



The Sleep Health Times

Sleep Learning Zone™

Check out our latest online sleep education courses targeted to primary care professionals and allied health professionals at the *Sleep Learning Zone*. The following courses offer *AMA PRA Category 1 Credit(s)™*:

- At-a-Glance: Circadian Rhythm Disorders*
- At-a-Glance: Cognitive Behavioral Therapy & Insomnia*
- At-a-Glance: Excessive Daytime Sleepiness*
- At-a-Glance: Insomnia*
- At-a-Glance: Restless Legs Syndrome*
- At-a-Glance: Sleep & Cognitive Performance*
- At-a-Glance: Sleep & Diabetes*
- At-a-Glance: Sleep & Pain*
- At-a-Glance: Sleep Disordered Breathing*
- Principles of Sleep Health for Medical Examiners* (for U.S. Commercial Driver Medical Examiners)

For specific course information and to start earning your CME credits today, please visit education.sleepfoundation.org. 

SleepTech®

Technology plays an important role in sleep health. NSF seeks to ensure that sleep science is rapidly incorporated into products and services. Our SleepTech program aims to advance innovations in sleep technology. Program members are industry leaders who are at the intersection of sleep and technology. NSF convenes SleepTech meetings throughout the year domestically and internationally creating networking and B2B collaboration opportunities. We disseminate weekly curated SleepTech news to keep subscribers apprised of latest developments.

SleepTech membership is growing each year, and we are enrolling members now for 2020. Join SleepTech today and you'll receive member benefits for the rest of 2019 and all of next year. Visit sleepfoundation.org/sleeptech to enroll as well as to subscribe to our newsletter. 