The UNC Neurodiagnostics and Sleep Science Program recognized its third class of graduates at a celebration on Thursday, May 7, 2015, on the UNC-Chapel Hill campus, and on Friday, May 8, on the UNC-Charlotte campus.

Several representatives from the UNC-Charlotte Department of Kinesiology, the UNC-Chapel Hill Department of Allied Health Sciences, and the NDSS Corporate Partner Program attended the event to congratulate the students on their achievements.

“We are so proud of this unique group of graduates and we have very high expectations for their future. I’m excited that these individuals are already moving into educational, managerial, and leadership roles. I’m eager to see their future accomplishments and except no less than great things from this group. The fields of sleep and neurodiagnostics are growing and changing tremendously, and these graduates will be on the frontlines; stewarding positive changes, growing the field, and improving patient care,” said Dr. Mary Ellen Wells, UNC-Chapel Hill Assistant Professor and NDSS program director. Two NDSS graduates were selected to present their capstone research at the graduation ceremony. Richard Johnson, RRT-SDS, RPSGT presented “The Prevalence of Sleep Disorders in Patients Diagnosed with Multiple Sclerosis.” Brook Quinn, RPSGT, presented “Noise Pollution in the Typical Family Household: Effects on Perceived Sleep Quality.”

Congratulations to the Class of 2015

Nicole Critcher Barnes
Bereket Habte
Richard Hayes Johnson
Victoria Agnes Morris
Beth Ann Payne
Brooke Davenport Quinn
Karen Lisa Rosenstock
Suleeporn Syphaseut
Jeffrey Scott Taylor
Marisol Thornton
Jonathan Lee Upchurch
Jessica S. Ward

NDSS Program Celebrates 2015 Graduates
Student Capstone Research Presentations

Nicole Barnes “Sleep Quality in the Life of a Prenatal Patient”

Susan Syphaseut “CPAP Compliance in Older People”

Karen Rosenstock “Awareness of Sleep Apnea in Individuals Who Exercise Regularly Versus Individuals Who Frequent Fast Food”

Beth Payne “Sleep Technician’s Educational Background & Credentialing and How They Affect Quality of Care & Technologist Morale”

Brooke Quinn “Noise Pollution in the Typical Family Household: Effects on Perceived Sleep Quality”

Richard Johnson “The Prevalence of Sleep Disorders in Patients Diagnosed with Multiple Sclerosis”

Jeff Taylor “Emerging Technology in Treating Sleep Related Disorders: Compliance and Satisfaction of Home Sleep Testing and Treatment”

Jon Upchurch “Patient’s Perspective of Sleep Technologists Credentialing & Educational Background”
UNC’s Neurodiagnostics and Sleep Science (NDSS) program hosted its third annual symposium, titled "A Day of Sleep," on Thursday, Dec. 3. Tempur Sealy International sponsored the symposium, which focused on the topic of sleep monitoring at home. Keynote speakers included Brad Vaughn, MD, and Heidi Roth, MD, both with the UNC School of Medicine’s Department of Neurology.

Presentation topics included:

- Fitbits, actigraphs and sleep-related phone apps
- Evidence-based mattress sensor development
- Pillows for sleep and head position
- Snoring vs. apnea
- Home sleep monitoring and lessons learned from research

The symposium was offered as a free continuing education course for UNC-CH NDSS students, faculty, UNC Health Care polysomnographic technologists, and other UNC health professionals.

Student Presenters

- Cheree Scholl
- Sherrita Barnes
- Deborah Panza
- Leko Morris-Myers
- Ryan Spruill
- Nisha Burleson
- Amy Carlson
- Eric D’Amico
- Amber Fleming
- Ashley Hastings
- Kristy Mackell
- Tabitha Althoff
- Regina Arocha

NDSS Program Coordinator Appointed as an Assistant Faculty Fellow for Quality Matters

Auburne Hutchins, MHA, RPSGT, faculty member of the Neurodiagnostics and Sleep Science Program on the Charlotte campus has accepted the position of Assistant Faculty Fellow for Quality Matters (QM) at UNC-C. Quality Matters is a national certification program for distance education courses that reviews online courses using a peer reviewed quality matrix of standards of evaluation. Only the highest quality online courses receive the QM certification recognition. It is the intention of the NDSS program to eventually have all programmatic courses QM certified, starting with the first three to go through the national review process during the Spring 2016 semester. Hutchins is currently a Certified Peer Reviewer for QM’s national program.

As part of the Associate Faculty Fellow for QM appointment, Hutchins will complete her certification as a QM Master Peer Reviewer. She will continue to ensure that the NDSS program courses meet the QM standards and will serve as a QM Reviewer for other online courses offered at UNC-C and other institutions worldwide.
I graduated in the very first class of 2013 from UNC’s Neurodiagnostics and Sleep Science program. Then, I wanted to pursue my education even further so I decided to attend graduate school at Louisiana State University-Shreveport. The program I chose was a Master’s in Healthcare Administration. The program was 100 percent online and the courses required focused on a broad range of administrative topics including health care marketing, health care economics, health care strategic planning, and health care government. One reason I chose this program at LSU-Shreveport is because they are one of the few programs accredited by AACSB International – the Association to Advance Collegiate Schools of Business which is the leading accreditation agency for business schools in the United States. Another reason I chose LSU-Shreveport is because they offer an accelerated one-year program which meant it was a very busy year, but I’m proud to say I just graduated the first week of December with my master’s in Healthcare Administration.

I started off as a respiratory therapist in 1997, then I became a registered polysomnographic technologist in 2004. After graduating with my bachelor’s in Neurodiagnostics and Sleep Science, I obtained a great position as the manager of sleep services for FirstHealth of the Carolinas. I currently manage three FirstHealth sleep labs in 3 different counties (Moore County, Richmond County, and Montgomery County). I am responsible for the daily management of the labs, as well as managing the clinical and administrative staff. Since starting this position in August 2013, the sleep lab volume and revenue for all three counties have increased by 50 percent, and the staff has tripled for the sleep labs at FirstHealth due to increased demand. I am also currently working on getting all the labs accredited through the American Academy of Sleep Medicine. This position has been a great opportunity for me that would not have been available to me without my bachelor’s in the NDSS program. The education and management skills learned through the NDSS program have proven to be invaluable. I am hoping to use my master’s degree to expand my career opportunities even further by branching out into other health care management or executive positions. I feel like this master’s degree will open up more doors for me and help me to continue to climb up the ladder even further. While obtaining this degree, I learned a lot of different aspects of the health care field that I haven’t had the opportunity to be exposed to yet, and I look forward to using these skills in my career.

NDSS Program Director honored with Sleep Excellence Award

Dr. Mary Ellen Wells recently earned the NCASM Sleep Excellence Award – This award is the most prestigious sleep award in North Carolina recognizing an individual who has made significant contributions in sleep medicine practice, research, education, leadership, or advocacy in North Carolina.