



## **2009 – 2010 AASM High School Topical Review in Sleep Science Contest**

### *Rules & Guidelines*

The American Academy of Sleep Medicine (AASM) is the only professional society that is dedicated exclusively to the medical subspecialty of sleep medicine. The AASM is the leader in setting standards and promoting excellence in sleep medicine health care, education and research.

To encourage an interest in sleep medicine and sleep research at the high school level, the AASM introduces the 2009 – 2010 AASM High School Topical Review in Sleep Science Contest. This award recognizes excellence in the understanding of scientific research and in the preparation of a topical review paper related to sleep, wakefulness, public health, and disorders of sleep and daytime alertness.

#### **Who is Eligible?**

High school students in the U.S. who are a junior or senior during the 2009 – 2010 academic school year are eligible to enter the contest. Students must be “sponsored” by their science teacher; students who want to enter the contest should notify their teacher immediately. Submissions will not be accepted from students who are a son or daughter of a member of the AASM Board of Directors, AASM Education Committee or AASM staff.

#### **What is the deadline?**

The submission deadline is **Friday, Jan. 15, 2010**.

#### **What are the prizes?**

Students will be selected as recipients of the following prizes:

1. **1<sup>st</sup> Place:** One student will receive the following 1<sup>st</sup>-place prizes:
  - A 3-day/2-night trip to San Antonio, Texas, for the student and one parent/guardian to attend the SLEEP 2010 24<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies LLC from Sunday, June 6, to Tuesday, June 8, 2010. The recipient will be recognized and will receive a commemorative plaque during the AASM General Membership Meeting on Monday, June 7.
  - A \$1,000 savings bond
2. **2<sup>nd</sup> Place:** One student will receive the following prize as the 1<sup>st</sup> runner up:
  - A \$500 savings bond
3. **3<sup>rd</sup> Place:** One student will receive the following prize as the 2<sup>nd</sup> runner up:
  - A \$250 savings bond
4. **Honorable Mention:** Up to 12 students will receive the following prize as honorable mention awardees:
  - A \$50 savings bond

#### **Publication**

In addition, all award recipients will have their paper posted on the AASM Web site at [www.sleepeducation.com](http://www.sleepeducation.com), and all recognized papers will be considered for publication in the *Journal of Clinical Sleep Medicine*.

### **How do I enter?**

To enter the 2009 – 2010 AASM High School Topical Review in Sleep Science Contest, you must send an electronic copy of your original review paper as an e-mail attachment to Lisa Wallis at [LWallis@aasmnet.org](mailto:LWallis@aasmnet.org) by **Friday, Jan. 15, 2010**. You also must complete the two-page Entry Form and submit it to the AASM national office, using either the address or fax number below. The Entry Form must be received, or postmarked, by **Friday, Jan. 15, 2010**. No submissions will be accepted after this date. The Entry Form must be filled out completely and must include signatures from the student, parent/guardian and sponsoring science teacher. The topical review paper must be written according to the following guidelines. Submissions that are incomplete or that do not follow the submission guidelines will not be accepted.

AMERICAN ACADEMY OF SLEEP MEDICINE  
2510 NORTH FRONTAGE ROAD  
DARIEN IL 60561  
FAX: 630-737-9790

### **What are the responsibilities of the sponsoring teacher?**

Each entrant must be “sponsored” by his or her science teacher. Sponsorship is merely acknowledgement from a science teacher that his or her student is submitting a paper for consideration.

### **What are the guidelines for the topical review paper?**

To enter the contest students must prepare an original topical review paper according to these submission guidelines:

#### Length

The paper must be at least 2,500 words in length and no more than 3,000 words, including references (the equivalent of about 5 to 6 pages of text).

#### Format

The paper should be typed in the Times New Roman 12-point font with paragraphs formatted in single line spacing. Margins should be 1-inch on all four sides. Your paper should have a cover page that includes the title of your paper, your name, address, phone number, e-mail address, school name and sponsor’s name.

#### Topics

You must select one of these 12 topics as the subject of your paper:

- Sleep Neuroscience: How the brain regulates sleep and wakefulness
- Sleep Pharmacology: How medications are used to treat sleep disorders
- Pediatrics: How sleep disorders affect children
- Aging: How the process of sleep changes as an individual grows older
- Sleep Deprivation: How sleep deprivation affects academic and athletic performance
- Sleep Related Breathing Disorders: How the effective treatment of obstructive sleep apnea improves health and well-being
- Narcolepsy: How genetic and non-genetic predisposing factors contribute to the development of narcolepsy
- Insomnia: How insomnia often is associated with depression
- Drowsy Driving: How drowsiness impairs driving ability and threatens driver safety
- Sleep in Medical Disorders: How sleep is associated with other medical disorders
- Sleep Studies: How sleep disorders are detected using overnight polysomnography (PSG)
- Sleep Science: How the scientific study of sleep has led to improvements in the treatment of sleep disorders

## References

The paper must cite 5 to 10 published references, such as books and scientific journals; you may not cite a Web site as a reference. Relevant journal articles can be found through online gateways such as [www.journalsleep.org](http://www.journalsleep.org), [www.aasmnet.org/jcsm](http://www.aasmnet.org/jcsm) and [www.ncbi.nlm.nih.gov/sites/entrez](http://www.ncbi.nlm.nih.gov/sites/entrez). Although they cannot be cited as references, the AASM Web site at [www.sleepeducation.com](http://www.sleepeducation.com) and the AASM blog at [www.sleepeducation.blogspot.com](http://www.sleepeducation.blogspot.com) are valuable sources of background information. Each reference should be cited in the text in consecutive numerical order with a superscript Arabic numeral outside periods and commas and inside colons and semicolons. Example: Cataplexy is a unique characteristic of narcolepsy.<sup>1</sup>

The reference section should be included at the end of the paper as “end notes” rather than as footnotes.

Examples of how the reference citations should be formatted can be found online at [http://www.nlm.nih.gov/bsd/uniform\\_requirements.html](http://www.nlm.nih.gov/bsd/uniform_requirements.html).

## **How will the submissions be judged?**

Each submission will be screened by staff in the AASM national office to ensure that it meets the requirements described in the submission guidelines. Accepted submissions then will be sent to members of the AASM Education Committee for review and evaluation. The papers will be evaluated according to these criteria:

- Accuracy of the content
- Depth of the information presented
- Style of writing, including correct punctuation and grammar
- Clarity of writing
- Quality of the cited references

## **How and when will the winners be notified?**

Upon receiving a submission, a confirmation letter will be sent by e-mail to the entrant. By April 2, 2010, the AASM will mail a letter and send a letter by e-mail to all entrants, notifying them of the contest results.

## **What will the trip to San Antonio be like for the 1<sup>st</sup>-place winner?**

The AASM will reserve a round-trip flight and hotel room in downtown San Antonio for the 1<sup>st</sup>-place winner and one parent/guardian. If you are the recipient of this prize, then you will arrive in San Antonio on Sunday, June 6, and will have the rest of that day free. On Monday, June 7, you will attend the opening day of SLEEP 2010, a scientific meeting featuring an international body of more than 5,500 leading researchers and clinicians in the field of sleep medicine. After the morning plenary session you will be able to visit the exhibit hall, which features booth displays from more than 125 pharmaceutical companies, equipment manufacturers, medical publishers, software companies, professional organizations and schools. Early in the afternoon, you will attend the AASM General Membership Meeting, where you will be presented with a commemorative plaque. For the rest of the day you will be able to choose which meeting sessions and research presentations you would like to attend. For more details about the meeting, go to [www.sleepmeeting.org](http://www.sleepmeeting.org). You will have the evening free and then will return home on Tuesday, June 8. You will be reimbursed for travel expenses to and from the airport, as well as for your meals during the meeting.

## **Whom should I contact with questions?**

If you have questions about the 2009 – 2010 AASM High School Topical Review in Sleep Science Contest, please contact Lisa Wallis at [LWallis@aasmnet.org](mailto:LWallis@aasmnet.org) or 708-492-0930, ext. 9512.