

CURRICULUM VITAE
Lisa J. Shives, M.D.

Date Prepared: February 20, 2020

Name: Lisa J. Shives

Current Position: Associate Professor of Clinical Sleep Medicine
UC San Diego Health Systems

Office Address: Center for Pulmonary and Sleep Medicine
4520 Executive Drive, Plaza 2
La Jolla, CA 92121

Home Address: 1853 Lyndon Rd San Diego, CA 92103

Work Phone: 855-355-5864

Cell Phone: 773-914-4961

Work Email: lshives@ucsd.edu

Personal Email: ljshives@gmail.com

Work FAX: 858-657-6171

Place of Birth: Hagerstown, MD, USA

Education

6/1987	B.A	Major: History	University of California, San Diego, San Diego, CA
6/1999	M.D.	Medicine	University of Chicago: The Pritzker School of Medicine, Chicago, IL

Postdoctoral Training

07/1999 – 06/2000	Intern	Internal Medicine	Yale University, New Haven, CT
07/2000- 06/2002	Resident	Internal Medicine	Northwestern University, ENH, Evanston, IL
07/2002 – 06/2003	Fellow	Medical Ethics	University of Chicago, Chicago, IL
07/2004- 06/2005	Fellow	Sleep Medicine	University of Chicago, Chicago, IL

Appointments at Hospitals/Affiliated Institutions

2003-2004	Attending Physician	Internal Medicine Hospitalist	Evanston Northwestern Healthcare, Evanston, IL
2005-2007	Staff Physician	Hospice Medicine	Horizon Hospice, Chicago, IL
2007-2014	Medical Director	Sleep/Obesity Medicine	Northshore Sleep Medicine, Evanston, IL

Committee Service

2011-2016	Board Member	National Sleep Foundation
-----------	--------------	---------------------------

Professional Societies

2005-present	Member	American Academy of Sleep Medicine
2008-2010	Spokesperson	American Academy of Sleep Medicine
2007-2014	Member	British Sleep Society
2008-present	Member	World Association of Sleep Medicine
2010-2015	Member	American Society of Bariatric Physicians
2010-2014	Member	Royal Society of Medicine
2011-present	Member	Obesity Society
2011-2015	Founding Member	Society of Anesthesia and Sleep Medicine

Honors and Prizes

1984	National Institute for the Humanities, Younger Scholar's Award
1984-86	University of California Regents Scholarship
1987	UC San Diego , B.A., <i>magna cum laude</i>
1990	University of Chicago, The Committee on Social Thought PhD program Four-Year University Tuition Fellowship and Stipend
1991	Brooklyn College: Helen Fellowship for Classical Studies

Formal Teaching of Peers (e.g., CME and other continuing education courses)

No presentations below were sponsored by outside entities.

1. "Insomnia, RLS and Narcolepsy." Chicago Medical Society. Chicago, IL, March 2008.
2. "The link between obesity and sleep." Grand Rounds Lecture. Rosalind Franklin University. Chicago, IL, October 20, 2011.
3. "Update on OSA treatments for children and adults." University of Illinois. ENT Conference. Snow Mass, CO, February 2011 and February 2012.
4. "The relationship between sleep disorders and weight gain/obesity." 60th Annual Obesity & Associated Conditions Symposium. American Society for Bariatric Physicians. New Orleans, LA, November 13, 2010.
5. "Obesity and OSA: A Bi-directional Relationship?" California Thoracic Society. Carmel, CA, Jan 31, 2015.
6. "Obesity and OSA", A Reciprocal Relationship?" Pulmonary Grand Rounds, UC San Diego, San Diego, CA, Feb 19, 2015.
7. "Update on Sleep Medicine". Internal Medicine Grand Rounds. UC San Diego, San Diego, CA, June 17, 2015

Report of Clinical Activities

Current Certification and Licensure

2004-2014	American Board of Medical Specialties: Internal Medicine
2005	American Board of Sleep Medicine: Sleep Medicine
2017-2027	American Board of Medical Specialties: Sleep Medicine
2013	American Board of Obesity Medicine: Obesity Medicine

CA License C131956 Expiration: 02/29/2020

Practice Activities

2007-2014

My practice activities involve outpatient sleep medicine and obesity medicine. I have primarily focused on sleep medicine. I was the founder and medical director of a busy outpatient sleep center with an eight-bed diagnostic laboratory and DME service. I have trained two other physicians in sleep medicine and they were both able to become board-certified via the clinical pathway. I supervised these physicians as well as nurse practitioners, sleep technicians and office staff. I have done clinical teaching of residents for Northshore University Healthcare and University of Chicago residents as an outpatient rotation. My center is also a teaching rotation for PA students from Midwestern University.

2014-Present

My practice activities involve outpatient sleep medicine, interpretation of sleep studies and clinical teaching of residents and medical students.

Report of Education of Patients and Service to the Community **Educational Materials for Patients and the Lay Community**

No materials below were sponsored by outside entities.

There are numerous articles, interviews, and information products in the local and national popular media (online, in print, broadcast news, etc.) related to sleep and lifestyle medicine for which I have served as a contributor and/or expert, including:

1. "Kids with dogs may become snorers." CBS News, August 2008.
2. Freedman L. "Tired of Ambien? Meet the sleep medications of the near future." Health.com. December 11, 2008. Available at http://www.health.com/health/condition-article/print/0,,20245385_1,00.html.
3. "Healthy living step no. 6: Sleep better." WebMD. 2009. Available at <http://www.webmd.com/balance/features/healthy-living-8-steps-to-take-today?page=4>.
4. Lyon L. "10 ways to get better sleep (and maybe cure your insomnia)." U.S. News & World Report. 2009. Available at <http://health.usnews.com/health-news/family-health/slideshows/sleep-better>.
5. Visco F. "Sleep skinny." Advance Web. January 6, 2009. Available at <http://respiratory-care-sleep-medicine.advanceweb.com/Article/Top-Story-Skinny-Sleep.aspx>.
6. Visco F. "Catch more zzz's in 2009." AdvanceWeb. January 14, 2009. Available at <http://health-information.advanceweb.com/Article/Catch-More-ZZZs-in-2009.aspx>.
7. "Women have more, scarier nightmares than men." Chicago Sun-Times. February 2009.
8. Fritsky L. "A good marriage equals good sleep." Lemondrop.com. February 10, 2009. Available at <http://www.lemondrop.com/2009/02/10/cant-sleep-get-married/>.
9. Lloyd J. "Insomnia therapy: What works, what doesn't." USA Today. July 23, 2009. Available at http://usatoday30.usatoday.com/news/health/2009-07-22-insomnia_N.htm.
10. "Searching for the Right Sleep Solution." Forbes. August 2009.
11. Lloyd J. Anderson L. "Don't wait, get help for insomnia before it's a habit." USA Today. August 26, 2009. Available at http://usatoday30.usatoday.com/news/health/2009-08-26-insomnia_N.htm.
12. Kent L. "The 5 keys to keeping your youth: Secret 4, get your ZZZs." Momfit: The Movement. September 2009. Available at <http://www.momfitthemovement.com/articles/show/2>.
13. Spiro J. "They make money while you sleep." Inc. September 2, 2009. Available at <http://www.inc.com/news/articles/2009/09/zeo.html>.
14. "Sleep center interest surges both on and off campus." Health Facilities Management. October 2009. Available at http://www.hfmmagazine.com/hfmmagazine/jsp/articledisplay.jsp?dcrpath=HFMMAGAZINE/Article/data/10OCT2009/1009HFM_upfront_planning&domain=HFMMAGAZINE.
15. Park M. "Is too much sleep making you tired?" CNN. October 30, 2009. Available at <http://abclocal.go.com/wls/story?section=resources&id=7116927>.
16. "Maintain a regular sleep schedule to help prevent weight gain this thanksgiving." News from the American Academy of Sleep Medicine and Dr. Lisa Shives. November 2009.
17. Vann M. "Autoimmune disorders and sleep problems." Everyday Health. December 2009. Available at <http://www.everydayhealth.com/autoimmune-disorders/getting-sleep-with-autoimmune-disease.aspx>.
18. "Sleep-deprived Americans can't get any shut-eye." Today's Vital Health. December 2009.
19. Gravitz L. "A stimulating treatment for sleep apnea." Technology Review. December 14, 2009. Available at <http://www.technologyreview.com/news/416668/a-stimulating-treatment-for-sleep-apnea/>.

20. Kam K. "What's causing your sleepiness? Are you skimping on sleep, or could you have a sleep disorder?" WebMD. January 2010. Available at <http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/sleepy-all-the-time>.
21. Bell K. "5 signals you're sleep deprived: How to tell if skimping on your Zzzs is hurting your health." Prevention. February 2010. Available at <http://www.prevention.com/health/sleep-energy/5-signs-youre-sleep-deprived>.
22. Kittredge C. "Your internal sleep clock." Everyday Health. February 2010. Available at <http://www.everydayhealth.com/sleep/101/circadian-rhythms.aspx>.
23. "What's really keeping you awake: Tackle the source, and the sandman will follow." MSN Health and Fitness. February 2010.
24. Edgar J. "Too sleepy for sex? Ask yourself these four questions to stop sleepiness from stealing your sex life." WebMD. February 2010. Available at <http://www.webmd.com/sleep-disorders/features/too-sleepy-for-sex>.
25. "Time for bed? Older people may need less sleep, study finds." Daily Record. February 1, 2010. Available at <http://pqasb.pqarchiver.com/dailyrecord/doc/440203141.html?FMT=ABS&FMTS=&type=current&date=Feb%201,%202010&author=&pub=&edition=&startpage=&desc=>.
26. Painter K. "Your health: A good night's sleep study for people over 65." USA Today. February 15, 2010. Available at http://usatoday30.usatoday.com/news/health/painter/2010-02-15-yourhealth15_ST_N.htm.
27. Eckstein S. "Pets in your bed: WebMD discusses the health implications of your pets sleeping in your bed with you and how you can keep your bedroom healthy." WebMD. March 2010. Available at <http://pets.webmd.com/features/pets-in-your-bed>.
28. Matthiessen C. "Fighting off sleepiness: Myths and facts." WebMD. March 2010. Available at http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/myths-facts?src=RSS_PUBLIC.
29. "Natural sleep aids: Dietary supplements." WebMD. March 2010. Available at <http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/sleep-supplements-herbs?page=2>.
30. Kantrowitz B. "The White House mystery drug: Obama's newly released medical report reveals he's taking a prescription medication for jet lag." The Daily Beast. March 4, 2010. Available at <http://www.thedailybeast.com/articles/2010/03/04/the-white-house-mystery-drug.html>.
31. Shives L. "At midnight, all the doctors." New York Times. March 18, 2010. Available at http://opinionator.blogs.nytimes.com/2010/03/18/at-midnight-all-the-doctors/?_r=1.
32. Friedland L. "Sleep on it." Longevity. May 10, 2010. Available at http://longevitymag.co.za/i_columnists/sleep-on-it/.
33. Finley, D. "Insomnia shown to raise risk of dying." San Antonio Express-News. June 7, 2010. Available at http://www.mysanantonio.com/news/local_news/article/Insomnia-shown-to-raise-risk-of-dying-844723.php.
34. Goodwin J. "'Sleep sex' might be nightmare for some." US News & World Report. June 7, 2010. Available at <http://health.usnews.com/health-news/family-health/sleep/articles/2010/06/07/sleep-sex-might-be-nightmare-for-some>.
35. Harding A. "Sleep deprivation linked to depression in teens." CNN.com. June 9, 2010. Available at <http://www.cnn.com/2010/HEALTH/06/09/sleep.deprivation.depression/?hpt=Sbin>.
36. Steinberg S. "Sleep lightly or through anything? Thank (or blame) the brain." USA Today. August 10, 2010. Available at http://usatoday30.usatoday.com/news/health/2010-08-06-soundsleepers10_ST_N.htm.

37. DeNoon D. J. "Men with insomnia may have higher death risk: Study shows 4-fold higher death rate in men with insomnia vs. normal sleepers." WebMD. September 2, 2010. Available at <http://www.webmd.com/sleep-disorders/news/20100902/insomnia-death-risk>.
38. Labovitz T. "Don't suffocate him with your pillow: Your snorer might be suffocating already." MakeItBetter.net. October 2010. <http://www.makeitbetter.net/family/health-and-wellness/1983-dont-suffocate-him-with-that-pillow-your-snorer-might-be-suffocating-already>.
39. "Jewel's SleepBetter tips for new moms." SleepBetter.org. Available at <http://sleepbetter.org/momsleep/>. 2011.
40. Mackenzie N. G. "The foolproof trick to keeping your New Year's resolutions: I want to...get more sleep." Redbook. January 2011. Available at <http://www.redbookmag.com/health-wellness/advice/healthy-new-years-resolutions#slide-1>.
41. Cox L. "The best apps for your health, part 2: Sleep trackers." My Health News Daily. February 14, 2011. Available at <http://www.livescience.com/35476-best-health-apps-tracking-sleep-110214.html>.
42. "Big germ on campus: Sleep tips website's study shows college students' bedding rife with microbes." Business Wire. June 20, 2011. Available at <http://www.businesswire.com/news/home/20110630005810/en/Big-Germ-Campus-Sleep-Tips-Websites-Study#.UsyLI7QnWzI>.
43. "Just in: A new study that will make you want to change your pillows." shelterpop.com. June 29, 2011.
44. "Pillow talk: Disturbed sleep and tiredness can quickly lead to health problems." Mater Private Healthcare. July 26, 2011.
45. Quraishi T. "Up all night: Your sleep issues solved." Her Campus. September 15, 2011. Available at <http://www.hercampus.com/health/physical-health/all-night-your-sleep-issues-solved>.
46. "Sleep expert says sleep testing needed during ADHD diagnosis." PR Web. September 26, 2011. Available at <http://www.prweb.com/releases/2011/9/prweb8827842.htm>.
47. "5 reasons you need sleep." FitSugar.com. January 12, 2012. Available at <http://www.fitsugar.com/Why-You-Need-Sleep-21281384>.
48. Shives L. "Get some sleep." CNN Health Blog. November 14, 2010, through February 17, 2012. Available at <http://thechart.blogs.cnn.com/tag/lisa-shives-m-d-sleep-expert/>.
49. "Drowsy driving just as dangerous as drunk driving: Study." HuffingtonPost.com. May 31, 2012. Available at http://www.huffingtonpost.com/2012/05/31/drowsy-driving-dangerous-drunk-sleepy_n_1557200.html.
50. "Do you snore? A self checkup." Completely You. September 2012. Available at http://www.completelyyou.com/partner/content/worldnow-ftp/archive/2012-08-13/selfcheckupiframe/do_you_snore/index.html?keepThis=true&TB_iframe=true&height=450&width=800.
51. Sims S.M. "Seven ways to improve your snooze." MORE. 2013. Available at <http://www.more.com/health/wellness/seven-ways-improve-your-snooze>.
52. Wolter P. "What's really keeping you awake?" SELF. 2013. Available at <http://www.self.com/health/2010/01/insomnia-and-other-health-concerns>.
53. Kaplan M. "Why I read before bed." Upwave. 2013. Available at <http://upwave.com/sleep/reading-at-night-why-you-should-open-a-book-before-bed>.
54. "Spa Week's Panel of Experts." Spa Week. January 2013. Available at <http://www.spaweekblog.com/spa-week-panel-of-experts/>.
55. Connolly C. "How to nap your way to success." Mental Floss. January 13, 2013. Available at <http://www.mentalfloss.com/article/33473/how-nap-your-way-success>.

56. Sidrane A. "One rule for a better night's sleep: unplug!" Spa Week, January 17, 2013. Available at <http://www.spaweekblog.com/2013/01/17/one-rule-for-a-better-nights-sleep-unplug/>.
57. "If you could only give one piece of sleep advice, what would it be?" HuffingtonPost.com. June 20, 2013. Available at http://www.huffingtonpost.com/2013/06/13/sleep-advice-experts_n_3428857.html?utm_hp_ref=healthy-living.
58. Evans L. "The 7 sleep habits of successful entrepreneurs." Entrepreneur, September 9, 2013. Available at <http://www.entrepreneur.com/article/228166>.
59. Stanley B. "National sleep expert recommends drug-free sleep aid MidNite," examiner.com, October 18, 2013. Available at <http://www.examiner.com/article/national-sleep-expert-recommends-all-natural-sleep-aid-midnite>.
60. Shives L. Taylor-Klaus E. "Sleep solutions: the best sleep aids for your ADHD child." Webcast. ADDitude magazine. November 6, 2013. Available at <http://thechart.blogs.cnn.com/tag/lisa-shives-m-d-sleep-expert/>.

Presentations, Media Appearances and Public Outreach

I have given presentations and made media appearances (national television shows, radio and webcasts) related to sleep and lifestyle medicine for many types of organizations and media outlets, including:

1. "Take steps to improve your sleep habits." North Shore Senior Center Men's Club. December 22, 2008.
2. "Sleep myths." (Video.) ABC 7 news interview by Hosea Sanders. May 5, 2008. Available at <http://abclocal.go.com/wls/story?section=resources&id=6118363>. Multiple presentations. The Big Sleep Show. The National Sleep Foundation. Chicago, IL. March 21–22, 2009.
3. "Wakeup week: Tips for better sleep." (video) ABC-7 Chicago Morning News. November 16, 2009. Available at <http://abclocal.go.com/wls/story?section=resources&id=7116927>.
4. "Common sleep disorders in young adults." Yellowbrick. November 16, 2009.
5. "Sleep disorders, the designer health net talk show." 93.7 WRMO, January 17, 2010.
6. The Parent Education Consortium of the North Shore (PEC). Family Awareness Network (FAN). May 11, 2010.
7. "Was Atkins right? The debate on carbs and dietary fat." Women's Health. St. Francis Hospital. Evanston, IL. June 30, 2010.
8. "Eat, sleep, repeat: Practical advice for managing the essentials." Parent Network at New Trier High School. Northfield, IL. February 15, 2011.
9. "Caring for someone with Alzheimer's." SASI: Services for Adults Staying in Their Homes. Evanston, IL. March 22, 2011.
10. "What's living in your pillow?" (Video.) Conn TV. July 7, 2011.
11. Dr. Lisa LIVE on Martha Stewart Living Radio Show, December 19, 2011.
12. "Can't Sleep?" (CBS National TV) on The Doctors. October 18, 2011.
13. "Expert: Bedwetting can have many causes: 10% of 6-year-olds wet the bed at least twice a week." KERO Ch. 23 ABC. September 27, 2011.
14. "Circadian Disorders." Lecture for the Navy SEALs. Virginia Beach, VA. August 2013.
15. "Sleep well, age well." Mather Place of Wilmette. September 11, 2013.
16. "Better sleep and daylight savings time." WGN Chicago Radio 720. November 2013.
17. "Sleep as We Age". Lecture for "Aging Well Conference", Evanston, IL, May 9, 2014.

Non-peer reviewed scientific or medical publications/materials in print or other media

Chapters and Blogs

1. CNN Weekly Contributor. Featured health blog on CNN.com/pagingdrgupta, November 14, 2010, through February 17, 2012.
2. Shives, L. Insomnia. Kryger's Sleep Medicine Review. Saunders, Philadelphia, PA. pp. 127-144, 2011.
3. Shives, L. Shift work disorder. 5 Minute Consult. (Print and Online) Lippincott Williams & Wilkins, Philadelphia, PA, 2012, 2013.
4. Featured Monthly Expert on ImpactADHD.com Blog, "Sleep and ADHD", August 2014.

Special Skills

Languages: French, German, Spanish (beginning)