

# Sleep Medicine Associates Medical Team



**Ralph Pascualy, M.D., Director**  
**Diplomate, American Board of Sleep Medicine**

Dr. Ralph Pascualy is a nationally recognized sleep specialist who has pioneered clinical care programs for patients with sleep disorders since 1984. He is the founder and director of Sleep Medicine Associates, and was the medical director of the sleep disorders center at Swedish Medical Center and Seattle Providence Sleep Disorders Center.

In addition, Dr. Pascualy serves as the medical director of the Northwest Hospital Sleep Center. He is a clinical assistant professor of the Department of Psychiatry at the University of Washington, School of Medicine. Dr. Pascualy is a renowned lecturer, clinical trial researcher and author of "Snoring and Sleep Apnea: Sleep Well, Feel Better." (4<sup>th</sup> ed.)

**Board Certifications:** Sleep Medicine; Psychiatry; National Board of Medical Examiners

**Fellowship:** Sleep Medicine, Stanford University Sleep Lab

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**Sarah Stolz, M.D., Medical Director**  
**Diplomate, American Board of Sleep Medicine**

Dr. Sarah Stolz is the medical director of Sleep Medicine Associates and has practiced Sleep Disorders Medicine since 1991. She was formerly the associate director of the sleep center at Swedish Medical Center and Seattle Providence Sleep Disorders Center. Dr. Stolz is a lecturer and clinical trial researcher and serves as clinical assistant professor for the Department of Neurology at the University of Washington Medical Center.

**Board Certifications:** Sleep Medicine; Neurology; EEG and Clinical Neurophysiology; National Board of Medical Examiners

**Fellowship:** Sleep Medicine, University of Michigan, Ann Arbor; EEG, University of Washington

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**Darius Zoroufy, M.D.**  
**Diplomate, American Board of Sleep Medicine**

Dr. Darius Zoroufy is a board certified sleep medicine specialist with over 13 years of extensive clinical care experience in sleep medicine and internal medicine. Previously, Dr. Zoroufy was medical director for two sleep medicine practices in Vermont. A special focus of his practice is the diagnosis and management of sleep disorders in patients with significant cardiac and pulmonary disease as well as patients who need prompt evaluation per their surgeons' referrals. Dr. Zoroufy also treats insomnia, shift work, jet lag and circadian rhythm sleep disorders. He conducts presentations and clinical trial research in sleep disorders.

**Board certifications:** Sleep Medicine; Internal Medicine

**Fellowship:** Sleep Medicine, University of Wisconsin Clinical Sleep Medicine program

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**Preetam Bandla, M.D., Pediatric Sleep**  
**Diplomate, American Board of Sleep Medicine**

Dr. Preetam Bandla is a pediatric sleep specialist at Sleep Medicine Associates, pediatric pulmonologist at Swedish Medical Center - Pediatric Specialty Care, and a pediatrician.

He specializes in treating sleep-disordered breathing in infants, children, and adolescents, including children who have complex medical problems such as craniofacial anomalies and neuromuscular disorders. Dr. Bandla has a special interest in respiratory control disorders and chronic noninvasive ventilation. He completed his fellowships at the Children's Hospital of Philadelphia, Pa. and completed his residency at Maimonides Infants and Children's Hospital of Brooklyn, N.Y.

**Board certifications:** Pediatrics; Sleep Medicine; Sleep Medicine (ABP); Pediatric Pulmonary Medicine(BE)

**Fellowship:** Sleep Medicine and Pediatric Pulmonary Medicine, The Children's Hospital of Philadelphia

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# Sleep Medicine Associates Medical Team



**Ian Merrill, M.D.**  
**Member, American Academy of Sleep Medicine**

Dr. Ian Merrill is a sleep specialist, board certified in neurology and treats all types of sleep disorders. He received his medical degree from the University of Washington, School of Medicine. Dr. Merrill completed his Sleep Medicine fellowship from the University of Michigan, Ann Arbor. He joined the sleep medicine team in 2007.

**Board certifications:** Neurology; Sleep Medicine (BE)

**Fellowship:** Sleep Medicine, University of Michigan, Ann Arbor

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**Barbara Parkman, M.N., ARNP**  
**Member, American Academy of Sleep Medicine**

Barbara Parkman is an Advanced Registered Nurse Practitioner (ARNP) who earned her master's degree in nursing from the University of Washington, School of Nursing, where her focus was Primary Health Care and Family Nurse Practitioner Pathway. Barbara lectures on sleep disorders and is a subinvestigator for clinical research projects. She has 15 years of experience in evaluating sleep disorders, with a special focus on insomnia management.

**Licensures/Certifications:** ARNP with Prescriptive Authority, Adult Nurse Practitioner, Registered Nurse

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**David Margelli, PA-C**  
**Member, American Academy of Sleep Medicine**  
**Fellow, American Academy of Physician Assistants**

David Margelli is a board-certified Physician Assistant who received his medical training at Albany Medical College in Albany, New York. He has a special interest in the relationship of cardiovascular disease and sleep disorders, with several years of experience in cardiology prior to shifting to sleep medicine in 2004. He has authored numerous articles on a variety of sleep topics, and is a clinical research subinvestigator.

**Licensures/Certifications:** Certified Physician Assistant

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# About Sleep Medicine Associates

Sleep Medicine Associates provides professional care for adults and children suffering from problems with sleep and/or daytime drowsiness. We diagnose and treat the full-range of adult and child sleep disorders including: Snoring, Sleep Apnea, Insomnia, Daytime Sleepiness, Restless Legs Syndrome, Narcolepsy, Night Terrors, Jet Lag, Shift-work, and Circadian Rhythm; Our comprehensive sleep disorders center includes clinics and sleep laboratories in Seattle-Cherry Hill (James Tower), Issaquah and North Seattle-Northwest Hospital Campus (McMurray Building).

Our locally trusted experience and nationally recognized excellence make Sleep Medicine Associates the most trusted sleep specialists in the Puget Sound.

Visit us at [www.GoSleep.com](http://www.GoSleep.com) or call us at 206-386-4744.