



Congratulations to the Class of 2016

Tabitha Ann Althoff
Regina Marie Arocha
Sherrita L. Barnes
Nisha June Burleson
Amy Lea Carlson
Eric Dante D'Amico
Amber Paul Fleming

Eunmi Keum Han
Ashley Hastings
Kristy Mackell
Leko A. Morris-Myers
Deborah K. Panza
Jeffrey Ryan Spruill

NDSS Program Celebrates 2016 Graduates

The UNC Neurodiagnostics and Sleep Science Program honored its fourth class of graduates on Monday, May 16, 2016. The celebration was held at the Koury Oral Health Sciences Building at UNC-Chapel Hill.

The joint program between UNC-Charlotte and the Department of Allied Health Sciences' Neurodiagnostics and Sleep Science program at the UNC School of Medicine allows students to receive an online degree. Upon graduation, many find employment in hospitals, labs, or research institutions.

Speakers at the celebration included professors from the UNC-Charlotte Department of Kinesiology and UNC NDSS Program Director, Mary Ellen Wells, PhD. The NDSS medical director, Bradley Vaughn, PhD, gave an address to the class, with a celebratory lunch following the event.

The UNC-Charlotte Department of

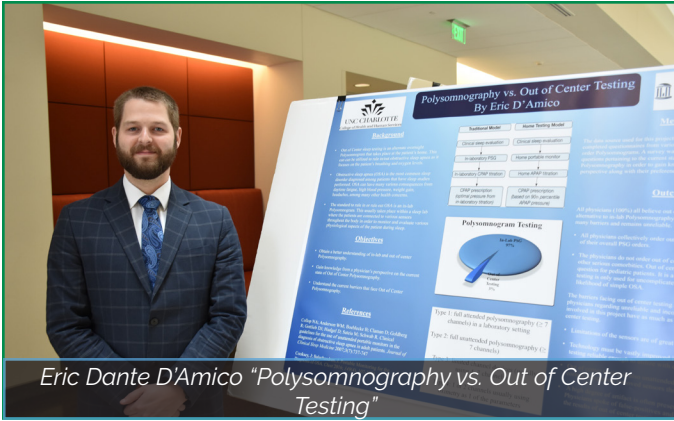
Kinesiology awarded Outstanding Graduate Awards to several students at the ceremony and NDSS scholarship recipients were also recognized.



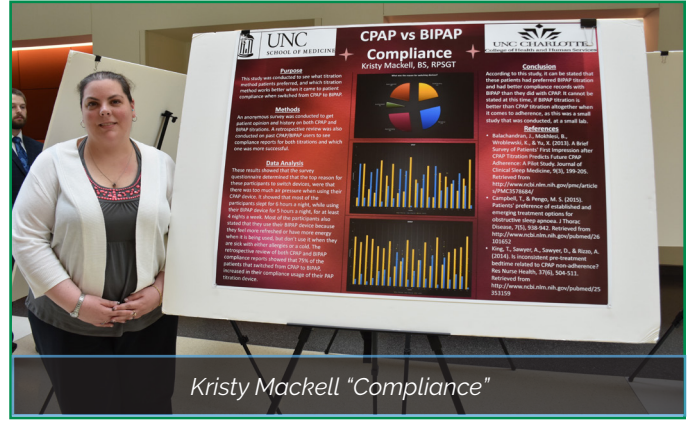
Left to right: Bradley Vaughn, Mary Ellen Wells, Eric Dante D'Amico, Ashley Hastings, Regina Marie Arocha, Kristy Mackell, Amber Fleming, Deborah K. Panza, Eunmi Keum Han, Auburne Overton, Scott Gordon, and Stephen Hooper



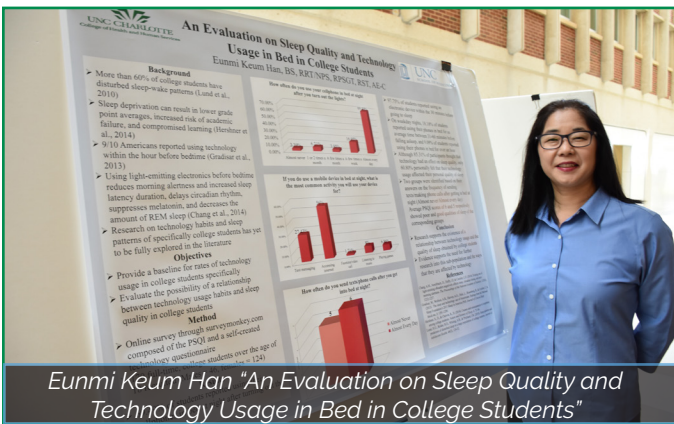
Student Capstone Research Presentations



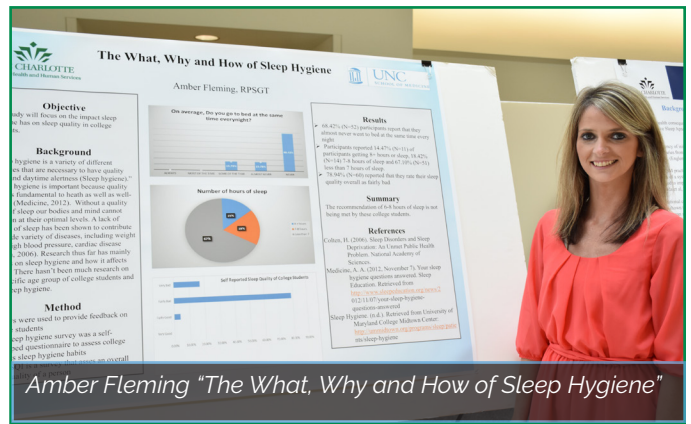
Eric Dante D'Amico "Polysomnography vs. Out of Center Testing"



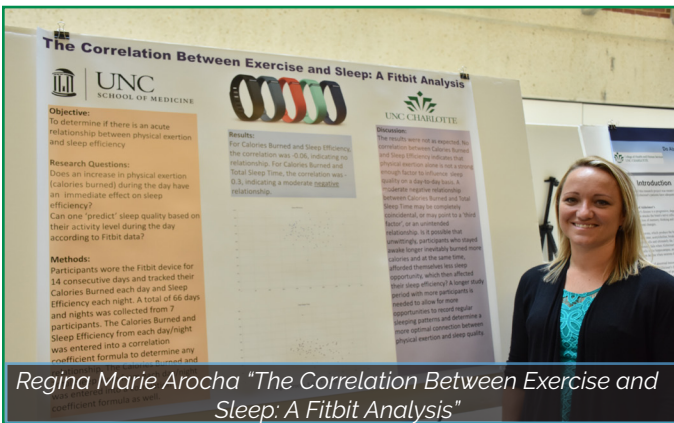
Kristy Mackell "Compliance"



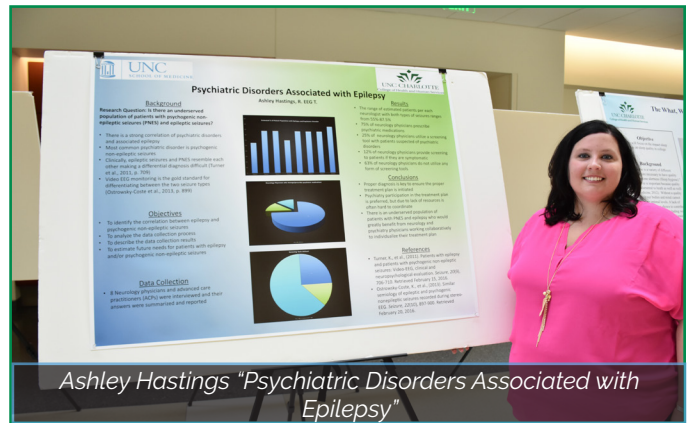
Eunmi Keum Han "An Evaluation on Sleep Quality and Technology Usage in Bed in College Students"



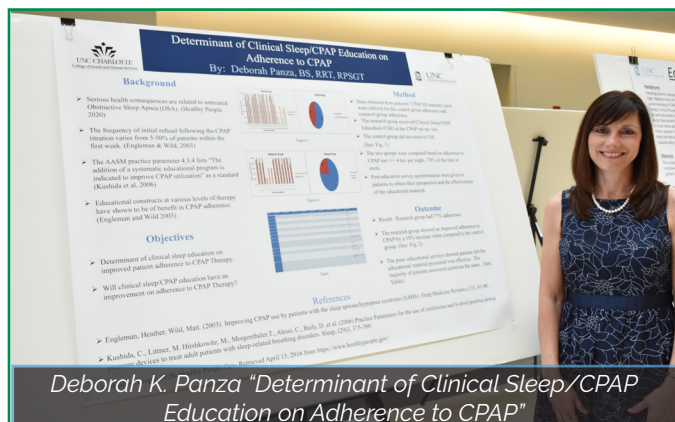
Amber Fleming "The What, Why and How of Sleep Hygiene"



Regina Marie Arocha "The Correlation Between Exercise and Sleep: A Fitbit Analysis"



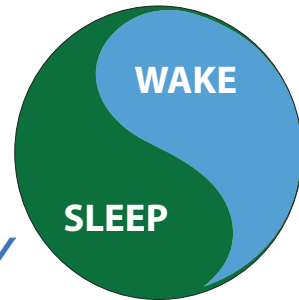
Ashley Hastings "Psychiatric Disorders Associated with Epilepsy"



Deborah K. Panza "Determinant of Clinical Sleep/CPAP Education on Adherence to CPAP"

4th Annual “A Day of Sleep” Symposium

UNC's Neurodiagnostics and Sleep Science (NDSS) program hosted its fourth annual symposium, titled “Great Sleep, Great Life” on Friday, December 9, 2016. Tempur-Sealy International sponsored the symposium, which focused on the topic of sleep monitoring at home. The keynote speaker was Brad Vaughn, MD, with the UNC School of Medicine's Department of Neurology.



Presentation topics included:

- *Why do we sleep?*
- *Sleep times across the lifespan*
- *Sleep in the connected world*
- *What's your (sleep) number?*
- *Global cultures and sleep*
- *Sleep and general health*

The symposium was offered as a free continuing education course for UNC-CH NDSS students, faculty, UNC Health Care polysomnographic technologists, and other UNC health professionals.

TEMPUR+SEALY

Student Presenters

Kristin Annis	Charlene Layer
Brandon Byrd	Bud Millis
Guadalupe Cruz	Marta Rog
Nicole Haddock	Jennifer Tibbitts
Shannon Kerley	Crystal Trotter-Berkley

NC Academy of Sleep Medicine NDSS Graduate Speaker

Ryan Spruill, BS, RPSGT, graduate of the NDSS program (2016) and Polysomnography Clinical Coordinator at Pitt Community College gave a presentation at NCASM entitled: The Effects of Delayed Sleep Phase Disorder in the PSG Lab.

Objectives of his presentation:

- *Identify the importance of prescreening patients to plan the PSG study according to their natural sleep time*
- *Revise the stereotypes of who suffers from delayed sleep phase disorder by separating what the textbook says from reality*
- *Recognize the importance of final REM in both diagnostic and PAP titration studies that could be missed from an early arousal*
- *Analyze the values of good sleep hygiene and bright light therapy for treatment of delayed sleep phase disorder*



Ryan Spruill presenting at NC Academy of Sleep Medicine.

NDSS Students Gain Real-World Experience at UNC Hospitals

During the practicum, students gain experience in the following clinical areas:

polysomnography, electroencephalography, intraoperative neurophysiologic monitoring, nerve conduction studies, dental sleep medicine, evoked potentials, and long-term epilepsy monitoring. They also shadow physicians and administrators. The students utilize their experiences to create an original business plan, educational plan, and quality assurance plan, addressing issues encountered during their practicum. Students pitch their plans to peers, instructors, hospital administrators, and the medical director. Their real-world experience will allow them to demonstrate professional behavior and cultural awareness in the clinical setting.



Nicole Haddock in front of UNC Hospitals, on her way



Guadalupe Cruz and Shannon Kerley in

NDSS Students Recognized at 2016 Scholarships and Awards Brunch

The UNC-Chapel Hill Neurodiagnostics and Sleep Science program recognized its scholarship recipients on Saturday, November 5, 2016, at a brunch held at the Rizzo Center in Chapel Hill, North Carolina.

Program director Bradley Vaughn provided funding for the The Neurodiagnostics and Sleep Science Annual Scholarship that was awarded to **Shannon Robbins**. Robbins works in a pediatric sleep monitoring unit in Wilmington, North Carolina, and hopes to use her degree to gain more experience and knowledge in the field.

Students **Amanda Meyers, Nicole Childers Walton,** and **Crystal D. Trotter-Berkley**, all from North Carolina, received scholarships from the Eddie and Jo Allison Smith Family Foundation.

"I was fascinated by all that the world of sleep entails and how it encompasses several fields of medicine," Trotter-Berkley said.

The merit-based Nihon Kohden Neurodiagnostics and Sleep Science Annual Scholarship was provided to **Brandon Byrd** of Charlotte, North Carolina. Byrd was motivated to study sleep science by his wish to help people, and hopes to use his degree to provide his patients with the best care possible.

Marta Rog, Jennifer Tibbitts, Guadalupe Cruz, and **Jennifer Griffin** received the Tempur-Sealy International Neurodiagnostics and Sleep Science Annual Scholarships. The students hail from Florida, Illinois, California, and Texas respectively.

"The NDSS degree is providing me with the advance training necessary to become a leader and a well-prepared sleep professional who is capable of taking on new and greater challenges in the field," Cruz said.

Many of the scholarship recipients hope to use their degree to advance sleep research and neurodiagnostic care and to utilize their knowledge to give back to communities.



Amanda Meyers, Nicole Childers Walton, and Guadalupe Cruz, and Mary Ellen Wells, PhD.

Graduate Spotlight: Beth Payne, BS, RRT, RPSGT

By Beth Payne

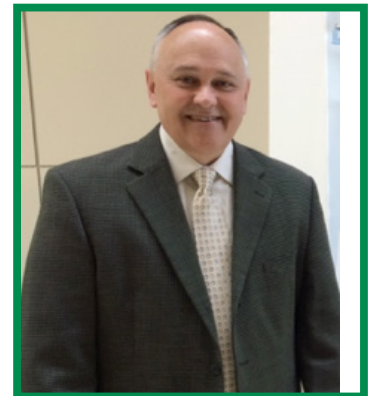
"Since graduation I have continued to work at Lenoir Community College. I love teaching, and plan to do this for a long, long time. Recently, LCC has started a new transition program for registered technologists to earn their Associate of Applied Science (AAS) degree. It's a unique pathway designed to help students complete their general education requirements, and receive credit for the polysomnography courses through work experience. Additionally, LCC has started a feasibility study to determine if we have the space, resources, and market demand for a new neurodiagnostic program. I am working for Sleep Services of America Inc., as the North Carolina Area Clinical Coordinator, and am responsible for the management for UNC Lenoir Healthcare's Sleep Lab. We recently transitioned to using a new electronic medical record system, added home sleep testing, started a new bariatric sleep clinic in January 2017, and received AASM (American Academy of Sleep Medicine) Accreditation for UNC Lenoir Health Care's Sleep Lab on August 29th, 2016. My family recently adopted our son, Shon, and we could not be more thrilled! I am still actively looking into various master's degree programs, and preparing for the GRE. My current goal is to start a master's degree program within the next 12 months."



Graduate Spotlight: Jeffrey Taylor, BS, RPSGT

By Jeffrey Taylor

"Life has been very busy since graduation. I was accepted into the master's in Human Resources program at Western Carolina and I will be halfway finished in May. It has been quite challenging, but I have been able to maintain an A so far. I have also just completed a new credential with the Society for Human Resource Management as a Senior Certified Professional. I still attend Sleep and Respiratory workshops and will definitely maintain all the credentials. The NDSS program has prepared me to continue in graduate school; we are actually working on evidence based HR practices currently and I am well prepared for that discussion. Thank you for all you do to prepare us for the future."



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 **NIHON KOHDEN**

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<https://www.linkedin.com/groups/Neurodiagnostics-Sleep-Science-UNC-Chapel-4961779/about>

The Neurodiagnostics and Sleep Science bachelor's degree program is offered by the University of North Carolina at Charlotte, College of Health and Human Services, Kinesiology Department, in collaboration with the University of North Carolina at Chapel Hill, School of Medicine, Department of Allied Health Sciences. This innovative, online degree program is the first of its kind in the world.

