



Pennsylvania Sleep Society

Member Newsletter

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Welcome Letter from the President

by Marcy Guido-Posey RPSGT

Happy New Year from the Pennsylvania Sleep Society! I find it hard to believe we are already in 2012.

I took over as the PSS president on May of 2011. I would like to thank Dr. Anoop Karippot for his leadership and dedication during his term as president. Dr. Karippot will remain on the Board of Directors as immediate past president for the coming year.

Congratulations to Brian Kraft, new member of the PSS Board of Directors. PSS had an unexpected board member resignation, and he graciously accepted the open board position. Mr. Kraft was the next candidate in line per the member vote. Welcome Brian.

I am pleased to announce that we have finalized the date for our 2012 meeting. The 2012 conference will again be held at The Hershey Lodge. **Please reserve Saturday May 12, 2012 to attend.** We've decided to return to the Hershey area for this year's conference because we had such positive feedback from our 2011 attendees. We are actively planning the meeting, and are in the process of speaker selection, and vendor recruitment. The Board is actively looking for speakers for the 2012 meeting and would appreciate hearing any suggestions from our membership. Please contact me with your suggestions at maguidoposey@hsh.org. You may also contact other board members to submit your suggestions. You can find those addresses at www.PASleep.org. We have been fortunate to have many interesting speakers with many diverse topics and we would like to continue that tradition.

There is much change in the sleep community this year, and likely more to come. The addition of the ABSM credential, Registered Sleep Technologist (RST) is one, and the first technicians sat for this examination on Friday, November 11, 2011. The cost of this exam was \$250 (compared to the RPSGT exam which is \$450). They are also offering a grandfather option, and as of 12/19/11, 2500 RPSGT's have applied for equivalency status to obtain certification from the ABSM as a Registered Sleep Tech (RST). Applications and additional information of other pathways can be found online. Please see the ABSM website for information: <http://absm.org/techcertification.aspx>.

Other changes in Pennsylvania include insurance companies advocating Home Sleep Testing to their subscribers. Health America, Aetna, United Health Care and Capital Blue Cross have all changed their policies in regard to home testing. This will have impact on our field, as well as on the patients that are served by these plans.

Licensure is another topic getting a great deal of attention lately. Some of our neighboring states have implemented licensure (some call it authorization certificates) for sleep techs; Maryland, (deadline October 1, 2013) New Jersey (Jan 2011) and New York (August 2011.) 11 states now require a license or authorization, including California, Louisiana, New Mexico, North Carolina, Oregon, Tennessee, Virginia

and Washington D.C. which provides sleep technologists a specific licensure/certification pathway. Licensure and scope of practice is something we may wish to consider.

I hope you had a happy and healthy Holiday Season and very Happy New Year. I am looking forward to seeing you all at the meeting in May!

Sincerely,

Marcy Guido-Posey
President of the Pennsylvania Sleep Society

Meet Your Board of Directors

by the PSS Board

This year, we have a new PSS Board of Directors.

President

Marcy Guido-Posey



Marcy Guido-Posey has been a sleep technologist since January 1996, boarded in December 1999. She is currently the Lab Coordinator at the Holy Spirit

Hospital Sleep Center, in Lemoyne, PA. Marcy is active in sleep education, promoting community awareness in sleep during National Sleep Awareness Week, education of patients and staff, teaching Respiratory Therapy students their sleep module, and has also given a "Basics of Sleep" presentation to staff at Walt Disney World. Marcy is a founding Board member for the Pennsylvania Sleep Society and is also serving on the Board of Directors for the North East Sleep Society, as the Pennsylvania representative.

Past President

Anoop Karippot

Dr. Anoop Karippot is the past President of Pennsylvania Sleep Society and one of its founding



members. Dr. Karippot is the Medical Director of AKANE Sleep Solutions, Inc. He practices sleep medicine in Greater Harrisburg area and Lancaster, PA. He is associated with Pinnacle Health with their sleep laboratories in Harrisburg and Mechanicsburg.

Most recently he held the position of Medical Director, Pediatric Sleep Medicine, Sleep Research and Treatment Center and Medical Director, Restless Leg Syndrome Clinic at Penn State University Hershey Medical Center, Hershey, PA. He is an adjunct Assistant Professor at University of Louisville School of Medicine, Louisville, KY. He is an active fellow of the American Psychiatric Association and American Academy of Sleep Medicine.

Dr. Karippot has held staff positions and faculty appointments in Sleep Medicine, Psychiatry and Child and Adolescent Psychiatry at Penn State University Hershey Medical Center and Pennsylvania Psychiatric Institute. He is board certified in Sleep Medicine, General Psychiatry and Child and Adolescent Psychiatry. He is one of the few physicians certified in Behavioral Sleep Medicine and is also certified as a Registered Polysomnographer (RPSGT). He was an active member of the Standards of Practice

Committee of the American Academy of Sleep Medicine. He has numerous publications, abstracts, book chapters and oral presentations to his credit on various topics in sleep disorders. His special interests include sleep apnea in children and adults, restless leg syndrome, sleep in special needs population like ADHD and Autism, insomnia and nightmares.

President-Elect

Michael Grandner



Dr. Michael Grandner is a licensed Clinical Psychologist and Instructor in the Department of Psychiatry

(pending) at the University of Pennsylvania and member of the Center for Sleep and Circadian Neurobiology (pending, currently fellow).

He earned his undergraduate degree in Clinical and Social Sciences in Psychology from the University of Rochester, where he trained in the Sleep and Neurophysiology Research Laboratory. He completed his PhD in Clinical Psychology at the Joint Doctoral Program in Clinical Psychology at San Diego State

University and the University of California, San Diego, specializing in Behavioral Sleep Medicine. He completed an internship at the San Diego VA Healthcare System (Primary Care Behavioral Medicine) and the Outpatient Psychiatric Clinic at the University of California, San Diego. He went on to a federally-funded Postdoctoral Fellowship in the Division of Sleep Medicine at the University of Pennsylvania, which also served as an AASM-accredited fellowship in Behavioral Sleep Medicine.

During this time, he worked clinically at the Philadelphia VA and conducted research studies at Penn. He has published a number of papers and book chapters in the field of sleep medicine as it relates to health. He has received honors and awards from a number of organizations, including the American Academy of Sleep Medicine, the Sleep Research Society, the Population Association of America, and others. He has received multiple awards for his work as a teacher as well. His work has been featured in over 200 national and international news outlets, including ABC News, the Los Angeles Times, the Washington Post, and others.

He was a member of the original Organizing Committee of the PA Sleep Society, and served on its first Board of Directors. He designed the Society's logo, letterhead and all its forms and surveys. As Communications Chair, he designed and manages the Society's website and newsletter, and oversees the Email Blasts. He has spoken at all three annual meetings. He was heavily involved in the drafting and revising of the bylaws and continues to work to establish and grow the Society, as well as promote and advocate for sleep field.

Secretary-Treasurer

Benjamin Gerson

Susan Swoyer-McAtee



A graduate of the Jefferson Medical College, Dr. Gerson completed residency and fellowship training at The Johns Hopkins Hospital and Johns Hopkins

University School of Medicine. His academic career started on the faculty of the Harvard Medical School. Presently he is Adjunct Professor of Occupational Medicine - Boston University School of Medicine, Clinical Professor of Medicine as well as Clinical Professor of Pathology and Cellular Biology - Jefferson Medical College, Medical Director - University Services, a multidisciplinary healthcare services company that includes the operation of AASM-Accredited Sleep Disorders Diagnostic and Treatment Centers. University Services also is actively involved in ongoing clinical trials.

Dr. Gerson's current clinical research interests include the connection of sleep disorders to the obesity and diabetes epidemics, as well as the connection of sleep disorders to transportation safety.

Other current and past activities include: Board of Directors and Secretary/Treasurer, Pennsylvania Sleep Society, Director - Boston Clinical Laboratory; Expert Panel, Monitoring Preventable Hospital Complications by using Hospital-Acquired Laboratory Abnormalities as Indicators of Poor Quality, Department of Veterans Affairs; CLIA Quality Control Committee,

CDC; Chairman - ASCP Residents' In-Service Examination; Board of Directors of the Substance Abuse Professional Administrators Association; Board of Directors of the Medical Review Officer Certification Council; former Chairperson of the Clinical Devices Panel for the FDA; Institutional Review Board, New England Deaconess Hospital (Harvard Medical School). Dr. Gerson has served on Boards of Directors and/or Scientific Advisory Boards of various companies. Community activities include Board of Directors and Governance Committee, Settlement Music School; Commission on Judicial Selection and Retention, Philadelphia Bar Association.



Susan Swoyer McAtee began her career in sleep medicine at the University of Cincinnati in 1986.

At the same time she started work at the VA Hospital in Cincinnati, in Sleep Medicine research, studying the relationship between Vietnam vets and night terrors.

Susan is currently the manager of a Neurophysiology Lab, and does sleep training and education for a Sleep Lab in suburban Philadelphia. She also teaches in her field at the local community college, and attends informational/educational community events throughout the year promoting the benefits of Sleep Medicine. She also travels to remote areas in the United States to teach in her field.

Susan is a founding member of the Pennsylvania Sleep Society.

Director

Stephanie Betz



Steph is an RPSGT and is currently working at Lehigh Valley Health Network as the Director of the Sleep Disorders Centers. Steph graduated with a BS in Business Administration from Millersville University in 1998. She started her career in sleep as a polysomnographic technician at Respitech Medical, Inc. In 1998, she became assistant director of Clinical Services at Respitech in charge of training new technicians and marketing. Steph earned her RPSGT in June, 2001. In the same year, was hired as the Director of the Sleep Disorders Centers at Lehigh Valley Health Network. Steph currently serves on the board for a non-profit organization in Allentown, The ARC of Lehigh and Northampton Counties and has extensive experience with the start-up, operation of, and accreditation of sleep disorders centers.

Director

Indira Gurubagavatula



Dr. Indira Gurubagavatula is currently an Assistant Professor of Medicine at the University of Pennsylvania School of Medicine. She is also Director of the Sleep Disorders Clinic and a staff physician in the

Pulmonary, Critical Care and Sleep Section at the Philadelphia VA Medical Center. She has broad experience in sleep, pulmonary and critical care medicine, as well as in mentoring trainees in clinical and research activities and in conducting patient-oriented research.

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 a faculty member at Penn's Divisions of Sleep Medicine and Pulmonary/Critical Care Medicine and is an elected member of Penn's Cardiovascular Institute. She is also a member of the American Thoracic Society. 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.

She has published many primary research manuscripts and is an invited author for chapters and reviews in topics in Sleep Medicine including portable monitoring, screening for sleep apnea and cardiovascular consequences of obstructive sleep apnea. She has been an invited lecturer at major international meetings, including the American Thoracic Society (ATS), the Asia-Pacific Society of Respiriology and the Associated Professional Sleep Societies (APSS).

She has won awards for excellence in both teaching and research and has received several prestigious grant awards from the National Institutes of Health, the Centers for Disease Control, the American Heart Association and the American Lung Association. She was a guest host for a 30-minute radio talk show (WOGL) regarding sleep apnea and its management.

Her key research interests are in screening for sleep disorders in high-risk populations and in evaluating cardiovascular consequences of sleep-disordered breathing. Dr. Gurubagavatula participated in Penn's Population Sleep Symposium in 2008 as a symposium chair. She has a keen interest in promoting sound health policy and in raising public awareness regarding sleep disorders and healthy sleep.

Director

Brian Kraft

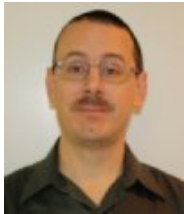


Brian Kraft has been a Paramedic, Firefighter and Emergency Services Administrator for 20 years prior to moving into the Sleep Field. He has served as President and/or Chairman of several Local and County Boards and Associations. He has been a Member of the PA State Health Council. He has worked in Volunteer Organizations on Recruitment and Retention of their members. Since his transition into the Sleep disorders field over 6 years ago he has worked as a Night Technician attained his RPSGT Credential and for the last 16

Months, have been a Center Manager. Having extensive past experience serving on Boards and in Management, he has been able to utilize this experience in the Sleep Field quite effectively. His previous experiences coupled with his Technical and Managerial skills in Sleep make him a well rounded candidate for the Pennsylvania Sleep Society RPSGT Board Member Position.

Director

Michael Misero

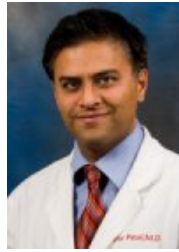


Michael Misero is Director of Operations at University Services Sleep Disorders Centers and oversees operations at their six locations in the Philadelphia suburban area.

Michael's background is in psychology and has completed programs at Drexel University including those in Neurophysiology. He has worked as a technician and manager performing EEGs, Evoked Potentials and Polysomnography for the last 18 years. He has been involved in many projects over the years to grow the professional standards within the field and at the companies he has worked. He has been involved in numerous successful sleep center accreditations and given talks on the subject of sleep technology to both professional and community organizations. He currently holds the RPSGT credential in the field of sleep medicine.

Director

Nirav Patel



Dr. Nirav Patel is currently an Attending physician at Respiratory Specialists and is on staff at The Reading Hospital and Medical Center in Reading, PA. He received his medical degree from Guy's, King's and St. Thomas' University Medical School at King's College, London, England.

He transitioned to the USA several years ago to complete and Internal Medicine residency at Albert Einstein Medical Center in Philadelphia. Subsequently, he completed specialty training in Pulmonary Disease and Critical Care medicine at the Hospital of University Pennsylvania. Following this, Dr Patel accepted a post-doctoral position at Penn's Center for Sleep and Respiratory Neurobiology. During this time, he also received a Masters degree in Public Health from the University of Pennsylvania. Dr Patel joined the Faculty at Penn as Assistant Professor of Medicine in the Divisions of Pulmonary, Critical Care Medicine and Sleep Medicine. Recently, he moved to Reading, Pennsylvania.

Dr Patel is board-certified in Sleep Medicine, Pulmonary Disease, Critical Care Medicine, and Internal Medicine. He was elected Fellow of the American College of Physicians and is a member of the American Thoracic Society, Society of Critical Care Medicine, and American Academy of Sleep Medicine.

He is well-published in sleep medicine, pulmonology, and critical care medicine and has presented his research on sleep and public health in a variety of arenas. He has served as a reviewer for several journals and was the primary organizer of the national "Population Sleep" symposium held in 2008 at Penn. He has been very active in advocating for sleep as an important health issue at the local, regional, and national level and has engaged members of local government, experts in the CDC, and senators and staff members on Capitol Hill to become motivated about the importance of sleep and sleep disorders in society. He is a keen educator to health care providers, medical trainees, and the public.

Director

Eric Shakespeare



Dr. Shakespeare attended the Medical University of South Carolina in Charleston, SC. He completed residency training in Internal medicine at Beth Israel Medical Center in New York and went on to complete fellowship programs and board certification in Pulmonary Diseases, Critical Care Medicine and Sleep Medicine at The University of Miami. Research interests have included the effect of bronchoscopy on lung volumes and other parameters in intubated patients and measurement of airway blood flow. He now holds medical directorship positions within the Pulmonary, Critical Care and Sleep Departments at The Montgomery-Einstein Hospital and Medical

Center in Norristown, PA. Much of his time is spent engaged in active private practice, hospital leadership and organization, resident teaching, and lecturing in multiple forums.

Open Positions

In the coming year, there will be 2 doctoral positions and 1 technologist position up for election. Additionally, the President-Elect position will be open to a technologist member.

Recap of the 2011 Meeting

by Susan Swoyer McAtee BS RPSGT

The 2011 Pennsylvania Sleep Society' 3rd annual meeting was again held in Hershey, PA, and I am happy to report it was a success. We had six informative speakers, and the feedback from our attendees was very positive.

The meeting afforded us the opportunity to meet many of our membership which was such a pleasure. During the meeting the society was able to compile a significant list of volunteers, and we want to thank all of you, who have volunteer for the different committees, for your valuable time.

Jayant N. Acharya MD



Dr Acharya is Professor of Neurology and Director of the Epilepsy Program at Penn State Milton S. Hershey Medical Center.

He spoke to us about the differential diagnosis of nocturnal paroxysmal events. Also discussed were the effects of sleep on epilepsy, and the effects of epilepsy on sleep.

Nirav P. Patel MD MPH



Dr. Patel is an attending physician and respiratory specialist at The Reading Hospital and Medical Center. His topics centered on a review of the trends in sleep attainment, identifying the biological and societal influences upon sleep attainment. Dr. Patel also discussed the research models to study sleep attainment.

Michael Grandner PhD



Dr. Grandner is an NRSA Post Doctoral Fellow in the Division of Sleep Medicine at the University of Pennsylvania. Dr Grandner spoke to us about the outcomes of poor sleep, the evidenced-based approach to the diagnosis and management of sleep apnea and insomnia. He also outlined an effective approach for maximizing sleep quality for health and performance.

Anoop Karippot MD

Dr. Karippot is the Medical Director of AKANE Sleep Solutions. He is also a staff physician at Pinnacle Health Hospitals. Dr Karippot explained the need for polysomnography as a test in children. He discussed the different disorders of childhood and the indications for doing



Eric Shakespeare MD

polysomnography studies in these children, and how to manage childhood sleep disorders more effectively.



Dr. Shakespeare comes to us from Montgomery County Asthma and Lung in Norristown, PA, with specialties in Internal Medicine, Pulmonary and Critical Care Medicine, and Sleep Medicine. His presentation covered the importance of compliance, and a review of therapies directed at PAP compliance. He went on to describe the side effects of and the frequent complaints regarding PAP therapy.

Indira Gurubhagavatula MD
MPH



Dr. Gurubhagavatula is an Assistant Professor of Medicine at the University of Pennsylvania. She is also the Director of the Philadelphia VA Sleep Disorders Clinic.

Dr. Gurubhagavatula described the classification system used for home sleep studies and its limitations. She also described the capabilities and limitations of portable monitoring in ruling in or ruling out obstructive sleep apnea, as well as, indications for portable monitoring.

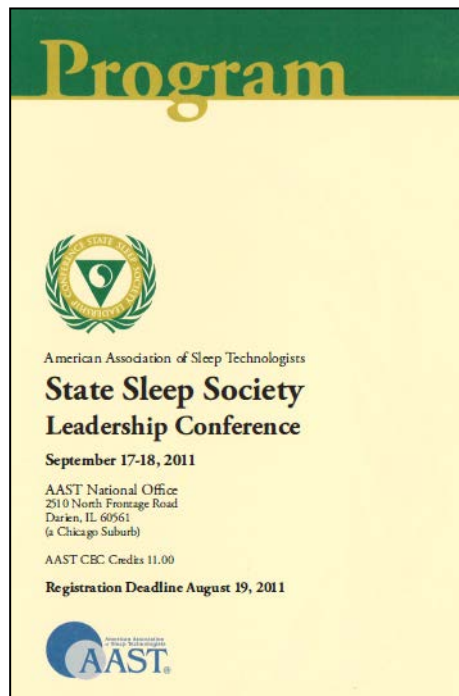
State Sleep Societies Leadership Conference

by Michael Grandner PhD

This past September, the American Association of Sleep Technologists (AAST) held a meeting at the society headquarters outside of Chicago. This meeting was intended to bring together the leadership of the various Sleep Societies across the US. Members from many states were in attendance. We sent the current PSS President and President-Elect as representatives.

This meeting served several purposes. First, it allowed the AAST to express its willingness to assist the State Societies in getting them up and running and successful. Second, it allowed representatives from the various states to discuss issues in an open forum, where we could talk about difficulties and how we have been addressing them. That way, we could start working together to solve common problems. Third, it provided a perspective on how other societies functioned in different states, addressing different issues. Finally, there was an opportunity to attend various workshops that were geared to helping state sleep societies function.

All attendees were given a PDF of all meeting handouts. If any PSS member is interested in getting a copy of this PDF, please contact one of the Board members.



Several important issues were addressed at the meeting. Chris Waring, the AAST Coordinator, spoke about how to set up a Board, form and run committees, and structure an organization. Fortunately, we are already doing many of the things that were suggested. However, there are a number of suggestions that we plan on implementing in the coming years.

Nick Cekosh, the SRS coordinator, talked about a number of important society issues, such as Bylaws,

defined procedures and rules regarding Elections, Awards, Board activities, and Meetings. Other policies, such as Conflict of Interest, Officer/Director Insurance, Record Retention, Volunteer Reimbursement, Use of Member Information, Ethics Code, and Internet/Social Media were discussed. We are currently planning on taking some of these issues to our own membership.

Thomas Heffron discussed leadership development. This workshop addressed the important issue of how an organization, especially a new one, can thrive or crumble under different types of leadership. As a new organization looking to maintain stability and integrity, building and maintaining leadership within our organization will be important.

Emilee McStay discussed a number of important membership issues, such as recruitment, dues, membership types, budgeting, benefits, and retention of existing members. She discussed ways of engaging with members, including with electronic media and newsletters like this one, as well as on an individual basis.

Becky Roberts discussed meeting management. Although we have

already launched several successful meetings, we learned a lot from experiences of other state societies, especially regarding how other groups are structuring their meetings, how they attract vendors, how they keep registration fees low, etc.

Several other topics were addressed, including Financial Management (including dues, budgeting, and managing costs), quality of care (taking positions on issues that threaten care delivery), working with Behavioral Sleep

Medicine specialists, working with Dental Sleep Medicine specialists, and other issues.

The final issues that were addressed were regarding advocacy, legislative involvement, and dealing with licensure and certification. Representatives from several states talked about some of the events that took place in their state, and how they as a Society dealt with those issues. It was interesting to hear how different approaches had different outcomes. Fortunately, this is not an issue that has come to

Pennsylvania yet. But it will soon, and, hopefully, we can learn from the experiences of others.

Overall, this was a very productive and successful meeting. The consensus was that all of the State Societies in attendance would look forward to future meetings that could help all of us maintain continuity and stability in our respective organizations, all while learning from the experiences of others who are addressing similar issues.

New Sleep Research in Pennsylvania

by Michael Grandner PhD

A search through the PubMed archives for the months of September, October, November, and December, 2012 yields 72 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 4 months:

- 1: Abrams B. High prevalence of gout with sleep apnea. *Med Hypotheses*. 2012 Feb;78(2):349. Epub 2011 Nov 17. PubMed PMID: 22098723.
- 2: Tomasko JM, Pauli EM, Kunselman AR, Haluck RS. Sleep deprivation increases cognitive workload during simulated surgical tasks. *Am J Surg*. 2012 Jan;203(1):37-43. Epub 2011 Nov 9. PubMed PMID: 22079034.
- 3: Dasilva JK, Husain E, Lei Y, Mann GL, Tejani-Butt S, Morrison AR. Social partnering significantly reduced rapid eye movement sleep fragmentation in fear-conditioned, stress-sensitive Wistar-Kyoto rats. *Neuroscience*. 2011 Dec 29;199:193-204. Epub 2011 Oct 8. PubMed PMID: 22015926.
- 4: Pack AI. Sleep medicine: strategies for change. *J Clin Sleep Med*. 2011 Dec 15;7(6):577-9. PubMed PMID: 22171193; PubMed Central PMCID: PMC3227700.
- 5: Fernandez-Mendoza J, Rodriguez-Muñoz A, Vela-Bueno A, Olavarrieta-Bernardino S, Calhoun SL, Bixler EO, Vgontzas AN. The Spanish version of the Insomnia Severity Index: A confirmatory factor analysis. *Sleep Med*. 2011 Dec 13. [Epub ahead of print] PubMed PMID: 22172961.
- 6: Pressman MR. How Is Slow Wave Sleep Related to Hypertension? *Hypertension*. 2011 Dec 12. [Epub ahead of print] PubMed PMID: 22158641.
- 7: Grandner MA, Jackson NJ, Pak VM, Gehrman PR. Sleep disturbance is associated with cardiovascular and metabolic disorders. *J Sleep Res*. 2011 Dec 12. doi: 10.1111/j.1365-2869.2011.00990.x. [Epub ahead of print] PubMed PMID: 22151079.
- 8: Benz RL, Pressman MR, Wu X. Periodic limb movements in sleep revealed by treatment of sleep apnea with continuous positive airway pressure in the advanced chronic kidney disease population. *Clin Nephrol*. 2011 Dec;76(6):470-4. PubMed PMID: 22105450.
- 9: Brunner JI, Gotter AL, Millstein J, Garson S, Binns J, Fox SV, Savitz AT, Yang HS, Fitzpatrick K, Zhou L, Owens JR, Webber AL, Vitaterna MH, Kasarskis A, Uebele VN, Turek F, Renger JJ, Winrow CJ. Pharmacological validation of candidate causal sleep genes identified in an N2 cross. *J Neurogenet*. 2011 Dec;25(4):167-81. PubMed PMID: 22091728.
- 10: Gibson CJ, Thurston RC, Bromberger JT, Kamarck T, Matthews KA. Negative affect and vasomotor symptoms in the Study of Women's Health Across the Nation Daily Hormone Study. *Menopause*. 2011 Dec;18(12):1270-7. PubMed PMID: 21900850; PubMed Central PMCID: PMC3230697.
- 11: Healy F, Marcus CL. Congenital central hypoventilation syndrome in children. *Paediatr Respir Rev*. 2011 Dec;12(4):253-63. Epub 2011 Apr 16. PubMed PMID: 22018041.
- 12: Troxel WM, Kupfer DJ, Reynolds CF 3rd, Frank E, Thase ME, Miewald JM, Buysse DJ. Insomnia and objectively measured sleep disturbances predict treatment outcome in depressed patients treated with psychotherapy or psychotherapy-pharmacotherapy combinations. *J Clin Psychiatry*. 2011 Nov 29. [Epub ahead of print] PubMed PMID: 22152403.
- 13: Luyster FS, Teodorescu M, Bleecker E, Busse W, Calhoun W, Castro M, Chung KF, Erzurum S, Israel E, Strollo PJ, Wenzel SE. Sleep quality and asthma control and quality of life in non-severe and severe asthma. *Sleep Breath*. 2011 Nov 20. [Epub ahead of print] PubMed PMID: 22102290.

- 14: Mody P, Rukhadze I, Kubin L. Rats subjected to chronic-intermittent hypoxia have increased density of noradrenergic terminals in the trigeminal sensory and motor nuclei. *Neurosci Lett*. 2011 Nov 14;505(2):176-9. Epub 2011 Oct 13. PubMed PMID: 22015761; PubMed Central PMCID: PMC3220619.
- 15: Casas RS, Pettee Gabriel KK, Kriska AM, Kuller LH, Conroy MB. Association of leisure physical activity and sleep with cardiovascular risk factors in postmenopausal women. *Menopause*. 2011 Nov 10. [Epub ahead of print] PubMed PMID: 22076308.
- 16: Koren D, Levitt Katz LE, Brar PC, Gallagher PR, Berkowitz RI, Brooks LJ. Sleep architecture and glucose and insulin homeostasis in obese adolescents. *Diabetes Care*. 2011 Nov;34(11):2442-7. Epub 2011 Sep 20. PubMed PMID: 21933909; PubMed Central PMCID: PMC3198280.
- 17: Xu H, Thurston RC, Matthews KA, Bryce CL, Hays RD, Kapoor WN, Ness RB, Hess R. Are hot flashes associated with sleep disturbance during midlife? Results from the STRIDE cohort study. *Maturitas*. 2011 Nov 1. [Epub ahead of print] PubMed PMID: 22051577.
- 18: Okun ML, Schetter CD, Glynn LM. Poor sleep quality is associated with preterm birth. *Sleep*. 2011 Nov 1;34(11):1493-8. PubMed PMID: 22043120; PubMed Central PMCID: PMC3198204.
- 19: Platt AB, Patel NP. Toward a multi-level approach to CPAP adherence. *Sleep*. 2011 Nov 1;34(11):1459-60. PubMed PMID: 22043115; PubMed Central PMCID: PMC3198200.
- 20: Kuna ST. Back to the future or forward to the past? *Sleep*. 2011 Nov 1;34(11):1455-6. PubMed PMID: 22043113; PubMed Central PMCID: PMC3198198.
- 21: Sleiman P, Hakonarson H. Genetic underpinnings of obstructive sleep apnea: are we making progress? *Sleep*. 2011 Nov 1;34(11):1449-52. PubMed PMID: 22043111; PubMed Central PMCID: PMC3198196.
- 22: Winrow CJ, Gotter AL, Cox CD, Tannenbaum PL, Garson SL, Doran SM, Breslin MJ, Schreier JD, Fox SV, Harrell CM, Stevens J, Reiss DR, Cui D, Coleman PJ, Renger JJ. Pharmacological characterization of MK-6096 - A dual orexin receptor antagonist for insomnia. *Neuropharmacology*. 2011 Oct 18. [Epub ahead of print] PubMed PMID: 22019562.
- 23: Naidoo N. Potential of proteomics as a bioanalytic technique for quantifying sleepiness. *J Clin Sleep Med*. 2011 Oct 15;7(5 Suppl):S28-30. PubMed PMID: 22003327; PubMed Central PMCID: PMC3190409.
- 24: Goel N, Dinges DF. Behavioral and genetic markers of sleepiness. *J Clin Sleep Med*. 2011 Oct 15;7(5 Suppl):S19-21. PubMed PMID: 22003324; PubMed Central PMCID: PMC3190416.
- 25: Mindell JA, Du Mond CE, Sadeh A, Telofski LS, Kulkarni N, Gunn E. Long-term efficacy of an internet-based intervention for infant and toddler sleep disturbances: one year follow-up. *J Clin Sleep Med*. 2011 Oct 15;7(5):507-11. PubMed PMID: 22003347; PubMed Central PMCID: PMC3190851.
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State Sleep Society News

by Ted Thurn (AASM/AAST)

The following is reprinted from a message sent out by the national office, intended for members of all state sleep societies.

2011 has been a busy year for sleep! The American Academy of Sleep Medicine (AASM) and the American Association of Sleep Technologists (AAST) were very active at the state and federal level. At the state level, AASM and AAST assisted sleep societies with their legislative initiatives while at the federal level educating lawmakers on sleep was the focus. Also during the past year, the AAST conducted a very successful leadership conference. SSSNews would like to take this opportunity to provide our members with a recap of the issues and activities conducted by both organizations over the past year.

The following legislative activities have been taking place across the country:

District of Columbia

On May 2, the District of Columbia Board of Medicine (Board) finalized its licensure regulations for the practice of sleep technology.

In March 2009, the District of Columbia City Council unanimously approved Bill 18-33, the "Practice of Polysomnography Amendment Act of 2009." The bill established a scope of practice for sleep

technology and established the licensure and registration requirements for a sleep technologist, technician and trainee in the District of Columbia. The Board, along with the newly created Advisory Committee on Polysomnography comprised of physicians and sleep technologists, was directed to develop the education and training standards for regulating sleep technologists.

To obtain a DC license as a sleep technologist, an applicant must submit:

- Certification, signed by a supervising technologist or a qualified medical doctor, that the individual has completed at least fifty (50) sleep studies in one (1) or more facilities that are provisionally or fully accredited by the AASM;

- Proof that the applicant has successfully passed the Board of Registered Polysomnographic Technologists (BRPT) exam or another nationally recognized examination, as approved by the Board;

- A completed criminal background check; and

- Proof that the applicant holds current certification in CPR.

Sleep technologists work under general supervision of a licensed physician and must earn a minimum

of 20 continuing education credits during every 2 year period.

To obtain registration as a sleep technician, valid for 1 non-renewable term of 3 years, applicants must have:

- Successfully completed a CAAHEP or A-STEP program;

- Passed the CPSGT Exam;

- Completed a criminal background check; and

- Hold current certification in CPR.

A sleep technician may work under the general supervision of either a licensed sleep technologist or licensed physician.

To obtain registration as a sleep trainee, valid for a 2 year term, applicants must:

- Complete the A-STEP Introductory Course or is currently enrolled in a CAAHEP program;

- Complete a criminal background check;

- Submit proof that the applicant holds current certification in CPR.

The Board may review a trainee's registration 1 time for an additional 2 years with a showing of good cause. A sleep trainee will work under the direct supervision of a

licensed sleep technologist or physician.

The Board has not yet made applications available for technologists, technicians or trainees. Once applications are made available, an alert will be sent to all of our DC members and members in surrounding states.

Louisiana

The AAST and AASM assisted the Louisiana Academy of Sleep Medicine (LASM) submit comments to the Louisiana State Board of Medical Examiners ("Board") regarding the lengthy process to finalize regulations for governing the practice of sleep technologists.

Although House Bill 883, which established licensure for sleep technologists, was signed on June 29, 2005, the Board has yet to finalize regulations for the profession. The most serious issue stemming from the failure to establish a regulatory framework concerns individuals looking to enter the sleep technology field. A section in the Louisiana Polysomnography Practice Act contains the following language that shuts the door for individuals looking to enter the sleep profession:

Section RS 37:2862 - Definitions (7): "Individual-in-training" means an individual who enters the field of polysomnographic technology after January 1, 2006, who must work under the direction and supervision of a registered polysomnographic technologist or the medical director of a sleep center or laboratory and is working towards BRPT registry or completion of a CAAHEP accredited program in

polysomnography, or both. This Paragraph shall be null and cease to have effect after January 1, 2011."

Because the statutory language allowing individuals to go into the field expired on January 1, 2011, candidates who wish to enter the sleep technology profession are now prohibited from receiving education and training in Louisiana.

The consequence of prohibiting individuals from entering the field will result in numerous sleep centers not being able to operate at full capacity, and some will need to close their doors entirely if the pipeline in Louisiana for licensed sleep technologists remains closed.

The AAST and AASM continue to work with the LASM on this issue and will update our members with any new developments.

Maryland

On May 10, Maryland Governor Martin O'Malley signed House Bill 560 (HB 560) and Senate Bill 641 (SB 641) into law. The bills, which have identical language, delay the licensing of sleep technologists until October 1, 2013.

Existing statutory language required that after October 1, 2011, individuals applying for sleep technologist licensure must first complete a CAAHEP program. Currently, there is only one CAAHEP-approved educational program in the state. HB 560 and SB 641 were passed to avoid a significant decrease in the availability of sleep studies in Maryland or having a large pool of unlicensed personnel practicing in spite of the law. The AASM and the AAST worked closely with the

Maryland Sleep Society (MSS) on this important issue. The AASM and AAST provided written and oral testimony and attended hearings in the Maryland House Committee on Health and Government Operations and the Senate Committee Education, Health and Environmental Affairs.

New Hampshire

The New Hampshire Respiratory Care Practice Act contains statutory language which allows the state Respiratory Care Board ("Board") to have "the authority" to adopt rules specifying the scope of practice for registered polysomnographic technologists. This past September, the Board issued proposed regulatory language outlining the scope of practice for sleep technologists, and detailing the educational and training requirements a sleep technologist needs to complete to obtain a license.

The AASM and AAST worked with the New Hampshire Sleep Society (NHSS) in developing comments addressing the proposal. Some of the amendments the NHSS requested to be incorporated into the proposal included:

- Amending the Definition for "Practice of Polysomnography" to ensure that sleep technologists will be able to provide existing and future services that fall within the sleep technologist scope of practice and which assist them in the testing, evaluation of, and follow-up care of patients with sleep disorders.
- Adding an examination requirement which would require all individuals who are applying for initial licensure to have passed a

sleep technology credentialing examination. The proposed language requires that individuals complete a Commission on Technologist Education Program (A-STEP) program, but does not require that they pass a credentialing examination. The NHSS requested that the proposal mandate that individuals applying for licensure either pass the Board of Registered Polysomnographic Technologists (BRPT) examination, the National Board for Respiratory Care Sleep Disorders Specialty examination (NBRC-SDS), or a comparable examination.

- Including a grandfather clause to allow individuals who have been working in the sleep field for a considerable period an exemption from completing the educational or certification requirements.

- Establishing a Polysomnography Professional Standards Committee to assist the Board in the performance of its duties in overseeing the sleep technology profession.

As of this report, the Board is still in the process of finalizing the regulations.

New York

New York Assembly Bill 354 (AB 354), which establishes “authorization” for sleep technologists, was signed into law by Governor Andrew Cuomo on August 4, 2011. The bill requires an individual performing sleep procedures to obtain an authorization certificate issued by the State Education Department.

The authorization certificate, which is similar to licensure, will be issued

to individuals who complete certain education, experience, and examination standards. The standards will be developed by the Department. The bill also requires that the applicant be subjected to the full disciplinary and regulatory authority of the Department and the individual will need to reapply for authorization every three years.

The AASM has worked with the New York State Society of Sleep Medicine (NYSSSM) over the past 10 years to pass this licensure bill. Now that AB 354 has been enacted, the AASM will assist the NYSSSM on developing the regulatory language.

New York is the eleventh jurisdiction to require licensure for sleep technologists. New York now joins California, Louisiana, Maryland, New Jersey, New Mexico, North Carolina, Oregon, Tennessee, Virginia and Washington D.C. as the only jurisdictions with a Polysomnography Practice Act, which provides sleep technologists a specific licensure/certification pathway.

The AASM congratulates the NYSSSM and all of our members in New York who contributed to this successful effort.

Oregon

In August, Oregon Governor John Kitzhaber signed into law Senate Bill 723 (SB 723), which directs the Oregon Health Licensing Agency (OHLA) to license sleep technologists beginning January 1, 2012. The bill requires that an applicant for licensure complete educational and training requirements approved by a newly constructed Respiratory Therapist and Polysomnographic Technologist

Licensing Board (“Board”) before obtaining a sleep technologist license. The bill also establishes a scope of practice for sleep technologists, outlining the procedures they can perform under the general supervision of a licensed physician. The Oregon Sleep Society (OSS), AASM, and American Association of Sleep Technologists (AAST) worked together closely on this bill. It received large bipartisan support, passing by votes of 27-3 in the Senate and 52-4 in the House. The AASM and AAST continue to work with the OSS during the rulemaking process, which will address issues such as a grandfather clause and define the educational programs and certification examinations that will be approved by the Board.

Virginia

On April 21, 2010 Virginia Governor Bob McDonnell signed House Bill 725, establishing licensure for sleep technologists. The AAST and AASMT worked closely with the Virginia Academy of Sleep Medicine (VASM) on this important piece of legislation. The bill mandated that the Virginia Board of Medicine (“Board”) develop regulations addressing the education, training and examination requirements for sleep technologists. In February 2011, the Board issued a Notice of Intended Regulatory Action notifying the public of its intent to promulgate regulations. The deadline to submit comments was May 11, 2011.

The AAST and AASM again worked with the VASM to submit recommendations to the Board. Recommendations for licensure included: completing a Commission on Accreditation of Allied Health

Education Programs (CAAHEP) or Accredited Sleep Technologist Educational Program (A-STEP) program; passing either the Board of Registered Polysomnographic Technologists (BRPT) or the National Board of Respiratory Care Sleep Disorder Specialty (NBRC-

SDS); or another nationally recognized certification examination; and undergoing a criminal background check.

The Board is considering all comments and will soon distribute a

draft of regulations for public review.

Renew Your PSS Membership

We know for some of you this time of year is already too full of things to do, and money to spend so this is just a gentle reminder that dues are coming up soon.

We will remind you again in early 2012.

Best wishes for a happy and safe New Year!