The AASM is committed to protecting sleep health and promoting high quality patient care through Advocacy, Education, Strategic Research and Practice Standards. These activities are executed for the benefit of all who practice sleep medicine or conduct sleep research and are funded by our membership. Our ultimate goal as a professional medical society is to promote optimal health for patients and the public. This is reflected in the AASM vision statement: *Achieving optimal health through better sleep.* To achieve the lofty goal expressed by our vision, we empower sleep medicine professionals to thrive in a changing health care system. The AASM mission statement summarizes these points of emphasis: *The AASM improves sleep health and promotes high quality patient centered care through advocacy, education, strategic research, and practice standards.*

**ADVOCACY**

**Special Update: Physician Engagement Yields Results as Congress Passes SGR Repeal**

On Tuesday, April 14, 2015, the U.S. Senate passed legislation which finally expels Medicare’s irresponsible and broken Sustainable Growth Rate (SGR), a measure that has annually threatened the livelihoods of physicians and patient access to care. In an overwhelming and bi-partisan fashion, the Senate, by a 92-8 vote, made a commitment to 21st century medical care and fair payment for exceptional physician work.

This landmark legislation, one that protects physicians against a 21% pay cut from Medicare, is proof that when physicians raise their voices, Congress will listen. The repeal of a flawed, senseless policy is the product of tireless, hands-on work done by active physician members. Today, every member who has contacted their representative or who has made a generous contribution to the AASM PAC has won a monumental, historic victory.

While this particular political battle has been won, difficulties and hurdles lie ahead. In addition to SGR repeal, the new law will include incentive schedules for participating in alternative payment models and a merit-based incentive payment system. The logistics of the new law must be debated and implemented. The health of the sleep field still relies on your support. To ensure that Medicare patients are treated with care and that physicians are paid what they deserve, sign our letter, thank your Representative and Senators, and remind them that further work needs to be done to protect physicians and their Medicare patients.

**AASM Meets with NIH to Promote Sleep Medicine Health Services Research**

AASM leadership recently conducted productive meetings with several institutes at the National Institutes of Health (NIH). Drs. Timothy Morgenthaler, M. Safwan Badr, Nathaniel F. Watson, Ilene Rosen, and staff met with: National Institute of Mental Health; National Institute of Neurological Disorders and Stroke; National Institute on Alcohol Abuse and Alcoholism; National Institute on Drug Abuse; National Heart, Lung and Blood Institute; National Institute of Aging; National Institute of Child Health & Human Development; and National Institute of Nursing Research.
The purpose of the meetings was to discuss how our organizations could facilitate high-quality, peer-reviewed health services research centered on the provision of optimal care for patients with sleep disorders. Also, in recognition of aligned interests, AASM urged each institute to consider a partnership with us in support of health services research focused on sleep medicine, which would allow us and each institute to make limited funding stretch farther in a manner targeted to a mutually agreed area of critical importance.

The meetings were productive, and the institutes expressed interest in working with us on several projects. We are in the process of following-up with each institute and will keep members posted on any new developments.

Healthy Sleep Project Urges Parents to Talk with Teens About Drowsy Driving Risks
The American Academy of Sleep Medicine and other partners in the National Healthy Sleep Awareness Project urge all parents of teen and novice drivers to talk with their children about the risks of drowsy driving. Teens need to understand the importance of getting 9 hours of nightly sleep for optimal daytime alertness and should commit to pull over or avoid driving if they haven't gotten enough sleep. Data show that drivers between 16 and 24 years of age are most likely to be involved in a motor vehicle accident related to drowsy driving.

The Healthy Sleep Project’s “Awake at the Wheel” campaign is raising awareness of the risks of driving while drowsy in order to reduce avoidable accidents and save lives.

Read the press release: Healthy Sleep Project urges parents to teach teens to avoid drowsy driving. Learn more: Awake at the Wheel webpage.

Sleep and Obesity: A Public Health Epidemic
On May 20th, representatives from the Board of Directors will travel alongside AASM staff to Washington D.C. To better advocate for sleep-friendly legislation, staff and Board representatives will spend time meeting with senators, members of congress, and fellow trade organizations to actively promote healthy sleep at the political level. The AASM will be hosting an event on Capitol Hill, Sleep and Obesity: A Public Health Epidemic, in a joint effort with the American Society of Metabolic and Bariatric Surgery. The AASM relies on generous member donations to the AASM PAC for the success of its advocacy endeavors.

EDUCATION

MOC - Now Included with Membership
Access to the AASM Maintenance of Certification modules is now included with your AASM membership. Free access to the General Sleep Disorders, Sleep Disordered Breathing, Insomnia, and Parasomnias & Hypersomnias modules enables AASM members to earn CME while working to fulfill the Part II requirements for recertification.

Take advantage of this new member benefit by registering an AASM MOC account today!

Begin Preparation for the 2015 Sleep Medicine Certification Exam
The Sleep Medicine Certification Exam will be taking place this fall on October 22, 2015 and will be offered by six of the member boards, including Internal Medicine, Psychiatry & Neurology, Pediatrics, Otolaryngology, Family Medicine and Anesthesiology. The AASM has review materials geared towards preparing for the exam readily available on the Board Review Resources page. In particular, the Board Review Course Series of 20 online learning modules, presented by an expert faculty, includes a mixture of didactic, case-based lectures and question-based presentations. All topics covered mirror the ABMS sleep medicine exam content areas, and the series offers you the opportunity to earn 18 hours of CME.

For complete details about application fees and deadlines, candidates should visit the website of the board through which they hold their primary certification.
2015 Board Review Course
The Board Review Course is a two-and-a-half-day course during which an expert faculty of academicians and clinicians at the forefront of the field will present on current topics in sleep medicine. The course includes a mixture of didactic sessions and case-based lectures on the entire range of sleep disorders in the International Classification of Sleep Disorders, Third Edition, case-based lectures on novel topics important to sleep medicine clinicians and question-based self-assessment presentations. Question-based sessions will help you test yourself on sleep related breathing disorders and general sleep disorders, with the chance to earn Maintenance of Certification credit to satisfy Part II of your MOC.

Fulfill Your CME Requirements through SLEEP and the Journal of Clinical Sleep Medicine
One of the benefits included with your AASM membership is the ability to earn 2.0 AMA PRA Category 1 Credits™ for each issue of the journal SLEEP and the Journal of Clinical Sleep Medicine. Search the journal archives for past CME eligible articles, or access the most recent articles and purchase CME attempts to fulfill your yearly requirements.

SLEEP 2015 – Meet the Professor and Lunch Sessions, Postgraduate Courses
Secure your space today for the popular Meet the Professor and Lunch Debate sessions during SLEEP 2015! These sessions are filling up quickly and space is limited. Enjoy lunch while listening to sleep medicine experts debate a hot topic, or delve deep into a discussion with your colleagues. With 27 lunch sessions to choose from over three days, there is something for everyone.

Register today for one or more of the SLEEP 2015 postgraduate courses, some of which are selling out quickly! Reserve your seat for C10: Management of Sleep Disordered Breathing: Special Populations and Technologies, which will review the clinical challenges associated with sleep-disordered breathing in special populations, such as patients with CHF, COPD, neuromuscular disease and chronic opioid medication use. Expert faculty will utilize a case-based discussion to provide further insight into cutting-edge therapies and new technology to manage special populations. Don’t miss out on any of the postgraduate courses; register for SLEEP 2015 and purchase your course tickets before they sell out!

Tom Roth Lecture of Excellence at SLEEP 2015
One of the highlights of SLEEP 2015 will be the Tom Roth Lecture of Excellence, which will be presented by Phyllis Zee, MD, PhD, on Wednesday, June 10. Dr. Zee's presentation, Enhancing Brain Function: Impact on Brain Health, will focus on the role of circadian rhythms on brain function, evaluate advances in our understanding of the regulation and interaction of central and peripheral clocks, and discuss the potential of integrating the time domain in medicine. This annual lecture honors Tom Roth, PhD, as a leader in the field of sleep medicine and sleep research.

STRATEGIC RESEARCH
NIMH Releases New Strategic Plan for Research
Last week the National Institute of Mental Health (NIMH) issued a new Strategic Plan for Research, updating the strategic objectives of its 2008 predecessor with the aim of balancing the need for long-term investments in basic research with urgent mental health needs. The new NIMH plan comprises four strategic objectives:
1. Define the mechanisms of complex behaviors.
2. Chart mental illness trajectories to determine when, where, and how to intervene.
4. Strengthen the public health impact of NIMH-supported research.

These four objectives form a broad roadmap for the institute’s research priorities over the next five years, beginning with the fundamental science of the brain and behavior, and ending with public health impact. The overall funding strategy is
to pursue long-term objectives by supporting investigator-initiated proposals based on scientific opportunities, while using targeted funding announcements to address near-term goals.

Read the plan on the NIMH website: NIMH Strategic Plan for Research.

**Study Examines the Natural History of Excessive Daytime Sleepiness**

A study in the March issue of *SLEEP* shows that the incidence of excessive daytime sleepiness after a follow-up period of 7.5 years was 8.2 percent, while its persistence and remission were 38 percent and 62 percent. Obesity and weight gain were associated with the incidence and persistence of EDS, while weight loss was associated with its remission. While objective sleep disturbances predicted incident EDS in depressed individuals, physiologic sleep propensity predicted incident EDS in those without depression.

**2015 Young Investigators Research Forum**

The seventh Young Investigators’ Research Forum (YIRF) was held on April 8–10, 2015 in Rockville, MD. The core objectives of the YIRF were as follows: 1) foster the pursuit of clinical research in sleep medicine by junior faculty and fellows; 2) disseminate vital information required for pursuing a career in research; 3) serve as a primer for designing research studies, converting bright ideas into fundable projects; and 4) provide an opportunity to network and establish extramural research mentorship.

A high number of applications of exceptional quality were submitted this year, prompting the AASM to increase the funding of the forum in order to accept an additional ten applicants. Thirty promising young investigators were selected to attend the forum based upon their credentials, abstract and research plan.

The young investigators were able to network with and learn from various senior investigators in the sleep field from the AASM and NIH faculty.

AASM faculty members included: Sanjay Patel, MD (Chair), Katherine Sharkey, MD, PhD (Vice Chair), Daniel Buysse, MD, Christopher O'Donnell, PhD, Ruth O’Hara, PhD, Sairam Parthasarathy, MD, Alberto Ramos, MD, Susan Redline, MD, and James Wyatt, PhD. A welcome speech given by the current AASM President, Dr. Tim Morgenthaler, was very inspirational for the young scientists. His presence at the meeting, along with the attendance of other members of the AASM Board of Directors (BOD), including the AASM immediate past President, Dr. M. Safwan Badr, the President-elect, Dr. Nate Watson and member of the AASM BOD, Dr. Ilene Rosen was meant to stress how committed the AASM is to supporting the education and career development of young researchers in the field of sleep research. NIH faculty and program officers representing various institutes and centers from within the NIH were also present to give lectures and interact with the young investigators. In addition, Administrator of National Highway and Transportation Safety Administration, Dr. Mark Rosekind, also gave a talk focused on the historical perspective of the evolution of the field of sleep medicine which was well received.

The warm hospitality of the AASM and NIH faculty and staff encouraged the attendees to share their successes, questions and concerns about the sleep research field. A critical appraisal of the long-term benefits of the YIRF supports our conviction that, through this mechanism, the overarching goal of fostering the success of young minds interested in a career in sleep-related clinical research is being achieved.

**PRACTICE STANDARDS**

**Publication of Sleep Medicine Quality Measures Promotes Value-Based Care**

The Board of Directors of the American Academy of Sleep Medicine (AASM) commissioned a Task Force to develop quality measures as part of its strategic plan to promote high quality patient-centered care. Among many potential dimensions of quality, the AASM requested Workgroups to develop outcome
and process measures to aid in evaluating the quality of care of five common sleep disorders: restless legs syndrome, insomnia, narcolepsy, obstructive sleep apnea in adults, and obstructive sleep apnea in children. These quality measures are included in the March issue of the Journal of Clinical Sleep Medicine.

Prepare for the Oct. 1 Transition to ICD-10-CM

Purchase your copy of the ICD-9 to ICD-10 Sleep Medicine Crosswalk to start preparing for the transition to ICD-10 on October 1, 2015. This crosswalk is a quick reference tool for clinicians and their staff to assign the most accurate code. This resource includes each diagnosis listed in the ICSD-3 along with its associated ICD-9-CM and ICD-10-CM code and code descriptor. Special pricing offered to members purchasing 5 or more crosswalks.

Thank you!

Your member dues helped fund these important initiatives. Thank you for your support, and we appreciate your continued involvement.