



The *Journal of Clinical Sleep Medicine*—A Decade of Progress: Looking Backward and Forward

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This issue of the *Journal* marks the beginning of its 10th year of publication. The *Journal* was “born” on March 19-20, 2004 at a meeting of the Academy’s board of directors to address a concern regarding insufficient publishing venues for clinical research in the field of sleep medicine. At that time, there were six journals focused on sleep, but one was a review journal, another was devoted to behavioral aspects of sleep medicine and two were perceived to be more basic research oriented. Thus, the *Journal* was launched in 2005 with the mandate to publish excellent science, but to be clinically relevant to sleep practitioners. As the founding Editor-in-Chief, I believe that this goal has been achieved.

The *Journal* has grown since those early days. The 1st issue was a blueprint for future issues. In addition to original clinical research papers and case reports, there was a Pro/Con Debate,^{1,2} a Sleep Medicine Pearl,³ Board Review Cases,^{4,5} a Review Article,⁶ and two Special Articles.^{7,8} The Special Articles on the history of sleep medicine and a summary of the proceedings of a National Institutes of Health conference on health and quality of life with a forward by the Surgeon General of the United States were especially appropriate for the launch of a new journal focused on clinical sleep medicine.^{7,8} These sections of the *Journal* continue as they remain relevant today. Since that inaugural issue, the *Journal* has increased its publishing frequency from quarterly to monthly. It now processes over 400 submissions per year with the number continually increasing. They originate from all the permanently populated continents on earth. Although not a priority of the *Journal*, its initial impact factor was 3.232 in 2011, a highly respectable level. The number of indexed papers in PubMed is now approaching 1,000, and citations to articles published in the *Journal* exceed 2,200. Some papers have received considerable attention in the lay press.^{9,10} Thus, by any objective measure, the *Journal* has been quite successful in accomplishing its mission. However, more gratifying has been the verbal feedback from Academy members and other readers who have indicated that the *Journal* fills a void in their need for ongoing medical education, and being informed regarding advances in clinical care and changes in the practice of sleep medicine.

With the advent of electronic publishing, smart phones and tablet computers the *Journal* has evolved from a traditional print venue to a multi-media platform. Starting in 2012, it became an online only publication with the option of print on demand and Kindle compatible issues for an additional fee. The *Journal* also is available in an easy to read electronic “magazine format”.

For those who would rather have a summary of the editor’s pick of the most interesting papers, a monthly podcast is available for download. The *Journal* also offers the capability of incorporating videos and other recordings as an optional component of a published paper.

Over the past decade, the appearance of the *Journal* also has changed. Color schemes, tables and fonting have evolved to make the pages more visually appealing. In addition, a “Brief Summary” was added to each original research paper so that the reader could assimilate the essence of an article in less than a minute in order to determine whether it provoked his/her interest to read more. The “Brief Summary” is available in the electronic table of contents emailed to Academy members and subscribers with each issue as well.

What does the future hold for the *Journal*? Probably the greatest challenge is competition from other publications for excellent content in the field of clinical sleep medicine. As previously noted, 10 years ago, there were 6 sleep journals. Now, by my count there are 15, and perhaps others that I have overlooked. Virtually all of the new journals are “fee to publish” open access publications. Is there sufficient new clinical information to justify all of these new journals? Admittedly, the amount of new scientific information is growing rapidly, but it seems unlikely that it has expanded so rapidly that 9 new sleep journals are required. Nevertheless, it will be important that the *Journal* continue to attract high quality submissions to maintain its leadership in the field. The second challenge of the future will be to continue to evolve the *Journal*’s publication model to be relevant for the world of smartphones, tablets and social media. Information is now being disseminated in smaller “chunks” to facilitate learning. Determining how the *Journal* will accomplish this in the world of Twitter and Facebook remains to be determined. In reality, there are no crystal balls, but hopefully in the next decade, the *Journal* will remain nimble in the face of the ever evolving medical publishing landscape and the advances in the practice of clinical sleep medicine.

CITATION

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