

# THE AMERICAN ACADEMY OF SLEEP MEDICINE & THE NATIONAL INSTITUTE OF CHILD HEALTH AND HUMAN DEVELOPMENT



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 of Child Health and Human Development (NICHD) we will ensure that everyone, big or small, can bear the burdens of a 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 \$275,000 for child-centered sleep initiatives.**

Throughout the years, the AASM has committed itself to a multi-faceted strategy to combat sleep deficiencies in children and parents. From appropriating grant donations, to vetting qualified physicians and facilities, and even publishing two sleep-inspired children's books, *I See Animals Sleeping: A Bedtime Story* and *The Animals Sleep: A Bedtime Book of Biomes*, the AASM has a proven track-record of tailoring its awareness and care campaigns to everyone from physicians to parents and their children.

## Bright **TOMORROW**

Through collaboration, the National Institute of Child Health and Human Development and the AASM can pursue an array of common causes that nurture and enhance the birth, upbringing, and care for American children.

We look forward to collaborating with the NICHD to promote healthy sleep in children and their parents. Please contact Ted Thurn at [tthurn@aasmnet.org](mailto:tthurn@aasmnet.org) (630) 737-9700 for any potential partnership opportunities.

## Common **CAUSE**

Although often chaotic, sleep must be a priority for infants and children, the youngest and smallest of us; often neglected, adequate sleep is equally necessary for their parents. Common sleep disorders that may inhibit parents and children from sleeping include obstructive sleep apnea (OSA), insomnia, restless leg syndrome, and narcolepsy.

## **HEALTHY MOTHERS; HEALTHY BABIES**

- Sleep apnea is associated with pregnancy complications including high blood pressure and low birth weight.
- Mother's with OSA are 5x more likely to die in the hospital.
- Women who reported chronic snoring, a symptom of OSA, had babies smaller than 90% of other newborns.
- OSA is associated with increased childbirth deaths, including symptoms such as an enlarged heart, blood clots, and potentially lethal blood pressure conditions.

## **LITTLE BODIES; BIG ISSUES**

- 84% of babies who weigh less than 2.2 lbs. and 25% of babies weighting less than 5.5 lbs. have sleep apnea.
- 2% of children, mostly pre-school aged, have a form of sleep apnea.
- Common symptoms associated with pediatric sleep apnea include high blood pressure, aggressive behavior, attention-deficit/hyperactivity disorder (ADHD), and delayed physical development.

## **BETTER SLEEP; BETTER PARENTING**

- Links have been discovered between sleep disorders and postpartum depression.
- Sleep deprived parents who have grown irritable from their sleep debt have been found to be more likely to shake and otherwise harm a child.