University Of Washington Internal Medicine Residency Program

Sleep Medicine-Directed Residency Training

Subspecialty director and key personnel
Vishesh Kapur, M.D. M.P.H. Leila Armas
Fellowship Program Director Fellowship Program Administrator
744-5703 744-3356
vkapur@u.washington.edu lsarmas@u.washington.edu

Subspecialty web site address
UW Sleep Medicine Fellowship:

UW Medicine Sleep Center:

Deadline for fellowship applications
Apply through ERAS (July cycle), for NRMP Match date in mid-November

General suggestions for residency training
The University of Washington Internal Medicine Residency Program provides reasonable preparation for subspecialty training in sleep medicine. A balanced exposure to both inpatient and outpatient medicine is recommended, with emphasis on training in sleep medicine, pulmonary medicine, cardiology, neurology and psychiatry as time allows. Residents should make an effort to attend Sleep Medicine Rounds and are encouraged to develop a dialog with sleep medicine faculty members. A sleep medicine clinical or research elective may position a resident better for some of the more competitive sleep medicine fellowships.

Suggested curriculum during residency
UW Medicine Sleep Center rotation (by special arrangement at HMC or UWMC)
Pulmonary inpatient consultation service (UWMC or HMC)
General pulmonary clinic (UWMC, HMC)
Cardiology inpatient consultation service (UWMC or HMC)
Neurology inpatient or outpatient elective
Psychiatry outpatient elective

Local subspecialty-specific conferences open to residents
Weekly Sleep Medicine Rounds Tuesday 12:00 – 1:00 (NJB 11th floor/HMC)

Local subspecialty-specific social/educational events open to residents
Biennial Pacific Northwest Sleep Association (PNSA) Conference (Two-day symposium held in Skamania, WA in mid March)

Dates of important national meetings
Yearly meeting of the Association of Professional Sleep Societies (APSS) – early June
Yearly meeting of the American Thoracic Society (ATS) – mid May