



American Sleep Medicine Foundation  
*A Foundation of the American Academy of Sleep Medicine*

## 2014 ASMF Sleep Story Video Contest

Here's your chance to creatively tell a story about the importance of sleep and win **\$500 for you, and \$500 for your school.**

As a student, you know how the demands of school work, extracurricular activities and your social life affect your sleep. What you might not know is the effect sleep has on your relationships, grades and overall health. Sleep problems can lead to poor performance in the classroom, cause strain in relationships and also contribute to other serious medical issues like diabetes and heart disease.

Sleep has an impact on every aspect of your life, and everyone has a story about sleep. **The American Sleep Medicine Foundation** is issuing a nationwide creative challenge to young filmmakers:

Tell a sleep story to help us shine a light on the effects of sleep problems.

The best videos will be used to educate the public about sleep.

To enter, create a Sleep Story video that highlights the importance of sleep and is between 30 seconds and two minutes in length. Upload your video to YouTube and then submit the link to the ASMF by **February 13, 2014**. All submissions will be evaluated by a panel of sleep medicine physicians and researchers and judged based on appropriateness of message, relevance of the message to sleep problems today, originality, accuracy of the message content and the overall quality of the video. The Sleep Story contest is open to students enrolled in high school in the United States at the time of entry; attestation of enrollment must be provided by a teacher via the submission form.

For more information and to apply, visit

**[discoversleep.org](http://discoversleep.org)**