



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



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	Spontaneous Recovery	246
	Placebo Effect	162 185 228
	Theories of Behavioral Change	101 234
	Relaxation	116 258
	Acceptance & Commitment Therapy / Mindfulness	51 112 123 146 205
	Cognitive Restructuring	45 84 160 186 187 252
	Behavioral Activation	239 254
ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS	Category Overview	4
	Insomnia	
	Adult	84 132 174 190
	Pediatric	32 146 155 (Ch.19) 171
	Pharmacological Treatments	
	Adult	81 208 236
	Pediatric	89 90 176 200



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Hypersomnia	
Adult	74 170 195 208 226 237
Pediatric	13 74 105 210
Breathing-Related Sleep Disorders - Overview	121 161
Obstructive Sleep Apnea	11 83 108 136
Central Sleep Apnea	11 108
Circadian Rhythm Sleep Disorders	1 50 155 191 200 220
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	82 137 142



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	Restless Legs Syndrome/ Periodic Limb Movement	12 89 155
	Pharmacological Treatments	81 89 143 184
	Behavioral Intervention	164 167 168 174 188 225
CLINICAL ASSESSMENTS	Instrumentation (Diagnostic)	76
	Polysomnography (In Lab / HST)	31 88
	Actigraphy	2 7 47 177 201 220 235
	Sleep Diary	53 57
	MSLT/MWT	8 14 21 55 120 124
	Activity Monitoring Devices (Fitbit, Garmin, etc.)	18 52 54 80 198
	Initial Evaluation	
	Pediatric	77 147 174
	Adult	162 163 170 213
	Functional Analysis	26 33
	Psychometric Assessment	57 130 149 203



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	Treatment Monitoring	60 83 87
	Understanding CPAP Download Reports	63 67 74 123 217
	Understanding Sleep Diagnostic Reports	98 207 233 243
CLINICAL MANAGEMENT- PART I <i>PEDIATRIC BEHAVIORAL SLEEP MEDICINE</i>	Overview	3 26 97 131 145 149 154 155 156 164 232 243
	Special Populations	46 48 49 50 56 90 103 129 135 156 175 188 189 193 197
	Healthy Sleep Habits	3 79 155
	Extinction	56 66 91 138 141 146 164 186 246
	Graduated Extinction (with and without parental presence)	59 66 78 110 141 146 164
	Bedtime Routines	151 153 154 157 158 177
	Bedtime Fading	48 91 102
	Bedtime Pass	68 150 156 211
	Exposure with Response Prevention	73 159 192
	Cognitive Restructuring	133 187 216
Positive Reinforcement	164 188	



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	Scheduled Awakenings	38 164 188
	Urine Alarm / Dry-Bed Training	39 40 248
	Systematic Desensitization	84 104 147 209
	Relaxation Therapies	144
CLINICAL MANAGEMENT- PART II <i>ADULT BEHAVIORAL SLEEP MEDICINE</i>	Cognitive Therapy	23 85 86
	CPAP Adherence	15 100 109 116 119 204 215 226 239
	Imagery Rehearsal Therapy	62 106 107 108 166 219 230
	Light Therapy / Chronotherapy / Melatonin	33 34 186 230
	Paradoxical Intention	10 256
	Relaxation Strategies	116 139 146
	Sleep Restriction / Compression	112 127 134 141 223
	Stimulus Control	28 63
	Sleep Hygiene	44 214
	Systematic Desensitization	228 229
	Strategies for Treatment	139 216



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	Compliance	
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