

American Vein & Lymphatic Society Meeting

Development of Sleep Medicine as a Medical Specialty

Lawrence J. Epstein, MD

Brigham and Women's Hospital

Harvard Medical School

Past President, American Academy of Sleep Medicine

Disclosures

- Consultant to:
 - American Academy of Sleep Medicine
 - AIM Specialty Health
 - eviCore Healthcare
 - Somnoware Healthcare Systems.

Agenda

- History of sleep medicine
- History of sleep organizations
- Achieving recognition as a specialty field

Field of Sleep Medicine

- Relatively new field of medicine
 - ACGME fellowships – 2005
 - ABMS board examination – 2007
- Multidisciplinary
 - Internal medicine, neurology, psychiatry, family medicine, otolaryngology, anesthesia
- Sleep disorders are common
 - >70 disorders (Internal Classification of Sleep Disorders, 2014)
 - 50-70 million suffer chronically from disorders of sleep and wakefulness (NHLBI. National sleep disorders research plan 2003)
 - Have significant health, quality of life and health care cost consequences

How Did We Get Here?



History of Sleep

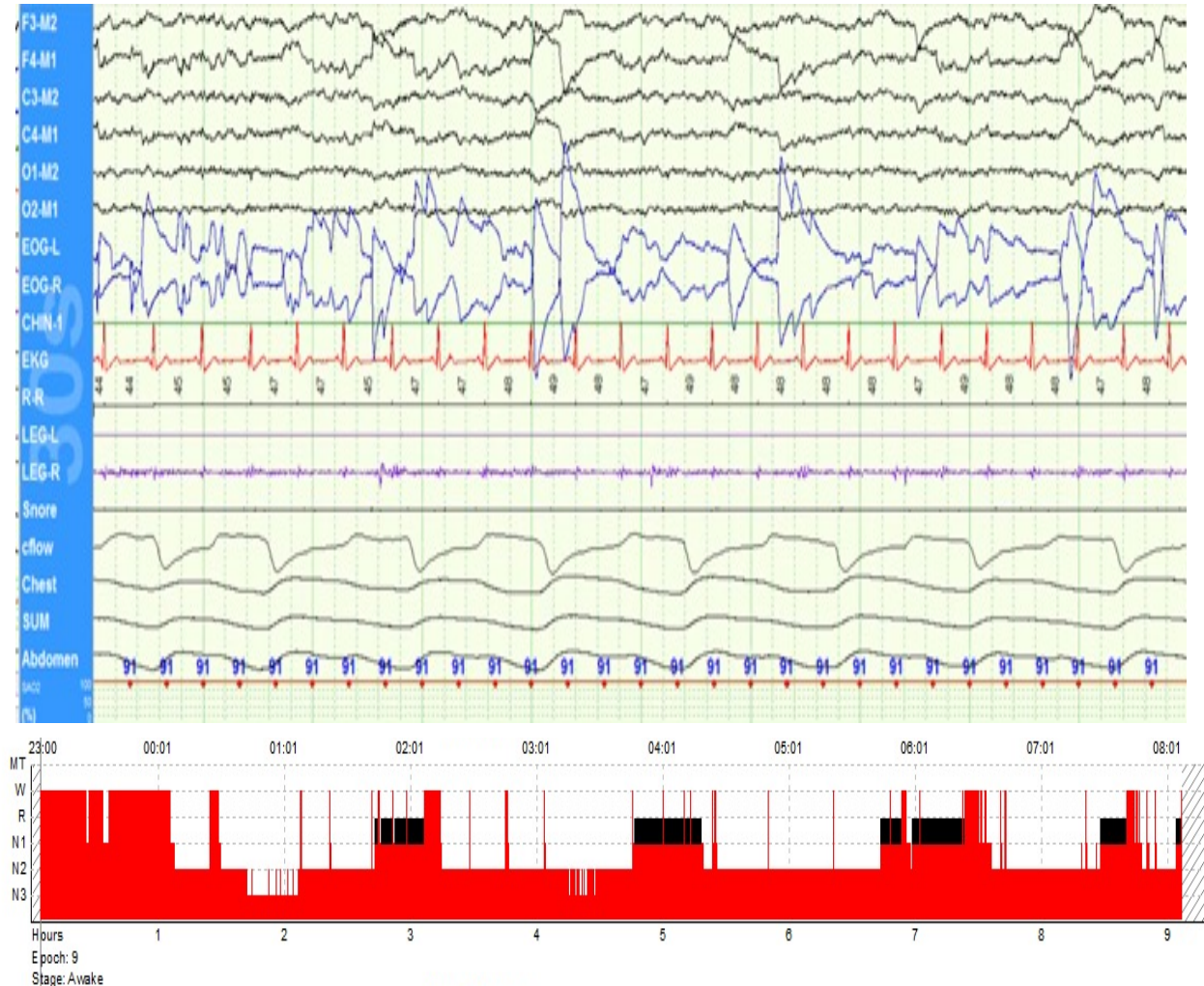
- 1875: Action potentials in the brain of rats - Richard Caton
- 1925: Measurement of human brain electrical activity, EEG - Hans Berger
- 1937: Brain wave changes on EEG during sleep - Alfred Loomis



“He’s always asleep. Goes on errands fast asleep, and snores as he waits at table.”
Charles Dickens – Pickwick Papers, 1836

History of Sleep

- 1950's: Overnight recording of sleep
 - 1953: Discovery of REM sleep – Azerinsky & Kleitman
 - 1957: Human sleep cycle described – Dement & Kleitman
- 1960's: Sleep disorders
 - 1960: Narcolepsy - Vogel
 - 1966: OSA – Gastaut



History of Sleep Medicine

- 1972: 1st Sleep Disorders Center
 - Stanford Sleep Clinic
 - William Dement, MD
 - Promoted clinical practice model:
 - Sleep specialist guiding care of sleep disorders patients.
 - Nocturnal polysomnography to evaluate sleep
 - Quantitative measurement of excessive daytime sleepiness

Sleep Organizations

Sleep Research Society

- Established in 1961 as the Association for the Psychophysiological Study of Sleep
- Focus on
 - Scientific methods for measuring sleep and wakefulness
 - Neuroanatomy and physiology of sleep
 - Circadian biology and physiology

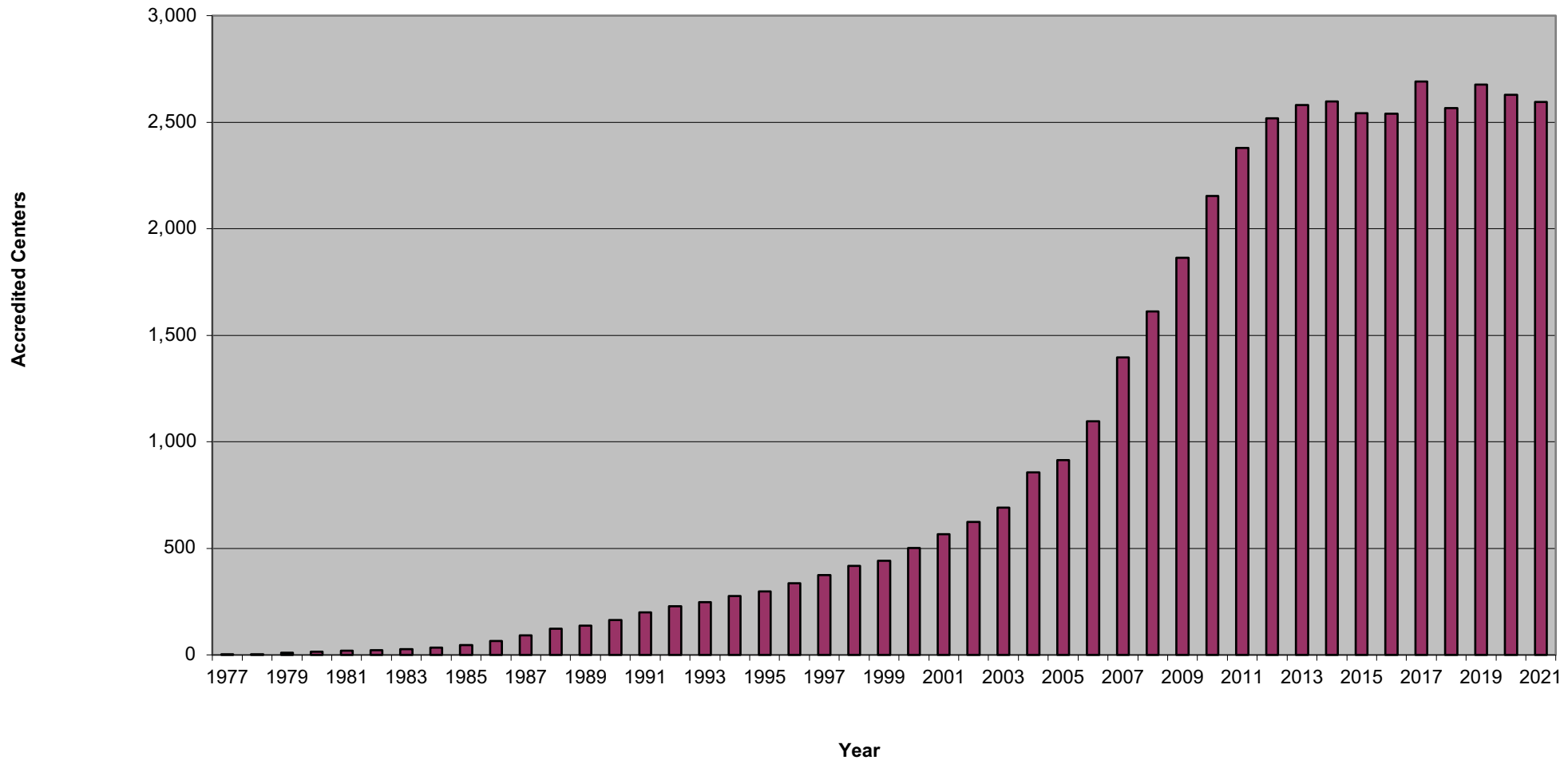
American Academy of Sleep Medicine

- Established in 1975 as Association of Sleep Disorders Centers
- Focus
 - Organization representing sleep specialists and sleep centers
 - Establish and maintain standards for the evaluation and treatment of sleep disorders
 - Promote the role of sleep and sleep-related disorders in clinical medicine

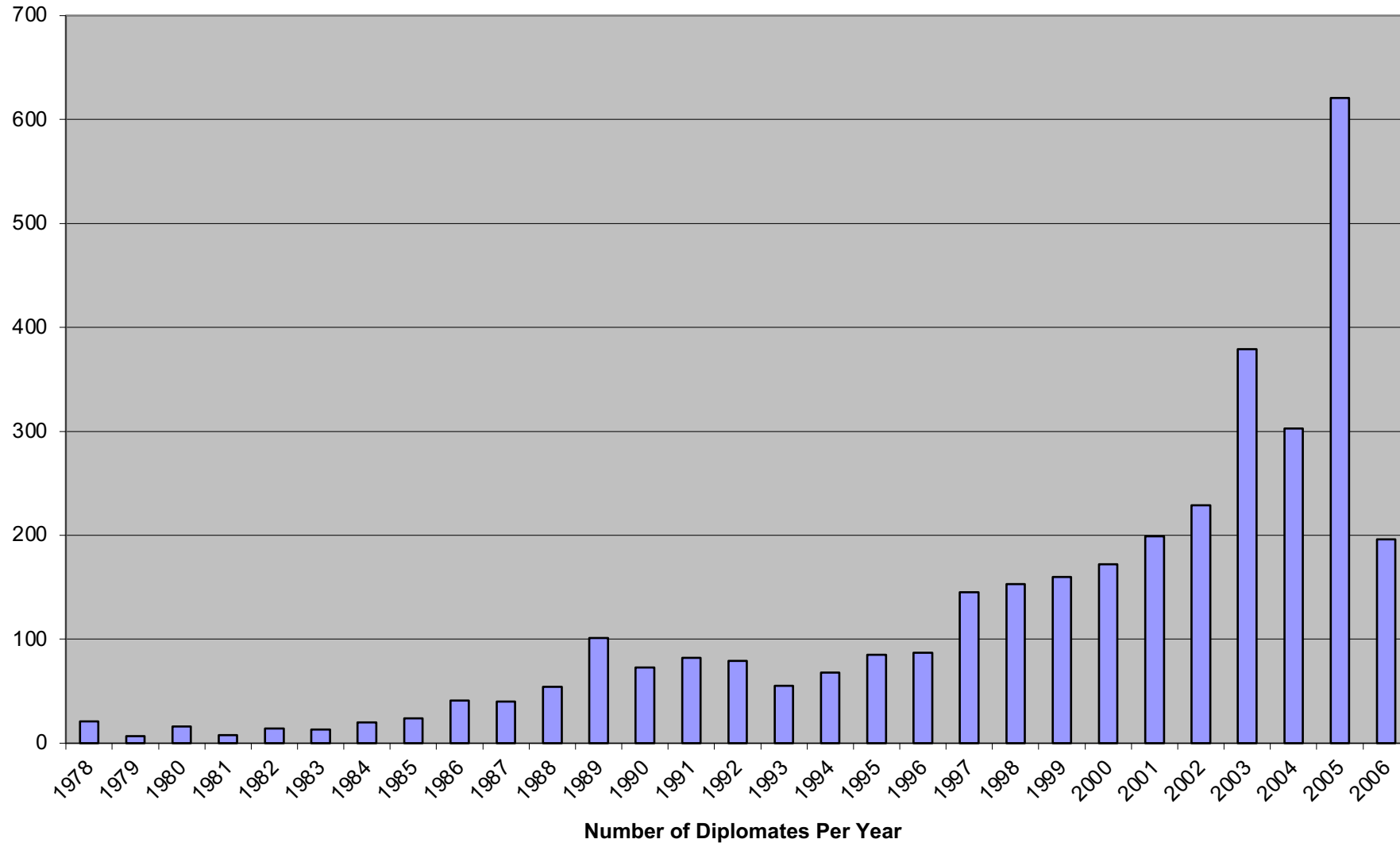
Path to Recognition

- Establish and maintain clinical standards
- Establish an examination process for specialists
- Provide forums for the exchange of information
- Establish and review a standard diagnostic classification
- Educate clinicians and expand the field.
- Sleep Center Accreditation standards and process 1977
 - Clinical Practice Guidelines 1979
- American Board of Sleep Medicine 1978
- Journal SLEEP 1978
 - Annual joint meeting 1986
 - Journal of Clinical Sleep Med 2005
- Nosology: Classification of Sleep Disorders 1979
- Fellowship Training Programs 1989

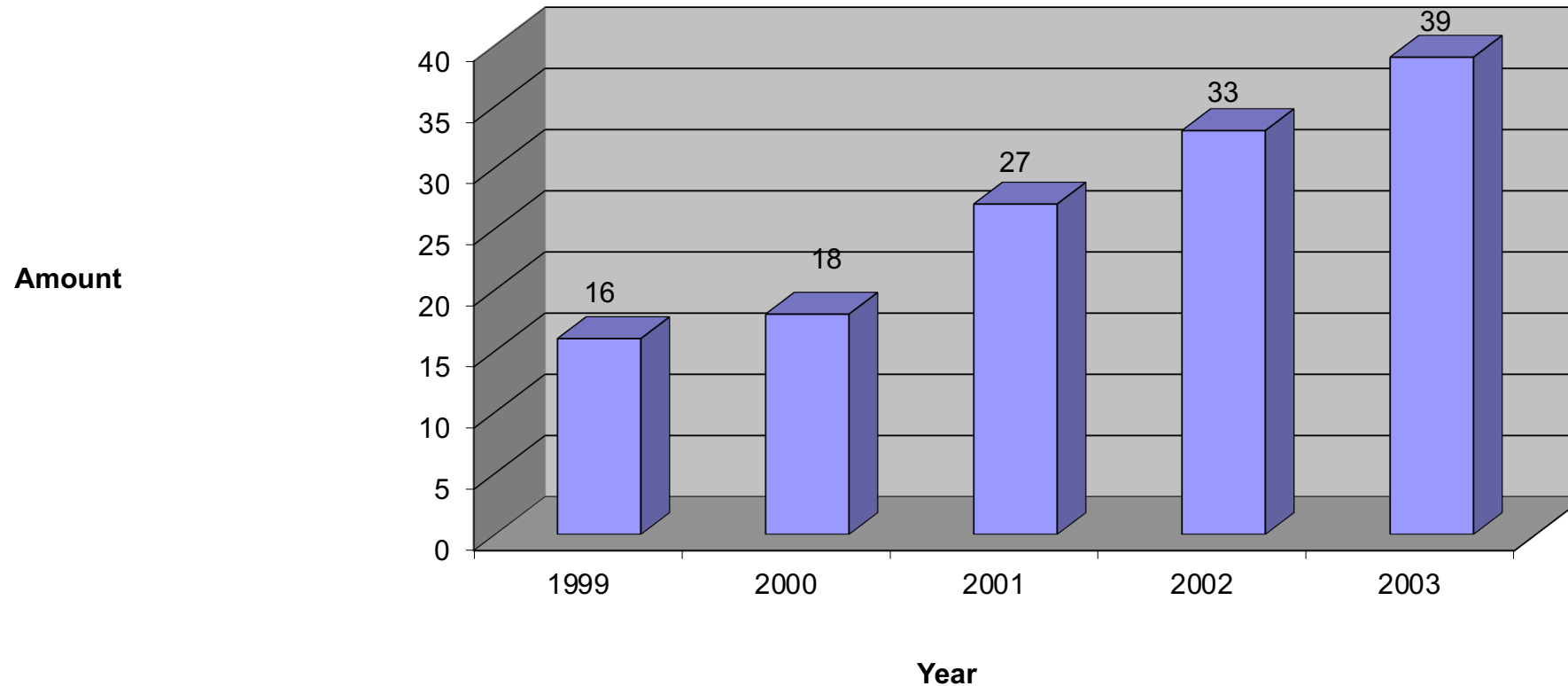
AASM Accredited Sleep Facilities 1977-2021



ABSM: Board Certified Sleep Specialists



Fellowship programs



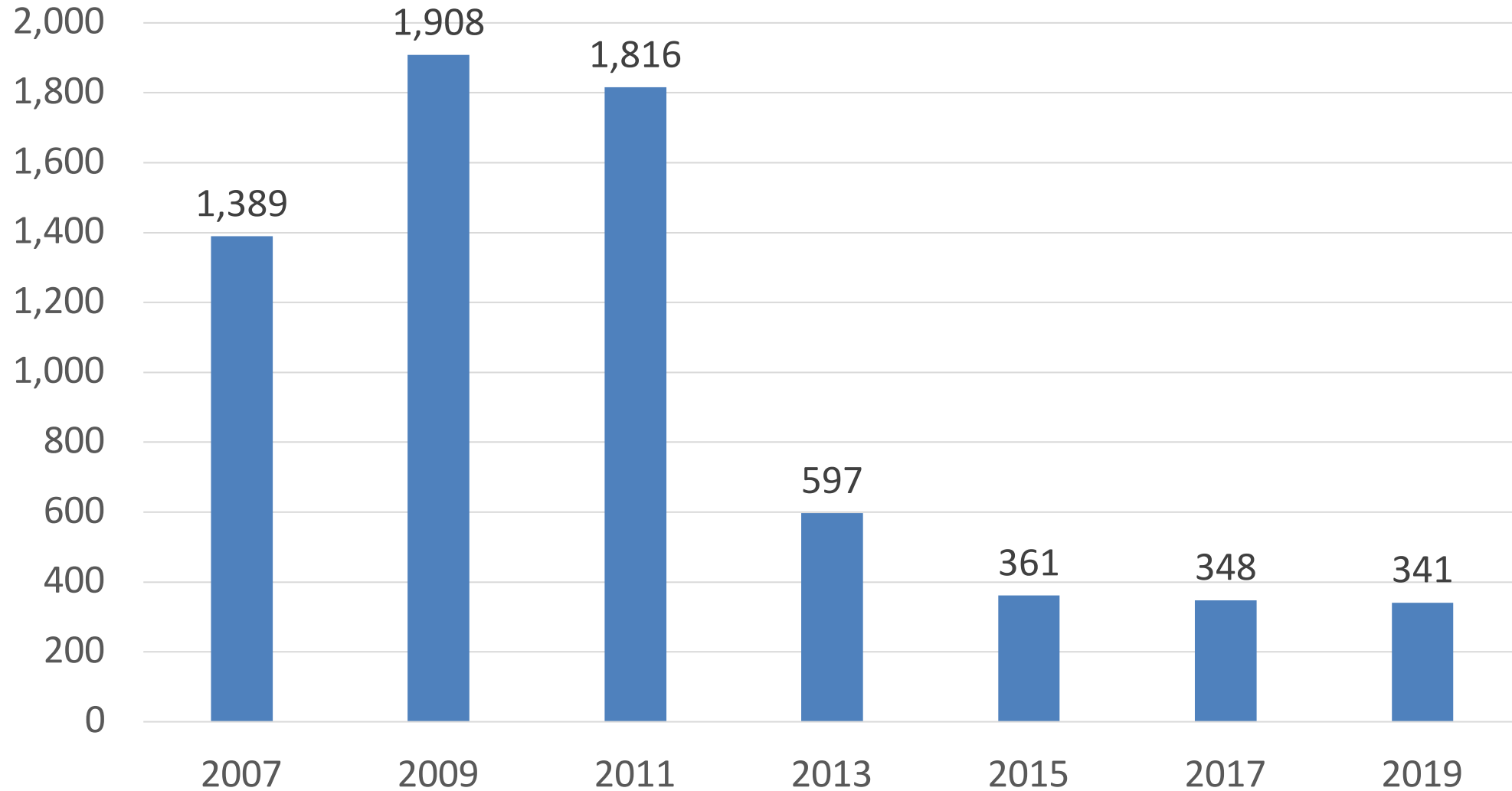
Specialty Recognition

- Approached education and exam organizations
 - Accreditation Council for Graduate Medical Education (ACGME)
 - American Board of Medical Specialties (ABMS)

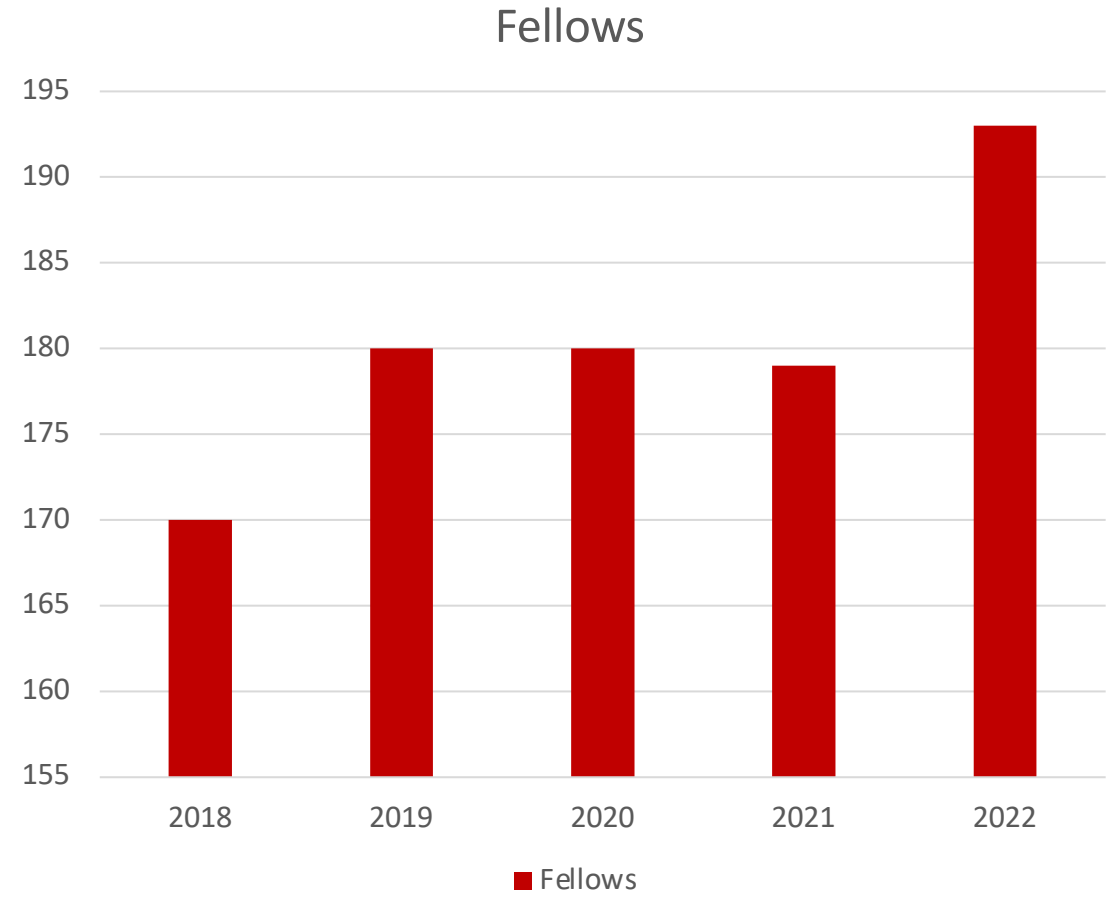
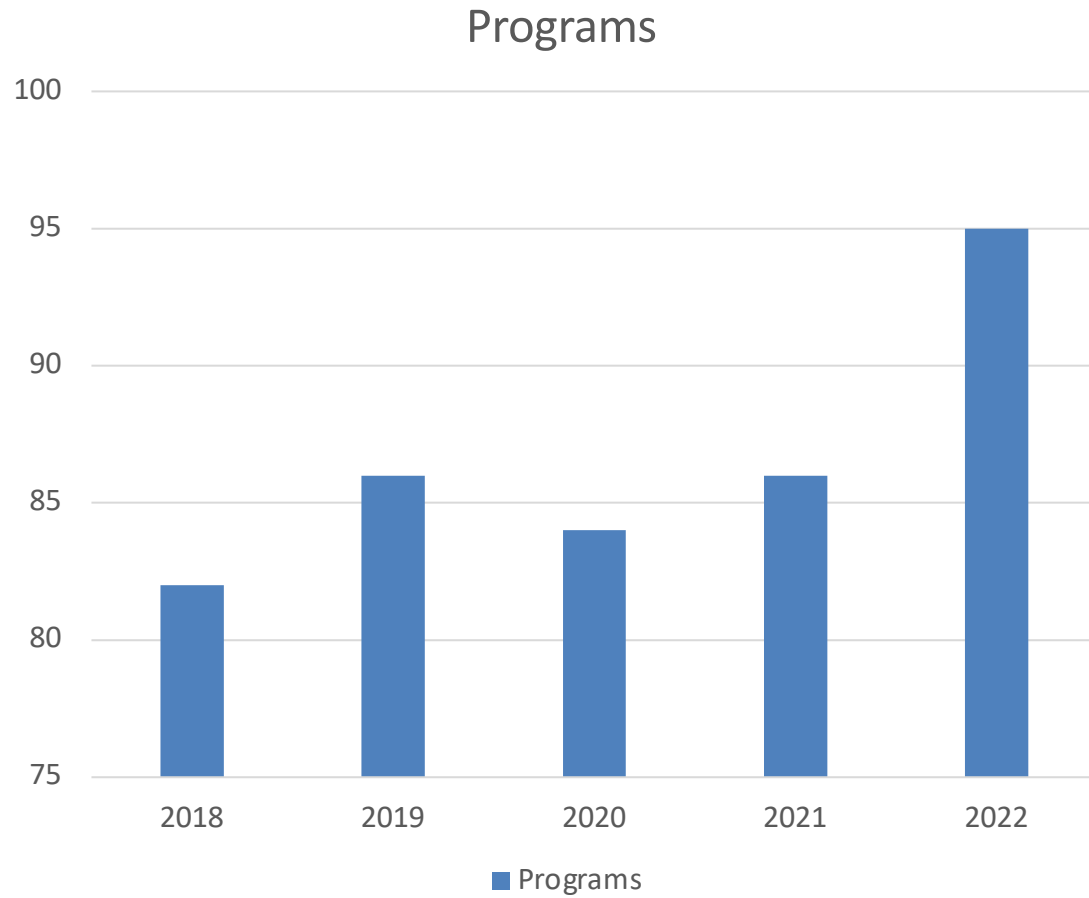
Specialty Recognition

- Approached education and exam organizations
 - Accreditation Council for Graduate Medical Education (ACGME)
 - Fellowships accredited starting 2005
 - American Board of Medical Specialties (ABMS)
 - Board certification examination 2007

ABMS Sleep Diplomates



Fellowship Match



Path to Recognition

- Develop independent area of interest
- Establish standards for field
- Attract practitioners
- Provide forums for exchange and organizing
- Educate clinicians
- Demonstrate clinical competence