The Sleep Health Times

2018 Lifetime Achievement Award Recipient Announced

The National Sleep Foundation is pleased to announce Sudhansu Chokroverty, MD, as the recipient of its Lifetime Achievement Award for 2018. The Lifetime Achievement Award is the National Sleep Foundation’s highest award given to an individual who has demonstrated sustained professional productivity and leadership in the field of sleep medicine, and also honors an individual’s contributions to professional organizations, societal education, institutional and public health.

Dr. Chokroverty has been a leading force in the field of sleep medicine for decades. He is Professor and Co-Chairman of Neurology for Clinical Neurophysiology and Sleep Medicine and Program Director of Clinical Neurophysiology and Sleep Medicine at the New Jersey Neuroscience Institute at JFK Medical Center in Edison, NJ. Dr. Chokroverty is also Professor of Neuroscience at Seton Hall University and Clinical Professor of Neurology at Robert Wood Johnson University Medical School. He has authored or co-authored numerous publications, including Sleep Disorders in Medicine and Atlas of Sleep Medicine. Dr. Chokroverty is Editor-in-Chief of Sleep Medicine, the official journal of the World Association of Sleep Medicine, of which he is Founder and Past President. The National Sleep Foundation will present the award to Dr. Chokroverty at the annual Lifetime Achievement Dinner next spring. Congratulations Dr. Chokroverty!

NSF LIFETIME ACHIEVEMENT AWARD WINNERS

2017   Mark Rosekind, PhD
2016   David Gozal, MD
2015   Emmanuel Mignot, MD, PhD
2014   Meir H. Kryger, MD
2013   Timothy A. Roehrs, PhD
2012   Michael Thorpy, MBChB
2011   Robert Y. Moore, MD, PhD
2010   Allan I. Puck, MBChB, PhD
2009   Philip R. Westbrook, MD
2008   Charles A. Czeisler, PhD, MD
2007   Sonia Ancoli-Israel, PhD
2006   James K. Walsh, PhD
2005   Christian Guilleminault, MD
2004   Allan Rechtschaffen, PhD
2003   Mary A. Carskadon, PhD
2002   Thomas Roth, PhD
2001   William C. Dement, MD, PhD

NSF Expert Consensus Panel on Sleep Satisfaction

On July 15, 2017, the National Sleep Foundation convened its fourth international expert consensus panel on sleep health. This project complements NSF’s ongoing efforts in defining sleep duration and quality. Experts discussed and came to consensus on the key indicators of sleep satisfaction—the subjective component of sleep health.

As a result of this project, the NSF has developed a sleep satisfaction questionnaire. The questionnaire allows individuals to quickly and easily assess their own sleep satisfaction. The NSF’s questionnaire will also enable healthcare providers and technology companies to better evaluate one’s satisfaction with his or her sleep. This tool will be especially valuable in the development of products and services aimed at improving sleep health.

The questionnaire is currently undergoing testing and validation. To learn more about this project, visit sleepfoundation.org/satisfaction.

Managing Sleep Health in a Primary Care Setting

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.

The NSF membership enrollment period for 2018 is now open! NSF offers seven membership categories: Sleep Care Center, Sleep Care Professional, Dental Professional, Primary Care Professional, Sleep Care Associate, Sleep Care Basic, and Research Professional.

The Research Professional membership category is a great fit for researchers and social scientists in sleep-related, multi-disciplinary fields, such as anthropology, human development, psychology, sociology, nutrition, public health, fatigue management, transportation, and medicine. Benefits include: an annual subscription to Sleep Health; notification of opportunities to participate in NSF grant, fellowship, and research projects; a 20% discount on select conference and event registrations; and media referrals for interviews and news stories.

Join today and receive 15 months of membership for the price of 12 months! Sign up at sleepfoundation.org/joinNSF.