

Meredith Broderick, MD - Curriculum Vitae

CREDENTIALS:

Licensed by Washington Medical Commission

Licensed by State Medical Board of Alaska

Licensed by State Medical Board of California

BOARD CERTIFICATIONS:

American Board of Medical Specialties in Sleep Medicine

Board of Behavioral Sleep Medicine (D-BSM)

American Board of Neurology

PROFESSIONAL MEMBERSHIPS:

[The American Academy of Sleep Medicine](#)

[The American Academy of Neurology](#)

[Society of Behavioral Sleep Medicine](#)

WORK EXPERIENCE:

Founder, Sound Sleep Guru Sleep Telehealth Services, Seattle, WA

Sleep Medicine Physician, Creekside Sleep Disorders Center, Bellevue, WA

Sleep Lab Director, Sleep Lab, Alaska Neurology Center; Anchorage

Sleep Medicine Physician, Overlake Internal Medicine Associates

Sleep Medicine Physician, The Polyclinic; Seattle, WA

Medical Director, Sound Sleep Health; Seattle, WA

Medical Director, Sleep Center at Minor and James; Seattle, WA

Assistant Professor of Neurology, University Hospitals of Cleveland Case Medical Center / Rainbow Babies and Children's Hospital; Cleveland, OH

EDUCATION AND TRAINING:

[Sleep Disorders Fellowship, Stanford University. Palo Alto, CA. 2007-2008](#)

ACGME Sleep Medicine and Behavioral Sleep Medicine Fellowship

[Neurology Residency, Case Western Reserve University. Cleveland, OH. 2004-2007](#)

ACGME Neurology Residency

[Internal Medicine Internship, Riverside Methodist Hospital. Columbus, OH. 2003-2004](#)

ACGME Internal Medicine Internship

[The Ohio State University, 2003, M.D,](#)

[The Ohio State University 1999, B.A Chemistry](#)

- Summa Cum Laude
- With Honors in the Liberal Arts
- Phi Beta Kappa

PUBLICATIONS:

[Broderick M. "Circadian Sleep-Wake Disorders: I Have Too Many Sleep Issues To List." Case Book of Sleep Medicine, edited by Eric J Olson; John W Winkelman, American Academy of Sleep Medicine, 2019, 354-361.](#)

[Broderick M., Guilleminault C. \(2016\) Emerging Treatments for Narcolepsy. In: Goswami M., Thorpy M., Pandi-Perumal S. \(eds\) Narcolepsy. Springer, Cham.](#)

[Sandadi S, Frasure HE, Broderick MJ, Waggoner SE, Miller JA, von Gruenigen VE. The effect of sleep disturbance on quality of life in women with ovarian cancer. Gynecol Oncol. 2011 Nov;123\(2\):351-5. doi: 10.1016/j.ygyno.2011.07.028. PMID: 21855973.](#)

[Broderick M, Masri T. Histamine H\(3\) receptor \(H\(3\)R\) antagonists and inverse agonists in the treatment of sleep disorders. Curr Pharm Des. 2011;17\(15\):1426-9. doi: 10.2174/138161211796197133. PMID: 21476958.](#)

[Broderick M and Guilleminault C. Histamine 3 Receptor Antagonists hypocretin agonists, and other novel alerting agents. In Thorpy M and Billiard M \(Eds\), Sleepiness, Cambridge, UK: Cambridge University Press, 2011.](#)

[Valappil RA, Black JE, Broderick MJ, Carrillo O, Frenette E, Sullivan SS, Goldman SM, Tanner CM, Langston JW. Exploring the electrocardiogram as a potential tool to screen for premotor Parkinson's disease. Mov Disord. 2010 Oct 30;25\(14\):2296-303. doi: 10.1002/mds.23348. PMID: 20976736.](#)

[Broderick M and Guilleminault C. Emerging treatments for narcolepsy. In Goswami, Meeta; Pandi-Perumal, S.R. and Thorpy, Michael J. \(Eds\), Narcolepsy: A Clinical Guide, Totawa, NJ: Humana Press, 2010.](#)

[Broderick M, Guilleminault C. Rebound cataplexy after withdrawal from antidepressants. Sleep Med. 2009 Apr;10\(4\):403-4. doi: 10.1016/j.sleep.2008.06.004. Epub 2008 Aug 8. PMID: 18692440.](#)

[Broderick M and Guilleminault C. Night terrors. In Thorpy M and Plazzi G \(Eds\), Parasomnias and other sleep related movement disorders, Cambridge, UK: Cambridge University Press, 2009.](#)

[Broderick M. Types of parasomnias. In Kushida CA \(Ed.\), Handbook of Sleep Disorders, New York, NY: Taylor and Francis 2009.](#)

[Broderick M and Guilleminault C. Neurological aspects of obstructive sleep apnea. Ann N Y Acad Sci 2008 Oct;1142:44-57.](#)

[Broderick M and Vick D. Family, Health, and Identity: The Case of Inherited Obstructive Sleep Apnea. In Schatzberg A \(Ed\), Int J Sleep Wakefulness Prim Care 2008;1\(4\):146-8.](#)

[Virtual Mentor. 2008;10\(9\):541-543. doi: 10.1001/virtualmentor.2008.10.9.fred1-0809.](#)

[Broderick M and Daroff R.B. Sections on Guillain-Barre Syndrome, Neuralgia, and Paralysis. In Goddard J and Hildyard A \(Eds\), Diseases and Disorders, Tarrytown, NY: Marshall Cavendish 2007.](#)

[Broderick M and Riley D. Parkinson's plus syndromes. In Factor SA and Weiner WJ \(Eds\), Parkinson's Disease Diagnosis and Clinical Management, Second edition: New York, NY: Demos Medical Publishing 2007.](#)

PRESENTATIONS:

MJ Broderick. "Circadian Rhythm Disorders." Alaska Sleep Conference, LLC, Anchorage, AK, 6-11 September 2016.

R Azhu Valappil, JE Black, MJ Broderick, O Carrillo, E Frenette, SS Sullivan, CM Tanner, JW Langston. "Can the EKG be used to identify prodromal PD? Assessment of heart rate variability during wakefulness in patients with RBD." Poster presented as part of the MDS 13th International Congress on Parkinson's disease and Movement Disorders, Paris, France., 7-11 June 2009.

Sekhon R, MJ Broderick. "Sleep signing: A distinct symptom or a type of sleep talking." Poster presented as part of the 23rd Annual Meeting of the Associated Professional Sleep Societies, LLC, Seattle, WA., 6-11 June 2009. MJ Broderick. "Predictors of long-term mortality in ischemic stroke patients requiring critical care." Poster presented as part of the 58th Annual Meeting of the American Academy of Neurology, San Diego, CA, 1-8 April 2006.

CLINICAL RESEARCH:

A cognitive behavioral therapy for delayed sleep phase syndrome. Researched, wrote, and submitted an NIH Challenge Grant for the development of a specialized cognitive behavioral therapy for delayed sleep phase syndrome and the design for a clinical trial to study it versus placebo. Case Western Reserve University

HLA markers for narcolepsy and hypersomnolence disorders. Participating as a co-investigator by becoming a participating site in a multi-center NIH funded research trial. Rainbow Babies and Children's Hospital

Co-investigator for patient evaluation and follow up in the HOME PAP study which is a research study comparing home versus in lab titration for patients with obstructive sleep apnea. Case Western Reserve University

The effect on sleep disturbance and quality of life in women with ovarian cancer. Co-investigator. McDonald Hospital for Women

Heart rate variability in REM behavior disorder as an early marker of Parkinson's Disease. Stanford Medical Center

Literature review and data collection investigating the pathophysiology of ophthalmoplegic migraine. Case Western Reserve University

Predictors of long-term mortality in ischemic stroke patients requiring critical care. Poster Presenter at the 2006 American Academy of Neurology's Annual Meeting. Case Western Reserve University

Administered neuropsychological testing and analyzed data for a study on the spectrum of cognitive impairments in cocaine withdrawal. The Ohio State University

PERSONAL ACCOMPLISHMENTS:

Big Mountain Expeditions: Aconcagua, Denali, Kilimanjaro

Big Mountain Summits: Mt. Adams, Mt. Baker, Mt. Blanc, Cayambe, Cotopaxi, Mt. St. Helens, Mt. Hood, Mt. Rainier

Alpine Climbing: Mt. Whitney via the East Face, Mt. Shuksan via the Fisher Chimneys, Dragontail via Serpentine Arete, Vesper Peak via the North Face, Forbidden Peak via the West Ridge, The Sharkfin North Cascades, Ingalls Peak via the South Ridge, Temple Crag via Venusian Blind, Multiple routes in Little Switzerland Alaska Range, Multiple moderate routes in the Swiss Alps, Cascades, and the Chugach Mountains.

Rock Climbing: Red Rock Canyon, Leavenworth, The Exits, Vantage, Joshua Tree, Squamish, Indian Creek, Moab, Peshastin Pinnacles, Smith Rock, Mazama, Zion. Outdoor leading sport routes to 10.c grade and trad routes to 10.a.

AIARE 1 Certified

Ultra-Marathon: Cougar Mountain 50 km

Marathon: Towpath Marathon, Cleveland Rock n Roll, Seattle Marathon, Vancouver Marathon, Seattle Rock n Roll