Keynote Address: What Animals Can Tell Us About Sleep, Irene Tobler, PhD
Coming soon.

Swift™ FX  Quattro™ FX

[See back page]
Dear Colleague:

June of 1986, roughly 400 scientists and clinicians interested in sleep attended the first annual meeting of the Associated Professional Sleep Societies (APSS) in Columbus, Ohio.

Although much has changed in organized medicine and academic research over the last 25 years, one constant has been the partnership between the Sleep Research Society and American Academy of Sleep Medicine, which has created a synergy that is unrivaled in the gatherings of other scientific and medical professions. Advancements in scientific knowledge and the evolution of healthcare practices necessitate a translational approach to basic and clinical sleep research and care of patients with sleep disorders. The SLEEP meeting links the bench to the bedside, with a robust scientific program that accommodates the many facets of sleep and offers engaging educational opportunities for trainees to senior members of the field. This year, the APSS Program Committee has strived to ensure diversity in the sessions offered at the annual meeting and that attendees receive current information on the most relevant subjects from the best presenters.

Another constant has been the exceptional value offered to attendees of the SLEEP meeting. Registration rates have remained historically low without sacrificing the quality of the scientific program. The SLEEP meeting offers a host of programs designed specifically to appeal to our attendees: a full slate of didactic Postgraduate Courses and more than 90 interactive and in-depth sessions, including clinical workshops, discussion groups, lunch and learn debate sessions, meet the professor sessions, oral presentations, invited lectures and symposia. More details about these sessions are included in this guide; they will help you plan your schedule and select the programs that fit your individual interests and learning style.

Networking has been a constant hallmark of the meeting, and SLEEP 2011 allows multiple opportunities for engagement with your colleagues and exhibiting companies. The Silver Jubilee Celebration on June 12 is an opportunity to reflect on the rich history of the annual SLEEP meeting. The vast exhibit hall features the latest products and services available in sleep medicine.

On behalf of the APSS Program Committee, I invite you to join more than 5,000 sleep medicine clinicians, sleep scientists, and other allied healthcare professionals from around the world this June 11 – 15 at the Minneapolis Convention Center for SLEEP 2011 and celebrate the 25th gathering of the APSS. I look forward to seeing you in Minneapolis.

Sincerely,

H. Craig Heller, PhD
Chair, APSS Program Committee
APSS PROGRAM COMMITTEE
A Joint Committee of the American Academy of Sleep Medicine and the Sleep Research Society

H. Craig Heller, PhD, Chair
Stanford University, Stanford, CA

Michael Sateia, MD, Immediate Past Chair
Dartmouth-Hitchcock Medical Center, Lebanon, NH

Charles Atwood, MD
University of Pittsburgh, Pittsburgh, PA

Chiara Cirelli, MD, PhD
University of Wisconsin, Madison, WI

Valerie Crabtree, PhD
St. Jude Children’s Research Hospital, Memphis, TN

Suresh Kotagal, MD
Mayo Clinic, Rochester, MN

Teofilo Lee-Chiong, MD
National Jewish Medical and Research Center, Denver, CO

Michael Littner, MD
VA Greater Los Angeles Healthcare Systems, Sepulveda, CA

Paul Shaw, PhD
Washington University School of Medicine, St. Louis, MO

Hans Van Dongen, PhD
Washington State University, Spokane, WA

Kenneth Wright Jr., PhD
University of Colorado, Boulder, CO

Jerome A. Barrett
Executive Director

EDUCATIONAL OPPORTUNITIES

SESSION FORMAT DESCRIPTIONS

Postgraduate Courses — Intensive reviews of a sleep research or sleep medicine topic presented in a half-day or full-day session format prior to the scientific program.

Symposia — Two-hour sessions focusing on the latest data and ideas in sleep research and sleep medicine.

Discussion Groups — Forums for informal presentations of a specific topic, which may include conversations on controversial subjects or pro/con discussions and presentations.

Clinical Workshops — Reviews of the latest clinical challenges in sleep medicine. Workshops may include presentations or discussions of controversial clinical topics or difficult clinical situations that demonstrate the critical thinking process in clinical sleep medicine.

Meet the Professors — Small-group lunch sessions during which an expert in the field of sleep medicine or sleep research leads an informal discussion on a single topic.

Lunch and Learn: Pro/Con Debates — Large-group lunch sessions during which two experts in the field of sleep research or sleep medicine debate on a single topic.

Invited Lecturers — One-hour lectures during which senior level investigators/clinicians proficient in specific scientific areas present in their areas of expertise.

Oral Presentations — 15-minute presentations during which investigators present their latest research and new ideas in the field.

Poster Presentations — Visual representations of the latest research and new ideas in the field.

Smartphone? Scan to go directly to the SLEEP 2011 website for up-to-date information and to register.
GENERAL INFORMATION

LOCATION
Minneapolis Convention Center
1301 Second Avenue South
Minneapolis, Minnesota 55403
Phone: (612) 335-6000

REGISTRATION
There are 3 easy ways to register for SLEEP 2011:
Online:  www.sleepmeeting.org (credit card only)
Fax: (630) 737-9789 (credit card only)
Mail: Associated Professional Sleep Societies, LLC
Attention: Meeting Department
2510 North Frontage Road
Darien, IL 60561 (credit card or check)

General registration includes admission to the general sessions from
1:00pm on Sunday, June 12 – Wednesday, June 15, 2011, industry
supported events and the exhibit hall. All postgraduate courses, meet
the professor sessions and lunch and learn sessions require additional
registration fees. Registration forms submitted via mail or fax that
are incomplete or do not include proper payment will be returned. All
payments made by check or international money order must be U.S.
funds drawn on a U.S. bank.

DISCOUNTED REGISTRATION
Individual members of the AASM and the SRS qualify for reduced
registration fees; for more information about membership, visit the AASM
or SRS websites at www.aasmnet.org or www.sleepresearchsociety.org.
If you are interested in becoming a member of the AASM or SRS, please
see the membership application forms on pages 51 and 52.

CANCELLATION OF REGISTRATION
Notification of cancellation should be submitted in writing to the APSS
national office. A $50 administrative fee will be withheld on cancellations
postmarked on or before Wednesday, May 25, 2011. Refunds are not
possible after this date.

On site Registration Hours
Friday, June 10  4:30pm – 6:00pm
Saturday, June 11  6:30am – 5:30pm
Sunday, June 12  6:30am – 5:30pm
Monday, June 13  6:30am – 5:30pm
Tuesday, June 14  7:30am – 5:00pm
Wednesday, June 15  7:30am – 5:00pm

*Registration on Friday is only for pre-registered attendees.

Registration materials (including badges, final programs, tickets, etc.)
will be provided at the registration counter located on level one of the
Minneapolis Convention Center outside of Exhibit Hall B. Tickets are
required for entry to postgraduate courses, meet the professor sessions
and lunch and learn sessions.

EXHIBIT HALL
The SLEEP 2011 exhibit hall showcases booth displays of pharmaceutical
companies, equipment manufacturers, medical publishers and software
companies. You must be at least 16 years of age to enter the exhibit hall.

EXHIBIT HALL HOURS
The exhibit hall will be open during the following hours:
Monday, June 13  10:15am – 4:00pm
Tuesday, June 14  10:00am – 4:00pm
Wednesday, June 15  10:00am – 2:00pm

TRAINEE SYMPOSIA SERIES
The 16th Annual Sleep Research Society Trainee Symposia Series
will be held Saturday, June 11 – Sunday, June 12, 2011, at the
Minneapolis Convention Center. The event is free to AASM and/
or SRS student members. For complete qualification details and
program information, please see the registration form on page 48.
The deadline to register for the trainee program is April 27, 2011, or
until sessions are full. Trainee Day registrations will not be accepted
after April 27, 2011.

PHOTOGRAPHY/RECORDING
Photography and/or recording of any kind, other than by the APSS
or registered press approved by the APSS, of sessions, speakers
and the exhibit hall is prohibited. No cameras will be allowed on the
exhibit floor or in the meeting rooms at any time. Violation of this rule
could result in the confiscation of the film or recording device.

PRESS ROOM
Members of the press are encouraged to utilize the press room,
operating during meeting registration hours from Monday, June
13, 2011, through Wednesday, June 15, 2011. The press room
contains resources to assist reporters with their stories, including
detailed information on the participating organizations, meeting
program books, a computer and a fax machine. Please contact
Kathleen McCann, Director of Communications, at (630) 737-9700 or
kmccann@aasmnet.org for more information.

CONTACT US
Associated Professional Sleep Societies, LLC
Phone: (630) 737-9700
Fax: (630) 737-9789
Website: www.sleepmeeting.org

Registration Questions
registration@sleepmeeting.org

Course, Session and Poster Questions
William Wallis
Meeting Planner
wwallis@aasmnet.org

Press and Public Relations
Kathleen McCann
Director of Communications
kmccann@aasmnet.org

Exhibit Hall Questions
Kathy Lovato
Meeting Planner
exhibiting@aasmnet.org

Housing Questions
SLEEP Housing Bureau
Phone: 888-947-2233
Fax: 612-767-8201
housing@meetminneapolis.com

Group Block Housing Requests
Kathy Lovato
Meeting Planner
klovato@aasmnet.org

Continuing Education Questions
Frances Brideson
Meeting Coordinator
fbrideson@aasmnet.org

Questions? Call the Meeting Department at 630-737-9700
TRANSPORTATION INFORMATION

MINNEAPOLIS TOURISM
For information on Minneapolis, contact Meet Minneapolis via phone at (612) 767-8000 or visit their website at www.meetminneapolis.com.

AIRFARE
The official travel agency for the SLEEP 2011 meeting is CTS/American Express. Call toll-free at (800) 635-5488 on Monday – Friday from 8:00am – 5:00pm CST or e-mail at res@ctsinc.com and reference SLEEP 2011.

TAXI SERVICE
The Minneapolis-St. Paul International Airport is approximately 16 miles from downtown Minneapolis. Taxi service to and from the airport is approximately $40 each way, not including gratuity. Attendees should allocate approximately 25 minutes for travel time to and from the airport.

SHUTTLE SERVICE
Shared ride shuttle service to and from the airport is available from Super Shuttle. Advance reservations are highly recommended; please contact www.supershuttle.com or call (612) 827-7777 for more information. If you do not make reservations in advance, ticket counters are located in the Terminal 1-Lindbergh Ground Transportation Atrium, accessible via the terminal’s Tram Level. Follow the signs to the appropriate escalator or elevator up. Shuttle service to the downtown area is $16 one way. For more information, visit www.supershuttle.com.

LIGHT RAIL
The light rail offers fast, quiet transportation service to 19 stations between downtown Minneapolis and Mall of America, including the Minneapolis - St. Paul International Airport.

One-way rail fares are $2 during rush hours and $1.50 at all other times.

Rush hour fares apply Monday through Friday (except holidays) from 6:00am to 9:00am and from 3:00pm to 6:30pm. Trains do not run from 1:00am to 4:00am in the morning.

HOTEL RESERVATIONS
A block of guest rooms has been reserved at the co-headquarter hotels, the Hyatt Regency Minneapolis and the Hilton Minneapolis. Guest room blocks are also reserved at the Best Western - The Normandy Inn & Suites, Comfort Suites – Minneapolis Downtown, Crowne Plaza, Doubletree Guest Suites Minneapolis, Hilton Garden Inn, Holiday Inn Express Hotel & Suites – Downtown Minneapolis Convention Center, Marriott Minneapolis City Center and Millennium Hotel Minneapolis. The special room rate is only available until May 11, 2011, or until the room block sells out.

Guest room reservations must be made directly with the SLEEP Housing Bureau. Any changes or cancellations in your reservation may be done through the housing bureau until June 2, 2011. After June 2, 2011, contact your hotel directly for all changes or cancellations. Visit www.sleepmeeting.org to make your housing reservations online or refer to the housing form located on page 47 for additional information.

Questions regarding SLEEP 2011 housing should be directed to:

SLEEP Housing Bureau
c/o Meet Minneapolis
250 Marquette Ave S, Suite 1300
Minneapolis, MN 55401
Phone: 888-947-2233
Fax: 612-767-8201
Email: housing@meetminneapolis.com

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<th>Double Rate</th>
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<tr>
<td>2. Hilton Minneapolis – CO-HEADQUARTER HOTEL</td>
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<td>3. Best Western - The Normandy Inn &amp; Suites</td>
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<td>4. Comfort Suites – Minneapolis Downtown</td>
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<td>5. Crowne Plaza</td>
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<tr>
<td>6. Doubletree Guest Suites Minneapolis</td>
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<tr>
<td>7. Hilton Garden Inn</td>
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<td>8. Holiday Inn Express</td>
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<td>9. Marriott Minneapolis City Center</td>
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<td>10. Millennium Hotel Minneapolis</td>
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CME, CE, AND LETTER OF ATTENDANCE AT SLEEP 2011

CONTINUING MEDICAL EDUCATION (CME) CREDIT FOR PHYSICIANS

Accreditation Statement
SLEEP 2011 meeting activities have been planned and implemented in accordance with the guidelines of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Sleep Medicine designates this live educational activity for a maximum of 38.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Sessions Available to Earn CME Credit
SLEEP 2011 offers physicians the opportunity to earn as many as 38.25 CME credits. CME credit is awarded for clinical workshops, discussion groups, invited lectures, keynote address, lunch and learn sessions, meet the professor sessions, oral presentations, postgraduate courses and symposia. Specific details as to which sessions are eligible for CME credit are listed on the CME Reference Form, which is distributed during registration. Only those sessions sponsored by the APSS and listed on the CME Credit Claim Form are eligible for CME credit. Note: Poster viewing sessions are not eligible for CME credit.

Credit is awarded based on the amount of time spent in each activity (rounded to the nearest quarter hour). Physicians may earn the following maximum number of credits each day:

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<th>Monday, June 13</th>
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CME may also be available by attending industry sponsored events. These credits are made available by the event organizer and are not processed by the AASM.

Satisfactory Completion
To receive CME credits, SLEEP 2011 attendees must register for CME credit and pay the appropriate fee. The administrative fees are $20 for members and $35 for nonmembers. Individuals must complete an online evaluation form to receive CME credit. Further information will be detailed on the CME Reference Form included with your registration materials.

Target Audience for SLEEP 2011
Participants of the SLEEP 2011 meeting will include clinicians, scientists, students and other health care professionals seeking to increase their knowledge of the fields of sleep medicine and sleep research. Attendees should possess a basic knowledge of biological systems and/or operational issues in medical practice.

Overall Educational Objectives
Attendance at SLEEP 2011 should give participants a broad understanding of the current state-of-the-art of sleep medicine, including current clinical practices used when investigating and treating sleep disorders in adults and children; areas of controversy in clinical practice; recent basic science research in both animals and humans; and social, business and political issues relevant to sleep medicine.

By the end of SLEEP 2011, participants should be able to:
1) Summarize relevant information on the latest sleep research and clinical practices; 2) Identify present issues or challenges in diagnosis/treatment of sleep disorders, practice of sleep medicine or topics related to the field of sleep; 3) Integrate strategies and tools for the enhancement/advancement of sleep medicine; and 4) Recognize and have a basic understanding of common sleep disorders.

CONTINUING EDUCATION (CE) FOR PSYCHOLOGISTS

Accreditation Statement
SLEEP 2011 is co-sponsored by Amedco and the Associated Professional Sleep Societies, LLC (APSS). Amedco is approved by the American Psychological Association to sponsor Continuing Education for psychologists. Amedco maintains responsibility for this program and its content.

Sessions Available to Earn CE Credit
Psychologists may receive up to 35.25 hours of continuing education credit for attending SLEEP 2011. CE credit is awarded for clinical workshops, discussion groups, invited lectures, keynote address, oral presentations, postgraduate courses and symposia. Note: Poster viewing, lunch and learn sessions, meet the professor sessions, C05 and D06 are not eligible for CE credit.

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Satisfactory Completion for Psychologists
To receive CE credits, SLEEP 2011 attendees must register for CE credit. The administrative fees are $40 for members and nonmembers. Attendees must have attended each of their sessions in their entirety and complete an online evaluation form in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Further information will be detailed on the CE Reference Form included with your registration materials.
CONTINUING EDUCATION (CE) CONTACT HOURS FOR NURSE PRACTITIONERS

Accreditation Statement
The SLEEP 2011 program will be submitted to the American Academy of Nurse Practitioners for nurse practitioner continuing education contact hours. Further details regarding the number of contact hours awarded for sessions will be available in the SLEEP 2011 final program.

Satisfactory Completion for Nurse Practitioners
To receive CE contact hours, SLEEP 2011 attendees must register for CE contact hours for nurse practitioners and pay the appropriate fee. The administrative fees are $20 for members and $35 for nonmembers. Attendees must have attended each of the sessions in their entirety and complete an online evaluation form in order to receive a credit letter. Further information will be detailed on the Nurse Practitioner CE Reference Form included with your registration materials.

CONTINUING EDUCATION FOR OTHERS

Accreditation Statement
SLEEP 2011 has been planned and implemented through the joint sponsorship of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The American Academy of Sleep Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The AMA Council on Medical Education mandates that accredited providers only offer AMA PRA Category 1 Credits™ to physicians. The AASM will issue individuals who are not eligible for any type of continuing education credits offered at SLEEP 2011 a letter of attendance outlining the number of AMA PRA Category 1 Credits™ designated for the sessions they attend at SLEEP 2011.

To receive a letter of attendance, SLEEP 2011 attendees must register and pay the appropriate fee. The administrative fees are $20 for members and $35 for nonmembers. Individuals must complete an online evaluation form to receive the letter of attendance. Further information will be detailed on the Letter of Attendance Reference Form included with your registration materials.

AAST CECs are not provided for SLEEP 2011 sessions.

DO NOT FORGET TO REGISTER FOR CREDITS

Follow the instructions below to ensure that you receive CME, CE and Letter of Attendance credit for SLEEP 2011:

1. When you register for SLEEP 2011, be sure to add the appropriate continuing education credits to your registration. The CME, CE credits or Letter of Attendance fee is a separate fee from the general session registration fee.

2. At SLEEP 2011, you must pick up the appropriate Reference Form at the Continuing Education table near the SLEEP 2011 registration counters.

3. Use the Reference Form to track the sessions that you attend at SLEEP 2011; the comments section can be used to make notes that will help you to complete the online evaluation.

4. Go online to complete the evaluation and claim your credits. Instructions will be included on the Reference Form.
### Wednesday

- **Oral Presentations**: 8:00am - 9:00am, 9:00am - 10:00am, 10:00am - 10:15am
- **Poster Viewing**: 10:15am - 12:15pm, 12:15pm - 2:15pm
- **Symposium**: 2:45pm - 4:45pm

### Thursday

- **Invited Lecture**: 8:00am - 9:00am, 9:00am - 10:00am
- **Clinical Workshops**: 10:15am - 12:15pm
- **Meet the Professors**: 12:30pm - 1:30pm
- **Invited Lecture**: 1:30pm - 2:30pm
- **Symposium**: 2:45pm - 4:45pm

### Friday

- **Oral Presentations**: 8:00am - 9:00am, 9:00am - 10:00am
- **Symposium**: 10:30am - 12:30pm, 3:00pm - 5:00pm
- **Poster Viewing**: 10:15am - 12:15pm
- **Late-Breaking Abstracts**: 12:15pm - 1:30pm

### Saturday

- **Half-Day Postgraduate Courses**: 8:00am - 12:00pm, 10:00am - 5:00pm
- **Invited Lectures**: 1:30pm - 2:30pm
- **Symposium**: 2:45pm - 4:45pm
- **Lunch and Learn**: 12:30pm - 1:30pm

### Sunday

- **Oral Presentations**: 10:00am - 12:00pm, 1:00pm - 3:00pm, 4:00pm - 5:00pm
- **Symposium**: 3:45pm - 5:15pm

### Monday

- **Oral Presentations**: 8:00am - 9:00am, 9:00am - 10:00am
- **Symposium**: 10:30am - 12:30pm, 3:00pm - 5:00pm
- **Poster Viewing**: 10:15am - 12:15pm
- **AASM Membership**: 12:15pm - 1:30pm

### Sunday

- **Half-Day Afternoon Postgraduate Courses**: 1:00pm - 5:00pm

### Tuesday

- **Invited Lecture**: 8:00am - 9:00am, 9:00am - 10:00am
- **Lunch and Learn**: 12:30pm - 1:30pm
- **Oral Presentations**: 3:00pm - 5:00pm
- **Symposium**: 3:45pm - 5:15pm

### Wednesday

- **Oral Presentations**: 8:00am - 9:00am, 9:00am - 10:00am, 10:00am - 10:15am
- **Poster Viewing**: 10:15am - 12:15pm, 12:15pm - 2:15pm
- **Symposium**: 2:45pm - 4:45pm

### Thursday

- **Invited Lecture**: 8:00am - 9:00am, 9:00am - 10:00am
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- **Meet the Professors**: 12:30pm - 1:30pm
- **Invited Lecture**: 1:30pm - 2:30pm
- **Symposium**: 2:45pm - 4:45pm

### Friday

- **Oral Presentations**: 8:00am - 9:00am, 9:00am - 10:00am
- **Symposium**: 10:30am - 12:30pm, 3:00pm - 5:00pm
- **Poster Viewing**: 10:15am - 12:15pm
- **Late-Breaking Abstracts**: 12:15pm - 1:30pm

### Saturday

- **Half-Day Postgraduate Courses**: 8:00am - 12:00pm, 10:00am - 5:00pm
- **Invited Lectures**: 1:30pm - 2:30pm
- **Symposium**: 2:45pm - 4:45pm
- **Lunch and Learn**: 12:30pm - 1:30pm

### Sunday

- **Oral Presentations**: 10:00am - 12:00pm, 1:00pm - 3:00pm, 4:00pm - 5:00pm
- **Symposium**: 3:45pm - 5:15pm

### Monday

- **Oral Presentations**: 8:00am - 9:00am, 9:00am - 10:00am
- **Symposium**: 10:30am - 12:30pm, 3:00pm - 5:00pm
- **Poster Viewing**: 10:15am - 12:15pm
- **AASM Membership**: 12:15pm - 1:30pm

### Tuesday

- **Invited Lecture**: 8:00am - 9:00am, 9:00am - 10:00am
- **Lunch and Learn**: 12:30pm - 1:30pm
- **Oral Presentations**: 3:00pm - 5:00pm
- **Symposium**: 3:45pm - 5:15pm
KEYNOTE ADDRESS

IRENE TOBLER, PhD
What Animals Can Tell Us About Sleep
Monday, June 13, 2011
7:45am – 10:15am

Dr. Tobler’s lecture is during the Plenary Session and will immediately follow the welcome address and SRS and AASM presentations.

Dr. Irene Tobler is head of the Animal Sleep Research Laboratory in the Section Chronobiology and Sleep of the Institute of Pharmacology and Toxicology at the University of Zurich, Switzerland.

Dr. Tobler obtained her PhD at the University of Zurich and was appointed professor of zoology by the faculty of science, University of Zurich. For 35 years she has devoted her research to the investigation of sleep in animals, a work for which she attained international recognition. Together with her team she investigated sleep in over 20 species, ranging from laboratory animals such as the rat and numerous mouse strains to elephants, giraffes and monkeys living in the zoo to invertebrates including cockroaches and scorpions, and recently the nematode Cenorhabditis elegans. The aim was to understand the evolution and genetic basis of sleep as well as the mechanisms underlying sleep regulation and ultimately gaining insight into the functions of sleep. Her work included studies in genetically modified mice investigating the normal function of prion protein, the role of GABAA receptor subtypes and adenosine kinase in sleep.

Dr. Tobler published over 140 papers in peer-reviewed journals. They include important contributions to one of the fundamental questions in sleep. With her team she showed for the first time in rats the independence of sleep homeostasis from the circadian rhythm. More recently, the team demonstrated in rats and mice an activity-dependent, regional change in the sleep EEG, thereby supporting the hypothesis of “local sleep”.

Dr. Tobler was treasurer and later president of the European Sleep Research Society (ESRS), where her major efforts were to provide education in sleep to young scientists and to foster the integration of National European Sleep Societies within the ESRS. In her role as associate editor of the Journal of Sleep Research she promoted the publication of high-level research.

In 2008, Dr. Tobler received the 8th Pisa Sleep Award for her outstanding contributions to the knowledge of the natural mechanisms regulating sleep promotion and for integrating basic sleep research and sleep medicine.

INVITED LECTURERS

MICHAEL CHEE, MBBS
Unraveling the Mechanics of Attention Failure and Altered Decision-making in Sleep Deprived Persons using fMRI
Tuesday, June 14, 2011
1:30pm – 2:30pm

Dr. Michael Chee is professor at the Neuroscience and Behavioral Disorders Program at Duke-NUS Graduate Medical School in Singapore. He earned a medical degree at the National University of Singapore in 1983 and obtained further training in medicine and neurology. He developed an interest in neuroimaging following a fellowship at The Cleveland Clinic Foundation from 1990-1992 and followed this up with a stint at the Massachusetts General Hospital NMR Centre in Boston in 1996. He contributed several significant papers on the functional anatomy of the bilingual brain before turning to study cognition in the setting of sleep deprivation in 2003. His functional brain imaging work seeks to uncover the mechanisms underlying cognitive alterations in this state, focusing on changes in attention and the imaging correlates of inter-individual differences in performance. He serves on the editorial boards of SLEEP and Neuroimage and plays an active role in the Organization for Human Brain Mapping.
INVITED LECTURERS

RONALD DAHL, MD
Sleep, Arousal and Emotion Regulation in Adolescence: Integrating Developmental Neuroscience, Clinical Relevance and Policy Implications
Wednesday, June 15, 2011
9:00am – 10:00am

Dr. Ronald Dahl is a professor of public health at the University of California, Berkeley. He is a pediatrician with long-standing research interests in the areas of sleep/arousal and affect regulation and its relevance to development of behavioral and emotional disorders in children and adolescents. His work focuses on early adolescence and pubertal maturation as a developmental period with unique opportunities for early intervention in relation to a wide range of behavioral and emotional health problems. Dr. Dahl has co-directed a large program of research focusing on child/adolescent affective disorders with more than 20 years of funding from the NIMH, and has received an NIH Independent Scientist Award focused on the interface of sleep, arousal and affect regulation during adolescent development. His research is interdisciplinary and bridges between basic developmental research (emphasizing social and affective neuroscience) and the translation of this work into clinical and social policy relevance. He has published extensively on adolescent development, sleep disorders, behavioral/emotional health in children and on the policy implications of this work.

LUIS de LECEA, PhD
Optogenetic Control of Arousal
Monday, June 13, 2011
1:45pm – 2:45pm

Dr. Luis de Lecea’s main interest is the study of the neuronal circuitry underlying arousal and sleep. His program is based on the discovery of several neurotransmitters involved in the regulation of behavioral state transitions. These transmitters include the hypocretins, two neuropeptides with neuroexcitatory activity and play a key role in the maintenance of wakefulness. His group was the first to identify a role for this neuropeptide system in brain reward, and was also first, in collaboration with Dr. Karl Deisseroth at Stanford University, at implementing millisecond scale optogenetic manipulation of genetically identified neurons in vivo.
**THOMAS KILDUFF, PhD**

**Activation of Cortical Interneurons During Slow Wave Sleep: An Anatomical Link to Sleep Homeostasis?**

Tuesday, June 14, 2011
8:00am – 9:00am

Dr. Thomas Kilduff is senior director of the Center for Neuroscience in the biosciences division at SRI International in Menlo Park, California and a consulting professor in the department of psychiatry and behavioral sciences at the Stanford University School of Medicine. He received his MS and PhD degrees from Stanford University where he was awarded fellowships from the Danforth and the National Science Foundations.

His first professional position was as a National Academy of Sciences–National Research Council Research Associate at NASA-Ames Research Center, and he subsequently joined the Stanford University Sleep Disorders Research Center where he worked for 15 years. In 1999, he joined SRI International where he founded the sleep neurobiology program and in 2008 he was appointed to direct the Center for Neuroscience. Along with researchers at the Scripps Research Institute, he is co-discoverer of the hypothalamic peptide hypocretin (also known as orexin), a key neurotransmitter system in the maintenance of wakefulness. His research in sleep and circadian neurobiology has included studies on the suprachiasmatic nucleus, neurochemical and immunological studies of the sleep disorder narcolepsy, gene expression studies across arousal states and neural control of hibernation.

His current work focuses on the role of the hypocretin system, the development of therapeutics for sleep disorders such as insomnia and narcolepsy and the function of a novel population of sleep-active neurons in the cerebral cortex that his group described in 2008. He has previously served on the board of directors of the APSS, the Sleep Research Society (SRS) and the SRS Foundation and as chair of the Education Committee, chair of the Trainee Education Advisory Committee, and secretary/treasurer of the SRS. His research has been supported by the Congressionally Directed Medical Research Program, the National Institute of Aging, the National Heart Lung Blood Institute, the National Institute of Mental Health, the National Institute of Neurological Diseases and Stroke, the U.S. Army Research Office and several pharmaceutical companies. He was elected a fellow of the American Academy for the Advancement of Science in 2009 and an SRI Fellow in 2010.

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**KENNETH LICHSTEIN, PhD, CBSM**

**Psychological Treatment of Refractory Insomnia**

Wednesday, June 15, 2011
8:00am – 9:00am

Dr. Kenneth Lichstein earned his PhD in child clinical psychology at the University of Tennessee, but soon thereafter his interests turned to mid-aged and older adults. He is currently professor of psychology at the University of Alabama. He recently served as chair of this department and previously served as director of clinical training at the University of Memphis. He is certified in behavioral sleep medicine.

Early in his career Dr. Lichstein explored a number of different areas of behavioral medicine including basic psychophysiology, relaxation therapy, anxiety disorders and headaches. For the past 25 years, his research has focused on sleep with an emphasis on psychological processes in late-life insomnia, hypnotic-dependent insomnia, comorbid insomnia and epidemiology of sleep. Dr. Lichstein’s research has been supported continuously since 1988 by the National Institute on Aging, the National Institute on Drug Abuse, the National Institute of Mental Health, private foundations and industry.

He has published over 140 articles/chapters and five authored or edited books. Dr. Lichstein has served on the editorial board of a number of journals including the *Journal of Consulting and Clinical Psychology* and *SLEEP*. He is the founding editor of the journal *Behavioral Sleep Medicine* and is a member of the board of directors and the executive committee of the Society of Behavioral Sleep Medicine.
INVIDED LECTURERS

CAROLE MARCUS, MBChMB
Childhood Obstructive Sleep Apnea: New Aspects of Pathophysiology and Treatment
Monday, June 13, 2011
1:45pm – 2:45pm

Dr. Carole Marcus is a professor of pediatrics at the University of Pennsylvania. She is director of the sleep center at Children’s Hospital of Philadelphia and co-director of the University of Pennsylvania Clinical and Translational Research Award. Dr. Marcus received her MBCh from the University of the Witwatersrand, South Africa and completed a fellowship in pediatric pulmonology at Children’s Hospital Los Angeles. She is also board certified in sleep medicine. Dr. Marcus is deputy editor for SLEEP, serves on several American Thoracic Society committees, was a previous board member for the Sleep Research Society and has participated in many NIH scientific review panels and workgroups. Her research interests are focused on the pathophysiology and management of childhood obstructive sleep apnea.

STEVEN SHEA, PhD
Relevance of the Endogenous Circadian System to Disease Mechanisms and Management
Tuesday, June 14, 2011
1:30pm – 2:30pm

Dr. Steven Shea established one of the first clinical sleep laboratories in the UK in 1982 at Charing Cross Hospital, London. In 1989, he received his PhD degree from the University of London, UK for studies on breathing during sleep and became lecturer in physiology at Charing Cross and Westminster Medical School, University of London, UK. In 1989-1990 he was awarded a Harkness Fellowship from the Commonwealth Fund (New York) to visit laboratories across the USA and perform research into respiratory control at Harvard School of Public Health (HSPH), Boston, MA. In 1992, Dr. Shea joined the HSPH faculty. In 1996, Dr. Shea took a sabbatical to study circadian rhythms at Brigham and Women’s Hospital in Boston, MA, with Charles A. Czeisler, PhD, MD, and he has remained there since that sabbatical, also joining the faculty of Harvard Medical School (HMS) and recently served as acting chief of the division of sleep medicine at Brigham and Women’s Hospital. Dr. Shea received the A. Clifford Barger Excellence in Mentoring Award from Harvard Medical School in 2010.

Dr. Shea has performed research in three general areas: (1) control of breathing while awake; (2) control of breathing while asleep; and (3) effects of the circadian system on disease severity. In this last area, Dr. Shea has pioneered investigation into the mechanisms underlying the robust epidemiological findings of day/night variations in the incidence of a number of episodic disorders, including the morning peaks in adverse cardiovascular events (myocardial infarction, stroke), the evening peak in epileptic seizures of the brain’s temporal lobe and the nocturnal peak in asthma severity. His research has been fully supported by NIH and NASA grants since 1992.

Currently, Dr. Shea is director of the sleep disorders research program in the division of sleep medicine at Brigham and Women’s Hospital; associate director of an NIH-supported training program in sleep, circadian and respiratory neurobiology at HMS; president of the American Sleep Medicine Foundation, a member of the board of directors of the American Academy of Sleep Medicine, and editor-in-chief of the journal Nature and Science of Sleep.
Dr. Virend Somers received his doctorate in medicine degree cum laude from the University of Natal in South Africa. He was then awarded a Nuffield Dominion Scholarship to Oxford University where he received his doctor of philosophy degree. He subsequently completed a postdoctoral fellowship, internal medicine residency and cardiology fellowship at the University of Iowa, where he served as director of the cardiovascular neurophysiology laboratory. He is presently professor of medicine at the Mayo Clinic, international director of the International Clinical Research Center in Brno and has been appointed as a Mayo Foundation Clinical Investigator. He is board certified in cardiovascular diseases and is an American Society of Hypertension certified consultant in hypertension.

Dr. Somers is a prior Sleep Academic Awardee of the NIH and a fellow and established investigator of the American Heart Association, was elected to the American Society of Clinical Investigation in 1999 and was awarded the Demuth Prize for excellence and originality in hypertension research twice by the International Society of Hypertension. He received the First Prize of the National Young Investigator Competition of the Heart Institute for Children, the Courmand and Comroe Young Investigator Award from the American Heart Association, the David Amar Medal, the Malherbe Distinguished Achievement Award, the American Society of Hypertension Young Scholar Award and the University of Iowa Cardiovascular Division Distinguished Alumnus Award. He was awarded Doctor Honoris Causa by Masaryk University in the Czech Republic, received the University of Iowa Carver College of Medicine Distinguished Alumnus Early Achievement Award and was appointed as the American College of Cardiology-Pfizer visiting professor in 2005 (University of Chicago), 2006 (University of Alabama) and 2007 (University of Cincinnati). He was also named as the 2007 Royal Perth Hospital visiting professor. He currently serves on the editorial boards of Hypertension and the Italian Heart Journal, and is associate editor for SLEEP and associate editor for Chest. He has also been elected to membership of the Association of University Cardiologists. He chaired the writing committee for the AHA/ACC/NIH Scientific Statement on Sleep Apnea and Cardiovascular Disease, was elected to the steering committee of the National Sleep Research Network and recently received the Mayo Foundation Department of Medicine Outstanding Investigator Award and Landmark Publication Award.

His work examines the mechanisms influencing the brain’s regulation of the heart and blood vessels in both health and disease. His research includes sleep and its interaction with circulatory control, as well as the mechanisms linking obesity to heart disease. This research is funded by the NIH, the American Heart Association and the Mayo Foundation.

Dr. Fred Turek received his undergraduate degree in biological sciences from Michigan State University in 1969 and his PhD from Stanford University in 1973, where he carried out research on circadian and seasonal rhythms under the supervision of Dr. Colin S. Pittendrigh. After two years of postdoctoral training at the University of Texas at Austin, he took a faculty position at Northwestern University, where he subsequently served as chair of the department of neurobiology and physiology from 1987-1998. Dr. Turek is the founder (1996) and current director of the Center for Sleep and Circadian Biology at Northwestern University. He received an endowed chair and was named the Charles E. and Emma H. Morrison Professor of Biology in 1995. He was the founding president of the Society for Research on Biological Rhythms (1986) and served in this capacity for six years. Dr. Turek was the editor-in-chief of the Journal of Biological Rhythms from 1995-2000, and he is presently a deputy editor of SLEEP. He has served on a number of government advisory bodies, and his research on biological rhythms and sleep has been supported by the National Institutes of Health, National Science Foundation, NASA, Air Force Office of Scientific Research, American Waterways Operators, Army Research Office, Defense Advanced Research Projects Agency, as well as a number of pharmaceutical companies and private foundations including at present the March of Dimes.

Dr. Turek has received a number of awards recognizing his academic and research achievements, including an NIH Research Career Development Award, two Senior International Fogarty Fellowships from the NIH, a Guggenheim Memorial Foundation Fellowship, the Curt P. Richter Prize from the International Society of Psychoneuroendocrinology and a Distinguished Investigator Award from the National Alliance for Research on Schizophrenia and Depression. Dr. Turek has served on the boards of the NIH National Center on Sleep Disorders Research and the National Sleep Foundation. He is section editor for “Genetics of Sleep” and “Chronobiology” for the 2010 edition of Principles and Practice of Sleep Medicine. Dr. Turek’s present research interests include the genetic, molecular and neural basis for sleep and circadian rhythms with a special interest on the role of the sleep and circadian clock systems for energy balance, obesity, premature birth and depression. His laboratory is working with a number of different animal models for aging, as well as for the effects of stress, sleep loss and circadian disruption on mental and physical health, and he is engaged in translational research on human fatigue and sleep with the maritime industry. He has published over 340 reviews and peer-reviewed papers.
In order to register for postgraduate courses, you must be registered for SLEEP 2011. The APSS does not offer registration to attend only postgraduate courses. Space is limited and postgraduate courses sell-out quickly. If the postgraduate course you select is full when your registration is received, you will not be charged the additional course fees. Attendees registered at the reduced rate (i.e. Resident/Postdoctoral or Student/Predoctoral) may register for postgraduate courses at the member rate regardless of membership status. Register online at www.sleepmeeting.org, or fax or mail the completed registration form on pages 45 and 46 to the APSS national office.

**C01: Year-In-Review**

**Saturday, June 11, 2011**

8:00am - 5:00pm

*Member Fee: $150*

*Nonmember Fee: $200*

**Co-Chairs:** Teofilo Lee-Chiong, MD; and Kenneth Wright, PhD

**Faculty:** Edgar Garcia-Rill, PhD; Allison Harvey, PhD; Timothy Hoban, MD; Emmanuel Mignot, MD, PhD; Judith Owens, MD; Sanjay Patel, MD; Charles Reynolds, MD; and James Wyatt, PhD

**Psychologist Level of Content:** Intermediate

**Target Audience:**

Physicians, researchers, psychologists, postdoctoral or predoctoral fellows and allied health care professionals

**Learning Objectives:**

1. Discuss state-of-the-art knowledge of recent advances in diagnosis and treatment for various clinical topics;
2. Explain how to improve clinical care and outcomes as a result of application of this knowledge in the clinical setting; and
3. Discuss key concepts of recent basic and clinical sleep research and how these concepts apply to current practice.

**Schedule at a Glance**

**Saturday, June 11, 2011**

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<th>Event</th>
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<tr>
<td>Registration Open</td>
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**Sunday, June 12, 2011**

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**BOARD REVIEW RESOURCES**

Sessions featuring the Board Review Resources icon provide candidates for the American Board of Medical Specialties (ABMS) sleep medicine certification with relevant board review material.
**C02: The Basics of Sleep**  
Saturday, June 11, 2011  
8:00am - 5:00pm  
Member Fee: $150  
Nonmember Fee: $200  

**Co-Chairs**: Charles Amlaner, D, Phil; Stephanie Crowley, PhD; and James Shaffery, D, Phil  
**Faculty**: Mary Carskadon, PhD; Chiara Cirelli, MD, PhD; Sean Drummond, PhD; Lauren Hale, PhD; Thomas Kilduff, PhD; Leszek Kubin, PhD; Mark Opp, PhD; Frank Scheer, PhD; and Ronald Szymusiak, PhD  

**Psychologist Level of Content**: Introductory  

**Target Audience**: Sleep clinicians, including psychologists, and scientists seeking an enhanced background in the fundamental principles and findings that form the core knowledge of the sleep field  

**Learning Objectives**:  
1. Review several concepts underlying the organization of sleeping and waking: behavior (e.g., lifestyle, culture), sleep-wake homeostasis, circadian timing;  
2. Explain demographic factors influencing sleep and sleep disorders and the changes in normal sleep that emerge across the human life cycle;  
3. Identify the neuroanatomical and neurophysiological systems underlying sleep-wake regulation and the evidence for the genetic basis of some sleep phenotypes and sleep disorders;  
4. Review how sleep affects control of ventilation and the upper airway;  
5. Explain the interplay of sleep-wake and endocrine systems and how sleep loss can alter these associations;  
6. Describe the role of sleep in thermoregulation, immune function, and autonomic regulation of multiple organ systems;  
7. Review how the circadian timing system is controlled and how it interacts with other systems to regulate the timing of sleep-wake and related physiological processes;  
8. Describe the effects that sleep loss produces on the body, brain, and behavior; and  
9. Review the major categories and types of sleep-wake disorders, and the pharmacological therapies used to treat these disorders.

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**C03: The Interface of Neurology and Sleep**  
Saturday, June 11, 2011  
8:00am - 5:00pm  
Member Fee: $150  
Nonmember Fee: $200  

**Chair**: Alon Avidan, MD, MPH  
**Faculty**: Devin Brown, MD; Mark Dyken, MD; Jeffrey Ellenbogen, MD; Suresh Kotagal, MBBS; Emmanuel Mignot, MD, PhD; Eric Nofzinger, MD; and Phyllis Zee, MD, PhD  

**Psychologist Level of Content**: Intermediate  

**Target Audience**: Clinicians and health care providers who encounter neurology patients with sleep disorders or complaints, including physicians, psychologists, sleep fellows, researchers, graduate students, fellows, residents, nurses and physician assistants  

**Learning Objectives**:  
1. Review common sleep disorders comorbid in neurology;  
2. Discuss unique sleep disorders that often result from underlying neurologic conditions, and are directly attributable to the disorder itself, or from treatment of the underlying condition; and  
3. Review recent data in the following unique topics: neuroimaging of sleep, brain-based biomarkers of sleep stability, role of neuroimmunology in narcolepsy and the pathophysiology of sleep apnea in stroke.

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**C04: Multidisciplinary Treatment of OSA**  
Saturday, June 11, 2011  
8:00am - 12:00pm  
Member Fee: $85  
Nonmember Fee: $150  

**Chair**: Jeffrey Prinsell, DMD, MD  
**Faculty**: Robert Rogers, DMD; Patrick Strollo Jr., MD; and Edward Weaver, MD, MPH  

**Psychologist Level of Content**: Intermediate  

**Target Audience**: Sleep physicians, psychologists and dentists  

**Learning Objectives**:  
1. Discuss the current advances in nasal CPAP, oral appliances and other behavioral therapies for OSA;  
2. Identify the numerous upper airway surgical procedures and staging protocols for the treatment of OSA; and  
3. Explain the role of sleep physicians, including otolaryngologists, and dentists, including oral and maxillofacial surgeons, in a comprehensive multidisciplinary team approach to OSA.
C05: Update on AASM Accreditation: Center, DME Supplier and Out-of-Center Programs
Saturday, June 11, 2011
8:00am - 12:00pm

Member Fee: $85
Nonmember Fee: $150

CE credits for psychologists are not provided for this session.

Co-Chairs: Amy Aronsky, DO and Sam Fleishman, MD
Faculty: Demarée Dufour-Nonemann; David Kuhlmann, MD; and Richard Rosenberg, PhD

Target Audience:
Attendees interested in accreditation for their sleep disorders center, non-Medicare DME supply, or Out-of-Center sleep testing program

Learning Objectives:
1. Review the current Standards for Accreditation and discuss new pathways of accreditation for DME suppliers and Out-of-Center sleep testing programs, as well as resources for accredited centers such as the Interscorer Reliability program;
2. Explain step-by-step the AASM application for accreditation and review common issues with applications; and
3. Review the site visit process.

C06: Pediatric Behavioral Sleep Medicine
Saturday, June 11, 2011
1:00pm - 5:00pm

Member Fee: $85
Nonmember Fee: $150

Chair: Valerie Crabtree, PhD
Faculty: Kristin Avis, PhD; Lisa Meltzer, PhD; and Jodi Mindell, PhD

Psychologist Level of Content: Intermediate

Target Audience:
Psychologists, physicians, nurse practitioners and others engaged in behavioral sleep medicine practice

Learning Objectives:
1. Review intermediate to advanced level skills in engaging in pediatric behavioral sleep medicine practice with infants through adolescents;
2. Explain the importance of the use of actigraphy in assessing sleep/wake patterns and guiding interventions in a pediatric population; and
3. Discuss interventions for improving CPAP adherence in children and adolescents.

C07: Current Affairs: Case-based Review of Headlining Sleep Topics
Saturday, June 11, 2011
1:00pm - 5:00pm

Member Fee: $85
Nonmember Fee: $150

Chair: Douglas Kirsch, MD
Faculty: Lawrence Epstein, MD; Geoffrey Gilmartin, MD; and Raman Malhotra, MD

Psychologist Level of Content: Intermediate

Target Audience:
Sleep medicine clinicians, including psychologists, and trainees in sleep medicine

Learning Objectives:
1. Review the important aspects of sleep medicine in operation of moving vehicles, with a focus on those employed in a transportation industry;
2. Discuss methods of tracking and improving PAP adherence in our patient population;
3. Examine the implementation of a pre-operative screening program for obstructive sleep apnea in a hospital-based setting; and
4. Assess the interaction between traumatic brain injury, both mild and severe, and sleep.
CO8: Best Practices in Sleep Medicine 2011
Sunday, June 12, 2011
8:00am - 5:00pm

Member Fee: $150
Nonmember Fee: $200

Co-Chairs: Charles Atwood, PhD; and Michael Sateia, MD
Faculty: Nancy Collop, MD; David Dinges, MS, MA(H), PhD; David Neubauer, MD; Sairam Parthasarathy, MD; Michael Silber, MBChB; Bradley Vaughn, MD; John Winkelman, MD, PhD; and Phyllis Zee, MD, PhD

Psychologist Level of Content: Intermediate

Target Audience:
Practicing providers of health care, including psychologists for sleep disorders

Learning Objectives:
1. Describe the best practices for evaluating and diagnosing the most common sleep disorders in clinical practice;
2. Discuss the best evidence-based and cutting edge evaluations and treatments for various sleep disorders in 2011; and
3. Identify major areas of uncertainty regarding best treatment practices in sleep medicine.

CO9: Evidenced-based Behavioral Sleep Medicine Therapies for Augmenting Your Sleep Medicine Practice
Sunday, June 12, 2011
8:00am - 5:00pm

Member Fee: $150
Nonmember Fee: $200

Chair: Jack Edinger, PhD
Faculty: Mark Aloia, PhD; Colin Espie, PhD; Anne Germain, PhD; Allison Harvey, PhD; Jennifer Martin, PhD; Jason Ong, PhD; and James Wyatt, PhD

Psychologist Level of Content: Intermediate

Target Audience:
Clinicians, including psychologists, interested in developing or augmenting their skills in an array of empirically-supported behavioral and cognitive therapies for the range of sleep disorders encountered in sleep specialty practice.

Researchers interested in current evidence supporting the assessment and intervention strategies discussed.

Learning Objectives:
1. Review various assessment methods such as the clinical interview, sleep diary, actigraphy and selected questionnaires in conducting assessments and developing case conceptualizations with patients with sleep disorders;
2. Discuss behavioral sleep medicine therapies for a range of sleep problems including primary and comorbid insomnia, circadian rhythm sleep disorders, CPAP-nonadherence, sleep-disruptive nightmares, NREM parasomnias and the age-related sleep difficulties of community dwelling and institutionalized older adults; and
3. Assess the empirical evidence supporting each of the techniques discussed.
C10: PedSleep 2011: Sleep Co-morbidities Associated with Medical Disorders in Children
Sunday, June 12, 2011
8:00am - 5:00pm

Member Fee: $150
Nonmember Fee: $200

Co-Chairs: Madeleine Grigg-Damberger, MD; and Sanjeev Kothare, MD
Faculty: Timothy Hoban, MD; Suresh Kotagal, MBBS; Susan Redline, MD; Carol Rosen, MD; and Manisha Witmans, MD

Psychologist Level of Content: Intermediate

Target Audience:
Sleep medicine physicians (adult and pediatric), psychologists, scientists, fellows, technologists, trainees, and industry involved or interested in managing sleep disorders in children and adolescents with medical co-morbidities

Learning Objectives:
1. Discuss how optimal treatment of nocturnal asthma, allergic rhinitis, atopic dermatitis, pain, traumatic brain injury and gastroesophageal reflux can improve sleep and breathing in children and adolescents;
2. Review the long-term cardiovascular and metabolic consequences of obstructive sleep apnea, obesity and short sleep duration on children and adolescents;
3. Identify which syndromes predispose children and adolescents to sudden death in sleep;
4. Characterize sleep abnormalities in children with sickle cell disease;
5. Compare the good, bad and ugly effects of drugs on sleep and wakefulness in children; and
6. Explain how optimal treatment of pain, itch, inflammation, and/or arthritis can improve sleep quality, disease severity and quality of life in children.

C11: Sleep Apnea Examination: A Hands-on Course
Sunday, June 12, 2011
8:00am - 5:00pm

Member Fee: $150
Nonmember Fee: $200

Co-Chairs: Ofer Jacobowitz, MD, PhD; and Patrick Strollo Jr., MD
Faculty: Nancy Appelblatt MD; Dennis Bailey, DDS; Lee Shangold MD; Sally R Shott, MD; Ryan Soose, MD; Gregory Tsai, MD; Regina Walker MD; and Edward Weaver, MD, MPH

Psychologist Level of Content: Intermediate

Target Audience:
Sleep medicine physicians, pediatricians, pulmonologists, otolaryngologists, oral and maxillofacial surgeons, anesthesiologists, surgeons, dentists, psychologists, nurses, sleep technologists, respiratory therapists and other healthcare professionals who wish to 1) augment their ability to examine and recognize physical features important for the diagnosis and management of obstructive sleep apnea in adults and children; and 2) learn examination methods using basic as well as advanced office equipment such as fiberoptic endoscopes. Researchers seeking an understanding and hands-on familiarity with the abnormal upper airway anatomy and physiology of obstructive sleep apnea patients.

Learning Objectives:
1. Identify the static and dynamic features of the nasal airway that affect obstructive sleep apnea patients and their treatment with CPAP and oral appliances;
2. Assess the oral and pharyngeal anatomy relevant to the diagnosis, medical and surgical treatment of obstructive sleep apnea;
3. Discuss methods of anatomical assessment and advanced surgical treatment of obstructive sleep apnea in children;
4. Identify anatomical structures for modern, targeted surgical treatment in adults;
5. Describe an anatomical assessment for oral appliance therapy of obstructive sleep apnea; and
6. Explain the physical examination of the sleep apnea airway using basic and advanced tools such as peak flow meters and fiberoptic endoscopes.
C12: Sleep and Epilepsy  
Sunday, June 12, 2011  
8:00am - 12:00pm

Member Fee: $85  
Nonmember Fee: $150

Chair: Erik St. Louis, MD  
Faculty: Selim Benbadis, MD; Michael Silber, MBChB; and Bradley Vaughn, MD

Psychologist Level of Content: Intermediate

Target Audience:  
Sleep physicians, trainees, technologists, nurses and other allied health professionals, neurologists, pulmonary medicine specialists, internal medicine specialists, otolaryngologists, psychologists and psychiatrists

Learning Objectives:  
1. Outline the differential diagnosis of nocturnal events, including nocturnal epilepsies, parasomnias, and other physiological and psychological paroxysmal events;
2. Review the pathophysiology of sleep-related seizures and epilepsies and the usual presenting clinical features of common sleep-related epilepsies in children and adults;
3. Identify typical clinical and video-EEG polysomnographic features of nocturnal epilepsies and parasomnias which mimic them;
4. Review strategies of EEG recording and viewing during clinical polysomnography practice that increase the yield of identifying interictal epileptiform discharges and seizures;
5. Characterize the pathophysiology of cyclic alternating pattern (CAP) NREM sleep microarchitecture and its associations with nocturnal epilepsies and parasomnias;
6. Review the impact of circadian influences and co-morbid sleep disorders in epilepsy;
7. Review the impact on seizure frequency by early recognition and treatment of co-morbid obstructive sleep apnea and other primary sleep disorders; and
8. Describe current and evolving treatment options for sleep related epileptic syndromes, including the range of approved and investigational antiepileptic drugs, neurostimulation with the vagus nerve stimulator and other devices, and epilepsy surgery.

C13: Restless Legs Syndrome: When Standard Dopamine Treatment Fails  
Sunday, June 12, 2011  
1:00pm - 5:00pm

Member Fee: $85  
Nonmember Fee: $150

Chair: Richard Allen, PhD  
Faculty: Mark Buchfuhrer, MD; Christopher Earley, MD, PhD; Diego Garcia-Borreguero, MD

Psychologist Level of Content: Intermediate

Target Audience:  
Sleep medicine clinicians, including psychologists, and clinical sleep researchers

Learning Objectives:  
1. Review early indicators for identification of major dopamine treatment failures: development of impulsive behavior, augmentation and loss of efficacy;
2. Describe when to consider and how to use major alternative treatment options including long acting dopaminergics, opioids, gabapentin, pregabalin and IV iron.
Make plans to attend the **SILVER Jubilee RECEPTION** from 6:00pm–7:30pm on the evening of Sunday, June 12, 2011. This casual event will celebrate the silver anniversary of the SLEEP Annual Meeting and will provide you with the opportunity to network with other SLEEP 2011 attendees.

Tickets are only $50 per person and include:

**Food**
An extensive selection of hors d’oeuvres will be available throughout the evening.

**Drinks**
Each admission includes two drink tickets good for wine, beer or soda (cash bar will also be available).

**Entertainment**
Live jazz music will serve as a backdrop for the anniversary celebration.

**Donation**
The proceeds from this event will support the Sleep Research Society Foundation (SRSF) and the American Sleep Medicine Foundation (ASMF); these foundations aim to promote the advancement of knowledge in the fields of sleep research and sleep medicine.

To attend the **SILVER Jubilee RECEPTION**, indicate the number of tickets that you would like to reserve when registering for SLEEP 2011: online at www.sleepmeeting.org, or by fax or mail using the SLEEP 2011 Registration Form. Questions? Contact the APSS meeting department by e-mail to sleepmeeting@apss.org or by phone to 630-737-9700.
Register online at www.sleepmeeting.org or fax or mail the completed registration form on pages 45 and 46 to the APSS national office.

**M**ake sure you arrive in Minneapolis in time to attend the first scientific sessions starting at 1:00pm on Sunday, June 12.

**SCIENCE PROGRAM**
**SUNDAY, JUNE 12, 2011 – WEDNESDAY, JUNE 15, 2011**

**INDUSTRY SUPPORTED EVENTS**
Industry Supported Events are educational events coordinated by third-party medical education organizers that are often supported by industry grants. While held in conjunction with SLEEP 2011, these events are not part of the scientific program that is coordinated by the APSS Program Committee. Industry Supported Events are scheduled for evening time slots following the daily scientific program. More information will be available on the official SLEEP 2011 meeting website at www.sleepmeeting.org and will be included in the SLEEP 2011 Final Program.

**SCHEDULE AT A GLANCE**

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<tr>
<td><strong>Registration Open</strong></td>
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<td>7:00am – 8:00am</td>
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<tr>
<td><strong>Symposia</strong></td>
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<td>1:30pm – 2:30pm</td>
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<td><strong>Refreshment Break</strong></td>
<td>3:00pm – 3:15pm</td>
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Symposia

1:00pm – 3:00pm

S01: Network State Oscillations: The Building Blocks of Sleep

Chair: James Krueger, PhD
Faculty: Michael Corner, PhD; David McCormick, PhD; David Rector, PhD; and Parajat Sengupta, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Review the concept of network state oscillation and how they can be studied in vitro and in vivo;
2. Describe the local use-dependent hypothesis for sleep regulation;
3. Demonstrate how to incorporate the newest paradigm for sleep regulation into clinical problems; and
4. Describe new electrophysiological signals and measurements used to characterize sleep and regulate sleep including local field potentials and evoked response potentials.

S02: Cognition and Behavior in Snoring and OSA: The Neuropsychologist’s Perspective

Chair: Karen Spruyt, PhD
Faculty: Mark Aloia, PhD; Dean Beebe, PhD; and Hawley Montgomery-Downs, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Compare and contrast neuropsychological outcomes of snoring and obstructive sleep apnea;
2. Discuss the cognitive, behavioral and socio-emotional implications of snoring and obstructive sleep apnea;
3. Appraise the neuropsychological outcomes of assessments in snoring and obstructive sleep apnea subjects;
4. Formulate best practice guidelines to assess, interpret and treat the neuropsychological outcomes; and
5. Identify the implications of snoring and obstructive sleep apnea on cognitive, behavioral and socio-emotional performance from infant to adult.

S03: Metabolic and Medical Aspects of Insufficient Sleep

Co-Chairs: Carol Everson, PhD; and Plamen Penev, MD, PhD
Faculty: Michael Bonnet, PhD; and Linda Toth, PhD, DVM

Psychologist Level of Content: Intermediate

Objectives:
1. Review the consequences of insufficient and poor-quality sleep at several levels of analysis – from cellular stress, to adaptations and abnormalities in peripheral organ systems and their interaction with the brain to changes in whole-body physiology and behavior – linked together by evidence of altered metabolism;
2. Discuss how the effects of inadequate or poor-quality sleep on fundamental processes, such as cellular stress and repair, tissue maintenance and inflammation, and energy metabolism in animal models and humans may increase susceptibility to disease, exacerbate symptoms of disease or delay recuperation; and
3. Discuss areas of controversy and gaps in the current knowledge in this field.

Refreshment Break
3:00pm – 3:15pm

Oral Presentations
3:15pm – 5:15pm

Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

001: Genetics of Sleep: From Flies to Humans

Psychologist Level of Content: Intermediate

Objective: Detect genetic influences on sleep in flies and humans.

Board Review Resources

Sessions featuring the Board Review Resources icon provide candidates for the American Board of Medical Specialties (ABMS) sleep medicine certification with relevant board review material.
Symposia
3:15pm – 5:15pm

S04: Changes in Sleep Homeostasis from Childhood to Old Age

Chair: Oskar Jenni, MD
Faculty: Julie Carrier, PhD; Mary Carskadon, PhD; Derk-Jan Dijk, PhD; and Monique LeBourgeois, PhD

Psychologist Level of Content: Advanced

Objectives:
1. Describe changes in the homeostatic regulation of sleep across the lifespan;
2. Explain brain mechanisms that underlay these developmental changes in sleep homeostasis; and
3. Review how the understanding of these mechanisms may impact the treatment or diagnosis of sleep disorders.

S05: Correcting Circadian Misalignment with Light and Melatonin: From Theory to Practice

Chair: Charmane Eastman, PhD
Faculty: Stephanie Crowley, PhD; Jonathan Emens, MD; Michel Paul, MS; and Victoria Revell, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Explain how and when to use light boxes and melatonin pills to reset (phase shift) human circadian rhythms to correct the circadian misalignment in circadian rhythm sleep disorders, such as the delayed sleep phase syndrome, and in other situations such as shift work, jet lag and the Monday morning blues;
2. Describe how to use melatonin pills to entrain free-running blind people; and
3. Assess the advantages and disadvantages and the appropriate use, of various doses and preparations of melatonin and what is known about polychromatic (white) vs. monochromatic (e.g., blue or green) light devices for phase shifting.

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Pre-registration is required.
See page 20 for more information about this event.
SCIENTIFIC PROGRAM
MONDAY, JUNE 13, 2011

Poster Set-Up
7:00am – 7:45am
Posters should be set up for display during this time and should not be removed until 5:00pm.

Plenary Session
7:45am – 10:15am

Welcome
SRS and AASM Presentations

Keynote Address:
I01: What Animals Can Tell Us About Sleep
Irene Tobler, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Compare the similarities and differences between animal and human sleep; and
2. Explain sleep homeostasis as a basic regulatory principle in sleep.

Exhibit Hall Open
10:15am – 4:00pm

Refreshment Break in the Exhibit Hall
10:15am – 10:30am

Clinical Workshops
10:30am – 12:30pm

W01: Practical Solutions to Complex Problems: Treating Sleep Problems in Patients with Anxiety and Mood Disorders
Chair: Jack Edinger, PhD
Faculty: Colleen Carney, PhD; Anne Germain, PhD; and Rachel Manber, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Discuss and demonstrate helpful intervention strategies for managing patients with comorbid depression or nocturnal panic attacks;
2. Demonstrate how to implement Imagery Rehearsal Therapy for chronic nightmares; and
3. Demonstrate the implementation of graded exposure therapy for CPAP-related anxiety and claustrophobic reactions.

W02: The Clinical Usefulness of PLMS in RLS and Other Sleep Disorders
Chair: Marco Zucconi, MD
Faculty: Raffaele Ferri, MD; Birgit Hogl, MD; David Rye, MD, PhD; and Arthur Walters, MD

Psychologist Level of Content: Advanced

Objectives:
1. Discuss the value of PSG and other measurements for the neurophysiological phenomena underlying periodic leg movements (PLMS);
2. Describe the consequences and associated physiological changes of PLMS in restless legs syndrome and other sleep disorders with PLMS; and
3. Assess if PLMS have a role in refining also the diagnostic process of RLS, PLMD and other conditions.
Discussion Groups
10:30am – 12:30pm

D01: Challenges in Identifying Biomarkers for Sleepiness

Chair: Stuart Quan, MD
Faculty: Thomas Balkin, PhD; Orfeu Buxton, PhD; Janet Mullington, PhD; Allan Pack, PhD, MBChB; Sanjay Patel, MD; Naresh Punjabi, MD; and Paul Shaw, PhD

Psychologist Level of Content: Advanced

Objectives:
1. Describe a conceptual framework for what constitutes a sleepiness biomarker;
2. Discuss the usefulness of current tools for measuring sleepiness; and
3. Discuss potentially novel approaches to identifying sleepiness biomarkers.

D02: The Surgical Patient with Obstructive Sleep Apnea: A Multidisciplinary Approach

Co-Chairs: Nancy Collop, MD; and Tracey Stierer, MD
Faculty: Bhargavi Gali, MD; Stacey Ishman, MD; and B. Tucker Woodson, MD

Psychologist Level of Content: Intermediate

Objectives:
1. Describe the surgical options in the treatment of OSA;
2. Discuss the perioperative management of the otolaryngological procedures, including surveillance for adverse outcome and postoperative disposition for these patients;
3. Explain the difference between adult and pediatric patients in the diagnosis and treatment of OSA;
4. Discuss the current evidence and management of surgical outpatients with OSA, with an emphasis of choice of venue, anesthetic technique, and monitoring;
5. Identify measures of adverse outcome in patients with OSA undergoing inpatient surgical procedures;
6. Review postoperative monitoring and treatment options;
7. Contrast differences in outcome between outpatient and inpatient procedures; and
8. Discuss factors that potentially contribute to these differences.

D03: Association between Insufficient Sleep and Childhood Obesity: Is There Enough Evidence of Causality?

Chair: Fauziya Hassan, MD
Faculty: Dean Beebe, PhD; Julie Lumeng, MD; Susan Redline, MD; and Carol Rosen, MD

Psychologist Level of Content: Intermediate

Objectives:
1. Summarize the data that has been presented in previous studies and the gaps in the literature that exist;
2. Examine options and new strategies including use of more objective data (such as actigraphy) and study design in future studies to show a causal relationship between insufficient sleep and childhood obesity; and
3. Assess the relationship between insufficient sleep and childhood obesity.

Symposium
10:30am – 12:30pm

S06: Activation and De-activation of Ascending Arousal Systems: Basic Mechanisms and Clinical Applications

Chair: Ritchie Brown, PhD
Faculty: Emery Brown, MD, PhD; Edgar Garcia-Rill, PhD; Robert McCarley, MD; and Nicholas Schiff, MD

Psychologist Level of Content: Intermediate

Objectives:
1. Explain the ascending pathways and physiological mechanisms involved in cortical activation;
2. Describe how ascending pathways can be turned off to induce sleep or general anesthesia; and
3. Review how damage to ascending pathways can lead to comatose states and what therapeutic possibilities exist to ameliorate this damage.

Poster Viewing
10:30am – 12:30pm
Lunch and Learn: A Pro/Con Debate
12:30pm – 1:30pm
Pre-registration is required. See page 44 for complete details.
Member Fee: $40  Nonmember Fee: $50

CE credits for psychologists are not provided for this session.

**L01: Hypnotic Induced Sleep is As Good as Natural Sleep**
Faculty: Michael Perlis, PhD; and Thomas Roth, PhD

**Objectives:**
1. Define the nature of sleep on a variety of sleep promoting agents;
2. Discuss the elements of natural sleep;
3. Review the nature of types of drugs that are used as hypnotics;
4. Illustrate the ways that hypnotic induced sleep is not the same as normal sleep;
5. Describe instances where CBT-I is more appropriate than hypnotics for treating insomnia; and
6. Determine whether or not the concept of “as needed” use of CBT-I is valid.

Meet the Professors
12:30pm – 1:30pm
Pre-registration is required. See page 44 for complete details.
Member Fee: $45  Nonmember Fee: $55

CE credits for psychologists are not provided for these sessions.

**M01: Genetic Basis of Sleep and Circadian Rhythms**
Fred Turek, PhD

**M02: Innovative Approaches for Teaching Sleep Medicine**
Alon Avidan, MD, MPH

**M03: Perioperative Assessment and Management of Patients with OSA: Impact and Outcome**
Peter Gay, MD

**M04: Predicting and Improving CPAP Adherence**
Christopher Lettieri, MD

**M05: Sleep and the Failing Heart**
Virend Somers, MD, PhD

**M06: Sleep Apnea Surgery Uncensored**
Kasey Li, DDS, MD

**M07: When Does a Child Become an Adult? How to Apply the AASM Scoring Rules in Adolescents**
Lee Brooks, MD

**M08: Where’s the Epiphany? A Curmudgeonly Analysis of Sleep Deprivation and Neurocognitive Performance Research**
Thomas Balkin, PhD
Invited Lecturers
1:45pm – 2:45pm

I02: Optogenetic Control of Arousal
Luis de Lecea, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Review the studies that led to the discovery of hypocretins;
2. Explain optogenetics and dissection of neuronal circuits; and
3. Describe the multiple roles of arousal nuclei in sleep, memory and brain reward.

I03: Childhood Obstructive Sleep Apnea: New Aspects of Pathophysiology and Treatment
Carole Marcus, MBBCh

Psychologist Level of Content: Intermediate

Objectives:
1. Review new developments in childhood obstructive sleep apnea (OSA);
2. Review new aspects of pathophysiology of childhood OSA; and
3. Discuss current research on treatment of childhood OSA, especially CPAP therapy.

Oral Presentations
1:45pm – 2:45pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

O02: Associations of Gender with Sleep Duration and Circadian Rhythm

Psychologist Level of Content: Intermediate

Objective: Appraise gender differences in sleep duration and sleep pattern.

O03: Trauma and Sleep

Psychologist Level of Content: Intermediate

Objective: List the effects of trauma and the military service on sleep and sleep physiology.

O04: Measuring Respiration in OSA

Psychologist Level of Content: Intermediate

Objective: Critique new measures of respiration in obstructive sleep apnea.

O05: Restless Legs Syndrome: Translational Considerations

Psychologist Level of Content: Intermediate

Objective: Identify pathophysiological factors in restless legs syndrome.

Refreshment Break in the Exhibit Hall
2:45pm – 3:00pm

Oral Presentations
3:00pm – 5:00pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

O06: Sleep, Learning and Memory

Psychologist Level of Content: Intermediate

Objective: Evaluate the complex relationship between learning, memory and sleep.

O07: Sleep and Energy Regulation

Psychologist Level of Content: Intermediate

Objective: Inventory the effects of sleep restriction on energy regulation and immune reactivity.
Symposia
3:00pm – 5:00pm

S07: Adolescents Asleep: A Window on the Developing Brain

Chair: Mary Carskadon, PhD
Faculty: Ian Campbell, PhD; Ian Colrain, PhD; Reto Huber, PhD; and Leila Tarokh, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Discuss sleep EEG changes that accompany adolescent development;
2. Review how cortical changes in the developing brain are reflected in the sleep EEG; and
3. Explain the use of the sleep EEG as an index of cortical structure.

S08: The Clocks That Time Us: Circadian Rhythms in Neurodegenerative Disorders

Co-Chairs: Aleksandar Videnovic, MD; and Phyllis Zee, MD, PhD
Faculty: Sonia Ancoli-Israel, PhD; and Eus Van Someren, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Describe the anatomy and physiology of circadian rhythms in humans;
2. Discuss approaches to evaluation of the circadian system in neurodegenerative disorders;
3. Discuss the role of circadian rhythms in Alzheimer’s and Parkinson’s disease;
4. Identify circadian rhythm disturbances in Alzheimer’s and Parkinson’s disease; and
5. Discuss how to apply circadian-based strategies to improve sleep and circadian rhythmicity in Alzheimer’s and Parkinson’s disease.

S09: Answering the Call for Dissemination of CBT for Insomnia: A VHA Nationwide Roll-Out

Co-Chairs: Bradley Karlin, PhD; and Rachel Manber, PhD
Faculty: Colleen Carney, PhD; Jack Edinger, PhD; and Allison Siebern, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Assess methods for disseminating cognitive behavioral therapy for insomnia;
2. Explain how to adapt cognitive behavioral therapy for insomnia for diverse populations with multiple mental and health comorbidities and within different settings; and
3. Describe the challenge of competency rating to determine success of training.

S10: Advances in the Basic Science and Clinical Understanding of Sleep Related Breathing Disorders

Co-Chairs: Atul Malhotra, MD; and John Peever, PhD
Faculty: Jason Mateika, PhD; and Gordon Mitchell

Psychologist Level of Content: Intermediate

Objectives:
1. Summarize new data concerning the latest basic and clinical research related to understanding respiratory motor plasticity and how it can be used to treat sleep related breathing disorders;
2. Integrate and discuss the neurochemical, genetic and molecular factors that underlie respiratory motor plasticity in animals models of sleep related breathing disorders; and
3. Present and discuss clinical data on newly identified mechanisms by which respiratory motor plasticity is triggered during sleep in humans.
SCIENTIFIC PROGRAM
TUESDAY, JUNE 14, 2011

Poster Set-Up
7:00am – 8:00am
Posters should be set up for display during this time and should not be removed until 4:45pm.

Invited Lecturer
8:00am – 9:00am

04: Activation of Cortical Interneurons During Slow Wave Sleep: An Anatomical Link to Sleep Homeostasis?
Thomas Kilduff, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Review the principles and models underlying homeostatic sleep regulation;
2. Describe the concept of sleep-active neurons and the evidence for their existence in the cerebral cortex; and
3. Explain the various classifications of GABAergic interneurons in the cerebral cortex and their relationship to the sleep-active population.

Oral Presentations
8:00am – 9:00am
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

08: Sleep, Learning and Memory - Part 1
Psychologist Level of Content: Intermediate

Objective: Identify relationships between sleep, learning and memory.

09: Non-PAP Therapy of OSA
Psychologist Level of Content: Intermediate

Objective: Contrast surgical, oral appliance and novel therapies of obstructive sleep apnea.

10: Circadian Rhythms and Circadian Misalignment
Psychologist Level of Content: Intermediate

Objective: Examine methods for modifying circadian rhythms and the relationship between eating and sleep.

011: Restless Legs Syndrome and Cardiovascular Disease: Current Controversies

Psychologist Level of Content: Intermediate

Objective: Analyze the emerging relationship between cardiovascular disease and restless legs syndrome.

012: Pediatrics: Neurodevelopmental and Systemic Disorders

Psychologist Level of Content: Intermediate

Objective: Summarize sleep changes in patients with neurodevelopmental disorders.

Invited Lecturer
9:00am – 10:00am

05: Sleep Apnea, Arrhythmias and Sudden Death
Virend Somers, MD, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Review the mechanisms linking sleep apnea to cardiac electrical instability;
2. Describe the role of OSA in bradyarrhythmias, atrial fibrillation and ventricular arrhythmias; and
3. Assess the potential contribution of sleep apnea to nocturnal sudden cardiac death.
Oral Presentations
9:00am – 10:00am
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

013: Sleep, Learning and Memory – Part 2
Psychologist Level of Content: Intermediate
Objective: Analyze the relationships between sleep, learning and memory.

014: Pharmacology of Sleep: Sodium Oxybate and Drugs Affecting Hypocretin/Orexin Receptors
Psychologist Level of Content: Intermediate
Objective: Describe effects of sodium oxybate on sleep and characteristics of hypocretin receptors.

015: Interactions between Circadian and Homeostatic Regulation
Psychologist Level of Content: Intermediate
Objective: Explain how to integrate aspects of the two process model of sleep.

016: Psychiatric Illness and Development of Sleep
Psychologist Level of Content: Intermediate
Objective: Identify interactions between psychiatric illness and sleep.

017: Gender and Sleep Related Breathing Disorders
Psychologist Level of Content: Intermediate
Objective: Cite gender differences in sleep related breathing disorders.

Exhibit Hall Open
10:00am – 4:00pm

Refreshment Break in the Exhibit Hall
10:00am – 10:15am

Clinical Workshops
10:15am – 12:15pm

W03: Oral Appliance Therapy: Problems and Possibilities
Chair: Peter Cistulli, MD, PhD
Faculty: Alan Lowe, DMD, PhD; Todd Morgan, DMD; and John Remmers, MD
Psychologist Level of Content: Advanced
Objectives:
1. Assess the pros and cons of oral appliance therapy in obstructive sleep apnea;
2. Describe clinical features and test that may be useful in selecting patients for oral appliance therapy; and
3. Review new approaches and trends in the field particularly as it relates to assessment and selection.

W04: Challenging Cases and Beyond: Abnormal Nocturnal Behaviors
Co-Chairs: Milena Pavlova, MD; and Rosalia Silvestri, MD
Faculty: Michel Cramer Bornemann, MD; Sanjeev Kothare, MD; and Beth Malow, MD
Psychologist Level of Content: Intermediate
Objectives:
1. Assess the major clinical distinctions between parasomnia and seizures;
2. Describe what additional testing can help in the evaluation and when it is needed, including use of extended EEG and standardized instruments; and
3. Describe implications for treatment and counseling.
Discussion Groups
10:15am – 12:15pm

D04: Dysregulated Sleep/Circadian Systems in Children and Adolescents with Affective Disorders: The Chicken or the Egg?

Co-Chairs: Ronald Dahl, MD; Marjorie Garvey, MBBCh; and Monique LeBourgeois, PhD
Faculty: Roseanne Armitage, PhD; Mary Carskadon, PhD; Reto Huber, PhD; Katherine Sharkey, MD, PhD; and Matthew Walker, PhD

Psychologist Level of Content: Advanced

Objectives:
1. Review recent data that provide insights into the neurobiological link between sleep/circadian biology and mental health;
2. Discuss emerging data on the developmental neural mechanisms underlying the interface between early regulation/dysregulation of sleep and circadian systems and the healthy (and unhealthy) regulation of affect and behavior in children and adolescents; and
3. Identify promising directions for future research to advance our understanding of the relationships between sleep/circadian regulation and affect regulation.

D05: Sleep Science and the Law: The Legal State of Mind of Drowsy and Sleeping Parties in Legal Proceedings

Co-Chairs: Clark Lee, JD; and Shantha Rajaratnam, PhD
Faculty: Christopher Landrigan, MD; and Pierre Philip, MD, PhD

Psychologist Level of Content: Introductory

Objectives:
1. Review the legal process and of principles of criminal and civil liability;
2. Explain how sleep complicates the issue of “state of mind” in legal proceedings, and how courts and legislatures have attempted to address this issue; and
3. Describe how sleep science can inform and contribute to the development of this area of law and public policy.

Symposia
10:15am – 12:15pm

S11: In Search of a Data-based Insomnia Nosology: Where Have We Been and Where Should We Go from Here?

Chair: Jack Edinger, PhD
Faculty: Daniel Buysse, MD; Charles Morin, PhD; and Thomas Roth, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Describe the evolution and limitations of current insomnia nosologies;
2. Discuss the DSM-V approach to insomnia classification; and
3. Review empirical approaches for improving our diagnostic classification systems.

S12: Dreaming and Offline Memory Processing

Co-Chairs: Robert Stickgold, PhD; and Erin Wamsley, PhD
Faculty: Joseph De Koninck, PhD; Tore Nielsen, PhD; and Philippe Stenstrom, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Review emerging evidence linking dream experience to memory processes in the sleeping brain;
2. Place this data in the context of current theories of sleep-dependent memory consolidation; and
3. Illustrate the potential of subjective reports for elucidating the mechanisms of memory consolidation.

Poster Viewing
10:15am – 12:15pm
Lunch and Learn: A Pro/Con Debate
12:30pm – 1:30pm
Pre-registration is required. See page 44 for complete details.
Member Fee: $40  Nonmember Fee: $50

CE credits for psychologists are not provided for these sessions.

L02: Should Mild Sleep Apnea Be Treated?
Faculty: Michael Littner, MD; and Terri Weaver, PhD

Objectives:
1. Discuss the evidence to support that mild sleep apnea should be treated;
2. Identify gaps in the literature to support treatment of mild sleep apnea and opportunities for future;
3. Review the effect of mild obstructive sleep apnea on mortality and other outcomes;
4. Review data that supports conservative management of mild obstructive sleep apnea; and
5. Analyze data that CPAP, surgery and oral appliance therapy of obstructive sleep apnea is not effective in improving mortality and other outcomes.

Meet the Professors
12:30pm – 1:30pm
Pre-registration is required. See page 44 for complete details.
Member Fee: $45  Nonmember Fee: $55

CE credits for psychologists are not provided for these sessions.

M09: Basics of Portable Monitoring
Max Hirshkowitz, PhD

M10: Cytokines and the Local Use-dependent Sleep Regulation Hypothesis
James Krueger, PhD

M11: Infant and Toddler Sleep Disturbances
Jodi Mindell, PhD

M12: Oral Appliances in Sleep Medicine
Dennis Bailey, DDS

M13: Primary vs. Secondary Insomnia Mechanisms
Kenneth Lichstein, PhD, CBSM

M14: Sleep and Pain: A Two-way Street
Michael Vitiello, PhD

M15: Sleep Disorders in Psychiatric Patients
Ruth Benca, MD, PhD

M16: Treatment of Narcolepsy - Cataplexy across the Lifespan
Emmanuel Mignot, MD, PhD
Invited Lecturers
1:30pm – 2:30pm

I06: Unraveling the Mechanics of Attention Failure and Altered Decision-making in Sleep Deprived Persons Using fMRI
Michael Chee, MBBS

Psychologist Level of Content: Intermediate

Objectives:
1. Review the different ways in which fMRI can be used to characterize altered brain function in sleep deprived persons;
2. Review the contributions fMRI has made to understanding the mechanisms underlying cognitive performance deterioration in sleep deprived persons;
3. Describe how fMRI can be used to assess inter-individual differences in cognitive decline following sleep deprivation; and
4. Explain the neural correlates of altered risky decision-making and reward valuation in sleep deprived persons.

I07: Relevance of the Endogenous Circadian System to Disease Mechanisms and Management
Steven Shea, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Describe how the endogenous circadian system optimally regulates human physiology and behaviors;
2. Assess the clear patterns of severity across the day and night for several diseases, including the timing of adverse cardiovascular events, asthma exacerbations and epileptic seizures;
3. Describe the role of the endogenous circadian system in these day/night patterns of disease severity; and
4. Analyze the therapeutic implications of alterations in disease severity across the day and night (medical chronobiology).

Oral Presentations
1:30pm – 2:30pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

018: Pharmacologic Treatment Concerns in Patients with Hypersomnia

Psychologist Level of Content: Intermediate

Objective: Identify treatment concerns in hypersomnia patients.

019: Advancing the Measurement of Sleep, Sleeping Conditions and Performance

Psychologist Level of Content: Intermediate

Objective: Analyze novel measurement methods in sleep research.

020: Age-Related Differences in Sleep Quality and Quantity

Psychologist Level of Content: Intermediate

Objective: Assess sleep in development, aging and after neonatal intermittent hypoxia.

021: Biological Dimensions of Insomnia

Psychologist Level of Content: Intermediate

Objective: Validate biological dimensions of insomnia.

Refreshment Break in the Exhibit Hall
2:30pm – 2:45pm
Discussion Group
2:45pm – 4:45pm

DO6: Navigating Successfully Through the Grant Review Process

CE credits for psychologists are not provided for this session.

Co-Chairs: Janet Mullington, PhD; and Phyllis Zee, MD, PhD
Faculty: Donald Bliwise, PhD; Keary Cope, PhD, MPH; Leszek Kubin, PhD; and Michael Twery, PhD

Objectives:
1. Explain the process of grant assignment to study section and discuss ways in which applicants can influence likelihood that a particular proposal is reviewed by the most appropriate study section;
2. Discuss the rationale around the “dos and don’ts” concerning communication including contacting the SRO, program officer and review committee;
3. Review the key points reviewers are looking for and why;
4. Assess the key things that new reviewers should bear in mind and tips for producing a fair and balanced review that is helpful for the applicant; and
5. Discuss what happens after review and approaches to re-submission.

Oral Presentations
2:45pm – 4:45pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

022: Sleep in Psychiatric Illness
Psychologist Level of Content: Intermediate
Objective: Formulate relationships between sleep and mood disorders, substance abuse and suicidal ideation.

023: Adherence to PAP Therapy
Psychologist Level of Content: Intermediate
Objective: Distinguish factors contributing to PAP compliance.
Symposia
2:45pm – 4:45pm

S13: Neurochemical Changes in Sleep Disorders: Results from 31P and 1H Magnetic Resonance Spectroscopy

Chair: David Harper, PhD
Faculty: Richard Allen, PhD; Delwyn Bartlett, PhD; David Plante, MD; and John Winkelman, MD, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Compare the similarities and differences between proton (1H) and phosphorous (31P) spectroscopy, including the different metabolites identified by the two methods;
2. Explain how information about the relative levels of these metabolites inform our understanding of sleep disturbances and sleep deprivation; and
3. Describe the implications of these differences with respect to treatment options for individuals with sleep disturbances.

S14: Fatigue Risk Management: Translation from the Laboratory to the Operational Environment

Chair: Melissa Mallis, PhD
Faculty: Pia Forsman, PhD; Steven Hursh, PhD; Daniel Mollicone, PhD; and Hans Van Dongen, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Summarize recent studies of recuperation following shift work that are informing new federal regulations in transportation in the U.S.;
2. Describe how fatigue translates to accident risk and how this can be quantified in operational settings;
3. Discuss new techniques for drowsy driver detection; and
4. Evaluate new tools for optimized shift work scheduling in which fatigue risk is minimized without jeopardizing operational integrity.

S15: Pediatric Narcolepsy: From Clinical Features to Therapeutic Outcomes

Co-Chairs: Michel Lecendreux, MD; and Giuseppe Plazzi, MD
Faculty: Suresh Kotagal, MBBS; Francesca Poli, MD; and Emmanuel Mignot, MD, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Explain how to diagnose excessive daytime sleepiness (EDS) and cataplexy in children;
2. Identify the role of clinical investigation in the management of narcoleptic children;
3. Describe the therapeutic challenges and outcome in pediatric narcolepsy;
4. Discuss the role of emergent therapies in narcoleptic children; and
5. Describe new and current treatment in narcoleptic children and adolescents.

S16: New Views on Insomnia: Phenotypes, Brain Imaging and Treatment

Co-Chairs: Colin Espie, PhD; and Eus van Someren, PhD
Faculty: Daniel Buysse, MD; and Dieter Riemann, MD, PhD

Psychologist Level of Content: Advanced

Objectives:
1. Explain how the mechanisms underlying insomnia may be pursued using techniques that have proven useful in cognitive neuroscience and psychiatry to define phenotypes and ultimately underlying genotypes and polymorphisms that determine one’s risk; and
2. Describe how the internet may be used for both phenotype assessment and treatment support.
SCIENTIFIC PROGRAM
WEDNESDAY, JUNE 15, 2011

POSTER SET-UP
7:00am – 8:00am
Posters should be set up for display during this time and should not be removed until 4:45pm.

Invited Lecturer
8:00am – 9:00am

I08: Psychological Treatment of Refractory Insomnia
Kenneth Lichstein, PhD, CBSM

Psychologist Level of Content: Intermediate

Objectives:
1. Describe the progress in psychological treatment of late-life insomnia;
2. Describe current trends in the psychological treatment of hypnotic-dependent insomnia; and
3. Explain the advances in psychological treatment of comorbid insomnia.

Oral Presentations
8:00am – 9:00am

Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

O24: Neurocognition in OSA

Psychologist Level of Content: Intermediate

Objective: Appraise relationships between OSA and neurocognition.

O25: Sleep Reduction and Disruption: Causes and Consequences

Psychologist Level of Content: Intermediate

Objective: Describe prevalence and correlations between sleep time and sleepiness, insulin resistance and habits as well as a syndrome of asymptomatic short sleepers.

O26: Associations between Sleep, Aging, Morbidity and Mortality

Psychologist Level of Content: Intermediate

Objective: Assess age related changes in sleep.

O27: Cellular and Whole Body Stress Responses to Sleep Deprivation

Psychologist Level of Content: Intermediate

Objective: Cite responses to sleep deprivation.

O28: Physiological Consequences of Sleep Restriction

Psychologist Level of Content: Intermediate

Objective: Review consequences of sleep restriction and sleep patterns in a model of sleep fragmentation.

Invited Lecturer
9:00am – 10:00am

I09: Sleep, Arousal and Emotion Regulation in Adolescence: Integrating Developmental Neuroscience, Clinical Relevance and Policy Implications
Ronald Dahl, MD

Psychologist Level of Content: Intermediate

Objectives:
1. Summarize current research regarding interactions between sleep/arousal regulation and affect regulation in adolescence;
2. Describe the clinical relevance of understanding the interrelationships between sleep and affect regulation in youth; and
3. Describe the policy implications (and need for additional research) in these areas.
Oral Presentations
9:00am – 10:00am
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

029: Sleep, Learning and Memory across the Lifespan
Psychologist Level of Content: Intermediate
Objective: Critique age-related changes in the relationship between sleep, learning and memory.

030: Disturbed Sleep in Patients and Providers
Psychologist Level of Content: Intermediate

031: Genetic and Individual Differences during Sleep Deprivation
Psychologist Level of Content: Intermediate
Objective: Judge phenotypes of resilience following sleep deprivation or restriction.

032: Circadian Rhythm Sleep Disorders
Psychologist Level of Content: Intermediate
Objective: Assess methods for assessing circadian phase and consequences of circadian rhythm disorders.

033: Characteristics and Consequences of Insomnia
Psychologist Level of Content: Intermediate
Objective: Distinguish characteristics and consequences of insomnia.

Exhibit Hall Open
10:00am – 2:00pm

Refreshment Break in the Exhibit Hall
10:00am – 10:15am

Clinical Workshops
10:15am – 12:15pm

W05: Upper Airway Surgery for Obstructive Sleep Apnea
Chair: Ofer Jacobowitz, MD, PhD
Faculty: Sean Caples, DO; Eric Kezirian, MD; and Edward Weaver, MD
Psychologist Level of Content: Intermediate
Objectives:
1. Describe the indications and goals of surgery for treatment of obstructive sleep apnea;
2. Discuss the anatomical basis of surgery and review the menu of site-directed surgical approaches; and
3. Discuss the evidence for surgical treatment of OSA, based on recent reviews and beyond.

W06: Pharmacologic and Non-pharmacologic Interventions for Sleep Disturbances in Post-traumatic Stress Disorder
Chair: Christine Won, MD
Faculty: Murray Raskind, MD; Dolores Vojvoda, MD; and Henry Yaggi, MD
Psychologist Level of Content: Intermediate
Objectives:
1. Describe common sleep disturbances and their pathogenesis in post-traumatic stress disorder (PTSD);
2. Discuss a pharmacologic approach to treating sleep disorders in patients with PTSD; and
3. Discuss non-pharmacologic approaches to treating sleep disorders in patient with PTSD.
Discussion Groups
10:15am – 12:15pm

D07: The Future of Sleep Medicine
Chair: Patrick Strollo Jr., MD
Faculty: M. Safwan Badr, MD; Sam Fleishman, MD; and Clete Kushida, MD, PhD, RPSGT

Psychologist Level of Content: Advanced

Objectives:
1. Assess the current status of sleep medicine;
2. Appraise tools available for sleep medicine diagnosis;
3. Critique the patient centered medical home model and its relevance to sleep medicine;
4. Contrast outcome measures and review the role of patient registries in sleep medicine; and
5. Evaluate the future of sleep medicine.

D08: Actigraphy as a Tool for Measuring Sleep: Pros, Cons and Secrets of the Trade
Co-Chairs: Orfeu Buxton, PhD; and Kristen Knutson, PhD
Faculty: Martica Hall, PhD; Monique LeBourgeois, PhD; Christina McCrae, PhD; and M. Montserrat Sanchez-Ortuno, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Explain the assumptions, stated or unstated, in publications describing actigraphy collection analysis and interpretation;
2. Identify the strengths and limitations in the use of actigraphy to assess sleep; and
3. Describe the key research questions surrounding the longitudinal validity of actigraphic assessments of sleep.

D09: The National Institutes of Health Sleep Research Plan (2011)
Chair: Charles Czeisler, MD, PhD
Faculty: Rosalind King, PhD; Leszek Kubin, PhD; Aaron Laposky, PhD; Miroslaw Mackiewicz, PhD; Aleksandra Vicentic, PhD; Michael Vitiello, PhD; and James Walsh, PhD

Psychologist Level of Content: Introductory

Objectives:
1. Review sleep research opportunities that are identified in the Sleep Research Plan;
2. Identify the purpose of the Sleep Research Plan, and how it may be used by stakeholders including individual NIH Institutes and Centers;
3. Discuss opportunities to advance sleep research as a field, and what sleep research offers to the NIH mission; and
4. Explain how the Sleep Research Plan was developed.

Symposium
10:15am – 12:15pm

S17: Circadian Rhythms: Emerging Biomarkers for the Diagnosis and Treatment of Mood Disorders
Co-Chairs: John Herman, PhD; and Alfred Lewy, MD, PhD
Faculty: Theresa Buckley, MD; Jonathan Emens, MD; Brant Hasler, PhD; and Colin Shapiro, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Explain why proper modification of circadian rhythms is equally efficacious to antidepressants in treating mood disorders;
2. Explain the significance of the timing of melatonin secretion;
3. Describe techniques for monitoring circadian rhythms in patients;
4. Review how the timing of body temperature minimum with respect to the timing of sleep determines when bright light and/or melatonin should be administered; and
5. Discuss the evidence relating to the amount of bright light or melatonin necessary for efficacious treatment.

Poster Viewing
10:15am – 12:15pm

Late Breaking Abstracts
12:15pm – 1:30pm

L03: nonREM Slow Wave Activity: Is It an Epiphenomenon without Function?
Faculty: Marcos Frank, PhD; and Reto Huber, PhD

Objectives:
1. Review concept of the cellular mechanisms governing neocortical slow-wave activity during sleep;
2. Analyze evidence for and against the proposition that slow-wave activity serves important functions in the neocortex;
3. Discuss findings that support a cognitive role for sleep;
4. Describe slow wave activity during nonREM sleep and its importance in the recuperative function of sleep;
5. Analyze the dependence of slow wave generation on the level of neuronal synchrony and the strength of synaptic connections; and
6. Describe how selective slow wave deprivation increases daytime sleep propensity and results in a reduction of sleep dependent performance improvements.
Meet the Professors
12:30pm – 1:30pm
Pre-registration is required. See page 44 for complete details.
Member Fee: $45  Nonmember Fee: $55

CE credits for psychologists are not provided for these sessions.

M17: Beyond Dopamine Therapy: Causes and Management of Refractory RLS
Michael Silber, MBChB

M18: Current Hot Topics among the Parasomnias
Carlos Schenck, MD

M19: Designing a PAP Compliance Program
Lawrence Epstein, MD

M20: Mixing Cognitive Behavioral Insomnia Therapy and Hypnotics: Happy “Bedfellows”
Jack Edinger, PhD

M21: Neurobiology of Sleep Onset
Ronald Szymusiak, PhD

M22: Portable Monitor Testing: Ready or Not Here It Comes
Samuel Kuna, MD

M23: Research Findings on the Physiological Effects of Inadequate Sleep
Carol Everson, PhD

M24: Sleep and Pain: A Bi-directional Relation
Timothy Roehrs, PhD

Invited Lecturer
1:30pm – 2:30pm

I10: Rapid Evolution of Our Understanding of Circadian Rhythms/Clocks and Their Role in Multiple Physical and Mental Disorders
Fred W. Turek, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Review the basic properties and underlying neural, cellular, molecular and genetic mechanisms for the entrainment, generation and expression of physiological and behavioral circadian rhythms;
2. Discuss how the circadian clock system regulates timing in multiple organ systems and integrates these processes to organize the temporal and behavioral program of the organism;
3. Explain the current understanding of the importance of internal circadian organization for health and disease and how this may lead to novel treatment strategies for pathologies underlying multiple disease states, such as obesity.

Oral Presentations
1:30pm – 2:30pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

O34: Longitudinal Studies of Chronic Insomnia
Psychologist Level of Content: Intermediate

Objective: Interpret longitudinal studies of chronic insomnia.

O35: Sleep and Emotionality
Psychologist Level of Content: Intermediate

Objective: Analyze interrelationships between sleep and emotionality.

O36: Neural Mechanisms of Sleep Homeostasis
Psychologist Level of Content: Intermediate

Objective: Assess neural regulation of sleep.

O37: Imaging the Brain during Sleep Loss
Psychologist Level of Content: Intermediate

Objective: Discuss fMRI studies of the effects of sleep deprivation.

O38: Sleepiness Across the Spectrum of Medical Problems
Psychologist Level of Content: Intermediate

Objective: Appraise relationships between sleep and medical disorders.
Refreshment Break
2:30pm – 2:45pm

Oral Presentations
2:45pm – 4:45pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

039: Current Approaches to the Management of Insomnia
Psychologist Level of Content: Intermediate
Objective: Critique current approaches to the management of insomnia.

040: Pediatric Sleep: Disorders and Their Assessment
Psychologist Level of Content: Intermediate
Objective: Document issues in the sleep of children and adolescents.

041: Photoentrainment
Psychologist Level of Content: Intermediate
Objective: Appraise the effects of light on the circadian system.

Symposia
2:45pm – 4:45pm

S18: Imaging the Relevance of Sleep for Cognitive Functions
Co-Chairs: Julie Carrier, PhD; and Eus Van Someren, PhD
Faculty: Michael Chee, MBBS; Julien Doyon, PhD; and Gilles Vandewalle, PhD
Psychologist Level of Content: Intermediate
Objectives:
1. Describe how neural correlates of cognition during wakefulness are modulated by specific sleep states, acute sleep loss and insomnia; and
2. Demonstrate how brain imaging methodologies are powerful tools to study the impact of genotype or intervention on cognitive functions modulated by sleep.

S19: Sleep and Cellular Energetics
Chair: Jonathan Wisor, PhD
Faculty: Sachiko Chikahisa, PhD; Markus Dworak, PhD; Michael Halassa; and James Krueger, PhD
Psychologist Level of Content: Intermediate
Objectives:
1. Evaluate the relationship between sleep and the cellular fuel adenosine triphosphate (ATP);
2. Describe how brain ATP use varies in accordance with sleep state;
3. Discuss how sleep regulatory circuits detect and react to changes in ATP; and
4. Review the effects of changes in ATP levels on sleep circuits by astrocytes and G protein-coupled purinergic receptors.

S20: The Evolving World of Sleep In the Information Age: Tools and Approaches for Improving Sleep Data Management, Clinical Care and Research
Co-Chairs: Susan Redline, MD and Patrick Strollo Jr., MD
Faculty: Ronald Chervin, MD; Clete Kushida, MD, PhD, RPSGT; Remo Mueller, PhD; and GuoQuiang Zhang, PhD
Psychologist Level of Content: Intermediate
Objectives:
1. Identify opportunities to improve and standardize sleep clinical data management within and across sleep laboratories and sleep cohorts;
2. Identify how informatics tools can promote clinical and comparative effectiveness and genetic research;
3. Identify the opportunities to distinguish between different data sharing models and identify models most appropriate for sleep researchers; and
4. Identify the role of a sleep domain ontology in facilitating sleep analyses for clinical and research purposes.
On November 10, 2011, the American Board of Medical Specialties (ABMS) will administer the final subspecialty certification examination in sleep medicine for applicants to apply under the Practice Pathway. The AASM encourages all eligible individuals to sit for this exam in 2011, after which first-time applicants will no longer be allowed to sit for the exam without completion of an Accreditation Council for Graduate Medical Education (ACGME) sleep medicine fellowship.

AASM Resources for Board Exam Preparation

The AASM has produced several programs and products to assist you during your exam preparation. As the medical society for sleep medicine, the AASM is able to develop comprehensive and quality programs, working with leading faculty in the field. Whether you require a full review of the topics to be included on the exam, or you simply need to touch up on select subjects, AASM board review resources are available to meet your needs.

- Sleep Education Series Courses
- Board Review for the Sleep Specialist Course Archive CD-ROM
- Reference Texts
- Online Exams
- Online Learning Modules
- Webinar Archive CD-ROMs

Only 75% of the candidates from the previous two exams passed; don’t fall short with your preparation!
JOIN THE SLEEP RESEARCH SOCIETY IN 2011

The Sleep Research Society (SRS) is a member-based organization of more than 1,200 scientists from a variety of disciplines committed to fostering scientific investigation on all aspects of sleep and its disorders, promoting training and education in sleep research, and providing forums for the exchange of knowledge pertaining to sleep. For 50 years the SRS has been the premier organization dedicated to sleep research.

The SRS is organized exclusively for scientific, educational, and charitable purposes. We invite you to join the distinguished scientists that make up the SRS and the sleep research field. Join the SRS today and become a member of one of the most prestigious organizations in the field of sleep research.

MEMBERSHIP BENEFITS INCLUDE:

- Significant Discounts on SLEEP 2011 Registration and other Educational Opportunities
- Subscription to the journal SLEEP and the SRS Bulletin
- Volunteer and Networking Opportunities
- Government Advocacy
- Special Training Program for Student Members
- Members-Only Grant Opportunities

Sleep Research Society®

The SRS welcomes clinical and basic researchers.

Join online at www.sleepresearchsociety.org

For information or questions regarding membership, please contact the SRS membership department at (630) 737-9702 or SRSmembership@srsnet.org
REGISTRATION INSTRUCTIONS

HOW TO REGISTER
There are 3 easy ways to register for SLEEP 2011:
1. Online: www.sleepmeeting.org (credit card only)
2. Fax: (630) 737-9789 (credit card only)
3. Mail: Associated Professional Sleep Societies, LLC
   Attention: Meeting Department
   2510 North Frontage Road
   Darien, IL 60561 (credit card or check)

REASONS TO PRE-REGISTER
✓ Get into the ticketed sessions you want
✓ Save money by paying the advanced preregistration rate
✓ Use ExpressPass® to save valuable time at the registration

MEMBERS SAVE!
Not an AASM or SRS member? Join today to receive the discounted members-only registration fees. Visit the AASM or SRS websites for more information and to join: www.aasmnet.org or www.sleepresearchsociety.org.

SECTION I - REGISTRATION INFORMATION
Type or print your information clearly. A registration form must be completed for each person attending the meeting. The form is on pages 45 and 46.

Membership Disclaimer
To register as a member, the registrant must currently be an individual member of the American Academy of Sleep Medicine (AASM), Sleep Research Society (SRS) or the American Association of Sleep Technologists (AAST). If the Associated Professional Sleep Societies, LLC (APSS) is unable to confirm that the individual is a member of any of the societies listed above, the APSS will register the individual as a nonmember for all sessions at the prevailing fees. To become a member and take advantage of the membership benefits, you must submit your membership application at the time of submission of your SLEEP 2011 registration form. The AASM and SRS membership application forms are available on pages 45 and 46.

Cancellation
Notification of cancellation must be submitted in writing to the APSS national office. A $50 administrative fee will be withheld on cancellations postmarked on or before May 25, 2011. No refunds are possible after this date. If you are registered for the meeting and do not attend, you will not be provided a refund for not attending.

Participation Disclaimer
The APSS, its contractors and attending news media may be photographing or videotaping, scientific sessions and events at the Annual Meeting. By attending SLEEP 2011 25th Anniversary Meeting of the APSS, attendees acknowledge these activities and agree to allow their image to be used by the APSS in association publications, on the SLEEP meeting website and in marketing and promotional materials. Attendees at SLEEP 2011 waive all claims against the APSS for any liability resulting from these uses.

Ticketed Sessions
Postgraduate courses, meet the professor sessions and lunch and learn sessions require tickets for admission and have limited seating. It is highly recommended that you view the list of SOLD OUT sessions available on the SLEEP 2011 website at www.sleepmeeting.org. The APSS does not offer a waiting list for those sessions that are SOLD OUT.

Terms and Conditions
By submitting your registration form, you agree to the membership disclaimer, cancellation policy, participation disclaimer and ticketed sessions terms and conditions stated above.

SECTION II - GENERAL SESSION REGISTRATION
The registration fees listed on the registration form are for pre-registration. After June 1, 2011, the national office will no longer accept registration for SLEEP 2011. Individuals wanting to register after this date must register on site, may experience long lines and will pay a registration fee that is $25 more than the pre-registration rate. All individuals are encouraged to pre-register.

General registration includes admission to the general sessions from 1:00pm on Sunday, June 12 – Wednesday, June 15, 2011, industry supported events and the exhibit hall. The required fees for attending ticketed events - postgraduate courses (June 11-12), meet the professor sessions (June 13-15) and lunch and learn sessions (June 13-15) - are listed on the registration form. You must register for the SLEEP 2011 general session to register for any ticketed events. Registrations will not be processed unless accompanied by payment in full.

Membership types are as follows:
Member: Individual member of the American Academy of Sleep Medicine (AASM) or Sleep Research Society (SRS) or dual member of both the AASM and the SRS.
Nonmember: A physician, psychologist or health care professional who is not a member of the AASM or SRS.
Resident/Postdoctoral Member: Individual member of the AASM or SRS who has received his/her terminal degree and is in a residency or fellowship program.
Student/Predoctoral Member: Individual member of the AASM or SRS who is pursuing an undergraduate, masters or doctoral degree. Students in the field of sleep technology are not eligible for this registration category and must register as an AAST member.
Resident/Postdoctoral Nonmember: Individual who has received his/her terminal degree and is in a residency or fellowship program. In order to be eligible for this registration category, individuals must complete Section II.b. on the registration form. If Section II.b. is not completed, the APSS will register the individual as a nonmember at the prevailing fees.

QUESTIONS? CALL THE MEETING DEPARTMENT AT 630-737-9700
**Student/Predoctoral Nonmember:** Individual who is pursuing an undergraduate, masters or doctoral degree. In order to be eligible for this registration category, individuals must complete Section II.b. on the registration form. If Section II.b. is not completed, the APSS will register the individual as a nonmember at the prevailing fees.

**AAST Member:** Individual member of the American Association of Sleep Technologists (AAST).

**Technologist:** A sleep technician or sleep technologist who is not a member of the AAST.

**Guest Passes:** A registered attendee may elect to buy a guest pass. Guest passes are for family members only and allow entrance to the exhibit hall and industry sponsored events only. Guests must be 16 years of age in order to enter the exhibit hall. List the first and last name of each registered guest on the registration form.

**SECTION III – POSTGRADUATE COURSE REGISTRATION**

In order to register for postgraduate courses, you must be registered for the SLEEP 2011 general session (Section II). The APSS does not offer registration to only attend postgraduate courses. Space is limited, and postgraduate courses sell out quickly. If a postgraduate course you select is full when your registration is received, you will not be charged or you will receive a refund. Attendees registered for SLEEP 2011 at the reduced training rate (i.e. Resident/Postdoctoral or Student/Predoctoral), may register for the postgraduate courses at the member rate regardless of membership status.

AAST course descriptions can be found in the AAST Preliminary Program.

**SECTION IV – MEET THE PROFESSOR SESSIONS**

In order to attend meet the professor sessions, you must be registered for the SLEEP 2011 general session (Section II). The APSS does not offer registration to attend only meet the professor sessions. These sessions have limited seating and are sold on a first-come, first-served basis. Advanced purchase of tickets is strongly encouraged. Please indicate your 1st – 3rd choices. If your 1st choice is full, we will register you for your 2nd or 3rd choices, if available. If none of your preferred meet the professor sessions are available, you will not be charged or you will receive a refund. Those attendees registered for SLEEP 2011 at the reduced training rate (i.e. Resident/Postdoctoral or Student/Predoctoral), may register for the meet the professor sessions at the member rate regardless of membership status.

**SECTION V – LUNCH AND LEARN SESSIONS**

In order to attend lunch and learn sessions, you must be registered for the SLEEP 2011 general session (Section II). The APSS does not offer registration to only attend lunch and learn sessions. These sessions have limited seating and are sold on a first-come, first-served basis. Advanced purchase of tickets is strongly encouraged. If a lunch and learn session is sold out, you will not be charged or you will receive a refund. Those attendees registered for SLEEP 2011 at the reduced training rate (i.e. Resident/Fellow or Student/Predoctoral), may register for the lunch and learn at the member rate regardless of membership status.

**SECTION VI – CREDITS**

Detailed information about CME credits for physicians, CE credits for psychologists, CE contact hours for nurse practitioners and letters of attendance for all other attendees is available on pages 6 – 7. CME credit, CE credit and letters of attendance are not included in the general registration fee. To apply for CME credit, CE credit for psychologists, CE contact hours for nurse practitioners or a letter of attendance, you must register and pay the appropriate fee. CME, CE credit for psychologists, Letters of Attendance and CE contact hours for nurse practitioners will not be offered for AAST postgraduate courses.

AAST CEC credit information for technologists is available by reviewing the AAST Preliminary Program or the AAST website at www.aastweb.org or contacting the AAST at (630) 737-9704. CECs are included in the AAST member general registration fee. Nonmembers interested in receiving CECs must register and pay the $20 fee. **CECs are offered for AAST 33rd Annual Meeting sessions only. CECs are not offered for SLEEP 2011 sessions.**

**SECTION VII – SILVER JUBILEE RECEPTION**

The *Silver Jubilee* Reception will be held from 6:00pm – 7:30pm on Sunday, June 12, 2011, at the Minneapolis Convention Center. This event provides you with the opportunity to socialize with other SLEEP 2011 attendees while celebrating the 25th Anniversary Meeting. The proceeds from this event will support the American Sleep Medicine Foundation (ASMF) and the Sleep Research Society Foundation (SRSF); these foundations aim to promote the advancement of knowledge in the fields of sleep medicine and sleep research. Please refer to page 20 for more details about this fundraising event.

**CONFIRMATION**

After registering for SLEEP 2011, registrants will receive confirmation from the APSS via e-mail. It is recommended that you bring your confirmation notice with you to the meeting. This will allow you to pick up your registration materials by using ExpressPass®. If there are any questions or discrepancies with your registration, the confirmation notice will provide the information necessary to quickly resolve the complication.
### Section I – Registration Information
(please type or print clearly)

| Last Name: ___________________________________________ | First Name: ______________________________________________ |
| Company:___________________________________________ | Department: ______________________________________________ |
| Address: ______________________________________________________________________________________________________ |
| City:______________________________________ | State:___________ | Zip:__________________ | Country: ______________________ |
| Phone: ___________________________________________________ | Fax:  __________________________________________________ |

E-mail Address: __________________________________________________________

Degree(s) please check:  
- MD  
- PhD  
- MD/PhD  
- CPSGT  
- RPSGT  
- DO  
- DDS  
- RN  
- Other ________________________

Primary Specialty  
- Sleep  
- Neurology  
- Pediatrics  
- Psychology  
- Internal Medicine  
- Neuroscience  

please circle:  
- Psychiatry  
- Pulmonary Medicine  
- Dentistry  
- ENT  
- Nursing  
- Other

**Special Services**  
- Please check here if you require special services to fully participate at the meeting. Attach a written description of your needs.

### Section II – General Session Registration
*Reference pages 43-44.*

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Guest Name: ____________________________________________________________________________________

**Section II Total:** $__________

**Section II.b.**  
- To register as a student nonmember, you must currently be a student enrolled in a formal training program. Students in the field of sleep technology are not eligible for this registration category.

- By checking this box, I am verifying that I am currently a student enrolled in a formal training program. I give permission to contact my program director to verify my student status. My program director’s name and e-mail are listed below.

Program Director’s Name: __________________________________ Program Director’s E-mail Address: _____________________________________________

### Section III – Postgraduate Course Registration
*Reference pages 14-19. A listing of AAST postgraduate courses can be found online at www.aastweb.org.*

**Section III Total:** $__________

### Section IV – Meet the Professor Registration - 12:30pm – 1:30pm
*Reference pages 26, 32 and 39

Fee per session: $45 Member, $55 Nonmember

| Monday, June 13 | M01 - M08, Choice 1: Course # M _ _ _, Choice 2: Course # M _ _ _, Choice 3: Course # M _ _ _ |
| Tuesday, June 14 | M09 - M16, Choice 1: Course # M _ _ _, Choice 2: Course # M _ _ _, Choice 3: Course # M _ _ _ |
| Wednesday, June 15 | M17 - M24, Choice 1: Course # M _ _ _, Choice 2: Course # M _ _ _, Choice 3: Course # M _ _ _ |

**Section IV Total:** $__________
Please total each section on both sides of this registration form.  

Section V – Lunch and Learn Registration - 12:30pm – 1:30pm

A listing of SLEEP 2011 lunch and learn sessions may be found online at www.sleepmeeting.org. Reference pages 26, 32 and 38

Fee per session: $40 Member, $50 Nonmember

☒ Monday, June 13  L01: Hypnotic Induced Sleep Is As Good As Natural Sleep  
☒ Tuesday, June 14  L02: Should Mild Sleep Apnea Be Treated?  
☒ Wednesday, June 15  L03: nonREM Slow Wave Activity: Is It an Epiphenomenon without Function?

Section V Total:  
$_________

Section VI – Credits

Reference pages 6-7.

SLEEP 2011 Credits

☒ Continuing Medical Education (CME) Credit for Physicians  $20 Member / $35 Nonmember  
☒ Continuing Education (CE) for Psychologist  $40 Member / $40 Nonmember  
☒ Continuing Education (CE) Contact Hours for Nurse Practitioner  $20 Member / $35 Nonmember  
☒ Letter of Attendance for Non-physicians and Non-psychologists  $20 Member / $35 Nonmember

AAST 33rd Annual Meeting Credits

☒ Continuing Education Credits (CEC) for Technologist attending AAST 33rd Annual Meeting*  $20 Nonmember

*CEC fee is included in the General Registration for AAST members only.

Section VI Total:  
$_________

Section VII – Silver Jubilee Reception

Reference page 20.

☒ Friends of the Foundation  10 tickets = $2,500  
☒ Friends of the Foundation  20 tickets = $5,000  
☒ Friends of the Foundation  30 tickets = $10,000  
☒ Individual Ticket  $50 x ____ = $ _______

Section VII Total:  
$_________

Section VII Total:  
$_________

Please total each section on both sides of this registration form.  

Grand Total:  
$_________

Payment in full must accompany registration in order for it to be processed. Payment may be in the form of a check drawn on a U.S. bank, international money order, or MasterCard/Visa/American Express.

Registrations will be returned unprocessed if proper payment is not provided or form is incomplete. A $50 administrative fee will be withheld on cancellations postmarked on or before Wednesday, May 25, 2011.

No refunds are possible after this date. The final date to pre-register is Wednesday, June 1, 2011. Registration forms received after this date will be processed on site at the on-site registration desk. Registration confirmations will be e-mailed approximately 2 business days after the receipt of your registration.

By submitting this registration form, the registrant/payer agrees to abide by the terms and conditions on page 43.

PAYMENT METHOD

☒ Check: Make checks payable to APSS.  
☒ Credit Card (Check One):  
☐ MasterCard  ☐ Visa  ☐ American Express

Card #: _____________________________ Exp. Date ____/____ Validation Code* __________ Cardholder Name: ____________________________

Address: __________________________________________________________________________________________________

City: ____________________________ State: ______ Zip: __________ Country: ____________________________

Signature: ____________________________ Date: ____/____/____

*For Visa or MasterCard, the validation code is the last 3 numbers in the signature box.  
*For American Express, the validation code is the 4 numbers above the credit card number.

Please choose ONE of the following methods to submit a registration form (registrations are not accepted by phone):

Online (credit card only)*:  
www.sleepmeeting.org

Fax (credit card only)*:  
(630) 737-9789

Mail (check or credit card)*:  
APSS, Attn: Meeting Department  
2710 North Frontage Road  
Darien, IL 60561

For questions, contact the APSS Meeting Department at (630) 737-9700 or visit www.sleepmeeting.org
SLEEP 2011 HOUSING FORM

RESERVATION WILL NOT BE PROCESSED IF FORM IS INCOMPLETE. Keep a copy of this form for your records. DO NOT MAIL. AFTER FAXING. Acknowledgements are generated only to the name listed in field #8. Photocopy this form if you need more than one room. Only one room may be requested under each name.

Blocks of 10 or more guest rooms will need to be approved by the APSS. Submit room block requests to Kathy Lovato at kllovato@asme.org. Once approved, please mail or fax your request to the Housing Bureau.

SELECT SIX HOTELS: Rooms are assigned first-come/first-served. If choices are not available, a room will be secured at a hotel based on your preference of rate or proximity, and availability.

<table>
<thead>
<tr>
<th>1st Choice</th>
<th>2nd Choice</th>
<th>3rd Choice</th>
<th>4th Choice</th>
<th>5th Choice</th>
<th>6th Choice</th>
</tr>
</thead>
</table>

If hotel choices are sold out, which is more important? [ ] Room Rate [ ] Location

2. Arrival DATE: TIME: am pm
3. Departure DATE: TIME: am pm

(Make air reservations before filling out arrival/departure dates on this form. An acknowledgment will advise you to call the hotel directly for additional nights (not always available at convention rates), if the housing bureau is unable to secure all nights requested.)

4. CHECK APPROPRIATE BOX: [ ] ONE BED [ ] TWO BEDS

Suites must be requested in writing to the Housing Bureau via e-mail at housing@meetminneapolis.com, or fax 612-767-8201.

5. The housing department will request the room type, the hotel will confirm if available upon check-in.

TOTAL PEOPLE IN ROOM:

6. LIST ALL OCCUPANTS first name first:

   1. ___________________________________________
   2. ___________________________________________
   3. ___________________________________________
   4. ___________________________________________

Maximum room occupancy is four (4) per city code.

7. ROOM GUARANTEE: All rooms must be guaranteed with either a credit card or check. Reservations will not be accepted without a guarantee.

Type of card (i.e. AE, MC, VS) Credit Card Number Exp. Date Name on Credit Card

8. SEND ACKNOWLEDGMENT TO:

   FIRST NAME: ____________________________________
   MI: ____________________ LAST NAME: ____________________________________

   AFFILIATION/INSTITUTION:____________________________________________________

   STREET ADDRESS OR P.O. BOX NUMBER:_____________________________________

   CITY: ____________________ STATE: ____________________ COUNTRY: __________
   ZIP CODE: __________________

   DAYTIME PHONE NUMBER: ____________________ FAX NUMBER: __________________

   E-Mail Address: ____________________

   **To ensure you receive the e-mail acknowledgment, please add acknowledgment@sgfbtrio.com to your address book**

   **To ensure you receive the e-mail acknowledgment, please add acknowledgment@sgfbtrio.com to your address book**

9. SPECIAL REQUESTS: [ ] SMOKING [ ] NON-SMOKING [ ] Check here for disability

List special or other needs:

Continue to use the Housing Bureau for changes & cancellations through June 2, 2011. After June 2, all requests for changes & cancellations must be directed to your confirmed hotel. For reservations after June 2, please contact the hotel. If dates of stay are changed at time of check-in, you may be assessed penalty fees by the hotel.

QUESTIONS? CALL THE MEETING DEPARTMENT AT 630-737-9700
NEW THIS YEAR: the 16th Annual Sleep Research Society Trainee Program will be held Saturday, June 11 – Sunday, June 12, 2011, at the Minneapolis Convention Center. The series is free to AASM and/or SRS student members. You must be registered for the SLEEP 2011 meeting to participate; you can register online at www.sleepmeeting.org. Space is limited for this event. The deadline to register for the trainee program is April 27, 2011, or until sessions are full; Registrations will not be accepted after April 27, 2011.

Name:______________________________________________Institution:  ________________________________________________
E-mail: (for registration confirmation and schedule)____________________________________________________________

I am a member of (check one):  ☐ SRS  ☐ AASM  ☐ Both SRS/AASM

WHAT TYPE OF TRAINING PROGRAM ARE YOU IN?
☐ Undergraduate  ☐ Medical Residency in________________________
☐ Master’s Program in________________________________________
☐ Ph.D. program in____________________________________________
☐ Medical School  ☐ Postdoctoral Fellowship
☐ Post Baccalaureate  ☐ Psychology Internship
☐ Doctoral Program in__________________________________________
☐ Medical Fellowship in________________________________________

VISIT WWW.SLEEPRESEARCHSOCIETY.ORG FOR A FULL DESCRIPTION OF EACH WORKSHOP.

WORKSHOP 1
Saturday, June 11, 2011  |  2:35pm – 3:55pm

Rank based on your preference; Indicate your first choice with the number “1”!

_____ Sleep and Emotional Regulation (All)
Peter Franzen, PhD

_____ Neural Mechanisms of Sleep (Beginner)
Ronald Szymusiak, PhD, FAASM

_____ The Anthropology of Sleep (Intermediate/All)
Kristen Knutson, PhD

_____ Sleep and the Growing Aging Population (All)
Donald Bliwise, PhD, FAASM

_____ The Neurobiology of Sleep and Learning: What We know from Non-human Animal Studies (Intermediate/Advanced)
TBD

_____ Overview of Sleep Promoting Agents (Beginner)
Andrew Krystal, MD

_____ Working Around the Clock and Its Contribution to Sleep/Circadian Rhythm Disorders (Advanced)
Charmane Eastman, PhD

_____ Postdocs: How to Get One and Make the Most of It (Intermediate/Advanced)
Nalaka Gooneratne, MD, FAASM

WORKSHOP 2
Saturday, June 11, 2011  |  4:00pm – 5:15pm

Rank based on your preference; Indicate your first choice with the number “1”!

_____ What’s So Important about Sleep? (Beginner)
Dale Edgar, PhD

_____ What’s So Fascinating about Sleep? (Beginner)
Susan Redline, MD

_____ Sleep and Metabolism (All)
Paul Shaw, PhD

_____ Sleep in Health Care Workers (All)
Christopher Landrigan, MD
Register by April 27! Registrations will not be accepted after this date.

---

**Sleep and Synaptic Plasticity (Advanced)**
Chiara Cirelli, MD, PhD

**Designing Sleep Deprivation Protocols (Advanced)**
TBD

**Sleep and Sex Differences: Studying Women’s Sleep (All)**
Kathryn Lee, PhD, RN

**Using Mindfulness, Meditation and Yoga Practice on Sleep and Insomnia (Intermediate/Advanced)**
Jason Ong, PhD

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Saturday, June 11, 2011

**Datablitz, Trainee Reception & Career Development Fair:**
5:15PM – 7:00PM (All Attendees)
This event will start out with a 30-minute datablitz of research presented by fellow trainees. Then, representatives from universities and research organizations will be available at the Career Development Fair to discuss their research programs and to advertise student postdoctoral and faculty positions. Afterward, an informal reception will give you the opportunity to socialize with your peers and colleagues.

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**WORKSHOP 3**
Sunday, June 12, 2011 | 8:45am – 10:00am

| Breakfast 8:15am – 8:45am |

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**Thinking Beyond the Lone Sleeper: Considering Bed Partners in Sleep Research (All)**
Wendy Troxel, PhD

**Normal Sleepers and People with Insomnia: Differences and Similarities (Beginner)**
Kenneth Lichstein, PhD

**Beyond the SCN: Circadian Regulation by Peripheral Clocks (Advanced)**
Fred Turek, PhD

**Translational Approaches to Studying Sleep and Circadian Disturbance in Psychopathology (All)**
Ruth Benca, MD, PhD

**Fragmented vs. Inadequate Sleep (Intermediate/All)**
Hawley Montgomery-Downs, PhD

**Sleep Deprivation and Performance: To What Extent Are the Effects of Sleep Deprivation on Performance Modulated by Circadian Rhythmicity? (Advanced)**
Derk-Jan Dijk, PhD

**Grant Writing (F & K Mechanisms) (All)**
Multiple faculty members

**Grant Writing Continued: K Mechanisms**
Past K awardee and NIH Program Officer(s)

**Grant Writing Continued: F Mechanisms**
Past F awardee and NIH Program Officer(s)

**Note:** The Grant Writing workshops is a two-and-a-half-hour session. You must register for the Grant Writing workshop under Workshop 3 and Workshop 4.

---

**WORKSHOP 4**
Sunday, June 12, 2011 | 10:15am – 11:35am

| Rank based on your preference; Indicate your first choice with the number “1”! |

---

**Remember Me? How Sleep Influences Memory Formation (Beginner)**
Robert Stickgold, PhD

**Introduction to Sleep EEG/Polysomnography (Beginner)**
Clete Kushida, MD, PhD, RPSGT, AAASM

**Using fMRI to Study Altered Cognition in Sleep Deprived Persons (Intermediate/All)**
Michael Chee, MBBS

**Pen and Paper Is Good, Digital Is Better and Web-based is Best (Advanced)**
Michael Perlis, PhD

**Sleep Apnea: Causes and Consequences**
Allan Pack, PhD, MBChB

**Sleep Disorders in Children and Adolescents (All)**
Rakesh Bhattacharjee, MD, RPSGT

**Grant Writing Continued: K Mechanisms**
Past K awardee and NIH Program Officer(s)

**Grant Writing Continued: F Mechanisms**
Past F awardee and NIH Program Officer(s)

**Note:** The Grant Writing workshops is a two-and-a-half-hour session. You must register for the Grant Writing workshop under Workshop 3 and Workshop 4.

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*Note: The Grant Writing workshops is a two-and-a-half-hour session. You must register for the Grant Writing workshop under Workshop 3 and Workshop 4.
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BIOGRAPHICAL DATA
Last Name: ____________________________________________ First Name: _______________________________ Middle Initial: ________
Suffix: ______________ Degree(s):___________________________________ Date of Birth: _____/_____/_____ Gender: □ Male □ Female

ADDRESSES & DIRECTORY INFORMATION (Please provide both addresses and check preferred mailing address)
Members who join after February 28, 2011, will not receive or be included in the 2011-2012 Membership Directory. Directories will be mailed in June of each year. Send me a printed copy of future membership directories: □ Yes □ No

□ Professional Address (listed in the online Membership Directory and annual printed Membership Directory; if no professional address is provided, only your name will be listed in the directory)
Business Name: _________________________________________________________________________________________________
Address: _______________________________________________________________________________________________________
City: __________________________________ State: _________ Postal Code: _______________ Country: ________________________
Phone: __________________________ Fax: __________________________ E-mail*: _________________________________________

□ Home Address
Address: _______________________________________________________________________________________________________
City: __________________________________ State:_____________ Postal Code: ________________ Country: ____________________

*E-mail addresses will be used to provide members with information about AASM and industry news and events. The AASM does NOT rent e-mail addresses to third-party organizations.

MEMBERSHIP CLASSIFICATION
Membership is on a calendar-year basis (January 1 – December 31). All membership categories receive online access to the journals SLEEP and Journal of Clinical Sleep Medicine (JCSM). Members located in the United States (U.S.) receive a print subscription to the JCSM unless otherwise stated (dues include $24 for a subscription to JCSM).

□ Regular Membership: Individuals possess an MD, DO, PhD, DDS, or other doctoral degree in the healthcare field and are active in sleep disorders medicine (Please enclose a copy of your diploma and/or medical license).
Membership Dues: $200

□ Affiliate Membership: Individuals with special training in the healthcare field such as technologists, nurses, and sleep center managers who are active in the clinical and/or research aspects of sleep medicine.
Membership Dues: $200

□ Affiliate Industry Membership: Individuals employed in the manufacture or sale of pharmaceuticals or equipment who seek to improve their understanding of sleep medicine.
Membership Dues: $400

□ Student Membership: Individuals in formal training who, upon completion, will be eligible for regular membership, including medical students, residents, and fellows. Students in the field of sleep technology are not eligible for this membership category; sleep technology students must apply as Affiliate Members. Please enclose a letter from your program director verifying your student status).
Membership Dues: Membership with printed version of JCSM (U.S. members only)
□ $115
□ Membership only
□ $40

METHOD OF PAYMENT
(Please check one) Purchase orders are not accepted as payment of membership dues.
□ Check payable to the AASM (U.S. funds drawn on a U.S. bank)
□ Payment by credit card (Visa/MasterCard/American Express)

Total: $____________________ Card Number: ___________________________________________________ Exp. Date:_______/ ________
Validation Code*: ______________ Cardholder Name: ______________________________________________________________________
Billing Address: _____________________________________________________________________________________________________
Signature: _________________________________________________________________________________________________________

**For Visa or MasterCard, the validation code is the last 3 numbers in the signature box. For American Express the validation code is the 4 numbers above the credit card number.

The Revenue Act of 1987 requires the following statement to be published: "Membership dues are not deductible as charitable contributions." However, dues may be deductible as a business expense. The Revenue Reconciliation Act of 1993 requires that the AASM disclose the percentage of your dues that relate to non-deductible lobbying expenses. The AASM estimates that in 2011, 1% of your dues represent such non-deductible lobbying expenses. You will need to reduce any claimed deduction for AASM dues by this amount.

Individuals residing internationally who seek dues assistance should refer to the AASM website for more information about how to apply as a corresponding member.
BIOGRAPHICAL DATA

Last Name: ____________________________________________  First Name: _______________________________  Middle Initial: ________
Suffix: ______________  Degree(s):___________________________________  Date of Birth: _____/_____/_____  Gender: □ Male  □ Female

ADDRESSES & DIRECTORY INFORMATION  (Please provide both addresses and check preferred mailing address)

Members who join after February 28, 2011, will not receive or be included in the 2011-2012 Membership Directory. Directories will be mailed in June of each year. Send me a printed copy of future membership directories: □ Yes □ No

□ Professional Address  (listed in the online Membership Directory and annual printed Membership Directory; if no professional address is provided, only your name will be listed in the directory)

Business Name: _________________________________________________________________________________________________
Address: _____________________________________________________________________________________________________
City: __________________________________  State: _________  Postal Code: ______________  Country: ________________________
Phone: __________________________  Fax: __________________________  E-mail*: _________________________________________

□ Home Address

Address: _____________________________________________________________________________________________________
City: __________________________________  State:_____________  Postal Code: ________________  Country: ____________________

*E-mail addresses will be used to provide members with information about SRS and industry news and events. The SRS does NOT rent e-mail addresses to third-party organizations.

APPLICANT STATEMENT  (Please attach one of the following with your application for membership)

Full or Associate Members
1) Statement of research activities 2) Citation listing applicant as an author (title/journal/year) 3) Letter of recommendation from a SRS full or emeritus member in good standing

Postdoctoral, Predoctoral, or Undergraduate Student Members
1) Letter of recommendation from a SRS full or emeritus member in good standing

MEMBERSHIP CLASSIFICATION  (Please check the membership category for which you are applying.)

Membership is on a calendar-year basis (January 1 – December 31). All membership categories receive online access to SLEEP.

□ Full Membership: Individuals possess doctoral degrees and have either published sleep-related research or have documentation of research.
   Membership Dues: $180

□ Associate Membership: Individuals with special training who are actively engaged in sleep research, usually in a laboratory, and have not obtained a terminal degree.
   Membership Dues: $90

□ Postdoctoral Fellow Membership: Individuals who have received their terminal degree and are in a residency or fellowship program.
   (Membership in this category is limited to 5 years.)
   Membership Dues: $90

□ Predoctoral Student Membership: Individuals pursuing masters and doctoral degrees. This category includes individuals who earned their undergraduate degree within the last two years and work in a sleep research laboratory prior to pursuing advanced degrees.
   (Membership in this category is limited to 5 years.)
   Membership Dues: $45

□ Undergraduate Student Membership: Individuals pursuing undergraduate degrees.
   (Membership in this category is limited to 4 years.)
   Membership Dues: $45

METHOD OF PAYMENT  (Please check one) Purchase orders are not accepted as payment of membership dues.

□ Check payable to the SRS (U.S. funds drawn on a U.S. bank)
□ Payment by credit card (Visa/MasterCard/American Express)

Total: $____________________  Card Number: ________________________________  Exp. Date: _______/
Validation Code**: ______________  Cardholder Name: _____________________________________________________________________
Billing Address: _____________________________________________________________________________________________________
Signature: _________________________________________________________________________________________________________

**For Visa or MasterCard, the validation code is the last 3 numbers in the signature box. For American Express the validation code is the 4 numbers above the credit card number.

The Revenue Act of 1987 requires the following statement to be published: “Membership dues are not deductible as charitable contributions.” However, dues may be deductible as a business expense.
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