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Dr. Peraita-Adrados was trained in sleep pathology in the Sleep Disorders Clinic & Laboratory at University of Stanford, California, (1975-76) and in the INSERM U29 Port-Royal Hospital, Paris (1976-77).

She has also worked in the “Centre Saint-Paul”, Aix-Marseille University (1977), and at the Neurological Institute of Montreal (1994), where she completed her clinical and neurophysiological training in Epilepsy.

Dr. Peraita-Adrados has authored numerous works on the physiology and pathology of sleep and epilepsy, in infants, children and adults, and she has been involved in numerous clinical research projects (SIDS, Sleep and Epilepsy, Iron and RLS, OSA and Narcolepsy).

She was a co-founder of the Iberian Association of Sleep Pathology (1991) and has served as President (1998-2003). She has served as Vice-President of the Sleep-Wakefulness Foundation in Spain (1998-2003). She is a member of the IPSA, the European Sleep Research Society (ESRS) and has served as a member of the Scientific Committee (2002-2006). At present she is a member of the Editorial Advisory Board of the Spanish Revista de Neurología.

Five years ago she has joined as a member the European Narcolepsy Network (EU-NN) and she has been elected as Secretary of the network.