



AASM Advocacy Overview

Why should I advocate?

Do you have an innovative idea that would help provide better care for your patients? Is political red-tape bogging down your ability to provide high-quality, patient-centered care? Are you simply interested in the fight against obstructive sleep apnea (OSA), insomnia, narcolepsy, and other sleep diseases?

Capital Hill is full of many different people with equally different interests. Your representatives and senators care about what *you* care about. However, they'll never know what's on your mind until you let them know! Don't wait until Election Day to make your voice heard.

Today, anyone can be an advocate. Lobbying is not just for government insiders. Being an advocate is as easy as making a phone call, sending an email or letter, scheduling a meeting, or [making a donation](#) to the AASM Political Action Committee.

Who is my representative?

The legislative branch of the United States is split up between the House of Representatives and the Senate. The House of Representatives represents a specific district, and the Senate represents a state as a whole. Therefore, based on population size, states will have one or more representatives and two senators. When selecting a legislator to contact, remember that you can reach out to either senator representing your state, or you can contact the representative that serves for the district you live in. However, we recommend that you contact all three! Not sure who your representative and senators are? Click [here](#) and search with your home address and zip code to find your representative. To find your senators, click [here](#) and search by state.

What is the AASM Political Action Committee (PAC)?

The mission of the AASM Political Action Committee (PAC) is to support sleep-medicine friendly legislators. Through bi-partisan political action, sleep patients, specialists, and centers will be opened up to better, high quality care, equipment, and facilities. By making contributions, the AASM strives to gain access and influence of key lawmakers around the nation. With a contribution to the AASM PAC, you will be a direct contributor to the advancement of sleep medicine awareness and care.

Political action committees combine smaller contributions to make large and powerful donations. Therefore, **every donation of any size helps**. Make a quick and easy contribution to the AASM Political Action Committee today! Click [here](#) to donate.



What resources are offered by the AASM?

Beyond the Advocacy Toolkit, the AASM provides multiple means to aid you in your advocacy endeavors.

The AASM has a government relations team working for your benefit. For any questions, please contact Ted Thurn, the AASM's Senior Health Policy and Government Affairs Analyst, by email at tthurn@aasmnet.org or by phone at (630) 737-9700.