

## *Moose Notes 2018 (Highlights of the Year)*

from Peter Mansbach and Jean Austin



**CSD-N:** I (Peter) spend most of my time working for **Circadian Sleep Disorders Network** (CSD-N), the non-profit organization I started seven years ago to promote awareness of our circadian sleep disorders. Our website is at [www.CircadianSleepDisorders.org](http://www.CircadianSleepDisorders.org) (shortcut: [csd-n.org](http://csd-n.org)). Our twisted clock logo is at left below.



During the year I represented CSD-N at the World Orphan Drug Conference in April, and participated in several round table discussions. I gave a short introduction to Circadian Rhythm Sleep Disorders and CSD-N at the AAHS (American Association for Healthy Sleep) meeting in June. I also attended several NIH Sleep Disorders Research Advisory Board meetings to help support our representative on that board.

My main project for CSD-N this year was continued work on our **patient registry**, where people with these disorders can register to be available for research studies. The registry includes a long survey to collect data from patients about their disorder, their sleep habits, how they have tried to treat their disorder and their success or lack thereof. We hope these data will provide useful information for research, and the registry will help researchers find good subjects. We already have over 1000 participants in the registry, 700 of whom have completed the survey. Preliminary analysis last year revealed several interesting statistics, information that did not surprise us in the circadian community, but isn't widely known among doctors ([csd-n.org/registry/survey\\_results\\_prelim.php](http://csd-n.org/registry/survey_results_prelim.php)). Most of my effort this year has been in further analyzing survey results.

**TRAVEL:** None this year.



**FAMILY:** Jean's younger daughter Becca and son-in-law Justin live in Colorado with their four kids, Connor (18), Braden (16), Stella (6) and Jack (4). Becca and the two little ones visited Jean in June. Older daughter Monica and son-in-law Bill remain in Brooklyn with their son, Emmett (11). Jean visited Monica in September, and we saw Monica, Bill, and Emmett in Maryland at Thanksgiving.

**MISC:** Jean and I hike nearly every week. We often hike segments of the Appalachian Trail in Maryland, the Catoctin Trail, the nearby Seneca Greenway Trail, or other nearby hiking trails. Occasionally I bike along the W&OD rail-trail. Thursday evenings we folk dance.

**HEALTH:** We'll skip the boring details. Suffice it to say, we're not getting any younger. I am getting smaller, however: I managed to lose 30 lbs! (Intentionally!) And I'll be getting two molars back before the new year, so I'll be able to eat steak again!



*Have a happy holiday season!*

(This and previous holiday letters – with actual hyperlinks! - can be viewed online at [pmansbach.com/#holidayletters](http://pmansbach.com/#holidayletters).)