

MONTAGE

SPRING 2016 | VOLUME 1 | NUMBER 2

American Academy of Sleep Medicine Behind the Scenes

Catch a glimpse of how the AASM and our members have been promoting career development, advocating for the field and improving patient education.



AASM members Daniel J. Buysse, MD, FAASM, and Christopher P. O'Donnell, PhD, pause for the camera while serving as faculty for the AASM's 8th Annual Young Investigators Research Forum, which was held April 6-8 in Bethesda, Maryland.



03



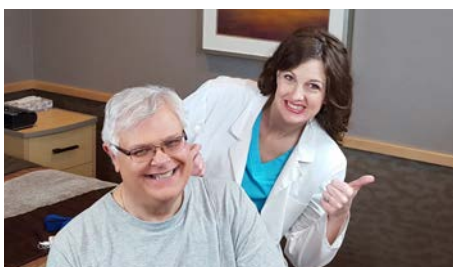
05



AASM Political Action Committee (PAC) Chair David C. Kuhlmann, MD, FAASM, greets Arizona Republican Party Chairman Robert Graham, who was the guest speaker in February at the AASM PAC lunch during Sleep Medicine Trends 2016 in Phoenix.



06



Actor John Sachanda and sleep technologist Chanda McNeil, RST, RPSGT, take a break between scenes while recording the AASM's new "Welcome to Your Sleep Study" video, which familiarizes patients with the logistics of a sleep study. The new video will be on sale at SLEEP 2016.



07

The American Academy of Sleep Medicine is committed to providing the tools for high-quality patient-centered care. The AASM strives to help you succeed as a sleep medicine professional in a changing medical environment.



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Alice NightOne is the home sleep apnea testing (HSAT) solution that's leaving the competition behind. With features like our Good Study Indicator and "smart guide," Alice NightOne is almost two times more likely to result in an acceptable study than the leading competitive HSAT device.*

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www.philips.us/alicenightone

*Results of customer preference trial; data on file.

PHILIPS

RESPIRONICS

Member Photography

JULIAN P. WOJTULEWICZ, MBBS

Sydney Children's Hospitals Network
Sydney, Australia

“Even though the climate is upside down, we have the electrical signals on top, plenty of evidence for oxygen and ozone swings, and monitoring of the air/fluid interface, flow and substrate occurring at the base of the page.”



Membership
Week Contest
Winner!

WILLIAM E. LIEVENS, MD
Montgomery, AL

“Her name is Tily. She is 7 years old and is a rescue dog who is a brindle colored chihuahua terrier mix. I was just planning to happily sit down on the couch. I had only sat down for a moment, when suddenly got some new unrequested ‘arm candy.’”

Sleep in the News

Lack of sleep can lead to ‘marijuana munchies’, study finds

The Irish Times, March 4, 2016: A University of Chicago study shows how sleep deprivation can lead to a similar appetite boost as smoking cannabis.

Full article: www.irishtimes.com/news/offbeat/lack-of-sleep-can-lead-to-marijuana-munchies-study-finds-1.2560024

Arianna Huffington thinks Donald Trump needs more sleep

Yahoo News Live, April 1, 2016: Arianna Huffington discusses the sleep crisis in America as well as examples of some behaviors that can be the result of sleep deprivation.

Full article: www.yahoo.com/katiecouric/arianna-huffington-thinks-you-need-more-sleep-184022299.html

People who get more sleep ‘look more intelligent’, say scientists

Independent, March 7, 2016: A study in Journal of Experimental Psychology: General finds that getting more sleep may help people appear more intelligent.

Full article: www.independent.co.uk/news/science/people-who-get-more-sleep-look-more-intelligent-say-scientists-a6918251.html

The Yankees’ Message to Their Players: Please Sleep Late

The Wall Street Journal, February 23, 2016: The Yankees are allowing players to get more sleep for improved performance.

Full article: www.wsj.com/articles/the-yankees-message-to-their-players-please-sleep-late-1456241540

Feeling sleepy? You may confess to a crime you didn’t commit

Science, February 8, 2016: A study published in Proceedings of the National Academy of Sciences examined how sleep deprivation increased the number of false confessions.

Full article: www.sciencemag.org/news/2016/02/feeling-sleepy-you-may-confess-crime-you-didn-t-commit

Trouble Sleeping? Try Dark Chocolate, Study Suggests

CBS Boston, April 14, 2016: Researchers at The University of Edinburgh in Scotland found that magnesium, which is found in dark chocolate and leafy greens, can help your body regulate its internal clock.

Full article: boston.cbslocal.com/2016/04/14/trouble-sleeping-try-dark-chocolate-study-suggests/



Member Spotlight

What brought you to sleep medicine?

As a board certified Child Neurologist and Clinical Neurophysiologist, I routinely encounter sleep-related problems and recognize how little is known about diagnosing and managing them in children. Tremendous potential for research exists, especially in the pediatric population with neurodegenerative, neurodevelopmental and neuromuscular disorders. It is my goal to raise awareness of how sleep disorders impact children's lives.

Who is your biggest inspiration?

Dr. Avram Gold, my program director. He has some progressive ideas about the "chronic stress paradigm" to explain the pathophysiology of obstructive sleep apnea as opposed to the current thinking of "sleep fragmentation/hypoxemia". He has taught me the importance of generating my own questions to fill in gaps in current knowledge and to not be afraid of criticism.

SUSAN N. MANGANARO, MD

Member since 2015
Sleep Medicine fellow at
Stony Brook University



Please describe your experiences as a Sleep Medicine Fellow.

It has been very enlightening to learn about the connection between inspiratory flow limitation and a multitude of diseases, including, most surprisingly, functional somatic syndromes. Dr. Catherine Kier, Director of the Pediatric Sleep Disorders Center, has taught me the importance of a multi-faceted, interdisciplinary approach to sleep disorders in pediatrics. In my upcoming role as Medical Director of the Pediatric Neuromuscular Clinic at Stony Brook University Hospital, I strive to follow in her footsteps and exemplify her commitment to excellence in patient care by championing the coordination of care for these often complex patients.

Congratulations to Our Longtime Members!

30 years of Membership in April, May, and June 2016

David A Walker, DO, FAASM
William W Finley, PhD, FAASM
Stephen H Sheldon, DO, FAASM
Edward P Schuman, MD, FAASM
Lee C Marmion, MD, FAASM
Kenneth M Unger, MD, FAASM
Keith A Kelts, MD, FAASM
Yvette R Cook, MD, FAASM
Freddie E Wilson, MD, FAASM
Jeffrey P Powell, MD
Joel A Greenberg, MD, FAASM
Francis B Buda, MD, FAASM
John A Flamini, MD, FAASM
Thomas J Bloxham, MD, FAASM
Todd J Swick, MD, FAASM
Maria Michalek, MD, FAASM
Peter E Corrigan, MD, FAASM
Rudolph O Addy, MD, FAASM
William T Prey, MD, FAASM
Baldev S Rai, MD, FAASM

The AASM wants to hear from you!

We are looking for content that is of interest for all members to share in future issues of Montage. The AASM would like to hear your news, stories and suggestions for future topics. Do you have a question for the AASM President? Or an interesting experience? Please send your stories, photos, questions and news to Montage@aasmnet.org.

Upcoming Issues of Montage and Submission Deadlines

	Summer Issue	Autumn Issue
Publication Month	August 2016	November 2016
Deadline to Submit	June 20, 2016	September 19, 2016

Welcome New Fellows of the AASM

The AASM is pleased to welcome the following new Fellow Members:

Zhaoming Chen, MD, PhD, FAASM
Hassan A Haddadin, MD, FAASM



From the Archive



Meetings of the AASM board of directors looked much different in the days before laptops and iPads.




Before PowerPoint came along, presentation slides required a little more advanced preparation.




SLEEP meeting registration was more of a hands-on experience before Express Pass check-in arrived.

Social Media Highlights

 **Justina Starobin** @JustinaStarobin · Mar 7
 #AASMweek2016 Johns Hopkins Sleep Lab at Mt. Washington Pediatric Hospital is tops in Maryland

← ↻ ❤️ 1 ⋮

 **Pat Carter** @carter3236 · Mar 7
 #AASMweek2016. Can't wait for SLEEP 2016 on CO

Academy of Sleep Med @AASMOrg

Show us your AASM Member pride! Tweet with the hashtag #AASMweek2016 or email Montage@aasmnet.org and be entered to win!

← ↻ ❤️ 1 ⋮

 **Chris Winter** @SportSleepDoc · Mar 15
 Get your sleep! #sleep

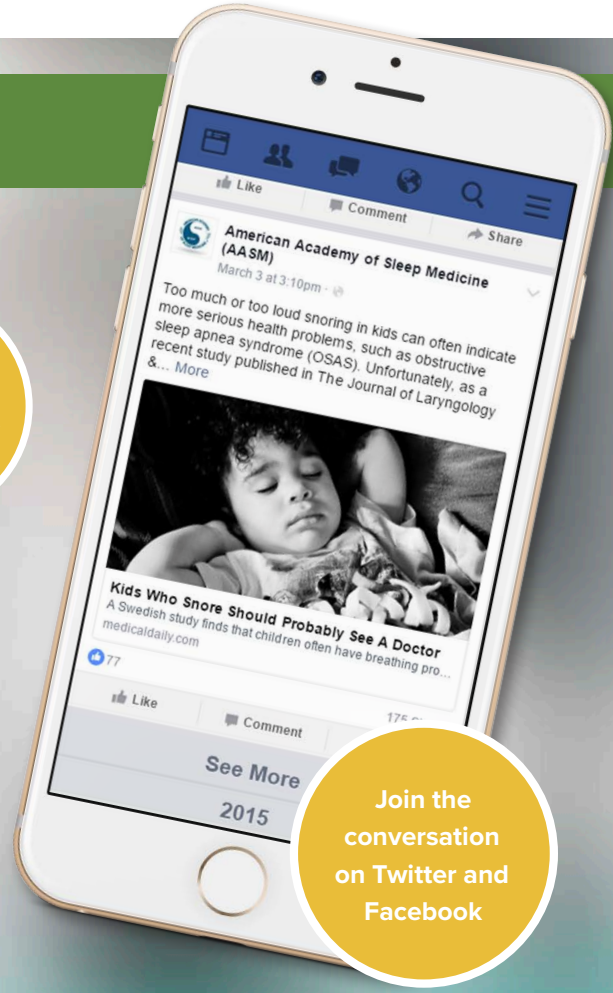
Why We Eat Too Much When We Don't Sleep Enough

University of Chicago researchers found sleep-deprived people ate more snacks, with more calories and fat, compared with after a full night's sleep

wsj.com

← ↻ ❤️ ⋮

Membership Week Contest Winners!



Join the conversation on Twitter and Facebook



Sleep Related Podcasts

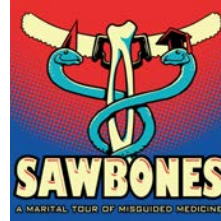
Podcasts can do more than help you get through a commute or workout, they can also help you fall asleep or learn something new about sleep.



Deep Energy 2.0

1 hour long

Music for sleep, meditation, relaxation, massage and yoga made up of ambient, peaceful journey of sounds.



Bonus medical history podcast covering sleep illnesses:

Sawbones: A Marital Tour of Misguided Medicine

Insomnia episode from September 2014 and Sleepwalking episode from May 2014

All podcasts available on iTunes

Journal Watch

The following studies from various journals present new findings of interest to sleep specialists.

- Poor parental sleep and the reported sleep quality of their children**
 Rönnlund H, Elovainio M, Virtanen I, et al. *Pediatrics*. 2016 Mar 24. [Epub ahead of print]

 - Parental sleeping problems were associated with more frequent reporting of children's sleeping problems, which was unexplained by the actigraph measures of children's sleep or any other tested potential confounder or mediator.
- Sleep deprivation and false confessions**
 Frenda SJ, Berkowitz SR, Loftus EF, Fenn KM. *PNAS*. 2016 Feb 8.

 - Sleep deprivation increases the likelihood that a person will falsely confess to wrongdoing that never occurred, and data suggest that it may be possible to identify certain individuals who are especially likely to falsely confess while sleep deprived.
- Effect of CPAP on glycemic control in patients with obstructive sleep apnea and Type 2 diabetes. A randomized clinical trial**
 Martínez-Cerón E, Barquiel B, Bezos AM, et al. *American Journal of Respiratory and Critical Care Medicine*. 2016 Feb 24. [Epub ahead of print]

 - Among patients with suboptimally controlled Type 2 diabetes and obstructive sleep apnea, CPAP treatment for 6 months, when compared to a control group, resulted in improved glycemic control and insulin resistance.
- Temporal integration of light flashes by the human circadian system**
 Najjar RP, Zeitzer JM. *Journal of Clinical Investigation*. 2016 Feb 8.

 - Discrete sequences of 2-millisecond light flashes evenly distributed over an hour were at least 2-fold more effective in phase delaying the circadian system as compared with continuous 60-minute light exposure.
- Night watch in one brain hemisphere during sleep associated with the first-night effect in humans**
 Tamaki M, Bang JW, Watanabe T, Sasaki Y. *Current Biology*. 2016 May 9.

 - When humans sleep in a novel environment, the default-mode network in one hemisphere is kept more vigilant to wake the sleeper up as a night watch upon detection of deviant stimuli.
- Sex differences in the circadian regulation of sleep and waking cognition in humans**
 Santhia N, Lazara AS, McCabe PJ, et al. *PNAS*. 2016 Apr 18. [Epub ahead of print]

 - Circadian rhythmicity in mental functions exhibits sex differences so that the night-time impairment in cognitive performance is greater in women than in men.



Insight from the National Office: SLEEP 2016 Meeting Department

KATIE KOVACS

Meeting Department Manager
AASM employee since 2012

How long does it take for your department to bring the Annual Meeting together?

The first step in planning the meeting is to determine the location, which occurs approximately 3-5 years in advance. Typically, staff focuses on locations that are easy for travel, affordable and are large enough to accommodate the meeting. Our goal is to select a city that meets these needs while maintaining a relatively low cost, which keeps our registration fees as low as possible for our membership. Currently, meeting department staff is looking at locations for the meeting in 2019, 2020 and 2021.

The APSS Program Committee starts planning the next meeting on the last days of the previous year's meeting. In August, the Program Committee reviews evaluations from the previous year, determines hot topics, and finalizes abstract categories, session proposal types and the keynote speaker and invited lectures for the next year. In the fall, session proposals and abstracts are accepted and reviewed by experts. The program is set by the APSS Program Committee in January, which is about the time that the registration and housing sites become available for attendees.

In the spring, the majority of the logistics are finalized by staff—from what color your tote bag will be to the layout of the exhibit hall.

What is the biggest challenge in bringing together this large of an event?

As you can imagine, there are many moving parts in the planning of a meeting for 5,000 attendees. The meeting is a collaborative effort of staff, members, exhibitors and vendors, all of which are crucial to the success of the meeting. The biggest challenge is anticipating the needs, wants and concerns of this diverse group of people. Meeting department staff tries to plan all details within our control so that we can resolve any issues that will come up unexpectedly on site.

What are you looking forward to at SLEEP 2016?

I personally look forward to interacting with our membership. Members may not know this, but we bring a large number of staff to the meeting. When you check-in at registration or purchase a product from the Society Booth, you are interacting directly with the staff that works at the national office every day. For many staff (including myself) this is one of the only times throughout the year that we interact with members face-to-face. This helps our staff understand why we do what we do every day.

It is also really nice to see 3-5 years of planning finally come together!



Sleep Fact Sloth



The name dormouse comes from the word “dormeus” meaning “sleepy one”. The dormouse in Alice in Wonderland slept through most of the Mad Hatter’s Tea Party, and in Elizabethan England, people who couldn’t sleep would often rub dormouse fat onto the soles of their feet. Sleep medicine has changed a bit over the years!

About Montage

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Contributors

Editor Katie Wendling
Managing Editor Lynn Celmer
Contributing Writer Thomas Heffron

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MONTAGE



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Darien, IL 60561

A Quarterly Membership Publication of the American Academy of Sleep Medicine

Connect with your AASM colleagues and the sleep medicine community in the spring issue of Montage. Another way the AASM is helping you navigate the future of sleep medicine.

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and sleep
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rest easy.

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