



PATIENT AND EDUCATOR RESOURCES

www.aaafoundation.org safe driving information for parents and teens, articles for download.

www.aadsm.org American Academy of Dental Sleep Medicine, educational resources, including video and blog.

www.aasmnet.org American Academy of Sleep Medicine, a physician membership organization with journals, blog and a message board. AASM offers a sleep center accreditation program. Patient education information can be found at www.sleepeducation.com along with a listing of AASM-accredited sleep centers who are member centers of AASM. Another website is www.yoursleep.aasmnet.org.

www.aastweb.org American Association of Sleep Technologists, a technologist membership organization providing an online learning center, continuing education program, sleep magazine, job board and a members' discussion board.

www.advanceweb.com Advance offers healthcare professionals products and services including magazines, websites, a retail shop, events, custom promotions and communications, hospital shows, conferences and partnerships. Advance produces ADVANCE for Respiratory Care and Sleep Medicine.

www.brpt.org Board of Registered Polysomnographic Technologists, a credentialing organization for sleep technologists, also offers technologist education, continuing education program and legislative and regulatory advocacy for sleep technologists. There is a message board and blog as well as a job board. Credential verification can be done on this site. BRPT offers the Clinical Sleep Educator certificate course.

www.caahep.org Commission on Accreditation of Allied Health Education Programs, accredits educational programs, including those for sleep technology. Maintains a list of all accredited programs in the U.S. and other information.

www.chestnet.org American College of Chest Physicians (ACCP), a physician membership organization, provides education materials, publishes a journal, guidelines and con-

sensus statements and has mobile offerings as well. ACCP led the development of the Clinical Sleep Educator course that BRPT now offers.

www.cdc.gov Centers for Disease Control and Prevention, offers podcasts, fact sheets on insufficient sleep state-by-state with sleep data and stats that can be downloaded and printed.

www.cms.gov Centers for Medicare and Medicaid Services; this is where the National Coverage Determination (NCD) and Local Coverage Determinations (LCDs) for Polysomnography coverage by Medicare can be found.

www.fphcare.com/sleep-apnea/education-support/ Fisher & Paykel Healthcare site offers sleep apnea education and resource information.

www.fusionhealth.com offers sleep apnea care management solutions, educational information.

http://www.jointcommission.org/assets/1/18/SLP_Standards_Sampler.pdf Joint Commission standards for Ambulatory Care and sleep centers.

<http://julieflygare.com/> Julie Flygare is a writer living with narcolepsy and cataplexy. This website offers her experience, as well as educational materials. School Accommodations with Narcolepsy Video ; Narcolepsy selected for FDA Patient Focused Drug Development Initiative (PFDDI) ; How Awake Are You? Game Measures Sleepiness

www.narcolepsynetwork.org The Narcolepsy Network provides education, advocacy, support and awareness information. There is also a message board.

www.nhlbi.nih.gov National Heart, Lung and Blood Institute offers general public and patient information as well as a section for health professionals. There is a free download of Your Guide to Healthy Sleep 2011 and there are some interactive tools on this site as well.



www.nhtsa.gov National Highway Traffic Safety Administration provides information on driving safety, drowsy driving and sleep disorders, research, statistics as well as regulations and laws.

www.nia.nih.gov National Institute on Aging has English and Spanish versions of patient and public information on sleep and other disorders as people age.

www.nlm.nih.gov National Library of Medicine provides patient information along with an interactive program for personal education. The site includes a video education program.

www.nsart.org National Sleep Awareness Roundtable is a coalition of governmental, professional, voluntary and other organizations dedicated to improve sleep-related education. NSART was founded by the joint efforts of the National Sleep Foundation and the Centers for Disease Control and Prevention.

<http://nsf.patientsleepsupplies.com> National Sleep Foundation (NSF), online sleep shop for patients to purchase equipment, masks, general sleep supplies, patient education brochures for sleep centers and offices. NSF is a not-for-profit organization dedicated to improving sleep health and safety through education, public awareness and advocacy. NSF sponsors www.sleepforkids.org and www.drowsydriving.org where there is much information for patient and public education.

<http://pit.respironics.com> Partners in Training product from Respironics. This is a sleep apnea awareness resource for homecare providers, clinicians and physicians. Found here are specialized materials, educational tools and clinical literature. Many items for download such as educational presentations and patient brochures, CEU presentations, on-demand webinars and clinical equipment competency checklists. All can be downloaded or ordered through the mail.

www.proplayerhealthalliance.com The Pro Player Health Alliance tackles sleep apnea with medical partner events using current and past NFL players to help educate the public.

www.reggiwhitefoundation.org sleep disorders research and education foundation; interactive sleep apnea risk test; co-founded by Sara White and the Sleep Wellness Institute in West Allis, Wisconsin, after the premature death of NFL football superstar Reggie White. The foundation provides PAP equipment to those who might not be able to secure equipment otherwise. It is a 501 (c) (3) non-profit organization and one can donate PAP equipment as well as dollars.

www.resmed.com/us/elearning/elearning.html?nc=clinicians ResMed provides free online training courses for clinicians as well as educational videos. www.resmed.com/us/index.html offers patients and families education information and other resources.

www.rls.org Restless Legs Syndrome Foundation offers information about awareness, treatment and research. There are fact sheets and brochures for download. In February 2013, the name was changed to the Willis-Ekbom Disease (WED) Foundation to reflect the first description of the disorder in the medical literature in 1945 by Swedish neurologist Dr. Carl Axel Ekbom.

<http://science.education.nih.gov/supplements/nih3/sleep/default.htm> Free high school program Sleep, Sleep Disorders and Biological Rhythms which includes teacher's guide and interactive materials for students.

www.sleepapnea.org American Sleep Apnea Association (ASAA) which operates an online resource for books, brochures, other products as well as a CPAP assistance program, directory, ASAA merchandise, a blog and links to other sleep-related sites. Provides information and resources for A.W.A.K.E. (Alert, Well and Keeping Energetic) education and support groups.

www.sleepcentermanagementinstitute.com organization dedicated to management, business education and development of sleep management professionals.

www.sleepdt.com/journal Sleep Diagnosis and Therapy journal is a medical publication for sleep professionals. The home website offers videos one can download, an event calendar and a buyer's guide that lists vendor names and contact information. There is also a tab for downloading specific apps.



<http://sleepdisorders.sleepfoundation.org> National Sleep Foundation e-book publication which is an updated version of Peter Hauri's 1977 "The Sleep Disorders."

www.sleepmapper.com mobile and web-based system designed to help OSA patients enhance their sleep therapy experience. There are videos and guides, caring for equipment information; it is a Philips Respironics product and if using the System One unit, provides information on usage, mask fit and AHI. Requires own login.

www.sleepresearchersociety.org Sleep Research Society is a membership organization of scientists investigating all aspects of sleep and its disorders. This group publishes the journal Sleep in association with the AASM.

www.sleepreviewmag.com free magazine published ten times each year by Allied Media, LLC. In the interactive edition, one can download a 2013 product guide. There is an e-newsletter and Sleep Report weekly. Sleep Review offers featured experts on polysomnography, actigraphy, dental sleep medicine and electrodes and sensors. These experts respond to reader questions on the given topic. Readers can connect with Sleep Review on Facebook, Twitter and LinkedIn.

www.sleepscholar.com clinical and educational resource for sleep technologists, sleep center managers, dentists, physicians and associated sleep professionals. It has a moderated and independent blog for sleep professionals.

www.thoracic.org American Thoracic Society, clinical and scientific sleep related breathing information

www.understandingsleep.org Harvard site with Sleep and Education modules for viewing, including videos.

www.wakeuptosleep.com ResMed's comprehensive sleep apnea support community covering awareness to diagnosis to treatment. The site offers personal sleep coaches to answer questions.

www.wfsrsm.org The World Sleep Federation facilitates international collaboration and cooperation among professional sleep societies around the world, including the promotion of sleep health as a worldwide public health priority.

OTHER SUGGESTED WEBSITES:

www.americansleepandbreathingacademy.com
www.awakeinamerica.info
www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm118563.htm
www.circadiandisorders.org
www.emedicine.medscape.com
www.healthychildren.org
www.nlm.nih.gov/medlineplus/tutorials/sleepdisorders/htm/index.htm
www.psychologytoday.com/basics/sleep
www.sleepapnearevealed.com
www.sleepdisorderchannel.com
Sleep-L@posts.queensu.ca
www.sleepnet.com
www.webmd.com/sleep-disorders/default.htm

NEWS WEBSITES:

<http://www.cbsnews.com/stories/2008/03/14/60minutes/main3939721.shtml>
<http://www.huffingtonpost.com/news/sleep/>
<http://health.nytimes.com/health/guides/disease/sleep-disorders/overview.html>

INTERESTING ARTICLES:

Sleep-Wake Cycle: Its Physiology and Impact on Health, National Sleep Foundation, 2009, www.sleepfoundation.org

Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem, 2006

www.nap.edu/catalog.php?record_id=11617

Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome, published by Pediatrics: <http://pediatrics.aappublications.org/content/early/2012/08/22/peds.2012-1671>

http://www.washingtonpost.com/national/health-science/disease-and-sleep-recent-studies-find-new-links/2012/12/03/003ef1ba-3d9e-11e2-bca3-aadc-9b7e29c5_graphic.html

PRACTICE GUIDELINES:

<http://www.aasmnet.org/practiceguidelines.aspx>

NURSING RESOURCES:

Redeker, N.S. & McEnany, G.P., (2011). *Sleep Disorders and Sleep Promotion in Nursing Practice*. Springer Publishing Company, New York, New York.

Lee, K.A., Landis, C, Chasens, E.R., Dowling, G., Merrit, S., Paker, K.P., Redeker, N.,... Weaver, T.E. (2004). *Sleep and Chronobiology: Recommendations for Nursing Education*. Nursing Outlook, 52(3) 126-133.

Morton, A.L (2012). *What Nurses Need to Know about Sleep Apnea*. *Nursing made Incredibly Easy* Retrieved March 18, 2013 http://journals.lww.com/nursingmadeincrediblyeasy/Fulltext/2012/05000/What_nurses_need_to_know_about_sleep_apnea.8.aspx.

Atlanta School of Sleep Medicine www.sleepschool.com/courses/nurse-practitioners-and-physician-assistants/sleep-medicine-for-nurse-practitioners-and-physician-assistants/

U Mass online Graduate Certificate in Sleep and Sleep Disorders in Health and Disease. Retrieved March 18, 2013 www.continuinged.uml.edu/online/Certificates/sleep.cfm

Roccichelli, J.T., Sanford, J.T & VanderWaa, E., (2010). *Managing sleep disorders in the elderly*. *The Nurse Practitioner: The American Journal of Primary Health Care* 35 (5). 30-37. Retrieved March 18, 2013 http://www.nursingcenter.com/prodev/ce_article.asp?tid=1003369

AdultMeducation (2013). Retrieved March 18, 2013 from <http://www.adultmeducation.com/index.html> This is a website about adherence to therapy in general.

Shift-Work Sleep Disorder: The role of the Nurse (2012). Retrieved March 18, 2013 <http://ananursece.healthstream.com/Pages/Product.aspx?ID=6ef3b30a-21f1-e111-9857-0015171c5bb1&DisplayName=Shiftwork>

EXAMPLES OF APPS AVAILABLE FOR DOWNLOAD:

aSleep
 Baby Sleep Timer
 Deep Sleep and Relaxation Hypnosis
 Lucid Dreamr
 Quit Snoring
 Relaxing Sleeping Sounds & Ambient Sound Effects
 Sleep Champ
 Sleep City
 Sleep Cycle Calculator
 Sleep Gadget
 Sleep Professionals Flash Cards
 Sleep Schedule
 Sleep Timer
 Sleeping U
 Yoga for Insomnia

SLEEP BOOKS:

A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems

by Jodi A. Mindell and Judith A. Owens, 2009

Clinical Sleep Disorders

by Paul R. Carney, Richard B. Berry and James D. Geyer, 2011

Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide

by Michael L. Perlis, Carla Jungquist, Michael Smith and Donn

Posner, 2008

Dental Management of Sleep Disorders

by Ronald Attanasio and Dennis Bailey, 2009

Encyclopedia of Sleep

by Clete Kushida, 2013

Focus on Sleep Medicine: A Self-Assessment by Teofilo

Lee-Chiong, 2009

Fundamentals of Sleep Medicine: Expert Consult

by Richard B. Berry, 2011

Getting a Good Night's Sleep: A Handbook for People Who Have Trouble Sleeping

by Fiona Johnston, 2002

Handbook of Sleep Medicine

by Alon Avidan and Phyllis C. Zee, 2011

Narcolepsy: A Clinical Guide

by Meeta Goswami, S. R. Pandi-Perumal and Michael J. Thorpy, 2009

Primary Care Sleep Medicine: A Practical Guide

by J.F. Pagel and S.R. Pandi-Perumal, 2007

Questions & Answers About Sleep Apnea

by Sudhansu Chokoverly, 2008

Restless Legs Syndrome: Coping with Your Sleepless Nights

by Mark J. Buchfuhrer, Wayne A. Hening and Clete A. Kushida, 2006

Sleep: A Groundbreaking Guide to the Mysteries, the Problems and the Solutions

by Carlos H. Schenck, 2008

Sleep Apnea and Snoring: Surgical and Non-Surgical Therapy

by Michael Friedman, 2008

Sleep Disorders and Sleep Promotion in Nursing Practice

by Nancy Redeker and Geoffrey Phillips McEnany, 2011

Sleep Medicine Essentials

by Teofilo Lee-Chiong, 2009

Sleep Medicine Pearls

by Richard B. Berry, 2002

Snoring and Sleep Apnea: Sleep Well, Feel Better

by Ralph A. Pascualy, 2010

Solve Your Child's Sleep Problems: New, Revised and Expanded Edition

by Richard Ferber, 2006

The Harvard Medical School Guide to a Good Night's Sleep

by Lawrence Epstein and Steven Mardon, 2006

The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness and a Good Night's Sleep

by William C. Dement, 2000

The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy

by Kim West and Joanne Kenen, 2009

The Sleep of Others and the Transformation of Sleep Research

by Kenton Kroker, 2007

CHILDREN'S BOOKS

A Book of Sleep

by Il Sung Na, 2009

Curious George Good Night Book

by H.A. Rey and Margret Rey, 2007

Dr. Seuss's Sleep Book

by Dr. Seuss, 1962

Sleep Like a Tiger

by Mary Logue and Pamela Zagarenski, 2012

Sleep Tight, Little Bear

by Martin Waddell, 2006