



Gregory A. Holt, PhD RRT FAASM
Diplomate, American Board of Sleep Medicine

Biography

Dr Gregory Holt is the Director of Operations and Polysomnography for Respiratory Quality Services (RQS) in Houston, TX. Dr Holt has been trained as a respiratory therapist at LSU Medical Center in Shreveport, LA. He's worked in the acute care setting on code teams, ventilator management, labor & delivery and hyperbaric medicine. He has administrative experience as the Asst. Director of Respiratory Care at E.A. Conway Memorial Hospital, Monroe, LA., Director of Pulmonary Diagnostic Testing at Temple University Hospital, Philadelphia, PA., and Program Director of Respiratory Care, Florida A&M University. He completed his education at the University of Florida's College of Medicine, earning a Doctorate in Physiology in 1992 while studying Respiratory Muscle Afferent Signal Processing. He has been involved in clinical sleep medicine for 25 years prior to his arrival at RQS. Dr. Holt participated in the initiation of the Sleep Diagnostic Laboratory at Temple University Hospital in 1992. He was Board Certified as a Clinical Sleep Specialist by the American Board of Sleep Medicine in 2005 and since has helped thousands of patients with sleep/wake disorders. Dr. Holt has been the Medical Director of sleep clinics in Florida, he's held joint appointments with UT Medicine, Pulmonary Medicine at Temple University Hospital, Pulmonary Medicine at the Audie Murphy Memorial VA Hospital and the Sleep Therapy & Research Institute in San Antonio. Dr. Holt continues his interests in clinical patient care and remains active as a Respiratory Therapist at the South Texas ALS Clinic and the Houston Methodist ALS Clinic. He has been involved with Veteran's Health while working as a Certified Hyperbaric Technologist and diving with patients suffering from traumatic brain injury. His research interests are in the control of breathing, diagnostic testing in the ALS population and sleep medicine. Dr. Holt has published a number of peer reviewed articles and several book chapters in the field. His most recent publication is a book chapter on the Principles of Mechanical Ventilation (Shelledy & Peters, eds., 2019). Currently, Dr. Holt serves as Co-Chair of the Ventilator Work Group for the American Association for Homecare, an item writer for the National Board of Respiratory Care and President of the Texas Society of Sleep Professionals. He continues to work with the ALS Association, local support and community groups while enjoying participating in ALS sponsored events. He is an avid motorcycle enthusiast, enjoys sailing, diving, hunting & fishing. Dr Holt is married and has 5 children which he jokes about, pointing to his interest as a long-distance motorcyclist.