



Rise of the Behavioral Sleep Medicine Specialist

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With estimates, nationally and worldwide increasing for the reported numbers of Sleep Disturbances, health care responses are challenged. The American Sleep Disorders Association recently published a revised edition of Sleep Disorders diagnosis and scoring guidelines to address the number of sleep disorders. This surge and attention to sleep disorders is at an international and national focus and more attention to sleep issues by health care providers is warranted.

The efficacy of Cognitive Behavioral Therapy intervention for several sleep disorder conditions exists (e.g., insomnia, pediatric sleep disorders). Reductions in sleep onset times, minutes awake, and increased total sleep time are documented valued outcomes. The Certified Behavioral Sleep Medicine specialist has passed exams that

entail mastery knowledge of diagnosis of sleep disorders, actigraphic and polysomnographic detection of sleep disorders, behavioral treatment of sleep disorders, research methods and biostatistics specific to sleep disorders and pharmaceutical and medical treatments of sleep disorders. The success of the Behavioral Sleep Medicine specialist is overshadowed by the need for more treatment providers and additional treatment outcome studies.

The call now becomes, to the current and future authors of articles for *Journal of Sleep Disorders & Therapy*, to address the need for more health care providers to effectively treat sleep disorders and provide treatment outcome findings.

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