

## LETTER FROM THE PRESIDENT

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As the model of sleep medicine practice is changing, many of us are re-evaluating where we fit into a more efficient system of care delivery. At the request of several of you, the MDSS board is proposing a seminar this winter on **The Business of Sleep Medicine in Maryland**.

Our preliminary concept is an evening dinner meeting. We hope this session will prove valuable to doctorate members, advanced practitioners, managers of private and hospital based centers, and those techs aspiring to the new "Sleep Educator" position. All members will be welcome. If you are interested, please fill out this [Survey](#). Questions in the survey pertain to preferred dates, as we are targeting an evening in late January. We also want members to tell us what they want to hear in a curriculum - our initial concept is a national lead speaker, knowledgeable in aspects of billing, coding, payment projections, and "best practice" models. We will also probably have a segment where sponsors (helping with our meeting expenses) could have a brief opportunity to tell us in 3 minutes what value their product "brings to the table," and answer questions. Finally, we envision a wrap up with a closed session among attendees to discuss experiences and share ideas for practice and networking.

Since our last newsletter, we have also been active in increasing our visibility on Capitol Hill. I have visited the offices of Barbara Mikulski and Dutch Ruppersberger, the latter signing on as a cosponsor for the [Senior Sleep Bill \(HR 4695\)](#), the AASM led legislation proposing a sleep apnea tool in the "Welcome to Medicare" package. John Sarbanes has also provided us with written support of the bill.

We are also beginning our involvement in exploring the value of later school start times, in coordination with the Maryland Department of Health and Mental Hygiene ([HB 883 Ch 620](#)). We have a subcommittee in place to assist with that project.

I also want to announce a change in our bylaws since our last communication. We have added a statement pertaining to the composition of our board, specifically stating that one doctorate member and one RPSGT must be affiliated with an academic medical center in the state of Maryland.

We have begun planning for the **2015 Annual Conference** - please save the dates of **April 24 and 25, 2015**. We have some new additions to the meeting this year that you won't want to miss.

For those of you looking to become more involved in the society, we will have some board positions opening up this spring. Please contact us if you are interested or have questions, and please be sure to check out our new website which should be finished by the end of November.

Hope you enjoy the rest of this beautiful autumn weather, and look forward to hearing from you soon.

Brian

**SAVE THE  
DATES!****MDSS SIXTH ANNUAL CONFERENCE****APRIL 24-25, 2015****The Conference Center at Sheppard Pratt**

## MORE ON DELAYING SCHOOL START TIMES ....

[http://www.washingtonpost.com/local/education/fairfax-county-high-schools-to-push-back-start-times-next-fall/2014/10/24/fecd6dd0-5b27-11e4-8264-deed989ae9a2\\_story.html?hpid=z3](http://www.washingtonpost.com/local/education/fairfax-county-high-schools-to-push-back-start-times-next-fall/2014/10/24/fecd6dd0-5b27-11e4-8264-deed989ae9a2_story.html?hpid=z3)

## DID YOU KNOW?

There's been increased awareness to how looking at a screen (computer, phone, e-reader) at night before bed can cause poor sleep. Below are some sleep apps that can help you prepare to sleep better by reducing screen brightness and by filtering out blue light tones:

For your computer- <https://justgetflux.com/> - this free program will set the brightness based on your time zone's particular sunrise/sunset.

Android: Search the play store for *Blue Light Filter*. This is also a free app. You'll need to turn this on and off yourself when you feel you need to alter the brightness.

Apple: <https://itunes.apple.com/us/app/eye-care-browser-cut-blue/id883081468?mt=8>

## WANTED: JOB POSITIONS AND RESEARCH OPPORTUNITIES

The Maryland Sleep Society website is undergoing a major overhaul! Please send any open job positions, active research studies or research funding opportunities you would like to have posted to Pat White (pat@amg101.com).

## CALL FOR PAPERS - SLEEP SCIENCE - SLEEP AND IMMUNITY

*Sleep Science* is the official journal of the Latin American Federation of Sleep Societies and of the Brazilian Sleep Association. *Sleep Science* is a peer-reviewed, open access, and free of charges journal; published quarterly and duly registered in digital version (ISSN n°1984-0063), focused on the publication of high quality papers investigating sleep, chronobiology, and related fields. *Sleep Science* is currently indexed in Scopus database and is under evaluation by Medline/Pubmed Central. Additionally, they are now part of Elsevier, the world's biggest scientific publisher. Newly published papers are immediately available in Science Direct, <http://www.sciencedirect.com/science/journal/aip/19840063>.

You are invited to submit a manuscript for publication in the Special Issue on Sleep and Immunity. For this issue, they welcome articles focused on the bidirectional interactions between sleep/sleep disturbances and the immune system in health and pathological conditions, such as infection, septic shock and narcolepsy, as well as neurodegenerative and chronic inflammatory diseases. The special issue on Sleep and Immune System is scheduled for December, 2015 and will be composed by original articles in basic and clinical research, reviews, theoretical essays, case reports and letters to the editor. The deadline for submissions is June, 2015.

For more information, please visit <http://www.elsevier.com/journals/sleep-science/1984-0063>.

## GET TO KNOW THE BOARD of DIRECTORS . . .

### PATRICIA L. DEMPSEY, R.EEG/EPT, RPSGT, RST



Pat Dempsey has worked in the field of Electroneurodiagnostics for over 30 years with 18 of the years working in the field of sleep medicine. She is registered in EEG, Evoked Potentials and Sleep. Pat was the founding president of the Pennsylvania Sleep Society and served as their President for two years. She served on the BOD for one year as Past President and currently serves on the BOD for the MDSS.

Pat has always been an advocate for education for technologist, patients, the community and other health care professionals. She enjoys teaching both in the field of Electroneurodiagnostics and Sleep Medicine.

Pat currently enjoys spending time with three teenage granddaughters that recently moved much closer to her home. In January 2015, she hopes to return to a previous career as a volunteer massage therapist at a local cancer center working mainly with breast cancer patients.

### MICHELLE GUZMAN, RPSGT

Michelle Guzman has been with the Division of Pulmonary, Critical Care and Sleep Medicine at Johns Hopkins University for nearly 5 years. Her team's sleep research examines physiology and treatment for disordered breathing in study populations that include bariatric surgery, COPD, CF, and non-alcoholic fatty liver disease, among others. In her role as research manager she is tasked with the development of protocols for studies in clinical physiology and clinical trials, understanding of regulatory requirements and compliance, as well as, overseeing general operations and study conduct. She is committed to the understanding of and finding of new treatments for sleep disordered breathing as well as educating the public on the importance of sleep.

In her spare time, she enjoys reading, spending time with friends and family, and an amazing meal.



### EMERSON WICKWIRE, PhD



Dr. Wickwire was recently named Director of the Insomnia Program at the University of Maryland School of Medicine, where he will hold faculty appointments in the Departments of Medicine and Psychiatry. Prior to this post, Dr. Wickwire co-founded and served as Sleep Medicine Program Director at the Howard County Center of Lung and Sleep Medicine, a leading interdisciplinary sleep medicine center that became a model for comprehensive centers throughout the country.

Dr. Wickwire completed his advanced training in sleep at Johns Hopkins School of Medicine. A recognized expert in the non-drug treatment of sleep disorders, he is board-certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine as well as cognitive and behavioral psychology by the American Board of Professional Psychology. Dr. Wickwire is a Fellow of the American Academy of Sleep Medicine.

Dr. Wickwire has published over two-dozen peer-reviewed scientific articles, book chapters, and scientific abstracts, and has served as a reviewer for numerous academic publications. He also remains an active and award-winning educator, having served on the education committees of the American Academy of Sleep Medicine, National Sleep Foundation, and American Pain Society. He holds a special interest in sleep in military populations and serves as a local site director for the Walter Reed National Army Medical Center/National Capitol Consortium sleep medicine fellowship.

An active speaker, Dr. Wickwire has presented invited lectures at Johns Hopkins School of Medicine, Memorial Sloan Kettering Cancer Center, the University of Maryland, Walter Reed Army Medical Center, the National Intrepid Center of Excellence at Bethesda Naval Medical Center, and elsewhere. His presentations on human motivation and behavior change were selected by his peers among the top 1% of over 1300 medical presentations in 2011.

Personally, Dr. Wickwire is deeply interested in literature, the arts, and the life of the mind. Today his greatest joys are spending time with his wife and their toddler son.