BEHAVIORAL SLEEP MEDICINE:
An Introduction to the Psychology of Sleep Medicine

March 20-21, 2010
The Hyatt Lodge at McDonald’s Campus
Oak Brook, Illinois
Course Chair: Ryan Wetzler, PsyD, CBSM
Earn up to 17.00 AMA PRA Category 1 Credits™ or APA CE credits!

Register on or before February 19, 2010 to save!

NEW THIS YEAR:
Attend the half-day Coding and Compliance for Psychologists workshop on March 19, 2010 – see details inside
During this course, leading clinicians and researchers in sleep medicine will provide an overview of the application of psychological principles to the evaluation and treatment of sleep disorders and related conditions.

Register for this course for a comprehensive review of:

- Cognitive and behavioral approaches for evaluating and treating the full spectrum of sleep disorders;
- The history, scientific foundations and conceptual models of sleep psychology/behavioral sleep medicine and the kindred field of clinical and health psychology;
- Evaluation and treatment procedures utilized by behavioral sleep medicine specialists in the management of sleep disorders including insomnia, hypersomnia, parasomnias and circadian rhythm sleep disorders;
- Common treatment obstacles encountered in clinical practice including hypnotic dependence and continuous positive airway pressure non-adherence.

The course will include:

- Case discussions including strategies for managing co-existing medical, psychophysiological and mental health conditions, with a session devoted specifically to the identification and management of psychiatric disorders;
- Two sessions on the practice of behavioral sleep medicine in pediatric and geriatric populations;
- A discussion of behavioral sleep medicine practice considerations including integration strategies, billing procedures and program development considerations.

Register online at www.aasmnet.org
COURSE OBJECTIVES
Upon completion of the course, participants will be able to:
- Discuss the scientific underpinnings of sleep psychology/behavioral sleep medicine;
- Interpret sleep disorders using biopsychosocial models;
- Apply psychological (cognitive and behavioral) principles to the evaluation and management of sleep disorders;
- Develop solutions to challenging clinical cases;
- Explain how to overcome common challenges facing the development of behavioral sleep medicine programs;
- Discuss the next therapeutic directions in the management of sleep disorders.

TARGET AUDIENCE
This course is intended for psychologists, physicians and other health care providers seeking to augment their knowledge of the role of psychology in the evaluation and treatment of sleep disorders; clinicians seeking an introduction to the field of behavioral sleep medicine; and individuals planning to sit for future behavioral sleep medicine certification examinations.

FACULTY
Course Chair
Ryan Wetzler, PsyD, CBSM
Sleep Medicine Specialists
Behavioral Sleep Medicine Clinic
Louisville, KY

Mark Aloia, PhD, CBSM
Anne Bartolucci, PhD, CBSM
Kelly Byars, PsyD, CBSM
Robert Glidewell, PsyD, CBSM
Allison Harvey, PhD
Kenneth Lichstein, PhD, CBSM
Jennifer Martin, PhD, CBSM
Donn Posner, PhD, CBSM
Judi Profant, PhD, CBSM
Michael Scherer, PhD, CBSM
Jesse Wright, MD, PhD

COURSE SCHEDULE
Coding and Compliance Workshop (optional)
Friday, March 19
12:00 PM – 1:00 PM Registration
1:00 PM – 5:15 PM General Session

Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine
Saturday, March 20
7:00 AM – 7:45 AM* Continental Breakfast and Registration
7:45 AM – 12:15 PM General Session
12:15 PM – 1:15 PM* Lunch
1:15 PM – 6:30 PM General Session

Sunday, March 21
7:00 AM – 8:00 AM* Continental Breakfast
8:00 AM – 1:20 PM General Session

*These meals are provided; attendees are responsible for all other meals. Meals are not provided with the workshop; attendees are responsible for all meals on Friday, March 19.

Questions? Call the AASM at (708) 492-0930
The Coding and Compliance for Psychologists workshop is an optional half-day add-on workshop on the afternoon of Friday, March 19. This half-day workshop is intended for clinicians that bill for behavioral sleep medicine services.

**Workshop Objectives**

Upon completion of the course, participants will be able to:

- Differentiate the scope of practice for clinical psychologists and physicians;
- Identify the types of services that can be billed to Medicare;
- Review documentation requirements for Medicare;
- Review CPT and ICD-9 codes used to report services provided by psychologists;
- Practice, via sample cases, how to correctly bill for procedures and services provided by clinical psychologists.

This optional half-day workshop is an add-on for those registered for the *Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine* course; individuals must be registered for the *Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine* in order to register for this workshop.

Register online at [www.aasmnet.org](http://www.aasmnet.org)
GENERAL INFORMATION AND CREDITS

LOCATION AND ACCOMMODATIONS
Hyatt Lodge at McDonald’s Campus
2815 Jorie Boulevard
Oak Brook, Illinois (a suburb of Chicago)
www.thelodge.hyatt.com
(630) 990-5800

A block of guest rooms has been reserved at the Hyatt Lodge. **Space is limited, so please make reservations well in advance.** The room rate at the hotel is $89.00 per night plus tax and is only valid until February 19, 2010, or until the room block sells out.

All reservations must be made by individual attendees directly with the hotel’s reservation department. You can make the reservation by calling (800) 233-1234 or (630) 990-5800 and identifying yourself as part of the AASM course group. Check-in time at the Hyatt Lodge is 3:00 PM on the day of arrival and check-out time is 12:00 PM on the day of departure.

MEALS
Breakfast and lunch will be served on Saturday, March 20, and breakfast will be served on Sunday, March 21; all other meals are the responsibility of the attendees. Only registered attendees are allowed to attend meal functions. Guests of attendees will not be accommodated during meal functions.

TRANSPORTATION
Save on your airfare by booking your flight with one of our discounted airlines. Call Corporate Travel toll-free at (800) 635-5488 to make your reservation. Airfare savings are subject to availability; we suggest you make your arrangements as soon as you receive your registration confirmation. The airport nearest to the Hyatt Lodge is O’Hare International Airport. Taxi service to and from the airport is approximately $30.00 each way. Because the hotel is located in a suburb, we recommend that you do not pick-up a taxi outside of the baggage claim exit as these taxis will charge at 1.5 times the metered rate to take you to the hotel. Rather, contact American Taxi via phone at (630) 920-9480 after you pick-up your baggage at the airport. An automated system will guide you through the reservation process and provide you with a cab number and a pick-up location. Please anticipate 30-40 minutes for travel time to and from the airport.

RECORDING
Photographing and/or recording, of any kind, of sessions and speakers at the course is strictly prohibited.

DRESS CODE
The Hyatt Lodge is located on McDonald’s Campus, which has a mandatory dress code; all attendees must be in professional, business casual attire. Jeans and tennis shoes are not permitted.

CONTINUING MEDICAL EDUCATION (CME)
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 Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine course and Coding and Compliance for Psychologists workshop have been planned and implemented in accordance with the Essential Areas and Their Elements of the ACCME by the American Academy of Sleep Medicine. The ACCME mandates that accredited providers only offer AMA PRA Category 1 Credits™ to physicians. The AASM will issue non-physicians a letter of attendance for activities designated for AMA PRA Category 1 Credits™.

The American Academy of Sleep Medicine will award 13.00 AMA PRA Category 1 Credits™ for the Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine course and 4.00 AMA PRA Category 1 Credits™ for the Coding and Compliance for Psychologists workshop. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CONTINUING EDUCATION (CE) FOR PSYCHOLOGISTS
SATISFACTORY COMPLETION: Participants must have paid tuition fee and completed an online Attendance/Evaluation form in order to receive a continuing education certificate. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the online Attendance/Evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Training must be attended in its entirety. Certificates are available immediately after completing the online form.

The Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine course is co-sponsored by Amedco and the American Academy of Sleep Medicine. Amedco is approved by the American Psychological Association to sponsor Continuing Education for psychologists. Amedco maintains responsibility for this program and its content. Maximum of 13 hours.

The Coding and Compliance for Psychologists workshop is co-sponsored by Amedco and the American Academy of Sleep Medicine. Amedco is approved by the American Psychological Association to sponsor Continuing Education for psychologists. Amedco maintains responsibility for this program and its content. Maximum of 4 hours.

Questions? Call the AASM at (708) 492-0930
REGISTRATION INSTRUCTIONS

HOW TO REGISTER

MAIL (check or credit card)
American Academy of Sleep Medicine
Attn: Meeting Department
One Westbrook Corporate Center
Suite 920
Westchester, IL 60154

ONLINE (credit card only)
www.aasmnet.org

FAX (credit card only)
708-273-9354

REGISTRATION CATEGORIES

Members
To register as a member, the registrant must currently be an individual member of the American Academy of Sleep Medicine (AASM). If the AASM is unable to confirm that the individual is a member of the AASM, the AASM will register the individual as a non-member at the non-member prevailing fees.

Employees of Center Member
To register as an employee of a center member (with a maximum of four registrants), the registrant must currently be employed at a sleep center or sleep lab that is currently a member of the AASM. If the AASM is unable to confirm that the center or lab is a member of the AASM, the AASM will register the individuals as non-members at the prevailing fees.

Student Members
To register as a student member, the registrant must currently be a student member of the AASM. If the AASM is unable to confirm that the individual is a student member of the society, the AASM will register the individual for the course as a non-member at the prevailing fee.

Student Nonmembers
To register as a student nonmember, the registrant must currently be a student and must submit a letter from a program director verifying this status via fax to (708) 273-9354 within 24 hours of submitting the course registration form in order to be eligible for this category. If the AASM does not receive verification of student status within 24 hours, the AASM will register the individual for the course as a non-member at the prevailing fee.

Nonmembers
Want to register for the member price, but you’re not a member? If you are not an individual member of the AASM and would like to become a member, please complete the membership classification information on registration form. Join the AASM to receive instant savings including reduced course registration fees, subscriptions to SLEEP and the Journal of Clinical Sleep Medicine and much more. Visit the AASM Web site at www.aasmnet.org for more information about membership including a complete listing of benefits and a description of all membership categories. Membership is on a calendar-year basis (January 1–December 31). Join from October 1, 2009 – December 31, 2009, to receive the remainder of the 2009 membership for free. For more information regarding membership, call the AASM Membership Department at (708) 492-0930.

CONFIRMATION AND REGISTRATION DISCLAIMER
Registration is limited. Please register early. Confirmation letters will be sent via e-mail within one week of receipt of registration form and payment. All attendees must pre-register; on-site registration will not be accepted.

The AASM will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for a course.

CANCELLATION POLICY
Written notification must be submitted to the AASM meeting department for registration cancellation. A $50.00 administrative fee will be withheld on cancellations postmarked prior to Friday, February 19, 2010. After this date, no refunds will be available. Refunds are not provided to no-shows. The AASM reserves the right to cancel the Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine and/or Coding and Compliance for Psychologists workshop and provide a full refund should conditions warrant. The refund will only include the cost of registration for the event.

QUESTIONS?
For information or questions regarding the courses, please contact:

Randi Prince, Meeting Planner
One Westbrook Corporate Center, Suite 920
Westchester, IL 60154
Phone: (708) 492-0930
Fax: (708) 273-9354
E-mail: rprince@aasmnet.org
Web site: www.aasmnet.org
REGISTRATION FORM (please type or print clearly)

Last Name: __________________________ Degree(s): __________________________
First Name: __________________________
Address: ________________________________________________________________
City: __________________________________ State: __________ Zip/Postal Code: ________
Country: __________________________ Phone: __________________________
Fax: __________________________ E-mail: __________________________
(e-mail required to receive confirmation)

Special Needs/Accommodations: ________________________________________________

Specialty
☐ Sleep Medicine  ☐ Internal Medicine  ☐ Pulmonary Medicine  ☐ Neurophysiology
☐ Otolaryngology  ☐ Pediatrics  ☐ Psychiatry  ☐ Psychology
☐ Neurology  ☐ Nursing  ☐ Other: __________________________

Attendee List Permission – Check one.
☐ Yes, I give my permission to include my contact information on an attendee list to be distributed to course attendees.
☐ No, I do not give my permission to include my contact information on an attendee list to be distributed to course attendees.

2010 MEMBERSHIP DUES FOR NONMEMBERS
(For registrations between October 1, 2009 and May 31, 2010; if you are applying for membership outside of these dates, visit the AASM Web site for the current dues amounts.)

☐ Regular Members - $200
☐ Affiliate Members - $200
☐ Student Member without journals - $40
☐ Affiliate Industry Members - $400
☐ Student Member with journals - $115

REGISTRATION FEES
Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine

On or before 2/19/10 After 2/19/10
AASM Individual Member ☐ $450 ☐ $500
Employee of an AASM Member ☐ $450 ☐ $500
Sleep Center/ Lab
☐ Student Member ☐ $300 ☐ $350
☐ Student Nonmember ☐ $375 ☐ $425
☐ Nonmember ☐ $600 ☐ $650

Behavioral Sleep Medicine: An Introduction to the Psychology of Sleep Medicine AND Coding and Compliance for Psychologists Workshop

On or before 2/19/10 After 2/19/10
AASM Individual Member ☐ $600 ☐ $675
Employee of an AASM Member ☐ $600 ☐ $675
Sleep Center/ Lab
☐ Student Member ☐ $400 ☐ $475
☐ Student Nonmember ☐ $550 ☐ $625
☐ Nonmember ☐ $825 ☐ $900

METHOD OF PAYMENT
☐ Please make checks payable to the AASM (U.S. funds drawn on a U.S. bank)
☐ For payment by credit card (VISA/MasterCard/American Express):

Card#: __________________________/_________ Validation Code*: __________________________
Exp. Date: __________/_________ Cardholders Name: __________________________
Mailing Address: __________________________________________
Signature: __________________________________________ Date: __________________________

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