



The Sleep Health Times


Sleep Health @ accepted in MEDLINE

After receiving the *Best New Journal* award in 2016, the National Sleep Foundation is pleased to announce that *Sleep Health* has been accepted for indexing in MEDLINE, the U.S. National Library of Medicine's premier online bibliographic database. The Journal will be accessible to professionals worldwide who are researching sleep-related topics. This acceptance ensures that researchers have access to the latest research and guidelines on issues ranging from sleep quality to sleep satisfaction. The acceptance in MEDLINE is also a wonderful recognition of the important work that is highlighted in *Sleep Health*. Read the full press release on sleepfoundation.org/media-center. 


How America Sleeps

In keeping with our mission to improve sleep health and well-being, NSF is tracking the ever changing sleep habits, attitudes, behaviors and beliefs of the American public. Through the *Sleep Health Index@ (SHI)*, a quarterly fielded nationally representative poll of American adults, the NSF keeps its finger on the nation's "sleep pulse." You can now access the insights NSF gathers from SHI by visiting sleepfoundation.org/how-america-sleeps. This newly developed page will showcase the ever changing and evolving sleep trends, and will help NSF better understand the challenging issues facing the public. You can also view previous *Sleep in America@* poll results conducted by NSF. 

SleepTech Award 2017

Held in conjunction with Health 2.0, the third annual SleepTech Summit will mark the debut of the National Sleep Foundation's SleepTech Award. This is the world's first innovation award targeted specifically at advancements in sleep technology. The award encourages the public, media and industry to take notice of the new and emerging sleep technologies with high potential for improving sleep. Applications will be evaluated based on three criteria: innovation, viability and consumer benefit. Up to three finalists will be invited to present their products to a live audience and panel of judges during the SleepTech Summit, October 1-4, 2017. Registration for the award is now open and all applications must be submitted by Friday, June 30 at 11:59 p.m. EST. National Sleep Foundation (NSF) will notify the finalists by Wednesday, July 19th. Visit sleepfoundation.org/sleeptech for more information and to submit your application. 

National Sleep Foundation Achieves Accreditation with Commendation


In March the Accreditation Council for Continuing Medical Education (ACCME) awarded the highly coveted *Accreditation with Commendation* designation to the National Sleep Foundation in recognition of our high standards and quality of our Continuing Medical Education program. NSF offers a number of live, online and journal-based CME activities. It is estimated that only one in five organizations achieve *Accreditation with Commendation*, an elite designation reserved for those organizations that excel as CME providers. Read the full press release on sleepfoundation.org/media-center. You can also register for NSF's courses on our Sleep Health Learning Center at education.sleepfoundation.org. 

Sleep Disorder Training for Medical Examiners


Sleep disorders are a major cause of traffic fatalities. Estimates of the proportion of crashes due to fatigue and/or sleep disorders range from 10%-30%. NSF's *Principles of Sleep Health for Medical Examiners* online CME course will help Medical Examiners get the tools they need to assess and manage sleep disorders in commercial motor vehicle drivers.

The learning objectives for this course are:

- Identify and explain the importance of sleep to health and the safety risks of fatigue on driving.
- Describe the roles and responsibilities of medical examiners as they pertain to the Federal Motor Carrier Safety Administration (FMCSA).
- Identify common signs, symptoms and risk factors for obstructive sleep apnea (OSA) and other sleep disorders.
- Recognize the effects disorders may have on health and driving performance.

Register today and earn *1.0 AMA PRA Category 1 Credit™*. Available online today for \$150. Visit education.sleepfoundation.org for more information. 


Earn up to 3 Hours of CME Credit

As part of its CME program, the National Sleep Foundation is excited to announce an exciting opportunity to earn up to *3.0 AMA PRA Category 1 Credits™* this summer. In partnership with the Louisiana Academy of Family Physicians (LAFP), NSF will feature its course, *Managing Sleep Health in a Primary Care Setting*, on August 3rd, 2017 at the LAFP 70th Annual Assembly and Exhibition in New Orleans, LA. To register, visit sleepfoundation.org/continuing-medical-education. 


Coming Soon: At-a-Glance Video Series

The National Sleep Foundation is developing a new online CME video series that provides physicians with an overview on a variety of topics including Excessive Daytime Sleepiness, Sleep Disordered Breathing, Recognizing Insomnia Patients, and Sleep and Pain. Each video is 15 minutes and provides *0.25 AMA PRA Category 1 Credit™*. All four videos will be available on NSF's Sleep Health Learning Center this July. Some of the topics include:

- Identifying the signs and symptoms of the various disorders in patients.
- Applying sleep disorder screening methods during routine visits.
- Integrating diagnostic tools and sleep disorder management strategies into physicians' practices.

Visit education.sleepfoundation.org in July for more information. 

Coming Soon: More CME Opportunities

The National Sleep Foundation is pleased to announce an exciting opportunity to earn up to *3.0 AMA PRA Category 1 Credits™* this fall. In partnership with the Michigan Academy of Family Physicians (MAFP), NSF will feature its course, *Managing Sleep Health in a Primary Care Setting*, on October 19th, 2017 at the MAFP 2017 Fall Patient Wellness Event. To register, visit sleepfoundation.org/continuing-medical-education. 

Join the NSF Today

Membership support helps NSF implement some of our key programs. Some examples of last year's successes include advancing sleep health research through *Sleep Health*; educating 2,000 attendees at the SleepWorks Summit; launching the Narcolepsy Resource Center; providing education to physicians and health care professionals; and leading innovation discussions about SleepTech. As a member, you will enjoy many benefits, including annual subscription to *Sleep Health* and discounts on select NSF conferences /events registrations, among others. Join as an NSF member today! Sleepfoundation.org/JoinNSF 