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Subhajt Chakravorty, MD

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**Past President:**

Matthew Anastasi, BS, RST, RPSGT

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**President-Elect:**

Mary Ellen Aderhold, BS, RPSGT

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Marcy Guido-Posey, BS, RPSGT

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Linda Vose, CRT, RPSGT

Stacie Woodring, RPSGT, RST

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# Welcome Letter from the President

by Subhajit Chakravorty, MD

It is hard to believe that we are already into the summer of 2016!

It is an honor to be the incoming president of the Pennsylvania Sleep Society (PSS), a position that I took over in July 2016. Over the past few years, I have witnessed first-hand the growth and transformation of our society into one of the finest state sleep societies across the country. The pro-active nature and the team spirit of the board members helps transform an idea into action and makes it a pleasure to be a part of this fabulous team. I also want to take this opportunity to thank our immediate past president, Matthew Anastasi. He has tirelessly labored to take PSS to the next level and make the PSS 2016 Annual Meeting a success.

We also congratulate Mary Ellen Aderhold (“Mel”), our incoming President-Elect. I have worked with Mel over the past year, and I am enthusiastic to see her in this new role. She has boundless enthusiasm and is an absolute pleasure to work with. She will be a great leader for our sleep society. We also welcome back Marcy Guido-Posey as the new secretary-treasurer. Marcy is an ex-president of the PSS and a fabulous resource for our society. Other incoming members of our board of directors include Rochelle Goldberg, Stephanie Kohler and Stacie Woodring.

Susan McAtee-Lloyd (“Susie”) is our outgoing secretary-treasurer and one of the “bedrocks” of our board of directors. She has been instrumental with the planning, organization and implementation of many PSS activities, including the annual meetings and the migration of our website, just to name a few. We wish Susie all the best in her future endeavors, and we hope that she will continue to remain active as a member of PSS. As we commence with the agenda for this upcoming year, I anticipate three areas of priority where we will need to focus our attention. We intend to initiate planning for our 2017 PSS Annual Meeting starting next month. As done in previous years, we will use data from our 2016 meeting attendees to guide us. In this era of the internet, another priority of PSS will be to update our new website. The final area of priority is expansion of our membership base. One avenue for improvement involves the recruitment of members-in-training across disciplines. Additionally, we hope to address other important issues such as advocacy on sleep health.

Please feel free to contact me with any ideas, questions or concerns. We look forward to another productive year.



Sincerely,

**Subhajit Chakravorty**  
**President of the Pennsylvania Sleep Society**

# Meet Your Board of Directors

by the Pennsylvania Sleep Society Board

## President

Subhajit Chakravorty



Dr. Chakravorty is an Assistant Professor of Psychiatry at the Perelman School of Medicine (PSOM) at the University of Pennsylvania. He is a member of the

Division of Sleep Medicine and the Behavioral Sleep Medicine program, and an affiliated member of the Center for Studies on Addiction and Institute for Translational Medicine and Therapeutics at PSOM. At the affiliated Cpl. Michael J. Crescenz Veterans Affairs Medical Center (CMCVAMC), he is a member of the Mental Illness Research, Education and Clinical Center (MIRECC) and a staff physician in the departments of R & D and psychiatry.

He finished his medical school training from the University College of Medical Sciences, Delhi, India, psychiatry residency training from the University of Pittsburgh, Pittsburgh, PA and clinical sleep medicine training from PSOM. In addition, he completed an integrated clinical-research post-doctoral fellowship in addictions within MIRECC at CMCVAMC. He is board certified in Psychiatry, Sleep Medicine and Addiction Medicine. His program of research is on insomnia associated with pathological alcohol use, and, the relationship of sleep and suicide in those with alcohol use disorder.

After graduating from his psychiatry residency program, he practiced for three years in a medically under-served area, providing psychiatric care to inmates within the Pennsylvania Department of

Corrections at the prison in Frackville, PA. He currently practices and teaches sleep medicine at PSOM and addiction medicine at CMCVAMC.

## Past-President

Matthew Anastasi



Matthew Anastasi, BS, RST, RPSGT is currently the Sleep Lab Manager for two

University of Pittsburgh Medical Center (UPMC) hospitals: Presbyterian Medical Center and Mercy Hospital. He is the System Sleep Group leader at the UPMC Health System.

Since 2000 he has served in leadership roles in various positions which have afforded him unique insights. At the University of Pennsylvania, he was Chief Technologist at the Clinical Research Center for Sleep in the Department of Medicine. At the Main Line Health system in suburban Philadelphia, he coordinated two AASM-accredited labs. In each of his roles, Matthew has focused his efforts on developing talent and creating safe and supportive work environments for those around him including patients and staff.

Matthew has authored an article in the peer-reviewed Journal of Alternative and Complementary Medicine and has collaborated on eight sleep articles and abstracts. He is actively involved in disseminating information on topics related to sleep medicine at the state level and at the level of the community. In addition, he is interested in political advocacy at the grassroots level through his position at a non-profit.

## Secretary-Treasurer

Marcy Guido-Posey



Marcy Guido-Posey, RPSGT, RST is the Sleep Center Coordinator at Holy Spirit Health System, a Geisinger Affiliate. She is a founding member of the Pennsylvania Sleep Society, and

served on the Board of Directors for several years. (BOD 2008-2010; President-Elect 2010-2011; President, 2011-2012; Past President 2012-2013) Marcy has also served on the Board of Directors for the North East Sleep Society. Marcy has been a sleep tech since January of 1997.

## President-elect

Mary Ellen Aderhold



My name is Mary Ellen Aderhold. I am the Coordinator of the Neuro-Diagnostic Unit at Reading Hospital. This unit encompasses the Sleep Center, EEG, PFT and

Pulmonary Rehab departments. I am an RPSGT and a licensed respiratory therapist with over 19 years' experience. I received my Master's degree in Health Administration from the University of Saint Francis in 2011.

In my role at Reading Hospital I served as adjunct faculty for the University of Texas, Brownsville campus for students in our

area going through their program. From 2012 until 2014 I worked as an adjunct professor for the University of Saint Francis for their online classes. Since 2000 I have been a volunteer for the religious education program at my church and another local church.

**Director**  
**Indira Gurubhagavatula**



Dr. Indira Gurubhagavatula is an Associate Professor of Medicine at the University of Pennsylvania School of Medicine (SOM). In addition, she is the Director of the Sleep Disorders Clinic at the Philadelphia VA Medical Center, a faculty member at Penn's Divisions of Sleep Medicine and Pulmonary/Critical Care Medicine, an elected member of Penn's Cardiovascular Institute, and a member of the American Thoracic Society.

She received her medical degree from Johns Hopkins University, and completed residency training at Barnes Hospital at the Washington University Medical Center in St. Louis, MO. She obtained a Master's Degree in Public Health from Harvard University in Boston, MA. She then trained in Pulmonary, Critical Care and Sleep Medicine at the Hospital of University Pennsylvania. She is board-certified in Sleep Medicine through the ABIM and ABSM and has had board certifications in Pulmonary Disease, Critical Care Medicine, and Internal Medicine.

Her key research interests are in screening for sleep disorders in high-risk populations and in evaluating cardiovascular consequences of sleep-disordered breathing. She is actively involved in advocacy of better sleep in the community.

**Director**  
**Stacie Woodring**



Stacie Woodring started working as a Sleep Technician in April 2007. She received her RPSGT certification in 2010 and her RST certification in 2011. Stacie is currently a staff member at the Holy Spirit hospital, a hospital affiliated with the Geisinger Health System. She has a wide range of experience and skills that she has acquired over the prior two decades while working within the healthcare system as a Certified Nursing Assistant, Emergency Room Technician, and Emergency Medical Technician. As a board member, she is interested in advocating for health at the level of her community as well as at the state level.

**Director**  
**Faith Luyster**



Dr. Faith Luyster is a research assistant professor at the University of Pittsburgh School for Nursing. She has a Ph.D. in psychology and specific training in behavioral medicine and sleep medicine. Her research targets comorbid sleep disorders and their impact on health outcomes in patients with chronic medical conditions.

Dr. Luyster has published multiple empirical articles on sleep disturbances in chronic conditions, which include obstructive sleep apnea, rheumatoid arthritis, asthma, and type 2 diabetes. Her research is currently funded by a NHLBI-funded K23 Career Development award. I would like to serve on the Board of Directors for the Pennsylvania Sleep Society as it will provide an excellent opportunity to promote the importance of sleep research and education on not only a state level but also at a national level. Additionally, by serving in this role, I would

be given the opportunity to contribute to initiatives that encourage collaborative relationships between researchers, health professionals, and educators, which is vital to the field of sleep medicine.

**Director**  
**Stephanie Kohler**



Stephanie Kohler is a registered respiratory therapist and a long-standing member of the AAST. Stephanie started her accomplished clinical career of 22 years as a respiratory therapist at the Pottstown Memorial Medical Center, and, then worked transiently at Young's Medical Equipment and as a Respiratory Therapist at Phoenixville Hospital. She commenced on her career in sleep medicine in 2005, which soon led to RPSGT and RST certifications in 2007 and 2011, respectively. She has worked in different roles within a sleep medicine center, such as a night therapist, day resource therapist and sleep clinic assistant. She is currently the lead technician and the back-up supervisor at the Reading Hospital. With her wide experience and skillsets, Stephanie is interested in enhancing treatment outcomes for sleep disorders through patient education and compliance with therapy.

**Director**  
**Maria Sunseri**



I have been a board certified practicing Sleep Physician for over 20 years. My interest in Sleep Medicine grew out of my exposure to the sleep lab in the Department of Neurology during my Neurology residency at Georgetown University. There were no formal Sleep fellowships at that time and I had the opportunity to study in Belgium so I

pursued a self-designed Sleep and EEG fellowship at the Universite of Louvain in Brussels Belgium.

My interest in Sleep Medicine has only grown over the years namely because of the vast interaction of the different specialties as well as the mixture with basic science and bench research. There is never a dull moment. The impact on daily health and well being as well as disease is significant and I believe we appreciate only a fraction of the importance of sleep at this time. I have a special interest in sleep after menopause in women but I treat all types of sleep disorders. I have been on the faculty at the University of Pittsburgh School of Medicine but most of my career has been spent in private practice.

### Director Ignacio Tapia



Dr. Tapia is an attending physician in the Sleep Center/Pulmonary Division of the Children's Hospital of Philadelphia (CHOP) and an Assistant Professor

of Pediatrics at the Perelman School of Medicine at the University of Pennsylvania. He is also the pediatric pulmonology fellowship program director. He graduated from the University of Concepcion, Chile and completed his pediatric residency and pediatric pulmonology fellowship at CHOP. He is board certified in General Pediatrics, Pediatric Pulmonology and Sleep Medicine. His main research interests are

the pathophysiology of the Obstructive Sleep Apnea Syndrome in children and its brain complications. His research has been funded by the American Heart Association, the University of Pennsylvania and the American Sleep Medicine Foundation.

### Director Rochelle Goldberg



My 25(+) year career has focused on clinical care, research and education in Sleep Medicine. My current position is at the Main Line Health System where I have

a full time practice and administrative duties as Director of Sleep Medicine. I am an Associate Professor, Internal Medicine in the Sidney Kimmel Medical College, Thomas Jefferson University. I have been actively involved in sleep education for all levels of medical trainees (students through fellows) as well as other medical personnel (nurse practitioners, sleep technologists, and clinical educators), and community groups. I remain committed to the field of sleep medicine locally and nationally. I have presented at many national meetings and have authorship on numerous peer reviewed papers. My services have also included membership on the Arizona Sleep Society Board, Medical Advisory Board for the American Sleep Apnea Association and task force for Credential for Clinical Sleep Health (under the Board of Registered Polysomnographic Technologists), as well as numerous committee and task force appointments for the American Academy of Sleep Medicine. I am looking forward to

working with the Pennsylvania Sleep Society as our field continues to change, facing new challenges and opportunities.

### Director Linda Vose



Linda Vose CRT, RPSGT is the Lead Technologist for Wayne Memorial Hospital's Sleep Disorders Center

in Honesdale, PA. Prior to entering the sleep field she worked as a respiratory therapist primarily in the homecare area. She received her RPSGT credential in 2004 while working for SleepTech, LLC. in northern NJ where she was involved in the training of new technologists entering the field. Linda's goals include being an advocate for patients and the profession itself, working at increasing public awareness on the importance of diagnosing sleep disorders and to be an educational resource to the public and both patients and other technologists. She has obtained the Clinical Sleep Educator certificate & will be sitting for the credentialing exam in the fall of 2015. Linda's volunteer work includes being the chairperson for the American Foundation for Suicide Prevention's local Out of the Darkness Walk since 2007 as well as being a facilitator for Survivors of Suicide Loss Support Groups for those who have lost a loved one to suicide. She is also an Ambassador for Subaru of America to represent the brand. She enjoys kayaking, boating, hiking with her dog & listening to live music. She is a member of the AAST and AARC.

# Recap of the 2016 Meeting

by Matthew Anastasi

Report from the 8th Annual Meeting of the Pennsylvania Sleep Society

By Matthew Anastasi, BS, RST, RPSGT

The Pennsylvania Sleep Society's 8th annual meeting was held at the Harrisburg-Hilton Hotel in Harrisburg, PA on April 30, 2016. This was our third year at this venue and many of our attendees remarked that it was the best yet.

We put together a program that was tailored to the over 100 evaluations we received last year on how to inform actual issues our members are facing in the labs, clinics and hospitals that they work, and also respond to scientific, medical, insurance, workflow and political evolution in our field. Our speakers were a broad spectrum of experts from each of these areas.

***Presented here are our speakers and a brief overview of their presentations:***

**Dr. Michael Grandner presented our Nirav P. Patel Keynote Address**

A Transformative, Unified Care Model for Sleep Health.



**Michael Grandner, PhD**

(We have named the meeting's keynote address for the late Dr. Nirav Patel, in memory of his service to the sleep field in Pennsylvania, as well as his service to the Society.)

Dr. Grandner is the Director of both the Sleep and Health Research Program and Behavioral Sleep Medicine Clinic and is Assistant Professor of Psychiatry, Medicine, and Psychology at the University of Arizona College of Medicine. His message promoted the expertise of the existing sleep lab workforce and how that can be put to use in a new model. He proposed a vision for what a sleep center of the future may look like, in terms of who is treated and what treatments are used, the role of the sleep center in the community and how it can will respond to changing healthcare demographics. This vision for our field paved the way for the following session on *Transforming Your Sleep Disorders Center* which described three related clinical approaches to broaden services and unify care under one diversified model. It was my honor to present Dr. Grandner with the 2016 Service Award for his outstanding service to and support of the Society.





**Matthew Anastasi, BS, RST, RPSGT**

Expanding PAP Services: The University of Pittsburgh Medical Center Model followed the keynote and demonstrated a specific example of how a sleep lab can utilize new interventions for longitudinal chronic sleep apnea care management. The CPAP Initiation and Management service was recently approved by Medicare and a vetted model for implementation was shared along with reimbursement rates, guidelines and workflows.

**Peter Allen, BSRC, RRT-NPS-SDS, RST, RPSGT**

Peter Allen's Admissions, Care and DME: Follow-up Care For Complex Patients In Your Sleep Disorders Center highlighted all of the moving parts that go into caring for a sleep patient. He laid out a comprehensive co-Morbid disease state description and the workflow of those disease states as they pass through the sleep disorders center. The talk ensured a better understanding of the complete patient pathway, from Intake to Treatment.

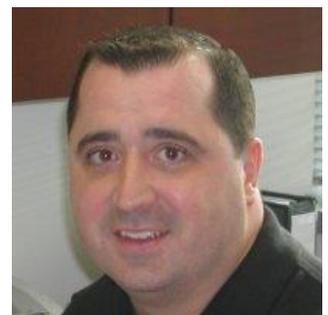


**Michelle Cantwell, DMD**

A Diplomate of American Board of Dental Sleep Medicine at The Center for Dental Sleep Medicine in Lancaster, PA, Dr. Michelle Cantwell gave an evidence-based talk on Oral Appliance Therapy: Compliance Monitoring and Challenging Case Study using real world examples from her most interesting patients. The presentation went a step beyond the “nuts-and-bolts” objectives of many oral appliance sessions and explored some of the scenarios and compliance issues faced by providers and highlighted the benefits of collaboration between sleep and dental professionals to achieve sleep apnea treatment goals. It was fitting that Dr. Cantwell closed the Transforming session because of the interdisciplinary approach which she demonstrated through the talk.

**Ted Thurn, MA**

Ted Thurn kicked off our session on *Advocacy and Initiatives: Leveraging Political Capital Toward Change* with a talk focused on Insurance policy changes: What this means for Sleep. As the Senior Health Policy and Government Affairs Analyst at the American Academy of Sleep Medicine (AASM), Ted is the perfect choice to bring this message. In his talk, Ted illustrated how to best communicate with payers who have prior authorization policies for sleep medicine, provided an overview of alternative payment models available due to insurance policy changes, and he described changes in insurance policies due to telemedicine advances.





### **Indira Gurubhagavatula, MD, MPH**

Dr. Indira Gurubhagavatula, Associate Professor at the University of Pennsylvania's Division of Sleep Medicine and Director of both Occupational Sleep Medicine at the University of Pennsylvania and the Sleep Disorders Clinic at the Cpl. Michael J. Crescenz VA Medical Center presented Drowsy Driving in Teens: What Can We Do About It? using a multi-media approach which engaged the entire audience and gave both an evidence-based and social media approach to bringing the important message of safe driving to Teens. Dr. Indira drew from her experiences as an AASM Sleep and Transportation Safety Committee member to update the audience on the current state of the push towards safe roads and took an in depth look at the processes involved in the evaluation of risks, crash characteristics and countermeasures to prevent drowsy crashes in teens.

### **Ilene Rosen, MD**

Dr. Ilene Rosen is a co-author on the benchmark publication Confronting Drowsy Driving: The American Academy of Sleep Medicine Perspective, and it was the subject of her presentation as part of the *Advocacy and Initiatives* session. Dr. Rosen is Associate Professor of Clinical Medicine at the University of Pennsylvania and is President-Elect of the AASM. She gave an in-depth review of the Academy's national efforts and progress to include Drowsy Driving Language into state driver's manuals. In a related area, she described the goals of the NHTSA Forum and follow up that is anticipated.



### **The Honorable Maria P. Donatucci**



PA State House Representative Donatucci was then recognized by the Society with the Commitment to Sleep Health Awareness Award. Her Legislative analysis from PA House Transportation Committee Member demonstrated the personal investment she has in increasing awareness about treating sleep apnea. She then described her commitment to Sleep Health causes and went into detail about bills she has written and promoted to protect the health of transportation workers.



### **Ignacio Tapia, MD, MS**

In our final session, *The Clinical Care of Sleep Disorders*, Ignacio Tapia, MD, MS, began with a talk on Pediatric Sleep Disorders: Cerebral blood flow response to hypercapnia in children with OSAS. Dr. Tapia is an Assistant Professor of Pediatrics at the Children's Hospital of Philadelphia and the University of Pennsylvania. He reviewed a study which posited that children with obstructive sleep apnea syndrome are chronically exposed to hypercapnia during sleep. Furthermore, it is unknown if their cerebral blood flow regulation during wakefulness is abnormal. This study provided evidence that suggests children with the obstructive sleep apnea syndrome and snorers have blunted cerebral blood flow response to hypercapnia during wakefulness.

### **Indira Gurubhagavatula, MD, MPH**

Dr. Indira's second presentation was titled, Results of SERVE-HF: Management implications. She gave a thorough description of the findings from the SERVE-HF trial of heart failure patients and provided concrete clinical and patient management recommendations for clinics and labs.



### **Subhajt Chakravorty, MD**

Dr. Chakravorty, our incoming President of the Society and Assistant Professor of Psychiatry at the Perelman School of Medicine in the University of Pennsylvania, and Staff Psychiatrist at the Cpl. Michael J. Crescenz VA Medical Center in Philadelphia, PA, gave a lecture on Sleep & Suicide. With a backdrop of statistics, rates and risk factors, Dr. Chakravorty delved into the associations between sleep disorders and suicidality, and gave a compelling, nuanced profile of the relationship between insomnia and suicide.

### **Rupinder Kullar, MD**

Dr. Kullar, a Sleep Medicine Fellow at the University of Pennsylvania, gave a Case Presentation for Stimulants in Sleep Medicine: Pharmacology and Beyond. She utilized the case as a launching pad to expand her description that included interactions, contraindications and pharmacokinetics, and demonstrated that use of non-amphetamines is preferred due to better adverse effects profile.



# Fellows' Corner: Sleep and Technology

by Ilya Khaytin, MD, PhD (Sleep Fellow) & Ignacio Tapia, MD  
(Assistant Professor of Pediatrics)

Sleep is essential to our health and function because it has an important role in many processes such as memory consolidation, homeostasis, and immunity. In fact, research has shown that learning improves after a good night of sleep. On the other hand, sleep disruption impairs some of the mechanisms involved in brain plasticity. For instance, there is evidence that sleep is important in brain development. Sleep is also important for immune function, including the secretion of cytokines and antibodies. Even a single night of sleep deprivation can raise cortisol levels by up to 50% by the following evening. As a result, sleep-deprived people are more susceptible to infections. There is also a complex interaction between sleep and mental disorders. For instance, disrupted sleep is a strong predictor of future relapse in depressed patients undergoing treatment.

Sleep is a very complex process regulated by multiple brain regions. Two broad brain processes generate normal sleep-wake cycles: the homeostatic drive and the circadian system. The former increases our drive to fall asleep the longer we stay awake, and is reset by a good night of sleep. The latter regulates our internal physiologic environment, such as body temperature and the secretion of hormones in a 24-hour cycle. The circadian system receives multiple environmental inputs, with light being one of the most important. Light is transmitted by a non-image forming visual pathway that is a part of the circadian system. This light-sensitive pathway also down-regulates melatonin, one of the most

important hormones involved in sleep. Therefore, it is not surprising that some of the modern technological advances can disrupt sleep. For example, electric lights, TVs, cellular phones and tablets can have an effect on sleep by decreasing melatonin. Even short exposure to bright light prior to sleep can decrease the levels of melatonin. Experiments in humans have shown that exposure to regular TV screens can suppress melatonin secretion, as well. A study done at Harvard showed that reading a book on an iPad before bed resulted in longer time to fall asleep, reduced evening sleepiness, reduced melatonin secretion, and reduced next morning alertness when compared to reading a printed book under the same conditions. A survey of more than 3000 adolescents demonstrated that the majority text, read or plays video games in bed. It has also been demonstrated that adolescents who use electronic devices in bed have shorter sleep duration, later bedtimes, increased daytime sleepiness, and poor academic performance.

Considering the importance of sleep, it is necessary to educate adolescents and parents about principles of sleep hygiene to battle the adverse effects of technology. Bedtimes and wake times should be consistent during school nights and not vary by more than one hour on weekends. The bedroom should be quiet and comfortable. Video games, television and exercise should be avoided before sleep. Based on this, it is recommended not to have TVs, phones and electronic games in the child's bedroom. Current research shows that the blue light present on many

electronic devices has the greatest effect on suppressing melatonin secretion and disrupting sleep. Several computer and smartphone programs available on the market have been designed to reduce the amount of blue light emitted by these devices. F.Lux is one of these programs which can lower blue light emission of a screen during night time. Interestingly, the latest iOS (9.3) includes "Night Shift," which can be found under the "Display & Brightness" settings tab. It is also designed to reduce blue light emission.

There is very active research on the importance of sleep and how modern technology affects it. However, it is already clear that sleep is an essential part of life and that some electronic devices can affect the quality of our sleep. Helping our patients understand these concepts can improve their overall health and daytime performance.

## References and Suggested Readings

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# State Sleep Society Roundtable

by Matthew Anastasi

The annual State Sleep Society Roundtable took place on Day 1 of the American Association of Sleep Technologists' (AAST) 38<sup>th</sup> Annual Meeting in Denver, CO on Sunday June 12, 2016. The discussion was facilitated by Marietta Bibbs, Board of Directors of the AAST. Other members of the Board of Directors were also present at the meeting, as were approximately 20 attendees from state societies throughout the country, including representatives from the Pennsylvania Sleep Society Board.

The Roundtable is designed to discuss issues related to growth and development of the State Sleep Societies and share experiences.

AAST Director at Large Peter Allen was introduced by AAST president Laura Linley as the new Liaison from the AAST Board to the State Sleep Societies. In his three year role, Peter will be surveying what the needs of the new members from each state Society are, and how the AAST can support the struggles of the state Societies. He will help to bring in speakers and resources to the state Societies, and will be identifying who the members are and what their needs are.

This effort is designed to meet the goals of the AAST's Strategic Plan for promoting the sleep technology profession:

*Objective B: Provide ongoing support and educational resources to state sleep societies.*

*1. Make as much educational material as possible available to the state sleep societies.*

*2. Increase communications with state sleep societies by providing speakers and materials for meetings.*

*3. Provide avenues for state sleep society leaders to interact and share best practices.*

*4. Continue to address state licensure issues.*

AAST shared some other specific initiatives designed to support state sleep societies, including: An interactive state map will be placed on the AAST website; AAST will be providing speakers to Society meetings.

The group discussion turned to the work that the Societies do to represent members as well as everyone in the state that does sleep technology work: The AAST is supporting the CASH credential for use by sleep educators; AAST is putting together best practices for inpatient screening, and the Standards and Guidelines Committee (SAG) will be making a template available for workflows and outcomes for inpatient screening.

The group acknowledged that sleep labs have historically been on the revenue side and are now doing more inpatient studies as part of bundled care. Ohio's state society representative has been using .5 FTE sleep educator (CSE) position to administer STOP screens for all inpatient surgical screens.

The group, specifically New Jersey's representative, returned to Society challenges including efforts to gain awareness and support from politicians, and asked for advice on increasing attendance at meetings. AAST Content Manager Yoona Ha offered insights into improving website content and offered to review the content of all state society websites and offer her time to make improvements.

All in all the discussion brought up many clinical and society challenges for discussion and the AAST put forth a number of resources and plans to address the State Sleep Society concerns.

# Other Local Meetings

AAST Fall Course: "Technologist Fundamentals Course"

Date: October 7 and 8, 2016

**Location: Wyndham Playhouse Square, Cleveland, Ohio**

**CEUs: 13 AAST CEC Credits**

<http://www.aastweb.org/regional>

7<sup>th</sup> Annual Main Line Health

Sleep Technology Conference

Friday, October 21, 2016

**Location: The Desmond Hotel & Conference Center  
10 Minutes from PA Turnpike & King of Prussia**

Lecture Agenda and Details to Follow

[mlhsleepconference@gmail.com](mailto:mlhsleepconference@gmail.com) Phone: 484-337-3304 fax: 484-337-3305

New Jersey Sleep Society

November 5 and 6, 2016

<http://www.njsleepsociety.org/>