

Bonita Chamberlin, President and Founder of ICE, made a presentation at the well attended AAST 31st Annual Meeting held at the Sheraton Seattle in downtown Seattle from June 7 to June 10, 2009. The AAST membership consists of more than 4200 sleep technologists working in a variety of careers (i.e. clinical, research, education, sales, etc.).

Established in 1978 as the Association of Polysomnographic Technologists (APT), the American Association of Sleep Technologists (AAST) is the premier allied health membership association of professionals dedicated to improving the quality of sleep and wakefulness in all people. The AAST is the leading advocate for the sleep technology profession.

The presentation by Bonita was well-received by the attending members as you can see from the following post-presentation assessment:

#### AAST 31<sup>st</sup> ANNUAL MEETING

#### G26: SLUMBER'S UNEXPLORED LANDSCAPE: THE SOCIAL, CULTURAL, POLITICAL AND ENVIRONMENTAL INFLUENCE ON SLEEP BEHAVIOR

#### **Evaluation Responses:**

##### **1. The objectives were met.**

Very High --- 44 of 140 responses (31%)

High --- 62 of 140 responses (44%)

Moderate --- 32 of 140 responses (23%)

Low --- 1 of 140 responses (1%)

Very Low --- 1 of 140 responses (1%)

#### **AVERAGE RESPONSE:**

High

##### **3. The session impacts my competence in this area.**

Very High --- 26 of 140 responses (19%)

High --- 48 of 140 responses (34%)

Moderate --- 52 of 140 responses (37%)

Low --- 12 of 140 responses (9%)

Very Low --- 2 of 140 responses (1%)

#### **AVERAGE RESPONSE:**

High

Here is a sampling of the individual comments made by attendees regarding Bonita's presentation on THE SOCIAL, CULTURAL, POLITICAL AND ENVIRONMENTAL INFLUENCE ON SLEEP BEHAVIOR:

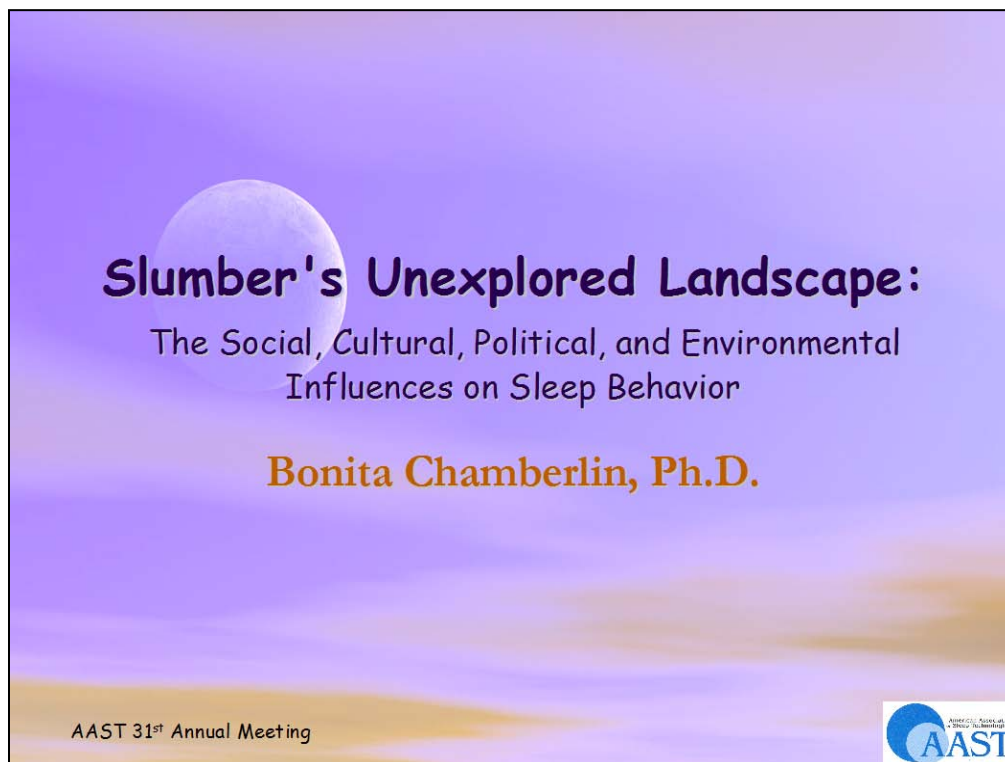
- I like the speaker; my BS degree is in Anthropology. It is good to see that sleep and the culture of sleep is being looked at, especially with how we influence

children.

- Interesting, very good speaker. (14)
- This was a very enlightening talk. I learned a lot regarding the sleeping habits of other cultures and the impact it has.
- This was an excellent presentation of a timely topic. Very thought-provoking presentation. Well done.
- I've had some brief training at work. This expanded my knowledge, but wasn't all what I expected.
- Interesting talk, but I don't agree fully with all the speaker's reasoning.
- Impact: changed my thinking. Excellent presentation.
- I would love to see more of this!

This lady's presentation was absolutely dynamite, because it made me see for the first time the cultural blinders I've been looking thru re:sleep hygiene and practices. Should be mandatory for anybody doing sleep counseling. Very interesting!!!

Here are just a few of of the slides shown in this presentation:



## Sleep Mythology Throughout History

- ◆ A great deal is being written about China nowadays, and the metaphors of awaking after a long slumber are common.
- ◆ Napoleon "said that when the Chinese giant awoke, the world would tremble."



AAST 31<sup>st</sup> Annual Meeting

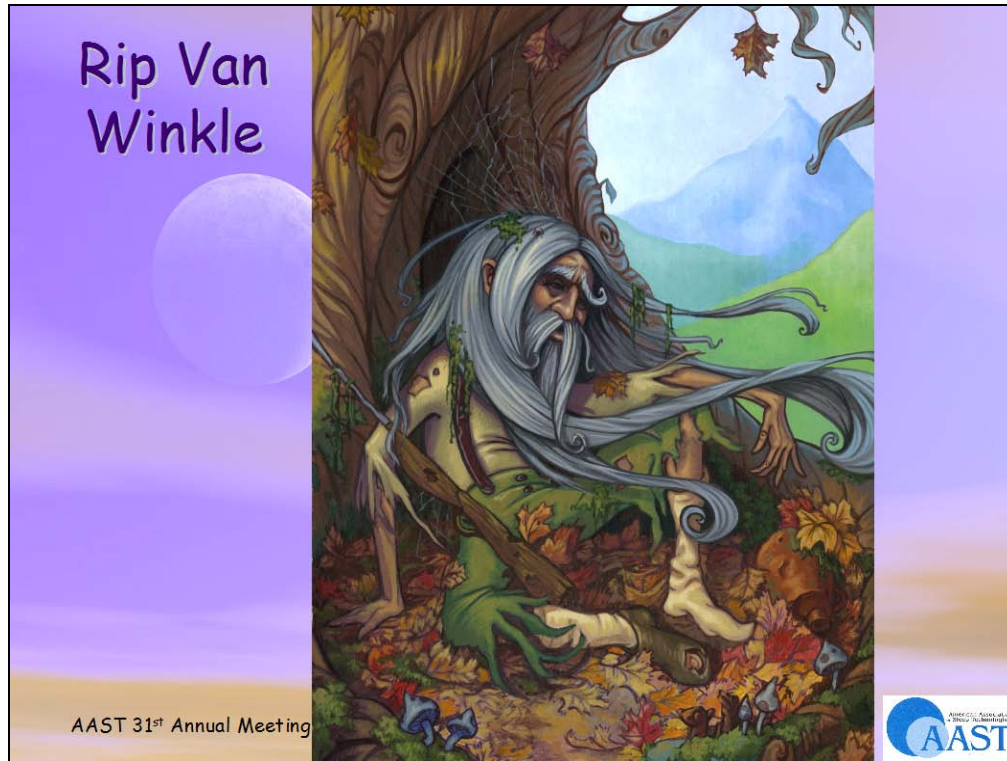


## Polish God of Sleep



AAST 31<sup>st</sup> Annual Meeting





Co-sleeping is the simple act of sharing your sleep environment with your child. As radical as it might seem, if you ask a group of parents, we think you'll find that most share sleep with their children at least on occasion. Many parents co-sleep on a part-time basis, for example, during times of stress (i.e. a move, or travel), when a child is ill, has a nightmare, or just during the wee hours of the morning to allow for a little more sleep. Other families co-sleep full time. In our own lives, we feel this practice makes life a little more consistent. Statistics show that over 70% of families share a

bed with their young children in one way or another, and that three times more nursing moms co-sleep than non-nursing moms.

There are also many sleep issues in children that seem particularly influenced by unique cultural factors, either in prevalence or clinical presentation or in etiology. For example, cosleeping was discussed at length as one important sleep practice that varies in prevalence and acceptance quite dramatically across cultures, as well as across age groups, socioeconomic groups, etc. The cultural basis of cosleeping also often differs widely; in China, this practice is thought to be influenced by the "1 couple-1 child" national family-planning policy, whereas in India, overcrowding is an important factor. In Italy, the integration of children and adolescents into adults' evening social activities results in later bedtimes, whereas in the United States, after-school jobs play a much more important role in delaying bedtimes. In aboriginal populations in Canada, on the other hand, bedtime and bedtime routines are far more fluid and less formalized. Thus parenting practices, culturally determined values, lifestyle factors, etc have an enormous impact on sleep behaviors and practices.

There is universal agreement that sleep problems impact on children's health, learning and school performance, and quality of life, as well as on the family. In addition, there is increasing recognition that inadequate sleep may coexist with other unhealthy behaviors such as tobacco and alcohol use. The level of awareness of both practitioners and parents of the interaction between poor sleep and poor functioning/poor health also varies widely. There was a general acknowledgment among the participants that sleep problems are fundamentally a public health issue and need to be addressed as such.

**You can now enroll in the CEU course which is based on this presentation:  
Course #290113  
Sleep and Culture: An Overview**

**And of course you can enroll in any of the other sleep-oriented courses in our catalog:**



**American Association of Sleep Technologists (AAST) Approval**

We are proud to announce that the Institute for Continuing Education has been granted approval by the American Association of Sleep Technologists (AAST) Continuing Education Credit (CEC) Review Committee for all 43 of our distance learning continuing education sleep courses! Each of the 43 courses has been approved for 3 AAST CEC's each and fulfill the required courses needed for licensure. (AAST CEC Program Number 758-782.)

Our sleep-oriented courses are listed below. Each 3-credit course is \$28.95 per person per course which includes reporting to the AAST. Corporate Programs are available for all staff within the Sleep Center for \$25.50 per course per technician. In addition to the sleep courses listed here, we offer a broad array of continuing education courses in Respiratory Care, Nursing, Home Care, and JCAHO & OSHA recommended topics.

Please email or call us with any questions.

ICE Course Number	AAST Program Number	Description
210112	9128	Sleep Apnea: An Overview <i>available online</i>
210220	9138	Sleep Disorders <i>available online</i>
211003	9121	Infant and Pediatric Polysomnography
220115	9122	Identifying and Managing Insomnia
220305	9129	Dealing with Parasomnias
220422	9140	Sleep Disorders in the Elderly
230622	9144	Women and Sleep: Their Unique Disorders
240101	9112	Basics of Sleep Behavior
240102	9108	Contemporary Perspectives of Adolescent Sleep
240113	9124	Light, Sleep and Depression
240114	9132	The Risks of Sleeping Pills
240927	9137	Sleep Disordered Breathing
241123	9115	The Cardiovascular Consequences of OSA <i>available online</i>
241202	9116	Getting Patients to Comply with Their OSA Therapy <i>available online</i>
241209	9131	REM Behavior Disorder
250821	9123	Jet Lag and Sleep
260202	9141	Sleep Inertia, Naps, and Memory <i>available online</i>
260215	9119	Electroencephalography
260424	9142	Sleep Medicine: A Lively Introduction
260510	9120	Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem
261010	9136	Sleep Issues in Gastroesophageal Reflux Disease: Beyond Simple Heartburn Control
261013	9110	Anesthesia and Sleep Apnea
261017	9139	Sleep Disorder: Sleep Eating
270213	9109	Influence of Airway Pressure on Genioglossus Activity during Sleep in Normal Children
270825	9133	Restless Leg Syndrome
271105	9130	The Evolution of Portable OSA Monitoring

271120	9126	Coping with Narcolepsy
271128	9118	Sleep Apnea and Daytime Sleepiness and Fatigue
271129	9125	Lucid Dreaming
271130	9143	Upper Airway Resistance Syndrome
271203	9117	CPAP Titration
271204	9113	Children and Sleep
271205	9114	Bruxism: The Sleep Disorder
271212	9134	Scoring Sleep Studies
271215	9127	Night Terrors
271217	9135	Adaptive Servoventilation Versus Continuous Positive Airway Pressure
271222	9111	Temporal Independent Component Analysis for Automatic Artifact Removal from EEG

The following courses have been added to our already extensive listing of sleep study courses. They are pending approval by the **American Association of Sleep Technologists (AAST) Continuing Education Credit (CEC) Review Committee**.

ICE Course Number	AAST Program Number	Description
230721	Pending approval	National Sleep Disorders Research Plan
241129	Pending approval	Sleep and Our Society: National Sleep Foundation Sleep in America Report
251004	Pending approval	Correlates of Sleep Complaints in Adults
271201	Pending approval	Cultural Influences on Infant Sleep
271202	Pending approval	Sleep as an Industry
271219	Pending approval	Sleep (and other) Physicians' Relationships with Pharmaceutical Salespersons
290103	Pending approval	Sleep-Related Hypoventilation/Hypoxemic Syndromes
290113	Pending approval	Sleep and Culture
290127	Pending approval	Sleep and Medical Residents
290131	Pending approval	Home Sleep Testing
290201	Pending approval	Practice Parameters for the Treatment of Narcolepsy Sleep Apnea:
290514	Pending approval	Split-Night Polysomnography: A Review
290520	Pending approval	An Overview of Circadian Rhythm
290529	Pending approval	Diabetes and Sleep
290818	Pending approval	Practice Parameters for Polysomnography

**Thank you for your attention, and we look forward to hearing from you soon!**