

THE AMERICAN ACADEMY OF SLEEP MEDICINE & THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE



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

People of all abilities can succumb to the symptoms of daily sleep debt. Through collaboration between the AASM and the National Heart, Lung, and Blood Institute (NHLBI) we will improve sleep health and high quality patient centered care.

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.

Throughout the years, the AASM has committed itself to a multi-faceted strategy to combat sleep deficiencies. From appropriating grant donations, to accrediting facilities, to advocating healthy sleep on Capital Hill, the AASM is committed to tackling sleep through a wide variety of medical and societal issues. However, while sleep issues impact a vast array of health-based fields, sleep and the NHLBI have a uniquely undeniable connection.

Bright **TOMORROW**

Through collaboration, the National Heart, Lung, and Blood Institute and the AASM can pursue many common causes that nurture and enhance the diagnostic and treatment process for Americans health disorders.

We look forward to collaborating with the NHLBI to promote healthy sleep. Please contact Ted Thurn at tthurn@aasmnet.org or (630) 737-9700 for any potential partnership opportunities.

Common **CAUSE**

Although often chaotic, sleep must be a priority for all of us. Common sleep disorders that may hinder quality sleep among patients include obstructive sleep apnea (OSA), insomnia, restless leg syndrome, and narcolepsy.

LONG CONNECTED

- AASM has had a long working relationship with National Center on Sleep Disorders Research (NCSDR).
- Gary H. Gibbons, M.D., was the keynote speaker at SLEEP 2013.
- Obesity Education Initiative (OEI) within NHLBI. One of the objectives of OEI is to reducing the prevalence of overweight individuals to reduce the prevalence and severity of sleep apnea.

A PUBLIC HEALTH EPIDEMIC

- At least 25 million adults have obstructive sleep apnea - about the same as the population of Texas.
- OSA increases an individual's overall risk of cardiovascular mortality by 5 times.
- \$3.4 billion: the additional annual medical costs of untreated moderate-to-severe OSA in middle-aged adults.
- 20%-30% of obese adults have OSA.

VALUES OF TREATMENT

- Using CPAP over an extended period of time can protect you from heart problems such as congestive heart failure, coronary artery disease, and irregular heartbeat.
- OSA patients using CPAP treatment reduces the risk of heart attacks by 49% and the risk of stroke by 31%.
- Relieves OSA symptoms, such as excessive daytime sleepiness.