

# In the Moonlight

In the Moonlight: Q&A with Lisa M. Endee, RRT-SDS, RPSGT, RST



"In the Moonlight" puts an American Association of Sleep Technologists (AAST) member in the spotlight, giving readers an opportunity to get to know one of their colleagues. This month *A<sub>2</sub>Zzz* asked Lisa M. Endee, RRT-SDS, RPSGT, RST, to complete the following statements. Endee has been in the sleep field since 1999. She is a clinical assistant professor, Respiratory Care and Polysomnographic Technology Programs, at Stony Brook University, School of Health Technology and Management in Stony Brook, N.Y.

**When I was young I wanted to grow up to be...**a health care professional. I always had a strong interest in the medical field and a desire to work in a field where I can help others.

**I decided to become a sleep technologist because...** as an RT, I had a strong interest in sleep-related breathing disorders. After obtaining my RT license, I sought out additional training in sleep diagnostics and therapeutics. I was very motivated to help identify, diagnose, and treat patients with sleep disorders in an effort to help improve their sleep and overall health.

**I got my first job in sleep technology at...**a private sleep center in Manhasset, N.Y. After 6 months, I obtained a full time position at Good Samaritan Hospital's Sleep Apnea Center in West Islip, N.Y., where I spent the next 13 years of my career. In 2012, I transitioned to academia, joining the faculty at Stony Brook University, where I hold my current position.

**I became an AAST member because...**of the organization's dedication to members and their advocacy for the sleep health of the public. In addition, I appreciated (and still do!) that membership included many professional benefits, including networking, educational, and career resources.

**The person who has had the greatest influence on my career is...** Dr. Avram Gold. I spent many of my early years in the field under his mentorship and guidance. He has taught me a great deal about



adult and pediatric sleep study interpretation, effective treatment modalities, as well as past and current research in sleep medicine.

**The most challenging part of my profession is...**the fact that most sleep disorders remain undiagnosed and

sufficient and good quality sleep continue to be under appreciated as an important factor in overall health.

**The thing I like most about my profession is...**having the ability to help make improvements in the quality of life of patients. In my current academic position, I enjoy working with students.

**The food I'm most likely to snack on while working is...**dark chocolate Hershey's kisses. They are my weakness :)

**For fun on days off from work I like to...**spend time with my family and friends traveling, relaxing, or enjoying the many great features of living on Long Island.

**My favorite TV show is...**House. I love the thrill of cracking bizarre medical cases and can't help laugh at his odd behavior. Not to mention, his character suffers from numerous sleep disorders!

**My favorite singer or musical group is...**Adele. Although my two sons have been known to get me to dance to Bruno Mars!

**The website I visit most often is...**Amazon.com. It's highly addictive!

**The person I would most like to meet is...**Princess Diana.

**The biggest change I have seen in the profession since I started is...**the huge advancement in technology, the increase in the educational standards of the profession, and the push for licensure within New York State as well as in other states across the nation.

**Words of advice I have for people who are new to the profession are...**that the profession of sleep technology has made great strides, but there is still work to be done in furthering the public's recognition of the importance of sleep to overall health. As sleep professionals, it is important to be advocates for both the profession and for the better sleep of the public. Get involved, stay active, and make a difference.

**My professional goals for the next five years are...**to complete my Masters in Public Health degree, expand Stony Brook University's Bachelor's of Polysomnographic Technology educational program, pursue additional sleep research opportunities, and continue to advocate for public sleep wellness.

**Sleep is...**essential to overall health and well-being.