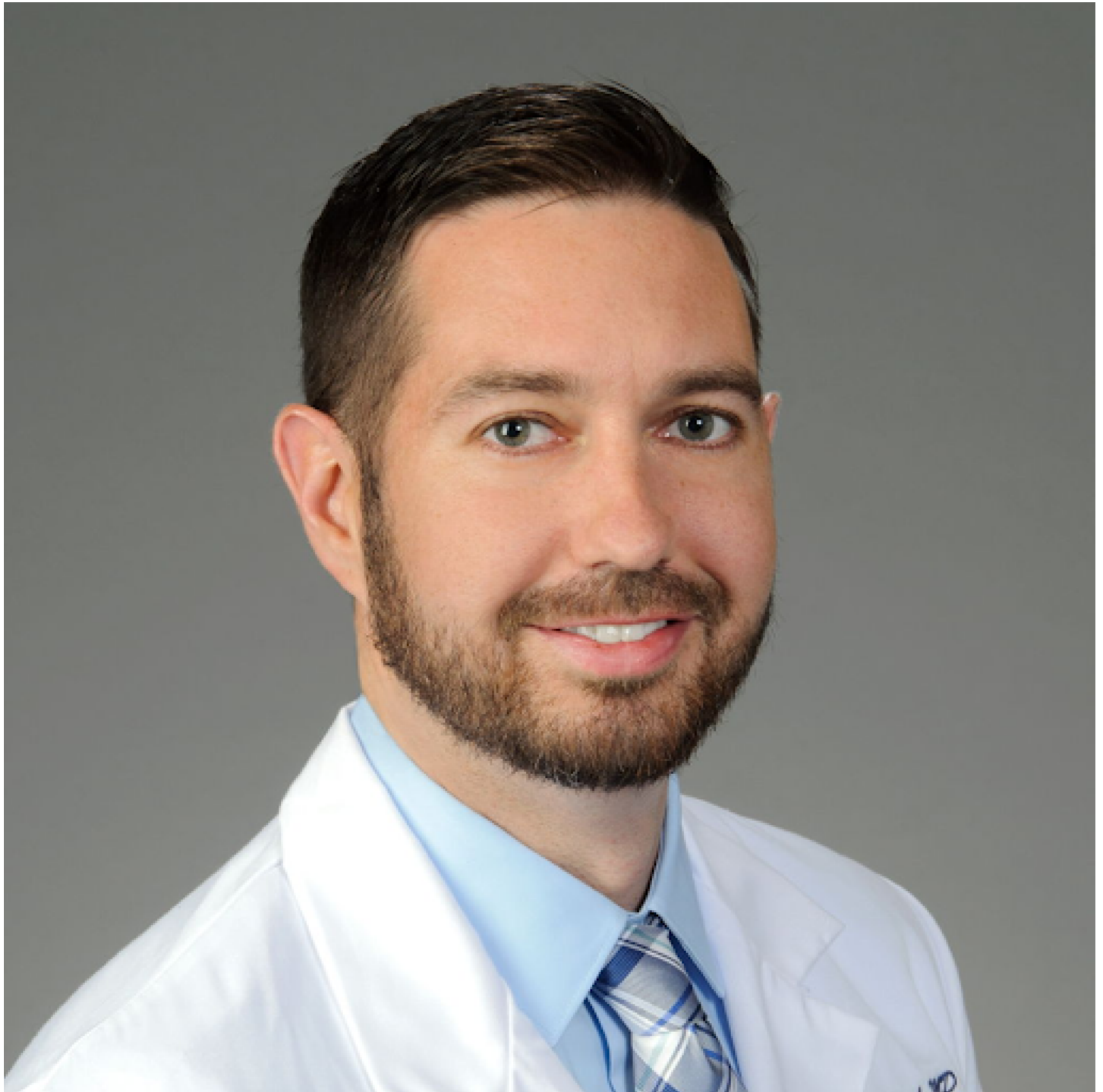


Joshua Roland, MD, FAASM, a Sleep Medicine Specialist with Thirty Madison

Get to know Sleep Medicine Specialist Dr. Joshua Roland.



New York City, New York Dec 5, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Roland is a board-certified sleep medicine physician with extensive clinical and research experience in the field of sleep medicine. He currently serves as the Medical Director of Sleep for telemedicine startup Thirty Madison. Previously, he worked as an Assistant Professor at the UCLA David Geffen School of Medicine. He specializes in the diagnosis and treatment of a comprehensive spectrum of sleep disorders.

Involved with the field of sleep medicine for over 10 years, he initially worked in clinical sleep research after studying psychology at Temple University. He then went on to earn his medical degree at St. George's University School of Medicine and finished his residency in family medicine at Drexel University.

Subsequently, Dr. Roland completed a fellowship in sleep medicine at the Emory University School of Medicine. During training, he has been involved with research on novel treatments for idiopathic hypersomnia, coauthored textbook chapters, and was involved with sleep curriculum development for the American Thoracic Society.

Recognized as a Fellow of the American Academy of Sleep Medicine (FAASM), the doctor strives to advocate for and improve sleep health as part of the Board of Directors for the California Sleep Society and of the sleep advocacy group Project Sleep. During his career, he has also spearheaded a cognitive behavioral therapy for insomnia (CBT-i) clinic in an outpatient substance rehabilitation program, contributed to multiple writings and lectures on sleep health, and is currently serving on the American Academy of Sleep Medicine's task force to develop guidelines for the treatment of REM behavior disorder.

Sleep medicine is a medical specialty or subspecialty devoted to the diagnosis and therapy of sleep disturbances and disorders. Since the middle of the 20th century, research has provided increasing knowledge and answered many questions about sleep-wake functioning. Sleep medicine specialists are trained to diagnose, treat, and manage various types of sleep disorders.

Learn More about Dr. Joshua Roland:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/344579-Joshua-Roland-Sleep-Medicine-Specialist>

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