



Pennsylvania Sleep Society

Member Newsletter

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Welcome Letter from the President

by Michael Grandner PhD

We have a lot of exciting developments for 2013!

This newsletter highlights two really important developments for PA Sleep this year. First, Sleep Awareness Week is coming up – March 3-10, 2013. This annual event is sponsored by the National Sleep Foundation and American Academy of Sleep Medicine and involves educational and outreach activities at the national level. But as we know, sleep awareness, and diagnosis and treatment of sleep disorders, happens at the local level.

For that reason, the PA Sleep Society worked with the PA Senate to develop language that was eventually adopted in Senate Resolution 25 – an official recognition of Sleep Awareness Week in Pennsylvania! We have an official proclamation to go along with this recognition. We should take advantage of this opportunity and reach out to local news and medical organizations to increase awareness of the importance of sleep and encourage people to talk to their doctors about sleep. A copy of the proclamation is available to all PA Sleep members on our website. This is an exciting opportunity that I hope we can continue in future years.

The second exciting development that I want to share is that our Annual Meeting – quickly gaining a reputation as one of the most eclectic and stimulating state society meetings – is going to be better than ever this year! We have a world-class keynote speaker, Dr. Allan Pack, discussing the future of the field of sleep medicine.

This keynote address will be accompanied by nine invited talks on a variety of issues. The morning session will focus on the keynote issue, with talks on emerging technologies and techniques for diagnosing and treating sleep apnea, home sleep testing, telehealth, and the emergence of insomnia as a medical disorder.

In the afternoon session, there will be discussion on a number of sleep issues across the lifespan, starting with maternal/fetal issues, leading to pediatric polysomnography, followed by how relationship play a role in sleep and health. Then, there will be a discussion of the effects of alcohol on sleep continuity and sleep architecture and, finally, a presentation on sleep apnea in the elderly.

There are a few more important announcements about the annual meeting. First, we will be holding a town hall meeting for the first time, allowing all members to communicate to the PA Sleep leadership and each other. Second, we have named the keynote address for Dr. Nirav Patel, who passed away this past year during his tenure as a board member for the PA Sleep Society. We felt that his contributions to the field and the organization warranted this tribute. Third, as in previous years, there will be a Friday Night

Networking and Social Event before the meeting, hosted at the conference hotel. Stay tuned for more information!

The 2013 conference will take place on **Saturday, May 4, 2013**. The location will be the Holiday Inn Harrisburg/Hershey. **Please plan to attend the meeting.** Those who have attended in the past will tell you how much of a good time they had, as well as the quality of our speakers. We have received a lot of great feedback from attendees at the 2012 meeting, and we are using those data to guide our Society this year.

Please feel free to contact me if you ever have any questions or concerns. I look forward to another productive year for the PSS!



Sincerely,

A handwritten signature in black ink, consisting of stylized cursive letters that appear to read 'M Grandner'. The signature is fluid and extends to the right with a long horizontal stroke.

Michael Grandner
President of the Pennsylvania Sleep Society

Sleep Awareness Week 2013

by the PSS Board

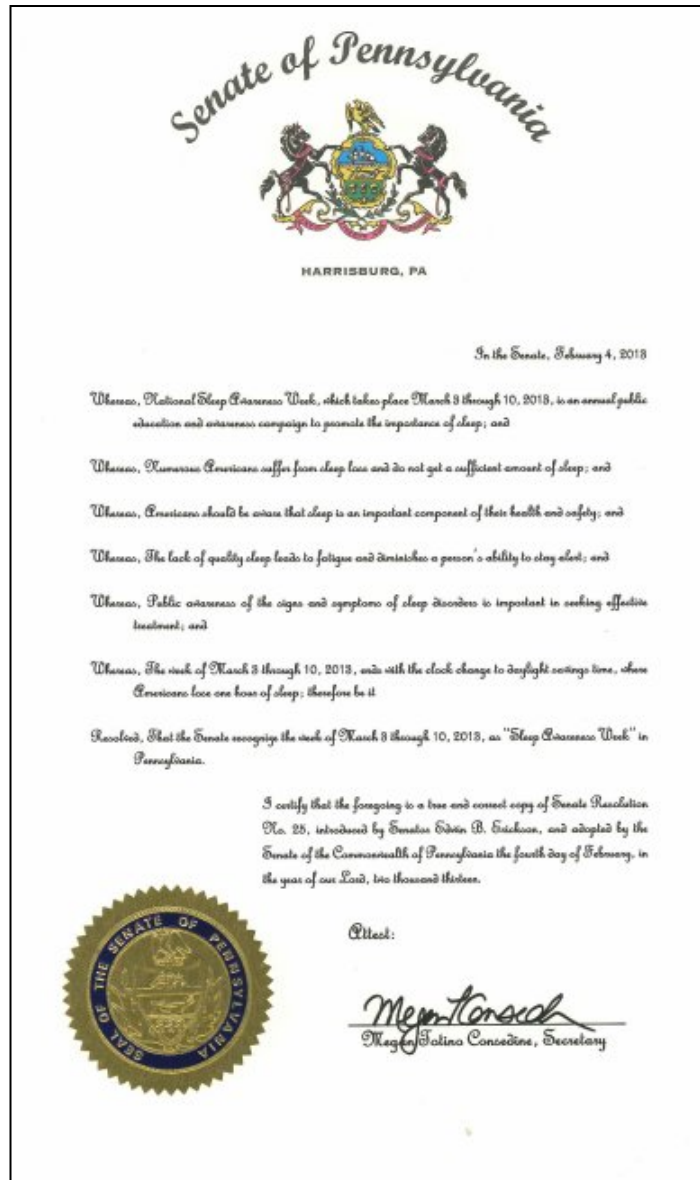
Sleep Awareness Week kicks off MARCH 3!

This year, there are some exciting new developments for Sleep Awareness Week in 2013!

We recently confirmed that the PA Senate has approved Resolution 25, calling for **official recognition of Sleep Awareness Week in Pennsylvania**. A copy of the official proclamation is available on the PA Sleep Society website.

You can download a PDF of the official document, which you can display in your Sleep Center from <http://www.pasleep.org/files/2013sleepawareness.pdf>. Note that the document is in Legal size (8.5" x 14").

You may also wish to take this opportunity to inform your local news and other media outlets about Sleep Awareness Week, or even host events in your community. The AASM has issued several press releases making people aware of healthy sleep, but we can do our part to reach out to local communities!



Gearing Up for the 2013 Meeting

by the Meeting Planning Committee

We are looking forward to Saturday, **May 4, 2013**, when we will be having our fifth annual PA Sleep Society Meeting. This year, we will be changing venues and hosting the event at the Hershey/Harrisburg Holiday Inn. Look for a brochure with full details in the coming weeks.

In the meantime, we would like to let you know what you can expect with this year's meeting.

We have an exciting program in store! This year, we were very lucky to put together a roster of national and even international-caliber speakers!

As with previous meetings, the entire program will take place over the course of the day. However, there will be a few important changes.

First, we have added a **Town Hall** session to the afternoon. This should give us plenty of opportunity to come together as a Society and discuss the issues that we will face in the next year.

Second, this year will mark the inaugural **Nirav P. Patel Keynote Address**. We have named the meeting's keynote for Dr. Patel, in memory of his service to the sleep field in Pennsylvania, as well as his service to the Society. We hope that this is a tradition that we can keep in the years ahead.

And for this year's keynote, we are very fortunate to have **Dr. Allan Pack** as our speaker.

For those of you who may not know, Dr. Pack is an internationally-recognized leader in the field of Sleep Medicine. He is the John Miclot Professor of Medicine at the University of Pennsylvania, Chair of the Division of Sleep Medicine at the Perelman School of Medicine at Penn and Director of the Center for Sleep and Circadian Neurobiology, one of the largest and most diverse sleep research centers in the world.

This year's keynote address will focus on **The Future of Sleep Medicine**. With all of the changes facing our field, it is important that we meet the challenges that are coming. With recent and coming changes in technology, policy, and reimbursement, the field will need to adapt and move forward. Also, as the field is learning more about the importance of sleep for health, we may be changing how we practice Sleep Medicine.

Regarding the other speakers, we have a diverse panel, representing institutions across PA, including the University of Pennsylvania, the University of Pittsburgh, Penn State University, the VA Hospital, and the RAND Corporation. We have also changed the format so that we have a morning and afternoon session, each with its own theme, and talks will be shorter than in past years, at 30 minutes each.

Leading up to this keynote will be 4 renowned speakers, discussing specific areas that pertain to the future of our field.

Dr. Richard Schwab, Professor of Medicine at Penn and Co-Director of the Penn Sleep Center, will discuss emerging technologies and approaches to the diagnosis and treatment of obstructive sleep apnea.

Dr. Samuel Kuna, Associate Professor of Medicine at Penn and Chief of the Sleep Medicine Section at the Philadelphia VA, will discuss new applications of telehealth to the practice of sleep medicine.

Dr. Indira Gurubhagavatula, Assistant Professor of Medicine at Penn and Director of the Sleep Clinic at the Philadelphia VA (and PA Sleep Board Member), will talk about developing and implementing Home Sleep Testing programs.

Finally, **Dr. Julio Fernandez-Mendoza**, Postdoctoral Scholar at the Sleep Research and Treatment Center at Penn State University, will share exciting new findings implicating insomnia as an important cardiometabolic risk factor.

The afternoon session will focus on **Sleep Issues across the Lifespan**.

First, **Dr. Michelle Okun**, Assistant Professor of Psychiatry at the

University of Pittsburgh, will talk about sleep related to maternal and fetal health.

Dr. Alex Mason, Attending Physician at the Children's Hospital of Philadelphia, will discuss the pediatric polysomnogram.

Dr. Wendy Troxel, a behavioral and social scientist at the RAND corporation, will discuss how relationship quality plays an important role at the interface of sleep and health.

Dr. Subhajt Chakravorty, Clinical Associate in Medicine at Penn and Attending Psychiatrist at the Philadelphia VA (and PA Sleep

Board Member) will discuss how alcohol affects sleep and the polysomnogram.

Finally, **Dr. Nalaka Gooneratne**, Associate Professor of Medicine at Penn and Attending Physician at Penn Presbyterian Hospital, will discuss the phenomenon of sleep apnea among the elderly.

The PA Sleep Society has gained a reputation for putting together outstanding meetings with interesting and diverse topics of discussion. This year is no exception -- this is an incredibly diverse roster of speakers and topics, covering a wide range of issues important to the field.

Even with this amazing roster of speakers, we are still keeping our registration fees for the conference affordable. We are not raising prices at all from last year, and we are maintaining the number of credits offered (6.0). We have even lowered costs for those interested in booking a room at the hotel (\$89/night if you reserve under our room block) and are offering membership rates to members of sleep societies of neighboring states (NJ, NY, OH, MD, and DE).

Check the PA Sleep Website <http://www.pasleep.org/annualmeeting> for updates as they become available, and check your mailboxes in the coming weeks for brochures.



New Sleep Research in Pennsylvania

by Michael Grandner PhD

A search through the PubMed archives for the months of October, November, December, January and February yields over 85 published articles from researchers in Pennsylvania. Most of these come from academic institutions such as the University of Pennsylvania, the University of Pittsburgh, Penn State Hershey, and others, though a significant number come from other labs. Many of these authors are PSS members, though many are not.

You will see that these articles run the full range of basic science to clinical research, with human and animal studies, reviews, commentaries, etc. See how many local names you recognize!

Here is a list of all of the new studies published, relating to sleep, with at least one author in PA, from the past 5 months:

- 1: Scharf MT, Kelz MB. *Sleep and Anesthesia Interactions: A Pharmacological Appraisal.* *Curr Anesthesiol Rep.* 2013 Mar 1;3(1):1-9. PubMed PMID: 23440738.
- 2: Vgontzas AN, Fernandez-Mendoza J, Liao D, Bixler EO. *Insomnia with objective short sleep duration: The most biologically severe phenotype of the disorder.* *Sleep Med Rev.* 2013 Feb 15. doi:pil: S1087-0792(12)00104-9. 10.1016/j.smrv.2012.09.005. [Epub ahead of print] PubMed PMID: 23419741.
- 3: Yang TC, Matthews SA, Chen VY. *Stochastic Variability in Stress, Sleep Duration, and Sleep Quality Across the Distribution of Body Mass Index: Insights from Quantile Regression.* *Int J Behav Med.* 2013 Feb 6. [Epub ahead of print] PubMed PMID: 23385490.
- 4: Levenson JC, Troxel WM, Begley A, Hall M, Germain A, Monk TH, Buysse DJ. *A quantitative approach to distinguishing older adults with insomnia from good sleeper controls.* *J Clin Sleep Med.* 2013 Feb 1;9(2):125-31. doi: 10.5664/jcsm.2404. PubMed PMID: 23372464; PubMed Central PMCID: PMC3544379.
- 5: Weil BR, Greiner JJ, Stauffer BL, Desouza CA. *Self-reported habitual short sleep duration is associated with endothelial fibrinolytic dysfunction in men: a preliminary report.* *Sleep.* 2013 Feb 1;36(2):183-8. doi: 10.5665/sleep.2368. PubMed PMID: 23372265; PubMed Central PMCID: PMC3543061.
- 6: Sawyer AM. *Building a Scientific Basis to Address Adherence Disparities among Adults with CPAP-Treated Obstructive Sleep Apnea.* *Sleep.* 2013 Feb 1;36(2):163-4. doi: 10.5665/sleep.2360. PubMed PMID: 23372261; PubMed Central PMCID: PMC3543055.
- 7: Izci Balsarak B, Jackson N, Ratcliffe SA, Pack AI, Pien GW. *Sleep-disordered breathing and daytime napping are associated with maternal hyperglycemia.* *Sleep Breath.* 2013 Jan 25. [Epub ahead of print] PubMed PMID: 23354511.
- 8: Matthews KA, Everson-Rose SA, Kravitz HM, Lee L, Janssen I, Sutton-Tyrrell K. *Do reports of sleep disturbance relate to coronary and aortic calcification in healthy middle-aged women?: Study of Women's Health Across the Nation.* *Sleep Med.* 2013 Mar;14(3):282-7. doi: 10.1016/j.sleep.2012.11.016. Epub 2013 Jan 24. PubMed PMID: 23352420.
- 9: Grandner MA, Jackson N, Gerstner JR, Knutson KL. *Dietary nutrients associated with short and long sleep duration. Data from a nationally representative sample.* *Appetite.* 2013 Jan 20;64C:71-80. doi: 10.1016/j.appet.2013.01.004. [Epub ahead of print] PubMed PMID: 23339991.
- 10: Wu LT, Gersing KR, Swartz MS, Burchett B, Li TK, Blazer DG. *Using electronic health records data to assess comorbidities of substance use and psychiatric diagnoses and treatment settings among adults.* *J Psychiatr Res.* 2013 Apr;47(4):555-63. doi: 10.1016/j.jpsychires.2012.12.009. Epub 2013 Jan 19. PubMed PMID: 23337131; PubMed Central PMCID: PMC3581730.
- 11: Irish LA, Dougall AL, Delahanty DL, Hall MH. *The impact of sleep complaints on physical health and immune outcomes in rescue workers: a 1-year prospective study.* *Psychosom Med.* 2013 Feb;75(2):196-201. doi:

- 10.1097/PSY.0b013e31827d85ab. Epub 2013 Jan 16. PubMed PMID: 23324875.
- 12: Sommers MS, Lyons MS, Bohn CM, Ribak JH, Fargo JD. Health-Compromising Behaviors Among Young Adults in the Urban Emergency Department: Opportunity for a Teachable Moment. *Clin Nurs Res.* 2013 Jan 15. [Epub ahead of print] PubMed PMID: 23322923.
- 13: Vina ER, Green SL, Trivedi T, Kwok CK, Utset TO. Correlates of sleep abnormalities in systemic lupus: a cross-sectional survey in an urban, academic center. *J Clin Rheumatol.* 2013 Jan;19(1):7-13. doi: 10.1097/RHU.0b013e31827cd20d. PubMed PMID: 23319017.
- 14: Venkatraman V. Why bother with the brain? A role for decision neuroscience in understanding strategic variability. *Prog Brain Res.* 2013;202:267-88. doi: 10.1016/B978-0-444-62604-2.00015-0. PubMed PMID: 23317837.
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- 16: Freet CS, Stoner JF, Tang X. Baroreflex and chemoreflex controls of sympathetic activity following intermittent hypoxia. *Auton Neurosci.* 2013 Jan 7. doi:pii: S1566-0702(12)00250-0. 10.1016/j.autneu.2012.12.005. [Epub ahead of print] PubMed PMID: 23305890.
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- 19: Zhang J, Veasey S. Making sense of oxidative stress in obstructive sleep apnea: mediator or distracter? *Front Neurol.* 2012;3:179. doi: 10.3389/fneur.2012.00179. Epub 2012 Dec 27. PubMed PMID: 23293626; PubMed Central PMCID: PMC3530694.
- 20: Marcum ZA, Zheng Y, Perera S, Strotmeyer E, Newman AB, Simonsick EM, Shorr RI, Bauer DC, Donohue JM, Hanlon JT; for the Health ABC Study. Prevalence and correlates of self-reported medication non-adherence among older adults with coronary heart disease, diabetes mellitus, and/or hypertension. *Res Social Adm Pharm.* 2013 Jan 3. doi:pii: S1551-7411(12)00361-0. 10.1016/j.sapharm.2012.12.002. [Epub ahead of print] PubMed PMID: 23291338.
- 21: Roecklein KA, Wong PM, Miller MA, Donofry SD, Kamarck ML, Brainard GC. Melanopsin, photosensitive ganglion cells, and seasonal affective disorder. *Neurosci Biobehav Rev.* 2012 Dec 31;37(3):229-239. doi: 10.1016/j.neubiorev.2012.12.009. [Epub ahead of print] PubMed PMID: 23286902.
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- 23: Ward NS, Afessa B, Kleinpell R, Tisherman S, Ries M, Howell M, Halpern N, Kahn J; Members of Society of Critical Care Medicine Taskforce on ICU Staffing. Intensivist/Patient Ratios in Closed ICUs: A Statement From the Society of Critical Care Medicine Taskforce on ICU Staffing. *Crit Care Med.* 2013 Feb;41(2):638-645. PubMed PMID: 23263586.
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- 30: Volpp KG, Shea JA, Small DS, Basner M, Zhu J, Norton L, Ecker A, Novak C, Bellini LM, Dine CJ, Mollicone DJ, Dinges DF. Effect of a protected sleep period on hours slept during extended overnight in-hospital duty hours among medical interns: a randomized trial. *JAMA*. 2012 Dec 5;308(21):2208-17. doi: 10.1001/jama.2012.34490. PubMed PMID: 23212498.
- 31: Moore M, Bonuck K. Comorbid Symptoms of Sleep-Disordered Breathing and Behavioral Sleep Problems From 18-57 Months of Age: A Population-Based Study. *Behav Sleep Med*. 2012 Aug 30. [Epub ahead of print] PubMed PMID: 23205586.
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