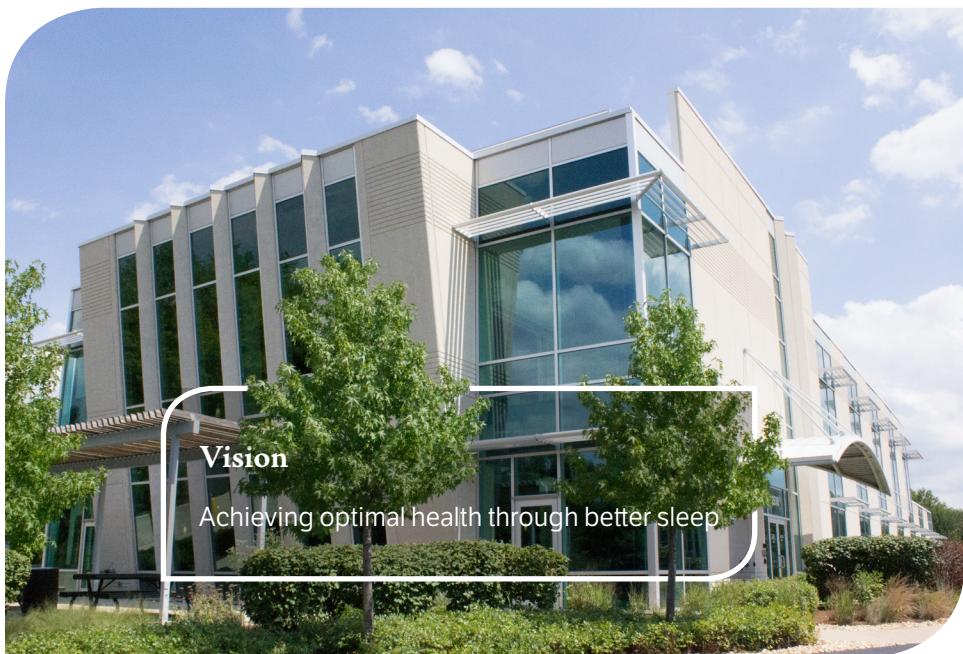




 **GROW YOUR ROOTS**  
In the Field of Sleep Medicine  


# 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 research.



## Mission

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

Interested in Joining? Why wait - visit [www.aasmnet.org/join2017](http://www.aasmnet.org/join2017)

# THE ROOT *of our Cause*

# 70 MILLION

Americans suffering from sleep problems. Nearly 60% of them have a chronic disorder.

(NCSDR)

# 30-35%

Global population affected by transient insomnia symptoms. The full clinical syndrome of chronic insomnia disorder occurs in about 10% of people.

(ICSD-3)

# \$63.2 BILLION

Estimated cost in lost work performance each year in the U.S. associated with insomnia.

(SLEEP)

# 69%

U.S. high school students that fail to get the recommended 8 to 10 hours of sleep per night.

(CDC)

# 35%

U.S. adults that fail to get the recommended 7 or more hours of sleep per night.

(CDC)

# 6,400

Estimated total of fatal crashes caused by drowsy driving in the U.S. each year.

(AAA Foundation for Traffic Safety)

# AASM in Review

Take a moment to review just a few of the highlights from 2016 and see what's ahead for the 2017 year with the help of our members:



Launched **ChooseSleep.org** to help educate residents and med students about sleep medicine careers

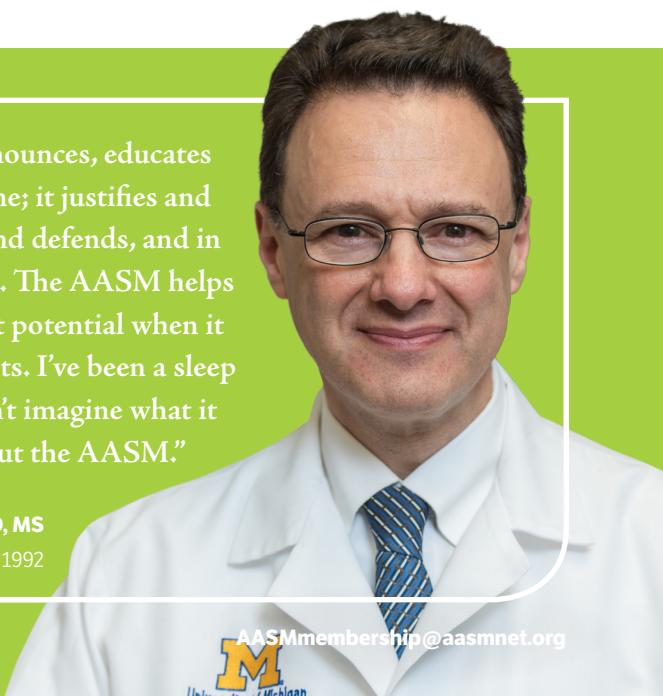
Launched the state-of-the-art, sleep-specific telemedicine system – **AASM SleepTM**

Published a new **guideline update** for ASV therapy for central sleep apnea

Published a consensus statement for **pediatric sleep durations**

“ The AASM defines, announces, educates and organizes sleep medicine; it justifies and represents, it investigates and defends, and in many ways creates our field. The AASM helps each of us reach our highest potential when it comes to serving our patients. I've been a sleep physician for 24 years. I can't imagine what it would have been like without the AASM.”

**Ronald Chervin, MD, MS**  
President, Member since 1992



# WHAT'S Ahead?



Initiated the new **Patient Education Fact Sheet** subscription service

Raised awareness for the **National Healthy Sleep Awareness Project** with the CDC

Released the **Sleep Telemedicine Implementation Guide** to empower your practice

**Handbook for Optimizing EHR Use in Sleep Medicine**

**Clinical practice guideline for the pharmacologic treatment of chronic insomnia in adults**

**New position paper on the use of actigraphy**

**“** Throughout my career in sleep medicine, the AASM has provided a valuable networking resource. I've often referred to the AASM's online resources for my clinical practice, from touching base on clinical practice guidelines and updated scoring rules to information on lab accreditation and coding FAQ's.”

**Christina V. Darby, MD, FAASM, ABPN**  
Sleep Medical Director, Member since 2010

# CULTIVATE Your Education

**At the root of your professional career lies the education that started it all.**

The AASM understands the importance of continuing your education to stay up-to-date with the most recent changes in the field of sleep medicine and provide the best possible care to your patients. By offering a variety of courses at different education levels, the AASM provides educational resources that are valuable to all medical professionals interested in sleep medicine. As a member of the AASM, you will receive significant discounts on all AASM educational opportunities and products such as learning modules, the Case Book of Sleep Medicine (ICSD-3), slide sets, and more.

## Online Learning Center

The screenshot shows the homepage of the AASM Online Learning Center. At the top, there's a navigation bar with links for EDUCATION & CAREER, MEMBERSHIP, ACCREDITATION, PRACTICE MANAGEMENT, PRACTICE GUIDELINES, and ABOUT AASM. Below the navigation is a main content area with several sections: "About" (describing the center as a comprehensive online education destination), "Learning Modules" (with a link to "Get the full AASM course experience"), "Practice Exams" (with a link to "Review for the American Board of Internal Medicine's certification exam in sleep medicine"), and "Scoring Reviews" (with a link to "Score your scoring while with the AASM"). There are also links for "Education On Demand," "Learning Center Home," and "Log in to My Learning Center." A sidebar on the right lists "New Learning Modules" and "2016 Sleep Medicine Trends: 21 Most Popular Topics." The footer includes social media links for LinkedIn, Facebook, and Twitter.

The AASM Online Learning Center includes a growing library of learning modules that have been developed specifically for online viewing, as well as topics captured at previous AASM Sleep Education Courses. All resources available in the AASM Online Learning Center were developed and approved by leading clinicians, researchers and instructors in the field.

## Maintenance of Certification

The screenshot shows the homepage of the AASM MOC website. At the top, there's a navigation bar with a "User Login" link. The main content area features a section titled "Maintenance of Certification for Sleep Medicine Physicians" with a sub-section "Educational programs and products to fulfill requirements for sleep medicine recertification." It describes AASM MOC as a recertification solution tailored to the needs of sleep medicine physicians. Below this is a "What's New" section with a link to "New MOC Modules for Members" and a note that "AASM members gain free access to modules with topics including: General Sleep Disorders, Sleep Disordered Breathing, Insomnia and Parasomnias & Hypersomnias." The footer includes links for "Forgot Password? Need help?" and "Sign In" or "Register an Account".

Developed to help sleep medicine physicians fulfill requirements for recertification, the American Board of Internal Medicine and the American Board of Psychiatry and Neurology have approved AASM MOC content.

**AASM members gain free access** to modules with topics including: General Sleep Disorders, Sleep Disordered Breathing, Insomnia and Parasomnias & Hypersomnias. All programs are self-directed, giving users the freedom to learn at their own pace.

# DEEPEN YOUR ROOTS at AASM Events

## Sleep Medicine Trends

### Winter; Annually

Stay on trend with the latest in sleep medicine when you attend this leading event for sleep medicine clinicians. Expert faculty explore state-of-the-art patient care management in the diagnosis and treatment of various disorders, the latest in clinical research and strategies to improve current business practices through a variety of session types. Discussions focus on providing relevant updated information and new strategies that sleep clinicians can use in their practice. **Did we mention members save \$200 on registration?**

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## SLEEP Meeting

### Summer; Annually

Clinical workshops, invited lectures, abstract presentations, bench to bedside integrated sessions, discussion groups, and more – find it all at SLEEP. A joint meeting organized by the AASM and Sleep Research Society (SRS), SLEEP brings together an international body of researchers, clinicians, technologists, students, and other health care professionals. Events at SLEEP focus on topics such as sleep disorders, chronic disease, sleep deprivation, neuroscience, genetics, and dreaming. Sign up to continue branching out into the world of sleep medicine. **Save another \$200 when registering as an AASM member.**

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## Board Review Course

### Fall; Every Other Year

Prepare to pass the sleep medicine subspecialty board certification exam at the AASM's most attended course. These dynamic, focused courses are designed to help maximize prep time and provide a comprehensive review in sleep medicine.

## Past Events



# BRANCH OUT *Through Networking*

**Let the AASM be your connection to thousands of members across the globe.**

Share success stories, ask questions, build relationships, and further your career in sleep medicine by branching out to colleagues through a variety of member resources provided by the AASM. As a member, you will have access to the AASM membership on Twitter, our online community forum, the online Membership Directory, weekly emails, and more.

## Member Directory

AASM members gain exclusive access to the Online Membership Directory which contains contact information for members of the AASM, Sleep Research Society, American Association of Sleep Technologists, and American Academy of Dental Sleep Medicine. This reference tool gives you the chance to connect with colleagues directly. Search by last name, state, or country and branch out to others in the field.

## Membership Twitter

NEW  
FOR  
2017!

The need for real-time information is prevalent now more than ever, and the AASM is here to help connect you to information, other members, and sleep-related updates through the AASM membership on Twitter. This members-only account helps members connect with one another, share tips and best practices, and receive updates in real-time from the AASM membership department. **@AASMMembership**

## Job Postings

Whether you're looking to hire or looking to get hired, the AASM is here to help. The AASM online job board listing allows members to search for job openings in the field of sleep medicine. AASM members receive discounts on all job postings for their facilities. In 2016, AASM members utilized the job board to post over 270 employment opportunities in the sleep medicine field.

## Member Communication

The AASM communicates updates, new findings, and more through various media. Weekly emails keep members informed on the latest in sleep medicine and research, upcoming AASM events, sales and advocacy opportunities, and more. Montage, a quarterly, members-only newsletter, features AASM members, recipes for successful zzz's, and member-contributed content.

# RIPEN YOUR KNOWLEDGE *with Science*

In the ever-evolving field of sleep medicine, the AASM is here to help you stay up-to-date on scientific studies, findings, and more.

By providing members with valuable resources such as journals, manuals, and guidelines, the AASM ensures members have the right tools to grow in the field of sleep medicine and research by learning about the latest scientific advancements in sleep.

## *Journal of Clinical Sleep Medicine (JCSM) & SLEEP*

*JCSM* and *SLEEP* serve to satisfy two basic needs of sleep professionals: *JCSM* covers the best practices in the clinical setting, while *SLEEP* presents the latest in sleep and circadian research. **Every AASM Member receives a free subscription to each of the peer-reviewed journals**, both of which are published monthly, have accessible archives, and contain CME opportunities.

## Practice Parameters & Clinical Guidelines

Evidence-based practice parameters and clinical practice guidelines provide clinicians a framework for the assessment and management of sleep disorders. Members of the AASM receive early notification when new clinical guidelines that set standards for the field are released.

## AASM SleepTM & the Sleep Telemedicine Implementation Guide

AASM SleepTM provides the tools and support necessary to stay at the forefront of sleep medicine. Expand your organization by bringing your expertise to patients, no matter where they live. Learn valuable information to jump start your telemedicine program with the new Sleep Telemedicine Implementation Guide to easily develop a successful telemedicine program in your practice.

**NEW!**

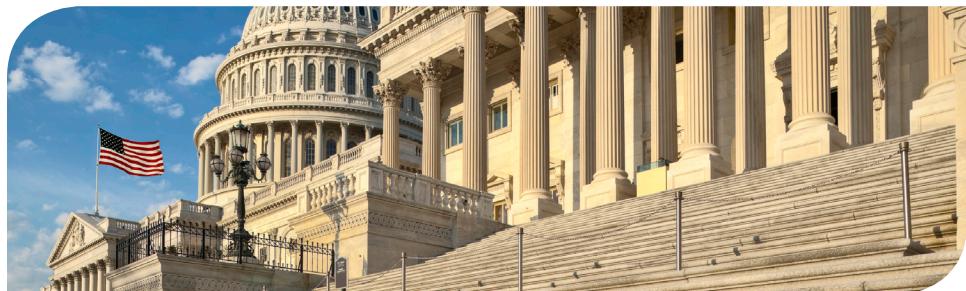
## Electronic Health Records (EHR) Handbook

Designed to meet the needs of members at every level of EHR implementation, this members-only handbook features specific tips for everything from customizing navigation and note templates to automating order entry. The handbook also includes case studies that highlight EHR usability and optimization. Overcome the many challenges of effectively using EHR in the sleep center with this handy toolkit.

# **STAND TALL with Support**

**The AASM is here to support both our members and the field of sleep medicine.**

Advocating for legislation and regulations that promote patient access to high quality sleep care, the AASM works directly with members of Congress and other state and federal agencies on important issues regarding the sleep medicine field.



## **Legislation and Health Policy**

Benefit from the AASM's involvement in health policy issues that impact you. At the national level, the AASM is advocating for a Stark Law exception for sleep medicine physicians. The AASM also has adopted policy resolutions on topics ranging from drowsy driving to post-traumatic stress disorder.

### **Evolve Sleep**

By assisting members with the evolving practice of sleep medicine and changing healthcare climate, Evolve Sleep is an all-inclusive toolkit to help you with ever-improving technology, innovative payment models, and new care paradigms.

### **Coding and Compliance**

Stay current on regulatory activity and the steps that must be taken to maintain a practice that provides and bills for effective patient care. AASM members receive updates when billing issues arise and may contact the AASM national office staff for guidance.

### **Practice Management**

The majority of national private payers and many regional payers have preauthorization protocols for sleep testing. The AASM advocates for improvements to those protocols by communicating regularly with national and regional payers.

# PLANT THE SEED of Membership

**The AASM is your gateway to educational courses, online classes, journals, and more.**

Interested in growing your knowledge in sleep medicine? Eager to connect with like-minded professionals passionate about practicing and promoting healthy sleep? Looking for useful resources to provide patients? Let us help. Members receive discounts on online learning modules, meeting and course registrations, and online resources.

## Types of Memberships



### Regular

\$250

Regular members possess an MD, DO, PhD, DDS or other doctoral degree in the health care field and are active in sleep disorders medicine.



### Student

\$50

Student members are in formal training including medical students, residents and fellows.\*



### Affiliate

\$250

Affiliate members have special training in the healthcare field such as technologists, nurses and sleep center managers who are active in the clinical and/or research aspect of sleep medicine.



### Affiliate Industry

\$500

Affiliate industry members are employed in the manufacture or sale of pharmaceuticals or equipment who seek to improve their understanding of sleep medicine.



### Corresponding Up to \$175\*\*

Corresponding Membership is open to non-American individuals (outside of the U.S. and Canada) whose financial or academic situation renders it a hardship for them to pay the full price of member dues.

\* Restrictions apply

\*\* See website for details.

**BEGIN  
YOUR  
GROWTH  
with AASM  
Membership**

### Contact Us

**630-737-9700**

Mon – Fri  
8:00 – 4:30 CST

### Online

[aasmnet.org/join2017](http://aasmnet.org/join2017)



A close-up, low-angle photograph of a field of young, vibrant green plants, likely grass or wheat, growing in dark soil under a clear blue sky. The plants are in sharp focus in the foreground, while the background is blurred.

[www.aasmnet.org/join2017](http://www.aasmnet.org/join2017)