

Klark Turpen, M...: So my name is Klark Turpen. I was actually born and raised in Glasgow, Kentucky. My husband and I moved to Danville about six years ago for him to join the urology practice here. So we have been living in Danville for six years. I've been working for Ephraim for about four years. We have three girls under the age of 10, so life is very busy these days.

In my spare time, I enjoy doing anything that's active. I love cycling, running, swimming. I also enjoy spending time with my friends and family.

I grew up surrounded by the healthcare profession. My father was a pharmacist and my mother was a registered nurse, so I knew early on that I wanted to do something in healthcare. As I got older, I was given the opportunity to kind of shadow a few physicians in my community. And I saw that the compassion that they had for patients and the impact that they made on their lives, and at that point, I knew I wanted to do medicine.

If I wasn't a doctor, I would've probably followed in my father's footsteps and become a pharmacist.

I went to college at the University of Kentucky. I then went to medical school at the University of Louisville where I met my husband, Ryan Turpen. And then we went and did our residency and fellowships at the University of Florida in Gainesville.

I ended up doing sleep medicine almost by chance. I was doing my internal medicine residency at the University of Florida and had the opportunity to do a sleep rotation. During that rotation, I learned that one of the top sleep doctors in the country is actually at the University of Florida. And I got to spend time with him and see his passion for the field and fell in love with sleep medicine and thought I've ever given the opportunity to train with one of the best, it was kind of an opportunity I couldn't pass up.

I love sleep because it has the ability to impact everyone's daily lives. It's linked to so many not only health-related issues, but mood and just overall quality of life.

When patients come to our office, they should expect to give a very detailed sleep history. We will spend a lot of time discussing everything from your daily sleep routine, to your sleep hygiene, to your daily activities as they relate to sleep.

I would say my practice is very patient-centered. We focus on the patient's individual needs and expectations in regards to sleep.

The most rewarding part is that if you impact someone's sleep quality, it'll affect every aspect of their life, from their mood to their overall health. And it's so rewarding when you have people come back and say, "You changed my life because now I'm sleeping wonderfully."