

THE AMERICAN ACADEMY OF SLEEP MEDICINE & THE NATIONAL INSTITUTE ON DRUG ABUSE



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, the AASM seeks 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 on Drug Abuse 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 in patients who abuse alcohol. 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 and abuse have a uniquely undeniable connection.

Bright **TOMORROW**

Through collaboration, the NIDA 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 on Drug Abuse 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 with an abuse problem, especially during their recovery. Sleep disturbance in substance abusers include OSA, insomnia, restless leg syndrome, and narcolepsy.

DRUG USE & SLEEP DISTURBANCE

- Evidence suggests that individuals seeking medical attention for sleep complaints are more likely to have drug or alcohol abuse problems than the general population.
- Chronic opioid use is related to central sleep apnea of both periodic and non-periodic breathing types.
- Cocaine increases wakefulness and suppresses REM sleep while cocaine withdrawal is often associated with sleep disturbances and unpleasant dreams.

ABUSE IN ADOLESCENCE

- Adolescents with sleep problems were more likely to use tobacco, alcohol, methamphetamine, cannabis, inhalants, cocaine, ecstasy and other illegal drugs.
- Substance use disorders and sleep disorders are among the most common psychiatric problems in children and adolescents.
- Treating sleep disturbances with additional counseling and education regarding the risk of substance use, clinicians may be able to prevent or delay the effects of addiction.

SLEEP, SUBSTANCE USE & MENTAL HEALTH

- Substance use disorders and sleep disorders are among the most common psychiatric problems in children and adolescents. They often co-occur and have a significant negative effect upon normal development.
- Rates of substance use disorders are markedly higher among individuals with PTSD.
- There is a significant association between sleep quality and mood disturbance in ecstasy users.