

SLEEP MEDICINE NEWS AND UPDATES

SLEEP 2006 20th Anniversary Meeting Promises Rich Program

For six days in June, sleep scientists and sleep medicine physicians, technologists and health professionals will gather in Salt Lake City, Utah for the SLEEP 2006 20th Anniversary Meeting of the Associated Professional Sleep Societies (APSS).

Through a thoughtful program, the APSS Program Committee has addressed the most current topics in sleep medicine and sleep research and kept in mind the needs and interests of sleep clinicians, scientists, researchers and professionals who are attending.

The APSS is excited to introduce new features to the annual meeting. The preliminary and final programs are redesigned with date tabs, spiral binding and color-coding to help attendees navigate the variety of courses, sessions and events and to best maximize time at the meeting. The APSS also instituted the "Late Breaking Abstract" category. Abstracts submitted between March 3, 2006 and April 3, 2006, were considered for a new scientific session that will be held Wednesday, June 21, 2006, from 12:00 PM to 1:00 PM. The APSS selected four abstracts to be oral presentations at which authors will communicate their high-quality emerging data found between December 2005 and April 2006.

In addition to the scientific program, the SLEEP 2006 20th Anniversary Meeting of the Associated Professional Sleep Societies includes other special events throughout the week. The fourth annual Discovering the Secrets of Sleep fundraising dinner hosted by the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS) on the evening of Sunday, June 18, to promote the advancement of knowledge in the field of sleep medicine and sleep research. At the dinner, the American Sleep Medicine Foundation and Sleep Research Society Foundation will present recipients of 2006 grants and the American Board of Sleep Medicine will be recognized for its contributions to the field.

For more information on the SLEEP 2006 20th Anniversary Meeting of the Associated Professional Sleep Societies, visit www.apss.org.

AASM Launches CPAP Compliance Campaign

As the prevalence of obstructive sleep apnea (OSA) increases and more Americans become aware of the health issues associated when the disorder is untreated, there is a need for education about OSA as well as continuous positive airway pressure (CPAP) and compliance with CPAP therapy. The American Academy of Sleep Medicine (AASM) has launched two awareness campaigns that address these issues.

Recognizing Sleep Disorders: Sleep Related Breathing Disorders is an education and assessment resource for primary care physicians that will help with the identification of OSA in patients and determination of the best referral and treatment options. The Internet-based modules provide a comprehensive overview of OSA and CPAP therapy and treatment compliance through de-

tailed case studies, and an evaluation at the end allows the primary care physician to assess his/her knowledge. The free modules are available online at www.aasmnet.org. All physicians are encouraged to logon and view the modules, and also refer colleagues to this indispensable resource.

Sleep Apnea Takes Your Breath Away...CPAP Gives It Back, part of www.sleepeducation.com, provides reliable, accurate and comprehensive information for the public. On the Web site members of the public will find expanded information on OSA, including an interactive slide set that helps the user determine if he/she is at-risk for OSA and resources for next steps. The site also includes information on what CPAP is, including function, the benefits associated with use and an overview of what to expect when beginning therapy. Members of the public can also read various tips that aid with compliance and solving problems associated with CPAP, personal accounts of CPAP use and what experts recommend. Further, "From the Other Side of the Bed: Sleep Apnea and the Bed Partner" relates the effect of OSA on relationships, provides identifiers one can look for when determining if a significant other has OSA and offers tips on encouraging a partner to seek diagnosis and treatment for OSA. All practitioners are encouraged to direct their patients to www.sleepeducation.com for this in-depth and useful information.

In addition to a Web component, the public education effort will include print materials. The AASM will distribute education and awareness materials, including posters and brochures, which reinforce the benefits associated with treatment compliance to sleep centers and primary care physicians.

Sleep Education Series Offers Continued Opportunities

The American Academy of Sleep Medicine in February launched its Sleep Education Series, which provides courses and accompanying products for sleep medicine practitioners and physicians from other specialties who are looking for comprehensive and relevant education in sleep medicine disorders as well as the business and management aspects of the field.

In February, the AASM hosted the Advanced Sleep Medicine Course and the Management of a Sleep Disorders Center Course in San Diego; both courses were sold-out events. Noted insomnia experts convened Tampa, Fla. March 4-5, 2006, for Insomnia: Psychology, Physiology & Pharmacology. The course was an intensive and in-depth review of topics that included Evaluation and Management of Pediatric Insomnia, Managing Co-morbid Insomnia and Hypnotic Discontinuation Strategies.

The Sleep Education Series continues with several opportunities in April. The Behavioral Sleep Medicine Course, April 22, 2006, in Chicago, is an intensive course that addresses key concepts related to behavioral sleep medicine through a series of stimulating lectures, break-out sessions, a question-and-answer session and a dinner with rapid-fire case presentations. Held in

conjunction with the annual meeting of the Southern Sleep Society on April 29, 2006, in Sanibel Island, FL., Essentials of Sleep Technology: CPAP Titration offers attendees a comprehensive review of sleep-disordered breathing, with a primary focus on CPAP titration, and offers an introduction to advanced topics. The AASM will hold Diagnosis & Treatment of Sleep Related Breathing Disorders Course on April 29-30, 2006, in Richmond, VA. The course provides an in-depth overview of sleep related breathing disorders for physicians who diagnose and/or treat patients with sleep related breathing disorders and for individuals new to this area of sleep.

The AASM will continue in its commitment to broadening knowledge and offering unique opportunities for professional development by offering more courses throughout summer and fall 2006, including but not limited to a Board Review Course to prepare candidates for the new exam administered under the American Board of Medical Specialties, Neurology of Sleep; and the National Sleep Medicine Course.

AASM Introduces ICSD-2 Pocket Version

The American Academy of Sleep Medicine's Nosology Committee developed the pocket version of the International Classification of Sleep Disorders, Second Edition (ICSD-2), and it is now available for sleep medicine clinicians. An essential reference, the pocket version, like the regular version, sorts identified sleep disorders into eight categories, and each disorder category includes thirteen standardized subheadings that ensure comprehensiveness and consistency of descriptions. The pocket version includes current ICD-9 codes for each disorder, which allows for easy reference when billing for consultations and procedures.

The pocket version, which is organized and designed in user-friendly format, is available for purchase; visit www.aasmnet.org for ordering information.

Research Priorities Sent to NHLBI

The American Academy of Sleep Medicine (AASM) Board of Directors recently sent a list of research areas it identified as priorities for the sleep field to the National Heart, Lung, and Blood Institute (NHLBI) as part of its ongoing commitment to advancing sleep medicine and advocating for increased research in the field.

The priorities grew from a meeting in June 2005 of representatives of the AASM board of directors and Elizabeth Nabel, MD, the director of NHLBI, where she requested the AASM's input regarding potential funding by the agency for research.

In creating the list of priorities, members of the board of directors reviewed the research plan devised by the National Center on Sleep Disorders Research. After the review, the members identified four major priority areas and within each area created a list of specific topics for consideration, in descending order of priority. In its letter, the board suggested that the priorities be accomplished through the funding of individual grants, RFPs, establishment of clinical trial networks and sleep SCOR grants.

The priority areas and specific topic areas are as follows:

I. Sleep Related Breathing Disorders

- Conduct adequately powered, multi-centered clinical trials comparing portable monitoring and laboratory based diagnos-

tic strategies for obstructive sleep apnea in terms of clinical outcomes and healthcare utilization.

- Assess impact of sleep disordered breathing and its treatment through adequately powered clinical trials on other diseases including hypertension, cardiovascular disease, diabetes and obesity.
- Investigate and advance our understanding of the genetic, neurobiological and physiologic mechanisms that are pathophysiologically important in the development, potentiation, and maintenance of obstructive sleep apnea.
- Design new and improved modalities for the treatment of obstructive sleep apnea, including pharmacologic, surgical, oral appliance, behavioral, muscle stimulation, positive airway pressure (including CPAP compliance) and other novel approaches.

II. Sleep Deprivation

- Identify the full range of consequences of long-term partial sleep deprivation and their mechanism including performance and alertness, immune modulation, neuroendocrine disorders and obesity.
- Epidemiological longitudinal studies to prospectively assess the relationships among sleep duration (short and long), sleep quality (good and poor), and health outcomes (morbidity and mortality).
- Establish the validity and reliability of innovative biobehavioral technologies and monitoring techniques that can detect drowsiness, fatigue and sleep propensity in medical and other workplaces.

III. Education and Training

- Develop sleep educational programs at the medical school, post-graduate and continuing medical education levels, to develop future sleep researchers and clinicians. Part of these programs should be a coordinated, structured, and scientifically rigorous approach to evaluate the impact of sleep education programs.
- Develop effective and innovative public and patient educational approaches based on needs assessments of high risk and target groups that include both quantitative and qualitative research methodologies. Develop public and patient educational programs on sleep-related public health and safety.

IV. Sleep and Chronic Disease

- Study chronically ill populations, such as chronic pain patients, at highest risk for sleep disturbances; determine the factors most associated with disturbed sleep, and the best ways to improve such sleep disturbances and the underlying condition.

The research priorities are also available online at www.aasmnet.org.

AASM Offers Accreditation for Sleep Technology Education Programs

The AASM is now offering accreditation to sleep centers and academic institutions that provide sleep technologist training within their sleep center or community classroom. Accredited Sleep Technologist Education Program, A-STEP can be offered by an AASM-accredited sleep center or affiliated academic institution to local sleep techs.

Information kits, including a program brochure, standards for accreditation and application, were sent to AASM-accredited cen-

ters in early spring and this information is also available online at www.aasmnet.org/ASTEP/.

A-STEP is one part of the AASM's commitment to the promotion of education, training and certification of sleep technologists, and it remains supportive and engaged in legislative efforts to protect the sleep technology profession.

Mentorship Program: An Invaluable Resource for Junior Investigators

The AASM Research Committee has created the Mentorship Program to provide direction to junior investigators and foster their career in sleep research. Each mentee is paired with an established researcher (mentor), outside of his/her institution, who serves as a resource and provides invaluable input in areas such as publishing, grantsmanship and networking. More information about the program and the application are available online at www.aasmnet.org/Mentorship.aspx.

Welcome New Accredited Center Members

Here is the listing of all new accredited center members since November 1, 2005. If you would like for your accredited center to take advantage of these benefits and more please contact the membership department at bfairchild@aasmnet.org or (708) 492-0930.

American Sleep Medicine

Bridgeport Regional Sleep Disorders Center

Cabell Huntington Hospital Sleep Disorders Center

Cabell Huntington Hospital

Community Hospital Sleep Diagnostics

Community Hospital

Comprehensive Neurologics & Sleep

Comprehensive Sleep Disorders and Neurodiagnostic Center of Kansas

Connecticut Sleep Lab

Drexel Sleep Center

Drexel University College of Medicine

Geisinger Wyoming Valley Medical Center

Sleep Disorders Center

Good Samaritan Sleep Center

Idaho Sleep Disorders Center - Meridian

St. Luke's Meridian Medical Center

Iowa Health - Des Moines Sleep Disorders Center

Iowa Medical Center

LifeCare Sleep and Health Center

Miami Sleep Disorders Center

Michigan Sleep Diagnostics

Minnesota Sleep Institute

Edina Sleep Disorders Center

Minnesota Sleep Institute

High Pointe Health Campus Sleep Disorders Center

Neurodiagnostic and Sleep Disorder Center

Western Plains Medical Complex

Newman Regional Health Sleep Disorders Center

Newman Regional Health

North Puget Sound Center for Sleep Disorders

Northwest Sleep Center

Pacific Sleep Medicine Services, Inc.

Penn Sleep Center at Sheraton University City Hotel

University of Pennsylvania Health System

Premier Sleep Disorders Center

Jackson Medical Clinic

Prime HealthCare Sleep Disorders Center

Proctor Hospital Sleep Disorders Center

Proctor Hospital

Provena Sleep Disorder Center

Provena Saint Joseph Medical Center

Pulmonary and Sleep Center of the Valley

Rutherford Hospital Sleep Disorders Center

Rutherford Hospital, Inc.

Sleep Center at StoneCrest

StoneCrest Medical Center

Sleep Center of Tulsa

Sleep Disorder Center

St. Anthony's Medical Center

Sleep Disorders Center

Ephraim McDowell Regional Medical Center

Sleep Disorders Center

Northwest Community Hospital

Sleep Disorders Center of Corbin

Sleep Disorders Center of London, PLLC

Sleep Disorders Clinic of Dallas at Frisco-Plano

Sleep Disorders Services of New York

Sleep Health Centers

Sleep Healthcenters Bedford

Sleep HealthCenters Malden

Sleep Laboratory at Sun Coast Hospital*

Sleep Medicine Center of Kansas West

Wichita Clinic, PA

Sleep Source, Inc.

Sleep Therapy & Research Center

Sonno Sleep Center

Southern Sleep Technologies, Inc.

The Sleep Center at Park Plaza

Park Plaza Hospital and Medical Center

The Sleep Disorders Center

The George Washington University Hospital

The Sleep Lab at the Medical Plaza, St. Francis West

Center for Allergy & Respiratory Diseases, Inc.

The Washington Hospital Sleep Center

The Washington Hospital

Utah Sleep Medicine Center

Valley Sleep Disorders Center

Wooster Community Hospital Sleep Disorders Center

Wooster Community Hospital

WRAMC Sleep Disorders Center

Walter Reed Army Medical Center