NATIONAL SLEEP FOUNDATION

The Sleep Health Times

Sleep Show® Success in Houston

NSF hosted *Sleep Show*, a three-day sleep experience expo, at the George R. Brown Convention Center in Houston, TX on March 8-10, 2019. The *Sleep Show* kicked off with an opening message from Houston Mayor Sylvester Turner. Thousands of Houstonians attended the event featuring leading companies and brands presenting their latest sleep products and innovations. Exhibitors and sponsors included Bed, Bath & Beyond, Calvin Klein, Eisai / Imbrium, Fisher & Paykel, Gallery Furniture, Happiest Baby, Kryo, Mattress Firm, Philips, Ralph Lauren, ResMed, ReST, Serta, SleepScore Labs, Tempur-Pedic, Wamsutta, and more.

The program lineup included more than 95 speakers who gave *SleepTalks®* about how sleep works, sleep's role in our health and well-being, tips for better baby sleep, new technologies built to optimize sleep, practical advice on how to improve your sleep, among many other topics. A dozen sleep book authors participated in book signings. Over 30 companies pitched their products to compete for the *SleepTech® Award*. For more information about the *Sleep Show*, visit sleepshow.org.

Sleep Timing and Variability Consensus Panel Updates

NSF convened its second Sleep Timing and Variability Consensus Panel meeting on March 9, 2019 in Houston, TX. The panel will make evidence-based recommendations regarding sleep timing and variability by age group. The panel is chaired by Charles Czeisler, PhD, MD. Panel members include Russell Grant Foster, PhD, CBE, David Gozal, MD, MBA, Elizabeth Klerman, PhD, MD, Shanthakumar Rajaratnam, PhD, Till Roenneberg, PhD, Joseph Takahashi, PhD, Fred Turek, PhD, Michael Vitiello, PhD, and Michael Young, PhD. At the second meeting, the panel discussed the findings from an extensive systematic literature review. NSF is expected to release its first set of findings in Fall 2019.

Sleep Health Index®

The NSF developed the *Sleep Health Index* to track sleep trends over time. The *Sleep Health Index* measures sleep health constructs including sleep duration, sleep quality and disordered sleep, providing a score for each as well as for sleep health overall. While NSF fields this tool quarterly across a representative sample of US adults, the *Sleep Health Index* is also available for use in research studies looking to assess sleep health. To read more about the development and validation of the *Sleep Health Index,* refer to the August 2017 issue of *Sleep Health*. For additional information or to request use of the *Sleep Health Index*, visit sleepfoundation.org/sleep-health-index. Email questions to Michael Paskow, Director of Scientific Affairs & Research, at mpaskow@sleepfoundation.org.

Sleep Satisfaction Tool™

NSF published a paper on the *Sleep Satisfaction Tool* in the February 2019 issue of *Sleep Health*. The tool's aim is to assess the subjective experience of sleep in the general population. NSF convened an international group of sleep experts to establish consensus on the key elements of sleep satisfaction, and subjected the provisional tool to rigorous qualitative and quantitative validation methods. The *Sleep Satisfaction Tool* is a 9-item, reliable and non-clinical assessment that expands the set of tools available to researchers. It implements the individual, social, and environmental factors related to sleep satisfaction. For additional information, visit sleepfoundation.org/professionals/sleep-satisfaction-study. Email questions, including use requests, to Michael Paskow, Director of Scientific Affairs & Research, at mpaskow@sleepfoundation.org.