











## 4. SLEEP & CARDIOMETABOLIC HEALTH

### Important Guidelines, Statements, and Reports

- a. International Classification of Sleep Disorders – Third Edition (ICSD-3) 
- b. American Academy of Sleep Medicine **Practice Guidelines** 
- c. American Thoracic Society 
- d. American College of Physicians 
- e. Clinical Practice Guideline for the Pharmacologic Treatment of Chronic Insomnia in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline. 
- f. Behavioral and psychological treatments for chronic insomnia disorder in adults: an American Academy of Sleep Medicine clinical practice guideline 
- g. Clinical Guidelines for Obstructive Sleep Apnea and Insomnia 

### Important Suggested Readings and Resources:

- a. Sleep as a Pillar of Cardiometabolic Health 
- b. Obstructive Sleep Apnea and Cardiovascular Disease: A Scientific Statement From the American Heart Association 
- c. Centers for Disease Control and Prevention 