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## American Academy of Sleep Medicine

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### THE AMERICAN ACADEMY OF SLEEP MEDICINE

The American Academy of Sleep Medicine (AASM) was established in 1975 and – with nearly 10,000 individual members – is the largest professional membership society for physicians, scientists and other health care providers in the medical subspecialty of sleep medicine.

The AASM promotes excellence in sleep medicine health care by:

- Setting the clinical standards for the field of sleep medicine
- Advocating for recognition, diagnosis and treatment of sleep disorders
- Educating professionals dedicated to providing optimal sleep health care
- Fostering the development and application of scientific knowledge

#### **Accreditation**

AASM accreditation is the gold standard by which the medical community and public can evaluate the services provided by sleep centers and facilities providing home sleep testing services. There are currently more than 2,500 accredited sleep centers across the country.

#### **Awareness**

The AASM provides the public with regular news and updates, including the latest findings from sleep research and helpful tips to improve their sleep, with its public education website and blog at [www.sleepeducation.com](http://www.sleepeducation.com).

#### **Education**

The AASM develops professional education resources and postgraduate courses that enable physicians to earn continuing medical education (CME) credits and enhance their sleep illness expertise. The AASM also partners with the Sleep Research Society to organize the SLEEP annual meeting, which brings together an international body of researchers and clinicians to present and discuss new developments in the field.

#### **Research**

In 1998 the AASM established the American Sleep Medicine Foundation (ASMF), which has provided more than \$6 million in grants to enhance sleep health through research, education and humanitarian aid. Since 2005, the AASM also has published the *Journal of Clinical Sleep Medicine* to provide a forum for research with direct applicability to sleep clinicians.

#### **Standards**

The AASM develops evidence-based clinical practice guidelines as benchmarks for the diagnosis and treatment of sleep illness, promoting consistency and excellence in sleep-related health care.

### SLEEP MEDICINE

Sleep medicine is a medical subspecialty devoted to the diagnosis and therapy of sleep disturbances and disorders.

#### **Sleep Disorders**

Nearly 70 million Americans suffer from a sleep problem, and nearly 60 percent have a chronic sleep disorder that can harmfully affect a person's overall health. Common sleep disorders include insomnia, obstructive sleep apnea, narcolepsy, restless legs syndrome and shift work disorder.

#### **Finding a Sleep Specialist**

From insomnia to sleep apnea, board-certified sleep medicine physicians in AASM-accredited sleep centers offer effective treatment. The AASM encourages patients to visit [www.sleepeducation.com](http://www.sleepeducation.com) for a directory of sleep centers.