



## The Sleep Health Times

### ***The Sleep Disorders™***

Did you know that NSF has a helpful sleep resource for non-sleep specialists? Our *Sleep Disorders* e-book is an easy-to-read primer that provides a practical introduction to sleep and sleep disorders. This book originated more than thirty years ago with its first publication written by Peter Hauri, PhD. Dr. Hauri wrote the book in response to the growing recognition that despite the fact that sleep disorders fall under the domain of primary care, most primary care physicians do not receive education on these topics during their medical training. Since then much progress has been made on diagnosing and treating sleep disorders. Check out the book at [sleepdisorders.sleepfoundation.org](http://sleepdisorders.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](http://sleepfoundation.org/sleeptech) to enroll as well as to subscribe to our newsletter. 

### ***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](http://education.sleepfoundation.org). 