A₂Zzz Writer's Guidelines

A₂Zzz is published quarterly and is the official publication of the AAST. Original articles submitted by AAST members and by invited authors will be considered for publication.

A₂Zzz presents educational information for the professional development of sleep technologists and sleep technicians who assist in the evaluation and follow-up care of patients with sleep disorders. The publication also informs readers about recent and upcoming activities of the AAST. Topics covered include polysomnography, diagnostic portable monitoring, the multiple sleep latency test and maintenance of wakefulness test, pulse oximetry, actigraphy, the recognition and scoring of recorded events, positive airway pressure therapy, obstructive sleep apnea and other sleep disorders, the physiology of normal sleep, and sleep center management.

General Guidelines
The Editor and Managing Editor make all decisions to accept, revise and decline submitted articles. These decisions are considered final. All accepted articles are subject to editing for accuracy, brevity, clarity, grammar, spelling and *A₂Zzz* style.

Published articles become the permanent property of the AAST. They may not be published in any other print or online publication without prior, written consent from the AAST.

Learning Objectives
Authors should keep in mind the overall learning objectives of *A₂Zzz*. Readers of *A₂Zzz* should be able to do the following:
- Analyze articles for information that improves their understanding of sleep, sleep disorders, sleep studies and treatment options
- Interpret this information to determine how it relates to the practice of sleep technology
- Decide how this information can improve the techniques and procedures that are used to evaluate sleep disorders patients and treatments
- Apply this knowledge in the practice of sleep technology

Article Submission
Authors are encouraged to contact the Managing Editor at A2Zzzarticles@aastweb.org to discuss ideas and topics before submitting an article. Authors must follow the specific guidelines for the category of article that they are submitting.

All articles must be submitted by e-mail to A2Zzzarticles@aastweb.org along with a completed Article Submission Form. Articles should be attached as a Microsoft Word document or similar text file.

Upon acceptance of an article for publication, the author must complete and fax the *A₂Zzz* Copyright Assignment Form to the AAST before the article can be published. **AAST Fax:** (312) 673-6760

Submission Categories
A₂Zzz will consider for publication articles that are submitted for the following categories:

CEC Articles
Continuing education credit (CEC) articles should meet a clearly stated learning objective by providing current sleep-related information that is relevant to sleep technologists. Articles should benefit readers in their practice of sleep technology or in their management and administration of either a sleep disorders center or a laboratory for sleep related breathing disorders.

The length of a CEC article should be no more than 2,000 words. The author should include in the completed Article Submission Form a broad, one-sentence learning objective for the article. This objective should complete the following statement:

"After reviewing this article, readers should be able to…"

CEC articles will undergo review by members of the *A2Zzz* CEC Article Review Panel to ensure the factual validity and technical accuracy of the content. Articles that market or promote a single manufacturer or product will not be considered for publication.

Authors are encouraged to cite a limited number of references to help readers find more information on the topic. Authors are responsible for the accuracy of their reference data. Examples of how to format a reference citation can be found online at: http://www.nlm.nih.gov/bsd/uniform_requirements.html.

Technical Corner
This section provides detailed answers to technical questions related to the practice of sleep technology. Readers may suggest a question that they would like to have answered, or they may submit both a question and an answer of 1,200 words or less. Because a Technical Corner submission will be considered for designation as a CEC reading, a one-sentence learning objective should be included.

Scoring Center
Authors may submit a challenging or unique record fragment in the area of polysomnography, actigraphy or oximetry. A scoring explanation of 750 words or less should accompany a high-quality image file. Because a Scoring Center submission will be considered for designation as a CEC reading, a one-sentence learning objective should be included.

Manager's Desk
This section offers practical advice to technologists who are in a position of leadership at a sleep center or lab, helping them develop their understanding of sleep center management and enhance their managerial skills. Articles should be 1,200 words or less. Because a Manager's Desk submission will be considered for designation as a CEC reading, a one-sentence learning objective should be included.

Book Reviews
Book reviews are 1,200 words or less. Authors who are interested in reviewing sleep technology books should contact the Managing Editor.

Commentary
A commentary is 750 words or less. It presents the author's opinion on a topic of relevance to the profession.

Sleep Fragments
Authors may submit brief anecdotes, quotes or poems of 500 words or less.

Other Articles
Authors may submit articles that do not fit in one of the submission categories. They are encouraged to contact the Managing Editor to discuss their idea prior to writing and submitting the article.