

AAST Commitment Statement

*AAST is the premier allied health membership association for professionals dedicated to improving the quality of sleep and wakefulness in all people. This non-profit organization provides education, resources and advocacy, and leads sleep-care professionals to be the most knowledgeable in the field resulting in the highest quality of care for patients. Sleep technologists have a deep understanding of the various diagnostic and therapeutic tools used in a sleep center. These professionals are trained in relevant aspects of sleep medicine so they may assist in the evaluation and follow-up care of patients with sleep disorders.

The AAST, hereby commits to the National Academy of Medicine’s Action Collaborative on Clinician Well-Being and Resilience, because we believe that the very nature of the sleep technologist profession can more easily subject professionals to clinician burnout. With many sleep technologists working the “grave yard” shift, they are prone to feeling more physically and emotionally exhausted in comparison to their daytime-working colleagues. Through our commitment to this initiative, AAST will:

- Act as the united voice for sleep technologists while advocating their interests by providing legislative support and monitoring government action on both the state and federal levels.
- Offer educational resources that specifically target sleep technologist burnout, as well as time management and changing work environments.
- Host the annual Sleep Technologist Awareness Week that spotlights the sleep field community to applaud the numerous accomplishments made in the sleep disorders centers, laboratories, educational facilities, and at the AAST.
- Provide forums and encourage discussions surrounding the health & wellness of those within the profession in an effort to facilitate comradery, understanding, and innovation amongst sleep technologists around the globe.

The AAST continuously strives to improve the sleep technologist profession, and is honored to join the NAM’s Action Collaborative on Clinician Well-Being and Resilience. Our organization believes that better sleep technologists means better healthcare for their patients, and this improves safety and health for all. Through this commitment statement, the AAST is excited to continue its legacy as an active contributor to improving the circumstances of shift workers in particular, including the many healthcare workers whose sleep we strive to improve through education and support.