



STRATEGIC PLAN



INITIATED IN 2020

Advancing sleep care and enhancing sleep health to improve lives

About

Established in 1975 as the Association of Sleep Disorders Centers, the American Academy of Sleep Medicine (AASM) is the only professional society dedicated exclusively to the medical subspecialty of sleep medicine.

As the leading voice in the sleep field, the AASM sets standards and promotes excellence in sleep medicine health care, education, and research. The AASM has a combined membership of 11,000 accredited member sleep centers and individual members, including physicians, scientists, and other health care professionals.

**the only professional society
dedicated exclusively to the medical
subspecialty of sleep medicine**

2020
TODAY

2020-2025
3 - 5 YEARS

2020 - 2030
FUTURE

Mission

Advancing sleep care and enhancing sleep health to improve lives

VISION: SLEEP IS RECOGNIZED AS ESSENTIAL TO HEALTH.

CORE VALUES

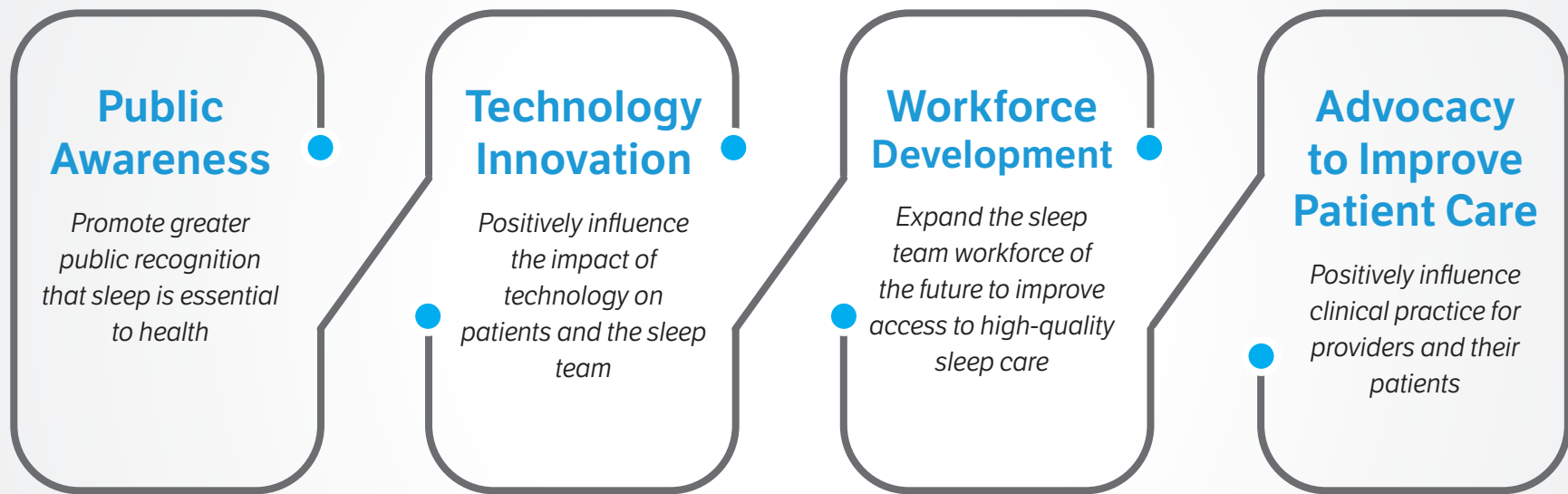
- Adaptable
- Diverse and Inclusive
- Evidence-based
- Innovative
- Patient-centered
- Visionary

2020
TODAY

2020-2025
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2020 - 2030
FUTURE

Goals & Objectives

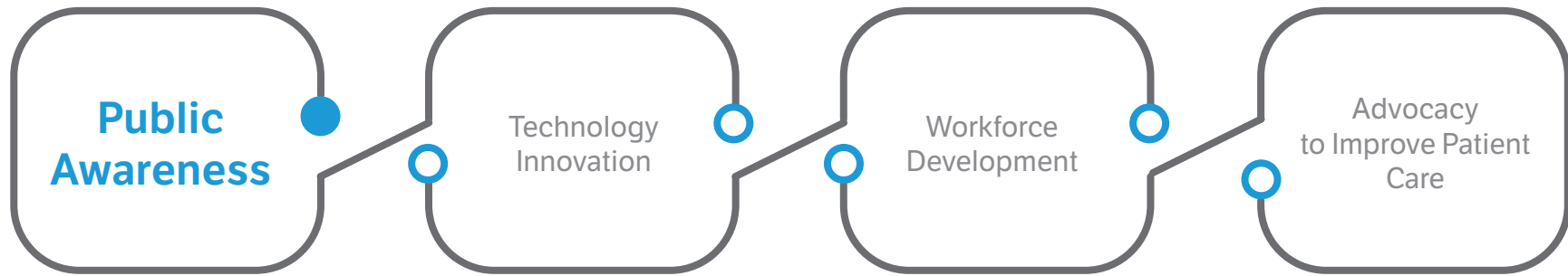


2020
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GOALS & OBJECTIVES



Promote greater public recognition that sleep is essential to health

OBJECTIVES

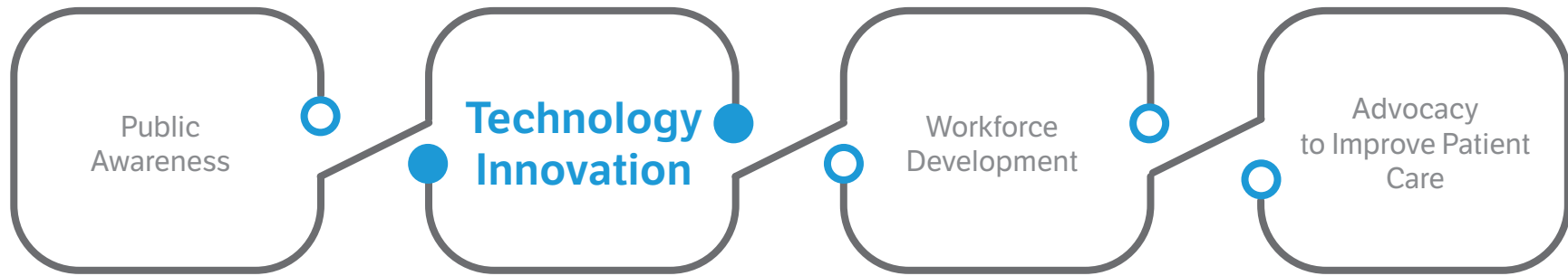
- Increase social marketing
- Increase evidence to support that sleep is essential to health
- Increase recognition of sleep among other provider groups
- Increase collaboration with other provider groups to raise public awareness
- Increase policymaker understanding
- Increase sleep education for children and teens

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GOALS & OBJECTIVES



Positively influence the impact of technology on patients and the sleep team

OBJECTIVES

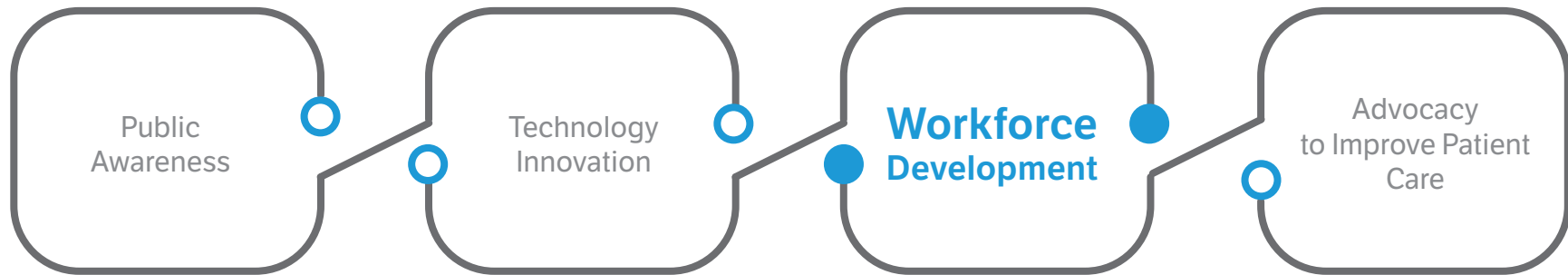
- Increase AASM leadership's knowledge of emerging technologies and their impact on our field
- Increase engagement with key technology influencers
- Increase the value of information from current sleep medicine procedures
- Increase member understanding of the impact of disruptive technologies
- Increase AASM involvement in the inception/initial stages of new technologies

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GOALS & OBJECTIVES



Expand the sleep team workforce of the future to improve access to high-quality sleep care

OBJECTIVES

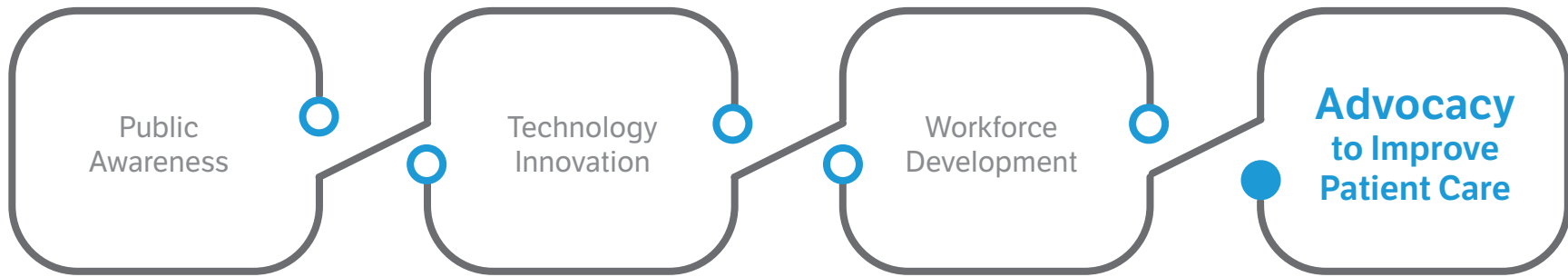
- Increase the number of graduating fellows
- Increase standardization of advanced practice provider (APP) sleep care training
- Enhance collaboration with sleep psychologists
- Expand education for sleep technologists
- Establish enduring models for collaborative sleep care with other care partners

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GOALS & OBJECTIVES



Positively influence clinical practice for providers and their patients

OBJECTIVES

- Increase influence on payers and government decision-makers
- Decrease the administrative burdens related to OSA care (e.g., 90-day rule, prior authorization, withdrawal of treatment, unnecessary repeat testing)
- Enhance recognition of the value of services provided by sleep physicians and the sleep team

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Long-term Envisioned Future

Because of the AASM, the general public, patients, and health care providers appreciate and embrace the importance of sleep as a pillar of health and recognize that sleep is as important as exercise and nutrition in maintaining health and well-being. Conversations about sleep health are a part of routine clinical and behavioral health care. The AASM has advanced sleep care and improved patients' lives through the dissemination of cutting-edge education, research and practice standards. Thanks to the AASM, sleep medicine providers learn about and readily embrace new technology and the latest advances in the diagnosis and treatment of sleep disorders.



**Sleep is as important as
exercise and nutrition**



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LONG-TERM ENVISIONED FUTURE

Payers, policymakers and legislators proactively seek out AASM leaders as the “go to” resource for sleep-related guidance and input. The AASM is recognized for its effective collaboration with other organizations to advance the specialty, promote interdisciplinary care teams and unite stakeholders.

More physicians are choosing to specialize in sleep medicine. A greater number of health care professionals are joining the diverse sleep team. Patients have timely access to sleep care and experience safe, equitable, evidence-based treatment that ultimately improves their overall health and quality of life. A growing number of sleep and circadian scientists make new discoveries that contribute to a deeper understanding of sleep’s positive impact on health and lead to innovative strategies for sleep disorders diagnosis and treatment.

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Acknowledgments

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