

Welcome to AAST, the premier organization for sleep-care professionals, providing education, resources and advocacy, all to help you provide the highest quality patient care. This Resource Guide is designed to help you take advantage of all your AAST benefits and provide a one-stop shop for all relevant links and information.

MEMBERSHIP BENEFITS

Make the most of your AAST membership by taking advantage of all of the benefits you receive, including:



Access to a community of over 2,700 fellow sleep professionals who can help you discover the answers to your questions and grow within your career



Up to 20 free **continuing education credits** per year to help maintain your certification and build your knowledge



Access to the **CEC Educational Transcript** where you can quickly review and keep track of your continuing education credits



A constantly updated library of online videos and advanced learning modules through the **AAST Learning Center**



Forward-thinking perspectives from industry leaders and AAST members through a subscription to **A₂Zzz**, our quarterly digital publication



Access to career resources and the **AAST Career Center** to help accelerate your career or find the best staff for your sleep lab or institution



Access to the most relevant sleep education through blogs, articles, best practice guidelines, core competencies, presentations and more



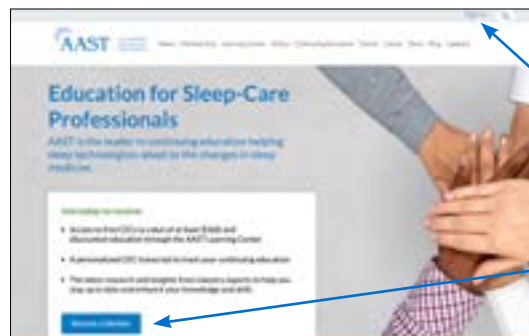
Discounts on registration to attend in-person and virtual **AAST events**



Ability to apply for all **AAST Awards and Grants** and be recognized in front of your peers

YOUR AAST ACCOUNT

Ensure you always have access to all things AAST by regularly logging into the website and updating your AAST membership profile.



Click here to sign in

Click here to become a member



Login page



NEED HELP OR HAVE QUESTIONS?

Feel free to contact AAST directly via email or by phone call.



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