



JCSM Online Supplement Publishes High School Contest Entries

A special online supplement for the August issue of the *Journal of Clinical Sleep Medicine* contains almost 90 topical review papers that were entered in the 2009 – 2010 AASM High School Topical Review in Sleep Science Contest. The AASM sponsored the contest to encourage an interest in sleep medicine and sleep research among high school juniors and seniors and to recognize excellence in the understanding of scientific research.

On Monday, June 7, 2010, at the AASM General Membership Meeting during SLEEP 2010 in San Antonio, Texas, the AASM recognized the recipients of the top two prizes in the contest: Apryl Jimenez from Onising High School in Onising, N.Y., for her paper, “Temperature and the regulation of the sleep wake cycle: a look at its relationship and considering its role in the performance of adolescents”; and Elyssa Schlossberg from Milken Community High School in Los Angeles, Calif., for her paper, “Hypocretin: an alternative theory regarding its function in the sleep-wake cycle and its role in narcolepsy.” The AASM congratulates these two students and encourages members to read their work in the online supplement, which is available on the JCSM website at <http://www.aasmnet.org/JCSM/>.

Order Audio Downloads of Select SLEEP 2010 Sessions

New this year you can order audio downloads of up to 22 recorded sessions from SLEEP 2010, the 24th annual meeting of the Associated Professional Sleep Societies LLC (APSS), which took place June 5 – 9, 2010, in San Antonio, Texas. Each session recording includes the full session content in an MP3 audio file, as well as all presentations in PowerPoint or outline format (when applicable), allowing you to listen and learn at your own convenience.

Don't miss out on some of the best sessions at SLEEP 2010 – order your audio downloads today! Individual sessions are \$20 each, or you can order the 22-session, all-access library subscription for \$350 – a savings of \$90! After you place your order, an e-mail containing a link to your personal SLEEP 2010 audio library will be sent to you. Get more information on the AASM website at <http://www.aasmnet.org/Articles.aspx?id=1732>.

Now Open: New SLEEP 2010 Online Poster Viewing Site

At the new SLEEP 2010 Online Poster Viewing Site, you can view and discuss more than 265 posters that were presented in June at SLEEP 2010.

Each poster is viewable in PDF format, and a comments area allows for interactive discussion of the science. Access to the online posters is FREE for AASM and Sleep Research Society (SRS) members who attended SLEEP 2010. All others may purchase unlimited access to the site for \$25. Register today to create your account and gain access to this great educational resource, then log in to enter the site. Posters will be available for online viewing until **Nov. 30, 2010**. Get more information at <http://www.sleepmeeting.org/PosterViewing.aspx>.

More than 2,000 Sleep Centers and Labs Now Accredited by the AASM

The AASM accredited a sleep center for the first time in 1977, and today there are more than 2,000 AASM-accredited sleep disorders centers and laboratories for sleep-related breathing disorders that are providing the highest quality of medical care for patients with sleep problems. In 2009 the AASM accredited 296 sleep centers and labs, including facilities in Canada, Guam and Puerto Rico. The number of accredited facilities has continued to grow in 2010 as many sleep centers and labs take advantage of the new online application for accreditation. Facilities that have yet to be accredited can get complete details about AASM accreditation online at <http://www.aasmnet.org/Accreditation.aspx>, and accredited facilities can learn more about the benefits of an AASM accredited center/laboratory membership at <http://www.aasmnet.org/CenterMembership.aspx>.

Application Now Available for AASM DME Accreditation

Beginning Sept. 1, 2010, applications will be accepted for a new program offering AASM Durable Medical Equipment (DME) Accreditation for non-Medicare providers. Both the application and the AASM Standards for DME Accreditation, which was modeled after Centers for Medicare & Medicaid Services (CMS) standards, are now available on the AASM website.

Earning AASM DME Accreditation from the leader in sleep medicine will enable you to:

- Obtain integrated sleep medicine accreditation for your DME and sleep facility.
- Gain recognition as a DME provider that meets the highest standards of quality.
- Enhance your eligibility for non-Medicare insurance reimbursement.

More information is available on the AASM website at <http://www.aasmnet.org/DMEAccreditation.aspx>.

New 120-Second Display Added to ISR Testing Program

The AASM Inter-scorer Reliability Testing Program now features an important application that will aid in the scoring of respiratory events and limb movements. This program upgrade allows users to view the recording in either standard, 30-second epochs or in the new 120-second viewing window that includes the current, previous and two subsequent epochs from the recording.

To take advantage of this significant update to the AASM Inter-scoring Reliability Testing Program, visit the program website at www.aasmnet.org/isr to sign-up for a free 30-day trial for new users. Send questions about this new feature, or the other program details, to isr@aasmnet.org.

New Scoring Manual FAQ Added Online

A new question and response regarding monitor resolution has been added to the AASM FAQs page on the AASM website at <http://www.aasmnet.org/FAQs.aspx>. On this page you will find helpful information and explanations related to the *AASM Manual for the Scoring of Sleep and Associated Events*, as well as additional FAQs related to membership, accreditation and government relations & health policy.

AASM Board Review Course is Oct. 1-3 in Virginia

Register today for the AASM *Board Review for the Sleep Specialist* course, which will be held Oct. 1-3 in Reston, Va. On the Thursday before the course, two half-day companion courses will focus on scoring and basic science. These courses will be presented by top faculty in the field, and individuals who attend will receive a comprehensive review of sleep medicine. Get more information and register online at <http://www.aasmnet.org/sleepedseries.aspx>.

2011 ABMS Exam: Final Opportunity to Apply Under the Clinical Pathway

The 2011 American Board of Medical Specialties (ABMS) sleep medicine certification exam will be the **final opportunity** for physicians to apply under the clinical pathway; after this exam, all first-time applicants must have completed a formal sleep medicine fellowship program. The AASM recommends that all Diplomates of the American Board of Sleep Medicine (ABSM) sit for this exam and begin their preparations well in advance of the exam date; the average passing rate of the previous exams is less than 75 percent. The board certification examination in sleep medicine is offered every two years by the American Boards of Family Medicine, Internal Medicine, Otolaryngology, Pediatrics, and Psychiatry and Neurology. Visit the website of the board through which you have your primary certification for full eligibility requirements, for exam details and to apply.

Membership Section Chairs Elected

The AASM congratulates the following candidates who were elected by members as 2010-2011 chairs of the eight membership sections:

- Oliviero Bruni, MD - Childhood Sleep Disorders and Development
- James Wyatt, PhD - Circadian Rhythms
- Ryan G. Wetzler, PsyD - Insomnia
- Arthur S. Walters, MD - Movement Disorders
- Eve Rogers, MD - Narcolepsy
- Milena Pavlova, MD - Parasomnias
- Siobhan Banks, PhD - Sleep Deprivation
- Kannan Ramar, MD - Sleep Related Breathing Disorders

AASM National Office Has Moved

In June the national office for the American Academy of Sleep Medicine, American Sleep Medicine Foundation and Ameri-

can Board of Sleep Medicine moved into a new headquarters. Please make note of the new contact information and send all correspondence to the following address:

AMERICAN ACADEMY OF SLEEP MEDICINE
2510 N FRONTAGE RD
DARIEN IL 60561-1511
Phone: 630-737-9700
Fax: 630-737-9790
inquiries@aasmnet.org
www.aasmnet.org

ASMF Announces 2010-2011 Board of Directors and Executive Board

The American Sleep Medicine Foundation (ASMF) announces its 2010-2011 board of directors and executive board. The board of directors provides oversight and direction for the foundation, and the executive board supports the day-to-day operations of the ASMF.

Officers

- President Steven Shea, PhD
- Secretary/Treasurer Timothy Morgenthaler, MD

Directors

- M. Safwan Badr, MD
- David Bruce, DDS, MD
- Ronald Chervin, MD
- Nancy Collop, MD
- Samuel Fleishman, MD
- Clete Kushida, MD, PhD, RPSGT
- Susan Redline, MD
- Patrick J. Strollo, MD
- Nathaniel Watson, MD
- Merrill Wise, MD

Executive Board

- Steven Shea, PhD
- Timothy Morgenthaler, MD
- Andrew Chesson, MD
- Sairam Parthasarathy, MD

Help the ASMF Advance Sleep Health and Education

Help the American Sleep Medicine Foundation (ASMF) “Advance Sleep Health and Education” in 2010. You can increase awareness and advance research and education on the health risks associated with sleep disorders by making a generous donation to the ASMF. Your donation will support the ASMF grant program, which provides both established and young investigators an opportunity to continue pursuing vital research related to sleep and sleep disorders. Join the Platinum, Gold and Silver circles with donations of \$1,000, \$500 or \$100. Make a combined donation of \$1,000 or more between April 1 and Dec. 31, 2010, and a commemorative brick will be inscribed with your name and placed in the entryway of the new headquarters for the AASM national office. Go to www.discover-sleep.org to make an online donation today!

Several CAAHEP-Accredited PSG Programs Offer Online Learning

Currently there are 27 sleep technology training programs that are accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) upon the

recommendation of the Committee on Accreditation for Polysomnographic Technologist Education (CoA PSG). CAAHEP accreditation promotes appropriate standards of quality for educational programs in sleep technology.

To broaden access to quality training, several CAAHEP-accredited programs have begun to offer online learning and distance education. These programs can be a valuable resource for students who live in areas that lack a CAAHEP-accredited program. A list of online PSG programs is available on the AASM website at <http://www.aasmnet.org/PSGPrograms.aspx>. Go to the CAAHEP website at <http://www.caahep.org/> for a complete directory of CAAHEP-accredited training programs in sleep technology.

ACGME Task Force Proposes New Standards for Resident Physician Duty Hours

On June 16 the AASM and the Sleep Research Society (SRS) released a joint statement calling on the Accreditation Council for Graduate Medical Education (ACGME) to implement safer work hours for resident physicians. The AASM and SRS maintain that: Duty hours for resident physicians must be limited to 16 consecutive hours; duty hours for resident physicians must be limited to 80 hours per week; and duty hours must include at least one 24-hour off-duty period per 7-day period without averaging. The statement is available on the AASM website at <http://www.aasmnet.org/Articles.aspx?id=1761>.

On June 23 the ACGME presented new draft standards proposed by the ACGME Resident Duty Hours Task Force. Under these draft standards, the recommended maximum weekly work hours would stay the same as the ACGME's current standard of 80 hours per week averaged over four weeks, and all moonlighting would be included in this total. Although duty periods for first-year residents would be reduced to no more than 16 hours, duty periods of up to 24 hours of continuous duty in the hospital would be allowed for second-year residents and above. The ACGME draft standards also propose more specific requirements for alertness management and fatigue mitigation strategies. The ACGME anticipates that the new requirements will be forwarded to the board of directors for final approval in September 2010, with implementation of the new standards expected to take place in July 2011. More information is available on the ACGME website at <http://acgme-2010standards.org/>.

Congress Passes Another Temporary Fix to Medicare Reimbursement

On June 25 President Obama signed into law the "Preservation of Access to Care for Medicare Beneficiaries and Pension Relief Act of 2010." It postpones for six months the 21-percent cut to physicians' Medicare reimbursements and provides a 2.2-percent payment increase to the Medicare Physician Fee Schedule (MPFS) payment rates retroactive from June 1 through Nov. 30, 2010. The legislation does not address the potential for massive reimbursement cuts in the future as a result of the application of the sustainable growth rate (SGR) formula.

Medicare: Competitively Bid Payment Amounts for DME

In response to a legislative mandate to set durable medical equipment (DME) prices pursuant to a competitive bidding process, the Centers for Medicare & Medicaid Services (CMS)

has released DME payment amounts for nine communities where the new price structure will go into effect Jan. 1, 2011. These communities are: Charlotte-Gastonia-Concord in North and South Carolina; Cincinnati-Middletown in Ohio, Kentucky and Indiana; Cleveland-Elyria-Mentor in Ohio; Dallas-Fort Worth-Arlington in Texas; Kansas City in Missouri and Kansas; Miami-Fort Lauderdale-Pompano Beach in Florida; Orlando, Fla.; Pittsburgh, Pa.; and Riverside-San Bernardino-Ontario in California.

Under this new payment system, a single price is set for specific DME items and supplies for the applicable areas. As reported to the AASM, the payment amounts would be applied on a monthly basis for items currently reimbursed on a monthly rental rate. For items where the DME contractor has set a timetable that sets out "the usual maximum amount of accessories expected to be medically necessary," Medicare payment amounts would be allowed based on frequency set out in that table. CMS is in the process of scheduling educational forums in the coming months in the affected communities.

CMS Updates Timely Filing Limits Criteria

In May CMS announced that it is updating its criteria related to the timely filing limits for submitting claims for Medicare Fee-for-Service (FFS) reimbursement. As a result of Section 6404 in the Patient Protection and Affordable Care Act (PPACA), claims with dates of service on or after Jan. 1, 2010, received later than one calendar year beyond the date of service will be denied. Additionally, this section mandates that all claims for services furnished prior to Jan. 1, 2010, must be filed with the appropriate Medicare claims processing contractor no later than Dec. 31, 2010.

CMS Launches EHR Incentive Programs Website

CMS has launched the official website for the Medicare & Medicaid Electronic Health Record (EHR) Incentive Programs at <http://www.cms.gov/EHRIncentivePrograms/>. The programs will provide incentive payments to eligible professionals and hospitals as they adopt, implement, upgrade or demonstrate meaningful use of certified EHR technology. Visit the website to learn about eligibility, how to register, meaningful use, and upcoming EHR training and events.

FTC Again Delays Enforcement of "Red Flags Rule"

On May 28 the Federal Trade Commission announced that it is further delaying enforcement of the "Red Flags" Rule through Dec. 31, 2010, while Congress considers legislation that would affect the scope of covered entities. Under current FTC interpretations, physician practices are identified as "covered entities." The Red Flags Rule requires "creditors" and "financial institutions" that have "covered accounts" to develop and implement written identity theft prevention programs to help identify, detect and respond to patterns, practices or specific activities – known as "red flags" – that could indicate identity theft. Although the Rule became effective Jan. 1, 2008, with full compliance for all covered entities originally required by Nov. 1, 2008, the FTC has issued several Enforcement Policies delaying enforcement of the Rule. The most recent delay was scheduled to expire June 1, 2010. More information from the FTC about the Red Flags Rule is available online at <http://www.ftc.gov/redflagsrule>.

Oklahoma Amends Requirements for Sleep Physician Qualifications

On May 4, 2010, Oklahoma Governor Brad Henry signed Senate Bill 1985 (SB 1985), which further clarifies the qualifications for the interpreting or supervising physician caring for a patient with a sleep disorder. The language ensures that physicians providing sleep care services are highly qualified specialists in diagnosing and treating patients with sleep-related disorders. SB 1985 amends the language in the Oklahoma Sleep Diagnostic Testing Regulation Act by requiring that the interpreting or supervising physician must be:

“board-certified in sleep medicine by the American Board of Sleep Medicine (ABSM) or the American Board of Medical Specialties or must have completed a one-year sleep medicine fellowship accredited by the Accreditation Council for Graduate Medical Education (ACGME) or received a Certification of Special Qualifications (CSQ) or a Certification of Added Qualifications (CAQ) in Sleep Medicine issued by the American Osteopathic Association.”

Virginia Establishes Licensure for Sleep Technologists

On April 21, 2010, Virginia Governor Bob McDonnell signed House Bill 725 (SB 725) into law, establishing licensure for sleep technologists. The legislation defines polysomnographic technology as: “*Polysomnographic technology means the process of analyzing, scoring, attended monitoring, and recording of physiologic data during sleep and wakefulness to assist in the clinical assessment and diagnosis of sleep/wake disorders and other disorders, syndromes, and dysfunctions that either are sleep related, manifest during sleep, or disrupt normal sleep/wake cycles and activities.*”

Virginia is now the ninth jurisdiction to provide sleep technologists a specific licensing/certification pathway. Other jurisdictions that have licensure/certification include: California, Louisiana, Maryland, New Jersey, New Mexico, North Carolina, Tennessee and Washington D.C. The AASM and American Association of Sleep Technologists (AASST) worked closely with the Virginia Academy of Sleep Medicine (VASM) on this important piece of legislation.

Hawaii Law Provides Exemption for Sleep Technologists

On June 28, Hawaii Governor Linda Lingle signed Senate Bill 2600 (SB 2600) into law. Hawaii was one of two states (with Alaska) that did not have statutory language addressing the educational or training requirements for either sleep technologists or respiratory therapists. When SB 2600 was first introduced, the bill did not contain any language addressing the practice of sleep technology. The AASM worked with the Hawaii Sleep Society to include exemption language into the bill which would ensure that sleep technologists would be able to continue working unimpeded within their scope of practice. The following exemption language was incorporated into SB 2600:

This chapter is not intended to restrict the practice of other licensed or credentialed healthcare practitioners practicing within their own recognized scopes of practice and shall not apply to:

(2) *A person working as, or training to become, a sleep technologist or person who is enrolled in a Commission on Accredi-*

tation of Allied Health Education Programs, Accredited Sleep Technologist Education Program, or a program approved by the American Association of Sleep Technologists to become a sleep technologist; provided that, as used in this paragraph, a “sleep technologist” is defined as a person trained in sleep technology and relevant aspects of sleep medicine, evaluation, and follow-up care of patients with sleep disorders.

Florida Law Establishes “Drowsy Driving Prevention Week”

Florida Governor Charlie Crist signed House Bill 971 into law, designating the first week of September as “Drowsy Driving Prevention Week.” During the week, the Department of Highway Safety and Motor Vehicles and the Department of Transportation are encouraged to educate the law enforcement community and the public about the relationship between fatigue and performance.

AMA Resolution Acknowledges Insufficient Sleep in Adolescents

The American Medical Association (AMA) recently adopted an AASM-sponsored Resolution 503, “Insufficient Sleep in Adolescents,” which states:

“RESOLVED, That our American Medical Association identify adolescent insufficient sleep and sleepiness as a public health issue; and

RESOLVED, That our AMA support education about sleep health as a standard component of care for adolescent patients.”

Harvard Sleep Conference: Finding a Research Path for the Identification of Biomarkers of Sleepiness

On Sept. 21-22, 2010, the Harvard Division of Sleep Medicine will convene a panel of experts in assessing sleepiness, genomics, proteomics and molecular biology from across the U.S. and Europe to discuss future research directions for identification of biomarkers of sleepiness. Conference participation is open to the sleep research community. No registration fee. Conference information, agenda and registration online:

<http://sleep.med.harvard.edu/what-we-do/biomarkers-conference>. Or call 617-998-8843, e-mail: marcia_feldman@hms.harvard.edu.

NCSDR to Revise the National Sleep Disorders Research Plan

The National Center on Sleep Disorders Research (NCSDR) of the National Institutes of Health (NIH) is in the early phases of revising the National Sleep Disorders Research Plan that was last published in 2003. A summary of public comments submitted in response to a request for information (NOT-HL-11-107) will be presented for discussion with a preliminary NIH planning document at the next meeting of the Sleep Disorders Research Advisory Board (SDRAB) Aug. 27, 2010, and will be disseminated for public comment on the NCSDR website at www.nhlbi.nih.gov/sleep. The plan will be finalized at a second public SDRAB meeting approximately 10 months later. The NCSDR coordinates the revision process with a Trans-NIH Sleep Research Coordinating Committee.

NCSDR Analyzes Sleep Research Grants Funded by NIH

There has been a steady level of sleep-related clinical research funded by the National Institutes of Health, the National Center on Sleep Disorders Research reported in “Overview of sleep research grants funded by the National Institutes of Health,” an abstract that was presented Wednesday, June 9, 2010, at SLEEP 2010 in San Antonio, Texas.

The NCSDR analyzed all 643 active NIH-funded, sleep-related grants for fiscal year 2009. Results show that 50 percent of the grants constituted clinical research, the same percentage that was reported in a 1999 analysis of fiscal year 1995 funding. Three of the clinical research grants were Phase III randomized clinical trials, representing a new dimension for the NIH-supported sleep research field. The analysis also found that 21 percent of the grants involved new investigators, and 12 percent involved early stage investigators. Read the complete abstract (ID #1095) online in the *SLEEP* abstract supplement at <http://www.journalsleep.org/ViewAbstractSupplement.aspx>.

NIOSH Announces Program for Training and Education

The National Institute for Occupational Safety and Health (NIOSH) has announced the renewal of a program supporting interdisciplinary graduate training and continuing education in the core occupational safety and health areas as

well as other closely related occupational safety and health (OSH) fields. This initiative may be of potential interest to academic researchers with sleep/circadian expertise working at institutions where the occupational training faculty will plan to apply. Several lines of evidence point to the potential significance of sleep disorders in occupational health and safety planning. The application due dates are Sept. 10 2010; Aug. 15, 2011; Aug. 14, 2012; Aug. 14, 2013; and Aug. 14, 2014. Read the complete funding opportunity announcement (PAR-10-217) on the NIH website at <http://grants.nih.gov/grants/guide/>.

Online Videos from NIH Provide Help for New Grant Applicants

The National Institutes of Health’s Center for Scientific Review (CSR) has released “NIH Peer Review Revealed,” a 15-minute video that shows new applicants and others how NIH assesses more than 80,000 grant applications each year to help find those with the most merit. Also available from CSR is the companion video “NIH Tips for Applicants,” in which the reviewers and NIH staff members featured in the “NIH Peer Review Revealed” video provide advice to new applicants. Visit the CSR website at <http://cms.csr.nih.gov/> to view the videos, read the annotated transcripts and download the video files to make a CD or DVD.