About 70 million Americans suffer from a sleep problem, and nearly 60% have a chronic sleep disorder. Our nation’s sleep problem is so widespread that the CDC has called insufficient sleep “a public health problem.”

In a nation where millions of people are struggling to sleep well at night and stay awake during the day, the need for sleep specialists has never been greater.

Established in 1975, the AASM is the premier professional society representing the sleep medicine specialty with a combined membership of 11,000 accredited member sleep facilities and individual members, including physicians, scientists and other health care professionals. The AASM improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards.

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Sleep medicine expertise is available across America from about 6,000 board-certified sleep medicine physicians and more than 2,600 AASM-accredited sleep facilities.