



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 of 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 alphabetical reference list below. Red font denotes publications that may be particularly helpful in learning about the topic area.*

Category	Topic	Readings
BASIC SCIENCE / SLEEP KNOWLEDGE	Sleep Anatomy & Physiology	5: 91 (sections 1-5); 210
	Circadian/Biological Rhythms	5: 91 (section 5); 98 ; 157 ; 192
	Homeostatic and Circadian Drives	5: 25 ; 91 (section 7)
	Sleep Architecture	91 (section 2)
	Ontogeny – Life Span Development	5: 49 ; 99
	Sleep Over the Life-Span	
	Adult	6: 102
	Pediatric	43 ; 58 ; 78 ; 131 (Ch.2) ; 151 ; 152 ; 167 ; 193
	Sleep Deprivation	17 ; 47 ; 48
BEHAVIORAL MEDICINE GENERAL PRINCIPLES / THEORY	Category Overview	123 (Ch.3)
	Classic and Operant Conditioning	121 ; 123 ; 178
	Shaping/Exposure	100 ; 123 ; 168 ; 181
	Reinforcement Schedules	121 ; 123
	Extinction	121 ; 123
	Spontaneous Recovery	121 ; 123
	Placebo Effect	155 ; 189 ; 207
	Theories of Behavioral Change	126 ; 144 ; 204
	Relaxation	101
	Acceptance & Commitment Therapy / Mindfulness	45 ; 95 ; 107 ; 146
	Cognitive Restructuring	38 ; 208
	Behavioral Activation	115
	ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS	Category Overview
Insomnia		
Adult		111 ; 153 ; 164 ;
Pediatric		27 ; 131 (Ch.19) ; 123

	Pharmacological Treatments		
	Adult	66 ; 162 ; 175 ; 206	
	Pediatric	74 ; 147 ; 174	
	Hypersomnia		
	Adult	169 ; 183 ; 196	
	Pediatric	12 ; 61 ; 87	
	Breathing-Related Sleep Disorders - Overview	91	
	Obstructive Sleep Apnea	10 ; 114 ; 131 (Ch. 100-115); 170	
	Central Sleep Apnea	10 ; 205	
	Circadian Rhythm Sleep Disorders	1 ; 44 ; 82 ; 131 ; 165 ; 209	
	Narcolepsy		
	Adult	110	
	Pediatric	131 (Ch. 17); 156 ; 160 ; 171 ;	
	Parasomnias	36 ; 53 ; 76 ; 88 ; 135 ; 180	
	Nightmares	59 ; 131 (Ch.10)	
	Night Terrors	32 ; 131 (Ch.10)	
	Sleep Walking / Talking	8 ; 57 ; 106	
	Movement Disorders	67	
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	Clinical Assessment	Instrumentation (Diagnostic)	63 ; 117
		Polysomnography (In Lab / HST)	26 ; 72
Actigraphy		2 ; 6 ; 26 ; 72 ; 166 ; 182 ; 194	

	Sleep Diary	31 ; 34 ; 112
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	Activity Monitoring Devices (Fitbit, Garmin, etc.)	16 ; 97 ; 163
	Initial Evaluation	
	Pediatric	123 ; 148
	Adult	138 ; 145
	Functional Analysis	21
	Psychometric Assessment	108 ; 185
	Treatment Monitoring	50
	Understanding CPAP Download Reports	55 ; 103 ; 114
	Understanding Sleep Diagnostic Reports	80 ; 179 ; 202
	Clinical Management – Part I <i>Pediatric Behavioral Sleep Medicine</i>	Overview
Special Populations		39 ; 44 ; 45 ; 85 ; 113 ; 124 149
Healthy Sleep Habits		3 ; 65 ; 130
Extinction		46 ; 75 ; 123 ; 125 ; 139
Graduated Extinction (with and without parental presence)		54 ; 64 ; 92 ; 123 ; 125 ; 139
Bedtime Routines		128 ; 129 ; 132 ; 133
Bedtime Fading		40 ; 75 ; 84
Bedtime Pass		56 ; 123 ; 136 ; 173
Exposure with Response Prevention		123 ; 134 ; 140
Cognitive Restructuring		123
Positive Reinforcement		30 ; 123
Scheduled Awakenings		139 ; 161
Urine Alarm / Dry-Bed Training		33 ; 177

	Systematic Desensitization	68 ; 86 ; 123 ; 181
	Relaxation Therapies	101 ; 123
Clinical Management – Part II <i>Adult Behavioral Sleep Medicine</i>	Cognitive Therapy	18 ; 69 ; 70
	CPAP Adherence	71 ; 83 ; 176 ; 187
	Imagery Rehearsal Therapy	51 ; 89 ; 90 ; 123 ; 191
	Light Therapy / Chronotherapy / Melatonin	28 ; 29 ; 159 ; 199
	Paradoxical Intention	9 ; 77 ; 211
	Relaxation Strategies	122
	Sleep Restriction / Compression	94 ; 104 ; 118 ; 184
	Stimulus Control	23 ; 24 ; 52
	Sleep Hygiene	37 ; 186
	Systematic Desensitization	197 ; 198 ; 203
	Strategies for Treatment Compliance	13 ; 116 ; 188

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