



4.8 ★★★★★

94 Ratings

Sabra M. Abbott, MD

Northwestern Medical Group

Primary Specialty

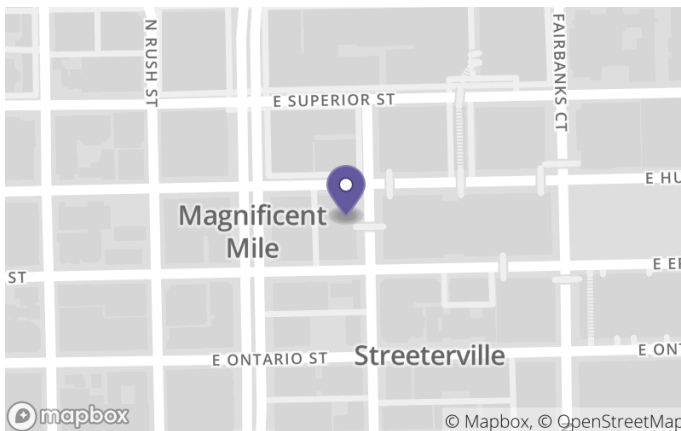
Sleep Medicine

Secondary Specialties

Neurology

● Accepts New Patients

Location



Northwestern Medicine Sleep Disorders Center

676 N St Clair St Ste 7-701

Arkes Pavilion

Chicago, IL 60611

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312.926.2650

f 312.926.4771

Insurance

Insurance plans are subject to change. View insurance plans accepted at each hospital and by each NMHC physician group.

Practice Groups and Affiliations

Medical Group

Northwestern Medical Group

Physician Category

Northwestern Medicine Physician Network

Education

Medical Education	University of Illinois College of Medicine at Urbana-Champaign - 2008
Internship	Massachusetts General Hospital - 2009
Residency	Beth Israel Deaconess Medical Center - 2012
Fellowship	McGaw Medical Center of Northwestern University - 2013

Board Certifications

- American Board of Psychiatry and Neurology (Certified)
 - American Board of Psychiatry and Neurology - Sleep Medicine (Certified)
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Practice Focus Areas

Advanced Sleep Phase Disorder	Irregular Sleep Wake Disorder
Circadian Rhythm Sleep Wake Disorders	Jet Lag
Delayed Sleep Phase Disorder	Non 24 Hour Sleep Wake Disorder
	Shift Work Disorder

Ratings & Reviews

At Northwestern Medicine, our patient’s feedback is important to us. While different care providers have their own unique strengths, we strive to be as transparent as possible with our quality of care. [Read more](#)

Care Provider Ratings

Overall rating

4.8



94 Ratings

Friendly & Courteous

4.9 / 5.0 (59 reviews)

Clear Explanations

4.8 / 5.0 (57 reviews)

Includes You In Decisions

4.9 / 5.0 (58 reviews)

Follow-Up Instructions

4.9 / 5.0 (54 reviews)

Time Spent With Patient

4.8 / 5.0 (58 reviews)

Will Recommend to Others

4.9 / 5.0 (58 reviews)

Shows Concern

4.9 / 5.0 (57 reviews)

Explains Medications

4.9 / 5.0 (43 reviews)

Easy to Understand

4.9 / 5.0 (58 reviews)

Confidence in Doctor

4.9 / 5.0 (59 reviews)

Reviews From Patients

18 Reviews

AUGUST 3 2018

Dr Abbott is patient & thorough, above & beyond expectations. She is sympathetic & willing to address lifestyle issues outside the strict medical intervention of her practice. I appreciate her willingness to listen, as well as the attentiveness of her staff when I raise questions via MyChart.

AUGUST 4 2018

I would highly recommend Dr Abbott. She is easy to speak with , listens attentively, offers excellent explanations, and is very thorough.

AUGUST 14 2018

She was very understanding and took our concerns very seriously. Even though we had an atypical case she didn't act as if our case was too complicated or we couldn't do much. She understood sleep please a very important role in having a productive life. She also was accommodating and flexible.

AUGUST 27 2018

Dr. Abbott is an excellent physician and established scientist. She combines good bedside manner and evidence-based approaches in treating her patients. She takes time to listen to your questions, answers them in a clear and succinct manner, and follows up by asking if there were any other questions you may have.

DECEMBER 3 2018

Dr. Abbott is great about answering questions and brainstorming ways to help. She takes all the time you need and answers all of your questions. She is very empathetic.

JANUARY 12 2019

This visit was much better than my previous visits with this doctor. Based on this visit, my confidence was high, but I am getting over the experiences from my previous visits.

JANUARY 14 2019

I have recommended Dr. Abbot to my friends with similar problems. Dr. Abbot has helped me to consistently improve my condition, she listens attentively and works collaboratively with me to find appropriate solutions.

APRIL 22 2019

brilliant physician, wonderful bedside manner , and communicates how important you are in how she interacts with you!!

JUNE 23 2019

Could not ask for any better quality or expertise of the doctor and staff.

JULY 29 2019

dr Abbott was great. helpful, knowledgeable, and easy to communicate with.

SEPTEMBER 9 2019

***Dr. Abbott was very compassionate and helpful regarding my daughter's sleep issues. Everyone in the office made us feel we were in the right place to get the help my daughter needs.**

OCTOBER 14 2019

very good experience

OCTOBER 21 2019

would not hesitate to make a referral to family and friends!!

Faculty Profile

<http://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=27412>