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Contact: Communications Director
(614) 766-0773

**World's leading authority on sleep, sleep deprivation and sleep disorders,
Dr. William Dement, addresses health professionals in Central Ohio**

Dublin, OH – Dr. William Dement, the world's leading authority on sleep, sleep deprivation and sleep disorders, will address health professionals during the Helmut S. Schmidt Memorial Keynote Symposium Sleep Medicine 2011 on October 22, 2011 at the New Albany Surgical Hospital Foundation Auditorium.

From its inception in the 1960s, Sleep Medicine has grown into a highly respected research and clinical field, encompassing 9,000 sleep clinicians, scientists and other allied health professionals, over 3,500 sleep labs and many sleep disorder advocacy groups. The sleep industry, including medications, sleep centers, mattresses, CPAP, sleep aids among others, now totals over \$23 billion per year in the U.S.

Looking back at the extraordinary growth of the field, Dr. Dement will review the genesis of Sleep Medicine and the role the late Dr. Helmut Schmidt played as the first President of the American Board of Sleep Medicine and host of the very first annual meeting of the association of professional sleep societies which took place in Columbus in 1986. Together as part of the meeting, Dr. Dement and Dr. Schmidt led the efforts to establish the first National Sleep and Health Awareness Week in 1986, a proclamation signed by President Ronald Reagan. Dr. Dement has continuously educated the public and lawmakers on the dangers of Obstructive Sleep Apnea and drowsy driving.

A sleep pioneer, Dr. Dement was the first researcher to describe rapid eye movement (REM) sleep as a distinct state and the association of REM sleep with dreaming. He founded the first sleep laboratory at Stanford University in 1970, co-founded the Sleep Research Society in 1961, was the founding president of the American Sleep Disorders Association in 1975, chaired the National Commission on Sleep Disorders Research which subsequently contributed to the creation of the National Center on Sleep Disorders Research at the National Institutes of Health.

Dr. Dement has authored or co-authored close to 500 scientific publications, including the textbook "Principles and Practice of Sleep Medicine", as well as, "The Promise of Sleep", a book exploring the vital connection between health, happiness and a good night's sleep. He was the founding co-editor of the premier scientific journal "Sleep". His investigations include among others the cardiovascular impact of sleep apnea, the pharmacotherapy for insomnia, the assessment of various circadian disorders, and the genetics of narcolepsy.

To learn more about the symposium or view historical footage of the 1986 meeting in Columbus, visit www.sleepmedicine.com. The Helmut S. Schmidt Memorial Keynote Symposium Sleep Medicine 2011 is co-sponsored by the Sleep Medicine Research Foundation and the Ohio Sleep Medicine Institute.

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4975 Bradenton Avenue, Dublin, OH 43017
T: 614) 766-0773 F: (614) 766-2599
www.sleepmedicine.com