

THE AMERICAN ACADEMY OF SLEEP MEDICINE & THE NATIONAL INSTITUTE OF MENTAL HEALTH



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 abilities can succumb to the symptoms of daily sleep debt. Through collaboration between the AASM and the National Institute of Mental Health (NIMH) we will ensure that anyone, regardless of mental ability, 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 \$180,046 for mental health-focused sleep initiatives.**

Throughout the years, the AASM has committed itself to a multi-faceted strategy to combat sleep deficiencies in mentally ill patients. From appropriating grant donations to advocating healthy sleep on Capital 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 mental health have a uniquely undeniable connection.

Bright **TOMORROW**

Through collaboration, the National Institute of Mental Health and the AASM can pursue many common causes that nurture and enhance the diagnostic and treatment process for Americans with mental health disorders.

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

Common **CAUSE**

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

WALKING HAND-IN-HAND

- Studies found that two-thirds of patients referred to sleep centers have a psychiatric disorder.
- Insomnia patients are ten times more likely to develop depression than those who sleep soundly.
- Nearly 40% of RLS patients report symptoms that associate with depression.

BATTLING PTSD

- 54% of the PTSD patients who underwent sleep studies at Walter Reed National Military Medical Center were diagnosed with OSA; the average chance of developing OSA is 20%.
- 90% of veterans with diagnosed PTSD have difficulty staying asleep at night.
- Studies show that 55% of returning veterans have a form of insomnia.

VALUES OF CPAP

- OSA patients using continuous positive airway pressure (CPAP) treatment for one year showed significant improvements in depression symptoms if the treatment was used for a minimum of four hours a night.
- PTSD patients adhering to treatment for OSA, primarily CPAP treatment, experienced a 50 percent drop in the number of nightmares they experienced per week.