Sleep Disorders

American Association for Healthy Sleep
https://www.sleepallies.org/about.php
The American Alliance for Healthy Sleep (AAHS) is a 501(c)4 membership organization dedicated to partnering patients with sleep disorders, providers and the public to improve the lives of patients with sleep disorders and highlight the importance of healthy sleep.

National Sleep Foundation
www.sleepfoundation.org
National nonprofit organization that works to improve public health and safety by promoting public understanding of sleep and sleep disorders. Supports sleep-related education, research, and advocacy produces and distributes educational materials to the public and healthcare professionals and offers postdoctoral fellowships and grants for sleep researchers.

Sleep Disorders
www.sleepapnea.org
American Sleep Apnea Association Provides information about sleep apnea to the public, publishes a newsletter, and serves as an advocate for people with the disorder.

American Academy of Sleep Medicine’s Sleep Education
sleepeducation.org
An educational resource from the professional association of sleep medicine doctors.

Narcolepsy Network
www.narcolepsynetwork.org
National nonprofit organization that sponsors education, awareness, and support programs.

Restless Legs Syndrome Foundation
www.rls.org
Provides educational materials on restless legs syndrome and related disorders and supports medical research into the cause and cure for the disorder.

Iron Disorders Institute
www.irondisorders.org
National public interest organization that aids in the prevention and treatment of disease caused when iron is out of balance in the human body. Offers a number of education, awareness, advocacy, and research programs.

NBIA Disorders Association
www.nbiadisorders.org
Supports individuals and their families affected by Neurodegeneration with Brain Iron Accumulation. There are currently 11 different rare, genetic, neurological disorders under the NBIA umbrella that share the common feature of iron accumulation in the brain, along with a progressive movement disorder.

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