The National Sleep Foundation is pleased to announce Joseph M. Ojile, MD, as the Chairman of the Board of Directors whose term began on July 1st. Dr. Ojile is the Founder, Chief Executive Officer and Medical Director of Clayton Sleep Institute in Maplewood, MO. He also serves as Clinical Professor of Internal Medicine for Saint Louis University School of Medicine, in St. Louis, MO. Dr. Ojile has managed clinical research studies that focus on sleep disorders, diabetes and pulmonary disease and regularly lectures at both national and international conferences on issues related to sleep disorders and pulmonary disease. He earned a Bachelor of Arts in Biology degree from St. Mary’s University in San Antonio, TX and a Doctor of Medicine degree from the Saint Louis University School of Medicine in St. Louis, MO.

The National Sleep Foundation is excited to announce the development and validation of the Sleep Health Index tool. The National Sleep Foundation presented the abstract of this work at SLEEP 2017 in Boston, MA on June 4, 2017. Max Hirshkowitz, PhD, the past Chairman of the National Sleep Foundation, has written a commentary about the Sleep Health Index. His commentary provides a narrative on the development of the Sleep Health Index in context with the scientific and statistical information provided in the manuscript. For information about the Sleep Health Index and access to recent reports from recent findings, please visit sleepfoundation.org.

Join engineers, investors and analysts on the cutting-edge of sleep health technology at SleepTech® Summit at Health 2.0 on October 1-4, 2017 in Santa Clara, CA. The Summit will explore how technology is rapidly changing our sleep health and what is on the horizon for the future of the sleep technology industry. The Summit will also mark the debut of the world's premier innovation award targeted specifically at sleep technology, the National Sleep Foundation SleepTech® Award. Finalists will present their inventions to a panel of judges in front of a live audience. Visit sleepfoundation.org/sleeptech to learn more.

At-a-Glance Series CME Courses
At-a-Glance online courses provide an overview of specific sleep health issues. These educational courses are intended for the primary care physicians on how to effectively treat and manage patients with sleep disorders. Each video is 15 minutes long and topics include excessive daytime sleepiness, insomnia, sleep and pain, and sleep disordered breathing. Each course has been designated for up to 0.25 AMA PRA Category 1 Credit(s)™. Register at education.sleepfoundation.org.

Managing Sleep Health in a Primary Care Setting (October 19, 2017)
Managing Sleep Health in a Primary Care Setting is a half-day, live educational course for physicians and health care professionals. Learn the overall importance of sleep and engage in an interactive workshop with case studies on diagnosing, treating, and managing common sleep disorders. The National Sleep Foundation is collaborating with the Michigan Academy of Family Physicians to present this program on October 19, 2017 at the Lyon Meadows Conference Center in Wixom, MI. This course has been designated for up to 3.0 AMA PRA Category 1 Credit(s)™. For information, visit sleepfoundation.org/events-activities.

Join the National Sleep Foundation Today!
Membership support helps NSF implement some of our key programs. Some examples of past successes include advancing sleep health research through our journal Sleep Health; educating 2,000 attendees at the SleepWorks Summit; launching comprehensive patient educational resource centers, such as the Insomnia Resource Center, Excessive Daytime Sleepiness Resource Center, Shiftwork Disorder Resource Center, and the Narcolepsy Resource Center; providing CME courses to physicians and health care professionals; and leading innovative discussions about SleepTech. As a member, you will enjoy various benefits, including annual subscription to Sleep Health and discounts to select NSF activities, among others. Join today! Sign up at sleepfoundation.org/JoinNSF.