

The AASM Manual for the Scoring of Sleep and Associated Events

Summary of Updates in Version 2.3

April 1, 2016

The American Academy of Sleep Medicine (AASM) is committed to ensuring that *The AASM Manual for the Scoring of Sleep and Associated Events* reflects the best and most current evidence in sleep medicine. The online and app-based format of the manual makes it particularly amendable to periodic updates based on new evidence in the literature and feedback from users and beneficiaries. A Scoring Manual Editorial Board oversees the content and makes recommendations when content changes are indicated, need for clarification exists, there is new technology or the literature suggests that updates are needed.

Based on the recommendations of the AASM Scoring Manual Editorial Board, the AASM Board of Directors has approved the following changes in Version 2.3, which was released online on April 1, 2016. All AASM-accredited sleep facilities are required to implement the new rules in Version 2.3 by October 1, 2016.

The following summary provides an overview of the updates in Version 2.3.

- A new Technical Specifications section in the Movement Rules chapter, which includes new rules and figures for electrode placement for monitoring or detecting movements, along with rules about video PSG requirements for diagnosing sleep-related rhythmic movement disorder and REM sleep behavior disorder
- New rules, figures, and clarifications for scoring periodic limb movements in sleep (PLMS)
- A revision to the rule for scoring bruxism so that masseter EMG activity is included as a way to detect bruxism
- A new rule and figure for scoring sleep stages when 3 or more segments of an epoch meet criteria for different stages
- A new note clarifying how to score an arousal immediately preceding a transition to wake