Sleep Health Index® Third Quarter Results Now Available

The National Sleep Foundation’s Sleep Health Index is a quarterly fielded, nationally representative poll of American adults used to obtain the nation’s “sleep pulse.” The most recent quarterly fielding, Q3 2017, generated interesting results on the effect of technology use in bed on sleep health. Nearly half (48%) of American adults reported using an electronic device (e.g. a smartphone or tablet) in bed before trying to go to sleep. These people averaged two points lower on the overall Sleep Health Index than those who refrained from technology use in bed. In addition, 21% of American adults, representing 52 million people, reported awakening from sleep and using an electronic device before trying to go back to sleep at least once in the past seven days. These individuals averaged 10 points lower for overall sleep health. The Q3 2017 fielding also addressed overall health and stress, finding both to be strong predictors of sleep health. For the full Sleep Health Index Q3 report, visit sleepfoundation.org.

3rd Annual SleepTech® Summit

The 3rd Annual SleepTech Summit was held on October 3, 2017 in conjunction with the 11th annual Health 2.0 in Santa Clara, CA. The event featured three panels: Lessons Learned from SleepTech Exits; New Directions; and No-Touch SleepTech. The meeting drew over 100 attendees, including sleep technology companies, investors, analysts, and others involved in the space.

SNOO Wins Inaugural SleepTech® Award

NSF named Happiest Baby’s SNOO (a baby bed using smart technology) winner of the inaugural SleepTech Award. This is the world’s first innovation award for sleep technology companies. Eighteen semi-finalists pitched their product to a panel of judges, in front of a live audience at the SleepTech Summit. Three finalists were selected from this group, and from those finalists SNOO was named the winner.

Managing Sleep Health in a Primary Care Setting

Earn CME credit and join the National Sleep Foundation at an upcoming Managing Sleep Health in a Primary Care Setting program near you. Gain the knowledge you need to routinely discuss sleep health with your patients during regular check-ups and become more confident in treating and managing sleep disorders.

Managing Sleep Health in a Primary Care Setting is a regional, half-day course for family and osteopathic physicians that focuses on gaps in medical knowledge and competence related to sleep health and disorders. This program features an engaging presentation on the importance of sleep and an interactive workshop with case studies on diagnosing, treating and managing common sleep disorders. Managing Sleep Health in a Primary Care Setting has been designated for up to 3.0 AMA PRA Category 1 Credit(s)™.

Here are our upcoming program dates and locations:

- January 25, 2018: Virginia Academy of Family Physicians Winter Meeting; Wintergreen, VA.
- February 24, 2018: Utah Family Physicians Meetings; Park City, UT
- April 26, 2018: New Jersey Association of Osteopathic Physicians and Surgeons AROC Conference; Golden Nugget, Atlantic City, NJ

For more on NSF’s CME activities, check out sleepfoundation.org/cme.

Principles of Sleep Health for Medical Examiners

Register today for Principles of Sleep Health for Medical Examiners course where Commercial Driver Medical Examiners (CDMEs) will acquire the skills they need to identify common signs and risk factors of sleep issues and disorders as well as understand safety risks of fatigue on driving performance. This supplemental training course will cover: Sleep Health and Safety; the Role of the Medical Examiner; Obstructive Sleep Apnea and Other Sleep Disorders; and Common Sleep Medications. For more information, please visit education.sleepfoundation.org.

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 at sleepfoundation.org/joinNSF.

Sleep Health Advocacy at NSF

On September 28th NSF volunteers and staff met with their Congressional delegations in Washington, DC, to bring their attention to sleep health issues. Our primary advocacy issues address the state of sleep health of the military and veterans as well as the older populations in long-term care environments. Other issues are related to drowsy driving prevention, workplace and technology.

Drowsy Driving Prevention Week®

Drowsy Driving Prevention Week was held November 5-12, 2017. NSF encouraged all drivers to take a pledge against drowsy driving and urged state legislators to examine drowsy driving in their states.