The Sleep Health Times

Sleep Awareness Week 2017
Join the National Sleep Foundation (NSF) in championing sleep health! Starting on April 23rd, and through April 29th, NSF will highlight sleep’s essential role in feeling refreshed and rested. Sleep is an indispensable part of a healthy lifestyle and we rely on your support to spread the message. This year’s Sleep Awareness Week will focus on sleep health and highlight the role of sleep in improving productivity, health and overall well-being. Throughout the week, NSF will share tips and suggestions in order to help educate the general public on this important public health issue. NSF will also be revealing the results from and suggestions in order to help educate the general public on this health and overall well-being. Throughout the week, NSF will share tips and suggestions in order to help educate the general public on this important public health issue. NSF will also be revealing the results from quarterly Sleep Health Index for the first quarter of 2017. Sleep Awareness Week promotional tools will be available for you online by March 15th. Visit www.sleepfoundation.org/saw to learn more.

Join NSF Today
Help advance the cause of sleep health. In 2016 membership support enabled the NSF to achieve the following activities (among others):
- Educate 2,000 employers about sleep health at the SleepWorks Summit
- Launch the Narcolepsy Resource Center for the patient community
- Host medical education courses for primary care professionals
- Lead innovation discussions at SleepTech; at the Consumer Electronic Show
- Advance sleep health advocacy through NSF’s annual Washington Sleep Leadership Summit
- Advance sleep health through our journal Sleep Health.

As a NSF member, you will enjoys benefits, including:
- Annual subscription to Sleep Health
- 20% Discount on select NSF conferences/events registrations
- Notifications of opportunities to participate in NSF grant, fellowship and research projects
- Media referrals for interviews and news stories.

Become a NSF member today! Sleepfoundation.org/JoinNow

What is Good Sleep Quality?
In the February 2017 issue of Sleep Health, the National Sleep Foundation released an expert report on the key indicators of good sleep quality. Given the increase in the use of sleep technology devices, the report’s key findings are timely and relevant. This information complements the data these devices provide, helping millions of consumers interpret their sleep patterns. The report comes as the first in step in NSF’s effort to spearhead defining sleep health quality. Visit www.sleepfoundation.org/good-sleep-quality, and download the infographic to take a glimpse into the sleep universe.

Thank You
The National Sleep Foundation would like to thank the individuals and the organizations that have contributed to deliver the Sleep Quality expert report and its findings. NSF would also like to recognize the organizations that have endorsed the final report, and we thank you for your continued support. We look forward to working with you to advance sleep health in the future as well.


Visit our Sleep Health Center
The National Sleep Foundation’s newly launched Sleep Health Center is now live. The online learning portal offers enduring CME activities for health care professionals. Earn up 1.0 AMA PRA Category 1 Credit™ with our first course offering: Principles of Sleep Health for Medical Examiners. Additional education courses to follow. Visit education.sleepfoundation.org for more information.

April: Sleep and Disease
April is Sleep and Disease month at the National Sleep Foundation. Throughout the month, the NSF publishes new articles on sleepfoundation.org, sleep.org and the NSF social media channels on this theme. Don’t forget to visit our websites for the latest pieces. Follow the NSF on Facebook and Twitter for the latest news on the topic.

Resource Center Highlight: Non-24 Hour Sleep Wake Disorder
Did you know that half to three quarters of totally blind patients suffers from Non-24? That is almost 95 thousand Americans who struggle with this illness. Non-24-Hour Sleep Wake Disorder is a rare condition that affects the normal 24-hour synchronization of circadian rhythms. The NSF’s Non-24 Resource Center provides information, treatment options, and support assistance to patients, caregivers as well as the general public on this disorder. It also features a short quiz to help visitors to better understand this rare disorder. Visit sleepfoundation.org/Non-24 for more information.

Earn up to 3 Hours of CME Credit
As part of its continuing medical education course program, the National Sleep Foundation is excited to announce an exciting opportunity to earn up to 3.0 AMA PRA Category Credits™ this summer. In partnership with the Louisiana Academy of Family Physicians, NSF will feature its course, Managing Sleep Health in a Primary Care Setting, at the 70th Annual Assembly & Exhibition, on August 3rd 2017 at The Roosevelt Hotel in New Orleans, LA. Visit www.sleepfoundation.org for more information.

Standards for Wearable Sleep Monitors
For the past two years the National Sleep Foundation has been working with the Consumer Technology Association to develop standards for wearable technologies that track sleep. We’re pleased to present the Definitions and Characteristics for Wearable Sleep Monitors which defines terms used to describe sleep and indicates the functionality necessary in a consumer sleep measuring device to track those characteristics. Visit sleepfoundation.org/sleeptech to find out how to obtain your copy.