

## SLEEP MEDICINE NEWS AND UPDATES

### JCSM Accepted for the Science Citation Index

The *Journal of Clinical Sleep Medicine* has been accepted by Thomson Reuters for coverage in its Science Citation Index Expanded, which is accessed online via the Web of Science. The index contains data from more than 6,650 of the world's leading scientific and technical journals across 150 disciplines. *JCSM* also will be included in both the Neuroscience Citation Index and Current Contents/Clinical Medicine.

### Take Advantage of Early Bird Renewal Offer for AASM Members

Individual AASM members who renew before Dec. 31, 2009, will receive 12 free *Journal of Clinical Sleep Medicine* online CME attempts - a \$72.00 value. Following the early bird deadline, a coupon for your 12 online CME attempts will be issued via e-mail to the primary e-mail address on file with the AASM.

Center/Laboratory members who renew before Dec. 31, 2009, will receive a free, full-page color ad using the AASM's new Ad Design Service. Recruit staff and patients to your facility by using this new service to customize attractive ad templates from the AASM. Following the early bird deadline, instructions on how to redeem this offer will be sent via e-mail to the primary e-mail address on file with the AASM.

Log in to the AASM Web site today at [www.aasmnet.org](http://www.aasmnet.org) to renew your membership and take advantage of this special offer. For more information contact the AASM Membership Department at 708-492-0930 or [AASMMembership@aasmnet.org](mailto:AASMMembership@aasmnet.org).

### ASMF Accepting Applications for the 2010 Educational Projects and Strategic Research Awards

The American Sleep Medicine Foundation (ASMF) is pleased to announce the call for proposals for the 2010 grant cycle of two awards. The Educational Projects Award recognizes applicants who develop either techniques, educational materials and learning/teaching aids that will promote sleep health through increasing awareness and identification of sleep disorders by health-care professionals; or novel curricular resources (e.g., electronics/Internet based) for education of medical students, residents or other health-care students in specific areas of sleep medicine.

The Strategic Research Award targets promising novel therapeutic and diagnostic tools in sleep medicine and improvements in quality of health-care delivery in sleep medicine (e.g., comparison of outcomes management tools).

Get more information at <http://www.discoverstosleep.org/GrantOpp.aspx>. The submission deadline for both awards is Jan. 15, 2010.

### Contribute to the ASMF "Building the Foundation of Sleep" Campaign

Support vital sleep research, earn a tax deduction for your contribution, and leave a lasting record of your support through your participation in the American Sleep Medicine Foundation (ASMF) *Building the Foundation of Sleep* campaign. Until Feb. 28, 2010, all members who donate \$1,000 or more to the ASMF will receive a commemorative brick inscribed with their name or "in memoriam" in the entryway to the AASM's new national headquarters building (to be completed in Summer 2010). For full campaign details visit the ASMF Web site at <http://www.discoverstosleep.org/BuildingCampaign.aspx>. You can contribute online through the ASMF Web site or at the time of your AASM membership renewal.

### Current Topics & Business of Sleep Medicine Courses Will be Held in Phoenix in February

Travel to Phoenix, Ariz., Feb. 19 to 22, 2010, to attend the AASM's Sleep Education Series courses *Current Topics in Sleep Medicine* and *The Business of Sleep Medicine*. Register for both courses to receive discounted registration fees and take advantage of the opportunity to earn up to 30 *AMA PRA Category 1 Credits*™.

The *Current Topics in Sleep Medicine* course will take place Feb. 19 to 20. This course is intended for experienced sleep medicine specialists who wish to review the state of the art of the field. It will explore recent diagnostic, therapeutic and technologic issues.

*The Business of Sleep Medicine* will be held Feb. 21 to 22. This course will review numerous aspects of sleep center business and will help attendees effectively manage a sleep center to maximize patient care. The course includes a session on "Health System Reform and Sleep Medicine" that will be presented by American Medical Association (AMA) President J. James Rohack, MD.

Get more information and register online for these two courses at <http://www.aasmnet.org/SleepEdSeries.aspx>.

### Learn More about Cognitive and Behavioral Approaches at AASM Course in March

Registration is now open for the AASM's *Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine* course, to be held March 20 to 21, 2010, at the Hyatt Lodge in Oak Brook, Ill. The course will provide a comprehensive overview of the application of psychological principles to the evaluation and treatment of sleep disorders and related conditions. Additionally, attendees who bill for behavioral sleep medicine services can register for a half-day workshop on

Friday, March 19, 2010, to receive detailed information about behavioral sleep medicine coding and compliance. Get more information and register online at <http://www.aasmnet.org/SleepEdSeries.aspx>.

### Second AASM Young Investigator Research Forum Will Be Held in April

The AASM will host the second Young Investigator Research Forum April 14 to 15, 2010, at the NIH Natcher Conference Center in Bethesda, Md. The Forum is designed to aid the career development and shape the career plans of promising young investigators in clinical and translational sleep research. Learn more at <http://aasmnet.org/YoungInvForum.aspx>.

### Volunteer as a Host Site for 2010 Mini-Fellowship Program for International Scholars

AASM-accredited sleep centers are invited to serve as a host site for the 2010 AASM Mini-Fellowship Program for International Scholars. This program provides international physicians from underdeveloped countries with practical training in sleep medicine. Host sites assign one member of the center's staff to mentor the fellow and provide three weeks of on-site training with hands-on teaching in May and June. Fellows will conclude the four-week program by spending one week at the SLEEP 2010 24<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies LLC. Up to 10 host sites are needed for the program. Get more details at <http://www.aasmnet.org/MiniFellowHost.aspx>.

### Apply for the AASM Mini-Fellowship Program for Behavioral Sleep Medicine

The AASM Mini-Fellowship Program for Behavioral Sleep Medicine provides practical training in behavioral sleep medicine to psychologists and other health professionals. The mini-fellowship consists of a four-week training program that includes three weeks of experience at an AASM-accredited sleep center in the U.S. The program includes hands-on teaching and a supervised clinical mentorship for the fellow, concentrating on patients requiring behavioral management/intervention for their sleep disorders. The fourth week of the fellowship will be spent at the SLEEP 2010 24<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies LLC. The application deadline is Jan. 8, 2010. Learn more at <http://www.aasmnet.org/BSMMiniFellow.aspx>.

### ABSM to Administer the 2010 Behavioral Sleep Medicine Exam

The American Board of Sleep Medicine (ABSM) will administer the 2010 Behavioral Sleep Medicine Exam June 6, 2010, in San Antonio, Texas. Passing the exam will fulfill all requirements to receive BSM certification and the designation of "Certified in Behavioral Sleep Medicine (CBSM)." To apply for the exam you must return a completed application to the ABSM postmarked no later than Feb. 1, 2010. For complete eligibility requirements and to download an application form, visit the ABSM Web site at <http://www.absm.org/BSMExam.htm>.

### AASM Sponsors High School Topical Review in Sleep Science Contest

To encourage an interest in sleep medicine and sleep research at the high school level, the AASM is sponsoring the 2009 – 2010 AASM High School Topical Review in Sleep Science Contest. This contest recognizes excellence in the understanding of scientific research and in the preparation of a topical review paper related to sleep. The 1st-place prize winner will receive a \$1,000 U.S. savings bond and a trip for two to attend the SLEEP 2010 24<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies LLC in San Antonio, Texas. High school juniors and seniors in the U.S. are eligible to enter the contest, although submissions will not be accepted from students who are a son or daughter of a member of the AASM Board of Directors, AASM Education Committee or AASM staff. Entries must be received by Friday, Jan. 15, 2010. Get complete details on the AASM's Sleep Education Web site at <http://www.sleepeducation.com>.

### AASM Releases Supplementary A-STEP Scoring Modules

The AASM has developed four supplementary modules to the Accredited Sleep Technologist Education Program (A-STEP) that address scoring. Each online module includes more than sixty slides and features extensive illustrations and self-assessment tools. If you have sleep technologists at your facility who are preparing to take the RPSGT exam, ensure that they are fully prepared by encouraging them to complete these online modules. For more information go to <http://www.aasmnet.org/astep/ModuleTopics.aspx>.

### AASM Discusses Accreditation Standard with AAST, AARC

Members of the leadership from the AASM, American Association of Sleep Technologists (AAST) and the American Association for Respiratory Care (AARC) met in Chicago to discuss issues of mutual interest. Part of the discussion regarded the moratorium for respiratory therapists on standard B-9 within the AASM Standards for Accreditation, and a decision was reached to extend this moratorium until further notice. The meeting was very productive, and a dialogue will continue among the organizations.

### California Passes Senate Bill 132 - Certification for Sleep Technologists

Congratulations to the California Sleep Society (CSS) and all of our members in California. On Oct. 23, 2009, Senate Bill 132 (SB 132) was signed into law by Governor Schwarzenegger.

SB 132 requires that sleep technologists must obtain a state-issued certificate to perform sleep procedures in the state. The bill, which was supported by the CSS, AASM, and AAST, requires that individuals applying for certification must first complete certain educational and training programs. The California Medical Board is now charged to develop regulations to establish which educational and training programs will be accepted by the Board.