

Yasaman Safarpour, MD, Sleep Medicine Physician

Get to know Sleep Medicine Physician Dr. Yasaman Safarpour, who serves patients in Novato, California.



New York City, New York Jul 13, 2023 ([IssueWire.com](https://www.issuewire.com)) - Recognized as a well-known sleep medicine physician, Dr. Safarpour works with patients in Novato, California. She is well-versed in addressing a wide range of conditions, including sleep-related breathing disorders, insomnia, hypersomnolence disorders, circadian rhythm disorders, parasomnias, and sleep-related movement disorders including restless legs syndrome, among other sleep-related disorders.

Back in the early days of her academic career, she attended Shahid Beheshti Medical University in Iran, where she earned her medical degree in 2015. Upon relocating to the United States, she completed her residency in internal medicine at the University of California Riverside before pursuing her fellowship in sleep medicine at Stanford Health Care.

An expert in her field, the doctor is board-certified in internal medicine by the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

Continuously advancing her efforts, Dr. Safarpour is an active member of several professional organizations, including the American College of Physicians (California Chapter), the American Academy of Sleep Medicine, and the Obesity Medicine Association.

Her contributions to the field of sleep medicine extend beyond her clinical practice. She has published numerous articles and presented posters at conferences, sharing her expertise with the medical community. Dr. Safarpour treats patients with sleep disorders using an integrated and multidisciplinary approach and her goal is to advocate for quality-of-life improvement, with emphasis on promoting the importance of sleep for health.

Sleep medicine is a medical specialty or subspecialty devoted to the diagnosis and therapy of sleep disturbances and disorders. From 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.

On a more personal note, Dr. Safarpour enjoys playing the piano and exploring the outdoors through hiking. She attributes her success to the support from her family of physicians, who encouraged her to follow her passion, as well as all the great mentors she had along the way.

Learn More about Dr. Yasaman Safarpour:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/85019088-Yasaman-Safarpour-Sleep-Medicine-Specialist>

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