: 106506
- **Efficacy of Once-Nightly Sodium Oxybate in Patients with Narcolepsy: Post Hoc Analyses of Sensitivity, Effect Size, and Numbers Needed to Treat from the Phase 3 REST-ON Trial.** *CNS drugs*
Roth, T., Thorpy, M. J., Kushida, C. A., Gudeman, J.
2025
- **Sleep and dreams: how the American Academy of Sleep Medicine and its members have shaped the future of the sleep field for 50 years.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
Malhotra, R. K., Heffron, T. M., Rosen, I. M., Quan, S. F., Kushida, C. A., Epstein, L. J.
2025
- **Response to "Letter to the editor regarding 'Effect of lemborexant on sleep architecture in participants with insomnia disorder and mild obstructive sleep apnea' by Kushida et al."**. *Sleep medicine*
Kushida, C. A., Zammit, G. K., Cheng, J. Y., Kumar, D., Moline, M.
2025; 128: 195
- **Endorsement of: "Position paper for the treatment of nightmare disorder in adults: An American Academy of Sleep Medicine position paper" by the World Sleep Society.** *Sleep medicine*
Provini, F., Högl, B., Iranzo, A., Kushida, C., Lee, J. Y., Shukla, G., Stefani, A., Wing, Y. K., Malkani, R.
2025; 127: 49-54
- **Traditional Chinese medicine body constitution and sleep quality.** *Sleep advances : a journal of the Sleep Research Society*
Gao, P., Wang, J., Wu, Y., Bai, M., Myers, A., Wang, Q., Delzell, E., Kushida, C. A., Huang, D., Yang, F., He, W., Lu, Y., Zhu, et al
2025; 6 (4): zpaf069
- **Effect of lemborexant on sleep architecture in participants with insomnia disorder and mild obstructive sleep apnea.** *Sleep medicine*
Kushida, C. A., Zammit, G. K., Cheng, J. Y., Kumar, D., Moline, M.
2024; 127: 170-177
- **Sleep spindle variation in patients with Parkinson's disease on first nights of sub-optimal deep brain stimulation.** *Clinical neurophysiology : official journal of the International Federation of Clinical Neurophysiology*
Das, R., Gliske, S. V., Maroni, D., Situ-Kcomt, M., West, L. C., Summers, M. O., Tang, S., Vaswani, P. A., Halpern, C. H., Thompson, J. A., Kushida, C. A., Abosch, A.
2024; 170: 91-97
- **Standardized List Evaluating Apnea (SLEAP): A Comprehensive Survey to Define the Quality of Life in OSA.** *Otolaryngology--head and neck surgery : official journal of American Academy of Otolaryngology-Head and Neck Surgery*
Abdelwahab, M., Saltychev, M., Lechner, M., Adibi, E., Wadsworth, E. W., Fleury, T., Rakha, A., Khafagy, Y., Abdelfattah, A., Al-Sayed, A. A., Chou, C., Ali, B., Liu, et al
2024

- **Improvement in sleep latency with extended-release once-nightly sodium oxybate for the treatment of adults with narcolepsy: Analysis from the phase 3 REST-ON clinical trial.** *Sleep medicine: X*
Thorpy, M. J., Kushida, C. A., Bogan, R., Winkelman, J., Ohayon, M. M., Shapiro, C. M., Gudeman, J.
2024; 7: 100113
- **Cataplexy response with extended-release once-nightly sodium oxybate: Post hoc responder analyses from the phase 3 REST-ON clinical trial.** *Sleep medicine: X*
Thorpy, M. J., Kushida, C. A., Bogan, R., Ajayi, A. O., Corser, B. C., Gudeman, J.
2024; 7: 100109
- **Arousal threshold modifies the effect of CPAP on executive function among individuals with obstructive sleep apnea.** *The European respiratory journal*
Zinchuk, A. V., Kushida, C. A., Walker, A., Wellman, A., Azarbarzin, A., Alex, R. M., Varga, A. W., Sands, S. A., Yaggi, H. K.
2024
- **Obstructive sleep apnea detection and prevalence in men and women using a continuous large US sample by home undermattress devices**
Kushida, C., Cotton-Clay, A., Baron, S., Fava, L., Easwar, V., Kinsolving, A., Leng, Y., Zitser, J., Kahn, P.
WILEY.2024
- **Real-world study of heart rate variability during sleep using undermattress sensors in over 30,000 individuals**
Leng, Y., Cotton-Clay, A., Baron, S., Fava, L., Johnson, K., Easwar, V., Kinsolving, A., Kahn, P., Zitser, J., Kushida, C. A.
WILEY.2024
- **Use of customised binaural beats for the treatment of chronic insomnia**
Lin, K., Ma, Y., Lin, B., Hwang, P., Mohan, V., Gopi, P., Kushida, C.
WILEY.2024
- **Using standardized ultrasound imaging to correlate OSA severity with tongue morphology**
Bosschieter, P., Liu, S., Kushida, C., Chao, P., Chen, A.
WILEY.2024
- **Estimated sleep durations and sleep architecture obtained from a large US sample by home-based under-mattress monitoring devices**
Koren, J., Cotton-Clay, A., Fava, L., Easwar, V., Kinsolving, A., Leng, Y., Kahn, P., Kushida, C.
WILEY.2024
- **Sound-based AI for sleep analysis: Enhanced accuracy in sleep stage, OSA detection, and snore detection**
Kim, J., Kim, D., Kim, S., Cho, E., Kyung, H., Hong, J., Lee, D., Yoon, I., Kushida, C.
WILEY.2024
- **Improvement of paediatric sleep-disordered breathing in a multicenter clinical trial of a non-permanent slow expansion orthodontic oral appliance**
Kushida, C., Stevens, J., Bennett, M., Heit, T., Klemp, D., Raio, D., Cozean, J., Cozean, C.
WILEY.2024
- **Consistent Efficacy of Once-Nightly Sodium Oxybate Regardless of Patient Demographic and Baseline Disease Characteristics**
Gudeman, J., Thorpy, M. J., Roth, T., Kushida, C. A., Morse, A., Harsh, J., Ortiz, L. E., Dauvilliers, Y.
WILEY.2024: S293
- **Effects of real-time temperature adjustment of mattress according to sleep stage on sleep quality**
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