

Helmut S. Schmidt, MD is the founder and President of the Ohio Sleep Medicine Institute (OSMI). He has been board certified in sleep medicine since 1980 and has devoted his professional life to the field of sleep medicine. He has been recognized with numerous awards. Dr. Helmut Schmidt was voted by his peers as the 2004 Best Sleep Medicine Physician in Central Ohio (Columbus Dispatch/WBNS poll, 2004) and is known among health professionals for his expertise and dedication to quality patient care. Regarded as a pioneer of Sleep Medicine, he opened one of the first sleep disorders centers in the country in February, 1975 at the Ohio State University Medical Center. He is the recipient of the 1988 Nathaniel Kleitman Distinguished Prize from the American Academy of Sleep Medicine (formally known as the ASDA), which is that body's highest award for outstanding achievement and contribution to the field.

Dr. Helmut S. Schmidt has been instrumental in the history of Sleep Medicine on a national level. He guided the national examination process for certifying physicians in the field of sleep medicine and ran this examination for over 10 years before becoming in 1990 the First President of the American Board of Sleep Medicine (ABSM), the accrediting body responsible for certifying sleep medicine physicians. He had a tradition of keeping exam questions on index cards in a shoebox and he was later awarded the "Shoebox Award" from the American Board of Sleep Medicine, for "unstinting" dedication to the furtherance of the field. This award was later renamed the "Helmut S. Schmidt Award." He co-chaired the ASDA national committee to recognize Sleep Medicine as a designated medical specialty by the American Medical Association, which finally occurred in Jan. 1995 and this helped convey a higher level of legitimacy to the field. He was chairman of the joint program committee for the Sleep Research Society and the American Sleep Disorders Association that hosted the very first Annual Meeting of the Association of Professional Sleep Societies in Columbus, Ohio, in 1986. Together with Dr. William Dement of Stanford University, as part of the 1986 meeting, Dr. Helmut Schmidt led the efforts to establish the first National Sleep and Health Awareness Week (June 15-21), a proclamation signed by President Ronald Reagan.

Dr. Helmut S. Schmidt is a graduate of the University of Toronto School of Medicine and completed his residency in psychiatry at the Ohio State University. In addition to his involvement in Sleep Medicine, he contributed to the field of psychiatry as past President of the Ohio Psychiatric Association and was recognized as Distinguished Life Fellow by the American Psychiatric Association. He also retired as Colonel from the United States Army Reserve and is the recipient of the Meritorious Service Medal following his last duty as Surgeon, 83rd Army Reserve Command.

Publications:

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Honors & Awards:

- 2003: Distinguished Life Fellow, American Psychiatric Association
- 1992: Letter of Appreciation, American Sleep Disorders Association, "for devoted and outstanding service to the field of Sleep Disorders Medicine over a period of ten years as Chair of the ASDA Examination Committee and as first president of the American Board of Sleep Medicine."
- 1991: Recipient of first "Shoe Box" award for contributions to Sleep Medicine, American Board of Sleep Medicine (now named the "Helmut S. Schmidt Award"), "for directing the certification of clinicians in Sleep Medicine from its infancy to the current position of respect and wide acceptance, for teaching your colleagues the art and science of examination, for the unstinting contribution of endless time and energy."
- 1989: Recipient of the Meritorious Service Medal, United States Army Reserve.
- 1988: Nathaniel Kleitman Distinguished Service Award. Created in 1981 to honor service to the field of sleep research and sleep disorders medicine, especially generous and altruistic efforts in the areas of administration, public relations, and legislation. The highest award given in North America in the field of Sleep Disorders Medicine.
- 1988: Fellow, American Sleep Disorders Association.
- 1985: Letter of Commendation, Association of Sleep Disorders Centers.
- 1983: Recipient of The Army Achievement Medal.
- 1978: Fellow, American Psychiatric Association.
- 1968: William C. Menninger Award (Honorable Mention) for outstanding original research presented by the Central Neuropsychiatric Association "in recognition of outstanding original research in the field of...Psychiatry."