An AASM Sleep Education Series Course

National Sleep Medicine Course

August 8-10, 2008 • Hyatt Lodge • Oak Brook, Illinois

Course Chair:
Naresh Punjabi, MD, PhD
Johns Hopkins School of Medicine
Baltimore, MD
TARGET AUDIENCE & TOPICS
This course is intended for:
• primary care physicians seeking to learn how to recognize sleep disorders in their patients
• fellows and trainees with an interest in a career in sleep disorders medicine
• sleep medicine clinicians seeking an overview of the current state of the art in sleep disorders diagnosis and treatment

COURSE OVERVIEW
This course provides an organized and solidified overview of the field of sleep medicine through both formal and informal teaching sessions.

During this three-day course, an expert faculty will present in-depth information on assessment, diagnosis and treatment of sleep disorders. The formal sessions combine didactic with case-based learning. Ample time is allotted for questions and answers. Interactive sessions focus on polysomnogram interpretation. Lectures are supplemented by slide and video presentations; each participant receives a detailed syllabus with suggestions for supplemental reading.

Attendance is limited to allow attendees to have the opportunity to interact with faculty during case study reviews and question and answer sessions as well as informally during meals.
**Course Objectives**
Upon completion of the course, participants will be able to:

- perform a comprehensive evaluation of patients suspected of sleep disorders
- construct a differential diagnosis for sleep disorders patients
- evaluate the appropriateness of diagnostic testing for sleep disorders
- have a basic understanding of how to interpret polysomnograms
- use the *International Classification of Sleep Disorders, Second Edition* to arrive at a final diagnosis
- determine an appropriate treatment for patients with sleep disorders

**Continuing 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™*. Physicians will continue to receive a certificate indicating awarding of *AMA PRA Category 1 Credits™*.

The American Academy of Sleep Medicine will award 29.25 *AMA PRA Category 1 Credits™* for this course. Each physician should claim only those credits that he/she actually spent in the educational activity.

Register online at www.aasmnet.org
SESSION TIMES

FRIDAY, AUGUST 8
7:00 AM – 8:00 AM*
Continental Breakfast and Registration
8:00 AM – 12:45 PM
General Session
12:45 PM – 1:45 PM*
Lunch
1:45 PM – 5:00 PM
General Session
5:00 PM – 7:00 PM*
Dinner (on your own)
7:00 PM – 9:00 PM
Evening Session (optional)

SATURDAY, AUGUST 9
7:00 AM – 7:30 AM*
Continental Breakfast
7:30 AM – 12:45 PM
General Session
12:45 PM – 1:45 PM*
Lunch
1:45 PM – 4:45 PM
General Session
4:45 PM – 7:00 PM*
Dinner (on your own)
7:00 PM – 9:00 PM
Evening Session (optional)

SUNDAY, AUGUST 10
7:00 AM – 7:30 AM*
Continental Breakfast
7:30 AM – 12:45 PM
General Session
12:45 PM – 1:45 PM*
Lunch
1:45 PM – 4:45 PM
General Session

*Continental breakfast and lunch are provided; attendees are responsible for dinner.

LIST OF TOPICS & PRESENTERS

- Neurobiology of Sleep – Part 1
  Ronald Szymusiak, PhD

- Neurobiology of Sleep – Part 2
  Ronald Szymusiak, PhD

- Polysomnography: Methodology
  James Wyatt, PhD

- Polysomnography: Interpretation and Sleep Staging
  James Wyatt, PhD

- Portable Monitoring: The New Era in Sleep Medicine
  Vishesh Kapur, MD

- MSLT, MWT, and Actigraphy
  Kelly Carden, MD, MBA

- The Normal Circadian Rhythm of Sleep
  Phyllis Zee, MD, PhD

- Changes in Sleep with Age
  Nalaka Gooneratne, MD

- Interaction Between Endocrine Function and Sleep
  Naresh Punjabi, MD, PhD

- Sleep Disorders in Chronic Medical Conditions
  Kelly Carden, MD, MBA

- Case Studies
  Naresh Punjabi, MD, PhD

- Cardiopulmonary Changes during Sleep
  Susheel Patil, MD

- Pathophysiology of Obstructive Sleep Apnea
  Susheel Patil, MD

- Positive Airway Pressure Therapy for Sleep Apnea
  M. Safwan Badr, MD

- Central Sleep Apnea: Pathogenesis, Diagnosis and Treatment
  Atul Malhotra, MD

- Heart Failure and Sleep Apnea
  William Cotts, MD

- Surgical Treatment for Sleep Apnea
  Edward Weaver, MD

- Pediatric Sleep Apnea: Diagnosis and Management
  Ann Halbower, MD

- Behavioral Sleep Disorders in Children
  Daniel Lewin, PhD

- Disorders of the Circadian System
  Phyllis Zee, MD, PhD

- Diagnosis and Management of Parasomnias
  Michel Cramer Bornemann, MD

- Epidemiology, Pathophysiology and Etiology of Insomnia
  Michael Perlis, PhD

- Pharmacological Treatment of Insomnia
  James Walsh, PhD

- Behavioral Treatment of Insomnia
  Michael Perlis, PhD

- Restless Legs Syndrome and Nocturnal Movement Disorders
  Christopher Earley, MD, PhD

- Nocturnal Epilepsies
  Jonathan Halford, MD, PhD

- EEG – Normal and Abnormal
  Jonathan Halford, MD, PhD

- Narcolepsy and Syndromes of Excessive Daytime Somnolence
  Emmanuel Mignot, MD, PhD

- Effects of Acute and Chronic Sleep Deprivation
  Naresh Punjabi, MD, PhD

QUESTIONS? CALL THE AASM AT (708) 492-0930.
Registration Form

National Sleep Medicine Course – August 8-10, 2008

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

 Neurology

 Internal Medicine ✔ Otolaryngology

 Neurology

 Pulmonology ✔ Pediatrics

 Psychology

 Psychology

 Other

 Other

 Psychiatry

 Nursing

 Regular Members – $200

 Student Members without journals – $40

 Student Members with journals – $115

 Affiliate Membership – $200

 Affiliate Industry Membership – $40

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 attendee list to be distributed to course attendees.

Membership Classification

Receive immediate membership savings by joining the AASM today! Please visit http://www.aasmnet.org/AboutMembership.aspx for more information regarding membership types. Note: On June 1, 2008, the 2008 membership rates listed below will decrease.

Regular Members – $200

Student Members without journals – $40

Student Members with journals – $115

Affiliate Membership – $200

Affiliate Industry Membership – $40

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
REGISTRATION FORM

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 society, 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 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 student as a non-member at the non-member prevailing fees.

**ADVANCED REGISTRATION (on or before July 11, 2008)**

- AASM Individual Member $1100
- Employee of an AASM Member Sleep Center or Sleep Lab $1100

Name of Sleep Center or Sleep Lab: ______________________________________________________

- AASM Student Member $950
- Non-Member $1375

**REGISTRATION (after July 11, 2008)**

- AASM Individual Member $1250
- Employee of an AASM Member Sleep Center or Sleep Lab $1250

Name of Sleep Center or Sleep Lab: ______________________________________________________

- AASM Student Member $1050
- Non-Member $1525

**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):

Card#: __________________________________________________________________________

Exp. Date: ___________/__________ Validation Code*: ______________

Card Holders Name: _________________________________________________________________

Mailing Address: __________________________________________________________________

__________________________________________________________________________________

Signature: __________________________________________ Date: ___________/__________

*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 National Sleep Medicine Course will be held at the Hyatt Lodge, 2815 Jorie Boulevard, Oak Brook, Illinois. For more information about the Hyatt Lodge and its amenities, visit http://www.thelodge.hyatt.com or call (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 $140.00 per night plus tax and is only valid until July 10, 2008, 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 and lunch will be served daily during the course; attendees are responsible for dinner. Only registered attendees are able 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. 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 administrative fee will be withheld on cancellations postmarked prior to July 11, 2008. After this date, no refunds will be available. Refunds are not provided to no-shows. The AASM reserves the right to cancel the 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 audio, video, or otherwise recording 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
E-mail: rprince@aasmnet.org
Web site: www.aasmnet.org

Register online at www.aasmnet.org
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Earn more than 29 CME credits