



## Michelle Thi Cao

- 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

- **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

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
- Pulmonology and Sleep Disorders
- Pulmonary Disease

#### ACADEMIC APPOINTMENTS

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

#### BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Vice Chair, American Academy of Sleep Medicine; Sleep Technologist & Respiratory Therapist Education Committee (2020 - present)
- Committee Member, American College of Chest Physicians - Council of NetWorks (2020 - present)

- Chair, American College of Chest Physicians - Home Mechanical Ventilation and Neuromuscular Disease NetWork (2019 - present)
- Committee Member, American College of Chest Physicians - Scientific Presentations and Awards Committee (2018 - 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

- Medical Education: Western University of Health Sciences College of Osteopathic Medicine of the Pacific (2000) CA
- 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
- 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

- **Noninvasive Ventilator Devices and Modes.** *Sleep medicine clinics*  
Singh, G., Cao, M.  
2020; 15 (4): 545–55
- **Sleep medicine exposure offered by United States residency training programs.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*  
Sullivan, S. S., Cao, M. T.  
2020
- **Consensus-Based Care Recommendations for Pulmonologists Treating Adults with Myotonic Dystrophy Type 1.** *Respiration; international review of thoracic diseases*  
Boentert, M. n., Cao, M. n., Mass, D. n., De Mattia, E. n., Falcier, E. n., Goncalves, M. n., Holland, V. n., Katz, S. L., Orlikowski, D. n., Sannicolò, G. n., Wijkstra, P. n., Hellerstein, L. n., Sansone, et al  
2020: 1–9
- **Acute on Chronic Neuromuscular Respiratory Failure in the Intensive Care Unit: Optimization of Triage, Ventilation Modes, and Extubation** *CUREUS*  
Murray, N. M., Reimer, R. J., Cao, M.  
2021; 13 (7)
- **Reply to Comment on: The Effect of Obstructive Sleep Apnea on Absolute Risk of Central Serous Chorioretinopathy** *AMERICAN JOURNAL OF OPHTHALMOLOGY*  
Pan, C. K., Vail, D., Bhattacharya, J., Cao, M., Mruthyunjaya, P.  
2021; 226: 271-272

- **Reply to Comment on: The Effect of Obstructive Sleep Apnea on Absolute Risk of Central Serous Chorioretinopathy.** *American journal of ophthalmology*  
Pan, C. K., Vail, D., Bhattacharya, J., Cao, M., Mruthyunjaya, P.  
2021
- **The Effect of Obstructive Sleep Apnea on Absolute Risk of Central Serous Chorioretinopathy.** *American journal of ophthalmology*  
Pan, C. K., Vail, D. n., Bhattacharya, J. n., Cao, M. n., Mruthyunjaya, P. n.  
2020
- **NEUROMUSCULAR RESPIRATORY FAILURE IN THE ICU: AN "UNWEANABLE" PATIENT AND A NOVEL TIERED PROTOCOL**  
Murray, N., Reimer, R., Cao, M.  
LIPPINCOTT WILLIAMS & WILKINS.2020
- **Chronic opioid use on sleep and respiration: scratching the surface.** *Sleep medicine*  
Cao, M. n.  
2019
- **Effects of Chronic Opioid Use on Sleep and Wake** *SLEEP MEDICINE CLINICS*  
Cao, M., Javaheri, S.  
2018; 13 (2): 271-+
- **Survey of Sleep Education Offered by US Pulmonary and Critical Care Fellowship Training Programs**  
Sullivan, S., Cao, M.  
ELSEVIER SCIENCE BV.2017: 554A
- **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
- **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
- **SURVEY OF SLEEP EDUCATION OFFERED BY US NEUROLOGY TRAINING PROGRAMS**  
Cao, M., Sullivan, S.  
OXFORD UNIV PRESS INC.2017: A440
- **SURVEY OF SLEEP EDUCATION OFFERED BY US PSYCHIATRY SUBSPECIALTY FELLOWSHIP PROGRAMS**  
Sullivan, S., Lopez, J., Cao, M.  
OXFORD UNIV PRESS INC.2017: A440-A441
- **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
- **Opioids, Sedatives, and Sleep Hypoventilation** *SLEEP MEDICINE CLINICS*  
Arora, N., Cao, M., Javaheri, S.  
2014; 9 (3): 391-+
- **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., Benjafield, 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