

WebWatch

Alon Y. Avidan

Michael S. Aldrich Sleep Disorders Laboratory, University of Michigan Medical Center, Ann Arbor, MI, USA

The Internet is becoming a resourceful source for physicians and patients alike. The purpose of WebWatch is to review and summarize relevant sleep medicine web sites.

MEDSleep

(URL: <http://www.asda.org/SAA%20Web%20Development/MEDSleep%20Educational%20Tools.html>)

This is an outstanding site organized by the Sleep Academic Award (SAA) Program, and the American Academy of Sleep Medicine. This site is subdivided into several sections. The ‘powerpoint slide presentations’ section includes beautifully made power point presentation on such topics as narcolepsy, restless leg syndrome, and adult sleep stage scoring rules. Educators in sleep medicine programs may find these very useful in the classroom situation or during conferences. Other sections focus on case vignettes in sleep medicine, problem based learning and surveys/questionnaires in the assessment of sleep knowledge, and sleep habit.

This is probably the most comprehensive site on the Internet that deals with the art of teaching sleep medicine. As more sleep fellowships become available and as medical schools begin to integrate more hours of sleep medicine in their educational curriculum, this site will serve a very important purpose. Surveys

available in MEDSleep will provide both knowledge assessments as well as critical information needed in reshaping sleep education as a whole.

Basics of sleep behavior

(URL: <http://www.sleephomepages.org/sleepsyllabus/intro.html>)

Basics of sleep behavior is a syllabus online with the neurophysiology of sleep. It is designed for students at the undergraduate, medical school and postgraduate levels. Many of the contributors who have written sections in the syllabus are expert in their field. One unique feature in this syllabus is the ‘Won Page’ which is an elegant tabulation of the various physiological changes that take place during sleep, the pharmacology and phylogeny of sleep. Readers will also find a nice list of books pertaining to sleep medicine in the ‘literature guide’ section. Overall, this site will satisfy those individuals who want a comprehensive, well illustrated and an easily accessible site concentrating on the physiology and pharmacology of sleep.

The Sleep Well Index

(URL: <http://www.stanford.edu/~dement/index.html>)

This is a patient oriented site that may be relevant to

practitioners. It includes a nice link to other sleep resources on the Internet. A plan is in the making to integrate 'The SleepWell Web' Site with a new web page at <http://www.SleepQuest.com>. Dr William Dement from Stanford University is SleepQuest's Chief Scientific Advisor. The site provides both patients and physician oriented material about such aspects as insomnia, obstructive sleep apnea and narcolepsy. One may select a topic, i.e. 'insomnia' and learn about the classification of insomnia, treatment modalities, and see additional links to insomnia group therapy programs, relevant journals about

insomnia as well as bibliography list regarding insomnia.

**World Federation of Sleep Research Societies
Newsletter Online**

(URL: http://www.wfrs.org/newsletters/Newsletter7_1/default.html)

This is an online newsletter which recently became available online. Currently, one may have the capacity to view entire articles from other journals online.