

## Madison Veterans Administration Hospital Sleep Program

The Madison VA Sleep Program treats veterans with a multidisciplinary team including board certified sleep physicians with backgrounds in geriatrics, pulmonary, neurology, and psychiatry. Additional team members include our sleep technologist staff, inpatient respiratory therapy technologists and behavioral therapists (psychologists, social workers, and occupational therapy). A full spectrum of sleep services are available including sleep clinic, CPAP set-up and follow-up clinic, an insomnia management program (delivering cognitive behavioral therapy for insomnia as well as sleep education), and a sleep laboratory. The laboratory conducts overnight polysomnography testing including baseline studies, titrations, and split-night studies 7 days a week, as well as day testing including MSLT and MWT. Plans are also underway to deliver sleep clinic services at a distance using telehealth technology, as well as further out of lab testing services.

Our diagnosis and management clinic offers an opportunity for trainees in sleep medicine, geriatric medicine, medicine, psychiatry, geriatric psychiatry, nursing and clinical pharmacy to gain further experience with multifactorial sleep conditions by evaluating patients with sleep physicians. Sleep fellows run at least one quality improvement project each year, as well as deliver training and education on initial CPAP setups for veterans. Recent projects have included finding out why some veterans do not follow-up with consults, as well as automating the process of identifying inpatients who are on CPAP at home, both resulting in changes to how we practice. VA sleep faculty teach in the semester-long education course set up with twice weekly formal evening didactics for our sleep fellow and many other learners, with the education program codirected with our sleep program director, as well as in the VA GRECC based seminars.

The Madison VA sleep program maintains a robust research portfolio that includes projects in COPD/asthma and sleep disordered breathing, cerebrovascular consequences of sleep apnea, sleep changes in mild cognitive impairment, heart rate variability in elderly people at risk for dementia, and homeostatic and circadian contributors to chronic fatigue in Gulf War veterans. Our research space includes a vast array of testing equipment utilized in basic respiratory physiology research related to sleep. Funding arises from the VA, NIH, the Department of Defense, as well as local grants.

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