

# JERALD H. SIMMONS, MD

Triple Board-Certified in  
Neurology, Epilepsy & Sleep Disorders  
[www.CSMA.clinic](http://www.CSMA.clinic)

## ***-Board Certifications***

*American Board of Psychiatry and Neurology - 1993 - current*

*American Board of Sleep Medicine - 1993 - current*

*American Board of Clinical Neurophysiology - 1995 - current*

## ***-Current Clinical Positions***

### **Founding Director, Comprehensive Sleep Medicine Associates (CSMA)**

Houston Medical Center, The Woodlands, Sugar Land, & Austin, TX

Corporate Office : 15423 Creek Bend Dr., Sugar Land, TX 77478

2006 - Present

### **Founding Director, REST Technologies, Inc. (REST)**

Houston, TX

15423 Creek Bend Dr., Sugar Land, TX 77478

2001 - Present

### **Founding Director, The Sleep Education Consortium, Inc. (501 (c) 3 non-profit) (SEC)**

Houston, TX 77030

2004 - Present

## ***-Current Organization and Board Appointments***

**Foundation of Airway Health**      [www.airwayhealth.org](http://www.airwayhealth.org)

*Board Member*

**American Academy of Physiologic Medicine and Dentistry**      [www.aapmd.org](http://www.aapmd.org)

*Board Member*

**SleepArchITx™**      [www.sleeparchitx.com](http://www.sleeparchitx.com)

*Board member*

**American Dental Association Council on Dental Practice - National Task force leader** (Children Screen Airway Taskforce – CAST) to identify children at risk for sleep related breathing disturbances.

**CAFF – Childrens Airway First Foundation** – Advisory Board Member,  
**TARF – The Airway Revolution Foundation** – Advisory Board Member.

***-Previous Positions***

**Founding Director, Sadler Clinic Sleep Disorders Center**

The Woodlands & Conroe, TX  
1999 - 2012

**Founding Director, Memorial Hermann Sugar Land Hospital Sleep Disorders Center**

Sugar Land, TX  
2002-2008

**Co-Director, UCLA Sleep Disorders Center**

Los Angeles  
1994-1999

**Director, Clinical Neurophysiology Laboratory, UCLA / Olive View Medical Center**

Sylmar, CA  
1994-1999

**Co-Founder & Director, New Millennium Diagnostics**

Orange County, CA  
1997 - 2007

**Co-Founder & Director, Home Sleep Diagnostics,**

Los Angeles CA, 1994 – 1997

***-Fellowship Training***

**Sleep Disorders Medicine**

Stanford University Medical Center Department of Psychiatry, Stanford, CA, 1992

**Neurophysiology and Epilepsy**

University of CA, Davis Department of Neurology, Sacramento, CA, 1993

***-Residency - Neurology***

Washington University, Barnes Hospital, St. Louis, MO, 1987-1990

***-Internship - Internal Medicine***

Cleveland Metropolitan General Hospital, Case Western Reserve University, Cleveland, Ohio,  
1987

**-Medical School - The Ohio State University College of Medicine**  
Columbus, Ohio, 1982- 1986

**-Continuing Medical Education (CME) conference Directorships**

*Problem Based Sleep Medicine Course for the Primary Care Practitioner: Establishing a Differential Diagnosis and Treatment Plan*, Sleep Education Consortium's (SEC) annual outreach education program with conferences held in Houston, TX: Annually 2004 -2024

*The Growing Role of the Dentist in Sleep Disorders Medicine: Integrating the Dentist into the Medical Treatment Team*, Sleep Education Consortium's (SEC) annual outreach education program with conferences held in Houston, TX: Annually 2004 - 2024

*An Update on Sleep Disorders Medicine for the New Millennium*  
November 2000, Houston, TX

*An Update on the Diagnosis and Treatment of Headaches for the New Millennium*  
March 2001, Houston, TX

**-Trained the following Fellows at UCLA**

7/97 - 4/99 Tomoko Nakawatase, M.D.: Sleep Disorders Medicine (Neurology)  
1/97 - 6/98 Muhammad Alim, M.D.: Sleep Disorders Medicine (Pulmonary)  
8/96 - 6/97 Mark Agostini, M.D.: Sleep Disorders Medicine (Neurology)  
7/95 - 6/97 Christopher Mann, PhD: Sleep Disorders Medicine (Psychology)  
7/96 - 6/97 Sanjay Banerji, M.D.: Clinical Neurophysiology (Neurology)  
4/95 - 6/96 Robert Lebby, M.D.: Sleep Disorders Medicine (Pulmonary)  
7/95 - 6/96 Najeeb Zuberi, M.D.: Clinical Neurophysiology (Neurology)  
7/94 - 6/95 Nancy Lamb, M.D.: Clinical Neurophysiology (Neurology)

**- Pharmaceutical companies Speakers Bureau activities, Past and present from '94 to '24**

Axsome	(Narcolepsy, OSA)
Merck	(Insomnia)
Harmony Biosciences	(Narcolepsy)
Jazz Pharmaceuticals	(Narcolepsy)
Sanofi-aventis U.S.	(Insomnia)
Boehringer Ingelheim	(Restless Limbs Syndrome)
Cephalon	(Narcolepsy, Obstructive Sleep Apnea, Shift Work Sleep Disorder)
GlaxoSmithKline	(Restless Limbs Syndrome, Epilepsy, Parkinson's Disease)
King Pharmaceuticals	(Insomnia)
G. D. Searle	(Insomnia)
UCB	(Restless Limbs Syndrome)
Teva	(Narcolepsy, Obstructive Sleep Apnea, Shift Work Sleep Disorder)
GlaxoSmithKline	(Restless Limbs Syndrome)

***-International, National and Regional Presentations (abbreviated list)***

The Growing Role of an Interdisciplinary Approach in the Diagnosis and Management of OSA and the Use of Combination Therapies: 2023 AADSM Annual Meeting May 2023 Marriott Philadelphia Downtown Philadelphia, Pennsylvania

*The Neurologic Impact of a Misfit Mouth on Sleep.* TEDx Sugar Land, TX, The Ismaili Jamatkhana and Center, Oct 26<sup>th</sup>, 2019

*Airway & Sleep: Medical Dental Collaboration*, presented at the 2019 AAPMD Airway Summit: Collaboration Cures. Nashville, TN Oct 17-19, 2019

*The Physiology of Sleep & Breathing: From Sleep Bruxism to Sleep Apnea*, presented at the 2019 International Association of Orofacial Myology, Sept 21, 2019

*Sleep Bruxism Protects the Airway.* Associated Professional Sleep Societies Annual Meeting, San Antonio, Texas, 2019

Keynote presentation *THE SPECTRUM OF NON-HYPOXIC SLEEP-DISORDERED- BREATHING, FROM SLEEP BRUXISM TO SYSTEMIC ILLNESS*, Airway Summit meeting of AAMD, ACAM AAOSH, November 2018, Las Vegas, NV

*QEEG analysis of Sleep Spindles using Low Resolution Electromagnetic Tomographic Activity (LORETA) Computations*, Associated Professional Sleep Societies Annual Meeting, Baltimore, MD, June 2018

*Discussions on Sleep Apnea*, LA Talk Radio, Sam in the morning with Danni, Los Angeles, CA, 04/03/2018

*The Sleep/Bruxism Connection & Treatments in Managing Obstructive Respirations During Sleep*, AADSM, Advanced Dental Sleep Medicine Course, October 27-28, 2012, MGM Grand, Las Vegas, NV

*Requiring 4% Oxygen desaturation to score hypopneas misses OSA pathology and leaves many patients untreated. An outcome study, treating OSA patients who do not demonstrate 4% desaturations.* Associated Professional Sleep Societies Annual Meeting, Boston MA, 2012

*Don't Let Snoring Break Your Heart*, Community-based lecture May 10<sup>th</sup> 2011, Sugar Land, TX  
*Physiology of the Airway and Development*, Nov. 5, 2010, Annual Meeting, Dallas TX; OBI Foundation for Bioesthetic Dentistry

*Airway Protection: The Missing Link between Nocturnal Bruxism and Obstructive Sleep Apnea*, June 2009, Seattle; Associated Professional Sleep Societies, LLC (APSS) annual conference

*Treatment of REM Behavior Disorder with Acetyl cholinesterase Inhibitors*, June 2009, Seattle; Associated Professional Sleep Societies, LLC (APSS) annual conference

*Nocturnal Bruxism as a Protective Mechanism Against Obstructive Breathing During Sleep*, June 2008, Baltimore, MD; Associated Professional Sleep Societies, LLC (APSS) annual conference

*Low Normal Ferritin Levels as a Marker of Patients with RLS who may respond to Iron Therapy: A Re-evaluation of the normal range of Ferritin*, June 2000 Las Vegas; Associated Professional Sleep Societies Annual Meeting.

*Heart Rate Variability (HRV) in conjunction with NPSG testing may not provide a reliable indicator of arousals from sleep but can enhance the identification of cardiac disease.* Siltanzadeh, R., June 2000, Las Vegas; 14th Annual Meeting Associated Professional Sleep Societies.

*Formulating a Differential Diagnosis and the Role of Diagnostic Testing for Patients with a Sleep Complaint, and Non-Surgical Treatments for Patients with Obstructive Respirations During Sleep*, March 11, 2000 Los Angeles; (2 lectures as part of Advanced Symposium on Sleep Disorders and Sinus Disease, CME program at UCLA).

*Differential Diagnosis and Treatment of Patients with a Sleep Complaint*; January 21, 2000, Shreveport, LA; Neurology Grand Rounds, Louisiana State University.

*Differential Diagnosis and Treatment of Patients with a Sleep Complaint*, November 9, 1999, The Woodlands, TX.

*An overview of Sleep Disorders and the potential role of the Dentist*, January 26, 1998, CME lecture at Woodlands Hill Convention Center, CA.

*The use of dental appliances in treating snoring and sleep apnea*, Dental CME course at the Pasadena, CA Hilton, 1998.

*Annual Lecture on Sleep Apnea and Sleep Disorders* for the second year Medical Students 1999 – 2002, UCLA College of Medicine, Medical School.

*The Chin Press/Tongue Curl Maneuver as Part of the Physical Exam on Patients Suspected of Sleep Related Obstructive Respirations, (procedure developed by Simmons, JH, MD)* September 19, 1997, Philipps-Universitat, Marburg Germany; 5th World Congress on Sleep Apnea.

*The Chin Press Maneuver: A Method of Evaluating the Upper Airway During the Physical Exams* June 14, 1997 San Francisco; Associated Professional Sleep Societies 11th Annual Meeting.

*Intrathoracic Pressure Monitoring During CPAP Titration in Patients with Esophageal Reflux and OSA*, June 13, 1997 San Francisco, Associated Professional Sleep Societies 11th Annual Meeting.

*Sleep Physiology and how it relates to Clinical Practice*, April 9, 1997 UCLA Medical Center; Neurology Grand Rounds

*Overview of Sleep Medicine and Sleep Related Breathing Disorders*, March 4, 1997 Warner Center Hilton Hotel, Los Angeles, CA; Alpha Omega Dental Society Educational Lecture.

*Importance of Sleep in the Control and Treatment of Epilepsy and a Differential Diagnosis and Treatment of Sleep Complaints*, as part of a CME course: *Advances in Sleep Medicine*, Sept. 20, 1996, Rapid City Regional Hospital, SD.

*The Physiology and Treatment of Sleep Disorders*, June 10, 1996, Wadsworth, VA; Medical Grand Rounds.

*Evaluating the Upper Airway During the Physical Exam with the Chin Press Maneuver*, June 1, 1996, Poster presentation, Washington D.C.; Associated Professional Sleep Societies, LLC (APSS) annual conference.

*Differential Diagnosis of Sleep Complaints*, May 21, 1996 Southern California Psychiatric Society Inland Region's educational program at Rama Garden.

*Differential Diagnosis and Treatment of Sleep Complaints*, April 8, 1996, USC Medical Center, Medical Grand Rounds.

*Diagnosis and Treatment of Sleep Complaints*, April 2, 1996, Orange County, CA; Academy of Family Physicians, Orange County CA Chapter, educational lecture.

*Differential Diagnosis of Sleep Complaints*, Nov. 16, 1995, Palm Desert, CA, Annenberg Center / Eisenhower Medical Center.

*Differential Diagnosis of Sleep Complaints*, Oct. 12, 1995, Dana Point, CA; Physician Attended Dinner Lecture, Ritz Carlton.

*Tumor Induced Central Neurogenic Hyperventilation*, June 21, 1995, Los Angeles, CA; UCLA Neurology Grand Rounds.

*Increases in Inter hemispheric EEG Coherence with Stage One Sleep*, June 3, 1995, Nashville, TN; Platform presentation, Associated Professional Sleep Societies, LLC (APSS) annual conference.

*Use of a water filled catheter for measurement of respiratory effort during sleep*, June 18, 1993, Los Angeles, CA; Platform presentation, Associated Professional Sleep Societies, LLC (APSS) annual conference.

**-Television Interviews (abbreviated list)**

*The nightmare of dangerous sleepwalking*, TV interview by **Melissa Wilson**, August 14<sup>th</sup> 2018, **Fox 26 Houston morning news**.

*Heartbeat of America, Interview on Sleep Medicine*, conducted by **Doug Llewelyn**, August 4<sup>th</sup> 2008 Nationally Televised on a variety of cable stations at different times.

Interview on *Snoring, Sleep Apnea, and the many ways to cure the problem*, February 21, 1997 KTLA Morning News, **Michele Ruiz** - reporter.

*Sleepless in America*, February 4, 1997, nationally televised on **NBC Nightly News** with **Tom Brokaw**, Dr. Simmons' segment on *Insomnia*.

*Problems in the night, such as Sleep Apnea*, Nov. 1996, nationally televised on **EXTRA**, syndicated show and aired across the country at different times.

*Health Quest, syndicated TV program*, 1995 and 1996, Dr. Simmons was one of several physicians on a panel for a three-part-series focusing on *Sleep Disorders*, filmed in Las Vegas; aired in several places across the country.

*Sleeping Easier*, spring 1996, News clip interview, aired several times, **KCAL, Channel 9, Los Angeles**.

*Melatonin - Special Report*, November 1995, News clip interview by **Ellen Leyva, KABC Channel 7 Eye Witness News, Los Angeles**.

*Snoring and Sleep Apnea*, May 1995, News clip interview by medical correspondent **Bruce Hensel**, aired several times, **KNBC, Channel 4, Los Angeles**.

*Drowsy Driving*, autumn 1994, News clip interview by **Kelly Mack**, aired several times, **KNBC, Channel 4, Los Angeles**.

*Insomnia*, featured speaker/expert, autumn 1994, **The Suzanne Somers Show**, nationally syndicated daytime talk show.

*Snoring, what it means and what to do about it*, July 1994, Los Angeles; **Good Day LA**, Live Interview with medical correspondent Tom Linden, M.D., **KTTV Fox Network**.

**-Publications (abbreviated list)**

Meskill GJ, Kincheloe K, Simmons JH, Meskill SD. Simmons; *Chin Press and Tongue Curl (SCPTC) Maneuver is a Reproducible Objective Physical Exam Finding to Screen for Obstructive Sleep*

*Apnea (OSA) Associated with Cardiovascular Morbidities and All Cause Mortality.* **Sleep**, Volume 42, Issue supplement\_1, 12 April 2019, Pages A181- 182. (<https://doi.org/10.1093/sleep/zsz067.451>)

Meskill GJ, Simmons JH, Meskill SD. *Asymmetric And/or Atypical Dosing of Sodium Oxybate May Lead to Increased Compliance and Efficacy.* **Sleep**, Volume 42, Issue Supplement\_1, April 2019, Page A241. (<https://doi.org/10.1093/sleep/zsz067.604>)

Meskill GJ, Simmons JH. *Patients Whose Multiple Sleep Latency Tests (MSLTs) Have Fewer Than Two Sleep-onset Rem Periods (soremps) Respond Well to Sodium Oxybate.* **Sleep**, Volume 42, Issue Supplement\_1, April 2019, Pages A241–A242. (<https://doi.org/10.1093/sleep/zsz067.605>)

Simmons JH, Ali M, Meskill GJ. *Sleep Bruxism Protects the Airway.* **Sleep**, Volume 42, Issue Supplement\_1, April 2019, Page A178. (<https://doi.org/10.1093/sleep/zsz067.441>)

Meskill GJ, Kincheloe K, Simmons JH, Meskill SD. *Simmons Chin Press and Tongue Curl (SCPTC) Maneuver is a Reproducible Objective Physical Exam Finding to Screen for Obstructive Sleep Apnea (OSA) Associated with Cardiovascular Morbidities and All Cause Mortality.* **Sleep**, Volume 41, Issue suppl\_1, 27 April 2018, Page A187. (<https://doi.org/10.1093/sleep/zsy061.497>)

Simmons JH, Meskill GJ. *Full Facemask Induced Upper Airway Obstruction During PAP Titrations: A Common Phenomenon Hindering PAP Treatment When Unrecognized and Indication for Combination Therapy with Oral Appliance Mandibular Stabilization.* **Sleep**, Volume 41, Issue suppl\_1, 27 April 2018, Page A198. (<https://doi.org/10.1093/sleep/zsy061.528>)

Ondo, W.G., Simmons, J.H., Shahid, M.H., Hashem, V., Hunter, C., Jankovic, J., *Onabotulinum toxin-A injections for sleep bruxism: A double-blind, placebo-controlled study.* **Neurology**, 90 (7) 2018

Simmons, J., Prehn, R., *Benefits of Mandibular Stabilization via Combination Therapy,* **Sleep Review**, June 2017

Simmons, J., H., Kerasidis, H., *QEEG analysis of Sleep Spindles using Low Resolution Electromagnetic Tomographic Activity (LORETA) Computations,* **Sleep**, Volume 41, Issue suppl\_1, April 2018, Page A119, (<https://doi.org/10.1093/sleep/zsy061.309>)

Meskill GJ, Simmons JH, Legan A, Weiss T, Bastida A, Peters BR. *Are We Underselling Positive Airway Pressure (PAP) Compliance and Confounding Sleep Research? Large Multi-Center Analysis Shows PAP Compliance Data That Is Much Higher Than Previously Reported.* **Sleep**, Volume 40, Issue suppl\_1, 28 April 2017, Pages A197– A198. (<https://doi.org/10.1093/sleepj/zsx050.529>)

Simmons, JH, Meskill GJ. *Routine Utilization of Esophageal Pressure Monitoring (Pes) Can Be Done Reliably with Good Patient Acceptance and Can Enhance The Quality Of Care for Sleep*

*Centers Committed to Gain the Necessary Experience. Sleep*, Volume 40, Issue suppl\_1, 28 April 2017, Page A232. (<https://doi.org/10.1093/sleepi/zsx050.627>)

Meskill GJ, Simmons JH. *Analysis of Polysomnogram Data Demonstrates that Home Sleep Testing has Poor Diagnostic Sensitivity in Certain Patient Populations. Sleep*, Volume 39, Issue Abstract Supplement, 2016, Page A126.

Simmons JH, Meskill GJ, White M, Ty S. *Outcome Data Support the 2012 AASM Scoring Criteria of Hypopneas in the Absence of SaO2 Desaturation (Rule 1A). It is Unjustified to Withhold Treatment from Patients Who Do Not Desaturate. Sleep*, Volume 39, Issue Abstract Supplement, 2016, Page A131.

Simmons, JS, *Requiring oxygen desaturation for tabulation of hypopneas lowers the sensitivity of NPSG testing and leaves many patients untreated. In-lab NPSG testing needs to improve if it is to be preserved. Sleep*, Vol 36, Abstract Supplement, 2013 p A128

Simmons, JH, Prehn RS, *Sleep Bruxism protects the upper airway against obstruction in patients with TMJ dysfunction and is reduced by PAP therapy. Sleep*, Vol 36, Abstract Supplement, 2013 p A175

Simmons, JH; *Neurology of Sleep and Sleep-Related Breathing Disorders and Their Relationships to Sleep Bruxism, Journal of the California Dental Association*, Vol 40, No 2, February 2012, pp 159-167

Simmons, MS, Artal, R, Simmons, JH, et al.; *Dentistry-Based Approaches to Sleep-Disordered Breathing, Algorithms, and Multidisciplinary Perspectives, Journal of the California Dental Association*, Vol 40, No 2, February 2012, pp 168-181

Simmons J. , Barlow, S, *Requiring 4% Oxygen desaturation to score hypopneas misses OSA pathology and leaves many patients untreated. An outcome study, treating OSA patients who do not demonstrate 4% desaturations. Sleep*, Vol 35S A135, 2012

Simmons, JH; *Improved outcome of Full Face mask CPAP treatment with mandibular stabilization using a dental appliance, Sleep*, Vol 33, Supp 2010 p A162

Simmons, J, Prehn, R, *Nocturnal Bruxism as a protective mechanism against obstructive breathing during sleep, Sleep* 31, Abstract Supplement p. A199, 2008

Simmons, J., *Normal Ferritin Levels as a Marker of Patients with RLS who may respond to Iron Therapy: A Re-evaluation of the normal range of Ferritin, Sleep* Vol. 23, April 2000 Abstract supplement p A106

*Heart Rate Variability (HRV) in conjunction with NPSG testing may not provide a reliable indicator of arousals from sleep but can enhance the identification of cardiac disease.* Simmons, J., Siltanzadeh, R., **Sleep** Vol. 23, April 2000 Abstract supplement p A367

Ringman J.M., Simmons J.S. *Treatment of REM sleep behavior disorder with donepezil: A report of three cases.* **Neurology** 26; 55(6):870-1, 2000

Simmons J.H. Abstract, *Two cases in which obstructive respirations resolved by treating PLMS,* **Sleep**, Vol. 21, April 15 (supp) p 61 (1998).

Simmons J.H. Abstract, *A simple EEG montage for routine NPSG testing which is an improvement from the current standard,* **Sleep**, Vol. 21, April 15 (supp) p 185 (1998).

Simmons, JH, *Diagnostic sleep testing in the evaluation of snoring and sleep apnea,* **Journal of the California Dental Association**, Vol26 No 8 pp 566-571 (1998).

Simmons, J.H., Mann, C.A., Guilleminault, C., *The Chin Press/Tongue Curl Maneuver as Part of the Physical Exam on Patients Suspected of Sleep Related Obstructive Respirations,* **Somnologie (1997) 1 (Suppl. 2)**, 1-56.

Mann, C.A., Simmons, J.H., Wilson, C., Engel J., Bragin A, *EEG in human hippocampus, amygdala, and entorhinal cortex during REM and Non-REM sleep,* **Sleep Research Vol.26**, 1997.

Simmons, J.H., Mann, C., Banerji, S., *Intrathoracic Pressure Monitoring During CPAP Titration in Patients with Esophageal Reflux and OSA,* **Sleep Research Vol. 26**, 1997.

Simmons, J.H., Mann, C., Lebby, R., *The Chin Press Maneuver: A Method of Evaluating the Upper Airway during the Physical Exams,* **Sleep Research Vol. 26**, 1997.

Simmons J., Mann C., Zuberi N., Lebby R., and Shellock F., *Abstract - Evaluating the Upper Airway During the Physical Exam with the Chin Press Maneuver,* **Sleep Research Vol. 24** p. 269. 1996.

Simmons J., Mann, C, *Abstract, Increases in Interhemispheric EEG Coherence with Stage One Sleep,* **Sleep Research, 1995 Vol. 23** p. 196.

Guilleminault C., Stoohs R., Labanowski M., Simmons J., Clerk A., *Cardiac Failure, Snoring, Ventricular Arrhythmias and Nasal Bi-level Positive Pressure Ventilation.* **Sleep, 1993; Vol. 16**, No 8, Supp. pp S139-S140.

Guilleminault C., Stoohs R., Clerk A., Simmons J., Labanowski M. *Excessive Daytime Somnolence in Women with Abnormal Respiratory Effort during Sleep.* **Sleep, 1993; Vol. 16, No 8**, Supp. pp S137-S138.

Guilleminault C., Clerk A., Labanowski M., Simmons J., Stoohs R., *Cardiac Failure and Benzodiazepines. **Sleep, 1993; Vol. 16, No 6***, pp 524-528.

Guilleminault C., Stoohs R., Skrobal A., Labanowski M., Simmons J., *Upper Airway Resistance in Infants at Risk for Sudden Infant Death Syndrome. **The Journal of Pediatrics, 1993: Vol. 122***, No 6, pp 881-886.

Guilleminault C., Stoohs R., Clerk A., Simmons J., Labanowski M., *From Obstructive Sleep Apnea Syndrome to Upper Airway Resistance Syndrome: Consistency of Daytime Sleepiness, **Sleep, 1992; Vol. 15***, No 6, Supp. pp S13-S16.

Simmons J., Black J., Guilleminault C., *Abstract interhemispheric EEG coherence as a measure of Sleep Disruption, **Sleep Research, 1993: Vol. 22*** p.275.

Simmons J., Guilleminault C., *Abstract, Use of a water filled catheter for measurement of respiratory effort during sleep, **Sleep Research, 1993: Vol. 22*** p 387.

Simmons, J.H., Book review, *Phasic Events and Dynamic Organization of Sleep*, Edited by M.G. Terzano. **Sleep, 1992; Vol. 15**, No 1, p.82.

Saper J.R., Turkewitz J., Simmons J.H., Levin M., *Abstract- Abnormal Event-related Potentials (P-300) in Post concussion Syndrome, **Neurology, March 1988, Vol. 38, No 3, Supp 1, 355-356***.

Drake M.E., Simmons J.H., Languis M.L., *Abstract- Event Related Potentials in Dyslexia, **Clinical Electroencephalography, Jan 1988, Vol. 20, No 1***, pp 75-76.

Simmons J.H., Languis M., Drake M.E. *Abstract- Differences in the P300-wave in Dyslexics Compared to Controls, **EEG Clin. Neurophys. June 1985***.

Simmons J.H., Mathews R, *Abstract- Tests for gamma-glutamyl amino acids as Transport Intermediates in the S37 cell, **The Ohio Journal of Science, 1980***.

**-Reviewed articles for the following journals**

*Sleep; Neurology; Electroencephalography & Clinical Neurophysiology & Psychiatry Times*

**-Funded Research Activities (abbreviated list)**

2023 – Principal Investigator, *National Institute of Health Small Business Innovative Research award Title: A Feasibility Study to Test the REST Tracker System for Use in Maternal Care, to Improve Outcomes by Early Detection of Obstructive Sleep Apnea, Awarded to Rest Technologies. SBIR Grant 1R43HL166038-01A1*

2023 – Current, Principal Investigator, Harmony Bioscience, Inc. INTUNE HBS-101-CL-010 : A Double-Blind, Placebo Controlled, Randomized Withdrawal Study to Evaluate the Safety and Efficacy of Pitolisant in Adult Patients with Idiopathic Hypersomnia

2023 – current, Principle Investigator, Takeda Pharmaceuticals. A Study of TAK-861 in Healthy Adults and Subjects With Narcolepsy Type1

2023 – current, Principle Investigator, Takeda Pharmaceuticals. A Study of TAK-861 in Healthy Adults and Subjects With Narcolepsy Type 2

2022 – Current, Principal Investigator, Axsome Therapeutics, A Randomized, Double-Blind, Placebo-Controlled, Multi-Center Study to Assess the Efficacy and Safety of AXS-12 in the Treatment of Cataplexy and Excessive Daytime Sleepiness

2020-2021, Principle Investigator, Takeda Pharmaceuticals, A Randomized, Double-Blind, Placebo-Controlled, Multiple Rising Oral Dose Study to Evaluate the Safety, Tolerability, Pharmacokinetics and Pharmacodynamics of TAK-994 in Patients With Narcolepsy With or Without Cataplexy (Narcolepsy Type 1 or Narcolepsy Type 2)

2004 - *Safety and efficacy study of Armodafinil in the treatment of excessive sleepiness in Narcolepsy.* (CEP-10953) Phase III clinical trial. Funded by Cephalon

2006 - *Efficacy and Safety of Eplivanserin in patients with sleep maintenance insomnia.* EFC-6220. Phase III clinical trial funded by Sanofi-aventis U.S.

3/97 - 2000: Principle investigator. *National Institute of Health Small Business* accepted for award Technology Transfer Program, *Micro Esophageal Respiratory Catheter* beginning in 1998 for Sleep testing. Objective: To use Micro Electro Mechanical Systems (MEMS) technology in an esophageal respiratory catheter to enhance the sensitivity of diagnostic sleep studies. STTR Grant 1R41HL/NS/AG58294

12/96 - 2000: Key investigator on a program: *Developing a drowsiness detection system for use in automobiles and other work conditions, National Institute of Health (NIH) funded study.*

7/96 - 1999: Co-investigator, *Electrographic activity recorded with depth electrodes within various cerebral structures of Humans during the different stages of sleep*, PI Charles Wilson, Ph.D., **Department of Neurology UCLA** - pilot study.

7/96 - 1999: Co-investigator, *Neurotransmitter fluctuations within various cerebral structures of Humans during the different stages of sleep*, PI Charles Wilson, Ph.D., **Department of Neurology UCLA** - pilot study.

8/95 - 9/97 *Evaluating new clinical approaches to treating patients with obstructive sleep apnea using newly developed auto-titrating CPAP machines*. Performed at **Olive View - UCLA Medical Center** with equipment provided by **ResMed, Inc.**

1993 - 1995 *Development of a digital EEG system at Olive View - UCLA Medical Center*. The system is currently used for routine EEG recordings. The system allows for digital reformatting of the patient EEG data, thus extracting additional information from the studies. Written in the C programming language. Funding provided by the Los Angeles County health care system.

9/88 - 6/90 *Evaluating cognitive evoked potential abnormalities along with neuro-cognitive deficits in patients after cerebral trauma*. Department of Neurology, **St Louis University Hospital**, Funded by Bio-Logic Inc.

7/87 - 5/88 *Long Latency Evoked Potential Abnormalities in Post Head Traumatic Patients Suffering with Cephalgia*. Advisory role in collaboration with the **Michigan Headache and Neurologic Institute, Ann Arbor MI**, Funded by Bio-Logic Inc.

4/85 -5/85 *Investigating the topography of the P300-ERP wave form and its raw data frequency characteristics in normal adults, utilizing Brain Electrical Activity Mapping*. **Harvard University**, BEAM laboratory under the direction of Frank H. Duffy, MD.

6/83 - 3/85 *Development of a microcomputer EEG evoked potential system for studying the P300 wave form in a college age dyslexic*, **Ohio State University**, Landachar Research Society grant

11/82 - 6/83 *Development of a computer database to monitor variables in patients with cerebral aneurysms to improve patient management*, **Division of Neurosurgery at the Ohio State University Hospital** under the direction of William E. Hunt, MD, Funded by the Department of Neurosurgery at The Ohio State University.