

Moose Notes 2012 (Highlights of the Year)



Most of my focus this year was on building [Circadian Sleep Disorders Network](#) (CSD-N¹), the non-profit organization I started last year to promote awareness of our circadian disorders, to obtain accommodations at work and school, to provide support for people with these disorders, and to encourage research.

I've suffered all my adult life with Delayed Sleep Phase Disorder (DSPD, also known as Delayed Sleep Phase Syndrome, DSPS). This is a neurological disorder in which the body's clock is delayed relative to the external day/night cycle. The result is an inability to fall asleep until the wee hours, and a corresponding difficulty getting up and functioning in the morning. People with normal circadian rhythm think it's just a matter of discipline to be able to get up early for work, and why wouldn't they? If they discipline themselves, their bodies respond. Ours do not. Fortunately, clinical research has by now established this. Our goal is to spread awareness of that, in the general medical community as well as to the public.



At the end of last year CSD-N expanded its Board of Directors and elected officers. I was elected president. In January of this year we opened for membership. We continue to add members, at a pace consistent with other new organizations. We applied for and received our 501(c)(3) tax exempt status and filed the relevant tax returns. We assembled a Medical Advisory Board, including some well-known researchers in circadian rhythms. I continue to expand the web site, www.circadiansleepdisorders.org (shortcut: csd-n.org). Our twisted clock logo is at left.

In May I attended the NIH Sleep Disorders Research Advisory Board as an observer, and gave a presentation about our new organization and its reason for being. The next day our vice president and I sat in on a Congressional briefing on sleep research. CSD-N became a "coalition partner" of StartSchoolLater.net, which aims to move high school start times later to better handle the deleterious effects on learning of teens' later circadian rhythms. We support that goal, and I wrote a letter to my local School Superintendent in support of the local StartSchoolLater movement.

Over the summer the Board and I, with advice from our Medical Advisory Board, revised our brochure (www.circadiansleepdisorders.org/docs/CSD-N_brochure.php) and our Q&A documents for DSPS (www.circadiansleepdisorders.org/docs/QandA.php) and Non-24-hour Sleep-Wake Disorder (www.circadiansleepdisorders.org/docs/QandA.php?N24), and sent them to the printer. We are starting to distribute them to sleep labs and sleep doctors, and at sleep conferences. I again attended the Narcolepsy Network Conference in Cleveland, where I attended talks, distributed our brochures, and spoke to several sleep experts.



¹ without the hyphen it would refer to the Chinese Software Development Network, csdn.net!

In November I was interviewed by a reporter at Salary.com, and a resulting article appeared there [salary.com/lack-of-sleep-job-performance/](https://www.salary.com/lack-of-sleep-job-performance/).

As a result of all these distractions, and some personal stuff, I did not take a vacation this year. I used two favorite photos from our Yosemite trip two years ago on the holiday card.

Jean is now retired also, though she still welcomes part time work. Jean and I hike or bike nearly every week.



Jean's younger daughter gave birth to a new baby in September. She lives nearby, so Jean is able to help with babysitting her new granddaughter, and also spends quality time with her grandsons, who keep growing at a remarkable pace.



Have a happy holiday season!

(This and previous holiday letters – with actual hyperlinks! - can be viewed online at pmansbach.com/#holidayletters.)