

Jennifer Daniel: So my name is Jennifer Daniel, and I'm a nurse practitioner, I've been working with Ephraim full time since the fall of 2017. I've done primary care and I'm currently working in sleep medicine. I grew up in Louisville and spent some time in Florida. My family has been living in Danville since 2008.

I like to read books and I also have a horse that I like to ride. Well, I originally worked as a nurse for about 10 years, and I thought it was a great opportunity to be able to see more patients and help more patients. I think I probably would've been a baker or worked in a restaurant, run a restaurant. I went to Center for college. And then I went to the University of Florida for my nursing degree. I got my master's at Northern Kentucky university.

I worked in primary care for several years, and when the opportunity to work in sleep medicine came up, I was really excited to be able to focus on just one problem or a smaller amount of problems to really be able to help patients. What I really like is how much better people can feel when they're sleeping well. When patients come to sleep medicine, they're going to tell us about their sleep history and how they're currently sleeping, any problems or testing that they've had in the past. Often we'll order a sleep study for them to see if they have a sleep breathing disorder, like sleep apnea, and we keep working with them until we feel like they're sleeping better and they're pleased with their results. Definitely when people come in and tell me how much better they feel or that they didn't know how badly they were sleeping until we started working with them.