The Sleep Health Times

At-A-Glance: Pediatric Obstructive Sleep Apnea (New!)
We are pleased to offer a new continuing medical education (CME) course, At-A-Glance: Pediatric Obstructive Sleep Apnea (OSA), available now at the Sleep Learning Zone™ (education.thensf.org). The 15-minute, online course is targeted to pediatricians, general practitioners and primary care physicians. Dr. Stephen Sheldon, Director of Sleep Medicine Center at the Ann & Robert H. Lurie Children’s Hospital in Chicago provides an overview of pediatric OSA and techniques for managing patient care.

Check out our other sleep education courses on the Sleep Learning Zone that offer AMA PRA Category 1 Credit(s)™:

- At-a-Glance: Circadian Rhythm Disorders
- At-a-Glance: Cognitive Behavioral Therapy & Insomnia
- At-a-Glance: Excessive Daytime Sleepiness
- At-a-Glance: Insomnia
- At-a-Glance: Restless Legs Syndrome
- At-a-Glance: Sleep & Cognitive Performance
- At-a-Glance: Sleep & Diabetes
- At-a-Glance: Sleep & Pain
- At-a-Glance: Sleep Disordered Breathing

For specific course information and to start earning your CME credits today, please visit education.thensf.org.

Foundations of Sleep Health™ Textbook
NSF is publishing the Foundations of Sleep Health textbook. It will educate future public health and primary care professions on sleep health global perspectives, contemporary theories and modern practices. The textbook’s Co-Editors are Drs. Javier Nieto and Donna Petersen. The textbook will be available later this year.

Sleep Timing and Variability Consensus Panel Update
NSF’s Sleep Timing and Variability Consensus Panel is finalizing the first-ever public recommendations on the many aspects of sleep timing variability in the general public. This effort comes as a natural next step for NSF after its duration, quality, and satisfaction guideline and assessment endeavors. The international expert panel is chaired by Charles Czeisler, PhD, MD, and its members are Russell Grant Foster, PhD, David Gozal, MD, MBA, Elizabeth Klerman, PhD, MD, Shanthakumar Rajaratnam, PhD, Till Roenneberg, PhD, Joseph Takahashi, PhD, Fred Turek, PhD, Michael Vitiello, PhD, and Michael Young, PhD. The findings are expected to be released in 2020.

The Sleep Disorders™
Did you know that NSF has a helpful sleep resource for non-sleep specialists? The Sleep Disorders is an easy-to-read primer that provides a practical introduction to sleep and sleep disorders. This book originated more than forty years ago with its first publication written by Peter Hauri, PhD. He wrote the book in response to the growing recognition that despite the fact that sleep disorders fall under the domain of primary care, most primary care physicians do not receive education on these topics during their medical training. Since then much progress has been made on diagnosing and treating sleep disorders. Check out the updated publication at sleepdisorders.thensf.org.