

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

PERSONAL INFORMATION

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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]
2014-2017 Medical License, Nevada
1996-Present DEA Controlled Substance Registration Certificate, [BA4990518]

PROFESSIONAL ACTIVITIES

2015-Present HealthHelp LLC (Medical consulting)
2008-Present Medical Director, Tower Sleep Medicine
2006–Present Clinical Trials Investigator, Southern California Institute for Respiratory Disease.
2006–Present 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 July-2007 June Good Samaritan Hospital

ACADEMIC AFFILIATIONS

2009-Present Clinical Instructor of Medicine, UCLA David Geffen School of Medicine
2008-Present Member Physician, Cedars-Sinai Women's Guild Lung Institute Center of Excellence

PROFESSIONAL SOCIETIES

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

HOSPITAL COMMITTEE MEMBERSHIP

2018-Present	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. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, September 22, 2022, "Central Disorders of Hypersomnia".
2. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, September 15, 2022, "Central Sleep Apnea and Hypoventilation".
3. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, April 30, 2021, "Hypoventilation".
4. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, April 8, 2021, "Central Sleep Apnea".
5. Cedars-Sinai Medical Center, Alumni Association, November 23, 2020, "Sleeping Through a Pandemic: Sleep, Health, and COVID-19"
6. Cedars-Sinai Medical Center, Department of Neurology, July 7, 2020, "REM Behavior Disorder: Diagnosis and Clinical Implications"
7. Cedars-Sinai Medical Center, Cedars-Sinai Otolaryngology: 2019 Conference, Presenter, March 15, 2019, "Home versus Laboratory Sleep Testing: Clinical Implications"
8. Cedars-Sinai Medical Center, Cedars-Sinai Otolaryngology: 2019 Conference, Presenter, March 15, 2019, "Reading Sleep Studies"
9. Cedars-Sinai Medical Center House Staff Wellness Series, Nov 29, 2018, "Sleep Hygiene"
10. The Advanced Treatment Study Group, Oct 29, 2018, "Sleep Medicine 2018 Update"
11. Cedars-Sinai Medical Center, Cedars-Sinai Otolaryngology: 2017 Conference, Presenter, March 24, 2017, "Home versus Laboratory Sleep Testing: Clinical Implications"
12. Cedars-Sinai Medical Center, Cedars-Sinai Otolaryngology: 2017 Conference, Presenter, March 24, 2017, "Reading Sleep Studies"
13. Cedars-Sinai Medical Center, Department of Cardiology, January 14, 2016, "Hypertrophic Cardiomyopathy and Sleep Apnea"
14. Osborne Head and Neck Institute Grand Rounds, Jan 30, 2012, "Obstructive Sleep Apnea Treatment Update 2012"
15. Endocrinology Division Interdisciplinary Conference, Jan 10, 2012, "Obstructive Sleep Apnea and the Metabolic Syndrome"
16. Educational Didactic, Cedars-Sinai Medical Center, Bariatric Surgery Center of Excellence, Nov 2, 2010, "Obesity and Disorders of Breathing"
17. Grand Rounds, University of Southern California, University Park Health Center, October 13, 2010, "Sleep Disorders in the College Age Population"

18. Board of Governors Healthcare College, Cedars-Sinai Medical Center, May 4, 2010, "Introduction to Sleep Medicine"
19. Tumor Board, Prostate Cancer Center, Cedars-Sinai Medical Center, January 22, 2007, "Pulmonary Complications of Prostate Cancer"
20. Family Practice Residency Lecture Series, California Hospital Medical Center, Dec 15, 2006, "Management of COPD"
21. Grand Rounds, Good Samaritan Hospital, Mar 22, 2006, "Obstructive Sleep Apnea"
22. Grand Rounds, Good Samaritan Hospital, Feb 15, 2006, "Core Measures: Pneumonia"
23. Physician Lecture Series, California Hospital Medical Center, Oct 1, 2004, "Community Acquired Pneumonia"
24. Poster, UCLA School of Medicine, Solomon's Scholars Reception, June 3, 1997. "Analgesic Administration in the Traumatized Patient"
25. Grand Rounds, Cedars Sinai Medical Center Department of Medicine: Oct 14, 1997; "The Role of Antioxidants in the Prevention of Coronary Artery Disease"
26. 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. 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.
2. Kole AS, Artal R, et al. Metastatic Pulmonary Artery Intimal Sarcoma Mimicking Saddle Pulmonary Embolism. *Chest Journal*. 2009;136:16S.
3. 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.
4. Artal R, Julien P, Mohsenifar Z. The changing epidemiology of malignant mesothelioma. Abstract. American Thoracic Society. Spring 2001 meeting.
5. Artal R, Ault M. Letter to the editor. *Archives of Internal Medicine*. 1998; 158:1950-1951.
6. 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.
7. 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. 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.
2. 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.
3. 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.
4. 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.
5. 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.
 6. 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.
 7. 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.
 8. 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.
 9. 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.
 10. 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.
 11. 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.
 12. 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.
 13. 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.

HONORS

1. USC Exceptional Volunteer Award, 1990
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 Year Book
7. "Standing Ovation for Quality Service Award", Cedars-Sinai Medical Center, 2012

MEDIA APPEARANCES

1. Videojug.com, 2007, Physician Expert, Occupational Lung Diseases.

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

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