Evaluation and Management of Insomnia

March 14-15, 2009 • Hyatt Lodge • Oak Brook, IL

Course Chair
Jack Edinger, PhD
Duke University
Durham, North Carolina

Course Vice Chair
Ryan Wetzler, PsyD
Sleep Medicine Specialists
Louisville, Kentucky
TARGET AUDIENCE & TOPICS

This course is intended for:
- Physicians without psychiatric expertise seeking to augment their knowledge of how to reach a diagnosis and provide appropriate treatment for insomnia
- Clinicians seeking an introduction to the field of Behavioral Sleep Medicine in the treatment of insomnia and other disorders
- Individuals planning to sit for future Behavioral Sleep Medicine certification examinations

COURSE OVERVIEW

During this timely comprehensive course, leading researchers and clinicians in sleep medicine will provide in-depth, state-of-the-art presentations on assessment, diagnosis, treatment and administrative issues for insomnia.

The course is a review of adult and pediatric insomnia. The course will review the epidemiology of insomnia and assessment methods. A session on pharmacology will highlight non-hypnotic treatments such as antidepressants and melatonin agonists, introduce new hypnotics and end with speculation on the ways that new research on the hypocretin system may lead to more effective treatments of insomnia. Sessions will address disorders that may be comorbid with insomnia or present with insomnia symptoms. The course will also include a discussion of sleep disorders and compliance with treatment issues that can be addressed using Behavioral Sleep Medicine. Faculty will improve the quality and increase the breadth of attendee’s diagnostic and intervention knowledge base by providing an organized and solidified overview of the field.
Course Objectives

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

• Evaluate the prevalence of insomnia
• Describe appropriate techniques for diagnosis of insomnia
• Compare behavioral and pharmacologic treatments for insomnia
• Speculate about the next therapeutic direction and management of insomnia patients
• Identify key concepts in Behavioral Sleep Medicine
• Review the range of sleep disorders amenable to Behavioral Sleep Medicine therapies

List of Topics & Presenters

Prevalence & Morbidity of Insomnia
Christopher Drake, PhD

Insomnia Assessment, Diagnosis and Case Conceptualization
Donn Posner, PhD

Evaluation and Management of Childhood Sleep Disorders
Daniel Lewin, PhD

Pharmacological Management of Insomnia
Andrew Krystal, MD

Cognitive-Behavioral Insomnia Treatment
Jack Edinger, PhD

Hypnotic Dependence and Withdrawal Strategies
Rachel Manher, PhD

Evaluation and Management of Comorbid Insomnia
To Be Announced

Update on RLS Management
Aatif Husain, MD

Evaluation and Management of Circadian Disorders
James Wyatt, PhD

Imagery Rehearsal, CBT and Other Non-Drug Interventions for Nightmares and Other Parasomnias
Anne Germain, PhD

Sleep Disordered Breathing - CPAP Adherence
Mark Aloia, PhD

BSM Integration Strategies
Ryan Wetzler, PsyD

Breakout Sessions

Individuals will attend one of the three breakout sessions offered; materials for all sessions will be included in the course book.

• B01: Implication of Conditioning and Learning in Insomnia and Other Sleep Disorders (i.e. hypnotic dependence, CPAP adherence etc.)
  Mark Aloia, PhD and Donn Posner, PhD

• B02: Introduction to Basic Sleep-Wake Mechanisms: Homeostatic and Circadian Factors in Insomnia and Circadian Rhythm Sleep Disorders
  Daniel Lewin, PhD and James Wyatt, PhD

• B03: Insomnia Assessment Strategies using Sleep Logs, Actigraphy and Psychometrics
  Jack Edinger, PhD and Ryan Wetzler, PsyD
**SESSION TIMES**

**SATURDAY, MARCH 14**
7:00 AM – 8:00 AM*
*Continental Breakfast and Registration*
8:00 AM – 11:00 AM
*General Session*
11:00 AM – 12:00 PM
*Breakout Sessions*
12:00 PM – 1:00 PM*
*Lunch*
1:00 PM – 5:30 PM
*General Session*

**SUNDAY, MARCH 15**
7:00 AM – 8:00 AM*
*Continental Breakfast*
8:00 AM – 12:10 PM
*General Session*

*Continental breakfast and lunch are provided on Saturday and continental breakfast is provided on Sunday; attendees are responsible for all other meals.

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**CONTINUING MEDICAL EDUCATION**

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 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 designates this educational activity for a maximum of 10.50 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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**CONTINUING EDUCATION FOR PSYCHOLOGISTS**

The American Academy of Sleep Medicine is submitting an application to offer continuing education credits for psychologists.
Registration Form

Evaluation and Management of Insomnia, March 14-15, 2009

Registration Information  Please type or print clearly

Last Name: ___________________________________________________________________________

First Name: ___________________________ Degree: ______________________

Address 1: __________________________________________________________________________

Address 2: __________________________________________________________________________

City: ____________________________________ State: _______ Zip/Postal Code: __________________

Country: __________________________________ Phone: (_______) _________ – _______________

Fax: (________) _________ – __________ E-mail: ________________________

(e-mail required to receive confirmation)

Special Needs/Accommodations: ___________________________________________________________
____________________________________________________________________________________

Specialty:

☐ Sleep  ☐ Neurophysiology  ☐ Psychiatry  ☐ Nursing

☐ Internal Medicine  ☐ Otolaryngology  ☐ Psychology  ☐ Other

☐ Pulmonology  ☐ Pediatrics  ☐ Neurology

☐ Other

Please 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.

Membership Classification

Want to register for the member price, but you’re not a member? Join the AASM to receive instant savings including reduced course registration fees, subscriptions to the journals SLEEP and 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 – December 31, 2008, to receive the remainder of the 2008 membership for free.

☐ Regular Members – $200

☐ Student Members without journals – $40

☐ Student Members with journals – $115

☐ Affiliate Membership – $200

☐ Affiliate Industry Membership – $400

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 this course.

3 Ways To Register

Online (credit card only)

www.aasmnet.org

Fax (credit card only)

(708) 273-9354

Mail (check or credit card)

American Academy of Sleep Medicine
Attn: Meeting Department
One Westbrook Corporate Center, Suite 920
Westchester, IL 60154

Register online at www.aasmnet.org
**REGISTRATION CATEGORY** *(please check one)*

- **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 for the course as a non-member at the non-member prevailing fees.

- **Employees of Center Member** • To register as an employee of 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 individual for the course as a non-member at the non-member prevailing fees.

- **Non-Members** • If you are not an individual member of the AASM and would like to become a member, please complete the membership classification information on the previous page. For more information regarding AASM membership, call the AASM Membership Department at (708) 492-0930.

- **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 Non-Members** • To register as a student non-member, 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.

### ADVANCED REGISTRATION *(on or before February 13, 2009)*

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<tr>
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<td>AASM Student Member</td>
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### REGISTRATION *(after February 13, 2009)*

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<td>Employee of an AASM Member Sleep Center or Sleep Lab</td>
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<td>AASM Student Member</td>
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### BREAKOUT SESSIONS - Select one of the below sessions

- **B01**: Implication of Conditioning and Learning in Insomnia and Other Sleep Disorders (i.e. hypnotic dependence, CPAP adherence etc.)
- **B02**: Introduction to Basic Sleep-Wake Mechanisms: Homeostatic and Circadian Factors in Insomnia and Circadian Rhythm Sleep Disorders
- **B03**: Insomnia Assessment Strategies using Sleep Logs, Actigraphy and Psychometrics

### METHOD OF PAYMENT *(please check one)*

- Please make checks payable to the AASM (U.S. funds drawn on a U.S. bank)
- For payment by credit card (Visa/Master Card/American Express):

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*For a Visa or Master Card, 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.

**Questions? Call the AASM at (708) 492-0930.**
LOCATION & ROOM RESERVATIONS
The Evaluation and Management of Insomnia course will be held at the Hyatt Lodge, 2815 Jorie Boulevard, Oak Brook, Illinois, a suburb of Chicago. For more information about the Hyatt Lodge and its amenities, visit http://www.thelodge.hyatt.com.

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 $99.00 per night plus tax and is only valid until February 13, 2009, or until the room block sells out.

Reservations must be made by individual attendees directly with the hotel’s reservation department via phone at (800) 233-1234 or (630) 990-5800. To receive the special group rate, you must identify yourself as part of the AASM course group. Check-in time at the hotel is 3:00 PM on the day of arrival, and check-out time is 12:00 PM on the day of departure.

HOTEL POLICIES
Any individual that departs prior to his/her reserved check-out date will be assessed an early departure fee of one night’s room rate plus tax. To avoid this fee, individuals must advise the hotel of the appropriate check-out date upon check-in.

MEALS
Breakfast will be served on Saturday and Sunday and lunch will be served on Saturday during the course; 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
Attendees may contact Corporate Travel to purchase airline tickets. Call toll-free (800) 526-4540 and ask for Lori or Julie to assist you.

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.

CONFIRMATION
Confirmations will be sent via e-mail within one week of receipt of registration form and payment. All participants must pre-register for the course; 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 this course.

CANCELLATION POLICY
To cancel a registration, written notification must be submitted to the AASM meeting department. A $50.00 administrative fee will be withheld on cancellations postmarked prior to Friday, February 13, 2009. After this date, no refunds will be available. After this date, no refunds will be available. Refunds are not provided to no-shows. The AASM reserves the right to cancel the Evaluation and Management of Insomnia course and provide a full refund should conditions warrant. The refund will only include the cost of registration for the course.

RECORDING
The AASM strictly prohibits photographing and/or recording, of any kind, of sessions and speakers at the course.

DRESS CODE
There is a mandatory dress code for this course. All attendees must be in professional, business casual attire.

INFORMATION OR QUESTIONS
For information or questions regarding the course, please contact:

Randi Prince, Meeting Coordinator
One Westbrook Corporate Center, Suite 920
Westchester, IL 60154
Phone: (708) 492-0930
Fax: (708) 273-9354
Email: rprince@aasmnet.org
Web site: www.aasmnet.org

Register online at www.aasmnet.org
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Do you want further education on how to reach a diagnosis and provide appropriate treatment for insomnia?

Register for this course TODAY.