

# Moose Notes 2019 (Highlights of the Year)

from Peter Mansbach and Jean Austin

Yes, we know the photo is not a moose. I didn't see any moose this year. But I did see grizzly bears – behind a fence, thank you very much – at the grizzly bear orphanage at Grouse Mountain, near Vancouver.



**CSD-N:** I (Peter) spend most of my time working for *Circadian Sleep Disorders Network* (CSD-N), the non-profit organization I started eight 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.



Last summer I wrote an article ([www.aastweb.org/hubfs/A2Zzz/A2Zzz%20Q4%202019/AAST\\_392274-19\\_A2Zzz\\_Q3\\_FINAL.pdf#page=18](http://www.aastweb.org/hubfs/A2Zzz/A2Zzz%20Q4%202019/AAST_392274-19_A2Zzz_Q3_FINAL.pdf#page=18)) describing Circadian Rhythm Sleep Disorders for the American Association of Sleep Technologists. During the year I and two others wrote up a document on *Needed Research* ([www.circadiansleepdisorders.org/docs/NeededResearch.php](http://www.circadiansleepdisorders.org/docs/NeededResearch.php)), as our input to a white paper on circadian rhythm research being prepared by the American Academy of Sleep Medicine. I also attended several NIH Sleep Disorders Research Advisory Board meetings to help support our representative on that board.

An ongoing 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 sleep disorders community, but isn't widely known among the doctors actually seeing patients ([csd-n.org/registry/survey\\_results\\_prelim2.php](http://csd-n.org/registry/survey_results_prelim2.php)). Some of my effort this year has been in further analyzing survey results.

**TRAVEL:** I (Peter) spent two days in Vancouver, BC (Canada), visiting outdoor attractions. Most enjoyable was renting a bicycle and biking around Stanley Park (see photos below). Food was good too! I then drove to Whistler Mountain and hiked the Half Note Trail (photos below). I also visited some waterfalls along the drive there and back.



**FAMILY:** Jean's younger daughter Becca and son-in-law Justin live in Colorado with their four kids, Connor (19), Braden (17), Stella (7) and Jack (5). Connor is now in college at Western Colorado University in Gunnison, CO. Older daughter Monica and son-in-law Bill remain in Brooklyn with their son, Emmett (12), who now plays clarinet and bassoon. We saw Monica, Bill, and Emmett in Maryland at Thanksgiving.

**MISC:** Jean and I hike nearly every week (see photo below). 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're both in good health. We had his and hers surgeries – his in March (hernia repair), hers in October (laparoscopic). Nothing serious. I finally got two molars (implants) in April, so I could eat steak and nuts again! But a front tooth broke, so I'm back to more dental implant surgeries.

## Have a happy holiday season!

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



Vancouver, BC



Stanley Park, Vancouver, BC



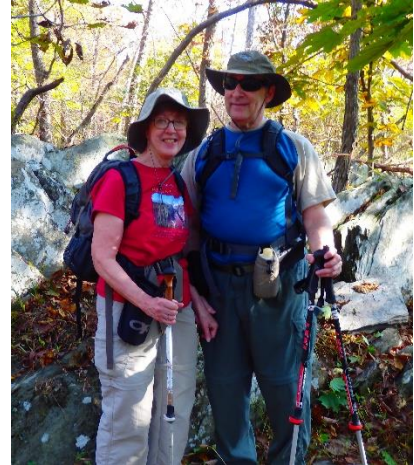
Shannon Falls, Squamish, BC



Cheakamus Lake, seen from Half Note Trail, Whistler Mtn, BC



Two marmots, Half Note Trail,  
Whistler Mtn. BC



Billy Goat B Trail, 2017