

The Value of Sleep Medicine

RECOGNIZING THE CRITICAL ROLE OF SLEEP MEDICINE IN HEALTHCARE

Why is sleep important?

Healthy sleep is a fundamental part of overall health and general well-being. CDC data suggest that 30% of U.S. adults are chronically sleep-deprived. Insufficient sleep has been linked to the development and progression of chronic diseases and conditions, including type 2 diabetes, cardiovascular disease, obesity, and depression.

Why is sleep care important?

Sleep and circadian care is fundamental to healthcare. Millions of Americans have chronic, treatable sleep disorders, including obstructive sleep apnea (OSA), insomnia, narcolepsy, and restless legs syndrome (RLS). Despite the increased prevalence of sleep disorders in recent years, they remain underdiagnosed and represent a widespread public health problem.

What is the value of sleep medicine?

Board-certified sleep medicine physicians are the most qualified healthcare professionals to care for patients with sleep disorders. Sleep physicians specialize in the clinical assessment, physiologic testing, diagnosis, management, and prevention of sleep disorders. Treating patients who have sleep disorders requires specialized training that includes a one-year fellowship, board certification, and continuing medical education. Studies have shown that specialty board certification leads to positive patient outcomes,¹ and patients have reported greater satisfaction with board-certified sleep medicine physicians.² Positive patient outcomes related to treatment of sleep disorders and improvements in sleep quality reduce costs for patients and insurance payers, decrease workplace and traffic accidents, and boost productivity.³

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2. Parthasarathy S; Subramanian S; Quan SF. A multicenter prospective comparative effectiveness study of the effect of physician certification and center accreditation on patient-centered outcomes in obstructive sleep apnea. *J Clin Sleep Med* 2014;10(3):243–249.
3. Grandner MA. The Cost of Sleep Lost: Implications for Health, Performance, and the Bottom Line. *Am J Health Promot.* 2018 Sep;32(7):1629-1634.