

16th Annual Sleep Medicine Virtual Course

May 4th, 2024

Alon Y. Avidan, MD, MPH – Course Director

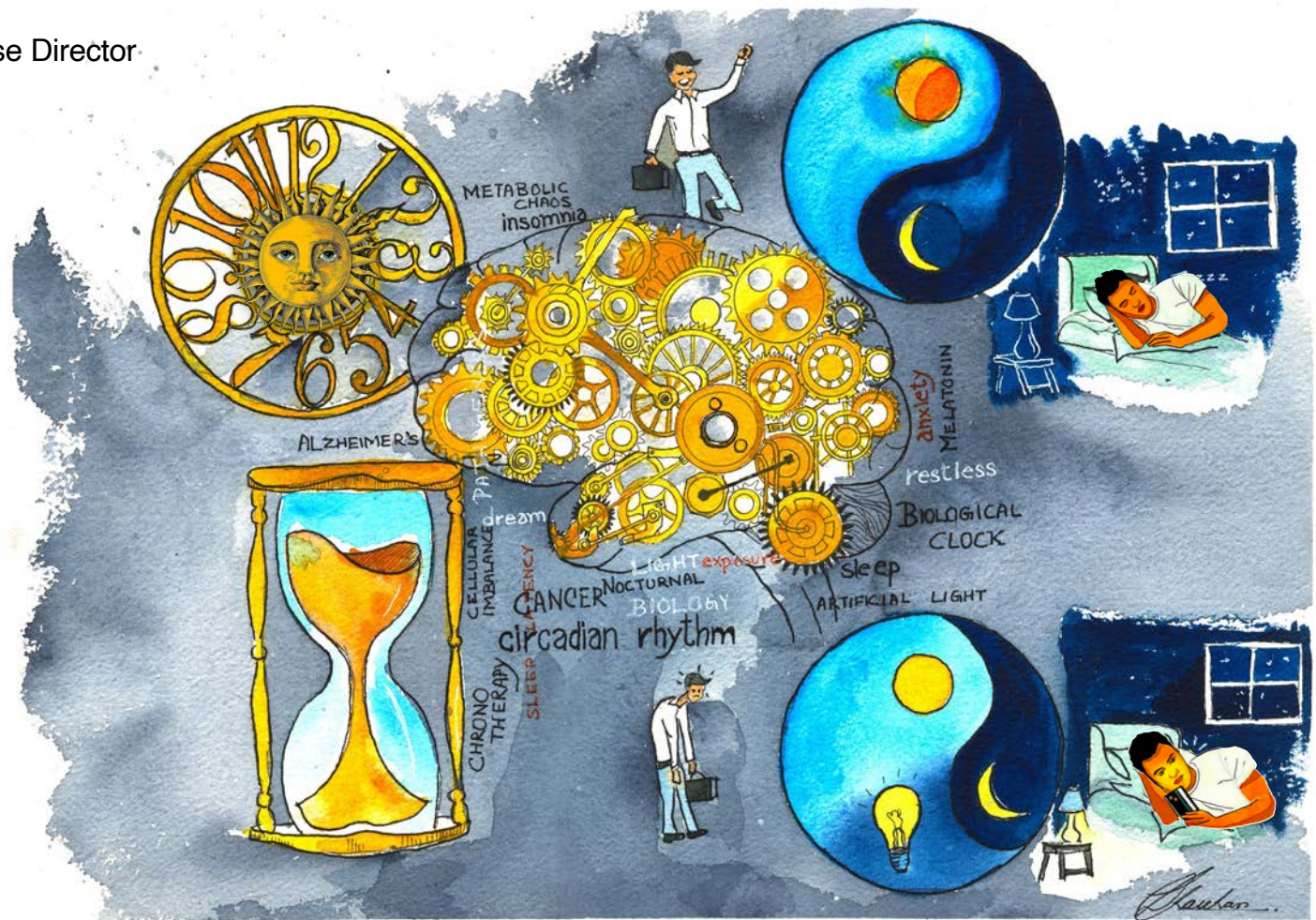
Saturday, May 4th 2024

8AM-5PM PST

May 2024						
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Registration Link



Adapted from ClubSciWri, Illustrated by Disha Chauhan (The Visual Stories Studio).



Introduction

- Physicians in all areas of medicine encounter patients who complain of disturbed sleep. The purpose of this course, the 16th in its series, is to provide clinicians with the knowledge needed to recognize and treat major sleep disorders likely to be encountered in their clinical practice.
- The course would emphasize a practical approach to sleep medicine across multiple specialties, including primary care medicine, family practice, psychiatry, neurology, geriatrics, and clinical psychology.
- The course will focus on the assessment and evaluation of excessive sleepiness, sleep apnea, and narcolepsy, appreciate evaluation strategies and management of chronic insomnia disorder, and be able to recognize critical parasomnias and abnormal behaviors at night.
- The course will conclude with a discussion of the mechanism by which how poor sleep contributes to cognitive decline and dementia.
- Attendees will acquire skills needed in the recognition, evaluation, and management of the major sleep disorders they are likely to encounter during routine clinical practice. A primary goal of the course is to provide practitioners with both pragmatic evaluation strategies and treatment recommendations that may be integrated into their clinical practice.
- Course faculty will provide a discussion of etiology, pathophysiology, diagnostic strategies, and pharmacological and behavioral treatment options and harmonize the management strategies based on evidence-based medicine and shared decision-making.

Target Audience

- This course targets clinicians and healthcare providers who regularly encounter patients with sleep complaints. The course will be of value to primary care physicians, internists, family physicians, psychiatrists, neurologists, psychologists, pediatricians, geriatricians, obstetricians and gynecologists, physician assistants, nurse practitioners, and any other healthcare providers who are likely to encounter patients with sleep disturbances.
- Trainees in the primary care disciplines, family medicine, neurology, psychiatry, and sleep medicine would also find the course helpful.



Course Objectives

- Outline the function of sleep, particularly relating to glymphatic clearance at night.
- Review the causes of sleepiness in specific patient populations most likely encountered in primary care practice and by specialists in family medicine, primary care, psychiatry, neurology, pediatrics, and geriatrics medicine.
- Understand the pharmacological management of chronic insomnia disorder and recognize the unique properties of hypnotic agents, cognitive and behavioral strategies for chronic insomnia, and consequences of untreated insomnia.
- Identify the unique mechanism of narcolepsy and identify diagnostic and treatment modalities.
- Formulate a practical approach for effective screening, assessment, and management of pediatric sleep disorders and apply treatment strategies in managing pediatric insomnia and hypersomnia,
- Comprehend the underlying physiological basis which gives rise to sleep and wakefulness.
- Describe the evaluation and management of sleep-disordered breathing.
- Recognize how poor sleep may contribute to cognitive decline and contribute to the evolution of Alzheimer's disease dementia by increasing the β -amyloid burden.
- Appraise the underlying mechanisms for generating sleep-wake circadian rhythm and recognize disturbances in circadian rhythms and their impact on health.
- Appreciate the causes of sleep problems in older adults and their potential treatments in patients with neurodegenerative disorders.
- Analyze how specific brain wave patterns during sleep affect cognition, memory, and learning.

16th Annual Sleep Medicine Virtual CME Course Faculty

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Course Director

Alon Y. Avidan MD, MPH

Professor, UCLA Department of Neurology, UCLA Sleep Medicine Program, David Geffen School of Medicine at UCLA, University of California, Los Angeles



Sleep Function: An Evolutionary Perspective

Jerome Siegel, PhD

Director, Center for Sleep Research, Professor of Psychiatry and Biobehavioral Sciences, University of California Los Angeles, Los Angeles, CA



Obstructive Sleep Apnea Updates

Nancy A. Collop, MD,

Nancy A. Collop, MD Professor of Medicine and Neurology Director, Emory Sleep Center Emory University School of Medicine Atlanta, GA



Managing Chronic Insomnia: State of the Art

Thomas Roth, PhD

Sleep Center, Henry Ford Hospital Professor, Department of Internal Medicine Wayne State University College of Medicine Detroit, MI



Why We Sleep: Unlocking the Mystery

Matthew P. Walker, PhD

Professor of Neuroscience and Psychology, Department of Psychology Helen Wills Neuroscience Institute. Founder and director of the Center for Human Sleep Science University of California, Berkeley, CA



Circadian Rhythms and Health

Charles A. Czeisler, MD, PhD

Chief Division of Sleep and Circadian Disorders, Director, Sleep Matters Initiative, Frank Baldino, Jr., Ph.D. Professor of Sleep Medicine, Professor of Medicine, Harvard Medical, School Boston, MA



Pediatric Sleep Disorders

Lourdes DelRosso, MD, PhD, MS,

Professor of Family and Community Medicine University Sleep and Pulmonary Associates University of California, San Francisco Fresno, CA



Healthy Sleep to Promote a Healthy Brain

Gina Poe, PhD

Eleanor Leslie Professor of Innovative Brain Research, Department of Integrative Biology & Physiology Department of Psychiatry University of California Los Angeles, Los Angeles, CA



Narcolepsy: Evaluation and Management

Emmanuel Mignot, MD, PhD

Craig Reynolds Professor of Sleep Medicine Stanford University Palo Alto CA



Sleep in Older Age & People with Dementia

Sonia Ancoli-Israel, PhD

Professor Emeritus Department of Psychiatry University of California San Diego, CA

16th Annual Sleep Medicine Virtual CME Course

Agenda & Faculty:

7:45 am - 8:00 am	8:00 am – 9:00 am	9:00 am – 10:00 am	10:00 am – 11:00 am	11:00 am- 12:00 pm	12:00 pm – 1:00 pm
					
Welcome and Introduction Alon Y. Avidan MD, MPH	Sleep Function: An Evolutionary Perspective Jerome Siegel, PhD	Why We Sleep: Unlocking the Mystery Matthew P. Walker, PhD	Healthy Sleep to Promote a Healthy Brain Gina Poe, PhD	Obstructive Sleep Apnea Updates Nancy A. Collop, MD	Circadian Rhythms and Health Charles A. Czeisler, MD, PhD
1:00 pm – 2:00 pm	2:00 pm – 3:00 pm	3:00 pm – 4:00 pm	4:00 pm – 5:00 pm	5:00 pm – 5:15 pm	
					
Narcolepsy: Evaluation and Management Emmanuel Mignot, MD, PhD	Managing Chronic Insomnia: State of the Art Thomas Roth, PhD	Pediatric Sleep Disorders Lourdes DelRosso, MD, PhD, MS	Sleep in Older Age & People with Dementia Sonia Ancoli-Israel, PhD	Summary and Conclusion Alon Y. Avidan MD, MPH	

GENERAL INFORMATION:

Live Virtual Conference

The virtual conference will be live-streamed. Course registrants will be provided on-demand access to a recording of the conference for one month immediately following the conference.

Accreditation Statement

- The American Academy of Sleep Medicine (AASM) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. AASM designates this live activity for AMA PRA Category 1 Credits™
- The 16th Annual Sleep CME Course: Maximum of 9.00
- AASM Continuing Education Credits (CECs) for sleep technologists are offered for this live activity. AASM designates this live activity for AASM CECs:
- The 16th Annual Sleep CME Course: Maximum of 9.00
The AASM will issue all other non-physicians a letter of attendance for activities designated for AMA PRA Category 1 Credits™.
- Physicians and all other participants should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement

- The FDA has issued a concept paper that classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is “truly independent” and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced, and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program’s participants.
- In addition, the Accreditation Council for Continuing Medical Education policy mandates that the sponsor adequately manage all identified potential conflicts of interest prior to the program.



To register, please scan the code below into your mobile device.

