

Virginia Skiba, M.D. received her Medical Doctor degree in 2004 when she graduated from the University of Michigan Medical School. She spent the next 9 years of her career serving in the US Navy, when she worked as a primary care provider and later as a neurologist. In 2014, Dr. Skiba completed a sleep medicine fellowship at the University of Michigan.

Currently, she works at the Henry Ford Sleep Disorders and Research Center in Southeast Michigan. She is the Associate Medical Director of the Henry Ford Medical Group sleep labs and Section Head of the Sterling Heights clinic. Dr. Skiba is active in the Michigan Academy of Sleep Medicine where she served as President in 2020, led several annual conferences, and is currently collaborating with other groups on promoting later school start times in Michigan. She is enthusiastic about educating others on the value of good sleep and recognizing and managing all sleep disorders.