The Sleep Health Times

SleepTech
In September the National Sleep Foundation hosted SleepTech at Health 2.0, an 11-year old event in Santa Clara, CA, exploring the digital revolution in health care. Two years ago we teamed up with the event organizers to catalyze SleepTech. The event gathered thought leaders from major organizations, such as Jawbone, Marriot International, Beddit, MetroNaps and many others. The National Sleep Foundation will host the SleepTech Awards in 2017. Sleepfoundation.org/sleeptech.

Consumer Electronic Show
We are excited to host the National Sleep Foundation SleepTech Marketplace from January 5th through 8th at CES 2017 in Las Vegas, NV. Join us as we explore how technology is changing sleep health and what is on the horizon for the sleep tech industry. Sleepfoundation.org/sleeptech.

Lifetime Achievement Award to David Gozal
The National Sleep Foundation is pleased to present the 2016 National Sleep Foundation Lifetime Achievement Award to David Gozal, MD, MBA, of University of Chicago. Congratulations Dr. Gozal! Each year the National Sleep Foundation gives its highest recognition award to a distinguished individual who has demonstrated sustained professional productivity and leadership in the field of sleep medicine.

Launch of the Narcolepsy Resource Center
The Narcolepsy Resource Center provides patients as well as professionals with information on narcolepsy causes, symptoms, and treatment. Highlights of the resource center include interactive tools, such as the Narcolepsy Symptoms Screener which helps patients gather information about their condition. It also has quizzes that engage visitors and encourage them to find out more about narcolepsy, and help them start the conversation with their doctors about their condition. Sleepfoundation.org/narcolepsy.

Shaping the Future of Sleep Health
We are pleased to introduce a new advocacy section at sleepfoundation.org/advocacy. Stay up to date with our government affairs efforts and learn how the National Sleep Foundation is shaping the future of sleep health across all areas of government. Our specific advocacy priorities focus on improving sleep health for all populations, with special emphasis on the sleep health of the military, veterans programming, students, drivers and older adults in long-term care. Sleepfoundation.org/advocacy.

Sleep Works Summit
This year the National Sleep Foundation hosted the Sleep Works Summit at the Employer Healthcare Benefits Congress in Washington, DC. The two-day meeting highlighted the importance of sleep health in workplace environments. More than 2,000 corporate health, wellness and benefits executives heard from panelists discussing ways to initiate sleep wellness benefits. The event featured prominent keynote speakers, including Administrator Mark Rosekind, PhD, of National Highway Traffic Safety Administration and Arianna Huffington, author of The Sleep Revolution. Sleepfoundation.org/sleeptworks.

Wearable Sleep Monitor Standards
To advance our mission to improve sleep health and well-being, the National Sleep Foundation together with the Consumer Technology Association and ANSI have developed standards for wearable technologies that track sleep. The Definitions and Characteristics for Wearable Sleep Monitors provides definitions of terms used to describe sleep and indicates the functionality necessary in a consumer sleep measuring device to track those characteristics. The publication is now available for purchase at cta.tech/Research-Standards/Standards-Listing/Health-Fitness-Technology-Standards.aspx.

Sleep Health Learning Center
The National Sleep Foundation will launch its Sleep Health Learning Center in early 2017. Health care professionals can use the Learning Center to register for continuing medical education (CME) courses about sleep health and sleep disorders. Journal-based CME will also be available for researchers who read select articles in our journal Sleep Health. Keep an eye out on sleepfoundation.org for an announcement in early 2017.

Membership Has Its Benefits
The National Sleep Foundation is enrolling members through December 31, 2016. Join today and your subscription to Sleep Health will continue through next year (expanding to 6 issues)! Membership is critical to our mission’s success. Check out the range of membership levels and benefits that fit your needs. Sleepfoundation.org/JoinNSF.

Sleep Health Index™
The National Sleep Foundation’s Sleep Health Index provides a robust, clear and concise assessment of the American public’s sleep health, a critical component of well-being. Based on nationally representative public opinion survey data, the Sleep Health Index demonstrates strong validity and reliability, marking its value for researchers and policymakers as well as the general public. Keep an eye out in 2017 to learn about key findings from this year’s Sleep Health Index.

Beyond Tired™ Update
The National Sleep Foundation developed BeyondTired.org program to provide the insomnia patient community with an opportunity to discover how people with similar sleep issues deal with the condition. This year, two new participants, Cindy and Valencia, have joined the program in order to prioritize sleep in their daily lives. You can now follow their journeys for more sleep, as well as those of the other four participants. You can access their weekly video chronicles, resources, articles, tips from the Beyond Tired sleep experts, and more. BeyondTired.org.