

# **The AASM Manual for the Scoring of Sleep and Associated Events**

## ***Summary of Updates in Version 2.2***

**July 1, 2015**

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 format of the manual makes it particularly amendable to periodic updates based on new evidence in the literature and feedback from users and beneficiaries. A Scoring Manual Committee 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 Committee, the AASM Board of Directors has approved the addition of two new sections to the manual: sleep staging rules for infants and home sleep apnea testing (HSAT) rules for adults. The updated manual was released July 1, 2015, as Version 2.2. All AASM-accredited sleep facilities and HSAT programs are required to implement the new rules in Version 2.2 by October 1, 2015.

The following summary provides a list of the new sections and some key terms that have been incorporated in Version 2.2.

### **IV. Sleep Staging Rules**

#### ***Part 3: Rules for Infants***

- A. Ages for Which Infant Sleep Staging Rules Apply
- B. Technical Specifications
- C. General Scoring of Sleep Stages
- D. Scoring Stage W
- E. Scoring Stage N (NREM)
- F. Scoring Stage R
- G. Scoring Stage T
- H. References

#### **KEY TERMINOLOGY FOR SCORING SLEEP IN INFANTS:**

- Stage W (Wakefulness)
- Stage N (NREM) - *analogous to the previously used terminology of “quiet sleep”*
- Stage R (REM) - *analogous to the previously used terminology of “active sleep”*
- Stage T (Transitional) - *analogous to the previously used terminology of “indeterminate sleep”*

## **IX. Home Sleep Apnea Testing (HSAT) Rules for Adults**

### ***Part 1: HSAT Utilizing Respiratory Flow and/or Effort Parameters***

- A. General Parameters to be Reported
- B. Recording Data to be Reported
- C. Summary Statements
- D. Technical and Digital Specifications: HSAT Equipment Recording Features
- E. HSAT Respiratory Events Rules: Technical Specifications
- F. HSAT Respiratory Events Rules: Scoring Apnea Utilizing Respiratory Flow and/or Effort Sensors
- G. HSAT Respiratory Events Rules: Scoring Hypopnea Utilizing Respiratory Flow and/or Effort Sensors
- H. References

### ***Part 2: HSAT Utilizing Peripheral Arterial Tonometry (PAT)***

- A. General Parameters to be Reported
- B. Recording Data to be Reported
- C. Summary Statements
- D. Technical and Digital Specifications: HSAT Equipment Recording Features
- E. HSAT Respiratory Event Rules: Technical Specifications
- F. References

### **KEY TERMINOLOGY FOR HSAT SCORING:**

- **Monitoring time (MT):** Total recording time minus periods of artifact and time the patient was awake as determined by actigraphy, body position sensor, respiratory pattern, or patient diary.
- **Respiratory event index (REI):** Total number of respiratory events scored  $\times$  60 divided by monitoring time (MT).