New AASM Officers Installed at SLEEP 2008

The American Academy of Sleep Medicine (AASM) introduced new leadership at its General Membership Meeting held during the SLEEP 2008, the 22nd annual meeting of the Associated Professional Sleep Societies. The Board of Directors ably directs the policies and initiatives of the AASM, acts as an advocate and voice for the interests of the sleep community, and cultivates relationships with other allied health organizations.

After a one-year term as President-elect, Mary Susan Esther, MD, assumed presidency of the AASM. Clete Kushida, MD, PhD, RPSGT, who formerly served as secretary/treasurer, is President-elect for 2008-2009. The AASM welcomed two new members to the Board of Directors. Sam Fleishman, MD, is a sleep medicine specialist at the Cape Fear Valley Medical Center in North Carolina. He has been actively involved with the Health Policy and Accreditation committees, and brings extensive knowledge of these two areas to the Board of Directors. Safwan Badr, MD, is a sleep medicine specialist at Harper Hospital in Detroit, Michigan. Dr. Badr has helped shaped professional offerings for members through his role as chair for educational courses as well as involvement with committees. Richard Berry, MD, and Art Spielman, PhD concluded their terms on the Board of Directors.

The Board of Directors for 2008-2009 follows:

- President Mary Susan Esther, MD
- President-elect Clete A. Kushida, MD, PhD, RPSGT
- Past President Alejandro D. Chediak, MD
- Secretary/Treasurer Nancy A. Collop, MD
- Director M. Safwan Badr, MD
- Director Lee K. Brown, MD
- Director David R. Bruce, MD, DDS
- Director Lawrence J. Epstein, MD
- Director Samuel A. Fleishman, MD
- Director Daniel G. Glaze, MD
- Director Michael H. Silber, MBChB
- Director Patrick J. Strollo, MD

The Sleep Community Gathers in Baltimore for Another Successful SLEEP Annual Meeting

More than 5,000 sleep medicine specialists, sleep researchers, sleep technologists, allied health professionals and other health care professionals gathered in Baltimore, Maryland, for SLEEP 2008 22nd Annual Meeting of the Associated Professional Sleep Societies.

SLEEP 2008 commenced on Monday, June 9, 2008, with the plenary session and the keynote address by J. Allan Hobson, MD: “Sleep, Dreaming and Consciousness – A New Paradigm.”

At the plenary session, the American Academy of Sleep Medicine and the Sleep Research Society recognized members of the field for their professional achievement, contributions to the field and dedication to the AASM and SRS. The AASM presented Conrad Iber, MD, with the Nathaniel Kleitman Distinguished Award; Terry Young, PhD, with the William C. Dement Academic Achievement Award; Neil Kavey, MD, with the Mark O. Hatfield Public Policy Award; and Michael Littner, MD, with the Excellence in Education Award. The SRS presented the following awards: Distinguished Scientist Award to Charles Czeisler, PhD, MD; Outstanding Scientific Achievement Award to Robert Moore, MD, PhD, Fredrich Stephan, PhD, and Irving Zucker, PhD; and Outstanding Educator Award to Richard Bootzin, PhD.

Throughout the course of the meeting, attendees enjoyed the scientific program, which included stimulating, relevant and educational courses, lectures and workshops.

The AASM also hosted a general membership meeting to discuss and also to honor young investigators in the sleep medicine and sleep research.

The talks given by Past President Alex Chediak, MD, and President Mary Susan Esther, MD, at the general membership meeting held on Monday, June 9, 2008, are online at www.aasmnet.org. The comments of Drs. Chediak and Esther reflect the organizational achievements during Dr. Chediak’s tenure and indicate the direction for the AASM in the coming year.

The SLEEP 2009 23rd Annual Meeting of the Associated Professional Sleep Societies will be held in Seattle, Wash.

New Requirements and Guidelines Announced for BSM Examination

The American Academy of Sleep Medicine (AASM) is committed to behavioral sleep medicine, an important and first-line therapeutic option for insomnia as well as a growing area of interest in sleep medicine.

In addition to educational opportunities in behavioral sleep medicine, the AASM offers a certification examination each June at the SLEEP Annual Meeting of the Associated Professional Sleep Societies. The 2008 examination was offered June 8th, in Baltimore, Md.

Recently, changes have been made to the eligibility criteria and application for the behavioral sleep medicine examination as well as the administration of the examination. These guidelines allow candidates who possess a medical degree (e.g., MD) or postdoctoral degree (e.g., PhD) and valid license, and meet the eligibility requirements to sit for the examination.

With the completion of the 2008 examination cycle, the administration of the certification examination in behavioral sleep medicine has been assumed by the American Board of Sleep Medicine. Hence, the new eligibility and application requirements are now in effect. These new guidelines are effective for
the 2010 certification examination in behavioral sleep medicine. An examination will not be offered in 2009.

The eligibility requirements have been expanded and format of the examination has been revised to better promote behavioral sleep medicine and foster the growth of individuals certified behavioral sleep. One major change to the eligibility requirements is that individuals who possess a master’s degree and valid license, and meet the educational and training/experience requirements outlined in the eligibility guidelines may apply for the certification examination in behavioral sleep medicine. The examination will remain open to applicants who possess a medical degree (e.g., MD) or postdoctoral degree (e.g., PhD) and valid license, and meet the outlined educational and training/experience requirements. Please note two examinations will be offered for certification in behavioral sleep medicine: one for master’s level candidates and one for doctoral level candidates. Please refer to the new requirements for specific information on both examinations. Master’s level candidates who successfully pass the examination may use the designation CBSM-ML, and doctoral level candidates who successfully pass the examination may use the designation CBSM-DL.

Individuals interested in taking the certification examination in behavioral sleep medicine in 2010 should note the date and location have yet to be determined; more information will be announced as it becomes available.

Download the new guidelines from the AASM Web site at www.aasmnet.org/BSM.aspx.

New Local Coverage Determinations for CPAP Therapy Published by Local Carriers

Log on to www.aasmnet.org/PortableMonitoring.aspx and download the new Local Coverage Determination (LCD) policies available for continuous positive airway pressure (CPAP) therapy for obstructive sleep apnea (OSA); the American Academy of Sleep Medicine has posted policies released by local Medicare carriers since the national coverage determination took effect in March 2008.

Wisconsin Physicians Service Insurance Corporation in April released it LCD that covers Part A entities in the following states: Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska and Wisconsin.

Also in April National Government Services released it revised LCD policy that affects Medicare Carriers in Indiana, Kentucky, New Jersey and New York - except Queens County; and Fiscal Intermediaries in American Samoa, California, Connecticut, Delaware, Guam, Hawaii, Illinois, Indiana, Kentucky, Maine, Martha’s Vineyard, Michigan, Nevada, New Hampshire, New York, Ohio, Oklahoma, Virginia, West Virginia and Wisconsin.

Contact Senior Health Policy and Government Affairs Analyst, Ted Thurn at tthurn@aasmnet.org or (708) 492-0930 with questions about these new or other LCD policies.

Survey: AASM Members Support Universal Healthcare

In advance of the 2008 election, the American Academy of Sleep Medicine (AASM) is conducting non-scientific, public opinion surveys of its membership on healthcare issues. The first survey was modeled on a survey published in the April 2008 issue of Annals of Internal Medicine, and asked about universal healthcare. Following are the results of the first survey regarding universal healthcare of the AASM membership as compared to the results of the Annals survey.

IN PRINCIPLE, DO YOU SUPPORT OR OPPOSE GOVERNMENT LEGISLATION TO ESTABLISH NATIONAL HEALTH INSURANCE FOR EVERY AMERICAN CITIZEN?

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<thead>
<tr>
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<th>AASM Members*</th>
<th>Annals Respondents</th>
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<tbody>
<tr>
<td>Strongly Agree</td>
<td>46%</td>
<td>28%</td>
</tr>
<tr>
<td>Agree</td>
<td>21%</td>
<td>31%</td>
</tr>
<tr>
<td>Neither Agree nor Disagree</td>
<td>4%</td>
<td>9%</td>
</tr>
<tr>
<td>Disagree</td>
<td>7%</td>
<td>15%</td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>21%</td>
<td>17%</td>
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*1 respondent skipped this question

DO YOU SUPPORT ACHIEVING UNIVERSAL COVERAGE THROUGH MORE INCREMENTAL REFORM?

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<thead>
<tr>
<th></th>
<th>AASM Members*</th>
<th>Annals Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Agree</td>
<td>18%</td>
<td>14%</td>
</tr>
<tr>
<td>Agree</td>
<td>25%</td>
<td>41%</td>
</tr>
<tr>
<td>Neither Agree nor Disagree</td>
<td>18%</td>
<td>21%</td>
</tr>
<tr>
<td>Disagree</td>
<td>20%</td>
<td>10%</td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>19%</td>
<td>14%</td>
</tr>
</tbody>
</table>

*1 respondent skipped this question

The AASM thanks all participants for their responses. More surveys on relevant healthcare-related topics will be sent to members in the next year.

Casebook of Sleep Medicine: Definitive New Resource for the Sleep Medicine Field

The American Academy of Sleep Medicine (AASM) introduces an indispensable resource for sleep medicine residents, fellows and clinicians: Casebook of Sleep Medicine. Created to extend the clinical utility of the International Classification of Sleep Disorders, Second Edition (ICSD-2), Casebook of Sleep Medicine allows readers to follow as experienced clinicians gather information from history, physical examination and laboratory tests. All 70 cases included in the book are organized and divided into six sections, corresponding to the six major categories of
sleep disorders in the ICSD-2; like the ICSD-2, pediatric cases are incorporated into the relevant diagnostic sections.

Log on to the AASM’s online store at www.aasmnet.org/store/products.aspx to order your copy.

Sleep Education Series: Professional Education Courses Slated for Fall and Winter

Download the Fall/Winter brochure from www.aasmnet.org/Resources/SleepEdSeries/FallWinterCourses.pdf for comprehensive information on the program and faculty for upcoming educational courses offered by the American Academy of Sleep Medicine (AASM).

Learn the essentials of sleep medicine at the National Sleep Medicine course, August 8-10, 2008, at the Hyatt Lodge in Oak Brook, Ill.

During this three-day course, an expert faculty will present in-depth information on assessment, diagnosis and treatment of sleep disorders. The formal sessions combine didactic with case-based learning as well as an informal questions and answer session, and interactive sessions focus on polysomnogram interpretation. All lectures are supplemented by slide and video presentations for optimal knowledge sharing, and each participant received a detailed syllabus with suggestions for supplemental reading.

Naresh Punjabi, MD, the course chair, leads a world-class faculty with expertise in every area of sleep medicine from neurobiology and disorders of the circadian system to therapies for insomnia and portable monitoring for obstructive sleep apnea.

The popular Essentials of Sleep Technology education series returns with two courses September 6-7, 2008, in Nashville, Tenn.

Designed specifically for the sleep technologists on staff at sleep disorders centers, Essentials of Sleep Technology: CPAP Titration and Essentials of Sleep Technology: Sleep, Parasomnias and Nocturnal Epilepsies address specific areas of sleep technology that expand knowledge of sleep medicine and foster new skills. Course chairs Eric Olson, MD, and Bradley Vaughn, MD, have assembled a faculty of renowned experts in sleep medicine and sleep technology to share expertise, experience and knowledge with attendees through a stimulating lectures.

Effective July 2008 all sleep disorders centers and sleep-related breathing laboratories accredited by the AASM are required to score sleep studies according to AASM Manual for the Scoring of Sleep and Associated Events. Is your facility and staff ready? Get the most comprehensive overview at Interpreting Sleep Studies, October 31-November 2, 2008, in Arlington, Va., and November 7-9, 2008, in Phoenix, Ariz. Course Chair Stuart Quan, MD, members of the Steering Committee for the scoring manual, and noted experts will address the interpretation of sleep studies in relation to the AASM Manual for the Scoring of Sleep and Associated Events and portable monitoring, and also discuss the interpretation of pediatric sleep studies with a dedicated workshop. The course, designed for sleep medicine specialists and sleep technologists, also includes a session on tracings where attendees are invited to share a tracing from their practice to test the knowledge of the panel, educate the audience, and get expert opinion.

Online registration for all courses is now open at www.aasmnet.org/SleepEdSeries.aspx.

AOA to Offer Examination in Sleep Medicine

The member boards of the American Osteopathic Association (AOA) have approved new practice pathways for eligibility for a subspecialty examination in sleep medicine. The American Osteopathic Board of Internal Medicine (AOBIM) is developing the examination. According to AOBIM, the first certification examination in sleep medicine will be administered in 2009. Limited information is available at this time, but interested members can visit www.acoi.org/index.html for details.

AASM Staff Step Up to the Challenge

Since March 1 more than 40 staff in the American Academy of Sleep Medicine national office have been improving their health one step at a time as a part of the AASM “Walking Workout” Challenge.

Equipped with pedometers and motivated by individual and team incentives, the AASM staff who volunteered to participate have found practical ways to increase their daily activity level. In addition to walking at home or at the health club, many of the staff now park further from the office building, stroll around the complex during lunch, and go down nine flights of stairs at the end of the workday.

The highest individual goal is to become a “Champion Walker” by walking 1.5 million steps by May 31. So far the participating staff has walked a total of 26,022,230 steps, which is estimated to be about 11,908 miles.

The AASM “Walking Workout” Challenge is the first initiative in the new AASM Wellness Program, which is promoting a healthier workplace and helping staff improve their work-life balance.