



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.*



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Category	Topic	Readings
BASIC SCIENCE / SLEEP KNOWLEDGE	Sleep Anatomy & Physiology	5 ; 108 (sections 1-5); 240
	Circadian/Biological Rhythms	5 ; 108 (section 5); 117 ; 183 ; 221
	Homeostatic and Circadian Drives	5 ; 25 ; 108 (section 7)
	Sleep Architecture	108 (section 2)
	Ontogeny – Life Span Development	5 ; 60 ; 118
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	Scheduled Awakenings	139 ; 161
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	Compliance	
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