

SPP Sleep SIG

Summer 2018

Welcome!

The mission of the Sleep SIG is to facilitate research, advance clinical care, promote advocacy and increase networking among SPP members who share an interest in behavioral sleep medicine in pediatric populations.

Based on the surveys completed at SPPAC and online, we are a varied group with researchers (63%), clinicians (94%) and trainees (32% of all respondents) housed primarily in academic medical centers (57%). A very small number of members have their CBSM, so focusing on how to increase these numbers will be a major priority of the group initially (see page 2 of this newsletter for more information!).

We look forward to connecting as a group annually at SPPAC and more regularly via emails and newsletters. We will distribute SIG news through the Listserv, please share with others who may want to join-- sleep-sig@googlegroups.com

Kelli-Lee Harford, Ph.D., Co-Chair
Emory University
kharford@outlook.com

Dawn Dore-Stiles, Ph.D., Co-Chair
University of Michigan
dawndore@med.umich.edu

Lauren Daniel, Ph.D., Secretary
Rutgers University, Camden
lauren.daniel@rutgers.edu

Kimberly Klages, M.S., Trainee Representative
University of Michigan
klklages@gmail.com

SIG Programming for SPPAC 2019

Much of the SPPAC programming is submitted through SIGs now. It would be great to see a full session on sleep next year! Anyone interested in working together to submit a symposium focused on sleep for SPPAC 2019 (to be held in New Orleans April 4-6) should contact Lauren Daniel lauren.daniel@rutgers.edu

Advocacy Spotlight

Start School Later is a non-profit organization that will help provide advocates with support to begin the process in your community of starting schools later. These changes are challenging to say the least, but many meaningful changes have been made to students' lives across the country.

Visit <http://www.startschoollater.net/about-us.html> to learn more.

Call for Papers

Open mid-July "Frontiers Advances in Childhood Sleep Assessment: The Tool."
<https://www.frontiersin.org/research-topics/1440/advances-in-childhood-sleep-assessment-the-tool>

Great Resource for Families

To highlight some of the great work of several members of this SIG, check out the Pediatric Sleep Council's website! The mission of the group is to provide families with evidence-based clinical guidance in navigating sleep concerns in early childhood, complete with videos from many of our colleagues. Join the Facebook page (Pediatric Sleep Council) or visit the website: www.babysleep.org

Diplomat of Behavioral Sleep Medicine (DBSM)-Board Certification in Behavioral Sleep Medicine

The Society of Behavioral Sleep Medicine (SBSM) has recently started a board certification process for those who specialize Behavioral Sleep Medicine. Here are some highlights for those considering pursuing a DBSM:

- Licensed Clinicians can qualify to sit for the DBSM exam based on training and/or continuing education through:
 - Standard Track—training in a SBSM accredited graduate or postgraduate sleep program.
 - Alternate Track—500 documented hours of didactic and clinical training in behavioral sleep medicine.
- Applications will be accepted 2 times per year in July and January for testing in March and September. The exam is administered through testing centers nationwide. **The next deadline is July 15 to sit for the exam offered September 15-29, 2018.**
- There is a separate process for those who already hold a CBSM. Apply by July 31, 2019 to transfer credentials without having to sit for an exam.
- To support our members seeking their DBSM, the SIG is creating a workgroup with regular phone calls to provide supervision towards the Alternate Track hours. If interested please email Kelli kharford@outlook.com
- For more information and application materials visit: <https://bsmcredential.org/>

Survey of Parents of children with Insomnia and Clinicians

Please consider distributing the attached flyer to parents of children with insomnia. The target respondents for the survey are adult patients with insomnia, providers who treat insomnia (pediatric or adult) and parents of children with insomnia. We have had a low response rate thus far for parents of children with insomnia. Please consider posting the flyer in your clinic, sharing with medical providers, and distributing to caregivers of clinic patients as you see fit. The study is IRB-approved at the University of Arizona. You can post the flyer in your clinic, hand it out to parents of your clinic patients, or distribute the link below on social media. As the survey does not involve PHI, you should not need IRB approval to distribute this survey to families you work with. The target population is broad, so it would be fine for you to distribute to children with insomnia symptoms and other health issues.

Relatedly, as a pediatric provider, please consider completing the survey yourself. One survey link but questions are tailored based on your role: pediatric provider, parent, patient with insomnia, etc. Below is the official announcement:

Please help illuminate what you would recommend as current research priorities in insomnia from your clinical perspective, by completing the following brief IRB-approved survey: https://uarizona.co1.qualtrics.com/jfe/form/SV_6q1TLBhlwnu7XuJ.

We are interested in engaging multiple stakeholders in the realm of insomnia to complete this survey. For questions, please contact Cody Havens at chavens@email.arizona.edu

Let's try and make sure that Peds is represented in this endeavor!

Research Priorities in Insomnia - Request for Input:

Sent on Behalf of The Sleep Research Network

(<https://sleepresearchnetwork.org>)

Please help researchers understand what you think the current research priorities in insomnia should be, and to identify major concerns patients have related to their insomnia.

This involves completing a brief online survey, which we are asking patients, providers, parents/caregivers, and others to complete.

URL: <https://goo.gl/A8eHM3>

Or Scan QR Code with your smartphone:



For questions, please contact Cody Havens at
chavens@email.arizona.edu