**Meeta Singh, M.D.**
**Curriculum Vitae**

**Office Address: Performance Sleep Optimization Practice**
30545 Inkster rd
Franklin, MI 48025

**Current Employment**

- President and CEO, Performance Sleep Optimization July 2021- current
- Service Chief and Section Head, Sleep Medicine, Henry Ford Hospital, West Bloomfield, MI 2012- July 2021
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- Sleep consultant to various NFL, NHL, NBA and MLB teams as well as college athletic teams plus Olympic teams.
- Medical Director, Columbus Sleep Lab, Novi, MI 2013- July 2021
- Senior Staff Physician, Henry Ford Hospital Sleep Disorders and Research Center, Detroit Michigan, 2005- July 2021

**Clinical Trials/Research Experience**

- Co-Investigator: Suven Life Sciences Ltd. **(PI: Drake, multisite)** Phase 2, Double-blind, Placebo-controlled, Parallel-group, Multicenter Study to Evaluate the Safety, Tolerability, Pharmacokinetics, and Efficacy of 2 mg and 4 mg SUVN-G3031 Compared to Placebo in Patients with Narcolepsy with and without Cataplexy. Protocol Number: CTP2S13031H3

- Sub-Investigator: Jazz Phase III (**PI: Drake, multisite**). A Double-blind, Placebo-controlled, Randomized Withdrawal, Multicenter Study of the Efficacy and Safety of JZP-258 in the Treatment of Idiopathic Hypersomnia (IH) with an Open-label Safety Extension. Protocol: JZP080-301

- Co-Investigator: Harmony Biosciences, LLC **(PI: Cheng, multisite)**
  An Open Label Expanded Access Program (EAP) Intended to provide Treatment with HBS-101 (Pitolisant) to Adult patients in the US with Excessive Daytime Sleepiness Associated with Narcolepsy With or Without Cataplexy, 2018, Protocol: HBS-101-CL-001

- Co-Investigator: Merck & Co. **(PI: Drake)**

A Phase IV 3-Way Double-Blind, Randomized, Crossover Study to Compare the Awakening Threshold Effects (responsivity) of Belsomra 10mg and 20mg to Placebo in non-elderly Insomniacs, 2018, Protocol: MISP 57338

- Co-Investigator: Eisai Inc. **(PI: Drake, multisite)**
  A Multicenter, Randomized, Double-Blind, Placebo-Controlled, Active Comparator, Parallel-Group Study of the Efficacy and Safety of Lemborexant in Subjects 55 Years and Older with Insomnia Disorder, 2017-2018, Protocol: E2006-G000-304

- Principal Investigator: Actelion Pharmaceuticals (**multisite**)
  Multi-center, double-blind, randomized, placebo-controlled, active reference, parallel-group, polysomnography dose response study to assess the efficacy and safety of ACT-541468 in adult subjects with Insomnia disorder, 2017, Protocol: AC-078A201

- Co-Investigator: Pernix Pharmaceuticals **(PI: Drake)**
  A Phase IV 4 Way Crossover Study to Assess and Compare the Effect of a Single Nighttime Administration of Zolpidem 10 mg, Silenor 6 mg and Placebo on Arousability, Ataxia/ Balance, and Cognitive Performance in Healthy Volunteers" 2015-2016, Protocol: PT-D1402.

- Co-Investigator: Jazz Pharmaceuticals, Phase III **(PI: Drake, multisite)**
  A Twelve-Week, Double-Blind, Placebo-Controlled, Randomized, Parallel-Group, Multicenter Study of the Safety and Efficacy of JZP-110 [(*R*)-2-amino-3-phenylpropylcarbamate hydrochloride] in the Treatment of Excessive Sleepiness in Subjects with Obstructive Sleep Apnea (OSA), 2015-2016, Protocol: JZP-110-003.

- Co-Investigator: Jazz Pharmaceuticals, Phase III **(PI: Drake, multisite)**
  A Long-Term, Open-Label Safety and Maintenance of Efficacy Study of JZP-110 [(*R*)-2-amino-3-phenylpropylcarbamate hydrochloride] in the Treatment of Excessive Sleepiness in Subjects with Narcolepsy or Obstructive Sleep Apnea, 2015-2017, Protocol: JZP-110-005.

- Physician: Takeda Pharmaceuticals of North America
  "Magnetoencephalographic Localization of Ramelteon's Effects on Brain Function and Cortical Arousal in Insomnia" 2008-2012, Protocol: 07-033R

- Physician: Cephalon Inc.
  "Magnetoencephalographic Imaging of Sleepiness: The effect of Armodafinil in Shift Work Disorder" 2008-2012, Cephalon Protocol: C10953/6079/ES/US.

- Co-Investigator: NIMH
  "Daytime Sleepiness: Prevalence, Consequences and Risks"

Principal Investigator: Thomas Roth, Ph.D. Agency: National Institutes of Health/National Institutes of Mental Health Type: R01 MH59338, Period: 10/01/99 – 12/30/05 The aims of the project are to estimate the prevalence of excessive daytime sleepiness (EDS) in the general population, as assessed by the multiple sleep latency test (MSLT), to relate MSLT-defined daytime sleepiness and polysomnographic (PSG) sleep to laboratory performance and automobile crashes, and to identify risk factors for EDS.

- Polysomnographic Study Screener: Cephalon, Inc.
  "A 12-week, randomized, double-blind, placebo-controlled, parallel-group study to evaluate the efficacy and safety of CEP-10953 (150 mg and 250 mg/day) as treatment for Adults with residual excessive sleepiness associated with Obstructive Sleep Apnea/Hypopnea Syndrome" (Cephalon Protocol #3021). 2005-2006.

- Polysomnographic Study Screener: Somaxon Inc.
  A phase III, randomized, double-blind, placebo-controlled, parallel-group multicenter study to assess the efficacy and safety of doxepin HCL in primary insomnia patients with sleep maintenance difficulties. (Somaxon Inc. Protocol # 0501- SP0501).

**Education**

- Fellowship in Sleep Medicine: Henry Ford Hospital, Detroit, MI
  2004 to 2005
- Psychiatry Residency: Mayo Clinic, Rochester, MN. 1999 to 2004
- Bachelor of Medicine and Bachelor of Surgery: Government Medical College, Chandigarh, India, 1991 to 1997

**Board Certification**

- American Board of psychiatry and Neurology – 10/31/2016 - current
- Behavioral sleep medicine certification – 11/19/2009 - current
- American Board of Sleep Medicine – 11/06/2019 -current

**Other Certifications**

- "Protecting Human Research Participants." NIH Office of Extramural Research – March 2015. Certification Number: 1727525.
- "Good Clinical Practice and ICH." Collaborative Institutional Training Initiative- August 2016.
- "Biomedical Research Investigators and Key Personnel." Collaborative Institutional Training Initiative- August 2016

**Publications**

- Singh, Meeta & Bird, Stephen & Charest, Jonathan & Huyghe, Thomas & Calleja Gonzalez, Julio. (2021). From the NBA to the NHL: a parallel problem exists. Journal of Clinical Sleep Medicine. 17. 10.5664/jcsm.9124.
- Janse van Rensburg, D.C., Jansen van Rensburg, A., Fowler, P.M. *et al.* Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. *Sports Med* 51, 2029–2050 (2021). https://doi.org/10.1007/s40279-021-01502-0
- Bird, Stephen & Singh, Meeta & Charest, Jonathan & Huyghe, Thomas & Calleja Gonzalez, Julio. (2021). Sleep within the NBA bubble. British Journal of Sports Medicine. 1. 1.
- https://www.wellnessparadoxpod.com/podcast/episode/4
- https://omny.fm/shows/food-of-the-gods/gurus-edition-the-athletes-sleep-specialist-dr-mee
- https://podcasts.apple.com/us/podcast/dr-meeta-singh-pro-sports-need-a-wake-up-call/id1512812909?i=1000508442535
- https://bit.ly/3t4lc8r
- https://www.whoop.com/thelocker/podcast-145-science-of-sleep-dr-meeta-singh
- Calleja Gonzalez, Julio & Bird, Stephen & Huyghe, Thomas & Jukic, Igor & Cuzzolin, Francesco & Cos, Francesc & Marqués-Jiménez, Diego & Milanovic, Luka & Sampaio, Jaime & López, Isaac & Ostojic, Sergej & Jones, Margaret & Alcaraz, Pedro & Schelling, Xavi & Delextrat, Anne & Singh, Meeta & Charest, Jonathan & Freitas, Tomás & Torres-Ronda, Lorena & Mclellan, Chris. (2021). The Recovery Umbrella in the World of Elite Sport: Do Not Forget the Coaching and Performance Staff. Sports. 9. 1-10. 10.3390/sports9120169.
- Singh, Meeta & Bird, Stephen & Charest, Jonathan & Huyghe, Thomas & Calleja Gonzalez, Julio. (2021). Urgent wake up call for the National Basketball Association. Journal of clinical sleep medicine: JCSM: official publication of the American Academy of Sleep Medicine. 17. 243-248. 10.5664/jcsm.8938.

- Singh M., Workings M., Drake C., Roth T. (2021) Sleep Disorders in Athletes. In: Engel D.J., Phelan D.M. (eds) Sports Cardiology. Springer, Cham. https://doi.org/10.1007/978-3-030-69384-8_17
- Cheng, P., Fellman-Couture, C., Atkinson, R., Tonnu, C., **Singh, M.,** Drake, C.L. (2019). Comparative Efficacy of Digital CBT-I Versus Stepped-care CBT-I to Reduce Comorbid Depression. *SLEEP*; 42:A146

- Drake, C., Cuamatzi-Castelan A., Kalmbach, D. A., Cheng, P., Roth, T., **Singh, M.**, Tran, M. K., Tonnu, C. V., Atkinson, R., Fellman-Couture, C. (2019), Arousability of Insomnia Patients is Not Impacted by the Orexin Antagonist Suvorexant (10 mg and 20 mg). *SLEEP*; 42:A151

- Tonnu, C., V., Cheng, P., Kalmbach D., Fellman-Couture, C., Tallent, G., Arnedt, J., **Singh, M**., Drake, C. L. (2018). Impact of Behavioral Insomnia Treatment on Post-Menopausal Female Sexual Functioning. *SLEEP*; 41: A262

- Arnedt, T. J., Cheng, P., Fellman-Couture C., Tallent G., Kalmbach, D., **Singh, M.,** Roth, T., Drake C. L. (2018), *SLEEP*; 41: A150

- Hyde-Nolan, M., Arnedt, T. J., Cheng, P., Fellman-Couture C., Tallent, G., Kalmbach, D., **Singh, M**., Roth, T., Drake, C.L. (2017) Efficacy of Behavioral Insomnia Treatment on Post-Menopausal Quality of Life. *SLEEP*; 40

- **Singh M.** and Drake C.L. (2013) Insomnia Comorbid with Medical Conditions. In: Kushida C.A. (ed.) The Encyclopedia of Sleep, Vol. 2, pp. 236-238. Waltham, MA: Academic Press.

- Durrence, H., Roth, T., Tran, KM., **Singh M**., Cheng, P., Pillai, V., Drake, C.L. (2016). Arousability of insomnia patients and healthy volunteers is not impacted by the sleep-specific doses of doxepin (3 MG and 6 MG), but is impacted in healthy volunteers using zolpidem 10 MG. *SLEEP*; 39: B564.

- Drake, CL., Bostock, S., Espie, CA., **Singh M**., Cheng, P., Anderson, JR., Pillai, V. (2015). Anxiolytic effects of cognitive behavior therapy for insomnia: preliminary results from an internet-based protocol. *SLEEP*; 38: B656.

- Mengel, H., Roth, T., Roehrs, T., **Singh M**., Drake, C. (2013). Familial risk of insomnia is associated with a blunted cortisol response to stress. *SLEEP*; 36: A216.

- **Singh M,** Conceptualization of sleepiness and is measurements Int J Sleep Wakefulness – Prim Care 2008;1(3):106–11.

- The Prevalence of multiple sleep-onset REM periods in a population based sample- **Singh M**, Drake, CL, Roth T. SLEEP, 7(29)2006, 890-895

- **Singh M,** Drake C, Kosherek G, Roehrs T, Roth T. (2006). The association between assays of sleep drive and objective versus subjective sleepiness. *SLEEP*;29:A139.

- Quadri S, Villareal A, Seto J, **Singh M**, Moss K, Drake C, Hudgel DW. (2006). Zolpidem: Successful and safe treatment for idiopathic central sleep apnea. *SLEEP*;29:A206.

- The association between Obesity and short sleep duration: a population based study, **Meeta Singh**, M.D.1; Christopher L. Drake, Ph.D.1,2; Timothy Roehrs, Ph.D.1,2; David W. Hudgel, Roth T. J of clin Sleep Med. 1(4) 2005, 357-363

**Selected National and International Presentations**

- Speaker at the Virtual National Athletic Trainers Association June 2021
- Speaker at the Collegiate and Professional Sports dietitian Association June 2021
- Keynote Speaker Annual Sports symposium, Michigan State University May 21st 2021
- Speaker Professional Tennis Registry Feb 2021
- Speaker Annual convention, International Congress of Motorsports Racing, Dec 2020
- Speaker to the Strength and Conditioning coaches association, MLB Winter Meetings 2020
- Speaker at the annual conference, Virginia Academy of Sleep medicine Fall 2020
- Speaker USA volleyball High performance Academy 2020
- Abstract presented at APSS 2020 (virtual conference) in June "Daytime sleep in night shift workers: quantifying the role of circadian misalignment." Mann, E. Sagong, C. Cuamatzi Castelan, A. Singh, M. Roth, T. Drake, C. L. Cheng, P.
- Abstract presented at APSS 2019 in June in San Antonio "Comparative efficacy of digital cbt-i versus stepped-care cbt-i to reduce comorbid depression." Philip Cheng, PhD, Cynthia Fellman-Couture, RN, Rachel Atkinson, BS, Christine Tonnu, BS, Meeta Singh, MD, Christopher L. Drake, PhD.
- Speaker NBA strength and conditioning coaches association NBSCA May 2020
- Speaker NFL COMBINE Feb 2020
- Speaker Big Sky athletic trainer sports medicine conference, Big Sky Montana Feb 2020
- Speaker 4th annual Baseball Sports Symposium, Nov 2019
- Speaker 5th Annual conference, South East Asian Academy of sleep medicine Oct 2019
- Speaker The American Academy of Neurology, Annual Sports Concussion Conference (Indianapolis) July 2019
- Speaker the PAC 12 Student-Athlete health conference May 2019
- Presentation to sports doctors and athletic trainers at the NHL Annual Meeting PHATS/SPHEM, 23rd June 2018
- Oral Presentation at 2018 NBATA Educational Program, NBA combine, 16th May 2018
- First author for "Hacking your Biological Rhythm to Wim" oral presentation at the MIT Sloan Sports Analytics Meeting, February 2018
- Seminar presentation at the Professional Baseball Athletic Trainers Society (PBATS), directed to sports physicians and athletic trainers at the Spring training Seminar, March 2018

- Presentation to physicians and athletic Trainers at the Major League Winter Meeting, December 2017
- Grand round presentation for CME to the staff and residents of Family Medicine at the Bon Secours Hospital, Resident Fatigue, 27th Jan 2005.
- Lecture to Consult-Liaison Psychiatry Department, Basic Sleep Facts and Insomnia, 4th Feb 2005
- Grand Round Presentation for CME to staff and medical personnel at the Spring Symposium at Lake Michigan College Mendel Centre, St. Joseph. MI. on "Treatment of Insomnia". 13th April 2005
- Lecture to nurses and staff for CME on Nurses Week, Bon Secours Hospital, 12th May 16, 2005
- First Author for "Prevalence of SOREMPs in the General Population" oral presentation at the APSS in June 2005
- First author for " The Association between assays of sleep drive and objective versus subjective sleepiness" Singh M, Drake C, Kosherek G, Roerhs T,Roth T, oral presentation at APSS in June 2006
- Abstract presented at APSS in June 2006 " Zolpidem successful and safe treatment for idiopathic central sleep apnea, Quadri S, Villareal A, Seto J, Singh M, Moss K, Drake C, Hudgel
- Lecture in 'Women and Sleep' at Hot Topics in Health, Jewish Community Centre, West Bloomfield. Feb 7th, 2006
- Speaker at industry sponsored Symposium "Still sleepy after all those cures" at The American Psychiatry Association National meeting May 2007
- Speaker at industry sponsored Symposium "Still sleepy after all those cures" at The American Psychiatry Association National meeting May 2007
- Speaker at industry sponsored Symposium on ""Are Cognition and Sleep/Wake Disorders Caused by too Much Arousal, too Little Arousal or Both?" at the American Psychiatry Association National Meeting May 2008
- Speaker at Coffee an Conversations, Henry ford West Bloomfield hospital July 2008
- Series of community lectures "Good sleep" aimed at community education, 7 lecture in total in 2009
- Lecture on "Drowsy Driving" Michigan Traffic Safety Summit, March 21 2012
- Lecture on "Obesity and sleep" Michigan State Medical Society conference "Weight of the State: A Conference on the Causes, Prevention and Management of Obesity" May 8th 2013
- Abstract presentation APSS 2013 "Familial risk of insomnia is associated with blunted cortisol response to stress" Mengel H, Roth T, Roehrs T, Singh M, Drake C
- Lecture on "Is sleep making you fat?" 2015 nursing symposium in Ann arbor, March 2nd 2015
- Lecture on "OSA for primary care physicians" Spring 2015 meeting, Michigan association of physicians of Indian origin"
- Speaker at the symposium; " Sleep the rising star for athletes" AASM meeting, Denver, June 2016

- Speaker at the National Sleep medicine course 2016: “Sleep in Women” San Antonio, September 16th 2016
- Speaker at the National Sleep medicine course 2016: “Sleep in Athletes” San Antonio, September 16th 2016
- Key Note Speaker at Bellin Sleep conference: “Coaching the Sleep muscle” Green Bay WI, Nov 3rd 2016
- Speaker at the NPLPS 2017: “How the science of sleep is changing the NFL” NFL Physician society medical meeting, Indianapolis, IN, March 1st 2017
- Speaker at MIT Sloan Sports Analytics Meeting, Competitive Advantage, “ The science of sleep” Boston March 3rd 2017
- Speaker at the MLB Winter Meetings Academic Program 2017, Orlando, December 9TH, 2017 “Coaching the sleep muscle”
- Speaker at MIT Sloan Sports Analytics Meeting, Competitive Advantage, “ Hacking your Biological clock to win” Boston Feb 24th
- Speaker at the “2018 PBATS Florida Spring Training Seminar” Sleep in athletes” Lakeland, Florida, March 8h 2018

**Medical Certifications and Licensure**

* Medical Licensure – Permanent Licensure in Michigan
* MPIN # 260002046
* UPIM # H58017

**Awards**
Featured in Detroit Top Docs Magazine for 2010, 2011, 2013, 2014, 2015, 2016 and 2017

**Committees**
Member- Education committee at the American academy of Sleep medicine 2011 to 2012
Member – Maintenance of Certification committee at at the American academy of Sleep medicine 2012- 2015
Member- Credentialing committee, Henry Ford Health hospital 2011- 2015
Member- Human Resources Committee, Henry Ford Health hospital 2011- 2015
Member – COMPASS committee Henry Ford Health hospital 2012- 2015

**Memberships**

* American Psychiatry Association
* American association of Sleep Medicine
* American Medical Association
* Mayo Alumni Association

## Other Interests

* Reading philosophy as applied to psychiatry
* Public speaking

* Knitting
* Running

## References

On request

Contact Address

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   Sleep Center
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