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American Academy of Nursing Designates Carol Baldwin, Cipriana Caudillo Cisneros and Luxana Reynaga Ornelas as Academy Edge Runners for “Los trastornos del sueño y la promoción del sueño saludable”

Nurse-Designed Spanish Language Sleep Program Improves Health, Provides Cost-Savings

Washington, D.C. (January 26, 2018) – The American Academy of Nursing today recognizes Carol Baldwin, PhD, RN, AHN-BC, FAAN, Cipriana Caudillo Cisneros, MSN, RN, and Luxana Reynaga Ornelas, PhD, RN, as Academy Edge Runners for their program, “Los trastornos del sueño y la promoción del sueño saludable.” Edge Runners are nurses who have designed innovative models of care or interventions which improve health, impact cost and influence policy.

Healthy sleep is essential to overall good health. Poor sleep, whether due to bad lifestyle habits or sleep disorders, plays a significant role in the development of chronic diseases, obesity, poor mental health, and reduced quality of life. These negative health consequences are exacerbated for vulnerable Spanish-only speaking populations living on both sides of the US/Mexico border.

Los trastornos del sueño y la promoción del sueño saludable is a nurse-designed community-based sleep health program which includes local community leaders in the implementation and promotion of the program. These community leaders, known as promotores, are a bridge between neighbors requiring health care and the nurses, physicians and others delivering care.

“By identifying the need for a Spanish-language sleep program and educating promotores to help in its delivery, Drs. Baldwin and Ornelas, and Ms. Cisneros, demonstrate how nursing innovation successfully addresses everyday health challenges,” said Academy President Karen Cox, PhD, RN, FAAN. “This program shines a light on both the importance of sleep health and the need for culturally congruent care.”

In addition to improving health through better sleep, Los trastornos del sueño y la promoción del sueño saludable resulted in a cost savings of approximately \$3,574,800 from 2014 through 2017 for the care of obstructive sleep apnea, insomnia, and restless leg syndrome along the US border.

“I want to acknowledge and thank our community leaders and our bi-national inter-disciplinary team for their invaluable contribution to the success of this program,” stated Carol Baldwin, professor emerita of Arizona State University College of Nursing & Health Innovation, speaking on behalf of Cisneros, and Ornelas, her colleagues at University of Guanajuato in Mexico. “We are thrilled to be designated Edge Runners.”

[An Edge Runner profile of this program is available here](#)

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The American Academy of Nursing (www.AANnet.org) serves the public and the nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge. The Academy's more than 2,500 fellows are nursing's most accomplished leaders in education, management, practice, and research. They have been recognized for their extraordinary contributions to nursing and healthcare.

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