

Dear Members and Colleagues:

On the front is "Taj", the first white tiger born at the Columbus Zoo. I chose it for our annual poster since it symbolizes important aspects of our several, and recently federated, organizations: 1) Our organizations are also very young with research in sleep and waking and the clinical specialty of sleep disorders medicine still in its infancy; but youth, with its promises of rapid growth, energy and enthusiasm is on our side. 2) The white tiger is on the endangered species list, and as researchers and clinicians who have had the privilege to study and learn from animal sleep we wish to express our concern and support for all animals who are in danger of extinction. Not only is "human sleep as animal sleep", as one of my colleagues phrased it, but we are indebted especially to the feline species for much of the research that provided the basis for new knowledge about normal sleep and waking brain mechanisms. I believe I speak for all of our animal researchers when I affirm that we are very much concerned that animals used in research are treated humanely and with appropriate dignity. 3) "Taj" symbolizes the sound, unencumbered sleep that so many of our patients, and some of us as well, are seeking.

It is, therefore, fitting that for our Annual Banquet we will have the "Animal Night Reception" at the Columbus Zoo, a unique setting that all of you, I am sure, will enjoy. Sign up early since there will be a maximum number we can accommodate. Members of SRS, CSS and APT will be given first consideration. The formal entertainment program for that evening promises to be outstanding.

Our annual poster features June 15-20 as "National Sleep and Health Awareness Week", an historic first that we anticipate will receive much national media attention. A great deal of planning and activity is being devoted to this very important event, and I am asking all of you to help us in every way you can to raise the public's awareness to sleep-related health issues to unprecedented levels. We may call on you to be available for interviews with the news media during the Annual Meeting.

We are looking forward to welcoming you to Columbus, Ohio, "The Heart of It All".



Helmut S. Schmidt, M.D.  
Program Chairman