

THE AMERICAN ACADEMY OF SLEEP MEDICINE & THE NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM



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 the AASM and its 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 Alcohol Abuse and Alcoholism we will ensure that anyone 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.

Throughout the years, the AASM has committed itself to a multi-faceted strategy to combat sleep deficiencies in patients who abuse alcohol. From appropriating grant donations, to vetting qualified physicians and facilities, to advocating healthy sleep on Capitol Hill, the AASM is committed to tackling sleep issues in a wide variety of medical and societal fields. However, while sleep issues impact a vast array of health-based fields, sleep and alcoholism have a uniquely undeniable connection.

Bright TOMORROW

Through collaboration, the NIAAA and the AASM can pursue an array of common causes that empower, educate, and treat patients.

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

Common CAUSE

Although it is often interrupted, sleep must be a priority. Sleep disturbance in alcohol users include OSA, insomnia, restless leg syndrome, and narcolepsy.

SLEEP DISTURBANCE IN ALCOHOL USERS

- Alcohol users are more likely to suffer from certain sleep disorders, such as sleep apnea. Conversely, sleep problems may predispose some people to developing alcohol problems.
- Using alcohol for sleep is strongly associated with hazardous drinking.
- Older alcohol users have increased sleep disturbances when compared with non-alcohol users of the same age group.

ALCOHOL & YOUNG ADULTS

- Alcohol use, specifically binge drinking, is positively and significantly associated with various types of sleep problems.
- Research has found that sleep difficulties can predict other specific substance-related problems such as driving under the influence of alcohol, and risky sexual behavior.
- Overtiredness in childhood has also directly predicted the presence of a number of alcohol problems in young adults.

DIFFICULTIES SLEEPING IN EARLY RECOVERY

- Symptoms of sleep problems in early recovery can include repeatedly waking up during the night.
- Having dreams that are disturbing.
- Spending an excessive number of hours sleeping.
- Inability to sleep because of racing thoughts.