Do you have a personal goal for the year?
In addition to the work I do with internal medicine, and the teaching that I do, I also do my own research in child sleep. A big goal that I am pushing for is submitting two major grants this year. An RO1 and a U grant and I am really excited about both.

I do child sleep research at Seattle Children’s and I look at preschool kids all the way up to adolescents. I study looking at different risk factors for sleep problems, especially in terms of late night media use, and how that plays into child and adolescent sleep. I’m interested in a tailored and family centered approach to improving child/adolescence sleep because what often happens is that families are given this list of rules they’re supposed to follow for their child to sleep better. They are often not rules that can work for every family and sometimes families really struggle with this. So we developed more family center approaches to address sleep and it really had a big impact, not just on sleep, but with child behavior, learning and cognitive function along with parent sleep, cognitive function, and marital satisfaction. Part of what we look at is what impact does improved sleep have on their developmental trajectory? Continued on page 2.
And for me that's exciting and being able to see that we are having an impact not just on the kids but on the parents as well. We have quite a few parents that seem convinced that the impact is bigger on them.

**What is an interesting fact about you that many people don't know?**

When I worked at the Texas health department, one of my jobs was to squat over the bomb bay of an airplane and shuffle out so many biscuits per square mile. The biscuits had a rabies vaccine in them for coyotes and foxes. We flew all over southern Texas dropping these biscuits to stop rabies from coming north over the border. We created a 100 mile buffer zone of immunized coyotes and foxes. It had a huge impact on the rabies level in Texas. It was really successful. I love that it was my job to actually like squat over the bomber bay.

**What was the last book you read?**

*Cyteen* by C.J Cherryh. It is a science fiction book about a future in which they need the population to expand much more quickly than it can naturally. So they have to work through all of the consequences of instead of having families reproducing you are having thousands of people artificially created and essentially receiving computer programming.

**Do you have any pets?**

Yes a big furry cat named Thoris. She is a ginormous Norwegian forest cat. When I got her from the humane society they said she would probably be a small to medium size short haired cat and she is this giant enormous long haired Norwegian cat. But she is super patient with my son and he loves her to pieces. Kitty was his first word and he just hugs her and loves on her and its adorable.

**Any favorite TV shows?**

Project runway. I don't manage to watch much TV but when I do its Project Runway. Right now Project Runway Junior is on and that's fun because its 10 to 15 year old.

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**Recent Publications, Presentations and Awards**

- **Somnath Mookherjee** was selected as the Northwest Region SGIM “Clinician Investigator of the Year”
- **Ken He** was first author of Veteran Preferences Regarding Wireless Management of Positive Airway Pressure for Obstructive Sleep Apnea at a Tertiary Health Care System. Respiratory Care. 2016; in press. [Original work]
Michelle Garrison continued

**Do you have a favorite restaurant?**
Luisa’s a Mexican restaurant in Greenwood area. I love it to pieces. I love the food and I love the staff. Good Mexican food is hard to come by in Seattle but their food is really dependable quiet good. I take my son there and he loves it so much. He is now 14 months old and recently our favorite waiter brought him his own bowl of salsa to dip everything in and he was very excited.

**What do you do in your spare time?**
I spend a lot of time chasing my toddler around. He is very excited to be taking off in all directions, climbing all the things, and reading every book under the sun, and playing music. Everything is just exciting for him at this point. So he keeps me very busy. When I do have down time, most of it gets spent reading.

**Faculty Development Program Updates**

The 2016 DGIM Faculty Development Bootcamp was held at HMC on October 21st. Trish Kritek, Andy Luks, Randi Morrison, Paul Sutton and Nick Meo led interactive workshops on engaging teaching strategies, learning styles, and jumpstarting QI work. Thirty-four DGIM faculty attended, and most felt that the attending the bootcamp made them a more effective teacher, planned on attending future bootcamps, and would recommend attending to a colleague. Comments included: “Great sessions! Very helpful and applicable to my practice.” “I loved the interactive nature of this bootcamp. Also, great opportunity to connect with colleagues for fun and collaboration.”

Stay tuned for the save the date information for the 2017 Faculty Development Bootcamp!

**Recent Publications, Presentations and Awards**

Tyler Albert was author of a book chapter: “Diseases of High Terrestrial Altitudes” for the Oxford Textbook of Medicine. Shobha Stack presented “Updates in Hospital Medicine” at the regional SGIM conference in Portland 2/3/17 along with Som Mookerjee, and Lauren Beste who gave a workshop called “Reviewing for Journals: How to be Outstanding!” Molly Jackson is presenting a small group discussion February 26, 2016 Western Group on Educational Affairs (WGEA) Conference, Salt Lake City, UtahTitle: Facilitating Discussions with Medical Students on Implicit Bias Andrew White was a co-author on a poster at the 2/3/17 Regional SGIM meeting: Excipient Lung Disease in a Patient with Cystic Fibrosis. Deshpande N, Krimmel J, White AA Chris Kim, Anneliese Schleyer, and Gaby Berger will be hosting a workshop at the annual SHM meeting along with Ed Margo (Northwest Hospital) titled: Hospitalists as Leaders in Patient Flow and Hospital Throughput.

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