

PROMOTION RECOMMENDATION  
UNIVERSITY OF MICHIGAN MEDICAL SCHOOL  
DEPARTMENT OF NEUROLOGY

Ronald D. Chervin, M.D., Associate Professor of Neurology, with tenure, Department of Neurology, Medical School, is recommended for promotion to Professor of Neurology, with tenure, Department of Neurology, Medical School.

Academic Degrees:

M.S.	1997	University of Michigan School of Public Health
M.D.	1988	Stanford University
B.A.	1983	Harvard University

Professional Record:

2001-Present	Associate Professor of Neurology, University of Michigan
1994-2001	Assistant Professor of Neurology, University of Michigan

Summary of Evaluation:

Teaching: Dr. Chervin has played a key role in the clinical sleep fellowship training of about 40 physicians in total. About half have gone on to academic positions throughout the country, and the remainder have entered private or hospital practice settings in which their main practice is usually sleep medicine. Since 2001, the year of his last promotion, Dr. Chervin has served as a mentor for the research of eight post-doctoral fellows. He is a preceptor for an NIH-funded T32 award entitled, "Training in Clinical and Basic Neuroscience." Dr. Chervin also has played a central educational role as a mentor for other faculty. He has been largely responsible for building the sleep medicine faculty, which has grown steadily overall. Dr. Chervin has played an essential role in assembling a vibrant core of sleep medicine specialists and educators who together have developed the program into an exemplary model for academic sleep medicine.

Since his last promotion, Dr. Chervin has personally taught residents and fellows one to two half-days per week in sleep study reading conferences, and one half to two half-days per week in Sleep Disorders Clinics. He has assisted with presentations at weekly Sleep Disorders Center Conferences, bimonthly sleep journal clubs, Neurology Grand Rounds, Neurology Case Conference, Neurology Clinical Conference, the Neurology Inpatient Service, a yearly course in sleep science for graduate and upper-level undergraduate students, and a winter sleep journal club for graduate students. He also assists with planning or delivery of an annual CME Course in Sleep Medicine.

On a national level, Dr. Chervin has been recruited to lead or participate in many courses, symposia, and discussion groups at meetings of sleep, neurology, child neurology, and pulmonary medicine societies. He served on the Fellowship Accreditation Committee of the American Academy of Sleep Medicine for three years. Evaluations received from trainees and participants in local and national courses have been outstanding.

Research: Dr. Chervin has made fundamental contributions to the knowledge of the behavioral and cognitive consequences of sleep disorders, particularly in children. He has advanced understanding of sleep laboratory methods, including nocturnal polysomnography and testing for daytime sleepiness. The Pediatric Sleep Questionnaire that Dr. Chervin developed and validated has become the most widely-used survey screening tool for childhood sleep-disordered breathing. Much of his funded research has centered on children, but he also has made important contributions in adult and geriatric sleep disorders.

Dr. Chervin's work has been funded by the NIH (NINDS, NHLBI, and NICHD) in the form of a KO2 Independent Scientist Award, granted in 1997, and an RO1 initially funded in 1999 with successful competitive renewal in 2004. These major grants have focused on the effects of pediatric sleep-disordered breathing on daytime behavior. Dr. Chervin's work in this area has generated international publicity and spawned considerable additional research by other groups. His work has had a profound impact on clinical practice, raising awareness among pediatricians and the lay public that sleep complaints in children should not be ignored.

For his outstanding contributions to the field, Dr. Chervin was recognized in 2004 by the American Academy of Neurology, which awarded him the Sleep Science Award. Dr. Chervin has published nearly 60 peer-reviewed manuscripts, usually as first or last author; 17 book chapters or multimedia reports; nine letters or editorials; and 90 abstracts.

Dr. Chervin serves on the Board of Directors of the national Sleep Research Society. He functioned as the elected head of the Section on Sleep Disorders Research for the same Society from 2004-2005. Dr. Chervin serves on the Research Committee of the American Academy of Sleep Medicine. He is a member of the editorial boards for three of the most prominent sleep medicine journals. He has been an ad hoc reviewer for nearly 30 medical journals including some of the most prestigious. He has been an ad hoc grant application reviewer for NIH study sections. He has been recruited to several national or international task forces: one developed guidelines for scoring cyclic alternating pattern on sleep recordings; another developed sleep-related entries in the most recent DSM-IV text revision; another revised the International Classification of Sleep Disorders; and two others are re-writing the standard manual used worldwide to guide scoring of sleep studies.

#### Recent and Significant Publications:

Chervin RD, Burns JW, Ruzicka DL: Electroencephalographic changes during respiratory cycles predict sleepiness in sleep apnea. *Am J Respir Crit Care Med* 171:652-658, 2005.

Avidan AY, Fries BE, James ML, Szafara KL, Wright GT, Chervin RD: Insomnia and hypnotic use, recorded in the minimum data set, as predictors of falls and hip fractures in Michigan nursing homes. *J Am Geriatr Soc* 53:955-962, 2005.

Chervin RD, Ruzicka DL, Archbold KH, Dillon JE: Snoring predicts hyperactivity four years later. *Sleep* 28:885-890, 2005.

Chervin RD, Archbold KH, Dillon JE, Panahi P, Pituch KJ, Dahl RE, Guilleminault C: Inattention, hyperactivity, and symptoms of sleep-disordered breathing. *Pediatrics* 109:449-456, 2002.

Chervin RD, Archbold KH, Panahi P, Pituch KJ: Sleep problems seldom addressed at two general pediatric clinics. *Pediatrics* 107:1375-1380, 2001.

Service: Dr. Chervin has played a central role in the conception and development of three multidisciplinary clinics that now distinguish sleep medicine at the University of Michigan from services offered at other academic health centers. In the late 1990s, he obtained a grant from the Hospital Venture Capital Fund to found the Alternatives to CPAP (Continuous Positive Airway Pressure) Clinic for patients who cannot use CPAP to treat their sleep apnea. This unique multidisciplinary program allows a patient to be evaluated in one afternoon by otolaryngology, oral and maxillofacial surgery, dentistry, and sleep medicine. A previously uncoordinated process that spanned many months turned into an efficient and highly positive experience for many patients, faculty, fellows, and students from several departments. Three years ago, Dr. Chervin worked with Dr. Timothy Hoban, a pediatric neurologist and sleep specialist, to develop the multidisciplinary Pediatric Sleep and Behavior Clinic. This clinic allows children with sleep and comorbid daytime behavioral problems to be seen at the same visit by a sleep specialist as well as a child psychologist or behavioral and developmental pediatrician. Finally, earlier this year, the Sleep Disorders Center established a multidisciplinary Behavioral Sleep Medicine Clinic. A psychologist who specializes in insomnia was recruited to see patients in coordination with sleep medicine physicians and fellows. This provides ideal care for challenging patients and ideal educational opportunities for trainees. All three multidisciplinary clinics reflect Dr. Chervin's long-held belief that the young field of sleep medicine thrives on expertise held by several traditional specialties. To his credit, Dr. Chervin has worked consistently to develop new clinical collaborations that now distinguish sleep services offered here from those offered in private settings and most large academic centers.

External Review:

Reviewer A: "...he has been a major contributor to this field and is currently one of the top 5 clinical investigators in the country working in this important area...he has clearly established himself as a leader, not only as the Director of the Sleep Disorder Center...but also on a national level helping to establish an emerging but rapidly growing field of pediatric sleep medicine."

Reviewer B: "...it became clear to me that he would rapidly develop into an outstanding leader in the field. Such expectations have not only been met, but greatly exceeded."

Reviewer C: "Dr. Chervin is an internationally-recognized specialist who dominates the scene of sleep medicine and sleep research....As an imaginative and successful researcher, a dedicated teacher, and a compassionate clinician, Dr. Chervin represents the best in academic medicine."

Reviewer D: “He is highly sought as a speaker, and has helped develop one of the most highly respected Sleep Medicine Fellowship programs in the United States....He would clearly be an appropriate and eligible candidate for promotion to the rank of Professor at any major educational institution. He will undoubtedly continue to bring respect to your Department and to your University.”

Reviewer E: “...Dr. Chervin has provided seminal inspiration for the development of three multidisciplinary sub-specialty clinics that distinguish the University of Michigan even among nationally leading academic sleep centers....Dr. Chervin has had a substantial impact on the development of our field, well beyond the borders of the University of Michigan.”

Reviewer F: “Several of his mentees have achieved prominence in sleep medicine internationally...Doctor Chervin’s research productivity in both depth and breadth places him in the forefront of his peers in the area of sleep medicine.”

Summary of Recommendation:

In summary, Dr. Chervin is an outstanding neurologist and sleep specialist with an exemplary record of innovation and productivity in teaching, research, and clinical service. He amply deserves promotion, and it is with great pleasure that I recommend him for promotion to Professor of Neurology.



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Allen S. Lichter, M.D., Dean  
*Newman Family Professor  
of Radiation Oncology*

May 2006