

GETTING A GREEN LIGHT: Some 3,215 light fixtures at DHMC's Lebanon campus are in the process of being updated so they're more energy-efficient. The project, which has a payback of less than two years, will save over 500,000 kilowatt hours a year.



**New on the bookshelf:
Recent releases by
DMS faculty authors**

Computational Methods for Genetics of Complex Traits. Edited by **Jason Moore**, Ph.D., and **Jay Dunlap**, Ph.D., both professors of genetics. Academic Press, 2010.

Lessons Learned in changing healthcare . . . and how we learned them. Edited by **Paul Batalden**, M.D., professor of pediatrics. Longwoods Publishing, 2010.

Overdiagnosed: Making People Sick in the Pursuit of Health. By **H. Gilbert Welch**, M.D.; **Lisa Schwartz**, M.D.; and **Steven Woloshin**, M.D., all professors of medicine. Beacon Press, 2011.



The Little Black Book of Hospital Medicine. By **Andrew Dionne**, M.D., assistant professor of community and family medicine. Jones & Bartlett, 2011.

The Little Black Book of Primary Care. By **Daniel Onion**, M.D., professor of community and family medicine; and **James Glazer**, M.D. Jones & Bartlett, 2011.

Liver Pathology: An Atlas and Concise Guide. By **Arief Suriawinata**, M.D., associate professor of pathology; and **Swan Thung**, M.D. Demos Medical, 2011.

To have a book considered for inclusion in DARTMOUTH MEDICINE's "New on the Bookshelf" column, send its particulars to DartMed@Dartmouth.edu.

F A C T S & F I G U R E S

Sounding the alarm about sleep



50 to 70 million
Number of U.S. adults with chronic sleep or wakefulness disorders

7 to 9
Hours of sleep a night recommended for adults

35%
Percentage of adults who sleep less than 7 hours a night

8.5 to 9.25
Hours of sleep a night recommended for teens

85%
Percentage of teens who sleep less than 8.5 hours on school nights

37%
Percentage of drivers who admit to having driven while drowsy at least once during the previous month

19
Hours of unbroken wakefulness at which one's impairment in reasoning ability equals that due to intoxication at a blood-alcohol level of .1%

1971
Year that DHMC's Sleep Center—one of the nation's first—opened

1,200
Number of accredited sleep centers in the U.S. today

SOURCES: JOURNAL OF SLEEP RESEARCH, JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, AMERICAN ACADEMY OF SLEEP MEDICINE, NATIONAL SLEEP FOUNDATION, DHMC

**Worthy of note:
Honors, awards,
appointments, etc.**

Jocelyn Chertoff, M.D., a professor of radiology, assistant medical director of medical staff affairs, and assistant dean for clinical affairs,



received the Distinguished Academic Achievement Award from the Alumni Association of the University

of Vermont College of Medicine, of which she is a 1981 graduate. She is also chair-elect of the Association of American Medical Colleges' Group on Women in Medicine and Science.

Ronald Taylor, Ph.D., a professor of microbiology and immunology, was elected a fellow of the American Academy of Microbi-



ology, the honorific leadership group of the American Society for Microbiology, the world's oldest and largest life

science organization. Taylor's laboratory develops anti-cholera vaccines and drugs.

Gregory Holmes, M.D., a professor of neurology, chair of the Department of Neurology, and director of the Dartmouth Neuroscience Center, received the 2011 Graduate Faculty Mentoring Award from Dartmouth's Graduate Student Council and Office of Graduate Studies. The

continued on page 56