



Pennsylvania Sleep Society

Member Newsletter

Volume 4, Number 2

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In This Issue:

Letter from the President	2
<i>by Michael Grandner PhD</i>	
Recognition of Sleep Awareness Week.....	3
Get Ready for the Meeting May 4 th !.....	5
Friday Night Networking Reception May 3 rd	6
A Special Election.....	7
Upcoming Sleep Events.....	8

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Welcome Letter from the President

by Michael Grandner PhD

It's Spring, and a lot is happening!

Sleep Awareness Week was March 3-10. In previous years, this usually came and went without a lot of notice. This year marked the start of a new trend. All over the US, news outlets and groups started getting the word out. Some of these efforts were directly connected to PA. Some examples include:

- The National Sleep Foundation hosted its annual conference, which was co-organized by the PA Sleep Society's own Dr. Benjamin Gerson.
- The American Academy of Sleep Medicine issued a set of press releases that were picked up by many news outlets, focusing on the new *Sleep in America Poll* results. Two of the spokespeople for this campaign from PA were myself and Dr. Philip Gehrman, highlighting a 2011 paper that showed that even a little bit of exercise may be associated with improved sleep.
- As you will see below, Sleep Awareness Week was officially recognized in Pennsylvania by the PA Senate, the office of the Governor, and the Mayor of Philadelphia. Scanned PDFs of these documents are available for all PA Sleep Society Members to proudly display in their waiting rooms and offices.

Our annual meeting is quickly approaching! This year marks a real turning point for the PA Sleep Society meeting. Our meeting has already gotten a reputation for being one of the best state-level events. And we are always the best value for continuing education credits.

When you make your plans to attend the meeting on Saturday, May 4th, don't forget to come Friday night. As in previous years, there will be a **FREE Networking Reception**, open to all PA Sleep Society members. This year, the event will be hosted by Respironics. See below for more information!

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



Sincerely,

A handwritten signature in black ink, appearing to be 'M Grandner', with a long horizontal flourish extending to the right.

Michael Grandner
President of the Pennsylvania Sleep Society

Recognition of Sleep Awareness Week

Sleep Awareness Week 2013 helped many Americans think and learn about the importance of healthy sleep. The PA Sleep Society reached out to state and local government to help us spread the word about healthy sleep. The response was very positive. In Harrisburg and Philadelphia, there was great support for our efforts.

In the PA Senate, an official resolution recognized Sleep Awareness Week in Pennsylvania, organized by Sen. Pileggi and introduced by Sen. Erickson. This official resolution was supported by a separate proclamation by the office of the Governor Corbett. A separate proclamation by Mayor Nutter of Philadelphia urged residents to consider sleep as an important aspect of their health, to reach out to their local sleep centers, and to take part in any outreach that their local sleep centers offer.

These official endorsements are a great step forward for the PA Sleep community. Not only do they help raise the profile of the sleep field at the local and state levels, but when we show these endorsements to our patients, it may further persuade them to make their sleep health a priority.


Copies of all three documents are available from the PA Sleep Society website (see individual links below).

Proudly display these in your offices and waiting rooms! They are a

reminder to our patients that sleep health is important. As we all know, one of the biggest barriers to effective treatment of sleep disorders is commitment by patients. Many patients don't show for sleep studies, and when they do, they often have difficulty following through with treatment. These displays may act as subtle reminders that sleep is important and should be made a priority.

See below for images and instructions for downloading individual documents:

PA SENATE:



HARRISBURG, PA

In the Senate, February 4, 2013

Whereas, National Sleep Awareness Week, which takes place March 8 through 10, 2013, is an annual public education and awareness campaign to promote the importance of sleep; and

Whereas, Americans suffer from sleep loss and do not get a sufficient amount of sleep; and

Whereas, Americans should be aware that sleep is an important component of their health and safety; and

Whereas, The lack of quality sleep leads to fatigue and diminishes a person's ability to stay alert; and

Whereas, Public awareness of the signs and symptoms of sleep disorders is important in seeking effective treatment; and


Whereas, The week of March 8 through 10, 2013, coincides with the clock change to daylight savings time, when Americans lose one hour of sleep; therefore be it

Resolved, That the Senate recognize the week of March 8 through 10, 2013, as "Sleep Awareness Week" in Pennsylvania.

I certify that the foregoing is a true and correct copy of Senate Resolution No. 28, introduced by Senator Steve B. Beckman, and adopted by the Senate of the Commonwealth of Pennsylvania the fourth day of February, in the year of our Lord, two thousand thirteen.

Attest:

Megan Tonascand
Megan Tonascand, Secretary



Download:
<http://www.pasleep.org/files/2013sleepawareness.pdf>

PA GOVERNOR:



OFFICE OF THE GOVERNOR
HARRISBURG

THE GOVERNOR

GREETINGS:

It is my pleasure to join with the Center for Sleep and Circadian Neurobiology (CSCN) of the University of Pennsylvania to support March 3-10, 2013 as Sleep Awareness Week in the Commonwealth of Pennsylvania.

Since its inception, CSCN has remained dedicated to exploring and understanding the basic mechanisms of sleep and circadian rhythm, the pathogenesis of sleep disorders and the outcomes of therapy. A sufficient amount of sleep is an important component of the health and safety of all citizens and I extend my gratitude to everyone involved in educating Pennsylvanians about sleep disorders and their dangers. I wish all those dedicated to raising awareness about this important cause the best of luck in all of their efforts.

As Governor, and on behalf of all Pennsylvanians, I am pleased to support March 3-10, 2013 as Sleep Awareness Week in the Commonwealth. Please accept my best wishes for a successful week of celebrating the health benefits of sleep.

Tom Corbett
TOM CORBETT
Governor
March 3-10, 2013



Download:
<http://www.pasleep.org/files/2013sleepawareness-gov.pdf>

PHILADELPHIA MAYOR:

City Of Philadelphia
MORRIS A. NUTT, Mayor

PROCLAMATION

Sleep deprivation is regarded a badge of honor by some people, but research shows that adequate sleep is key to a healthy lifestyle. Sleeping for recommended seven to nine hours nightly can benefit your brain, weight and mood – and to mention your appearance. There's no better opportunity to make sleep a priority than National Sleep Awareness Week, which begins on March 3 to 10, 2013.

This annual education and awareness campaign, spearheaded by the National Sleep Foundation and the Pennsylvania Sleep Society, aims to help the public, healthcare providers and policymakers better understand the benefits of good sleep habits and the importance of identifying the signs of a sleep disorder. National Sleep Awareness Week will begin with the announcement of the National Sleep Foundation's Sleep in America poll results, which focuses on the topic "Sleep and Innovation" in 2013.

The Pennsylvania Sleep Society is dedicated to sleep research, sleep education and clinical practice for the most health of Americans who do not get enough sleep. To raise awareness, The PA Sleep Society will host events in local communities throughout the week, providing sleep education and resources to the public. One important goal the PA Sleep Society promotes is the importance of treatable sleep disorders. Lack of sleep is linked with five of the leading causes of death (cardiovascular disease, stroke, diabetes, cancer, and accidents). These conditions are highly treatable, even though most patients rarely seek help.

The goal of National Sleep Awareness Week appropriately coincides with the beginning of Daylight Saving Time – the "spring forward" that causes Americans to lose an hour of sleep. It is on this day, perhaps more than any other, that the effects of insufficient sleep are felt and recognized. It's important to realize, however, that the effects of sleep deprivation may be negatively felt throughout the entire year.

THEREFORE...


I, Michael A. Nutter, Mayor of the City of Philadelphia, do hereby proclaim the week of March 3-10, 2013 as

SLEEP AWARENESS WEEK

and urge all citizens to take precautions against the symptoms of sleep deprivation and disorders by participating in the outreach programs offered by The Pennsylvania Sleep Society.

M. Nutter
Michael Nutter
Mayor

Given under my hand and the seal of the City of Philadelphia on this tenth day of March, two thousand and thirteen.



Download:
<http://www.pasleep.org/files/2013sleepawareness-phl.pdf>

Get Ready for the Meeting May 4th!

The Annual PA Sleep Society Meeting is only a few weeks away!

We have a lot of exciting developments in store this year. We have a new venue in Central PA, a world-class keynote speaker, an exciting morning session focused on The Future of Sleep Medicine with 5 great speakers, a thought-provoking afternoon session on Sleep Issues Across the Lifespan with another 5 great speakers, our first Town Hall Meeting, and a great networking reception planned for Friday night (hosted by Respiroics).

We are also taking this opportunity to reach out to our friends in neighboring states. This year, we are offering member rates on registration to any state sleep society members from New Jersey, Delaware, Ohio, and New York who wish to attend the meeting. Spread the word!

Don't forget to register in advance, since the event might sell out (it has in previous years). To learn more about the meeting, go to the PA Sleep Society website (<http://www.pasleep.org>) or go directly to the meeting page (<http://www.pasleep.org/annualmeeting>).

You can download the official brochure at the website: <http://www.pasleep.org/files/meetingbrochure2013.pdf>

See you there!



Friday Night Networking Reception

May 3rd

We are pleased to announce that Respiroics will be hosting a **Welcome and Networking Reception** on Friday night, May 3rd.

This reception will be at the meeting hotel (Holiday Inn, Hershey/Harrisburg) and will take place from 6:30 PM until 9:00 PM.

Enjoy complimentary food and beverages, and meet with fellow PA Sleep professionals. The Board of Directors will be there, as will some of the speakers. Don't miss this great opportunity to share some one-on-one time with sleep professionals from all over PA!

No pre-registration is required. However, when you register for the meeting, there will be a check box to indicate if you plan on coming. This will be used to get a preliminary head count that will be used to make sure there is plenty for everyone. So don't forget to check that box!

Also, spread the word to other PA Sleep colleagues! This is an excellent opportunity to network with other sleep professionals in a relatively casual atmosphere.

Venue:

Holiday Inn Hershey/Harrisburg



Hosted by:

Philips Respironics



A Special Election

The PA Sleep Society Board of Directors needs to make an announcement to the general membership.

Due to unforeseen circumstances, Brian Kraft RPSGT will be unable to take over as PA Sleep Society President in the coming cycle.

Stephanie Betz RPSGT, a current Board Member, has volunteered for the position. She has been of tremendous value to the organization so far, and in order to prepare her for potentially taking on the position, the Board has appointed her as co-President-Elect for the interim period.

Because of these events, we will be sending out a special ballot, asking the membership to vote on whether they approve of installing Stephanie to the President position, or if there is someone else that is preferred.

If this passes with the approval of the membership, she will take over as President when the time comes, and Brian Kraft will step down from the Board.

Keep an eye out for this special ballot. We hope to resolve this in time for the Annual Meeting.

Upcoming Sleep Events in Baltimore

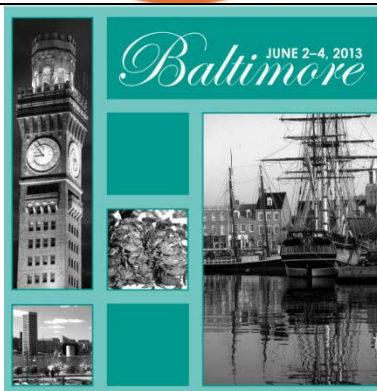


Associated Professional Sleep Societies (AASM and SRS)

June 1-5

<http://www.sleepmeeting.org>

Registration: \$300 for AASM or SRS members and \$220 for AAST members



American Association of Sleep Technologists (AAST)

June 2-4

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

Registration: \$300 for AASM or SRS members and \$220 for AAST members



Society of Behavioral Sleep Medicine

June 1-2

<http://www.behavioralsleep.org/AnnualMeeting.aspx>

Registration: \$125 for members and \$175 for nonmembers



American Academy of Dental Sleep Medicine

May 30 – June 1

<http://www.aadsm.org/annualmeeting.aspx>

Registration: \$495 for members and \$650 for nonmembers