

The AASM Manual for the Scoring of Sleep and Associated Events

Summary of Updates in Version 2.5

April 2, 2018

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 2, 2018, as Version 2.5. All AASM-accredited sleep facilities are required to implement the new rules in Version 2.5 by October 1, 2018.

The following summary provides an overview of a new section and some key changes that have been made in Version 2.5.

- II. Parameters to be Reported for Polysomnography (Section B) – updated total sleep time parameter.
- III. Technical and Digital Specifications (Section C) – histograms should now also display body position.
- IV. Sleep Staging Rules, Part 1: Rules for Adults (Section E) – a new figure depicting the definition of ‘rapid eye movements’ was added.
- VIII. Respiratory Rules, Part 1: Rules for Adults (Section C) – a new figure was added to clarify Note 2.
- IX. HSAT Rules for Adults, Part 1: HSAT Utilizing Respiratory Flow and/or Effort Parameters (Recording Data to be Reported) – this section was split into two sections – data to be reported if sleep is NOT recorded and data to be reported if sleep is recorded.
- IX. HSAT Rules for Adults, Part 1: HSAT Utilizing Respiratory Flow and/or Effort Parameters (Summary Statements) – reporting the occurrence of snoring is now OPTIONAL.
- IX. HSAT Rules for Adults, Part 1: HSAT Utilizing Respiratory Flow and/or Effort Parameters (HSAT Respiratory Events Rules: Technical Specifications) – dual thoracoabdominal RIP belts are RECOMMENDED for monitoring respiratory effort, whereas single thoracoabdominal RIP belts are ACCEPTABLE.
- IX. HSAT Rules for Adults, Part 2: HSAT Utilizing Peripheral Arterial Tonometry (Section B) – replaced reporting the number of sleep-related respiratory events with reporting respiratory event index.
- X. Development Process – a list of the previous versions of the Scoring Manual and release dates was added.

- XII. Glossary of Terms – definitions of delta frequency and theta rhythm were updated to be consistent throughout the manual.