January 21, 2020

Centers for Disease Control and Prevention
Office of the Associate Director for Policy and Strategy
Community Guide Office
Attn: Julie Zajac, MPH
1600 Clifton Road NE, Mail Stop V25-5
Atlanta, GA 30329

RE: Docket No. CDC-2019-0112 - Priority Topics for the Community Preventive Services Task Force

Dear Ms. Zajac:

The American Alliance for Healthy Sleep (AAHS) appreciates the opportunity to respond to the request for information (CDC-2019-0112) from the Centers for Disease Control and Prevention (CDC) to identify topics of public health importance that will form the basis of the Community Preventive Services Task Force (CPSTF) evidence-based recommendations. The AAHS is a non-profit organization comprised of patients with sleep disorders, medical providers, and others interested in healthy sleep dedicated to improving the lives of patients with sleep disorders through advocacy, awareness, education, programs, and community. The AAHS recommends that the Community Preventative Services Taskforce (CPSTF) prioritize systematic reviews assessing the effectiveness and economic merits of public health programs, services, and interventions that will improve the sleep health of all Americans.

Ensuring proper sleep is essential to overall health. Regularly sleeping less than seven hours a night is associated with negative effects on an individual’s health, including hypertension, heart disease, stroke, diabetes, and depression, as well as impaired cognitive function, which can result in inferior performance and an increase in accidents and errors. Despite the overwhelming evidence demonstrating the negative impact of poor sleep on health, reports have shown that over a third of adult Americans do not get the recommended amount of sleep each night impacting their health and productivity. This may be due to poor sleep hygiene, such as keeping bed and wake times that don’t allow for sufficient sleep, or an undiagnosed and untreated sleep disorder. 50 to 70 million American are affected by sleep disorders, such as sleep apnea, insomnia, narcolepsy, restless leg syndrome, and parasomnias, but many go undiagnosed, including those in specific communities. Reports have shown that up to 80% of moderate to severe cases of obstructive sleep apnea have gone undiagnosed for long periods of time, and a recent study showed that although there was a high prevalence of


sleep apnea in a large sample of African-American men and women (24%), only 5% of those cases had been diagnosed by a physician\textsuperscript{4}.

Increased education and programming addressing sleep disorders, proper sleep hygiene and habits, and the importance of sleep are important steps towards improving sleep health. With millions of American adults and children being impacted by poor sleep health whether through an undiagnosed sleep disorder or poor sleep hygiene and habits, CPSTF should review and provide evidence-based recommendations on public health programs and interventions that improve sleep health in all populations in an effort to advance the overall health of the American people.

Prioritizing sleep health will help to improve the health of millions of Americans affected by insufficient sleep and sleep disorders. Thank you for the opportunity to provide feedback on CPSTF’s priorities. If you have any questions, please contact Melissa Clark, Managing Director, at (888) 787-2247 or mclark@sleepallies.org.

Sincerely,

David Bishop

David Bishop
Chair