

Dear Colleague

The Society of Behavioral Sleep Medicine (SBSM) is a new and rapidly growing organization for professionals with an interest in behavioral and psychological approaches to the prevention and treatment of sleep disorders. Established in 2010, the SBSM unites psychologists, physicians, nurses and other health-care professionals who are passionate about improving public health by promoting healthy sleep.

An estimated 50 to 70 million people in the U.S. suffer from a chronic disorder of sleep and wakefulness. These sleep problems can have a detrimental impact on an individual's physical health and mental well-being, as sleep disorders have been associated with a host of other medical conditions such as depression, chronic pain, cancer, diabetes, and heart disease.

Responding to this public health crisis, BSM specialists play a critical role in the development of evidence-based treatment plans for problems such as insomnia, nightmares, positive airway pressure (PAP) adherence, and circadian rhythm sleep disorders in children and adults. Through behavior change, patients are provided a pathway to better sleep and wellness.

As the professional society that is dedicated to advancing behavioral sleep medicine, the SBSM equips members with the resources and educational opportunities to advance their careers in the sleep and psychological communities. I encourage you to browse through this brochure to see all that the SBSM has to offer to you!

This is an exciting time to be involved in behavioral sleep medicine, and the SBSM is just getting started on numerous initiatives that will advance the psychological and behavioral treatment of sleep disorders.

Join the SBSM today and help shape the future of behavioral sleep medicine!

Sincerely,

Christina S. McCrae, PhD, CBSM
President

SBSM Membership Benefits

SBSM members enjoy a variety of exclusive benefits, including:

- A complimentary subscription to the quarterly journal *Behavioral Sleep Medicine*, the premier resource for the latest scientific research focusing on BSM
- Discounts on SBSM courses and educational opportunities
- Professional development and networking opportunities
- Regular announcements and updates on the latest news affecting BSM professionals
- And much more!

SBSM 2012 Inaugural Meeting

Members also receive **FREE registration** for the SBSM 2012 Inaugural Meeting, which will be held in Boston, Mass., June 9-10, 2012. This meeting is an excellent opportunity for both new and experienced scientists and practitioners to learn about the latest techniques and research in behavioral sleep medicine.

The meeting will begin with a keynote address by Richard R. Bootzin, PhD, who is one of the pioneers of the behavioral treatment of insomnia. Attendees will be able to earn CE or CME credits, and the dual-track program will provide a diverse lineup of clinical workshops, discussion groups and symposia. Don't miss the opportunity to be a part of this historic meeting!



Membership Application

Full Name: _____

Title: _____ DOB: _____

Licensed: Yes No State: _____ Type: _____ CBSM: Yes No

Address:

Home Professional

Street: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Fax: _____

Email: _____

Membership Classification:

Regular Member:

Individual with doctoral degree, active in BSM clinical care, education, and/or research.

Dues: \$175.00

Associate Member:

Individuals with non-doctoral degree (bachelor's and/or master's), active in BSM clinical care, education, and/or research.

Dues: \$125.00

Student Member:

Individuals in a full-time educational program (bachelor's, master's, and/or doctoral). Applicants must submit student verification letter from program director with application. Student members may elect to pay an additional fee to receive the SBSM publications.

Dues: \$50.00

Method of Payment:

Check payable to SBSM (U.S. Funds drawn on a U.S. bank)

Credit Card:

Cardholder Name: _____

Card Number: _____ Exp. Date: ____/____/____ V-Code*: _____

Signature: _____

*For Visa or MasterCard the v-code is the last three numbers in the signature box on the back of the card. For American Express, it is the 4 numbers above the credit card number on the front of the card.

Detach and Mail to:

Society of Behavioral Sleep Medicine
2510 North Frontage Road
Darien, IL 60561

You may also fax your application for faster processing to 630-737-9790. Questions and inquiries should be directed to SBSM Coordinator Nicholas Cekosh at the national office at 630-737-9706 or membership@behavioralsleep.org.

About BSM

Behavioral sleep medicine is the field of clinical practice and scientific inquiry that encompasses: the study of behavioral, psychological, and physiological factors underlying normal and disordered sleep across the life span; and, the development and application of evidence-based behavioral and psychological approaches to the prevention and treatment of sleep disorders and co-existing conditions.

BSM Specialists

A behavioral sleep medicine specialist is one with specialized training and expertise in sleep medicine, behavioral health and methods of behavior change. As such, the BSM specialist has expertise in differential diagnosis of sleep and health (psychological and physiological) conditions. The BSM specialist utilizes this expertise along with expertise in behavior change to develop evidence-based treatment plans for those with sleep disorders and co-existing health conditions.

BSM Techniques

Some of the treatment techniques commonly employed by behavioral sleep medicine professionals include:

- Cognitive behavioral therapy
- Biofeedback
- Relaxation training
- Stimulus control
- CPAP desensitization
- Bright light therapy

About the SBSM

The Society of Behavioral Sleep Medicine is an interdisciplinary organization committed to advancing the scientific approach to studying the behavioral, psychological, and physiological dimensions of sleep and sleep disorders and the application of this knowledge to the betterment of individuals and societies worldwide.

SBSM Mission

The mission of the SBSM is to set standards and promote excellence in behavioral sleep medicine healthcare, education and research.

SBSM Goals

The Society of Behavioral Sleep Medicine:

- Serves its members and advances the field of sleep by furthering research, fostering public awareness, and advocating for integration and reimbursement in mainstream health care delivery systems.
- Sets the clinical and educational standards for comprehensive, empirically validated behavioral medical treatments for sleep disorders.
- Promotes awareness of how behavior, cognitions and emotions affect sleep, and how poor sleep can impact psychological function.

www.behavioralsleep.org



Advancing *the*
psychological
and
behavioral
treatment *of*
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