



Michelle Cao, DO

- Clinical Associate Professor, Neurology & Neurological Sciences
- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Stanford Center for Sleep Sciences and Medicine

CLINICAL OFFICES

- **Stanford Neuroscience Health Center**

213 Quarry Rd

4th Fl MC 5958

Palo Alto, CA 94304

Tel (650) 723-6469

Fax (650) 725-0390

Bio

BIO

Dr. Cao is board certified in pulmonary medicine, critical care medicine, and sleep medicine. Dr. Cao's clinical expertise includes complex sleep apnea syndromes, advanced modes of PAP therapy, neuromuscular disease and home mechanical ventilation. She sees patients at the Sleep Center and the Neuromuscular Clinic. Her research interests include advanced positive airway pressure devices for complex sleep disordered breathing, opioid induced central sleep apnea, and sleep education.

CLINICAL FOCUS

- Pulmonary and sleep related breathing disorders in neuromuscular disease
- Home Mechanical Ventilation
- Central Sleep Apnea
- Sleep Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Neurology & Neurological Sciences
- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Stanford Center for Sleep Sciences and Medicine

ADMINISTRATIVE APPOINTMENTS

- Stanford Sleep Clinic PAP-DME Program Director, Stanford Sleep Medicine Clinic, (2012- present)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Committee Member, AASM, Sleep Technologist & Respiratory Therapist Education Presidential Committee (2017 - present)
- Committee Member, American College of Chest Physicians, Scientific Presentations and Awards Committee (2018 - present)
- Vice-Chair, American College of Chest Physicians - Neuromuscular Disease and Home Mechanical Ventilation Network (2017 - present)
- Member, American Thoracic Society (2008 - present)
- Fellow, American Academy of Sleep Medicine (2007 - present)
- Fellow, American College of Chest Physicians (2004 - present)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University - CAPS (2008) CA
- Fellowship, Harbor-UCLA Medical Center , Pulmonary and Critical Care (2007)
- Residency: Loma Linda University - School of Medicine (2003) CA
- Medical Education: Western University of Health Sciences -College of Osteopathic Medicine of the Pacific (2000) CA
- Board Certification: Pulmonary Disease, American Board of Internal Medicine (2006)
- Board Certification: Critical Care Medicine, American Board of Internal Medicine (2007)
- Board Certification: Sleep Medicine, American Board of Internal Medicine (2009)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Positive Airway Pressure devices for central sleep apnea

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Sleep Medicine (Fellowship Program)

Publications

PUBLICATIONS

- **Effects of Chronic Opioid Use on Sleep and Wake** *SLEEP MEDICINE CLINICS*
Cao, M., Javaheri, S.
2018; 13 (2): 271-+
- **Sleep and Health: Medical Students' Perspectives and Lessons Learned** *ACADEMIC PSYCHIATRY*
Sullivan, S. S., Cao, M. T.
2017; 41 (5): 679-81
- **Factors Influencing Noninvasive Ventilation Initiation in Amyotrophic Lateral Sclerosis**
Doddamreddy, P., Singh, G., Schultz, B., Cao, M.
ELSEVIER SCIENCE BV.2017: 187A
- **Survey of Sleep Education Offered by US Pulmonary and Critical Care Fellowship Training Programs**
Sullivan, S., Cao, M.
ELSEVIER SCIENCE BV.2017: 554A
- **Continuous positive airway pressure therapy in obstructive sleep apnea: benefits and alternatives** *EXPERT REVIEW OF RESPIRATORY MEDICINE*
Cao, M. T., Sternbach, J. M., Guilleminault, C.
2017; 11 (4): 259-272
- **The hypocretin/orexin system in sleep disorders: preclinical insights and clinical progress.** *Nature and science of sleep*
Chow, M., Cao, M.
2016; 8: 81-86
- **A Novel Adaptive Servoventilation (ASVAuto) for the Treatment of Central Sleep Apnea Associated with Chronic Use of Opioids.** *Journal of clinical sleep medicine*
Cao, M., Cardell, C., Willes, L., Mendoza, J., Benjafeld, A., Kushida, C.
2014; 10 (8): 855-861
- **Central Sleep Apnea: Effects on Stroke Volume in Heart Failure** *AMERICAN JOURNAL OF RESPIRATORY AND CRITICAL CARE MEDICINE*
Cao, M., Guilleminault, C., Lin, C.

2013; 187 (4): 340-341

- **Sleep-Disordered Breathing, Heart Failure, and Phrenic Nerve Stimulation** *CHEST*
Cao, M., Guilleminault, C.
2012; 142 (4): 821-823
- **Acute and Chronic Sleep Loss: Implications on Age-Related Neurocognitive Impairment** *SLEEP*
Cao, M., Guilleminault, C.
2012; 35 (7): 901-902
- **NEUROHORMONES AND SLEEP** *VITAMINS AND HORMONES: SLEEP HORMONES, VOL 89*
Frenette, E., Lui, A., Cao, M.
2012; 89: 1-17
- **Hypocretin Antagonists in Insomnia Treatment and Beyond** *CURRENT PHARMACEUTICAL DESIGN*
Ruoff, C., Cao, M., Guilleminault, C.
2011; 17 (15): 1476-1482
- **Hypocretin and Its Emerging Role as a Target for Treatment of Sleep Disorders** *CURRENT NEUROLOGY AND NEUROSCIENCE REPORTS*
Cao, M., Guilleminault, C.
2011; 11 (2): 227-234
- **Advances in the pharmacological approach to sleep disorders.** *Current pharmaceutical design*
Cao, M.
2011; 17 (15): 1416-1417
- **Obstructive Sleep Apnea and Chronic Opioid Use** *LUNG*
Guilleminault, C., Cao, M., Yue, H. J., Chawla, P.
2010; 188 (6): 459-468
- **Families with sleepwalking** *SLEEP MEDICINE*
Cao, M., Guilleminault, C.
2010; 11 (7): 726-734
- **Advances in Narcolepsy** *MEDICAL CLINICS OF NORTH AMERICA*
Cao, M.
2010; 94 (3): 541-?
- **Pediatric sleep disorders: How can sleep-medicine make a difference?** *SLEEP MEDICINE REVIEWS*
Cao, M., Guilleminault, C.
2009; 13 (2): 107-110
- **Sleep and breathing: The impact of mechanical ventilation on the quality of sleep** *CRITICAL CARE MEDICINE*
Cao, M., Sarinas, P. S.
2008; 36 (6): 1960-1962
- **Sleep difficulties and behavioral outcomes in children** *ARCHIVES OF PEDIATRICS & ADOLESCENT MEDICINE*
Cao, M., Guilleminault, C.
2008; 162 (4): 385-389
- **Maxillomandibular advancement surgery for obstructive sleep apnea** *Minerva Pneumologica*
Cao M, Li KK, Guilleminault C
2008; 47: 203-12
- **The dual-wave bolus feature in continuous subcutaneous insulin infusion pumps controls prolonged post-prandial hyperglycaemia better than standard bolus in Type 1 diabetes** *DIABETES NUTRITION & METABOLISM*
Lee, S. W., Cao, M., Sajid, S., Hayes, M., Choi, L., Rother, C., de Leon, R.
2004; 17 (4): 211-216