

Thomas K. Speer PhD, D, ABSM – Biography



Thomas K. Speer PhD
Sleep Medicine

Dr. Speer began his sleep medicine practice in Houston at the Diagnostic Clinic in 1992. He was the director of the Institute of Sleep Medicine at the Diagnostic Clinic and has served as director of Sleep Centers of Texas. He currently has his own practice, focusing on CPAP (continuous positive airway pressure) therapy for sleep apnea and other therapies for insomnia, CPAP desensitization and support, and circadian rhythm disorders, including bright-light therapy.

Dr. Speer's undergraduate degree is from Ohio State University. He attended Duke University after a stint in the Army and received a master's degree in ethics. He completed his doctoral work in psychology at the University of Toledo where he became interested in sleep disorders. Dr. Speer did his post-doctoral training in Michigan at the Henry Ford Sleep and Research Center and at Stanford University.

Associated with PPG since early in 2010, Dr. Speer evaluates PPG patients for sleep disorders and manages their CPAP therapy, makes home visits, and does preoperative sleep evaluations to facilitate recovery from surgery.

He believes that each person's overall well-being is linked to the quality and quantity of his/her sleep and considers most sleep problems to be a chronic pattern requiring persistent and repeated intervention. Dr. Speer specializes in the interpretation of polysomnographic evaluations of clinical sleep disorders, assessing many complex factors in each patient's life, including sleep behaviors, medical history, and the daily sleep/wake rhythm. He integrates current practices in sleep research, behavioral health, pharmacotherapy, and medical device therapies into individualized recommendations and treatment plans.



Personal Physician Group LLP
4100 S. Shepherd Dr. · Houston TX 77098
tel 713-524-9800 · fax 713-524-1115
mail2@PPGhouston.com
PPGhouston.com

Dr. Speer is a Fellow of the American Academy of Sleep Medicine and has been an accreditation site visitor for the Academy since 2007. He is board certified by the American Board of Sleep Medicine and is licensed as a psychologist by the Texas State Board of Examiners of Psychologists.

He is married with two children.