

Jeffrey M. Ellenbogen, MMSc, MD

Neurology | Sleep Medicine

Baltimore, MD | www.jeffreyellenbogen.com

(Updated January 2026)

CURRENT ACTIVITIES

2024 – present

Medical Director, tele Neurology Clinics (tINIC)

www.tele-neurology.com

Clinical practice featuring patient care in sleep medicine, neurology, and wilderness medicine

2012 – present

Director, The Sound Sleep Project (tISIP)

www.soundsleepproject.com

Scientific consulting services for solutions in sleep and circadian systems

2016 – present

Volunteer firefighter

Baltimore County Fire Department (BCoFD) and Middle River Volunteer Fire Rescue

NATIONAL BOARD CERTIFICATION

1. Neurology (active)
2. Sleep Medicine (active)

OTHER CERTIFICATIONS OR CERTIFICATES

1. DiMM – Diploma in Mountain Medicine
2. FAWM – Fellow in the Academy of Wilderness Medicine
3. FAASM – Fellow of the American Academy of Sleep Medicine
4. ATLS (instructor) – advanced trauma life support
5. AWLS – advanced wilderness life support
6. Avalanche: Level 1 Avalanche Rescue
7. SCUBA: Rescue Diver; Advanced Open Water; Nitrox

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8. Firefighting: Fire 1; Rescue Ops; Vehicle and Machinery Extrication; Hazardous materials
9. TCCC – tactical combat casualty care
10. Swiftwater Technician – rescue operations involving flood and moving water

EDUCATION & TRAINING

Undergraduate

1994 University of Michigan, Ann Arbor, MI
B.A. (with High Distinction)

Doctoral/graduate

2000 Tufts University School of Medicine, Boston, MA
MD (Doctor of Medicine)

2007 Harvard Medical School, Boston, MA
MMSc (Masters in Medical Science)

Postdoctoral

1 JUL 2000 - 30 JUN 2001
University of Pennsylvania, Philadelphia, PA
Intern, Internal Medicine

1 JUL 2001 - 30 JUN 2004
University of Pennsylvania, Philadelphia, PA
Resident, Neurology

1 JUL 2004 - 30 JUN 2005
University of Pennsylvania, Philadelphia, PA
Fellow, Clinical Electrophysiology

1 JUL 2005 - 30 JUN 2007
Harvard Medical School, Boston, MA
Postdoctoral Fellow in Sleep, Circadian and Respiratory Neurobiology

1 OCT 2019 - 1 JUN 2023
Wilderness Medical Society
Fellow, Academy of Wilderness Medicine

PROFESSIONAL EXPERIENCE

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1 JUL 2007 - 2012

Massachusetts General Hospital

Chief, Sleep Division

Director, Sleep Laboratory

Physician: Neurologist and Sleep/Circadian Doctor

1 JAN 2009- 30 JUN 2013

Harvard Medical School

Assistant Professor, Neurology and Sleep Medicine

1 JUL 2013 30 JUN 2018:

Johns Hopkins University

Assistant Professor, Neurology

Physician: Neurologist and Sleep-Medicine Doctor, Johns Hopkins Hospital

FEB 2017 – JUN 2020:

Bose Corporation

Subject-matter expert on relationship of sound and sleep

JUL 2019 – AUG 2022

United States Department of Defense

- Associate Professor of Neurology and of Military & Emergency Medicine
Uniformed Services University (USU)
- Vice Chair, Neurology
Uniformed Services University (USU)
- Neurologist and Sleep/Circadian Physician
Walter Reed National Military Medical Center (WRNMMC)
 - Outpatient Clinic, Neurology Department
 - Vestibular Clinic, Otolaryngology Department
 - National Intrepid Center of Excellence (NICoE)

PUBLICATIONS

1. Soutter AD, **Ellenbogen J**, Folkman J. Splenosis is regulated by a circulating factor. *Journal of Pediatric Surgery*. 1994;29:1076-9.
2. Wolfe J, Grier HE, Klar N, Levin SB, **Ellenbogen JM**, Salem-Schatz S, Emanuel EJ, Weeks JC. Symptoms and suffering at the end of life in children with cancer. *New England Journal of Medicine*. 2000;342:326-33.

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3. Aguirre GK, **Ellenbogen JM**, Pollard J, Stolzenberg ED, Galetta SL. Amyloid angiopathy. *Neurology*. 2002;59:1656.
4. Kolb SJ, Costello F, Lee AG, White M, Wong S, Schwartz ED, Messe SR, **Ellenbogen J**, Kasner SE, Galetta SL. Distinguishing ischemic stroke from the stroke-like lesions of MELAS using apparent diffusion coefficient mapping. *Journal of Neurological Sciences*. 2003;216:11-15.
5. Ances BM, **Ellenbogen JM**, Herman ST, Jacobs D, Liebeskind DS, Chatterjee A, Galetta SL. Balint's syndrome due to Creutzfeldt-Jakob disease. *Neurology*. 2004;63:395.
6. **Ellenbogen JM**. Cognitive benefits of sleep, and their loss due to sleep deprivation. *Neurology*. 2005;64:E25-7.
7. Roy S, **Ellenbogen JM**. Pathologic quiz case: seizures, frontal lobe mass and remote history of periodontal abscess. *Archives of Pathology & Laboratory Medicine*. 2005;129:805-6.
8. **Ellenbogen JM**, Hurford MO, Liebeskind DS, Neimark GB, Weiss D. Ventromedial frontal lobe trauma. *Neurology* 2005;64:757.
9. **Ellenbogen JM**, Hulbert JC, Stickgold R, Dinges DF, Stickgold R, Thompson-Schill SL. Interfering with theories of sleep and memory: Sleep, declarative memory and associative interference. *Current Biology*. 2006;16:1290-1294
10. **Ellenbogen JM**, Payne JD, Stickgold R. The role of sleep in declarative memory consolidation: passive, permissive or active or none? *Current Opinion in Neurobiology*. 2006;16:716-22.
11. **Ellenbogen JM**, Hu PT, Payne JD, Titone D, Walker MP. Human relational memory requires time and sleep. *Proceedings of the National Academy of Science, U S A (PNAS)*. 2007;104:7723-8.
12. **Ellenbogen JM**. The interaction of sleep and memory. In: Chebykin OY, Bedny GB, Karwowski W, eds. *Ergonomics and Psychology: Developments in Theory and Practice*. Taylor and Francis Group; 2008.
13. **Ellenbogen JM**, Hulbert JC, Jiang Y, Stickgold R. The Sleeping Brain's Influence on Verbal Memory: Boosting Resistance to Interference. *PLoS One*. 2009;4:e4117.
14. Dang-Vu TT, McKinney SM, Buxton OM, Solet JM, **Ellenbogen JM**. Spontaneous brain rhythms predict sleep stability in the face of noise. *Current Biology*. 2010;20:R626-R627.
15. **Ellenbogen JM**. Sleep-Specific Atrioventricular Block. *Neurology*. 2010;74:90

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16. Dang-Vu TT, Foulkes D, Cartwright RD, **Ellenbogen JM**. Sleep. *Encyclopaedia Britannica*. 2010.
17. McKinney SM, Dang-Vu TT, Buxton OM, Solet JM, **Ellenbogen JM**. Covert waking brain activity reveals instantaneous sleep depth. *PLoS One*. 2011;6:e17351.
18. Babadi B*, McKinney SM*, Tarokh V, **Ellenbogen JM**. Data-Driven Bayesian Algorithm for Sleep Spindle Detection (DiBa). *IEEE Transactions in Biomedical Engineering*. 2012;59(2):483-93.
19. Payne JD, Tucker MA, **Ellenbogen JM**, Wamsley EJ, Walker MP, Schacter DL, Stickgold R. Memory for Semantically Related and Unrelated Declarative Information: The Benefit of Sleep, the Cost of Wake. *PLoS One*. 2012;7:e33079
20. Buxton OM*, **Ellenbogen JM*** (co-first author), Wang W, Carballeira A, O'Connor S, Cooper D, Gordhandas AJ, McKinney SM, Solet JM. Sleep Disruption Due to Hospital Noises: A Prospective Evaluation. *Annals of Internal Medicine*. 2012; 157:170-179.
21. Shaw ND, Butler JP, McKinney SM, Nelson SA, **Ellenbogen JM**, Hall JE. Insights into Puberty: The Relationship Between Sleep Stages and Pulsatile LH Secretion. *The Journal of Clinical Endocrinology and Metabolism*. 2012;97:E2055-62.
22. Fellin T, **Ellenbogen JM**, De Pitta M, Ben-Jacob E, Halassa M. Astrocyte Regulation of Sleep Circuits: Experimental and Modeling Perspectives. *Frontiers in Computational Neuroscience*. 2012;6:65.
23. Eiseman NA, Westover MB, **Ellenbogen JM**, Bianchi MT. The impact of body posture and sleep stages on sleep apnea severity in adults. *Journal of Clinical Sleep Medicine*. 2012;8:655-6.
24. **Ellenbogen JM**, Pace-Schott EF. Drug-induced sleep: Theoretical and practical considerations. *Pflügers Archiv – European Journal of Physiology*. 2012;463(1):177-186.
25. Bianchi MT, Thomas RJ, **Ellenbogen JM**. Hypnotics and Mortality Risk. *The Journal of Clinical Sleep Medicine*. 2012;8(4):351-352
26. **Ellenbogen JM**, Grace S, Heiger-Bernays WJ, et al. Wind Turbine Health Impact Study: Report of Independent Expert Panel. 2012.
27. Bianchi MT, Williams KL, McKinney SM, **Ellenbogen JM**. The subjective-objective mismatch (SOM) in sleep perception among those with insomnia and sleep apnea. *The Journal of Sleep Research*. 2013;22(5):557-568.
28. **Ellenbogen JM**. Noise-induced sleep deprivation: Toward sleeping soundly on noisy nights.

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In: Bianchi MT. *Sleep Deprivation: Effects on Mind, Body, and Disease*. Springer New York Heidelberg Dordrecht London; 2013.

29. **Ellenbogen JM**. Noise-induced sleep disruption among hospitalized patients: Brain-based approaches toward sleeping soundly on noisy nights. *Noise-Con*. 2013.
30. Marino, M, Li Y, Rueschman MD, Winkelman JW, **Ellenbogen JM**, Solet JM, Dulin H, Berkman LF, Buxton OM. Measuring Sleep: Accuracy, Sensitivity, and Specificity of Wrist Actigraphy Compared to Polysomnography. *Sleep*. 2013;36(11):1147-1155.
31. Pace-Schott EF, Tracy LE, Rubin Z, Mollica AM, **Ellenbogen JM**, Bianchi MT, Milad MR, Pitman RK, Orr SP. Interactions of time of day and sleep with between-session habituation and extinction memory in young adult males. *Experimental Brain Research*. 2014.
32. Geyer MB, **Ellenbogen JM**. Insomnia and Sleep Disorders. In: Kiefer MM, Chong CR, eds. *Pocket Primary Care: A Massachusetts General Hospital Handbook*. Philadelphia: Lippincott Williams & Wilkins; 2014.
33. Prerau MJ, Hartnack KE, Obregon-Henao G, Sampson A, Merlino M, Gannon K, Bianchi MT, **Ellenbogen JM**, Purdon PL. Tracking the Sleep Onset Process: An Empirical Model of Behavioral and Physiological Dynamics. *PLOS Computational Biology*. 2014.
34. Alameddine Y, **Ellenbogen JM**, Bianchi MT. Sleep-Wake Time Perception Varies by Direct or Indirect Query. *Journal of Clinical Sleep Medicine*. 2015.
35. **Ellenbogen JM**. Sleepiness. *Seminars in Neurology*. 2016.
36. Prerau MJ, Bianchi MT, Brown RE, **Ellenbogen JM**, Patrick PL. Sleep neurophysiologic dynamics through the lens of multitaper spectral analysis. *Physiology*. 2017.
37. Akeju O, Hobbs LE, Gao L, Burns SM, Pavone KJ, Plummer GS, Walsh GS, Houle TT, Kim SE, Bianchi MT, **Ellenbogen JM**, Brown EN. Dexmedetomidine promotes biomimetic non-rapid eye movement stage 3 sleep in humans: A pilot study. *Clinical Neurophysiology*. 2017.
38. **Ellenbogen JM**, Guay, Christian. Emergency Sleep Medicine. *Seminars in Neurology*. 2017.
39. Gottlieb DJ, **Ellenbogen JM**, Bianchi MT, Czeisler CA. Sleep deficiency and motor vehicle crash risk in the general population: a prospective cohort study. *BMC Medicine*. 2018.
40. Fogarty AE, Guay, CS, Simoneau G, Colorado BS, Segal GR, Werner JK, **Ellenbogen JM**. Head Motion Predicts Transient Loss of Consciousness in Human Head Trauma a Case-Control Study of Mixed Martial Artists. *American Journal of Physical Medicine and Rehabilitation*. 2019.

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41. Goldstein JN, **Ellenbogen JM**. Emergency Neurology. *Seminars in Neurology*. 2019.
42. Schneider L, **Ellenbogen J**. Images: Facial cataplexy with demonstration of persistent eye movements. *Journal of Clinical Sleep Medicine*. 2020.
43. **Ellenbogen JM**. Wind turbine noise and sleep. *SLEEP*. 2022.
44. **Ellenbogen JM**, Guay C. Sound Sleep in the Intensive Care Unit: Source-Path-Receiver Model. *Practical Neurology*. 2023.
45. **Ellenbogen JM**, Kellam CB, Hankard M. Noise-Induced Sleep Disruption from Wind Turbines: Scientific Updates and Acoustical Standards. *SLEEP*. 2024.

LICENSURE and MEMBERSHIPS

Medical licenses:

2004 - 2008	Pennsylvania
2005 - 2014	Massachusetts
2013 - present	Maryland (active)
2023 - 2025	Colorado
2023 - 2025	IMLC (Interstate Medical Licensure Compact)

Boards Memberships:

2005 - present	Neurology (American Board of Psychiatry and Neurology);
2009 - present	Sleep Medicine (American Board of Psychiatry and Neurology)

AWARDS and HONORS

1991	Branstrom Prize for Academic Excellence, University of Michigan
2006 - 2011	Certificate of Distinction in Teaching, Harvard University
2011 - present	Fellow of the American Academy of Sleep Medicine (FAASM)
2011	John E. Dowling Teaching Award in Neurobiology, Harvard University
2012	Wayne A. Hening Sleep Investigator Award, American Academy of Neurology
2017	Firefighter training award, (station 29), Baltimore County Fire Department
2023	Fellow in the Academy of Wilderness Medicine (FAWM)

LEADERSHIP TRAINING

1 JAN 2009 – 31 DEC 2010
Physician Leadership Development Program, MGH/Harvard