

2020年6月23日

日本睡眠学会の先生方

東京ベイ浦安市川医療センターの神山です。神山は APPSA (asian pacific paediatric sleep alliance) で活動していますが、APPSA のアドバイザーである Dr. Mindell の下で学んでいる Joey Lam から以下のようなメールが届き、以下のように返信したところです。彼女は日本における小児の眠りに関する訴えを受け止める場の実態を知りたいようです。先生方の中で、Joey Lam に対しメールアドレスを伝えることにご賛同いただける方がいらっしゃればご連絡いただけないでしょうか？決して無理にとは申しません。可能な場合にのみ神山にメール (info@j-kohyama.jp) いただければ結構です。お忙しい中恐縮ですが、ご一考いただけると幸いです。

神山 潤

Dear Dr. Kohyama,

I hope this email finds you well!

My name is Joey Lam and I am a graduate student working with Dr. Jodi Mindell and Dr. Erin Leichman. I am reaching out because we are working on adding international sleep centers to "Find a Sleep Center" on babysleep.com. The website currently lists the accredited pediatric sleep centers in the United States. We are excited to expand the resource by listing sleep centers/sleep specialists in Japan. We hope you will be able to help us as we gather information.

As accreditation and qualifications differ internationally, we have a few questions on how to best designate a qualified sleep center in your country:

Where do families go to get help with sleep issues for their infant/toddler in your country? Are Sleep Centers common or are there specific professionals who families see to help with sleep problems?

Rep) Most parents consult on public health nurses or pediatricians. Some sleep centers may open for such demands but most centers accepted such patients through practitioners.

How common is it for sleep centers to address behavioral concerns (e.g. night wakings)? If common, do they usually include someone who exclusively addresses these concerns, and if so what speciality (e.g. psychologist, social worker, other)?

Rep) I wonder it depends on each sleep center.

Are there any specific credentials for a psychologist/physician to practice Sleep Medicine?

Rep) Japanese sleep society of sleep research certified Board certified physician of the Japanese society of sleep research.

以上