



Updates from the American Academy of Sleep Medicine

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Past President

aasm.org

Conflict of Interest Disclosures for Speakers

- Jennifer L. Martin, PhD has no relevant financial relationships with ineligible companies to disclose.

Disclaimer

I serve on the Board of Directors of the AASM, and I am giving this presentation as a spokesperson for the organization. The information in this presentation reflects the positions and policies of the AASM and may not represent my personal views and opinions.



About AASM



AMERICAN ACADEMY OF SLEEP MEDICINE



50 YEARS

1975 - 2025

AASM™



Board of Directors

AASM Strategic Plan: 2024 - 2027

Vision | *Our Impact* Sleep and circadian care is fundamental to health care.

Mission | *What We Do* Advancing sleep care and enhancing sleep health to improve lives

Strategic Goals

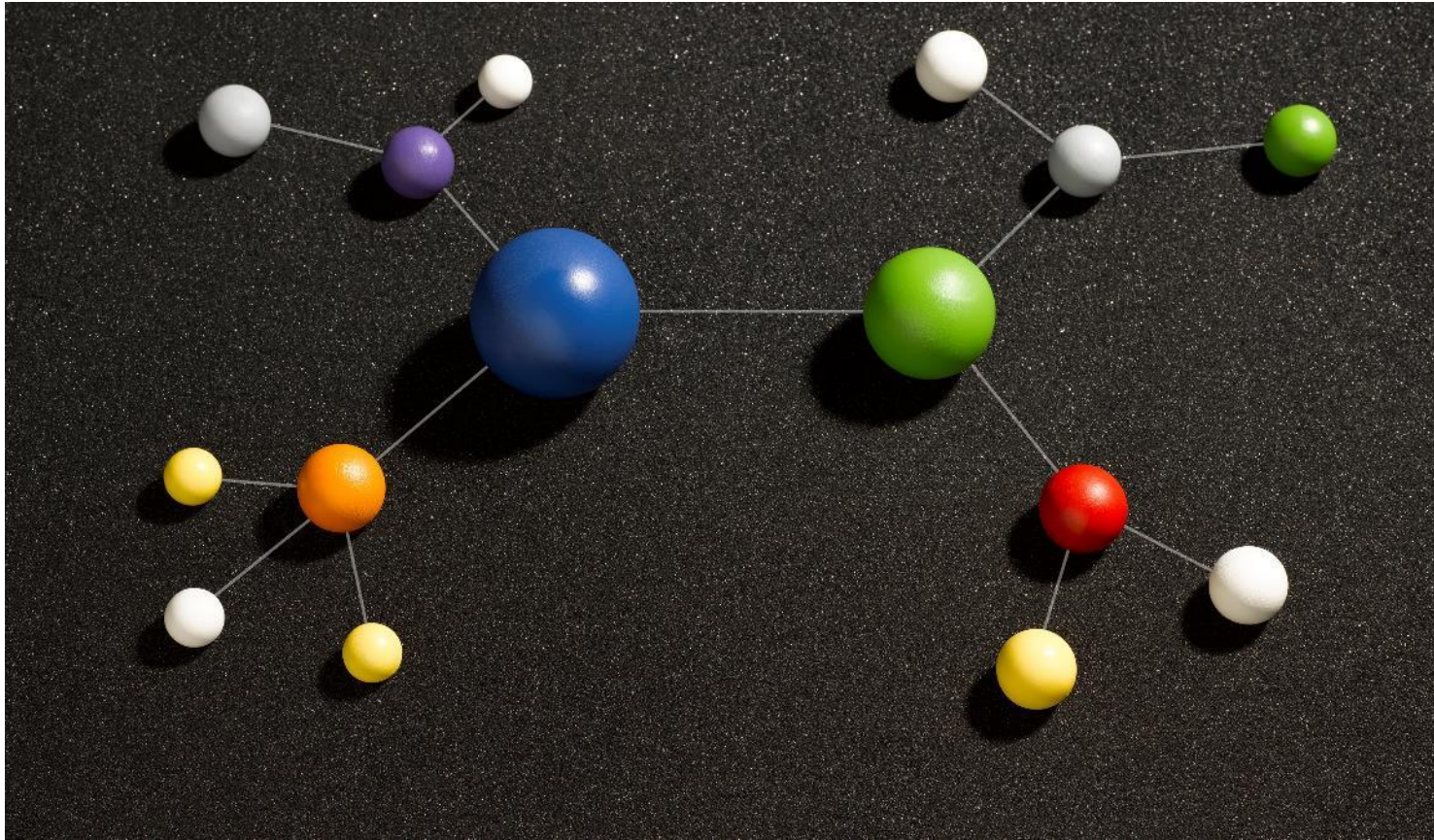
Sleep
Medicine
Awareness

Practice
Success

Technology
Integration



AASM Accreditation



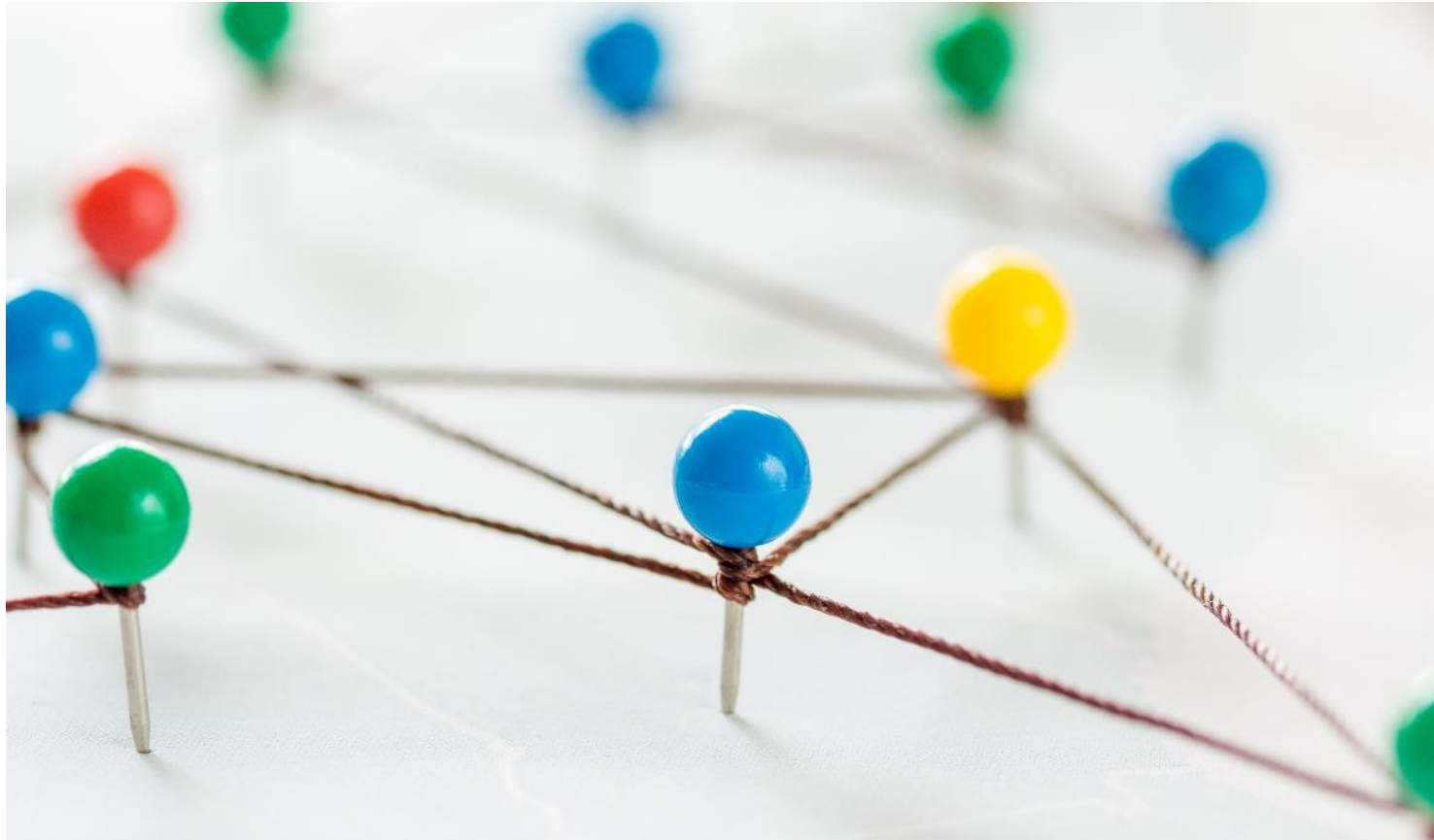
New Service-Based Accreditation

- January 2025
- Service-based model
- Updated standards
- Provides greater flexibility
- Remove barriers
- Minimizes redundancy



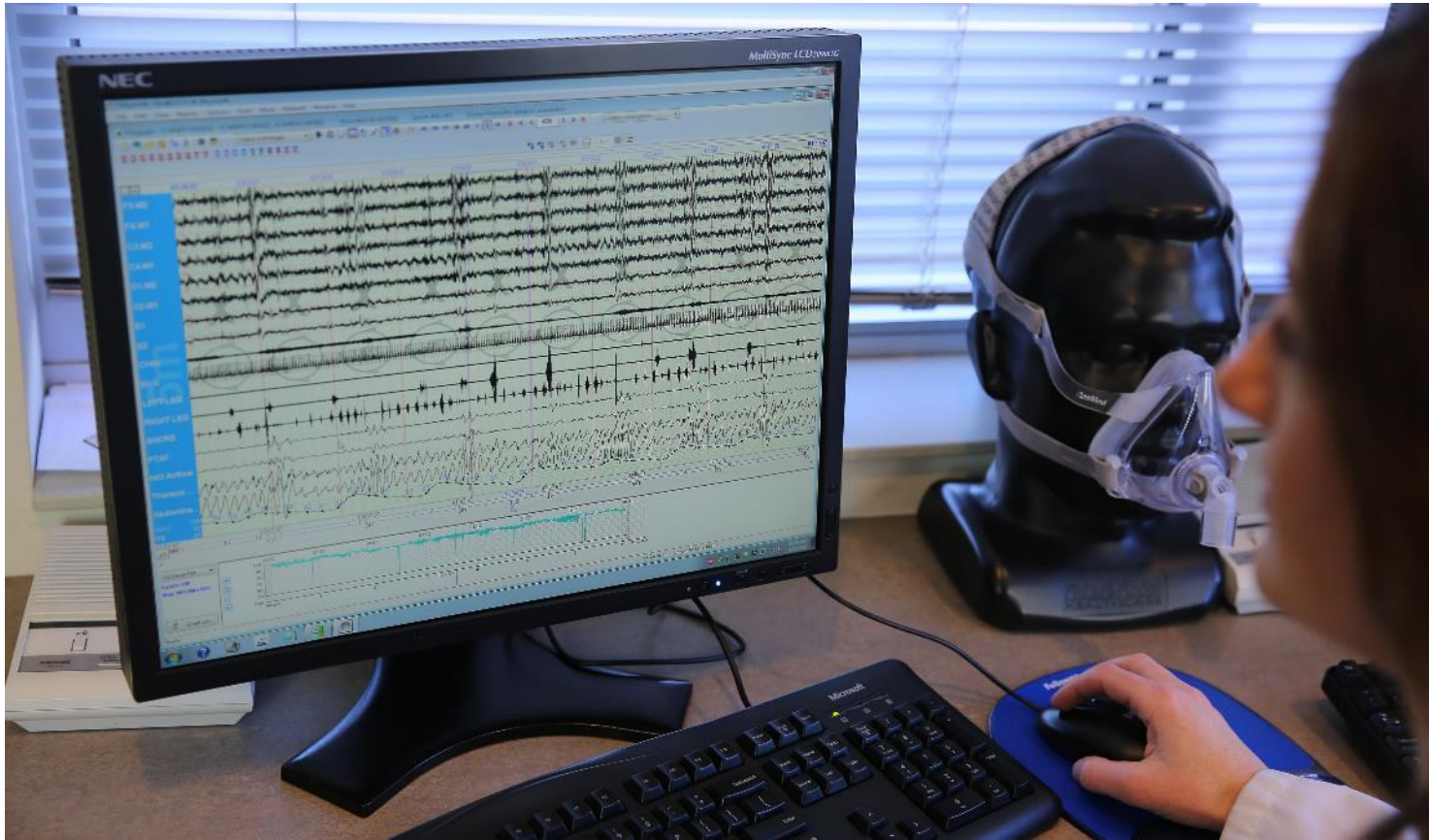
Streamlined, Modular Fee Structure

- January 2025
- Based on services provided
- Same for new and reaccreditation
- Modular fees to easily add services
- 5-year term provides best value



New Network Membership

- 2025 membership year
- For accredited service locations that share staff & policies
- Enhanced benefits
- Bigger discounts
- Modular membership fee



New Sleep ISR Pricing Model

- Starting January 2025
- Transitioning to a network pricing structure
- Network members save 30%
- Individual licenses
- Staff who work at multiple locations require only one license
- Flexible and adaptable



Strategic Initiatives



Compensation Analysis

- Physicians, APPs, and sleep technologists
- Last report was in 2018
- Data collection in August & September
- New report by end of year



Autoscoring Certification: Sleep Stage

- 2-year pilot
- Independently evaluate real-world performance
- Ensure software is comparable with manual scoring
 - ✓ Sleepware G3 by Philips
 - ✓ EnsoSleep by EnsoData
 - ✓ Domino by SOMNOmedics



Treatment of RLS & PLMD

- Clinical practice guideline & systematic review
- Updates the 2012 practice parameters
- Adult & pediatric patients
- Posted for public comment
- Posted online in JCSM as an accepted paper

Clinical Practice Guideline Recommendations

- Define principles of practice that should meet the needs of **most** patients in **most** situations
- Should **not** be considered inclusive of all proper methods of care or exclusive of other methods of care reasonably used to obtain the same results
- Ultimate judgment regarding propriety of any specific care must be made by the clinician



Strong Recommendations

A **STRONG** recommendation is one that that clinicians should, under most circumstances, always follow.



Conditional Recommendations

A **CONDITIONAL** recommendation reflects a lower degree of certainty:

- Requires the clinician to use clinical knowledge & experience and refer to the patient's values & preferences
- Based on the individual circumstances of the patient and clinician



Treatment of RLS & PLMD

- Alpha-2-delta ligand calcium channel blockers (gabapentin enacarbil, gabapentin, pregabalin): ***Strong recommendation for use***
- Extended-release oxycodone and other opioids: ***Conditional recommendation for use***
- Bilateral high-frequency peroneal nerve stimulation: ***Conditional recommendation for use***
- Dopamine agonists (pramipexole, ropinirole, rotigotine) and dopamine precursor (levodopa): ***Conditional recommendation against use (due to risk of augmentation)***
- Clonazepam: ***Conditional recommendation against use***
- Emphasizes importance of iron evaluation and supplementation

Other Papers in Progress

Treatments for shift work disorder

Management of inpatient sleep-disordered breathing

Treatment of central sleep apnea

Combination therapy for insomnia

Use of HSAT in pediatric populations – Update

Diagnostic testing for OSA in adults – Focused Update

Medications for residual sleepiness in OSA



*The official journal of
the American Academy
of Sleep Medicine*

Journal of Clinical Sleep
Medicine

- Strategic plan
- Premier journal for human sleep and circadian science
- Editor-in-Chief transition: from Dr. Nancy Collop to Dr. Safwan Badr
- jcsm.aasm.org

Permanent Standard Time



- New AASM position statement
- New coalition
- Advocating for federal legislation
- NSF, Save Standard Time, SRS, and SRBR
- ditchDST.com

AASM Foundation

- More than \$30 million awarded
- Key programs include:
 - Career Development Grants
 - Strategic Research Grants
 - Community Sleep Health and Public Awareness Grants
 - Young Investigators Research Forum

foundation.aasm.org





SLEEP MEDICINE
DISRUPTORS

Artificial Intelligence in Sleep Medicine

David T. Kent MD

Vanderbilt University Medical Center

MATTER

CONNECT
+ CREATE

THE
FUTURE
OF

Professional Education



Educational Courses

- Practice Management (virtual) – Nov. 15
- Sleep Medicine Trends (Clearwater Beach, Florida) – Feb. 7 -9, 2025
- aasm.org/event

Save the Date

SLEEP 2025

Seattle, WA | June 8 – 11



SLEEP Annual Meeting of
the APSS

- SLEEP 2025
- 39th annual meeting of the Associated Professional Sleep Societies (APSS)
- June 8 to 11
- Pre-conference courses June 7 and 8
- AASM, SRS, and AAST
- Seattle
- sleepmeeting.org



Questions?

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