

## **Dr. Catherine Darley**

In 2003 Dr. Darley originated the new field of Naturopathic Sleep Medicine by opening The Institute of Naturopathic Sleep Medicine in Seattle Washington. Dr. Darley's interest in founding Naturopathic Sleep Medicine arises from the belief that since sleep is so basic and essential to health, it makes sense to use the most natural, least invasive therapies to help people obtain the sleep they need. The mission of The Institute of Naturopathic Sleep Medicine is to provide patient care, public education about sleep health, and research on natural treatments for sleep disorders.

Naturopathic Sleep Medicine is a developing field of medicine which is distinct from that provided at allopathic sleep centers. Naturopathic Sleep Medicine joins together the knowledge of physiological sleep processes with the treatment principles of naturopathic medicine. Dr. Darley is actively founding the field of Naturopathic Sleep Medicine, and looks forward to another twenty years of development and growth.

Dr. Darley's interest in sleep health began during college at The Evergreen State College. After graduation she worked for Dr. Mary Carskadon, one of the leading researchers on children's sleep. In 1995 Catherine Darley returned to Seattle in order to pursue her dream of bridging the fields of sleep medicine and naturopathy. While attending Bastyr University she continued working in the sleep field as a technologist at Virginia Mason Medical Center Sleep Disorders Center. During that time Dr. Darley presented on sleep topics at both the Associated Professional Sleep Societies and American Association of Naturopathic Physicians annual meetings. Dr. Darley did an intensive preceptorship at the Stanford University Sleep Disorders Center, and has attended many continuing education events on sleep health.

Currently, Dr. Darley focuses her efforts on providing excellent naturopathic care for patients with sleep disorders. She works with people of all ages, and especially enjoys working with children and their families. She also provides education about sleep health to many public and professional audiences, as this is a poorly understood base of health. In the future, Dr. Darley will continue her work developing the field of Naturopathic Sleep Medicine by conducting original research on naturopathic treatments for sleep, and providing specialist training for other doctors.

Washington Association of Naturopathic Physicians, member  
Sleep Research Society, member