



WINTER 2016 | VOLUME 1 | NUMBER 1



## Connecting the Sleep Medicine Community

Welcome to the first issue of Montage, a new publication for American Academy of Sleep Medicine members that will strengthen your connection with both your professional society and your sleep medicine colleagues.

Each issue of Montage will be a composite of diverse features spotlighting the involvement and interests of your fellow members and breaking issues in sleep medicine. These brief updates will give you quick snapshots from the front lines of our constantly evolving field. As a new membership benefit, a copy of Montage will be mailed four times a year to you and all other active domestic members of the AASM.

In upcoming issues of Montage, we'd like to feature your professional accomplishments. Are you starting your first job in the sleep field, making a career transition, launching a new research project, receiving an award, or developing an innovative device? Let us know about it!

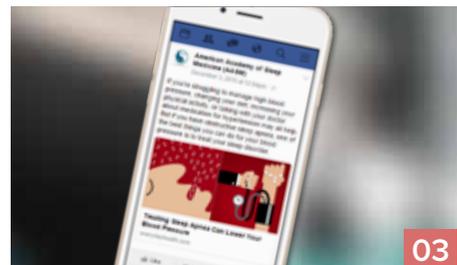
We also encourage you to share your personal news with Montage readers. Send us an update if you are getting married, having a baby, publishing a book, visiting Machu Picchu or hiking the Appalachian Trail.

As your professional society, the AASM constantly strives to keep you connected with relevant resources such as Montage. I hope you enjoy all that is in store for you in following pages and in upcoming issues.

Sincerely,

Nathaniel F. Watson, MD, MSc  
President

Please submit your news, updates and photos – along with your questions or comments – by sending an email to [Montage@aasmnet.org](mailto:Montage@aasmnet.org).



*The American Academy of Sleep Medicine is committed to providing the tools for high-quality patient-centered care. The AASM strives to help you succeed as a sleep medicine professional in a changing medical environment.*



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SEEMA KHOSLA, MD, FCCP, FAASM  
MEMBER SINCE: 2009  
HOMETOWN: CALGARY,  
ALBERTA, CANADA

## Member Spotlights

### When you were young, what did you want to be when you grew up?

A doctor. I come from a family of physicians – my mother is a family practitioner, my father is a surgeon, his father was a surgeon, and my brother is an endocrinologist.

### Who is your biggest inspiration?

My mom. She just turned 70 years old and is still practicing. She has had the same patients since she was pregnant with me. She loves her practice and her patients love her.

### How do you spend your time outside of work?

I have three children – the oldest is in college, the youngest just started kindergarten. I am the ultimate mom-taxi and have honed my skills to the point where I believe I could compete in the Parenting Olympics. My personal best achievement is my uncanny ability to catch vomit in the back seat with the cup holder without spilling a drop.

### What do you find most rewarding about sleep medicine?

People get better. In pulmonary medicine, you treat chronic pulmonary diseases that progress despite treatment. With sleep medicine, you find something that is usually treatable and people feel better. It is the ultimate equalizer – no matter who we are, rich, poor, obese or thin, we all need to sleep. When we don't sleep well, we don't feel well. When we sleep better, we feel better. That is nearly universal. When you help someone sleep better, you positively impact their life. I find that very rewarding.



JASPAL SINGH, MD  
MEMBER SINCE: 2007  
HOMETOWN: NEW DELHI, INDIA

### When you were young, what did you want to be when you grew up?

I always wanted to be a physician, but did briefly think about being an astronaut.

### Who is your biggest inspiration?

The religious leaders, or Gurus, of the Sikh religion are clearly my biggest inspiration. But if looking to someone today, then it would clearly be my father-in-law, Dr Amarjit Singh, who is not only a world-class surgeon, but one of the kindest, truest individuals I have had the honor of getting to know.

### How do you spend your time outside of work?

I like to spend time with my 3 kids and wonderful wife, Suneet Kaur, who is an internist, an educator, and a wonderful role model and companion. She is equally passionate about her work as a physician as I am. I am also involved in our Sikh community locally, love to travel, and try to exercise regularly. Although I have few hobbies, I do consider myself blessed that I truly love what I do, and that my work environment allows for me to express my creativity with a sense of purpose.

### What do you find most rewarding about sleep medicine?

I like that patients that are well-treated for their sleep disorders clearly benefit medically, socially, and psychologically. It is extremely rewarding when patients reach out later to let you know how well they are doing and how much you have improved their relationships, energy level and/or overall quality of life.

## Journal Watch

The following studies from various journals present new findings of interest to sleep specialists.

- Referral patterns and positive airway pressure adherence upon diagnosis of obstructive sleep apnea**  
*Russell JO, Gales J, Bae C, Kominsky A. Otolaryngology - Head and Neck Surgery. 2015 Nov;153(5):881-7. Epub 2015 Jul 24.*

  - Only 42% of adult patients who were diagnosed with OSA had documented adherence to PAP therapy, and only 35% of untreated patients were referred for further attempts at management of OSA.
- Morning circadian misalignment during short sleep duration impacts insulin sensitivity**  
*Eckel RH, Depner CM, Perreault L, et al. Current Biology 2015 Nov 4. [Epub ahead of print]*

  - A simulated 5-day work week with 5-hour sleep opportunities at night and ad libitum food intake resulted in about 20% reduced oral and intravenous insulin sensitivity in otherwise healthy men and women.
- Natural sleep and its seasonal variations in three pre-industrial societies**  
*Yetish G, Kaplan H, Gurven M, et al. Current Biology 2015 Nov 2;25(21):2862-8. Epub 2015 Oct 17.*

  - People in three preindustrial societies had sleep durations of 5.7 - 7.1 hours, with onset occurring 3.3 hours after sunset on average and terminating near the nadir of daily ambient temperature.
- Effects of caffeine on the human circadian clock in vivo and in vitro**  
*Burke TM, Markwald RR, McHill AW, et al. Science Translation Medicine 2015 Sept 16; 7(305):305ra146.*

  - A double-espresso caffeine dose administered before bedtime delayed the circadian clock by 40 minutes by acting directly on the adenosine receptor, suggesting that caffeine may be useful for resetting the circadian clock to treat jet lag.

## Social Media Highlights

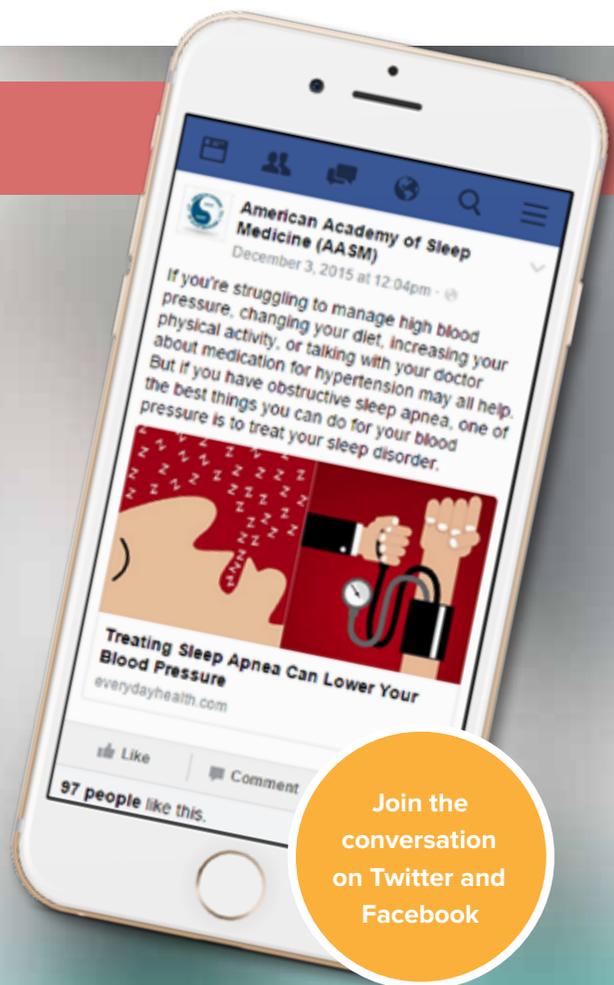
**ValleySleepCenter** @ValleySleepCtr · Jan 27  
 A new sleep routine won't happen overnight. It takes at least 21 days to form a new habit. Some tips to get started... [bit.ly/1LSDU5b](http://bit.ly/1LSDU5b)

**Dr. Michael Grandner** @michaelgrandner · Jan 26  
 Nobody brags about how much they eat, or how many cigarettes they smoke. #Sleep deprivation is not an accomplishment

**Yasi Baiani** @Yasaman  
 Marriott CEO: Stop Applauding People Who Boast About Not Sleeping [Inkd.in/bKAe6SC](http://Inkd.in/bKAe6SC)

**Darius Zoroufy, MD** @DrZoroufy · Jan 20  
 What Your Brain Is Really Doing When You Sleep [flip.it/bYwba](http://flip.it/bYwba)

**Lisa Bond RST RPSGT** @LBondRPSGT · Jan 8  
 #SleepFact Today 40% of newly diagnosed sleep apnea patients are female. It's not just a man's disease.



Join the conversation on Twitter and Facebook



# Insight from the National Office: AASM SleepTM

JASON WILBANKS  
DIRECTOR OF INFORMATION  
TECHNOLOGY, PROJECT MANAGER FOR  
AASM SLEEPTM  
AASM EMPLOYEE SINCE 2007

## What equipment would you recommend members use on AASM SleepTM?

**Webcam:** 720P or 1080P resolution

**Internet Browser:** Google Chrome (*latest version*)

**For best audio quality:** Use a headset instead of a mic and speakers

**Minimum connection speed:** 350 kbps

## How do you see FitBit or other wearable devices fitting into AASM SleepTM?

I think wearable device integration is a really exciting aspect of AASM SleepTM. Fitness trackers and smart watches are becoming more and more commonplace. This is enabling us to gain access to patient health data such as sleep and exercise in near real-time. Sleep diaries are now evolving from manually filled out sheets of paper to automatically tracked digital data. I think we've only touched the surface of what we can do with this data. We want providers to be able to generate many different types of reports and graphs on their patient population and gain new insight into their sleep habits. Health tracking is continuing to evolve and there are rumblings in the technology industry of a new processor for wearables that will contain an electrocardiogram. Technology advancements like this are very exciting for the sleep field and AASM SleepTM plans to keep up with these advancements.

## Did you face any challenges during development of AASM SleepTM?

Since we are dealing with sensitive patient data, security was a high priority during our development. First we tackled identity management. If we detect someone trying to access your account using an unrecognized device we use a two-step verification process to verify the identity. This requires a secure code be sent via email, text, or automated voice call to the contact info we have on file for your account to prevent unauthorized access. This practice is commonly used on highly secure banking applications. We also wanted to make sure when data is sent or received using the site that it can be unreadable by potential third parties. So we encrypted the entire website using a 256-bit encryption with our Secure Socket Layer certificate. We also wanted to make sure that sensitive data is encrypted at rest, meaning when it is stored on the database server. So we encrypted our database using AES and 3DES encryption algorithms which complies with many laws and regulations. These are just a few of the challenges we faced developing a secure platform.

## Any new features being planned?

Our development team will be developing an AASM SleepTM mobile app in the very near future. We want this telemedicine platform to be accessible from a variety of different devices such as your smartphone and tablets. We will also be looking in to what we can do to simplify the billing process for providers. In addition, expect expanded support of wearable devices such as Jawbone and Apple HealthKit.

## Congratulations to Our Longtime Members!

30 years of Membership in January, February, and March 2016

Sandeep Dhand, MD, FAASM  
Ronald R Grunstein, MD, PhD  
Sidney D Nau, PhD, FAASM  
Paul A Selecky, MD, FAASM  
David L Brown, MD, FAASM

## Sleep Fact Sloth



There have been eight US Presidents who have snored enough to make it into the history books: Theodore Roosevelt, Franklin Delano Roosevelt, William Howard Taft, George Washington, John Adams, John Quincy Adams, Grover Cleveland, and Barack Obama

Source: DailyPolitical.com, August 24, 2015



# The AASM wants to hear from you!

We are looking for content that is of interest for all members to share in future issues of Montage. The AASM would like to hear your news, stories and suggestions for future topics. Do you have a question for the AASM President? Or an interesting experience? Please send your stories, photos, questions and news to [Montage@aasmnet.org](mailto:Montage@aasmnet.org).

## Upcoming Issues of Montage and Submission Deadlines

	SPRING ISSUE	SUMMER ISSUE	AUTUMN ISSUE
Publication Month	May 2016	August 2016	November 2016
Deadline to Submit	April 1, 2016	June 20, 2016	September 19, 2016

## Sleep Medicine Music Videos



The staff of the Division of Sleep Medicine at the Hospital of the University of Pennsylvania created two parody videos that both educate and entertain! Both videos are available on YouTube.



"Snore" - Penn Sleep Medicine (Katy Perry "Roar" parody)  
 Nadia Ali · 3,122 views  
 39 likes 0 comments

"You'll Be Sleeping All Night" - Penn Sleep Medicine (Mark Ronson "Uptown Funk" parody)  
 Nadia Ali · 7,878 views  
 79 likes 1 comment

## Sleep in Space

### Mars Needs Colonists Who Eat Meat and Sleep Late

Popular Science, January 25, 2016

A study from the Proceedings of the National Academy of Sciences of the United States suggests that people who prefer to sleep in and stay up late may be better suited for Mars. The 37 minute longer day on Mars may affect the circadian rhythms of early risers whose internal clocks run a little faster than average.

Full article: [popsci.com/mars-inhabitants-will-probably-eat-burgers-and-sleep-late](http://popsci.com/mars-inhabitants-will-probably-eat-burgers-and-sleep-late)

## About Montage

Official membership publication of the American Academy of Sleep Medicine (AASM)

### Contributors

- Editor Katie Wendling
- Managing Editor Lynn Celmer
- Contributing Writer Thomas Heffron

### Advertising

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Darien, IL 60561

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of the American Academy of Sleep  
Medicine

Enclosed is the inaugural issue of the AASM's highlights of the latest in sleep medicine news, interviews with members and staff, social media updates and much more. Another way the AASM is helping you navigate the future of sleep medicine.