



# Hopkins AWAKE Network Newsletter

## Dream Factoids

- **Oneirology** is the scientific study of dreams
- One of the well known sleep researchers, William Dement, first studied the connection between dreams and REM sleep in the 1950's.
- There are 21 dream diary books listed on Wikipedia. The list of authors writing about their dreams includes Jack Kerouac (author) and Henry Rollins (song-writer) and Anna Kingsford (one of the first women to obtain a medical degree in England).
- Scientists cannot agree on what exactly the definition of a dream is. An alternative term sometimes used is "sleep mentation."
- There continues to be debate about what function, if any, dreams have.
- A search for "dream analysis" on google.com gives over 13 million results.

Sources: [www.wikipedia.org](http://www.wikipedia.org); Kryger: Principles and Practices of Sleep Medicine, 4th ed.; [www.google.com](http://www.google.com)

## Next Hopkins AWAKE Network meeting

- Topic:** The mystery, medicine and magic of dreams.
- Speaker:** Emerson Wickwire, PhD  
Post-Doctoral Fellow, Johns Hopkins University Department of Psychiatry
- Date & Time:** Tuesday, July 14, 2009 at 6:00 p.m.
- Location:** Hopkins East Baltimore Campus—Weinberg Building Auditorium  
401 N. Broadway (Northeast corner of Broadway and Orleans) - first floor  
The parking garage is located under the Weinberg building, entrance off Broadway on Jefferson.  
Parking coupons are provided at the AWAKE meeting for free parking, bring your ticket with you when you leave the garage.

July, 2009

Hopkins AWAKE group  
coordinator

Loretta Colvin, Nurse Practitioner

Johns Hopkins Hospital  
Sleep Disorders Center

Mailing address:

601 N. Caroline St., Suite 1261  
Baltimore, MD 21287

Phone: 443-287-3313

Email: [awake@jhmi.edu](mailto:awake@jhmi.edu)

Join our email list!

Email [awake@jhmi.edu](mailto:awake@jhmi.edu)  
to join our email list.

You will receive this  
newsletter, announce-  
ments for upcoming  
AWAKE meetings and oc-  
casional emails with in-  
formation on sleep topics.



# Home Sleep Testing

---

## **Background**

Earlier this month, the annual meeting for Sleep Professionals was held in Seattle, Washington. One of the hot topics for this meeting was the continued debate on the use of home sleep studies, otherwise known as portable monitoring. Portable monitoring uses some or all of the equipment used in a sleep study performed at a sleep lab or sleep center. However, rather than having the testing in a facility, it can be done in another location such as the home or a hospital room. Organizations including the American Academy of Sleep Medicine, American College of Chest Physicians, American Thoracic Society and the American Academy of Otolaryngology have participated in this discussion, which has been going on for more than 15 years. In 2008, the Centers for Medicare and Medicaid Services (CMS) released updated guidelines regarding reimbursement of sleep testing, including testing outside of a sleep center.

## **Portable Monitoring in the Home**

There continues to be debate on exactly how to perform testing in the home. How is it determined that a patient would be suitable for this type of testing? Who makes that determination? How many wires/types of monitoring devices should be used? The American Academy of Sleep Medicine (AASM) has published recommendations that testing be performed under supervision of sleep physicians who have specialized training in sleep medicine. They also recommend oversight by sleep centers that have AASM accreditation.

Currently, sleep testing in a sleep lab or center continues to be the most common method of testing. It is recognized that patients are generally more comfortable having testing in their home environment. However, with this testing comes potential problems that are of concern to sleep professionals. For example, if a testing wire were to come off the patient during sleep, it could affect the test quality and the ability to get any results from the testing. Also, home testing has not yet been shown to be adequate to test for other sleep disorders besides obstructive sleep apnea.

## **The Future of Portable Monitoring**

Thanks to ongoing sleep research, we continue to learn more about the appropriate use of portable monitoring. It is used in research studies as an alternative way to test patients for sleep apnea, and therefore these studies can also give more guidance about the pros and cons of testing in the home. Whether testing in the home will become common in the future remains to be seen. It is likely to continue to be a hot topic for the future as sleep professionals determine how to open doors for other technology without compromising the quality of testing or the ability to accurately diagnose patients with sleep disorders.

---