

About the American Academy of Sleep Medicine

Established in 1975, the AASM is the premier professional membership society representing the medical subspecialty of sleep medicine. The AASM has a combined membership of 10,000 accredited member sleep facilities and individual members, including physicians, scientists and other health care professionals, who help advance the AASM vision of achieving optimal health through better sleep. As the leading voice in the sleep field, the AASM improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards.



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ADVOCACY

The AASM advocates at the state and national level on legislative and regulatory issues impacting the practice of sleep medicine, including health care reform, physician reimbursement, research funding, and the impact of fatigue on transportation safety. The AASM also promotes awareness of the importance of seeking sleep-related medical care from a board-certified sleep medicine physician and the team of health care professionals at an AASM-accredited sleep facility. The AASM's public education website at sleepeducation.org has accurate information about sleep and common sleep disorders such as sleep apnea, insomnia, restless legs syndrome and shift work disorder. The AASM also leads the National Healthy Sleep Awareness Project, a collaborative initiative funded by the Centers for Disease Control and Prevention to promote improved sleep health in the U.S.

EDUCATION

The AASM develops professional education resources such as the International Classification of Sleep Disorders, which is the definitive diagnostic manual for sleep medicine, and The AASM Manual for the Scoring of Sleep and Associated Events. Physicians and allied health professionals stay up-to-date on best practices in the field by attending AASM courses such as Sleep Medicine Trends, which is held annually in February, and by enrolling in AASM programs such as the Accredited Sleep Technologist Education Program (A-STEP) and the Inter-scorer Reliability Assessment System (ISR). The AASM also partners with the Sleep Research Society to organize the SLEEP annual meeting of the Associated Professional Sleep Societies LLC (APSS), which brings together an international body of leading researchers and clinicians to present the latest scientific findings and discuss new developments in the sleep field.

STRATEGIC RESEARCH

In 1998 the AASM established the American Sleep Medicine Foundation (ASMF) to enhance sleep health for all through research, education and humanitarian aid. As the leading foundation promoting strategic sleep research, the ASMF has invested in the future of sleep medicine by distributing more than \$9 million in awards. Since 2005 the AASM also has published the Journal of Clinical Sleep Medicine, which is the most influential clinical journal in the sleep field.

PRACTICE STANDARDS

As the gold standard by which the medical community and the public can evaluate sleep medicine services, AASM accreditation ensures the highest quality of medical care for people with a problem related to sleep or daytime alertness. The AASM accredited the first sleep center in 1977, and now more than 2,500 accredited sleep facilities are providing exceptional patient care in communities all across the country. The AASM also accredits independent sleep practices that perform home sleep apnea testing, which ensures quality in obstructive sleep apnea testing and treatment. The AASM develops evidence-based clinical practice guidelines and other standards as benchmarks for the diagnosis and treatment of sleep disorders. These professional standards promote consistency and excellence in sleep-related health care. The AASM also leverages innovations to advance the practice of sleep medicine, such as by developing the AASM Sleep™ telemedicine system, which improves patient access to convenient, affordable, quality sleep care (sleepm.com).