The Sleep Health Times

Call for Textbook Chapter Proposals
The National Sleep Foundation and Elsevier are developing the first sleep health textbook, Foundations for Sleep Health (“Foundations”), F. Javier Nieto, MD, PhD, MPH, MHS is Editor. Foundations will advance the contemporary theories and global practices of sleep health for public health and medical school students. It will also serve as a foundational reference for the sleep health community. NSF welcomes chapter proposals related to the following themes:

- What is Sleep Health
- The Role of Biological Factors, Health Status, and Genetics in Sleep Health
- Components of Healthy Sleep
- Psychosocial Aspects of Sleep Health
- Bed Environment and Sleep Health
- The Influence of Built Environment on Sleep
- Exercise, Diet, and Nutrition’s Effect on Sleep Health
- The Family Unit and Its Role in Sleep Health
- The Effect of Friends and Other Social Networks on Sleep
- The Effect of Work on Sleep Health
- The Role of Sleep in Early Childhood Development
- The Role of Primary Care Physicians in Sleep Health
- Sleep in Societal Health Planning and Services
- Societal Security, Global Instability, and the Impact on Sleep Health

Prospective contributors are invited to submit a 1-2 page proposal that includes the scope, key contributors, and seminal research to be covered in the chapter. A letter of commitment to the timely delivery of the proposed materials should also be included. Email proposals to Anita Roach, Director of Sleep Population Health Research, at aroach@sleepfoundation.org.

Sleep Satisfaction Report
The National Sleep Foundation convened an international expert consensus panel to identify key elements of sleep satisfaction. As a result, the NSF is constructing a tool to measure this subjective reporting of sleep. The report is available is this issue of Sleep Health.

The project comes as NSF’s latest effort to provide the public with resources to better understand their sleep health, following sleep duration and sleep quality recommendations. Refinement and validation of NSF’s Sleep Satisfaction Tool are underway, consistent with the American Association for Public Opinion Research (AAPOR) standards and best practices. The tool will be launched in summer 2018. To learn more about this project and the experts involved, visit sleepfoundation.org/satisfaction.

Sleep Health Index®
NSF developed the Sleep Health Index to track sleep trends over time. The Sleep Health Index measures sleep health constructs including sleep duration, sleep quality and disordered sleep, providing a score for each as well as for sleep health overall. While NSF fields this tool quarterly across a representative sample of U.S. adults, the Sleep Health Index is also available for use in research studies looking to assess sleep health. To read more about the development and validation of the Sleep Health Index®, refer to the August 2017 issue of Sleep Health. Email questions to Michael Paskow, Director of Scientific Affairs and Research, at mpaskow@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.

At-a-Glance Series (CME)
Do you need continuing medical education (CME) credits and don’t have time for another long, time-consuming course? Register today for one of NSF’s At-a-Glance courses! The National Sleep Foundation’s At-a-Glance Video Series are 15-minute educational videos covering relevant and timely sleep health topics. In each video, experts teach methods for screening, treating and managing common sleep issues in patients. And the process for earning your CME certificate is easy! Enroll, watch the video, take the pre and post assessments and download your CME certificate immediately upon completion. For more information on all available courses, please visit education.sleepfoundation.org.

Managing Sleep Health in a Primary Care Setting (CME)
Earn CME credit and join the National Sleep Foundation at an upcoming Managing Sleep Health 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 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 Credits™.

Here are some of our upcoming program dates and locations:
- 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

Join the National Sleep Foundation Today (new)
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**Principles of Sleep Health for Medical Examiners (CME)**

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 (OSA) and Other Sleep Disorders; and Common Sleep Medications. For more information, please visit education.sleepfoundation.org.

**Become a SleepTech® member today!**

NSF launched the SleepTech program to advance innovations in sleep health. SleepTech members represent a variety of companies that are thriving at the intersection of sleep and technology. Join this elite group today! Enjoy a personalized online company profile, a members-only networking section of the SleepTech website, 20% discount on select event registrations, and many more benefits. To see the full list of benefits and sign up, visit sleepfoundation.clubexpress.com.