



AMERICAN ACADEMY
OF SLEEP MEDICINE
MEMBERSHIP



**HELPING YOU
NAVIGATE THE
FUTURE OF
SLEEP MEDICINE**

WITH THE CHANGES IN
HEALTHCARE AND
SLEEP MEDICINE, NEW
CHALLENGES ARE ARISING
ALL THE TIME. LET AASM
MEMBERSHIP HELP YOU
NAVIGATE THE FUTURE OF
SLEEP MEDICINE.



The American Academy of Sleep Medicine is sleep health. By working with members and affiliated professional groups, the AASM is creating the tools that help you succeed. Whether your interests lie in clinical sleep medicine, sleep related research or associated medical fields, the AASM has a program that will benefit you. In 2016 we will launch a telemedicine program to connect sleep providers with their patients more effectively and conveniently. Evolve Sleep is a new resource that provides you with relevant information about changes to health care. We are continuously developing high-quality patient care guidelines to address the sleep disorders illnesses that have research epidemic proportions and publishing the latest in sleep research in two monthly peer-reviewed journals. The patient education website, SleepEducation.org, allows patients to search for an AASM Accredited Facility or learn more about common sleep problems. AASM advocacy strives to protect sleep medicine professionals and promote the importance of sleep medicine at the state and national levels.

These resources and many others will ensure the continued prosperity of sleep medicine, but we cannot do it alone. Membership funds the initiatives that will benefit sleep medicine professionals and your patients. Make a commitment to your profession and join the AASM in achieving optimal health for all Americans.



NAVIGATING SLEEP MEDICINE

The AASM is committed to providing the tools for high-quality patient-centered care through Advocacy, Education, Strategic Research and Practice Standards. The AASM strives to help you succeed as a sleep medicine professional in a changing medical environment.



EVOLVE SLEEP



EVOLVE SLEEP

Our newest benefit brings the latest in Practice Standards, Practice Management and Patient Outreach to your fingertips. This resource assists members with the evolving sleep medicine practice, defined by ever-improving technology, innovative payment models, seamless record keeping and a focus on patient-centered care. Manage your practice efficiently and easily with this all-inclusive toolkit designed to help you provide quality sleep care in the 21st century.



TELEMEDICINE RESOURCES



Patients are seeking new means for health care, and technology is enabling this possibility. The AASM's Telemedicine Task Force is publishing a position paper on the use of telemedicine for the diagnosis and treatment of sleep disorders to help sleep providers integrate this technology while maintaining high-quality care. The AASM launched AASM SleepTM in early 2016 to provide a state-of-the-art, sleep-specific telemedicine platform for sleep practices and physicians.





SLEEP ANNUAL MEETING

JUNE 11-15, 2016
DENVER, COLORADO



**MEMBERS SAVE OVER 40% ON
SLEEP 2016 REGISTRATION**

A joint meeting of the American Academy of Sleep Medicine and Sleep Research Society, the SLEEP meeting blends the most current sleep research with the best clinical practices. SLEEP is the only five-day meeting in the nation with scientific sessions and an exhibition hall focused solely on sleep medicine and sleep research. SLEEP is the premier clinical and scientific meeting for sleep medicine professionals, sleep and circadian scientists, medical students and research trainees.

Visit www.sleepmeeting.org
for more information



MEMBERS ONLY NEWS AND CONTENT

Avoid out-of-date information and missing important news with AASM's member communications. We recognize members want content delivered in various media, and the AASM is launching a printed membership newsletter. The quarterly newsletter will include highlights of the latest in sleep medicine news, interviews with members, fun sleep medicine facts and pop culture references. In

addition, the AASM Weekly Update email and notifications keep members informed of the latest in sleep medicine and research by highlighting the most important news stories of the week as well as upcoming AASM events, sales and advocacy opportunities. AASM Facebook, Twitter and LinkedIn pages are other platforms for keeping up-to-date on the latest in sleep.



NAVIGATE SLEEP MEDICINE WITH EDUCATION



SLEEP MEDICINE TRENDS 2016

FEBRUARY 12-14, 2016
PHOENIX, ARIZONA



2016 SLEEP MEDICINE TRENDS

Visit www.aasmnet.org/sleeptrends
to learn more and register

Sleep Medicine Trends is the leading event for physicians and health care providers involved in the management of patients with sleep disorders and the business operations of a sleep facility. An expert faculty will explore state-of-the-art patient care management in the diagnosis and treatment of various disorders, the latest clinical research and strategies to improve current business practices. Discussions will focus on relevant information and produce advanced strategies for sleep clinicians to apply in their practice.





ONLINE LEARNING CENTER



The AASM Online Learning Center is the premier online education destination in sleep medicine. The AASM offers a complete range of comprehensive, engaging online courses and exams on the most current topics and practices in sleep, including a growing library of learning modules that have been developed specifically for online viewing. The AASM Online Learning Center provides education on-demand.



AASM CODING EDUCATION PROGRAM (A-CEP)



A-CEP

AASM CODING
EDUCATION
PROGRAM

A-CEP is an online training program consisting of 13 learning modules that teach sleep facility staff the key concepts of coding, insurance and reimbursement. By completing the program, staff members will have a working knowledge of procedure and diagnostic coding, insurance policy requirements and the claims submission process. Access A-CEP today from the AASM Training Center.

**AASM ACCREDITED FACILITY
MEMBERS RECEIVE 5 FREE
ACCESS CODES.**





MAINTENANCE OF CERTIFICATION

AASM MOC is a recertification solution tailored to meet the needs of sleep medicine physicians. All programs are self-directed, giving users the freedom to learn at their own pace. The AASM MOC program offers CME credits along with ABIM Part II credits and ABPN SA CME. The AASM currently has five ABIM and ABPN approved modules on topics such as General Sleep Disorders, Sleep Disordered Breathing, Insomnia and Parasomnias & Hypersomnias. The AASM plans to release two more modules in 2016. Monthly Scoring Reviews are also available for MOC credit.



AASM MOC

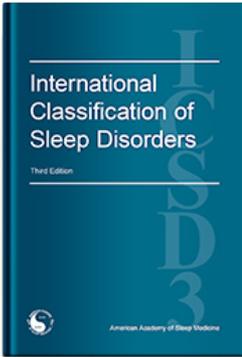
Visit www.aasmnet.org/MOC
to learn more

**AASM MEMBERS
RECEIVE FREE
ACCESS TO MOC
MODULES**





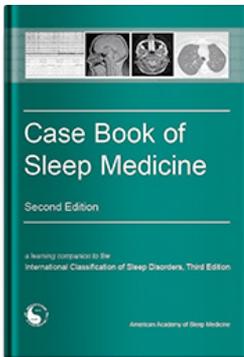
INTERNATIONAL CLASSIFICATION OF SLEEP DISORDERS – THIRD EDITION (ICSD-3)



Updated in 2014, the third revision of the *ICSD* features significant content changes, including new nomenclature, classifications and diagnoses. The book also features accurate diagnostic codes for corresponding ICD-9 and ICD-10 diagnoses at the beginning of each section. This is an essential reference for all clinicians with sleep disorders patients.



CASE BOOK OF SLEEP MEDICINE



The *Case Book of Sleep Medicine* has been updated to extend the utility of the recently released *ICSD-3*. Case-based learning allows readers to follow experienced clinicians gather information on history, physical examination, differential diagnosis, polysomnogram results, additional testing data, treatment plan considerations and outcome of the case. The organization of the *Case Book* follows that of the *ICSD-3* and features over 100 adult and pediatric sleep cases.



NAVIGATING SLEEP MEDICINE WITH MEMBERSHIP BENEFITS

AASM membership provides individuals and facilities with representation regarding relevant legislation and coding issues while supporting the development and publication of scientific research. Joining the AASM puts the extensive resources of the premier medical association for sleep medicine to work for you.



INDIVIDUAL MEMBERSHIP

For physicians, researchers, technologists, nurses, students and other allied health professionals.

TOP INDIVIDUAL MEMBER BENEFITS

- **IMPROVED! Member Communications**– Stay informed on new developments in the field through our new quarterly newsletter, weekly email updates and access to Members-Only sections of the AASM website.
- **NEW! Evolve Sleep** – Save time managing your practice with this all-inclusive toolkit designed to help you provide quality sleep care in the 21st century.

Visit evolvesleep.aasmnet.org
to learn more

- **COMING SOON! Telemedicine Resources** – Expand access to care and expand your practice base with a fully integrated solution that connects sleep providers and patients.
- **Journals SLEEP and JCSM** – Receive online subscriptions to the peer-reviewed journals, each serving to satisfy two basic needs of sleep professionals, the latest in sleep research and the best practices in the clinical setting.
- **Educational Opportunities** – Receive significant discounts on a variety of educational materials, courses and continuing education credits. Avoid falling behind with regularly updated educational products and courses that are held throughout the year covering the topics of greatest relevance to the field. AASM members also receive free access to Maintenance of Certification modules.



- **Coding & Compliance** – Receive timely updates when billing issues arise and access member only guidance from staff at the AASM National Office.
- **SLEEP Meeting Discount** – Save over 40% on registration to the leading educational event in the fields of sleep medicine and sleep research.
- **Annual Membership Directory** – Obtain exclusive access to the Online Membership Directory that makes your professional contact information available to colleagues both in the United States and abroad.



FACILITY MEMBERSHIP

For sleep disorders facilities and home sleep apnea testing (HSAT) programs that have achieved AASM accreditation.

TOP FACILITY MEMBER BENEFITS

- **Publicity** – Enhance your visibility through a free listing on the online directory at www.SleepEducation.org and bi-annual facility rosters.
- **Inter-scorer Reliability Program Savings** – Ensure your facility meets the AASM Standards for Accreditation for inter-scorer reliability and test the scoring ability of your staff by using this online resource. Facility members save up to 50%.
- **Online Job Board Listings** – Fill open positions at your facility through the AASM online job board, the 2nd most visited page on the AASM website. Facility members receive unlimited free job postings.
- **AASM Accredited Facility Member Logo** – Include the AASM Accredited Facility Member logo in your facility’s promotional materials and website to give your practice a visible “stamp of approval.”
- **AASM Coding Education Program (A-CEP)** – Give access to this online coding, insurance and reimbursement education program to staff members that are frequently required to perform coding and billing duties. Facility members receive 5 free access codes.
- **Staff Member Course Registration Discounts** – Send up to 4 staff members to AASM educational courses at the AASM member rate. Excludes SLEEP registration.
- **Reaccreditation Discount** – receive a discount on your facility’s reaccreditation fees.



NAVIGATE SLEEP MEDICINE WITH PRACTICE STANDARDS



CLINICAL PRACTICE GUIDELINES AND QUALITY MEASURES

Clinical Practice Guidelines provide physicians with comprehensive recommendations for the evaluation, diagnosis, treatment and follow-up of patients with sleep disorders. These guidelines are developed by a task force of experts who combine evidence-based literature with consensus-based recommendations to provide overall treatment strategies for patients. In 2015, the Clinical Practice Guideline for the Treatment of Obstructive Sleep Apnea and Snoring with Oral Appliance Therapy was updated by task force commissioned by the American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine. Additionally, seven guidelines are currently being updated.

In 2015, the AASM Board of Directors approved five new Sleep Medicine Quality Measures. A Task Force was commissioned to develop these Quality Measures. They were given five common sleep disorders that would most benefit from the development of outcome and process measures. These disorders include restless leg syndrome, insomnia, narcolepsy, obstructive sleep apnea in adults and obstructive sleep apnea in children. The quality measures were published in the *Journal of Clinical Sleep Medicine* in March 2015 as a six part series detailing the development of these measures accompanied by an appendix outlining the technical specifications which will aid healthcare providers in tracking their performance.



TASK FORCES

AASM Task Forces are working to keep Practice Guidelines, Accreditation Standards and Educational Opportunities up-to-date as well as developing new protocols for sleep medicine. These task forces are comprised of AASM members and staff for the benefit of the entire field. The Electronic Health Records (EHR) Task Force works to develop a series of sleep-related data fields to be included in EHRs, in an effort to optimize them for sleep medicine.



The Task Force has developed a list of recommended questionnaires and alternative questionnaires that may be used as a guide in conjunction with existing electronic health records. The Telemedicine Implementation Task Force works to develop an implementation guide for sleep facilities looking to integrate telemedicine into their practices. The task force is developing resources to help members better understand and navigate the barriers and regulations of implementing telemedicine. The Alternative Payment Models Task Force reviews existing alternative payment models and works to develop a recommendation for a bundled payment option for OSA management.



ACCREDITATION

AASM Accreditation is the Gold Standard by which the medical community and public can evaluate sleep medicine services. More than 2,500 sleep facilities have demonstrated the highest quality of care by achieving AASM Accreditation. The Standards for Accreditation ensure that sleep medicine providers display and maintain proficiency in areas such as testing procedures and policies, patient safety and follow-up, and physician and staff training.

The AASM offers accreditation for Sleep Facilities, Home Sleep Apnea Testing (HSAT) and Durable Medical Equipment (DME) programs.



STANDARDS



NAVIGATE SLEEP MEDICINE WITH STRATEGIC RESEARCH



SLEEP AND JOURNAL OF CLINICAL SLEEP MEDICINE

Every AASM Member receives free subscriptions to the peer-reviewed journals, *SLEEP* and the *Journal of Clinical Sleep Medicine (JCSM)*. Both journals are published monthly and members have access to the complete archives. These journals each serve to satisfy two basic needs of sleep professionals: *SLEEP* presents the latest in sleep research, while *JCSM* covers the best practices in the clinical setting. *SLEEP* and *JCSM* are ranked 1st and 4th, respectively, among 9 publications focused on sleep within the rankings by Google Metrics. With over 751,000 unique page views in 2015, both journals are valuable resources to researchers and clinicians.



AMERICAN SLEEP MEDICINE FOUNDATION (ASMF)

The American Sleep Medicine Foundation is a charitable and scientific organization that was established and is funded by the American Academy of Sleep Medicine. Directly benefitting research, the ASMF was founded in 1988 and has become the nation's leading sleep foundation. Since its inception, the ASMF has awarded \$15 million sleep-focused grants, including Bridge to Success Awards for Early Career Investigators and Physician Scientist Training Awards. The ASMF is invested in the future of sleep medicine and is committed to enhancing sleep health for all through research, education and humanitarian aid.



YOUNG INVESTIGATOR RESEARCH FORUM

The annual Young Investigator Research Forum is designed to aid the career development of promising young investigators in clinical and translational sleep medicine research. As active participants, the Young Investigator attendees interact with NIH representatives, present current research, provide feedback on each other's research and review grants. It also provides an opportunity for collegial interaction with other young investigators and established senior investigators across the broad spectrum of clinical sleep research.



NAVIGATE SLEEP MEDICINE WITH ADVOCACY



NATIONAL HEALTHY SLEEP AWARENESS PROJECT

The National Healthy Sleep Awareness Project is a cooperative effort between the AASM, Centers for Disease Control and Prevention, Sleep Research Society and other partners to promote and improve sleep health in the United States. The project consists of public awareness campaigns, promoting health care provider education and generating recommendations to improve current models for nationwide sleep health data collection. In 2016 the project is focused on preventing drowsy driving with the Awake at the Wheel campaign.



The public education website, projecthealthysleep.org, provides information about the project.



AASM ADVOCACY TOOLKIT

The AASM advocates on legislative and regulatory issues for you. The AASM works directly with members of Congress, the CMS, the NIH, and other state and federal agencies on issues of importance to the sleep medicine field. It also takes the voice of sleep medicine professionals to make a change happen. The AASM Advocacy Toolkit equips you to contact your lawmakers to discuss legislative and health policy issues that impact the field of sleep medicine. The toolkit will help you get in contact with and prepare to speak with your lawmaker.



STARK EXEMPTION

The current model of care for Medicare patients with a sleep illness is fragmented as the federal Stark Law prohibits sleep physicians from providing therapeutic DME to Medicare patients for the treatment of OSA. Instead of receiving PAP equipment and personalized treatment support from their physician and medical team, patients have to interact with an outside DME company. AASM is advocating for a Stark Law exception that will allow board certified sleep medicine physicians to provide long-term care for Medicare patients with OSA.





PRACTICE MANAGEMENT AND REIMBURSEMENT

The majority of national private payers and many regional payers have preauthorization protocols for sleep testing. Sleep facilities are struggling with the administrative and financial implementation of these policies. The AASM is advocating on behalf of its membership for improvements to preauthorization protocols by communicating regularly with national and regional payers.

ABOUT THE AASM



HISTORY

Founded in 1975, the American Academy of Sleep Medicine (AASM) is the only medical professional association dedicated exclusively to the field of sleep medicine. With more than 10,000 individual and facility members worldwide, the AASM acts as a common meeting ground for sleep specialists and other medical professionals, researchers and educators with an interest in sleep medicine and sleep research.



VISION

Achieving optimal health through better sleep.



MISSION

The AASM improves sleep health and promotes high quality patient centered care through advocacy, education, strategic research and practice standards.

Join today at www.aasmnet.org/join2016





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