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# Guide to the Association for the Psychophysiological Study of Sleep Records 1961-1986



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## **Descriptive Summary**

**Identifier** ICU.SPCL.SLEEP

**Title** Association for the Psychophysiological Study of Sleep Records

**Date** 1961-1986(inclusive)

**Size** 2 linear feet (4 boxes)

**Repository** 1100 East 57th Street  
Chicago, Illinois 60637

**Abstract** The records of the Association for the Psychophysiological Study of Sleep range in date from 1961 through 1986. The core of the collection, with adjunctive resources, is the abstracts of all papers presented at annual meetings since 1961. In addition to these abstracts, the collection contains most programs and program announcements, reports of business meetings and informational mailings to members. They also contain reports on the initiation of the journal *Sleep* and correspondence and announcements on the merger of the sleep societies into the present Association of Professional Sleep Societies.

## **Information on Use**

### **Citation**

When quoting material from this collection the preferred citation is:

Association for the Psychophysiological Study of Sleep Records

### **Historical Note**

The University of Chicago was a pioneer in scientific sleep research and organized the first program in the field. Allan Rechtschaffen, at the University of Chicago's Department of Psychiatry, Nathaniel Kleitman, in California, and William Dement, in New York, worked on an individual basis to assemble the then small group of "new" sleep researchers. Rechtschaffen thought it would be useful for sleep and dream researchers around the country to get together, inform each other of research, make presentations, and spread ideas on techniques and procedures.

The first gathering of researchers was held at the University of Chicago in 1961. It was to be an informal annual meeting of those interested in studying sleep. At the outset, the reluctance to institute formal organizational procedures stemmed from a concern that they might constrict meaningful exchanges of scientific ideas. Presenters were encouraged to communicate ideas about work-in-progress and future work as well as offering finished data.

It was not until late 1962 or 1963 that an officially designated, central "communicator" was selected. Joe Kamiya, from Langley Porter Neuropsychiatric Institute in California, became the Secretary-Treasurer of the group. There were no other officers. Though the name "Association for the Psychophysiological Study of Sleep" (APSS) was discussed as early as 1962, Kamiya commented in a 1964 communique that this name was not formally approved until the March 1964 meeting.

A single officer served until 1966, when a double officer plan was finally adopted. Charles Fisher became the first Coordinating Secretary, and David Foulkes became the first Executive Secretary. The Secretary-Treasurer office was then eliminated. Fisher and Foulkes served until 1969. They were succeeded in their respective posts for three year terms by Tony Kales and Vern Peggam (1970-1972); Roger Broughton and Bob Embe (1973-1975); Elliot Weitzman and John Karacan (1976-1978); Al Rechtschaffen and Tom Roth (1979-1981); and Gerry Vogel and Peter Hauri (1982-1984). APSS took on a more hierarchical President/Executive Secretary/Treasurer format in 1983 around the time it changed its name to the Sleep Research Society (SRS). In 1986 the SRS became associated with the Association of Professional Sleep Societies, although continued to function as a separate organization as late as 1995.

The first non-Chicago APSS meeting was held in 1963 at the Downstate Medical Center in Brooklyn, NY. This meeting was the first to have "sessions" and session charimen. Unbound abstracts were handed out in folder assemblages until 1971, at which time a loose-leaf bound, but still unpublished, book of abstracts was prepared for the first International Sleep Congresses. Covered abstract books then became the standard.

Though the original APSS remained devoted to avoiding a highly structured society, it was nevertheless vigorous when it came to seizing opportunities to bring investigators together. The data on sleep phenomenology and mechanisms was burgeoning. Since the inception of the APSS in 1961, its members have plumbed the phenomenology, psychology, psychophysiology, psychopathology, endocrinology, neurocircuitry, neurophysiology, biochemistry, pharmacology, ontogeny, phylogeny, neuropathology, and pathologies of sleep.

### **Scope Note**

The records of the Association for the Psychophysiological Study of Sleep range in date from 1961 through 1986. The core of the collection, with adjunctive resources, is the abstracts of all papers presented at annual meetings since 1961. In addition to these abstracts, the collection contains most programs and program announcements, reports of business meetings and informational mailings to members. They also contain reports on the initiation of the journal *Sleep* and correspondence and announcements on the merger of the sleep societies into the present Association of Professional Sleep Societies.

A highlight of the collection is the early recollections of Nathaniel Kleitman, William Dement, and Allan Rechtschaffen on the initial meetings as well as letters about meetings from other early members. There is a history of the development of the society by Howard Roffwarg and an article by Harold Williams of the Peter Tripp prolonged public sleep deprivation. The end of the

collection contains materials collected by Roger Broughton, who was the coordinating secretary from 1973-1975.

## **Subject Headings**

- Rechtschaffen, Allan
- Kleitman, Nathaniel
- Dement, William
- Sleep research
- Sleep deprivation

## **INVENTORY**

### **Box 1**

#### **Folder 1**

Formation of APSS archives

### **Box 1**

#### **Folder 2**

History of Association for the Psychophysiological Study of Sleep, article by Howard Roffwarg

### **Box 1**

#### **Folder 3**

Outreach for material, correspondence between Wilse Webb and older members regarding history and meeting dates

### **Box 1**

#### **Folder 4**

Early Beginnings, correspondence regarding early history of organization; also handwritten and typed recall of "Peter Trip" long-term deprivation in New York.

### **Box 1**

#### **Folder 5**

1961 meeting; invitations, programs, attendees, and abstracts

### **Box 1**

#### **Folder 6**

1962 meeting; invitations, programs, attendees, and abstracts

### **Box 1**

#### **Folder 7-8**

1963 meeting; welcoming address, program, and abstracts

### **Box 1**

#### **Folder 9-11**

1964 meeting, programs, attendees, abstracts, membership dues and lists

### **Box 2**

#### **Folder 1-3**

1965 meeting; memo, program, abstracts and membership list

### **Box 2**

#### **Folder 4-6**

1966 meeting; memo, program, abstracts and "Rem Cycle in Unicorn"

### **Box 2**

**Folder 7-9**

1967 meeting; program, abstracts and reprint from Psychophysiology 4, 1967 - 1968

**Box 3**

**Folder 1**

1968 meeting; memo, program from Denver; mailing list, and reprint from Psychophysiology, 5, p. 198, and obituary of Hernandez-Peon by Sterman

**Box 3**

**Folder 2**

1969 meeting; letter to members, business meeting minutes, by laws, format for publication in Psychophysiology, program, Dreamers Guide to Boston, reprint Psychophysiology 6, 68 - 69, and bstracts

**Box 3**

**Folder 3**

1970 meeting; letter from Program Chairs describing format to be used Program (Santa Fe - Moved to protest Chicago police action at Democratic Convention), reprint Psychophysiology 7, 1971, and abstracts

**Box 3**

**Folder 4**

1971 meeting; program 1971, reprint Psychophysiology 9, 1972\2, abstracts and obituary of Daniele Jouvet- Mounier

**Box 3**

**Folder 5**

1972 meeting; minutes of business meeting and treasurers report, by-laws, program, and correspondence regarding Sleep Journal

**Box 3**

**Folder 6**

1973 meeting; minutes of business meeting and treasurers report 1972, and program

**Box 3**

**Folder 7**

1974 meeting; business meeting report, newspaper article, and report on the Committee on American Time

**Box 3**

**Folder 8**

1975 meeting; March mailing, meeting arrangements (Edinburgh), business meeting and treasurers report and correspondence

**Box 3**

**Folder 9**

1976 meeting; meeting announcement and July newsletter

**Box 3**

**Folder 10**

1977 meeting; correspondence, certificates and awardees of Pioneer award, minutes of business meeting, membership booklet and program

**Box 3**

**Folder 11**

1978 meeting; meeting announcement, news of Sleep Journal and Japan meeting, correspondence, and APPS newsletter

**Box 3**

**Folder 12**

1979 meeting; newsletters, meeting invitations, correspondence, business meeting minutes, bylaws, and membership list

**Box 3**

**Folder 13**

1980 meeting; correspondence, invitation, business meeting minutes, program summary and mailing list

**Box 4**

**Folder 1**

1981 meeting; meeting announcement, correspondence, program outline, business meeting minutes,

**Box 4**

**Folder 2**

1982 meeting; correspondence, business meeting minutes, program, newsletter, and bylaws

**Box 4**

**Folder 3**

1983 meeting; newsletter, correspondence, program, and membership roster

**Box 4**

**Folder 4**

1984 meeting; announcements, newsletter, program, correspondence and bylaws

**Box 4**

**Folder 5**

1985 meeting; announcements, correspondence, newsletters, and program

**Box 4**

**Folder 6**

1986 meeting; newsletter supplement; Joint Executive Committee minutes, correspondence and program

**Box 4**

**Folder 7-9**

Roger Broughton, coordinating secretary; APSS financial statements, correspondence, 1973-1975