

ROY ARTAL, M.D., F.C.C.P.

PERSONAL INFORMATION

Office Address:
8635 West Third Street
Suite 965-W
Los Angeles, CA 90048

Office Telephone:
(310) 657-3792

Office Fax:
(310) 657-3799

Email:
roy.artal@cshs.org

EDUCATION AND TRAINING

1998 July-2001 June	Cedars Sinai - UCLA Combined Pulmonary and Critical Care Fellowship Program, Los Angeles, California
1995 June-1998 June	Resident in Internal Medicine, Cedars Sinai Medical Center, Los Angeles, California
1991 Sep-1995 June	Doctor of Medicine, University of California at Los Angeles
1987 Aug-1991 May	Bachelor of Science, University of Southern California
1983 Sep-1987 June	Palos Verdes High School, Palos Verdes Estates, California

BOARD CERTIFICATION

2009	Diplomate, ABIM, Sleep Medicine (Current)
2002-2012	Diplomate, ABIM, Critical Care (Board Eligible)
2002	Diplomate, American Board of Sleep Medicine (Current)
2000	Diplomate, ABIM, Pulmonary Diseases (Current)
1998	Diplomate, American Board of Internal Medicine (ABIM) (Current)

PROFESSIONAL LICENSURE

8/1/1996-Present	Medical License, California, [A060669]
1996-Present	DEA Controlled Substance Registration Certificate
2014-2017	Medical License, Nevada

PROFESSIONAL ACTIVITIES

2023-Present	Sleep Department Network Director, Cedars-Sinai Medical Care Foundation
2023-Present	Cedars-Sinai Medical Group, Division of Pulmonary and Critical Care Medicine
2021-Present	Jazz Pharmaceuticals (Consultant)
2015-2023	HealthHelp LLC (Medical utilization consulting)
2008-2023	Sleep Facility Medical Director, Tower Sleep Medicine
2006–Present	Clinical Trials Investigator, Southern California Institute for Respiratory Disease.
2006–2023	Private Practice, Associated with Dr.'s Robert Wolfe and Andrew Wachtel
2001-2006	California Lung Associates, a Medical Partnership

HOSPITAL STAFF APPOINTMENTS

1999 Jan-Present	Cedars Sinai Medical Center
2001-2007	Good Samaritan Hospital
2001-2007	California Hospital Medical Center

TEACHING & ACADEMIC AFFILIATIONS

2021-Present	Otolaryngology/Head and Neck Surgery Residency, Cedars-Sinai, Program Faculty in Sleep Medicine.
2021-Present	Lecturer, Cedars Sinai Medical Center, Pulmonary and Critical Care Fellowship.
2009-2023	Clinical Instructor of Medicine, UCLA David Geffen School of Medicine

PROFESSIONAL SOCIETIES

2000-Present	Fellow, American Academy of Sleep Medicine
1998-Present	Fellow, American College of Chest Physicians

HOSPITAL COMMITTEE MEMBERSHIP

2024-Present	Cedars Sinai Medical Network, Patient Safety Committee
2024-Present	Cedars Sinai Medical Network, Pharmacy & Therapeutics Committee
2018-2023	Department of Medicine Performance Improvement Committee, Cedars Sinai Medical Center
2016-Present	CS-Link Clinical Content Committee, Cedars Sinai Medical Center
2011-2012	Chief of Staff Advisory Committee, Cedars Sinai Medical Center
2011-2012	Medical Executive Committee, Member-At-Large (elected position), Cedars Sinai Medical Center

2011-2012	Department of Medicine, Performance Improvement Committee, Cedars Sinai Medical Center
2009-2014	MD-RN Collaboration Committee, Cedars Sinai Medical Center
2007-2010	Pulmonary-Infectious Disease Performance Improvement Committee, Cedars Sinai Medical Center
2007-2008	Medical Staff Leadership Development, Cedars Sinai Medical Center
2006	Core Measures: Pneumonia, Chairperson, Good Samaritan Medical Center
2004	Continuing Medical Education Committee, Good Samaritan Medical Center
2002-2004	Utilization Review Committee, Good Samaritan Medical Center
2002-2004	Information Services Committee, Good Samaritan Medical Center

ACADEMIC PRESENTATIONS

1. Recurring monthly Pulmonary-Critical Care Fellowship Teaching Conference, Cedars-Sinai Medical Center, 2024-Present.
2. Otolaryngology Update for 2026, Panel Discussion, Research Study Club of Los Angeles, 93rd Annual Conference, March 14, 2026.
3. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, September 19, 2024, "Central Sleep Apnea and Hypoventilation".
4. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, September 22, 2022, "Central Disorders of Hypersomnia".
5. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, September 15, 2022, "Central Sleep Apnea and Hypoventilation".
6. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, April 30, 2021, "Hypoventilation".
7. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, April 8, 2021, "Central Sleep Apnea".
8. Cedars-Sinai Medical Center, Alumni Association, November 23, 2020, "Sleeping Through a Pandemic: Sleep, Health, and COVID-19"
9. Cedars-Sinai Medical Center, Department of Neurology, July 7, 2020, "REM Behavior Disorder: Diagnosis and Clinical Implications"
10. Cedars-Sinai Medical Center, Cedars-Sinai Otolaryngology: 2019 Conference, Presenter, March 15, 2019, "Home versus Laboratory Sleep Testing: Clinical Implications"
11. Cedars-Sinai Medical Center, Cedars-Sinai Otolaryngology: 2019 Conference, Presenter, March 15, 2019, "Reading Sleep Studies"
12. Cedars-Sinai Medical Center House Staff Wellness Series, Nov 29, 2018, "Sleep Hygiene"
13. The Advanced Treatment Study Group, Oct 29, 2018, "Sleep Medicine 2018 Update"
14. Cedars-Sinai Medical Center, Cedars-Sinai Otolaryngology: 2017 Conference, Presenter, March 24, 2017, "Home versus Laboratory Sleep Testing: Clinical Implications"
15. Cedars-Sinai Medical Center, Cedars-Sinai Otolaryngology: 2017 Conference, Presenter, March 24, 2017, "Reading Sleep Studies"

16. Cedars-Sinai Medical Center, Department of Cardiology, January 14, 2016, "Hypertrophic Cardiomyopathy and Sleep Apnea"
17. Osborne Head and Neck Institute Grand Rounds, Jan 30, 2012, "Obstructive Sleep Apnea Treatment Update 2012"
18. Endocrinology Division Interdisciplinary Conference, Jan 10, 2012, "Obstructive Sleep Apnea and the Metabolic Syndrome"
19. Educational Didactic, Cedars-Sinai Medical Center, Bariatric Surgery Center of Excellence, Nov 2, 2010, "Obesity and Disorders of Breathing"
20. Grand Rounds, University of Southern California, University Park Health Center, October 13, 2010, "Sleep Disorders in the College Age Population"
21. Board of Governors Healthcare College, Cedars-Sinai Medical Center, May 4, 2010, "Introduction to Sleep Medicine"
22. Tumor Board, Prostate Cancer Center, Cedars-Sinai Medical Center, January 22, 2007, "Pulmonary Complications of Prostate Cancer"
23. Family Practice Residency Lecture Series, California Hospital Medical Center, Dec 15, 2006, "Management of COPD"
24. Grand Rounds, Good Samaritan Hospital, Mar 22, 2006, "Obstructive Sleep Apnea"
25. Grand Rounds, Good Samaritan Hospital, Feb 15, 2006, "Core Measures: Pneumonia"
26. Physician Lecture Series, California Hospital Medical Center, Oct 1, 2004, "Community Acquired Pneumonia"
27. Poster, UCLA School of Medicine, Solomon's Scholars Reception, June 3, 1997. "Analgesic Administration in the Traumatized Patient"
28. Grand Rounds, Cedars Sinai Medical Center Department of Medicine: Oct 14, 1997; "The Role of Antioxidants in the Prevention of Coronary Artery Disease"
29. Grand Rounds, Los Angeles County+University of Southern California School of Medicine Dept. of Emergency Medicine: Oct 29, 1996; "Analgesia Administration in the Traumatized Patient"

PUBLICATIONS

1. Truong T, Shirvanian A, Hariri M, et al. (March 11, 2026) A Case of Acute Pericarditis and Hypereosinophilia After Dupilumab Initiation. *Cureus* 18(3): e105073.
2. Jiyeon Seo, Oragun Rojanapairat, Dennis Su, Elen Gusman, Fariha Hameed, Dean Sherzai, Roy Artal. Lifestyle and Behavioral Enhancements of Sleep: A Review. *Am J Lifestyle Med.* 2026 Jan 7:15598276251410479.
3. Patterns of cortical and subcortical brain volume changes in idiopathic REM sleep disorder subjects at Risk for Parkinson's Disease. Michele Lima Gregorio, Brian Renner, Zhaoyang Fan, Elliot Hogg, Camille Malatt, Echo Tan, MaryClare Kelly, Roy Artal, Pascal Sati, and Michele Tagliati. *International Parkinson and Movement Disorder Society (2024)*. Abstract in submission.
4. Sympathetic Nervous System Overactivity in the Pre-Motor Stage of Parkinson's Disease: Evidence and Therapeutic Implications. Michele Lima Gregorio, Helia Maghzi, Gloria Obialisi, Elliot Hogg, Camille Malatt, Echo Tan, MaryClare Kelly, Hayley Pomeroy, Roy Artal, Michael

- Shehata, Brian Renner, Zhaoyang Fan, Pascal Sati, Gennaro Pagano and Michele Tagliati. International Parkinson and Movement Disorder Society (2024). Abstract in submission.
5. Tagliati, M., Gregorio, M., Maghzi, H., Obialisi, G., Hogg, E., Malatt, C., Tan, E., Artal, R., Shehata, M., Renner, B. and Sati, P., 2023. Evidence of Sympathetic Overactivity in Subjects with REM Behavior Disorder at Risk for Parkinson's Disease (P6-13.002).
 6. Artal, Roy, et al. "Feasibility Study to Assess the Scan, Fit, and Print Process for the Aveera Patient-Matched CPAP Mask." *Chest* 152.4 (2017): A735.
 7. Simmons M, Artal R, et al. Dentistry-based approaches to sleep disordered breathing, algorithms, and multidisciplinary perspectives. *Journal of the California Dental Association*. 2012;40:168-181.
 8. Kole AS, Artal R, et al. Metastatic Pulmonary Artery Intimal Sarcoma Mimicking Saddle Pulmonary Embolism. *Chest Journal*. 2009;136:16S.
 9. Ault M, Ng P, Artal R. The changing use of peripherally inserted central catheters: a review of 5000 insertions at a single hospital. *Journal of Clinical Outcomes Management*. 2001;8:17-23.
 10. Artal R, Julien P, Mohsenifar Z. The changing epidemiology of malignant mesothelioma. Abstract. American Thoracic Society. Spring 2001 meeting.
 11. Artal R, Ault M. Letter to the editor. Upper extremity DVT: what is the risk? *Archives of Internal Medicine*. 1998; 158:1950-1951.
 12. Moore T, Artal R, Arenas M, Gendler E. The influence of post- mortem time and temperature on osteoinductive activity of demineralized microperforated ethylene oxide sterilized syngeneic bone implant in the rat. *Clinical Orthopaedics and Related Research* 1990;259:239-44.
 13. Artal R, Moore T, Arenas M, Gendler E. The influence of post- mortem bone harvest delay on the osteoinductive ability of microperforated demineralized ethylene oxide processed bone in a rat model. *Transactions of the 36th Annual Meeting Orthopaedic Research Society* 1990;15:391.

PRINCIPAL INVESTIGATOR IN CLINICAL TRIALS

1. Axsome AXS-12-301: A Randomized, Double-Blind, Placebo-Controlled, Multi-Center Study to Assess the Efficacy and Safety of AXS-12 in the Treatment of Cataplexy and Excessive Daytime Sleepiness in Subjects with Narcolepsy. Principal Investigator. Southern California Institute for Respiratory Disease. Start Q4 2021.
2. Berendo Scientific, LLC: A 12- Week, Single-arm, Non-randomized, Open-label Study to Evaluate the Safety and Effectiveness of the Sleep Flex program (Sleep Flex Inhale Exhale Device Set & SleepFlex Tongue Kit) for Treatment of Mild to Moderate Obstructive Sleep Apnea. Principal Investigator. Tower Sleep Medicine. 2021-ongoing.
3. Jazz JZP110-405: Solriamfetol's Effect on Cognitive Health in Apnea Participants During a Randomized, Placebo-controlled Study (SHARP): A 5-week, Double-blind, Placebo-controlled, Randomized, Crossover, Multicenter Study of Solriamfetol in Improving Cognitive Function in Participants With Excessive Daytime Sleepiness Associated With Obstructive Sleep Apnea Plus Impaired Cognitive Function. Principal Investigator. Southern California Institute for Respiratory Disease. 2021-ongoing.

4. Jazz JZP258-401: A Phase 4 Multicenter, Open-label, Single-arm Study of Safety, Tolerability, Effectiveness and Treatment Optimization in Participants Switching from Xyrem to XYWAV for the Treatment of Narcolepsy. Principal Investigator. Southern California Institute for Respiratory Disease. 2021-ongoing.
5. Suven CTP2S13031H3: A 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. Principal Investigator. Southern California Institute for Respiratory Disease. 2019-2021.
6. Jazz JZP 080-301 IH: 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. Principal Investigator. Southern California Institute for Respiratory Disease. 2018-2020.
7. Eisai Insomnia E2006-G000-303: A Long-term, Multicenter, Randomized, Double-blind, Controlled, Parallel-group Study of the Safety and Efficacy of Lemborexant in Subjects with Insomnia Disorder. 2017-2019. Principal Investigator. Southern California Institute for Respiratory Disease. 2017-2018.
8. Jazz JZP 166-201 Parkinsons/Excessive Sleep: A 4-Week, Double-blind, Placebo-controlled, Randomized, Multicenter, Crossover Study of the Safety, Efficacy, and Pharmacokinetics of JZP-110 [(R)-2-amino-3-phenylpropylcarbamate hydrochloride] in Subjects with Parkinson's Disease and Excessive Sleepiness. Principal Investigator. Southern California Institute for Respiratory Disease. 2017-2018.
9. Jazz Pharma 14-002 Narcolepsy: 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 Narcolepsy. Principal Investigator. Southern California Institute for Respiratory Disease. 2016-2017.
10. Jazz Pharma 14-003 OSA: 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). Principal Investigator. Southern California Institute for Respiratory Disease. 2016-2017.
11. Jazz Pharma 14-005 OSA Extension: 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. Principal Investigator. Southern California Institute for Respiratory Disease. 2016-2017.
12. Flamel CLFT218-1501 Narcolepsy A Double-blind, Randomized, Placebo-controlled, Two Arm Multi-center Study to Assess the Efficacy and Safety of a Once Nightly Formulation of Sodium Oxybate for Extended-Release Oral Suspension (FT218) for the Treatment of Excessive Daytime Sleepiness and Cataplexy in Subjects with Narcolepsy. Principal Investigator. Southern California Institute for Respiratory Disease. 2017-2019.
13. Metamason 001 OSA Device: A Feasibility study to assess the scan, fit and print process for the Aveera "Patient Matched" CPAP Mask. Principal Investigator. Southern California Institute for Respiratory Disease. 2016-2017.

HONORS

1. "Standing Ovation for Quality Service Award", Cedars-Sinai Medical Center, 2012
2. Order of the Palm, USC 1991
3. Skull and Dagger, USC 1991
4. Phi Beta Kappa Undergraduate Achievement Award, USC, 1991
5. General Motors College Spirit Award, USC, 1991
6. Outstanding Senior Award, 1991, USC El Rodeo Yearbook
7. USC Exceptional Volunteer Award, 1990

MEDIA APPEARENCES

1. The Truth About Weight Loss Summit. Feb 2020. "Sleep and Health."
2. CBS2 NEWS Los Angeles, May 3, 2012, "New Treatment Helps Ease Sleep Apnea, Snoring."
3. CBS2 NEWS Los Angeles, January 10, 2010, "At Home Tests Make it Easier to Diagnose Sleep Apnea."
4. PJTV.COM, MAY 26, 2010, "Sleep Well: The Variations of Sleep Apnea."
5. Videojug.com, 2007, Physician Expert, Occupational Lung Diseases.

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