

**Renew Your AASM Membership to Stay Up-to-Date in 2010**

Renew your membership today to receive significant discounts on AASM educational opportunities. In 2010, use your membership to receive up to a 40-percent discount on registration fees for SLEEP 2010, or take advantage of a substantial discount on a variety of webinars and AASM products. Additionally, you will continue to stay informed on new developments in the field including government relations, health policy, medicine coding and reimbursement, and much more.

Don't miss out on these opportunities in the coming year. Log in to the AASM Web site at www.aasmnet.org and renew your membership now! If you have any questions regarding your membership, contact the AASM Membership Department at 708-492-0930 or AASMMembership@aasmnet.org.

AASM Releases New Inter-Scorer Reliability Testing Program

The AASM's new Inter-Scorer Reliability Testing Program is a convenient, comprehensive online testing resource that enables you to ensure that your sleep disorders center meets the *AASM Standards for Accreditation* for evaluating inter-scorer reliability. It also allows you to test the scoring ability of job applicants at your facility.

The AASM provides the test records, posting a new set of 200 consecutive epochs each month so that scorers can log in to their accounts and complete the required amount of testing at their convenience. The AASM also provides the "gold standard," so sleep centers no longer need to designate a reference specialist to score record samples.

Immediate feedback is provided at the end of an exam, displaying correct and incorrect answers for every epoch. Scorers who need more training to improve their results can access AASM supplemental scoring modules directly through the program.

Another advantage of the program is that it provides record keeping for sleep centers. When a scorer completes an exam, his or her results are added automatically to the sleep center's account. Sleep center administrators can monitor and compare exam results for every individual at their facility and see how these results measure up against other programs across the country.

The Inter-Scorer Reliability Testing Program is easy to use. The modules run in your Internet browser so there is no need to download special scoring software.

AASM-accredited sleep centers can sign up now to take advantage of a FREE trial period that lasts until March 31, 2010. Go to www.aasmnet.org/isr and sign up today.

AASM Publishes First "Best Practice Guide"

In this issue of the *Journal of Clinical Sleep Medicine* the AASM has published the document, "Best practice guide for the treatment of REM sleep behavior disorder (RBD)." This is the first of a new series of best practice guides, which summarize the research and give physicians recommendations on focused topics for which there are few high-quality studies. Another best practice guide is in the process of being developed for the treatment of nightmares in adults.

New Reference: A Technologist's Guide to Performing Sleep Studies

The AASM, in a joint effort with the American Association of Sleep Technologists (AASST), recently published a new reference manual that provides step-by-step instructions for collecting sleep study data from patients. *A Technologist's Guide to Performing Sleep Studies* includes suggestions for putting the patient at ease; reviewing the patient's symptoms and medications; attaching the sensors; preparing to record; biological calibrations; artifact detection and correction; and documentation.

The *Guide* serves as an excellent introduction to sleep technology for those new to the profession and can be used as a review text for those with sleep center experience. Visit the AASM Online Store at <http://www.aasmnet.org/store/> to purchase a copy of *A Technologist's Guide to Performing Sleep Studies* for your facility.

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.discoversleep.org/BuildingCampaign.aspx>. You can contribute online through the ASMF Web site or at the time of your AASM membership renewal.

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

Register today 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. This course explores cognitive and behavioral

approaches to evaluating and treating the full spectrum of sleep disorders including insomnia, hypnotic dependence, circadian rhythm sleep disorders, pediatric and geriatric sleep disorders, hypersomnia and parasomnias. The course also will feature an optional half-day workshop for attendees on the afternoon of Friday, March 19, 2010, entitled *Coding and Compliance for Psychologists*; individuals who attend this workshop will gain valuable knowledge regarding billing issues related to behavioral sleep medicine services. Attendees can earn up to 17.00 AMA PRA Category 1 Credits or APA credits for Psychologists by attending both the course and the workshop. Get more information and register online at <http://www.aasmnet.org/SleepEdSeries.aspx>.

Changes in CMS DME Policy Coverage Went Into Effect Jan. 1

Additional coverage requirements in the Centers for Medicare & Medicaid Services (CMS) Durable Medical Equipment (DME) coverage policy went into effect for all sleep tests. Physicians interpreting facility-based polysomnograms (Type I) now must meet one of the following requirements, which previously applied only when interpreting a home sleep test (Type II, III, or IV):

- Current certification in sleep medicine by the American Board of Sleep Medicine (ABSM); or,
- Current subspecialty certification in sleep medicine by a member board of the American Board of Medical Specialties (ABMS); or,
- Completed residency or fellowship training by an ABMS member board and has completed all the requirements for subspecialty certification in sleep medicine except the examination itself and only until the time of reporting of the first examination for which the physician is eligible; or,
- Active staff membership of a sleep center or laboratory accredited by the American Academy of Sleep Medicine (AASM) or The Joint Commission (formerly the Joint Commission on Accreditation of Healthcare Organizations - JCAHO).

Regulations Finalized for Sleep Technologists in New Mexico

The New Mexico Medical Board finalized the regulatory language addressing licensure requirements for sleep technologists. The Board's regulations provide further detail on the educational and training requirements contained in the New Mexico Polysomnography Practice Act, which was signed into law by Gov. Bill Richardson in February 2008. Members can review the newly implemented regulations on the New Mexico Medical Board Web site at <http://www.nmb.state.nm.us/> and by the middle of February 2010 will be able to download application forms from the site. Sleep technologists in New Mexico will be required to obtain a license by July 1, 2010.

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>.

AASM Participates in NIH Constituent Meeting

The AASM participated in the inaugural constituent meeting held by new National Institutes of Health (NIH) Director Francis Collins, MD. The AASM will continue to make inroads with the National Centers for Sleep Disorders Research (NCSDR) and the National Heart, Lung, and Blood Institute (NHLBI), advocating for increased funding for new basic and clinical research related to sleep and sleep disorders.

NHLBI Appoints Acting Director

Susan B. Shurin, MD, who had been deputy director of the National Heart, Lung, and Blood Institute since February 2006, became acting director of the NHLBI on Dec. 1, 2009. Shurin is a pediatric hematologist and oncologist who held appointments as professor of pediatrics and professor of oncology at Case Western Reserve University before joining the NIH and NHLBI in 2006. She will guide the NHLBI through a period of transition as a nationwide search is conducted to replace Elizabeth G. Nabel, MD, who stepped down as NHLBI director to become president of Brigham and Women's/Faulkner Hospitals in Boston. Shurin's appointment leaves vacant the top post at the Eunice Kennedy Shriver National Institute of Child Health and Human Development, where she had been serving as acting director since Oct. 1. Alan E. Guttmacher, MD, became the NICHD's new acting director.

NIH Issues Funding and Program Announcements

The National Cancer Institute (NCI) solicits applications (RFA-CA-10-006) for the centers for Transdisciplinary Research on Energetics and Cancer (TREC) in nutrition, physical activity, energy balance, obesity, and cancer. Special focus on children, groups at high risk for obesity, and cancer survivors is encouraged. This program might be of potential interest to sleep and circadian researchers as part of transdisciplinary cancer research teams planning to submit applications. Sleep and/or circadian factors may modify domains of interest to the TREC program. The application due date is Feb. 26, 2010.

The National Center on Minority Health and Health Disparities (NCMHD) has announced the renewal of RFA-MD-10-003 for innovative research addressing elements that eliminate health disparities. Sleep and/or circadian factors may be elements that can be modified to reduce health disparities. The application due date is Feb. 26, 2010.

The NIH has announced a new program (RC4) to enhance, develop, or evaluate methodologies to improve the efficiency, validity, and credibility of comparative effectiveness research (CER) studies (RFA-OD-10-009). The domains of sleep disorders medicine and chronobiology may offer appropriate CER questions about "real-world" treatments/procedures that potentially impact large diverse populations, an array of health outcomes, delivery system strategies/costs, and other priorities listed in the RFA. The application due date is Feb. 26, 2010 (one time competition).

The NIH has announced a new program (RC4) to develop and implement critical research innovations in one or more of the following five thematic areas: 1. Applying Genomics and Other High Throughput Technologies; 2. Translating Basic Science Dis-

coveries into New/Better Treatments; 3. Using Science to Enable Health Care Reform; 4. Focusing on Global Health; 5. Reinvigorating the Biomedical Research Community (RFA-OD-10-005). Research supported by the program should have high short-term impact. The application due date is March 15, 2010.

The National Center for Complementary and Alternative Medicine (NCCAM) has announced a new R01 program (RFA-AT-10-001) for pilot studies for development of improved research methodology to study safety, efficacy, and clinical effectiveness of mind-body interventions (such as meditation), manual therapies, and/or yoga therapy. This initiative focuses on NIH-defined "T1" translational research. The program might be of potential interest to sleep and circadian researchers in partnership with CAM experts developing improved "tools" for CAM clinical trials. The application due date is March 23, 2010.

The National Heart, Lung, and Blood Institute has announced a new center program (P01) to support glycoscience research (RFA-HL-10-026). Topics of potential interest to sleep and circadian researchers working in collaboration with teams of glycoscientists include glycan abnormalities linking sleep deprivation or untreated sleep apnea to the pathophysiology and risk of heart, lung, and blood diseases. The program includes several special requirements. The application due date is May 10, 2010.

Participating NIH Institutes have announced a new program (PA-10-027, PA-10-028, and PA-10-029) for 1) evaluation research on obesity-related "natural experiments," and/or 2) develop and/or validate community-level measures to inform public policy relevant to "diet" and "physical activity behaviors." This PA may

be of interest to sleep/circadian researchers working closely with obesity experts and researchers with experience in community-based evaluation approaches. Standard application dates apply.

The NIH and CDC have announced a new program to support R01, R21, and R03 studies (PA-10-052, PA-10-053 and PA-10-054) of (1) how "policies" influence school physical activity and nutrition environments, youths' obesogenic behaviors and weight outcomes; (2) understand how schools are implementing these policies and examine multi-level influences on adoption and implementation; and (3) understand the synergistic or counteractive effect of school nutrition and physical activity policies on the home and community environment and body weight. Sleep and/or circadian factors may be modifiable elements of "policy" and implementation plans in selected settings where the impact on body weight changes might be assessed/studied. Standard application dates apply.

A consortium of NIH Institutes have re-announced a program (R01) to identify, develop, and refine effective and efficient methods, structures, and strategies to disseminate and implement research- tested health behavior change interventions and evidence-based prevention, early detection, diagnostic, treatment, and quality of life improvement services into public health and clinical practice settings (PAR-10-038). The consideration of sleep and/or circadian factors may impact the selection of behavioral intervention strategies, outcome effect sizes, and diagnostic procedures. Standard application dates apply.

Complete details about all of these opportunities can be found on the NIH Web site at <http://grants.nih.gov/grants/guide/>.

Sale!

March 2010
Save 20% on the below AASM products
for technologists.
 Order online at www.aasmnet.org/store.

Training Solutions
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from the Leading
Educational Provider
in Sleep Medicine



Equip sleep technologists at your facility with the educational resources needed for them to excel:

- *A Technologist's Guide to Performing Sleep Studies*
- *A Technologist's Handbook for Understanding and Implementing the AASM Manual for the Scoring of Sleep and Associated Events*
- *The AASM Manual for the Scoring of Sleep and Associated Events: Rules, Terminology and Technical Specifications*
- Essentials of Sleep Technology Slide Sets
- Essentials of Sleep Technology Webinar Archives

Full Product Details: www.aasmnet.org/store

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