

THE AMERICAN ACADEMY OF SLEEP MEDICINE & THE NATIONAL INSTITUTE OF NURSING RESEARCH



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.

Anyone can succumb to the symptoms of daily sleep debt. Through collaboration between the AASM and the National Institute of Nursing Research (NINR) we will ensure that *everyone* 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.

The AASM has committed itself to a multi-faceted strategy to combat sleep deficiencies in an aging American population, significantly more prone to disease and health complications. The AASM's sleep health initiatives range from appropriating grant donations, to accrediting qualified physicians and facilities, to **our proposed legislation Seniors Sleep (H.R. 4695), which has secured four co-sponsors within the U.S. House of Representatives. Seniors Sleep will add to the Welcome to Medicare benefit, providing a preventative sleep screening to combat the 20-30% of Medicare beneficiaries who remain undiagnosed and untreated for their obstructive sleep apnea (OSA).**

Bright TOMORROW

Through collaboration, the National Institute of Nursing Research and the AASM can pursue an array of common causes that nurture and enhance the care of the American patient.

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

Common CAUSE

Although often neglected, sleep must be a priority for all patients, and also for the nurses who provide their care. Common sleep disorders that may inhibit patients and their caregivers include obstructive sleep apnea (OSA), insomnia, restless leg syndrome, and narcolepsy. To combat sleep disease and provide comprehensive care, nurses must continue to be an integral part of the sleep team.

QUALITY CARE FOR THE FUTURE

As a commitment to quality, patient-centered care and the health of the sleep medicine field, the AASM is exploring the future of medicine:

- Medical records seamlessly connecting health facilities and professionals.
- Value-based payments.
- Telemedicine options for rural patients.
- At-home sleep testing.

LIFETIME COMMITMENT

- Sleep disease can affect patients anytime between birth and death.
- 2% of children, mostly pre-school aged, have a form of sleep apnea.
- 24% of the aging population between 65 and 84 have four or more diagnosed medical conditions. Of this group, 80% disclose trouble falling and staying asleep.

NURSES SLEEP

- 95% of nurses who work shifts of 12 hours or longer report having had an accident or a near-miss while driving home from work.
- Nurses working rotating shifts are twice as likely to make a medication error than nurses working only day shifts.
- Feeling sleepy? A 20 minute nap during a work-break can increase alertness to better serve patients.