



## FACULTY FULL NAME:

**Yusef Dhifullah Alqurashi**

**POSITION:** Assistant Professor of Respiratory and Sleep  
Medicine

### Personal Data

Nationality | Saudi

Date of Birth | 13/07/1988

Department | Respiratory Care

Official IAU Email | [Ydalqurashi@iau.edu.sa](mailto:Ydalqurashi@iau.edu.sa)

Office Phone No. | 0133331328

### Language Proficiency

Language	Read	Write	Speak
Arabic	✓	✓	✓
English	✓	✓	✓
Others			

### Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
1/2/2020	PhD in Respiratory and Sleep Medicine	Imperial College London	London-United Kingdom
15/05/2015	MSc in Interdisciplinary Studies	Texas State University	Texas-United States
15/05/2015	Graduate diploma of Polysomnography (Sleep Medicine)	Texas State University	Texas- United States
28/4/2010	BSc in Respiratory Care	Dammam University	Kingdom of Saudi Arabia



### PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	Methods for assessing sleep and sleepiness in healthy adults and patients with respiratory sleep disorders
Master	The Effect of Actigraphy Placement on Dominant versus Non-Dominant Hand with Concurrent Polysomnography
Fellowship	NA

### Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Assistant lecturer	Dammam University	2011-2015
Lecturer	Dammam University	2015-2020
Assistant Professor	Imam Abdulrahman Bin Faisal University (Formerly known as Dammam University)	2020-present

### Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Deputy vice dean for academic affair	Imam Abdulrahman Bin Faisal University	2020-present
Master program Coordinator	Imam Abdulrahman Bin Faisal University	2020-present

### Scientific Achievements

#### Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Alqurashi YD, Dawidziuk A, Alqarni A, Kelly J, Moss J, Polkey M.I, Morrell M.J.	A visual analogue scale for the assessment of mild sleepiness in patients with obstructive sleep apnea and healthy participants	<i>Annals of thoracic Medicine</i> , 2021
2	AlQatari, A.A., Alturki, J.A., Abdulali, K.A., Alhumud,	Changes in Heart Rate Variability and Baroreflex	<i>Nature and Science of Sleep</i> 2020



	D.A., Alibrahim, M.A., Alarab, Y.A., Salem, A.M., Yar, T., <b>Alqurashi, Y.D.</b> , Alsunni, A.A. and Al Humoud, S., 2020.	Sensitivity during Daytime Naps	
3	Nakamura, T., <b>Alqurashi, Y.D.</b> , Morrell, M.J. and Mandic, D.P.	Hearables: Automatic overnight sleep monitoring with standardized in-ear EEG sensor	<i>IEEE Transactions on Biomedical Engineering 2019</i>
4	<b>Alqurashi, YD.</b> , Moss, J., Nakamura, T., Goverdovsky, V., Polkey, M., Mandic, D. and Morrell, M.J.,	The efficacy of in-ear electroencephalography (EEG) to monitor sleep latency and the impact of sleep deprivation	<i>Nature and science of sleep 2018</i>
5	Nakamura, T., <b>Alqurashi, Y.D.</b> , Morrell, M.J. and Mandic, D.P.	Automatic detection of drowsiness using in-ear EEG	<i>IEEE International Joint Conference on Neural Networks, IJCNN 2018</i>
6	Nakamura, T., Adjei, T., <b>Alqurashi, YD.</b> , Looney, D., Morrell, M.J. and Mandic, D.P.	Complexity science for sleep stage classification from EEG	<i>Neural Networks (IJCNN) 2017</i>

### Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date

### Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
1	<b>Y. Alqurashi, J. Moss, T. Nakamura, V. Goverdovsky, M. I. Polkey, D. P. Mandic, M. J. Morrell</b>	The efficacy of in-ear electroencephalography (EEG) to monitor sleep latency and the impact of sleep deprivation	<i>American Thoracic Society 2017</i>
2	<b>Y. Alqurashi, J. Moss, T. Nakamura,</b>	The Efficacy of a Novel In-ear Electroencephalography (EEG)	<i>American Thoracic Society 2019</i>



V. Goverdovsky, M. I. Polkey, D. P. Mandic, M. J. Morrell	Sensor to Measure Overnight Sleep in Healthy Participants	
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### Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date

### Current Researches

#	Research Title	Name of Investigator(s)
1	The association between the vitality and sleepiness and their impact on reaction time	Yousef Alqurashi (PI) Abdullah Alqarni (CI) Majd Fawzi Kubbara (student) Saleh Khaled Al-Duailej (student) Yaser Gul Mohammad (student) Adnan Fawaz Almalki (student) Basel Zain Alanazi (student)
2	The Impact of Forehead-worn and Neck-worn Positional Therapy Devices on Quality of Sleep Among Healthy Individuals	Yousef Alqurashi (PI) Abdullah Alqarni (CI)
3	The prevalence of sleepy driving among women drivers in Saudi Arabia	Yousef Alqurashi (PI)

### Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	Saudi Society for Respiratory Care	Dammam, Saudi Arabia. 26-27/02/2020	Speaker and workshop facilitator
2	American Thoracic Society	Dallas, United States 18-23/5/2019	Speaker



3	American Thoracic Society	Washington, United States 15-20/5/2018	Poster presentation
4	British Sleep Society	Birmingham, United Kingdom 23-24/10/2017	Speaker

#### Membership of Scientific and Professional Societies and Organizations

- American Thoracic Society
- American Academy of Sleep Medicine
- Saudi Society for Respiratory Care

#### Teaching Activities

##### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Medical Gas Therapy	RT216	Lecture and Lab
2	Fundamentals of Polysomnography	RT421	Lecture and Lab
3	Advance Mechanical Ventilation	RT321	Lab

#### Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)


##### Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1			
2			

#### Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

1	
2	

##### Course Coordination



#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	To

#### Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date

#### Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To
1	5 (college of Medicine)	5	Jan 2020	July 2020
2	4 (College of Applied Medical Sciences)	5	Jan 2020	July 2020

#### Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date

#### Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	Bachelor	The association between the vitality and sleepiness and their impact on reaction time	Imam Abdulrhman Bin Faisal University	2020

#### Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

##### Administrative Responsibilities



#	From	To	Position	Organization

### Committee Membership

#	From	To	Position	Organization
1	2019	present	Respiratory Care Master program coordinator	IAU

### Scientific Consultations

#	From	To	Institute	Full-time or Part-time

### Volunteer Work

#	From	To	Type of Volunteer	Organization
1	Feb 2020	Feb 2020	Awareness lecture about sleep disorders	Family Medicine and Community Center at IAU
2	April 2020	April 2020	Academic writing course	Virtual Medical Academy

### Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Computer
2	Public Speech
3	Academic indexing
4	Evidence based scientific critique
5	Academic translation
6	Basic skills of business administration
7	Academic quality



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## Last Update

25/11/2021