

# THE AMERICAN ACADEMY OF SLEEP MEDICINE & THE NATIONAL INSTITUTE ON AGING



The mission of the American Academy of Sleep Medicine (AASM) is to provide access to high quality, patient-centered sleep care provided by a board-certified sleep specialist.

Through advocacy, education, and research initiatives, the AASM seeks not only to benefit physicians and patients, but also society as a whole.

People of all ages can succumb to the symptoms of daily sleep debt. Through collaboration between the AASM and the National Institute on Aging we will ensure that anyone, of any age, can bear the burdens of a diagnosed sleep disorder.

## Proven PERFORMANCE

The AASM has a combined membership of **11,000 accredited** member sleep centers and individual members, including physicians, scientists and other health care professionals. The American Sleep Medicine Foundation (ASMF), established by the AASM in 1998, has awarded over \$15 million in grants to sleep research. Since 2012, the ASMF has awarded \$325,000 for senior-centered sleep initiatives.

Throughout the years, the AASM has committed itself to a multi-faceted strategy to combat sleep deficiencies in an aging American population significant more prone to disease and health complications. **The AASM has a time tested method to promote sleep health by appropriating grant donations, accreditation, and promoting our proposed legislation *Seniors Sleep* (H.R. 4695), which has secured four co-sponsors within the U.S. House of Representatives. *Seniors Sleep* will add to the Welcome to Medicare benefit, providing a preventative sleep screening to combat the 20-30% of Medicare beneficiaries who remain undiagnosed and untreated for their obstructive sleep apnea (OSA). Through *Seniors Sleep*, nearly 10-15 million seniors will find access to quality sleep care by a board certified physician.**

## Bright TOMORROW

Through collaboration, the National Institute on Aging and the AASM can pursue an array of common causes that empower, educate, and treat the aging and elderly suffering from a sleep disorder.

We look forward to collaborating with the National Institute on Aging to promote healthy sleep for seniors. Please contact Ted Thurn at [tthurn@aasmnet.org](mailto:tthurn@aasmnet.org) or (630) 737-9700 for any potential partnership opportunities.

## Common CAUSE

Although it is often interrupted, sleep must be a priority for seniors. Sleep disorders that may keep aging Americans from sleeping include OSA, insomnia, restless leg syndrome, and narcolepsy.

## AGING GRACEFULLY

- 24% of the aging population between 65 and 84 have four or more diagnosed medical conditions. Of this group, 80% disclose trouble falling and staying asleep.
- By age 60, 60% of men and 40% of women snore. 35% percent of frequent snorers have OSA.
- Chronic snorers have a 20% chance having OSA.

## COMBATING DISEASE

- 44% of seniors experience at least one symptom of insomnia multiple nights per week.
- Adults aged between 70 and 80 are twice as likely to be affected by sleep disordered breathing compared to those at age 40.
- 45% of all older persons have at least a mild form of periodic limb movement disorder (PLMD), a disorder associated with RLS which causes frequent awakenings.

## INTEREST IN ALZHEIMER'S

- Seniors who reported less than five hours of nightly sleep had higher levels of beta-amyloid, a plaque building protein found in the brain, than those who slept more than seven hours a night.
- Sound sleep weakens the effects of APOE-E4, a gene that predisposes seniors to Alzheimer's.