

## The New Sleep Scoring Manual—The Evidence Behind The Rules

Conrad Iber, M.D.<sup>1</sup>; Sonia Ancoli-Israel, Ph.D.<sup>2</sup>; Andrew L. Chesson, Jr., M.D.<sup>3</sup>; Stuart F. Quan, M.D.<sup>4</sup>

<sup>1</sup>University of Minnesota, Minneapolis, MN; <sup>2</sup>University of California, San Diego, CA; <sup>3</sup>LSU Health Science Center – Shreveport, Department of Neurology and Office of the Dean, Shreveport, LA; <sup>4</sup>Sleep Disorders Center, University of Arizona, Tucson, AZ

The seven manuscripts that comprise this issue of the *Journal of Clinical Sleep Medicine* are designed as evidence review papers to provide the underpinnings for “The AASM Manual for the Scoring of Sleep and Associated Events: Rules, Terminology, and Technical Specifications” that is being simultaneously published as a separate volume. The rules and specifications of the manual are based on either 1) high levels of evidence from the review papers or, when evidence is insufficient, 2) the results of a standardized consensus process. The seven topical areas of the review papers: digital analysis and reporting parameters, visual scoring, arousal, cardiac events, movements, respiratory events, and pediatric scoring reflect the charge of the scoring manual task forces to develop reference material to support the development of a more comprehensive scoring manual. The authors who crafted the review papers also served as members of the respective task forces for the scoring manual and participated in consensus decision-making for the scoring manual.

Each review paper is organized to provide a historical perspective, a review and evidence grading of the validity and/or reliability of measures, and a discussion of future areas for research. Reference to previous standardized scoring and methods has been included, when appropriate, even when these references are based on theoretical considerations, expert opinion, or consensus. The scope of over 1,500 total articles reviewed in the seven manuscripts reflects both a PubMed literature search performed for all human studies, in English, published between 1968 and September 2004, and additional “pearling” of articles by task forces. The criteria for evidence levels generally followed Sackett, although in some instances appropriate modifications were made to complement the nature of the content area. Evidence tables produced by the evidence grading in each review paper are published online at <http://www.aasmnet.org/JCSM/Search.aspx>. Readers are also referred to the introduction of “The AASM Manual for the Scoring of Sleep and Associated Events: Rules, Terminology, and Technical Specifications” for a more complete discussion of the scoring manual development and a detailed acknowledgement of the many contributors.

In addition to providing reference for the AASM scoring manual development, readers should find that the review papers published in this issue of JCSM provide a comprehensive and current examination of a broad scope of topical areas in polysomnography. Since the AASM scoring manual is an iterative process, future editions of the manual will undoubtedly require a reexamination of evidence to address the rapidly evolving science of the metrics for examining sleep.

# New Sleep Scoring Manual

**Wenbin Ji**



## **New Sleep Scoring Manual:**

## **New Sleep Scoring Manual** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has are more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **New Sleep Scoring Manual**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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