

History of the MGH Sleep Division



Dr. John Stakes, of MGH Neurology, was the founding director of the MGH Sleep lab, which opened in 1982. The lab was based in the Bigelow building on the main MGH campus. In the early years, only one technician staffed the lab on a part time basis. Demand increased further over time, leading to the transition of the sleep lab from the MGH campus to the Wyndham Hotel, which opened in 2007 with 8 beds. That year, Dr. Jeffrey Ellenbogen became director of the Sleep Division. Under Jeff's direction, the lab's database grew rapidly, to capture subjective and objective data that would help optimize clinical care. Dr. Matt Bianchi became director of the Division in 2013. The MGH Sleep Division remains active in clinical care and research endeavors. Since 2007, faculty members of the sleep Division have published over 50 scholarly works.

Meet the Doctors: Click on the picture to learn more!



Dr. Matt Bianchi



Dr. Aleks Videnovic



Dr. John Winkelman



Dr. Ken Sassower



Dr. Nicolas BuSaba



Dr. Leonard Kaban



Dr. James Mojica



Dr. Josna Adusumilli



Dr. John Stakes



Dr. Jeffrey Shaefer



Dr. John Dobrowski



Dr. Edward Lahey

Clinical Services and Research

Our division consists of specialist physicians who treat all subtypes of sleep disorders, including: sleep apnea, insomnia, restless legs, circadian disorders, narcolepsy, hypersomnia, REM behavior disorder, parasomnia and more. Several of our physicians have active research groups performing clinically relevant investigations to improve our understanding of sleep problems and enhance treatment options. Please visit our web site for more information: www.mghsleep.com

The Sleep Lab: An Overview

Our sleep lab is in the Wyndham Hotel, near MGH, to provide maximum comfort during your sleep study. Experienced sleep technicians will offer you individualized, attentive care for your night in the sleep lab.



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