

**Sabra M. Abbott, MD, PhD**

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Dr. Abbott is a Neurologist who specializes in the diagnosis and treatment of Circadian Rhythm Sleep-Wake Disorders. She completed her MD and PhD at the University of Illinois in Urbana-Champaign with a focus on circadian neurobiology, followed by a medicine Internship at Massachusetts General Hospital, and a Neurology residency at Beth Israel Deaconess Medical Central. She then came to Northwestern University for a Sleep Medicine Fellowship and stayed on as faculty. She is currently an Assistant Professor of neurology in sleep medicine at Northwestern University Feinberg School of Medicine and is also a faculty member in the Center for Circadian and Sleep Medicine. She helped open the first Circadian Medicine Clinic at Northwestern, of which she now serves as the Director. Her research focuses on the pathophysiology and treatment of circadian rhythm sleep-wake disorders. She has published multiple chapters and reviews on the diagnosis and management of Circadian Rhythm-Sleep Wake disorders.

Currently she serves as Chair of the Trainee Education and Advisory Committee for the Sleep Research Society, Vice-Chair of the American Academy of Sleep Medicine Clinical Practice Guideline Task Force for the treatment of Shift Work and Jet Lag disorders and is a member of the workgroup revising the Circadian Rhythm Sleep-Wake Disorders Section of the International Classification of Sleep Disorders.