

**Titles**

Assistant Professor of Medicine at the Hospital of the University of Pennsylvania

**Specialty**

Sleep Medicine

**Board Certifications**

Sleep Medicine (ABIM), 2009  
Sleep Medicine (ABSM), 2009  
Internal Medicine, 2007

### *Areas of Interest*

- ▶ Circadian Rhythm Disorders
- ▶ Delayed Sleep Phase Syndrome (DSPD)
- ▶ Excessive Daytime Sleepiness
- ▶ Idiopathic Hypersomnolence
- ▶ Insomnia
- ▶ Narcolepsy
- ▶ Restless Leg Syndrome (RLS)
- ▶ Sleep Apnea
- ▶ Sleep Disorders
- ▶ Sleep Disorders in the Elderly
- ▶ Sleep Study

### *Educational Background*

*Medical School: University of Minnesota Medical School*

*Residency: University of Vermont Medical Center*

*Fellowship: Hospital of the University of Pennsylvania*

### *Memberships*

Member, American Academy of Sleep Medicine, National  
Member, Society for Research on Biological Rhythms,  
National

### *Practice Locations*

**Penn Sleep Center**

Suite 201  
3624 Market Street  
Philadelphia, PA 19104  
800-789-7366 (PENN)

A facility of the Hospital of the University of Pennsylvania

Dr. Anafi is employed by Penn Medicine.