



The Sleep Health Times


Summit on Adolescent Sleep and School Start Times: Setting the Research Agenda for California and Beyond

National Sleep Foundation is pleased to support Stanford University's upcoming Summit on *Adolescent Sleep and School Start Times: Setting the Research Agenda for California and Beyond*. The Summit will bring together researchers to share the latest findings from school start time research. The goals of the Summit are to identify and discuss novel and innovative topics for exploration, establish cross-disciplinary research collaborations, and make recommendations regarding future research across these areas. The Summit will be held virtually January 22-23, 2021. Summit information can be found at www.med.stanford.edu/psychiatry/education/training/sleep. 


Drowsy Driving Prevention Week® held on November 1-8, 2020

In November NSF hosted its annual *Drowsy Driving Prevention Week* to raise awareness and education about the dangers of drowsy driving and its prevention. The national campaign generated many engagements with the public on various NSF social media channels using hashtag #Sleepfirst. Even though the campaign has ended, drowsy driving remains an important year-round issue for NSF. You can find drowsy driving prevention resources on thensf.org/drowsy-driving-prevention. 


NSF and Samsung Partner to Provide Sleep Health Education

NSF is pleased to announce that NSF and Samsung Electronics Ltd. have partnered to feature NSF sleep health content in the sleep section of the Samsung Health mobile application. Sleep technology has incredible potential to improve consumers' sleep and their health. This partnership enables NSF to provide sleep health education and tailored information to millions of users around the world. 

2020 SleepTech® Award Winner Announced

NSF named Itamar Medical Ltd. winner of the 2020 *SleepTech Award*. The *SleepTech Award* recognizes the year's most innovative efforts in advancing sleep technology. Itamar Medical is a technology company focused on the development and commercialization of non-invasive medical devices and solutions to aid in the diagnosis of respiratory sleep disorders. Itamar Medical describes its WatchPAT™ ONE as the first and only disposable home sleep apnea test that connects to a smartphone app and easily transmits sleep data for review. The winner was selected based on the recommendation of a panel of sleep experts who reviewed the descriptions and representations of how the applicants' products and services support sleep science and achieve innovation in sleep technology in order to improve sleep health. NSF congratulates Itamar Medical! 

Save the Date: Sleep Awareness Week® March 14-20, 2021

NSF's annual *Sleep Awareness Week* is right around the corner. The annual event celebrates sleep health and encourages the public to prioritize sleep to improve their overall health and well-being. The 2021 campaign will be conducted on social media. Campaign theme will be announced soon. Check out the latest information on thensf.org/sleep-awareness-week #SAW2021 

NSF Statement on Equality and the Need for Change

Reflecting on the momentous period we are in, NSF clarified our values and committed to actions we will take to support diversity and equality. NSF's Statement on Equality and the Need for Change was a combined effort from the NSF Board, staff, and committees. NSF's values demand that our service to the public reflects respect and equality and we commit to continue learning and doing more to be an effective leader in public sleep health. Read our statement in the Media Center section on thensf.org. 