

Interpreting Sleep Studies

OCTOBER 22-24, 2010



Register online at www.aasmnet.org

Interpreting Sleep Studies



Date: October 22–24, 2010

Location: AASM National Office • Darien, IL (Chicago suburb)

Course Chair: Robert Basner, MD; Columbia University College of Physicians and Surgeons; New York, NY

CME Credits: 16.50

Advanced Registration Deadline: September 24, 2010

Advanced Registration Fees:

On or before September 24, 2010

With workshop: \$645 (member); \$875 (nonmember)

Without workshop: \$495 (member); \$650 (nonmember)

Regular Registration Fees:

After September 24, 2010

With workshop: \$725 (member); \$1000 (nonmember)

Without workshop: \$550 (member); \$750 (nonmember)

Attend this course to receive a comprehensive review of the scoring requirements for AASM-accredited sleep centers.

Course Description

This course will include discussion of polysomnography, portable monitoring and actigraphy. Sessions will focus on clinical signs, indications for testing, interpretation of tests and development of treatment plans. The course will be case-based, using index cases to develop guidelines for the use of testing modalities. Additional sessions will use a workshop format to review the scoring of sleep stages and events with extensive use of record samples. Following the course, all attendees will be provided with complimentary access to the AASM's online sleep study scoring tests; this three-part online examination consists of 75 questions and features instant feedback for each question.

Target Audience

This course is intended for sleep medicine professionals interested in integrating sleep studies into the diagnosis and management of sleep disorders patients. The course will also be useful for those who order, perform and interpret sleep studies.

Course Objectives

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

- Explain the basics of polysomnography interpretation in the diagnosis and treatment of sleep disorders;
- Integrate the *International Classification of Sleep Disorders, Second Edition*, the American Academy of Sleep Medicine Practice Parameters and the *AASM Manual for the Scoring of Sleep and Associated Events*;
- Recognize and solve interpretation dilemmas associated with respiratory sleep studies;
- Describe the design and interpretation of sleep studies for the analysis of the major respiratory sleep disorders and the major non-respiratory sleep disorders including parasomnias, circadian rhythm disorders, sleep related seizures and sleep related movement disorders;
- Recognize the major artifacts that occur in sleep studies;
- Explain the rationale for and interpretation of portable sleep studies;
- Interpret studies of sleepiness: the MSLT, MWT, and subjective scales; and
- Interpret polysomnogram record samples and discuss scoring strategies for respiratory and non-respiratory sleep disorders in adults and children.

Faculty – Robert Basner, MD – Course Chair

Carl Bazil, MD, PhD

Richard Berry, MD

Neil Freedman, MD

Mark Mahowald, MD

Stephen Sheldon, DO

Stuart Quan, MD

Phyllis Zee, MD, PhD

Important Dates

September 24, 2010

Advanced Registration Deadline to Receive Reduced Registration Fees

September 24, 2010

Deadline to Reserve Hotel Rooms at Discounted Rate of \$99/Night

October 1, 2010

Cancellation Deadline

October 22, 2010

Optional Intensive Scoring Review Workshop

October 22–24, 2010

Interpreting Sleep Studies Course

Preliminary Schedule and Topics

FRIDAY, OCTOBER 22, 2010

7:00am - 8:00am	Continental Breakfast* and Registration for Intensive Scoring Review Workshop
8:00am - 12:15pm	Intensive Scoring Review Workshop: <ul style="list-style-type: none">• Technology of Sleep Studies• Waveform Recognition• Sleep Stage Scoring• Arousals and EEG Abnormalities• Respiratory Event Scoring• Movements and Cardiac Event Scoring <i>Richard Rosenberg, PhD</i>
12:15pm - 1:00pm	Lunch* and Registration for Interpreting Sleep Studies Course
1:00pm - 2:00pm	The ICSD-2 Diagnostic and Coding Manual and Sleep Studies Interpretation <i>Stuart Quan, MD</i>
2:00pm - 3:00pm	Interpretation of Respiratory Sleep Studies <i>Stuart Quan, MD</i>
3:00pm - 3:15pm	Break
3:15pm - 4:15pm	Respiratory Scoring Rules: Problems and Solutions <i>Robert Basner, MD</i>
4:15pm - 5:30pm	Workshop in Respiratory Sleep Study Scoring <i>Faculty</i>

SATURDAY, OCTOBER 23, 2010

7:00am - 8:00am	Continental Breakfast*
8:00am - 9:00am	Parasomnias: Design and Interpretation of Sleep Studies <i>Mark Mahowald, MD</i>
9:00am - 10:00am	Circadian Disorders: Design and Interpretation of Sleep Studies <i>Phyllis Zee, MD, PhD</i>
10:00am - 10:15am	Break
10:15am - 11:15am	Interpretation of Non-respiratory Sleep Studies <i>Phyllis Zee, MD, PhD</i>
11:15am - 12:00pm	Design and Interpretation of Portable Monitoring Studies for Sleep Related Breathing Disorders <i>Richard Berry, MD</i>
12:00pm - 1:00pm	Lunch*
1:00pm - 2:00pm	Workshop in Pediatric Respiratory Sleep Study Interpretation <i>Stephen Sheldon, DO</i>
2:00pm - 3:00pm	Workshop in Pediatric Non-respiratory Sleep Study Interpretation <i>Stephen Sheldon, DO</i>
3:00pm - 3:15pm	Break
3:15pm - 4:15pm	Sleep Related Movement Disorders <i>Carl Bazil, MD, PhD</i>
4:15pm - 5:15pm	Artifact Interpretation <i>Richard Berry, MD</i>
5:15pm - 6:15pm	Workshop in Non-respiratory Sleep Study Scoring <i>Mark Mahowald, MD</i>

SUNDAY, OCTOBER 24, 2010

7:00am - 8:00am	Continental Breakfast*
8:00am - 9:00am	Sleep Related Seizures <i>Carl Bazil, MD, PhD</i>
9:00am - 10:00am	Sleep Studies and Sleepiness: The MSLT <i>Neil Freedman, MD</i>
10:00am - 10:15am	Break
10:15am - 11:15am	Sleep Studies and Sleepiness: The MWT and Subjective Sleep Scales <i>Neil Freedman, MD</i>
11:15am - 12:15pm	Workshop: A Summary of Sleep Study Interpretation <i>Faculty</i>

* These meals are provided; attendees are responsible for all other meals. Continental breakfast on Friday morning and lunch on Friday is provided to registrants of the Intensive Scoring Review workshop **ONLY**.

Intensive Scoring Review Workshop

Date: October 22, 2010

Location: AASM National Office • Darien, IL (Chicago suburb)

Course Faculty: Richard Rosenberg, PhD; American Academy of Sleep Medicine

CME Credits: 4.00

This half-day workshop is an add-on for those registered for the Interpreting Sleep Studies course; individuals must be registered for the Interpreting Sleep Studies course in order to register for this course.

Workshop Overview

This optional half-day workshop will cover everything a sleep medicine professional should know about sleep study display, waveform recognition, scoring of sleep stages and events. The workshop will use a multimodal approach that includes: self-assessment tests before, during and at the end of the workshop; lectures on waveform recognition, staging and abnormal events; and review of recordings from sample cases.

Target Audience

This workshop is intended for sleep medicine professionals seeking a review of the basics of sleep scoring, including staging and event recognition

Workshop Objectives

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

- Describe signal processing of polysomnographic variables;
- Recognize key waveforms for sleep scoring;
- Differentiate sleep stages;
- Detect arousals, sleep related breathing events and movements in sleep; and
- Identify common ECG and EEG abnormalities.



Registration Instructions & CME Information

How to Register

There are 3 ways to register for AASM Sleep Education Series courses:

- 1. Online.** www.aasmnet.org/sleepedseries.aspx (*credit card only*)
- 2. Fax.** 630-737-9789 (*credit card only*)
- 3. Mail.** American Academy of Sleep Medicine
Attn: Meeting Department
2510 North Frontage Road
Darien, IL 60561
(*check or credit card*)

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 the cancellation deadline. After this date, no refunds will be available. Refunds are not provided to no-shows. The AASM reserves the right to cancel any of these courses and provide a full refund should conditions warrant. The refund will only include the cost of registration for the event.

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.

These courses 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 AMA Council on Medical Education 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 up to **20.50 AMA PRA Category 1 Credits™** for the Interpreting Sleep Studies and Intensive Scoring Workshop courses, **11.25 AMA PRA Category 1 Credits™** for the Pharmacology and Sleep Medicine course, **10.00 AMA PRA Category 1 Credits™** for the Comprehensive Evaluation and Management Coding course, **8.00 AMA PRA Category 1 Credits™** for the Workshops in Sleep Medicine: Portable Monitoring course and **8.00 AMA PRA Category 1 Credits™** for the Workshops in Sleep Medicine: Sleep Apnea Examination course. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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, the individual will be registered as a nonmember at the nonmember prevailing fees.

Employees of Center Member

To register as an employee of an AASM 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 individual will be registered as a nonmember at the nonmember prevailing fees.

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, join the AASM to receive instant savings including reduced course registration fees, a subscription to the journals *SLEEP* and *Journal of Clinical Sleep Medicine*, and much more. Visit the AASM website 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). Beginning on October 1, 2010, individuals may apply for membership for the 2011 membership-year and receive the remainder of the 2010 membership-year for free.



Registration Form

Registration Information (Please print or type clearly)

Last Name: _____ First Name: _____ Degree(s): _____
 Address: _____

 City: _____ State: _____ Zip/Postal Code: _____ Country: _____
 Phone: _____ Fax: _____ E-mail: _____
 Special Needs/Accommodations: _____

Specialty (Check all that apply)

Sleep Medicine Internal Medicine Pulmonary Medicine Neurophysiology
 Otolaryngology Pediatrics Psychiatry Psychology
 Neurology Nursing Other _____

Attendee List Permission (Check one)

I give my permission to include my contact information on an attendee list to be distributed to course attendees. Yes No

Membership Dues for Nonmembers

(Check one. Membership dues are based on the date that the registration is received by the AASM national office)

	2010 Membership-year <i>Through 9/30/10</i>	2011 Membership-year <i>On or after 10/1/10</i>
Regular Members	<input type="checkbox"/> \$125	<input type="checkbox"/> \$200
Student Members	<input type="checkbox"/> \$20	<input type="checkbox"/> \$40
Affiliate Members	<input type="checkbox"/> \$125	<input type="checkbox"/> \$200
Affiliate Industry Members	<input type="checkbox"/> \$250	<input type="checkbox"/> \$400

Registration Fees

(Check the appropriate registration fee(s). Registration fees are based on the date that the registration is received at the AASM national office.)

Interpreting Sleep Studies

Option #1: Interpreting Sleep Studies course **ONLY**

	<i>On or before 9/24/10</i>	<i>After 9/24/10</i>
AASM Member	<input type="checkbox"/> \$495	<input type="checkbox"/> \$550
Employee of an AASM Member Center/Lab*	<input type="checkbox"/> \$495	<input type="checkbox"/> \$550
Nonmember	<input type="checkbox"/> \$650	<input type="checkbox"/> \$750

Option #2: Interpreting Sleep Studies course **AND** Intensive Scoring Review Workshop

AASM Member	<input type="checkbox"/> \$645	<input type="checkbox"/> \$725
Employee of an AASM Member Center/Lab*	<input type="checkbox"/> \$645	<input type="checkbox"/> \$725
Nonmember	<input type="checkbox"/> \$875	<input type="checkbox"/> \$1000

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Registration Form (cont.)

Pharmacology and Sleep Medicine

	On or before 10/1/10	After 10/1/10
AASM Member	<input type="checkbox"/> \$450	<input type="checkbox"/> \$500
Employee of an AASM Member Center/Lab*	<input type="checkbox"/> \$450	<input type="checkbox"/> \$500
Nonmember	<input type="checkbox"/> \$600	<input type="checkbox"/> \$650

Comprehensive Evaluation and Management Coding

	On or before 10/4/10	After 10/4/10
AASM Member	<input type="checkbox"/> \$450	<input type="checkbox"/> \$500
Employee of an AASM Member Center/Lab*	<input type="checkbox"/> \$450	<input type="checkbox"/> \$500
Nonmember	<input type="checkbox"/> \$600	<input type="checkbox"/> \$650

Workshops in Sleep Medicine

Option #1: One Workshop (Either Portable Monitoring OR Sleep Apnea Examination)

Check one: Portable Monitoring Workshop
 Sleep Apnea Examination Workshop

	On or before 10/8/10	After 10/8/10
AASM Member	<input type="checkbox"/> \$300	<input type="checkbox"/> \$345
Employee of an AASM Member Center/Lab*	<input type="checkbox"/> \$300	<input type="checkbox"/> \$345
Nonmember	<input type="checkbox"/> \$395	<input type="checkbox"/> \$440

Option #2: Save when you Register for Both Workshops (Portable Monitoring AND Sleep Apnea Examination)

	On or before 10/8/10	After 10/8/10
AASM Member	<input type="checkbox"/> \$500	<input type="checkbox"/> \$575
Employee of an AASM Member Center/Lab*	<input type="checkbox"/> \$500	<input type="checkbox"/> \$575
Nonmember	<input type="checkbox"/> \$595	<input type="checkbox"/> \$640

*If registering as an employee of an AASM center/lab member, please provide the name of your facility and your accreditation/ membership number.

Name: _____

Accreditation/Member Number: _____

Method of Payment

Check made payable to the AASM (U.S. funds drawn on a U.S. bank)

Credit Card:

VISA MasterCard American Express

Card#: _____ Exp. Date: _____/_____/_____

Validation Code**: _____ Cardholders Name: _____

Billing 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.

General Information

Location & Room Reservations

All courses will all be held at the AASM national office, 2510 North Frontage Road, Darien, Illinois 60561. The AASM has reserved a block of guest rooms at the Aloft Bolingbrook, 500 Janes Ave., Bolingbrook, Illinois 60440, at a special group rate (see details below for each course). Space is limited, so please make reservations well in advance; the group rate will no longer be available if all rooms in the block sell out. Reservations must be made by individual attendees directly with the hotel's reservation department by calling (877) 462-5638. To receive the special group rate, you must identify yourself as part of the AASM course group. Check-in time is 3:00pm and check-out time is 12:00pm

Interpreting Sleep Studies • October 22-24, 2010

Rate: \$99/night

Cut-off Date: September 24, 2010

Pharmacology and Sleep Medicine • October 30-31, 2010

Rate: \$99/night

Cut-off Date: October 1, 2010

Comprehensive Evaluation and Management Coding • November 1-2, 2010

Rate: \$78/night

Cut-off Date: October 4, 2010

Workshops in Sleep Medicine: Portable Monitoring and Sleep Apnea Examination • November 6-7, 2010

Rate: \$99/night

Cut-off Date: October 8, 2010

Transportation from Hotel to National Office

Shuttle service will be provided to and from the Aloft Bolingbrook to the AASM national office prior to and at the end of the day on each day of a course. Transportation to any other location or at any other time is the responsibility of the attendee. Details regarding the shuttle schedule will be sent to attendees via e-mail in advance of the course.

Meals

Meals provided by the AASM are available for registered attendees only. Guests of attendees cannot be accommodated during meal functions.

Recording

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

Transportation

Save on your airfare by booking with our official travel agent: Corporate Travel Solutions/American Express. Call toll-free (800) 526-4540, Monday-Friday from 8:00am-5:00pm Central, or e-mail res@ctsinc.com and reference the AASM. Airfare savings are subject to availability; we suggest you make your arrangements as soon as you receive your registration confirmation.

The airports nearest to the AASM national office are O'Hare International Airport and Midway International Airport. O'Hare is approximately 23 miles from the office. Midway is approximately 18 miles from the office. Because you will be traveling to 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. Taxi service to and from the airport is approximately \$40.00 each way. Please anticipate 30-40 minutes for travel time to and from either airport.

Questions?

For information or questions regarding the courses, please contact:

Randi Prince, Meeting Planner

2510 North Frontage Road

Darien, IL 60561

Phone: 630-737-9700

Fax: 630-737-9789

E-mail: education@aasmnet.org

Website: www.aasmnet.org

