

Celebrating 25 Years of Research to Promote Healthy Sleep

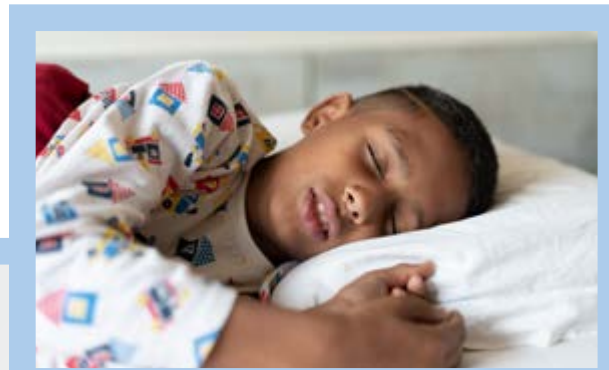
For 25 years, the National Heart, Lung, and Blood Institute's (NHLBI) National Center on Sleep Disorders Research (NCSDR) has supported research on sleep and the circadian biology of sleep disorders. The NCSDR coordinates sleep research projects, training, and educational awareness programs, and serves as a point-of-contact for federal agencies and public interest organizations. Learn more about the NCSDR and its legacy of research.

1993–2002

- 1993** Recognizing the public health concern and economic burden posed by sleep disorders and insufficient sleep, Congress established the NCSDR to coordinate sleep and circadian research across the National Institutes of Health (NIH) and other federal agencies.
- 1995** The NHLBI launched the Sleep Heart Health Study. The 14-year landmark multisite study of more than 5,000 middle-aged adults established that sleep apnea increases the risk of high blood pressure, stroke, and heart attacks.
- 1996** The inaugural NIH Sleep Disorders Research Plan guided landmark research initiatives, such as the Specialized Centers of Research (SCOR) and Sleep Academic Awards.

The NHLBI launched a seven-year Sleep Academic Award initiative to increase the awareness of sleep disorders among healthcare providers and support the development of curricula and teaching tools for use in medical schools nationwide.

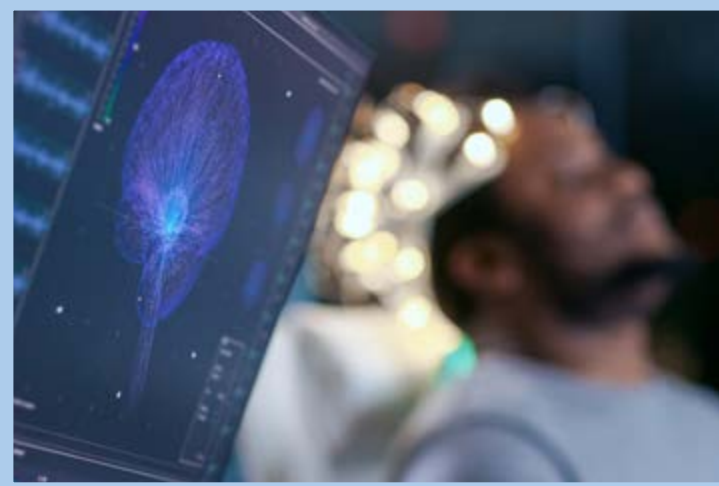
The NCSDR partnered with the National Highway Traffic Safety Administration to develop workplace education resources for shift workers, programs for preventing drowsy driving, and recommendations to improve highway safety, including using rumble strips.
- 2000** An NCSDR-led initiative established the first national public health objectives for sleep in the U.S. Department of Health and Human Services (HHS) Healthy People 2010 program's Respiratory Diseases category.
- 2001** The NHLBI launched a five-year sleep education program for children, featuring Garfield as "spokescat."



2003–2012

- 2003** The NHLBI partnered with NIH's Office of Science Education to launch a high school curriculum on sleep, sleep disorders, and biological rhythms.
- 2004** The NCSDR organized the first National Sleep Conference, at which the Surgeon General called on "public and healthcare professionals . . . [to] take the necessary steps to avoid the dangers of poor sleep and benefit from improved health and well-being."
- 2005** The NCSDR worked with the Centers for Disease Control and Prevention (CDC) to add questions on sleep habits to a national health survey, establishing the first nationwide surveillance of sleep health problems.
- 2006** The NCSDR and members of the sleep science community partnered with the Institute of Medicine to publish a report on the public health challenges that sleep disorders pose.
- 2010** The NCSDR led federal partners to establish sleep health as a major focus of the HHS Healthy People 2020 and 2030 programs.

The NHLBI partnered with the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD) to assess the risks of sleep-disordered breathing during pregnancy in the Nulliparous Pregnancy Outcomes Study: Monitoring Mothers-to-Be (nuMoM2b).



2013–2018

- 2013** The NHLBI-funded Childhood Adenotonsillectomy Clinical Trial (CHAT) found that surgical treatment for sleep apnea improves quality of life and sleep, but not the cognitive skills that are used to get things done.
- 2014** The NHLBI launched the National Sleep Research Resource to analyze data from sleep studies and other measurements collected in clinical research.
- 2015** The NHLBI-led Cohorts for Heart and Aging Research in Genomic Epidemiology (CHARGE) Consortium study announced the discovery of new genes that determine how long people sleep.
- 2016** An NHLBI-funded analysis linked short sleep duration and trouble sleeping with a greater risk of developing respiratory infections such as the common cold.
- 2017** A Nobel Prize was awarded for the discovery of the molecular mechanisms that control the circadian rhythm. NHLBI-funded research is investigating abnormalities in the circadian genetic program that cause certain heart, lung, and blood diseases and how these abnormalities may affect treatments for these diseases.
- 2018** An NCSDR-led conference highlighted advances in the understanding of sleep and its importance to women's health. Physicians, researchers, patients, and organizations participated.

