

The Sleep Health Times

Introducing NSF's *Sleep Satisfaction Tool*TM

Published in this issue of *Sleep Health* is the NSF's *Sleep Satisfaction Tool* developed to assess the subjective experience of sleep in the general population. 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. NSF convened an international group of sleep experts to establish consensus on the key elements of sleep satisfaction. NSF subjected the provisional tool to rigorous qualitative and quantitative validation methods. For additional information, visit sleepfoundation.org/satisfaction. Email questions and use requests to Michael Paskow, Director of Scientific Affairs and Research, at mpaskow@sleepfoundation.org. 

NSF *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* as well as visit sleepfoundation.org/how-america-sleeps. Email questions or use requests to Michael Paskow, Director of Scientific Affairs and Research, at mpaskow@sleepfoundation.org. 

*Foundations of Sleep Health*TM

Foundations of Sleep Health, NSF's new textbook, will educate future public health and primary care professionals on sleep health global perspectives, contemporary theories, and modern practices. Javier Nieto, MD, PhD, MPH, MHS, and Donna J. Peterson, ScD, MHS, CPH, are Co-Editors-in-Chief. The textbook will be available fall 2019. For additional information, contact Anita Roach, Director of Sleep Population Health Research, at aroach@sleepfoundation.org. 

Sleep Timing and Variability Consensus Panel

NSF convened its first meeting of the Sleep Timing and Variability Consensus Panel on October 16, 2018 in Washington, DC. Chaired by Charles Czeisler, PhD, MD, the panel includes 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. The panel is charged with creating recommendations for the public regarding sleep timing and variability by age group. After a systematic literature review, the panel will discuss the findings and begin working towards consensus statements and recommendations. 

*Sleep Show*TM Coming to Houston, March 8-10, 2019

NSF's *Sleep Show*, a three-day sleep experience, will be held March 8-10, 2019 at the George R. Brown Convention Center in Houston, TX. Over 10,000 consumers will interact with top name brands and companies representing many industries. Attendees will also learn about sleep health, view product demos and hear from numerous speakers on multiple thematic stages. For more information and tickets, visit sleepshow.org. 