



4.8 ★★★★★

374 Ratings

## Sabra M. Abbott, MD

Northwestern Medical Group

Primary Specialty

**Sleep Medicine**

Secondary Specialties

**Neurology**

● Accepts New Patients

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### Location



#### Northwestern Medicine Sleep Disorders Center

676 N St Clair St Ste 7-701

Arkes Pavilion

Chicago, IL 60611

📍 0.1 mi

312.695.7950

f 312.926.4771

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### Insurance Accepted

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

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### Practice Groups and Affiliations

Medical Group

Northwestern Medical Group

Physician Category Northwestern Medicine Physician Network

On Medical Staff At Northwestern Memorial Hospital

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## Education

Medical Education MD, 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

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## Board Certifications

American Board of Psychiatry and Neurology - Neurology (Certified)

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

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## Practice Focus Areas

Advanced Sleep Phase Disorder

Circadian Rhythm Sleep Wake Disorders

Delayed Sleep Phase Disorder

Irregular Sleep Wake Disorder

Jet Lag

Non 24 Hour Sleep Wake Disorder

Shift Work Disorder

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## 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



374 Ratings

### Reviews From Patients

174 Reviews

MARCH 5 2022

**NM neurologist are the best.**

MARCH 3 2022

**Dr. Abbott is thorough, thoughtful, professional, and a pleasure to speak with.**

FEBRUARY 16 2022

**Excellent level of Expertise Willing to listen Responsive to questions**

FEBRUARY 14 2022

**Very easy to speak with, patient, attentive**

FEBRUARY 11 2022

**Top in her specialty**

FEBRUARY 11 2022

**She listens and give great advice to improve my quality of care**

FEBRUARY 10 2022

**She is personable, very knowledgeable, patient and explains her recommendations clearly and thoroughly.**

FEBRUARY 8 2022

**she seems patience and kind and took the time.**

JANUARY 25 2022

**Everything was explained perfectly**

JANUARY 24 2022

**Because I'm extremely likely to recommend Sabra M. Abbott, MD for care. Again Duh.**

JANUARY 21 2022

**Very knowledgeable and sharp**

JANUARY 21 2022

**Kind and understanding**

JANUARY 20 2022

**She knows how to make a patient confident in the prescribed treatment.**

JANUARY 20 2022

**Dr. Abbott explained things clearly and asked many questions to understand my issues. This was my first appointment with her and I feel confident that she would provide good care.**

JANUARY 14 2022

**Thoughtful and prepared to discuss my situation and possible outcomes of treatment.**

JANUARY 13 2022

**Helpful and clear.**

JANUARY 13 2022

**The seemed interested in me and my healthcare. Couldn't ask for more.**

JANUARY 11 2022

**Excellent communicator.**

JANUARY 7 2022

**Dr Abbott took time to listen to me. She is smart and caring. Thank you!**

JANUARY 7 2022

**Dr Abbott is patient and takes time to explain things in terms I can understand.**

JANUARY 6 2022

**She took her time, got a lot of background and discussed a good plan to move forward with.**

DECEMBER 20 2021

**She is patient considerate understanding and shows empathy and compassion**

DECEMBER 13 2021

**She's the best. Her empathy is great and I like her plan of care.**

DECEMBER 10 2021

**The doctor has been very attentive and helpful so far**

DECEMBER 9 2021

**Dr Abbott was very educational and thoughtful**

DECEMBER 9 2021

**Trustworthy.**

DECEMBER 6 2021

**Competency.**

DECEMBER 3 2021

**Dr Abbott listens to how I am Feeling and includes me in the treatment decisions. She is very kind.**

DECEMBER 2 2021

**Dr. Abbott is excellent neurologist and sleep specialist. Sh diagnosed my condition and provided a plan for further evaluation and treatment**

NOVEMBER 24 2021

**I would recommend Dr. Abbot based on the progress I have made with my sleep disorder.**

NOVEMBER 22 2021

**Listens, explains well**

NOVEMBER 19 2021

**Excellent doctor who gives clear explanations**

NOVEMBER 16 2021

**Helpful and informative took time to answer questions**

NOVEMBER 15 2021

**Evaluated my problem correctly**

NOVEMBER 11 2021

**Because she is a phenomenal physician as stated above.**

NOVEMBER 2 2021

**Responsive. Good conversation, good exchange of ideas and troubleshooting of challenges when they present themselves.**

NOVEMBER 1 2021

**Dr. Abbott is always a pleasure to meet and discuss. Thorough. Patient. Informative. Concerned about other things in my life related to my condition.**

OCTOBER 28 2021

**She was recommended to me by my sibling. She is very patient and doesn't mind answering questions. Goes over everything with you and provides a followup plan.**

OCTOBER 28 2021

**Listens and responds to my concerns, knowledgeable**

OCTOBER 25 2021

**Explained things clearly**

OCTOBER 21 2021

**Dr Abbott makes me feel my opinion and concerns matter. She is always helpful.**

OCTOBER 19 2021

**Always very thorough.**

OCTOBER 11 2021

**Dr was prepared, efficient, and considerate at visit.**

OCTOBER 7 2021

**She was clear and concise. We covered topics to be addressed**

OCTOBER 5 2021

**She is compassionate and spent as much time as I needed to explain my test and results.**

OCTOBER 5 2021

**She listens and believe what I say, and takes the time to address my concerns. Sometimes it feels like I am trying the same thing I have tried before, but I understand that since I have not tried it with her, she wants to be thorough and give me the best chance of success.**

OCTOBER 5 2021

**excellent, timely assistance and helpful suggestions.**

OCTOBER 5 2021

**She is very professional and knowledgeable!**

SEPTEMBER 30 2021

**My physician is very attentive, listens to my concerns offers suggestions also keeps me in the know of new medication to treat my condition. Always available to answer my questions via email which works best for me.**

SEPTEMBER 17 2021

**Definitely Competent and concerned**

SEPTEMBER 16 2021

**Concerned MD who takes the time to listen to my history, asks appropriate questions, and provides a detailed plan of therapy.**

SEPTEMBER 10 2021

**Helpful, knowledgeable, calm demeanor and good communication**

AUGUST 28 2021

**Very knowledgeable and great recommendations**

AUGUST 26 2021

**She listened carefully, was respectful, and had a positive attitude.**

AUGUST 23 2021

**Consistently good care and service.**

AUGUST 19 2021

**Listens well, communicates clearly.**

AUGUST 19 2021

**Very good at listening and answering my questions. Thoughtful and knowledgeable.**

AUGUST 11 2021

**Like her demeanor and method of deciding treatment.**

AUGUST 10 2021

**Her knowledge is very deep**

AUGUST 9 2021

**Smart doctor**

AUGUST 7 2021

**Dr. Abbott has a very calm, caring demeanor. She is thorough with her examination and I have noticed**

**Dr. Abbott has a very calm, caring demeanor. She is thorough with her examination and I have noticed on both of my visits that she takes times with her interns making sure that they understand what she is explaining.**

AUGUST 5 2021

**I think she really cares about me and my well-being**

JULY 19 2021

**Originally I called for an appointment with Dr Zee. When a suitable time could not be found due to her schedule & my limitations, I was assured by the staff that Dr Abbott worked with Dr Zee and was equally as qualified.**

JULY 15 2021

**She is Great, very patient and explained everything very well and understandable**

JULY 15 2021

**Dr Abbott seemed to gather a good picture of my issues in a short amount of time, and had some valuable input that I haven't heard from other doctors.**

JULY 12 2021

**This was the first time meeting Dr. Abbott as my former sleep doctor left NM. I was pleased with the depth of her questions, her ability to listen carefully, and her willingness to ask clarifying questions if I was unclear. In short, I felt listened to and heard.**

JULY 8 2021

**She knows what she is doing and stays current on sleep medicine.**

JULY 5 2021

**Dr. Abbot was very responsive and addressed each of my concerns.**

JUNE 24 2021

**She was friendly enough and knowledgeable. But it felt sort of like she just administered a test I could have taken on my own and then diagnosed. There weren't very many probing questions that you get sometimes. That being said, virtual is hard!**

JUNE 19 2021

**Dr Abbott is professional as well as personable. She communicates understandably in a way & in terms her patient can understand; takes time to explain when the patient needs additional or reworded explanation & answered all my questions. In addition, & importantly, she Validated the reality of my sleep disorder which relieved me & made me feel less.. lazy and ...justified**

JUNE 17 2021

**She's a GOOD Doctor.**

JUNE 12 2021

**Listens well - gives specific answers**

JUNE 10 2021

**Very knowledgeable and attentive to my sleep problem. Easily grasped my concern and recommended things I can do to improve sleep**

MAY 25 2021

**She listened carefully, asked questions, did not rush, was compassionate and professional.**

MAY 20 2021

**Dr. Abbott is very thorough, clear in her communication and provides sound advice/guidance.**

MAY 20 2021

**Dr Abbott put me at ease right away with a very personable demeanor; friendly & casual but not so casual as to have not been professional. She answered my questions, as well as my daughter's questions, thoroughly & in terms we could comprehend. She was familiar with my situation & I felt comfortable talking with her .**

MAY 18 2021

**I very much appreciate the thought, care, and clinical pragmatism Dr. Abbott has brought to her evaluation and care.**

MAY 7 2021

**Very effective treatment. Great communication with Dr Abbott and Fiola. Pragmatic approach to daily issues.**

MAY 7 2021

**Dr. Abbott is a phenomenal physician. I want others to receive the same type of care.**

MAY 6 2021

**she is so knowledgeable, kind, and candid. she is thoughtful of how she prescribes medicine and treatment**

APRIL 29 2021

**She was easy to talk to you and was able to answer all my questions. She put my mind to ease with her knowledge.**

APRIL 28 2021

**She really tried to help our medical situation.**

APRIL 22 2021

**Took care of what I needed and very concerned. Thought of best path for my needs. Individualized care.**

APRIL 20 2021

**Doctor was helpful and engaging.**

APRIL 16 2021

**I'm loyal. She diagnosed my narcolepsy after other doctors missed it.**



APRIL 16 2021

**It's so great thank you**

APRIL 2 2021

**She is concerned as to my progress and answers all questions of my concern.**

MARCH 31 2021

**Inviting and thoughtful**

MARCH 26 2021

**She's smart. She listens and has the answers I need.**

MARCH 25 2021

**She's very kind and made me feel like she really cares about my health and my wellbeing.**

MARCH 19 2021

**Top notch**

MARCH 3 2021

**She is very professional, compassionate and has helped me a lot**

MARCH 2 2021

**Detail oriented, expert, paid attention to every detail**

FEBRUARY 28 2021

**Very caring, excellent doctor**

FEBRUARY 24 2021

**I like her approach. Straight forward.**

FEBRUARY 23 2021

**When the doctor showed, she was very helpful, thorough and compassionate. Would easily recommend her to others.**

FEBRUARY 23 2021

**She is a sub specialist (specialist within a specialized field), there are very few that I could turn to, to handle my particular medical issue with this level of expertise.**

FEBRUARY 18 2021

**She was knowledgeable and articulate and took the time needed to address all issues and questions**

FEBRUARY 18 2021

**She is an excellent listener and knows her area of expertise plus she will go beyond that to give proper care to her patients to facilitate our essential goal**

FEBRUARY 16 2021

**Knowledgeable, professional, compassionate.**

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**Faculty Profile**

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