



## JANUARY [ ISSUE DATE 01/01/2019 ]

AD Close 12/14/2018

**UNDERSTANDING PAP DOWNLOADS TO MANAGE SLEEP APNEA PATIENTS • SODIUM OXYBATE IN CHILDREN WITH NARCOLEPSY TYPE 1 • OBESITY AND SLEEP • PHARMACOLOGICAL INTERVENTIONS FOR INSOMNIA • DETERMINING THE RISK OF SLEEP RELATED ACCIDENTS IN THE TRANSPORTATION INDUSTRIES**

**REPORT:** Telemedicine for the Clinical Practice of Sleep Medicine

## FEBRUARY [ ISSUE DATE 02/01/2019 ]

AD Close 01/11/2019

**RESTLESS LEGS SYNDROME IN PREGNANCY • MELATONIN PLUS SLEEP SCHEDULING FOR DELAYED SLEEP-WAKE PHASE DISORDER • METABOLISM IN NIGHT SHIFT WORKERS HEALTH**

**REPORT:** Position Statement on Consumer Sleep Technologies and Wearable Devices

## MARCH/APRIL [ ISSUE DATE 03/01/2019 ]

AD Close 02/08/2019

**PEDIATRIC SLEEP MEDICINE • PRAZOSIN FOR SLEEP DISTURBANCE IN PTSD • ROLE FOR THE PRIMARY CARE PHYSICIAN IN SLEEP MEDICINE • SLEEP DISORDERED BREATHING ON THE HEART AND VASCULAR SYSTEM**

**REPORT:** Risk Management - Patient Safety in the Sleep Center

**Bonus Distribution:** American Sleep & Breathing Academy Phx, April 12-14, 2019

## MAY [ ISSUE DATE 05/01/2019 ]

AD Close 04/05/2019

**SLEEP RELATED BREATHING DISORDERS AND AROUSAL BASED CRITERIA FOR HYPOPNEAS • RESTLESS LEGS SYNDROME; CAUSES AND TREATMENTS • REVIEW OF SUVOREXANT, DOXEPIN, RAMELTEON AND TASIMELTEON FOR TREATMENT OF INSOMNIA**

**REPORT:** Roundup of ASBA Annual Conference Presentations

**Bonus Distribution:** ATS: Dallas, TX; May 17th-22nd, 2019

AAN: Philadelphia, PA, May 4-10, 2019

## JUNE/JULY [ ISSUE DATE 06/01/2019 ]

AD Close 05/10/2019

**CENTRAL SLEEP APNEA vs OBSTRUCTIVE; KEY DIFFERENCES AND TREATMENT OPTIONS • THE SCIENCE AND ART OF BALANCING DRUG EFFICACY • EXCESSIVE SLEEPINESS, FATIGUE AND ANXIETY IN NIGHT SHIFT WORKERS • OBSTRUCTIVE SLEEP APNEA AS A RISK FACTOR FOR STROKE AND DEATH**

**REPORT:** Creating a Sleep Industry Superhighway

**Bonus Distribution:** Sleep: San Antonio; June 8th-12th, 2019

## AUGUST [ ISSUE DATE 08/01/2019 ]

AD Close 07/12/2019

**• SLEEP APNEA IN THE ELDERLY • MEDICATIONS AND TREATMENTS FOR SLEEP PROBLEMS • OBSTRUCTIVE SLEEP APNEA AS A RISK FACTOR FOR STROKE AND DEATH • RELATION OF SMOKING AND DRINKING TO SLEEP DISTURBANCE • EVALUATION OF SLEEP AND BREATHING CONSIDERATIONS**

**REPORT:** REPORT FROM THE APSS AND AADSM MEETINGS

## SEPTEMBER/OCTOBER [ ISSUE DATE 09/01/2019 ]

AD Close 08/09/2019

**• STUDIES OF NAPS AND CAFFEINE AS COUNTERMEASURES FOR PROBLEMS ASSOCIATED WITH NIGHT WORK • SLEEP BREATHING AND MENOPAUSE • AGE AND NARCOLEPSY • SLEEP PATTERNS OF CHRONIC INSOMNIACS • LEARNING CAPACITY AND ACADEMIC PERFORMANCE • CPAP DEVICES**

**REPORT:** BONUS PRODUCT REVIEW

**Bonus Distribution:** CHEST: New Orleans, October 19th-23rd, 2019

## NOVEMBER/DECEMBER [ ISSUE DATE 11/01/2019 ]

AD Close 10/11/2019

**METABOLIC EFFECTS OF SLEEP DISRUPTION AND LINKS TO OBESITY AND DIABETES**

**• SLEEP APNEA AND CARDIOVASCULAR CONSEQUENCE • HYPERTENSION MANAGEMENT • NEONATAL SLEEP ASSESSMENT • TESTING EEG SYSTEMS • SLEEPINESS AND DRIVING ACCIDENTS**

**REPORT:** GOING DIRECT TO THE CONSUMER