



## Roy Artal, M.D., F.C.C.P.

8635 West Third Street, Suite 965-W  
Los Angeles, CA 90048  
Mobile: (310) 927-2769  
roy.artal@artalmd.com

*Multi-board-certified pulmonologist, sleep medicine specialist, and critical care physician in active clinical practice. UCLA educated. Cedars-Sinai staff. Sleep center medical director (15+ years), clinical trials principal investigator, published author, and academic lecturer. Experienced expert witness for plaintiff and defense counsel. Opinions never excluded.*

### MEDICAL-LEGAL EXPERIENCE

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Over 20 years of service as a medical-legal expert witness on behalf of both plaintiff and defense counsel. Areas of expertise include pulmonary medicine, sleep medicine, and critical care medicine.

- 100-plus cases reviewed
- Approximately 20 deposition testimonies
- Detailed, evidence-based medical-legal reports
- Opinions have never been excluded

### EDUCATION AND TRAINING

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<b>Pulmonary and Critical Care Medicine Fellowship, Cedars-Sinai – UCLA – Veterans Administration Combined Program</b> — <i>Los Angeles, California</i>	1998 – 2001
<b>Internal Medicine Residency, Cedars-Sinai Medical Center</b> — <i>Los Angeles, California</i>	1995 – 1998
<b>Doctor of Medicine, University of California at Los Angeles</b>	1991 – 1995
<b>Bachelor of Science, University of Southern California</b>	1987 – 1991

### BOARD CERTIFICATION

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<b>Diplomate, American Board of Internal Medicine, Sleep Medicine</b> <i>(Current)</i>	2009
<b>Diplomate, American Board of Sleep Medicine</b> <i>(Current)</i>	2002
<b>Diplomate, American Board of Internal Medicine, Critical Care Medicine,</b> <b>2002 – 2012</b> <i>(Currently Board Eligible)</i>	
<b>Diplomate, American Board of Internal Medicine, Pulmonary Diseases</b> <i>(Current)</i>	2000

Diplomate, American Board of Internal Medicine (*Current*)

1998

### PROFESSIONAL LICENSURE

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Medical License, California [A060669]	1996 – Present
DEA Controlled Substance Registration Certificate	1996 – Present
Medical License, Nevada	2014 – 2017

### PROFESSIONAL ACTIVITIES

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Sleep Center Network Director, Cedars-Sinai Medical Care Foundation	2023 – Present
Cedars-Sinai Medical Group, Division of Pulmonary and Critical Care Medicine	2023 – Present
Consultant, Jazz Pharmaceuticals	2021 – Present
Clinical Trials Investigator, Southern California Institute for Respiratory Disease	2006 – Present
Medical Utilization Consulting, HealthHelp LLC	2015 – 2023
Sleep Facility Medical Director, Tower Sleep Medicine	2008 – 2023
Private Practice (associated with Robert Wolfe, M.D. and Andrew Wachtel, M.D.)	2006 – 2023
California Lung Associates, a Medical Partnership	2001 – 2006

### HOSPITAL STAFF APPOINTMENTS

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Cedars-Sinai Medical Center	1999 – Present
Good Samaritan Hospital	2001 – 2007
California Hospital Medical Center	2001 – 2007

### TEACHING & ACADEMIC AFFILIATIONS

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Program Faculty in Sleep Medicine, Otolaryngology / Head and Neck Surgery Residency, Cedars-Sinai	2021 – Present
Lecturer, Cedars-Sinai Medical Center, Pulmonary and Critical Care Fellowship Program	2021 – Present
Clinical Instructor of Medicine, UCLA David Geffen School of Medicine	2009 – 2023

### PROFESSIONAL SOCIETIES

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

1998 – Present

### HOSPITAL COMMITTEE MEMBERSHIP

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<b>Patient Safety Committee, Cedars-Sinai Medical Network</b>	2024 – Present
<b>Pharmacy &amp; Therapeutics Committee, Cedars-Sinai Medical Network</b>	2024 – Present
<b>Department of Medicine Performance Improvement Committee, Cedars-Sinai Medical Center</b>	2018 – 2023
<b>CS-Link Clinical Content Committee, Cedars-Sinai Medical Center</b>	2016 – 2023
<b>Chief of Staff Advisory Committee, Cedars-Sinai Medical Center</b>	2011 – 2012
<b>Medical Executive Committee, Member-At-Large (elected), Cedars-Sinai Medical Center</b>	2011 – 2012
<b>Department of Medicine Performance Improvement Committee, Cedars-Sinai Medical Center</b>	2011 – 2012
<b>MD-RN Collaboration Committee, Cedars-Sinai Medical Center</b>	2009 – 2014
<b>Pulmonary-Infectious Disease Performance Improvement Committee, Cedars-Sinai Medical Center</b>	2007 – 2010
<b>Medical Staff Leadership Development, Cedars-Sinai Medical Center</b>	2007 – 2008
<b>Chairperson, Core Measures: Pneumonia, Good Samaritan Medical Center</b>	2006
<b>Continuing Medical Education Committee, Good Samaritan Medical Center</b>	2004
<b>Utilization Review Committee, Good Samaritan Medical Center</b>	2002 – 2004
<b>Information Services Committee, Good Samaritan Medical Center</b>	2002 – 2004

### ACADEMIC PRESENTATIONS

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1. Recurring monthly Pulmonary-Critical Care Fellowship Teaching Conference, Cedars-Sinai Medical Center, 2024 – Present.
2. Otolaryngology Update for 2026, Panel Discussion, Research Study Club of Los Angeles, 93rd Annual Conference, March 14, 2026.
3. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, September 19, 2024, “Central Sleep Apnea and Hypoventilation.”
4. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, September 22, 2022, “Central Disorders of Hypersomnia.”
5. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, September 15, 2022, “Central Sleep Apnea and Hypoventilation.”

6. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, April 30, 2021, "Hypoventilation."
7. Cedars-Sinai Medical Center, Pulmonary-Critical Care Fellowship Core Curriculum Lecture, April 8, 2021, "Central Sleep Apnea."
8. Cedars-Sinai Medical Center Alumni Association, November 23, 2020, "Sleeping Through a Pandemic: Sleep, Health, and COVID-19."
9. Cedars-Sinai Medical Center, Department of Neurology, July 7, 2020, "REM Behavior Disorder: Diagnosis and Clinical Implications."
10. Cedars-Sinai Otolaryngology: 2019 Conference, Presenter, March 15, 2019, "Home versus Laboratory Sleep Testing: Clinical Implications."
11. Cedars-Sinai Otolaryngology: 2019 Conference, Presenter, March 15, 2019, "Reading Sleep Studies."
12. Cedars-Sinai Medical Center House Staff Wellness Series, November 29, 2018, "Sleep Hygiene."
13. The Advanced Treatment Study Group, October 29, 2018, "Sleep Medicine 2018 Update."
14. Cedars-Sinai Otolaryngology: 2017 Conference, Presenter, March 24, 2017, "Home versus Laboratory Sleep Testing: Clinical Implications."
15. Cedars-Sinai Otolaryngology: 2017 Conference, Presenter, March 24, 2017, "Reading Sleep Studies."
16. Cedars-Sinai Medical Center, Department of Cardiology, January 14, 2016, "Hypertrophic Cardiomyopathy and Sleep Apnea."
17. Osborne Head and Neck Institute Grand Rounds, January 30, 2012, "Obstructive Sleep Apnea Treatment Update 2012."
18. Endocrinology Division Interdisciplinary Conference, January 10, 2012, "Obstructive Sleep Apnea and the Metabolic Syndrome."
19. Educational Didactic, Cedars-Sinai Medical Center, Bariatric Surgery Center of Excellence, November 2, 2010, "Obesity and Disorders of Breathing."
20. Grand Rounds, University of Southern California, University Park Health Center, October 13, 2010, "Sleep Disorders in the College Age Population."
21. Board of Governors Healthcare College, Cedars-Sinai Medical Center, May 4, 2010, "Introduction to Sleep Medicine."
22. Tumor Board, Prostate Cancer Center, Cedars-Sinai Medical Center, January 22, 2007, "Pulmonary Complications of Prostate Cancer."
23. Family Practice Residency Lecture Series, California Hospital Medical Center, December 15, 2006, "Management of COPD."
24. Grand Rounds, Good Samaritan Hospital, March 22, 2006, "Obstructive Sleep Apnea."
25. Grand Rounds, Good Samaritan Hospital, February 15, 2006, "Core Measures: Pneumonia."
26. Physician Lecture Series, California Hospital Medical Center, October 1, 2004, "Community Acquired Pneumonia."
27. Poster, UCLA School of Medicine, Solomon's Scholars Reception, June 3, 1997, "Analgesic Administration in the Traumatized Patient."
28. Grand Rounds, Cedars-Sinai Medical Center, Department of Medicine, October 14, 1997, "The Role of Antioxidants in the Prevention of Coronary Artery Disease."
29. Grand Rounds, Los Angeles County + University of Southern California School of Medicine, Department of Emergency Medicine, October 29, 1996, "Analgesia Administration in the Traumatized Patient."

## PUBLICATIONS

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1. Truong T, Shirvanian A, Hariri M, et al. A Case of Acute Pericarditis and Hypereosinophilia After Dupilumab Initiation. *Cureus*. March 11, 2026;18(3):e105073.
2. Seo J, Rojanapairat O, Su D, Gusman E, Hameed F, Sherzai D, Artal R. Lifestyle and Behavioral Enhancements of Sleep: A Review. *Am J Lifestyle Med*. January 7, 2026:15598276251410479.
3. Gregorio ML, Renner B, Fan Z, Hogg E, Malatt C, Tan E, Kelly M, Artal R, Sati P, Tagliati M. Patterns of cortical and subcortical brain volume changes in idiopathic REM sleep disorder subjects at Risk for Parkinson's Disease. *International Parkinson and Movement Disorder Society (2024)*. Abstract in submission.
4. Gregorio ML, Maghzi H, Obialisi G, Hogg E, Malatt C, Tan E, Kelly M, Pomeroy H, Artal R, Shehata M, Renner B, Fan Z, Sati P, Pagano G, Tagliati M. Sympathetic Nervous System Overactivity in the Pre-Motor Stage of Parkinson's Disease: Evidence and Therapeutic Implications. *International Parkinson and Movement Disorder Society (2024)*. Abstract in submission.
5. Tagliati M, Gregorio M, Maghzi H, Obialisi G, Hogg E, Malatt C, Tan E, Artal R, Shehata M, Renner B, Sati P. Evidence of Sympathetic Overactivity in Subjects with REM Behavior Disorder at Risk for Parkinson's Disease (P6-13.002). 2023.
6. Artal R, et al. Feasibility Study to Assess the Scan, Fit, and Print Process for the Aveera Patient-Matched CPAP Mask. *Chest*. 2017;152(4):A735.
7. 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.
8. Kole AS, Artal R, et al. Metastatic Pulmonary Artery Intimal Sarcoma Mimicking Saddle Pulmonary Embolism. *Chest Journal*. 2009;136:16S.
9. 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.
10. Artal R, Julien P, Mohsenifar Z. The changing epidemiology of malignant mesothelioma. Abstract. *American Thoracic Society*. Spring 2001 meeting.
11. Artal R, Ault M. Letter to the editor. Upper extremity DVT: what is the risk? *Archives of Internal Medicine*. 1998;158:1950-1951.
12. 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;259:239-244.
13. 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

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1. 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.
2. 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.
3. Jazz JZP110-405 (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.
4. 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.
  5. 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.
  6. 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.
  7. 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. Principal Investigator. Southern California Institute for Respiratory Disease. 2017 – 2018.
  8. 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 in Subjects with Parkinson's Disease and Excessive Sleepiness. Principal Investigator. Southern California Institute for Respiratory Disease. 2017 – 2018.
  9. 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 in the Treatment of Excessive Sleepiness in Subjects with Narcolepsy. Principal Investigator. Southern California Institute for Respiratory Disease. 2016 – 2017.
  10. 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 in the Treatment of Excessive Sleepiness in Subjects with Obstructive Sleep Apnea (OSA). Principal Investigator. Southern California Institute for Respiratory Disease. 2016 – 2017.
  11. Jazz Pharma 14-005 OSA Extension: A Long-Term, Open-Label Safety and Maintenance of Efficacy Study of JZP-110 in the Treatment of Excessive Sleepiness in Subjects with Narcolepsy or Obstructive Sleep Apnea. Principal Investigator. Southern California Institute for Respiratory Disease. 2016 – 2017.
  12. 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.
  13. 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.

## HONORS

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1. Standing Ovation for Quality Service Award, Cedars-Sinai Medical Center, 2026
2. Standing Ovation for Quality Service Award, Cedars-Sinai Medical Center, 2012
3. Phi Beta Kappa Undergraduate Achievement Award, University of Southern California, 1991

## **MEDIA APPEARANCES**

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1. The Truth About Weight Loss Summit, February 2020, "Sleep and Health."
2. CBS2 News Los Angeles, May 3, 2012, "New Treatment Helps Ease Sleep Apnea, Snoring."
3. CBS2 News Los Angeles, January 10, 2010, "At Home Tests Make it Easier to Diagnose Sleep Apnea."
4. PJTV.com, May 26, 2010, "Sleep Well: The Variations of Sleep Apnea."
5. Videojug.com, 2007, Physician Expert, Occupational Lung Diseases.