



## Updated AASM Scoring Manual, Version 2.5, to be released April 2

The AASM Manual for the Scoring of Sleep and Associated Events, Version 2.5, will be released April 2, 2018.

Based on the recommendations made by the AASM Scoring Manual Editorial Board, the American Academy of Sleep Medicine Board of Directors has approved the following changes in this Scoring Manual update:

- 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.

***All AASM-accredited sleep facilities will be required to implement the new rules in Version 2.5 by October 1, 2018.***

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