

The AASM Manual for the Scoring of Sleep and Associated Events

Summary of Updates in Version 2.4

April 1, 2017

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. The 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 updated manual, which was released April 1, 2017, as Version 2.4. All AASM-accredited sleep facilities are required to implement the new rules in Version 2.4 by October 1, 2017.

The following summary provides an overview of a new section and some key changes that have been made in Version 2.4.

- A new section on performing calibrations to document appropriate system response was added to the Technical and Digital Specifications chapter (Section E).
- The recommended EOG electrode positions and figure were updated in Section B of the Adult Sleep Staging Rules.
- A new note was added to Rule D.1 of the Adult Sleep Staging Rules to clarify when to use the term “Stage R” versus “REM sleep.”
- The definition of “slow wave activity” in Rule D.3 of the Adult Sleep Staging Rules was updated for consistency to be $>75 \mu\text{V}$ throughout the Scoring Manual.
- The definition of “atrial fibrillation” was updated in both the Glossary and in Rule B.6 of the Cardiac Rules chapter.
- Rule B.4 in the Movement Rules chapter was revised to remove mention of a “sleep-disordered breathing event.”
- New notes were added to the Respiratory Rules for Children for Scoring of Apneas and Scoring of Hypopneas.