

Evolution of Sleep Technology in Wisconsin: Past, Present, and Future

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Educational Objectives

1. Understand the historical development of sleep technology in Wisconsin, tracing its evolution from its inception to the present day, including key milestones, breakthroughs, and contributions made by researchers and institutions in the state.
2. Analyze the current landscape of sleep technology in Wisconsin, including the state-of-the-art devices, methodologies, and research initiatives to improve sleep quality, diagnose sleep disorders, and enhance overall well-being.
3. Evaluate potential future trends and advancements in sleep technology within Wisconsin, considering emerging technologies, research directions, and their potential impact on healthcare practices, public health policies, and the quality of life for



About Marla Van Lanen

- Sleep technology for 36 years
- Certified in respiratory therapy, polysomnography, and sleep health
- Educator at the Fox Valley Technical College
- President of the Wisconsin Sleep Society
- Horror movie actress

How has sleep technology evolved over the years?

- Equipment: paper to digital
- Scoring: The Rechtschaffen and Kales (R&K) to AASM-Guidelines
- Research at the University of Wisconsin advancing Sleep Medicine
- Home sleep apnea testing
- Greater patient complexity



How Have the HSAT and the Auto-CPAP change the role of the PSG Tech?



- Sleep techs have more day jobs
- Greater patient acuity for in lab PSG
- More involved on patient education and coordination of care
- Increased administration role

How did the Sleep Tech Education Evolve?



NBRC 
The National Board for Respiratory Care

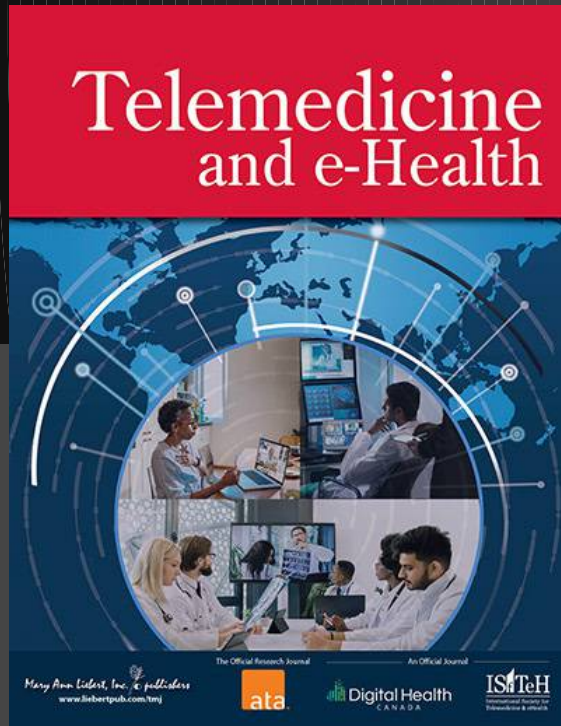
Sleep Disorders Specialty (SDS)

how would you describe the current state of sleep technology?

- Evolving at a rapid pace
- Advanced monitoring
- More home sleep testing
- Focus on cost-effectiveness
- Emphasis on personalized care



how do you see digital health and telemedicine influencing the future of sleep care?



- Improved access to healthcare
- Enable timely interventions and support, regardless of their location.
- Data analytics and artificial intelligence can lead to more targeted interventions and improved outcomes

What do you think of the integration of wearable sensors and smart devices into sleep monitoring systems?

- Technology is evolving and improving rapidly
- Continuous, real-time data collection, providing insights into sleep patterns and behaviors beyond the confines of the sleep lab
- Causing anxiety in some patients
- Opportunity to educate and treat patients



Do you have any advice for your colleagues
in attendance?





Questions from the audience?

Thank You
Marla!

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