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## Society of Behavioral Sleep Medicine

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### Consultant Registry August 2021

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#### About Individual

First Name: Anne Last Name: Batson

Degree(s): APRN, MSN, DBSM

Years practiced BSM: 9

Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: [abatson@ecommunity.com](mailto:abatson@ecommunity.com)

Your Phone: 3176213700

#### About Institution

Institution or Practice Name: Community Sleep Specialists

Address: 7250 Clearvista Drive, Suite 380

City: Indianapolis State: IN

Office Phone: 3176213700

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#### About Individual

First Name: Britney Last Name: Blair

Degree(s): Psy.D.

Years practiced BSM: 8

Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm

sleep disorders CPAP adherence/desensitization group tx individual tx sleep diary IRT  
hypersomnia parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: drblairsf@gmail.com

Your Phone: 6504651006

### **About Institution**

Institution or Practice Name: The Clinic

Address: 912 COLE STREET

City: SAN FRANCISCO State: CA

Office Phone: 4158431523

Office Website: [www.theclinicca.org](http://www.theclinicca.org)

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### **About Individual**

First Name: Daniel Last Name: Blum

Degree(s): PhD, DBSM

Years practiced BSM: 5

Areas of specialization in Sleep: adults CBT-I circadian rhythm sleep disorders CPAP  
adherence/desensitization group tx individual tx sleep diary insufficient sleep  
syndrome hypnotic withdrawal

Type of consultation offered: one-on-one phone/video

Do you charge a consultation fee: Yes

Your Email: drblum@sleepwise.io

Your Phone: 650-731-2145

### **About Institution**

Institution or Practice Name: Sleep Wise

Address: PO Box 401172

City: San Francisco State: CA

Office Phone: 650-731-2145

Office Website: <https://sleepwise.io>

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### **About Individual**

First Name: Meredith Last Name: Broderick

Degree(s): MD

Years practiced BSM: 12

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization individual tx sleep diary actigraphy hypersomnia insufficient sleep syndrome parasomnias

Type of consultation offered: phone/video

Do you charge a consultation fee: Yes

Your Email: [drbroderick@soundsleepguru.com](mailto:drbroderick@soundsleepguru.com)

Your Phone: 2069721070

### **About Institution**

Institution or Practice Name: Sound Sleep Guru, PLLC (available in WA, CA, AK)

Address: 17837 1st Ave S

City: Normandy Park State: WA

Office Phone: 206-504-3126

Office Website: [www.soundsleepguru.com](http://www.soundsleepguru.com)

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### **About Individual**

First Name: Pamela Last Name: Brody

Degree(s): Ph.D.

Years practiced BSM: 20

Areas of specialization in Sleep: adults CBT-I group tx individual tx sleep diary

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: [pamela.brody@cbtdenver.com](mailto:pamela.brody@cbtdenver.com)

Your Phone: 303-355-5133

### **About Institution**

Institution or Practice Name: Cognitive Behavior Therapy Associates of Denver

Address: 600 S. Cherry Street, Suite 825

City: Denver State: CO

Office Phone: 303-355-5133

Office Website: [www.cbtdenver.com](http://www.cbtdenver.com)

### **About Individual**

First Name: Lauren Last Name: Broch

Degree(s): PhD

Years practiced BSM: 29

Areas of specialization in Sleep: pediatrics adults older adults CBT-I circadian rhythm  
sleep disorders chronic health conditions group tx individual tx sleep diary  
parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: laurenbroch@yahoo.com

Your Phone: 914-420-2464

### **About Institution**

Institution or Practice Name: Northwell Sleep Disorder Center and Private Practice

Address: 155 Community Dr

City: Great Neck State: New York

Office Phone: 914-420-2464

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### **About Individual**

First Name: Wendy Last Name: Chabot

Degree(s): M.D.

Years practiced BSM: 6+

Areas of specialization in Sleep: pediatrics adults older adults CBT-I circadian rhythm  
sleep disorders chronic health conditions group tx individual tx sleep diary insufficient  
sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video

Do you charge a consultation fee: Yes

Your Email: wachabot@gmail.com

Your Phone: 413-230-3367

### **About Institution**

Institution or Practice Name: Pathways to Healthier Sleep

Wendy Chabot, MD

Address: Telehealth

City: Amherst State: MA

Office Phone: 413-230-3367

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### **About Individual**

First Name: Lisa Last Name: Cottrell

Degree(s): Ph.D. (CBSM, DBSM)

Years practiced BSM: 9

Areas of specialization in Sleep: pediatrics adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions group tx individual tx sleep diary hypnotic withdrawal

Type of consultation offered: phone/video

Do you charge a consultation fee: Yes

Your Email: [lmcottrell@sbcglobal.net](mailto:lmcottrell@sbcglobal.net)

Your Phone: 262-329-4305

### **About Institution**

Institution or Practice Name: Advocate Aurora Health Care

Aurora Medical Center - Grafton

Address: 975 Port Washington Road

City: Grafton State: WI

Office Phone: 262-329-4305

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### **About Individual**

First Name: Leisha Last Name: Cuddihy

Degree(s): PhD

Years practiced BSM: 8

Areas of specialization in Sleep: adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization individual tx sleep diary actigraphy

Type of consultation offered: one-on-one phone/video

Do you charge a consultation fee: Yes

Your Email: [leisha.cuddihy@gmail.com](mailto:leisha.cuddihy@gmail.com)

Your Phone: 7349858174

### **About Institution**

Institution or Practice Name: Spectrum Health Sleep Clinic

Address: 4100 Lake Dr. SE

City: Grand Rapids State: MI

Office Phone:

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### **About Individual**

First Name: Spencer Last Name: Dawson

Degree(s): PhD

Years practiced BSM: 8

Areas of specialization in Sleep: adults older adults veterans CBT-I individual tx  
hypersomnia hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video

Do you charge a consultation fee: Yes

Your Email: [spencer.dawson@bettersleepbloomington.com](mailto:spencer.dawson@bettersleepbloomington.com)

Your Phone: 812-269-2433

### **About Institution**

Institution or Practice Name: Better Sleep Bloomington

City: Bloomington State: IN

Office Phone: 812-269-2433

Office Website: [www.bettersleepbloomington.com](http://www.bettersleepbloomington.com)

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### **About Individual**

First Name: Michael Last Name: DeSanctis

Degree(s): PhD

Years practiced BSM: approx 15

Areas of specialization in Sleep: adults CBT-I circadian rhythm sleep disorders

Type of consultation offered: one-on-one in-person

Do you charge a consultation fee: Yes

Your Email: [michael@drdesanctis.com](mailto:michael@drdesanctis.com)

Your Phone: 612-991-0596

### **About Institution**

Institution or Practice Name: Positive Sleep Journeys, PLLC

Address: PO Box 46492

City: Eden Prairie State: MN

Office Phone: 612-991-0596

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### **About Individual**

First Name: Diana Last Name: Dolan

Degree(s): PhD

Years practiced BSM: 14

Areas of specialization in Sleep: adults veterans CBT-I circadian rhythm sleep disorders chronic health conditions group tx individual tx sleep diary IRT insufficient sleep syndrome

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: [dianacdolan@gmail.com](mailto:dianacdolan@gmail.com)

Your Phone: 9402069703

### **About Institution**

Institution or Practice Name:

Address: 1901 Holly Hill Drive

City: Austin State: TX

Office Phone: 940-206-9703

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### **About Individual**

First Name: Patricia Last Name: Evans

Degree(s): Ph.D.

Years practiced BSM: 8

Areas of specialization in Sleep: pediatrics adults older adults CBT-I individual tx sleep diary

Type of consultation offered: one-on-one phone/video

Do you charge a consultation fee: Yes

Your Email: [zevans4@msn.com](mailto:zevans4@msn.com)

Your Phone: 952-240-9765

### **About Institution**

Institution or Practice Name: Allina Health  
Address: 7920 Old Cedar Avenue South  
City: Bloomington State: MN  
Office Phone: 952-240-9765

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### **About Individual**

First Name: Donna Last Name: Fairley  
Degree(s): RN PGCert CBT  
Years practiced BSM: 3Years  
Areas of specialization in Sleep: adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx  
Type of consultation offered: group one-on-one phone/video in-person  
Do you charge a consultation fee: Yes  
Your Email: [donnamfairley@aol.com](mailto:donnamfairley@aol.com)  
Your Phone: 07976045668

### **About Institution**

Institution or Practice Name: Sleep Consultancy  
Address: 2/3 Blackwood crescent Edinburgh  
City: Edinburgh State: Select State/Province  
Office Website: [www.sleepconsultancy ltd.co.uk](http://www.sleepconsultancy ltd.co.uk), 2/3 Blackwood Crescent Edinburgh EH9 1QY

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### **About Individual**

First Name: Heather Last Name: Finley  
Degree(s): PhD  
Years practiced BSM: 10+  
Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders group tx individual tx sleep diary IRT  
Type of consultation offered: group one-on-one phone/video  
Do you charge a consultation fee: Yes  
Your Email: [heather@hfpllc.onmicrosoft.com](mailto:heather@hfpllc.onmicrosoft.com)  
Your Phone: 802.862.4884

### **About Institution**



Institution or Practice Name: University of Vermont Medical Center  
Address: 118 Tilley Drive  
City: S. Burlington State: VT  
Office Phone: 802.862.4884

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### **About Individual**

First Name: Robert Last Name: Glidewell  
Degree(s): PsyD  
Years practiced BSM: 11  
Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization individual tx sleep diary actigraphy hypnotic withdrawal  
Type of consultation offered: one-on-one phone/video in-person  
Do you charge a consultation fee: Yes  
Your Email: robert@insomniaclinic.org  
Your Phone: 719-239-7078

### **About Institution**

Institution or Practice Name: The Insomnia Clinic  
Address: 1155 Kelly Johnson Blvd., Suite 111  
City: Colorado Springs State: CO  
Office Phone: 719-373-0051  
Office Website: [www.insomniaclinic.org](http://www.insomniaclinic.org)

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### **About Individual**

First Name: Michael Last Name: Grandner  
Degree(s): PhD MTR  
Years practiced BSM: 10  
Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary actigraphy insufficient sleep syndrome  
Type of consultation offered: group one-on-one phone/video in-person  
Do you charge a consultation fee:

Your Email: grandner@gmail.com

Your Phone: 520-626-6346

### **About Institution**

Institution or Practice Name: University of Arizona Behavioral Sleep Medicine Clinic

Address: 1501 N Campbell Ave, Box 245002

City: Tucson State: AZ

Office Phone: 520-626-6346

Office Website: <http://www.sleephealthresearch.com>

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### **About Individual**

First Name: Edward Last Name: Haraburda

Degree(s): Ph.D.

Years practiced BSM: 10

Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm  
sleep disorders individual tx hypnotic withdrawal

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: [ed.haraburda@psychologicalsleepservices.com](mailto:ed.haraburda@psychologicalsleepservices.com)

Your Phone: 6147679354

### **About Institution**

Institution or Practice Name: Psychological Sleep Services

Address: 6500 Emerald Parkway

City: Dublin State: OH

Office Phone: 6147679354

Office Website: [www.psychologicalsleepservices.com](http://www.psychologicalsleepservices.com)

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### **About Individual**

First Name: Shelby Last Name: Harris

Degree(s): PsyD

Years practiced BSM: 15

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep

disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary actigraphy IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: Drshelbyharris@drshelbyharris.com

Your Phone: 914-325-8464

### **About Institution**

Institution or Practice Name: Shelby Harris, PsyD, PC (private practice)

Clinical Associate Professor, Department of Neurology, Albert Einstein College of Medicine, NYC, NY

For 13 years, I was the founder and director of the BSM program at Montefiore Medical Center's Sleep-Wake Disorders Center and on the psychiatry faculty where I supervised and trained psychiatry, psychology and Neurology residents in BSM. I am leaving this position at the end of this month to go solely into private practice. I have had my CBSM since 2008.

Address: 280 Dobbs Ferry Road, Suite 303

City: White Plains State: NY

Office Phone: 914-325-8464

Office Website: [www.drshelbyharris.com](http://www.drshelbyharris.com)

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### **About Individual**

First Name: Elisabeth Last Name: James

Degree(s): Ph.D

Years practiced BSM: 10

Areas of specialization in Sleep: pediatrics adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: Elisabeth.James.Ph.d@gmail.com

Your Phone: 4193438015

### **About Institution**

Institution or Practice Name: The Regional Center for Sleep Medicine

Address: 4041 W Sylvania Ave Suite 202

City: Toledo State: OH

Office Phone: 4192921616

Office Website:

---

### **About Individual**

First Name: Yelena Last Name: Larkin

Degree(s): PHD

Years practiced BSM: 7

Areas of specialization in Sleep: adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions group tx individual tx sleep diary hypersomnia insufficient sleep syndrome hypnotic withdrawal

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: ychernya@iupui.edu

Your Phone: 5138270186

### **About Institution**

Institution or Practice Name: Indiana University School of Medicine

Address: 355 W. 16th St

City: Indianapolis State: IN

Office Phone: 46202

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### **About Individual**

First Name: Jennifer Last Name: Miller

Degree(s): Ph.D.

Years practiced BSM: 8

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders individual tx sleep diary hypersomnia

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: jenny@jennifermillerphd

Your Phone: (320)217-6025

### **About Institution**

Institution or Practice Name: Jennifer L. Miller, Ph.D., LP, LLC

Address: 110 2nd St. S., #220

City: Waite Park State: MN

Office Phone: (320)217-6025

Office Website: [www.jennifermillerphd.com](http://www.jennifermillerphd.com)

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### **About Individual**

First Name: Tanya Last Name: Muir

Degree(s): BSc Occupational Therapy

Years practiced BSM: 1

Areas of specialization in Sleep: pediatrics adults CBT-I individual tx

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: [tanya@sleep-ot.com](mailto:tanya@sleep-ot.com)

Your Phone: +27722216121

### **About Institution**

Institution or Practice Name: Sleep OT

Address: 120 Bellairs Drive City: Johannesburg State/Providence/County: Gauteng,  
South Africa

Office Website: [www.sleep-ot.com](http://www.sleep-ot.com)

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### **About Individual**

First Name: Erin Last Name: O'Brien Veara

Degree(s): PhD, CBSM

Years practiced BSM: 8

Areas of specialization in Sleep: adults older adults CBT-I individual tx sleep diary

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: emobrien523@aol.com

Your Phone:

### **About Institution**

Institution or Practice Name: Corporal Michael J. Crescenz VAMC

Address: 3900 Woodland Avenue

City: Philadelphia State: PA

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### **About Individual**

First Name: James Last Name: Phelan

Degree(s): MA Counseling Psychology

Years practiced BSM: 5

Areas of specialization in Sleep: adults older adults veterans CBT-I CPAP adherence/desensitization individual tx IRT hypnotic withdrawal

Type of consultation offered: one-on-one

Do you charge a consultation fee: Yes

Your Email: jimphelan38@yahoo.com

Your Phone: 7735733206

### **About Institution**

Institution or Practice Name: The Center for Psychological Services

Address: 10735 S. Cicero

City: Oak Lawn State: IL

Office Phone: 7084240001

Office Website: [www.cpstherapy.com](http://www.cpstherapy.com)

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### **About Individual**

First Name: Donn Last Name: Posner

Degree(s): PhD

Years practiced BSM: 32

Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video

Do you charge a consultation fee: Yes

Your Email: [dposner@sleepwellconsultants.com](mailto:dposner@sleepwellconsultants.com)

Your Phone: 617-285-6771

### **About Institution**

Institution or Practice Name: Sleepwell Consultants

Address: 132 Main St

City: Newton State: Massachusetts

Office Phone: 617-285-6771

Office Website: [www.sleepwellconsultants.com](http://www.sleepwellconsultants.com)

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### **About Individual**

First Name: Jaan Last Name: Reitav

Degree(s): MA, PhD

Years practiced BSM: 15

Areas of specialization in Sleep: adults older adults CBT-I CPAP

adherence/desensitization chronic health conditions group tx individual tx sleep diary

Type of consultation offered: phone/video

Do you charge a consultation fee: Yes

Your Email: [jaan.reitav@uhn.ca](mailto:jaan.reitav@uhn.ca)

Your Phone: 4165973422 x5208

### **About Institution**

Institution or Practice Name: University Health Network - Toronto Rehabilitation  
Institute

Address: 347 Rumsey Road

City: Toronto State/Province: ON

Office Phone: 416 921-9787

Office Website: [www.drjreitav.com](http://www.drjreitav.com)

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### **About Individual**

First Name: Mary Last Name: Rose

Degree(s): PsyD

Years practiced BSM: 17

Areas of specialization in Sleep: pediatrics adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary actigraphy IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: mrosesleep@gmail.com

Your Phone: 8326039906

### **About Institution**

Institution or Practice Name: TIRR Memorial Hermann Rehabilitation Network

Address: 1333 Moursund Ave

City: Houston State: TX

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### **About Individual**

First Name: Virginia Last Name: Runko

Degree(s): PhD, CBSM, DBSM

Years practiced BSM: 11

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization individual tx sleep diary actigraphy insufficient sleep syndrome parasomnias

Type of consultation offered: group one-on-one in-person

Do you charge a consultation fee: Yes

Your Email: vrunko@dcpsychandsleep.com

Your Phone: 202-455-5387

### **About Institution**

Institution or Practice Name: DC Psychology and Sleep Services

Address: 2168 Wisconsin Ave NW

City: Washington State: DC

Office Phone: 202-455-5387

Office Website: <https://dcpsychandsleep.com/>



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**About Individual**

First Name: Romelia Last Name: Rubio

Degree(s): BSc Psychologist

Years practiced BSM: 1

Areas of specialization in Sleep: pediatrics chronic health conditions individual tx

Type of consultation offered: phone/video

Do you charge a consultation fee: Yes

Your Email: rome.rubio@gmail.com

Your Phone: 5215521455359

**About Institution**

Institution or Practice Name: Penn Medicine, University of Pennsylvania

Universidad del Valle de México

Address: Av. Bosque Alto No. 245, A403

City: México State: México

Office Website: [www.behappynights.com](http://www.behappynights.com)

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**About Individual**

First Name: Erin Last Name: Shadle

Degree(s): MSW, LCSW

Years practiced BSM: 5

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization group tx individual tx sleep diary hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: ErinLShadle@gmail.com

Your Phone: 8047546911

**About Institution**

Institution or Practice Name: CBT Centers of Western North Carolina - Behavioral Sleep Solutions Program

Address: 1085 Tunnel Road, Unit 7A

City: Asheville State: NC  
Office Website: [www.behaviortherapist.com](http://www.behaviortherapist.com)

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### **About Individual**

First Name: Norah Last Name: Simpson

Degree(s): Ph.D.

Years practiced BSM: 10

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders chronic health conditions individual tx sleep diary IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: one-on-one phone/video

Do you charge a consultation fee: Yes

Your Email: [nsimpson@stanford.edu](mailto:nsimpson@stanford.edu)

### **About Institution**

Institution or Practice Name: Sleep Health & Insomnia Program

Department of Psychiatry

Stanford University

Address: 401 Quarry Rd.

City: Palo Alto State: CA

Office Phone: 650-723-2372

Website: [www.insomnia.stanford.edu](http://www.insomnia.stanford.edu)

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### **About Individual**

First Name: Sooyeon (Aly) Last Name: Suh

Degree(s): Ph.D.

Years practiced BSM: 10 years

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions group tx individual tx sleep diary actigraphy IRT insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: dr.alysuh@gmail.com

Your Phone: +82-10-2353-6284

### **About Institution**

Institution or Practice Name: Sungshin Women's University

Dept. of Psychology

Seoul, Korea

Ilsang Psychological Services (IPS)

Seoul, Korea

(Private Practice)

Address: Seongbuk-gu 2 Bomun-ro 34da-gil, Sungshin Women's University, #920

Sungshin Building

City: Seoul Country: Korea

Office Phone: +8229207215

Office Website: [www.bestlab.org](http://www.bestlab.org)

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### **About Individual**

First Name: S. Justin Last Name: Thomas

Degree(s): PhD

Years practiced BSM: 10; 20 years total in sleep medicine

Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm  
sleep disorders CPAP adherence/desensitization chronic health conditions individual tx  
sleep diary actigraphy IRT hypersomnia insufficient sleep syndrome parasomnias  
hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: sjthoma@uabmc.edu

### **About Institution**

Institution or Practice Name: University of Alabama at Birmingham

Department of Psychiatry

UAB Sleep/Wake Disorders Center

City: Birmingham State: AL

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### **About Individual**

First Name: Don Last Name: Townsend

Degree(s): PhD

Years practiced BSM: 20

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary hypersomnia parasomnias hypnotic withdrawal

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: dontownsendphd@gmail.com

Your Phone: 5073985518

### **About Institution**

Institution or Practice Name: Insomnia ExpertZ, PLLC

Address: 3040 E. Cactus Road

City: Phoenix State: AZ

Office Phone: (480) 416-8661

Office Website: insomniaexpertz.com

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### **About Individual**

First Name: Christi Last Name: Ulmer

Degree(s): PhD

Years practiced BSM: 15

Areas of specialization in Sleep: adults older adults veterans CBT-I CPAP adherence/desensitization group tx individual tx sleep diary actigraphy IRT hypersomnia

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: [bettersleepinthetriangle@gmail.com](mailto:bettersleepinthetriangle@gmail.com)

Your Phone: 9194755052

### **About Institution**

Institution or Practice Name: Sleep Health Solutions, PLLC

Address: 4109 Brenmar Lane

City: Durham State: NC

Office Phone: 984-244-0845

Office Website: <https://www.sleephealthsolution.com/>

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### **About Individual**

First Name: Marcy Last Name: Wasman

Degree(s): PhD

Years practiced BSM: 12

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: mwasmanphd@aol.com

Your Phone: 305-274-5677

### **About Institution**

Institution or Practice Name: Marcy Wasman, PhD

Address: 9150 SW 87th AVE, #109

City: Miami State: FL

Office Phone: 305-274-5677

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### **About Individual**

First Name: AMANDA

Last Name: WETEGROVE-ROMINE

Degree(s): PsyD

Years practiced BSM: 5

Areas of specialization in Sleep: adults older adults veterans CBT-I group tx individual tx sleep diary

Type of consultation offered: phone/video

Do you charge a consultation fee?: Yes

Your Email: Amanda.wetegrove-romine@va.gov

Your Phone: 2106996153

### **About Institution**

Institution or Practice Name: South Texas Veterans Health Care System  
Address: 7400 Merton Minter  
City: San Antonio State: Texas

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### **About Individual**

First Name: Ryan Last Name: Wetzler  
Degree(s): PsyD, CBSM, DBSM, ABPP  
Years practiced BSM: 20  
Areas of specialization in Sleep: pediatrics adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal  
Type of consultation offered: group one-on-one phone/video in-person  
Do you charge a consultation fee?: Yes  
Your Email: [drwetzler@sleephealthlou.com](mailto:drwetzler@sleephealthlou.com)  
Your Phone: 5029314519

### **About Institution**

Institution or Practice Name: Sleep Health Center, PLLC  
Address: 130 Fairfax Ave, Ste 100c  
City: Louisville State: KY  
Office Phone: 5028221320  
Office Website: <https://www.sleephealthlou.com>

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### **About Individual**

First Name: Jade Last Name: Wu  
Degree(s): PhD  
Years practiced BSM: 5  
Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions group tx individual tx sleep diary actigraphy insufficient sleep syndrome hypnotic withdrawal  
Type of consultation offered: group one-on-one phone/video  
Do you charge a consultation fee: Yes

## **About Institution**

Office Website: [www.jadewuphd.com](http://www.jadewuphd.com)

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## **About Individual**

First Name: Jeffrey Last Name: Young

Degree(s): PHD

Years practiced BSM: 10

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders chronic health conditions individual tx sleep diary IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee: Yes

Your Email: [j.young@ucla.edu](mailto:j.young@ucla.edu)

Your Phone: 8182777806

## **About Institution**

Institution or Practice Name: Jeffrey Young, PHD, CBSM

Private Practice

Assistant Clinical Professor (vol) UCLA (Teaching Duties Only)

Address: 16550 Ventura Boulevard, Suite 405

City: Encino State: California 91436

Office Phone: 818-905-7121

Office Website: [www.behavioralsleepmedicine.com](http://www.behavioralsleepmedicine.com)

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