

# Stanford

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## Rafael Pelayo, MD

Clinical Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

### CLINICAL OFFICES

- **Stanford Sleep Medicine Center**  
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Redwood City, CA 94063  
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### ACADEMIC CONTACT INFORMATION

- **Alternate Contact**  
**Tel** 650-723-6601

### Bio

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#### CLINICAL FOCUS

- Sleep Medicine
- Children
- adults

#### ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

#### PROFESSIONAL EDUCATION

- Fellowship: Stanford University School of Medicine (1995) 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

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#### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Sleep Disorders in Adults and Children

#### CLINICAL TRIALS

- Light Flashes to Treat Delayed Sleep Phase Disorder (DSPD), Not Recruiting
- Study of the Usability and Efficacy of a New Pediatric CPAP Mask, Not Recruiting

## Teaching

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### COURSES

#### 2021-22

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

#### 2020-21

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

#### 2019-20

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

#### 2018-19

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

## Publications

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### PUBLICATIONS

- **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
- **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. 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., Assalone, V., Cardell, C., Huston, S., Willes, L., Wimms, A. J., Mendoza, J.  
2014; 10 (9)
- **Treatment of Sleep Disorders** *NEUROTHERAPEUTICS*  
Pelayo, R., Mignot, E.  
2012; 9 (4): 685-686
- **Pediatric Sleep Pharmacology** *CHILD AND ADOLESCENT PSYCHIATRIC CLINICS OF NORTH AMERICA*  
Pelayo, R., Yuen, K.  
2012; 21 (4): 861-?
- **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. 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
- **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. C., Pelayo, R.  
1997; 12: S31-S39
- **Public health impact and treatment of insomnia.** *European psychiatry*  
Dement, W., Pelayo, R.  
1997; 12: 31-39
- **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