



Society of Behavioral
Sleep Medicine

Society of Behavioral Sleep Medicine (SBSM) Reading List

The purpose of this document is to provide a reference with **content-specific reading options** for: 1) those who are preparing for the Diplomate of Behavioral Sleep Medicine (DBSM) exam; 2) participants in a BSM training program; or 3) anyone interested in learning more about a certain topic in BSM. Please note that **this list is not intended to serve as a comprehensive study guide for exam preparation**. For those preparing for the DBSM exam, we do not anticipate that it is feasible to review all the materials on this list. At the same time, there may be exam content that is not covered by the materials below.

This document is prepared and maintained by the SBSM Education Committee. The SBSM is independent from the organization that oversees the exam itself (Board of Behavioral Sleep Medicine; BBSM), and Education Committee members do not have access to the exam. The readings were not designed to serve as preparatory material for the exam, but to provide an overview of various topics to learners. Thus, the SBSM cannot guarantee that the information presented in the readings is up-to-date and comprehensive for exam preparation.

We would love your feedback! If you perceive that any articles did not cover the information in a category, or included inaccurate information, please let us know. If you would like to propose additional articles for inclusion in this list, we will consider these as well. Please email kathryn@behavioralsleep.org with your feedback.

Instructions: Click on the number to access the publication reference, which can also be found in the alphabetic reference list below; **RED FONT** denotes reference is essential to review; **YELLOW** highlights denotes publications that are good to review; **GREEN** highlights denotes publication are interesting and are helpful in learning about the topic area.



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Category	Topic	Readings
BASIC SCIENCE / SLEEP KNOWLEDGE	Sleep Anatomy & Physiology	<u>5</u> ; <u>108</u> (sections 1-5);
	Circadian/Biological Rhythms	<u>5</u> ; <u>108</u> (sections 1-5); <u>17</u> ; <u>170</u> ; <u>200</u> ; <u>221</u>
	Homeostatic and Circadian Drives	<u>5</u> ; <u>26</u> ; <u>108</u> (section 7)
	Sleep Architecture	<u>108</u> (section 2)
	Ontogeny – Life Span Development	<u>5</u> ; <u>32</u> ; <u>59</u> ; <u>175</u> ; <u>184</u>
	Sleep Over the Life-Span	<u>95</u> ; <u>141</u> ; <u>150</u> ; <u>127</u>
	Adult	<u>6</u> ; <u>121</u> <u>193</u> ;
	Pediatric	<u>49</u> ; <u>70</u> ; <u>21</u> ; <u>32</u> ; <u>95</u> ; <u>151</u> ; <u>155</u> (Ch.2); <u>176</u> ; <u>177</u> ; <u>222</u>
	Sleep Deprivation	<u>17</u> ; <u>19</u> ; <u>58</u> ; <u>119</u> ; <u>123</u> ; <u>127</u> ; <u>222</u>
BEHAVIORAL MEDICINE GENERAL PRINCIPLES / THEORY	Category Overview	123 (Ch 3)
	Classic and Operant Conditioning	<u>121</u> , (Ch 1 & 8), <u>123</u> (Ch 3) 138, 140, <u>143</u> (Chp 1 & 8); <u>146</u> (Ch.3)
	Shaping/Exposure	115, <u>119</u> ; <u>122</u> ; <u>146</u> ; <u>203</u>
	Reinforcement Schedules	138; 140, <u>146</u>
	Extinction	56, 66, 138, 141, 186, <u>246</u>



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	Spontaneous Recovery	246
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	Relaxation	116 , 258
	Acceptance & Commitment Therapy / Mindfulness	51 ; 112 ; 123 ; 146 ; 205
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	Behavioral Activation	239 , 254
ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS	Category Overview	4 ;
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	Pharmacological Treatments	
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	Pediatric	89 ; 90 , 176 ; 200



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	Central Sleep Apnea	11 ; 108
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	Narcolepsy	
	Adult	126 ; 131 , 194
	Pediatric	75 ; 155 (Ch. 17); 194 , 197
	Parasomnias	43 ; 65 ; 73 ; 91 ; 155 (Ch. 100-115 160 ; 163 168 ; 191 207 ;
	Nightmares	1 ; 106 ; 107 ; 155 (Ch.10); 162 , 192
	Night Terrors	38 ; 155 (Ch.10)
	Sleep Walking / Talking	9 ; 69 ; 126
	Movement Disorders	82 ; 142 ; 137



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	Restless Legs Syndrome/ Periodic Limb Movement	<u>12</u> ; <u>89</u> ; <u>155</u> ;
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CLINICAL ASSESSMENTS	Instrumentation (Diagnostic)	<u>76</u> ;
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	Actigraphy	<u>2</u> <u>7</u> ; <u>47</u> ; <u>201</u> , <u>220</u> ; <u>177</u> , <u>235</u>
	Sleep Diary	<u>53</u> ; <u>57</u> ;
	MSLT/MWT	<u>8</u> ; <u>14</u> ; <u>21</u> ; <u>55</u> ; <u>120</u> , <u>124</u> ;
	Activity Monitoring Devices (Fitbit, Garmin, etc.)	<u>18</u> ; <u>52</u> ; <u>54</u> ; <u>80</u> , <u>198</u>
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	Functional Analysis	<u>26</u> ; <u>33</u>
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	Strategies for Treatment	<u>139</u> ; <u>216</u>



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	Compliance	
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