

THE AMERICAN ACADEMY OF SLEEP MEDICINE & THE NATIONAL INSTITUTE NEUROLOGICAL DISORDERS AND STROKE



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 seek 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 Neurological Disorders and Stroke 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. From appropriating grant donations 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 neurological disorders, and stroke have a uniquely undeniable connection.

Bright TOMORROW

Through collaboration, the NINDS 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 Neurological Disorders and Stroke 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 for individuals who are at risk for stroke or neurological disorders. Sleep disturbance can include OSA, insomnia, restless leg syndrome, and narcolepsy.

SLEEP & NEUROLOGY

- Neurological patients often have significant sleep disorders like SBD, insomnia, sleep-related motor and REM behavioral disorders affecting nocturnal sleep and daytime function.
- Sleep disturbance is an oft-reported residual symptom of manic and depressive episodes that has likewise been associated with the onset of manic episodes.
- Sleep disorders are common in children with autism spectrum disorders and have a significant effect on daytime function and parental stress.

SLEEP & STROKE

- OSA increases the risk of ischemic stroke by 3 times in men.
- 30-40% of adults with high blood pressure also have OSA.
- Many studies have found a 70 to 95% frequency of OSA (defined by an apnea/hypopnea index >10) in patients with acute stroke.
- 80% of adults who do not respond to high blood pressure medications have OSA.
- More than 50% of stroke patients have sleep-disordered breathing (SDB), mostly in the form of OSA.

BENEFITS OF TREATMENT

- CPAP reduces the risk of stroke by 31%.
- In stroke patients with OSA, treatment with CPAP may prevent subsequent cardiovascular events and improve neurologic outcomes.
- Recent study results suggest that long-term CPAP treatment in moderate to severe OSA and ischemic stroke patients is associated with a reduction in excess risk of mortality.
- Continuous and bi-level positive airway pressure devices are effective treatment of SDB in patients with neurologic diseases.