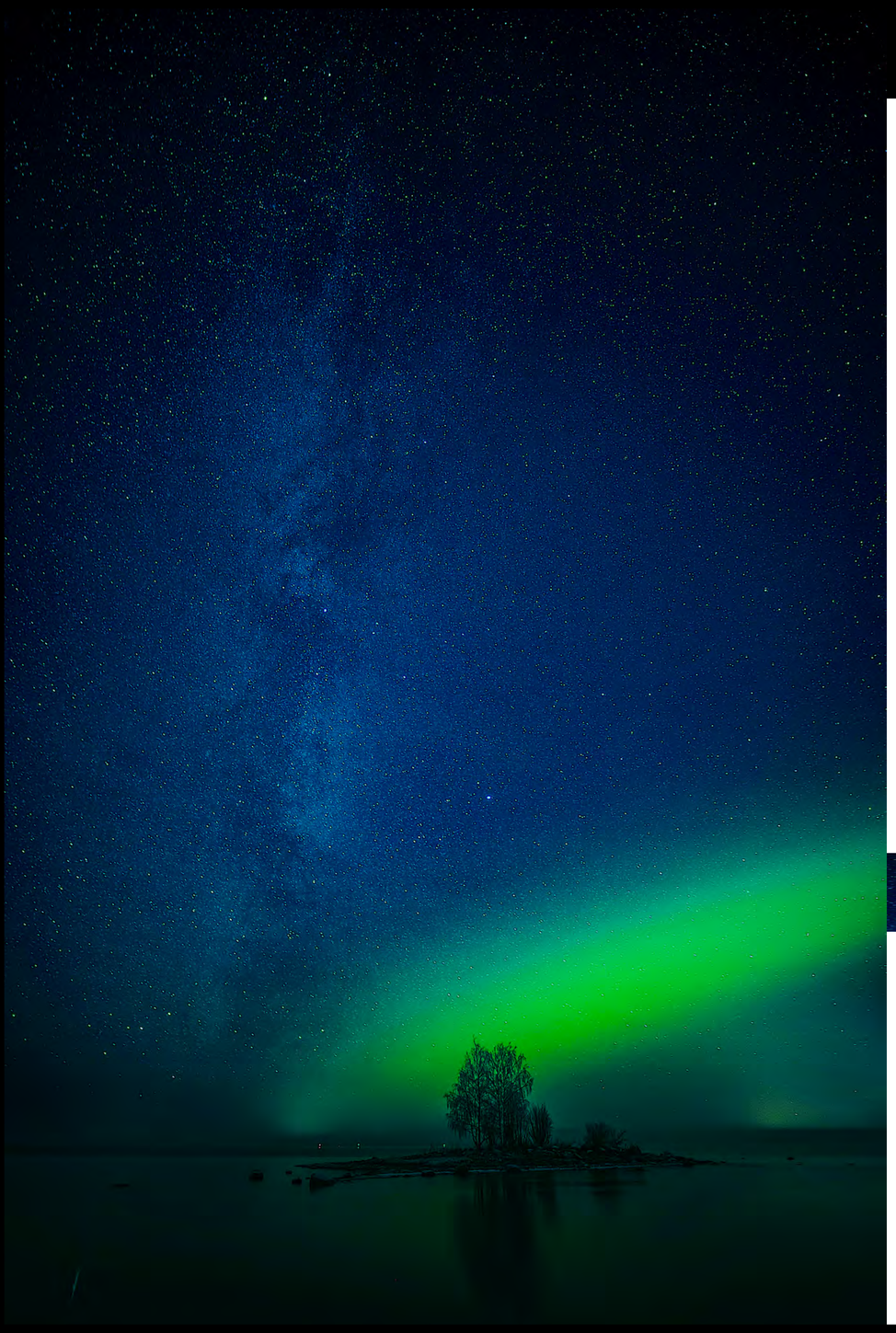
18th Annual Sleep Medicine CME Course

Saturday, April 25, 2026

Virual CME https://medicalcme.org/

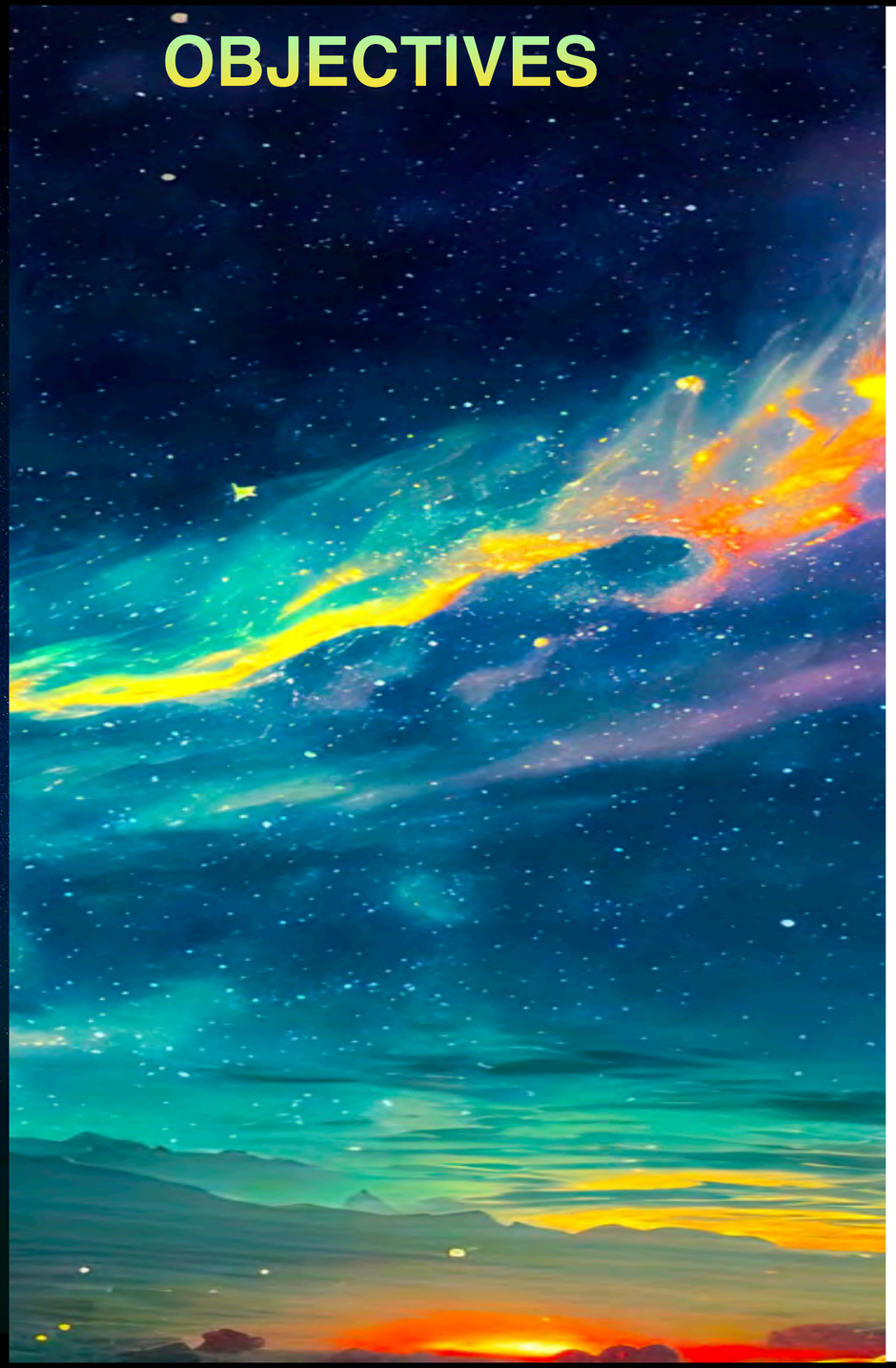


Introduction

- Physicians in all areas of medicine encounter patients who complain of disturbed sleep. The purpose of this course, the 18th 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 and circadian disorders, and be able to evaluate and manage restless legs syndrome.
- The course will conclude with a discussion of the history of sleep medicine leading to our current understanding of why we sleep and the underlying brain mechanisms generating sleep and wakefulness
- 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 across the patient's lifespan, from pediatrics to older age. 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 discuss 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, pediatrics, psychiatry, and sleep medicine would also find the course helpful.



OBJECTIVES

At the conclusion of the course, learners will be expected to:

- ❑ Recognize the history of sleep medicine, leading to the uncovering of the theories about why we sleep.
- ❑ Appreciate the causes of sleepiness in specific patient populations most likely to be encountered in primary care practice and by specialists in family medicine, primary care, psychiatry, neurology, pediatrics, and geriatric medicine.
- ❑ Review the key sleep disorders common among the pediatric patient population and outline key diagnostic tools and treatments in resolving these.
- ❑ Identify the unique mechanism of narcolepsy and identify diagnostic approaches for accurate evaluation.
- ❑ Understand the pharmacological management in managing excessive sleepiness in the setting of central disorders of hypersomnia, including narcolepsy and idiopathic hypersomnia.
- ❑ Comprehend the underlying physiologic basis of sleep and wakefulness.
- ❑ Appreciate the clinical evaluation of sleep-disordered breathing, particularly physical exam findings and new diagnostic approaches based on emerging data on the use of home monitoring equipment and wearable devices.
- ❑ Discuss the conservative management techniques to address obstructive sleep apnea, including the use of surgical interventions, upper airway stimulation, and pharmacologic interventions.
- ❑ Recognizing the critical importance contributes to cognitive decline and might also increase the risk 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.
- ❑ Investigate the causes of sleep problems in older adults and their potential treatments in patients with neurodegenerative disorders.

April 2026

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

8AM-5PM PST

Saturday, Apr 25th 2026

18th Annual Sleep Medicine Virtual CME Course Faculty

Virtual CME

The History and Discovery of Sleep

Kenneth Miller

Author, Mapping the Darkness
www.kennethmiller.net

Pediatric Sleep Medicine

Judith Owens, MD

Professor of Neurology
Department of Neurology
Harvard Medical School
Center for Pediatric Sleep Disorders
Children's Hospital Boston
Boston, MA

Evaluation and Management of Chronic Insomnia Disorder

Deirdre A. Conroy, Ph.D. PLLC

Clinical professor of Psychiatry
Clinical Director, Behavioral Sleep Medicine Program
University of Michigan Health System
Ann Arbor, Michigan

Modern Strategies for Managing Sleep Apnea

Atul Malhotra, MD

Vice Chair of Medicine for Research and Research
Chief of pulmonary, critical care, and sleep medicine, and physiology
University of California, San Diego Medical School
San Diego, CA

Sleepless in the 21st Century: Rethinking Chronic Insomnia Care

Colin A Espie PhD

Professor of Sleep Medicine, Nuffield
Department of Clinical Neurosciences
Department of Psychiatry
University of Oxford
Oxford, UK

Circadian and sleep strategies to Optimize Health, performance and safety

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

Unrest at Rest: Innovations in Managing Restless Legs Syndrome

Michael Silber, M.B. Ch.B.

Elliott and Marlys Badzin
Neuro-Degenerative Sleep Disorder Professor
Professor of Neurology
Center for Sleep Medicine
Mayo Clinic College of Medicine and Science
Rochester, MN

The Evaluation and Management of Narcolepsy

Kiran Maski, MD MPH

Assistant Professor, Neurology
Harvard Medical School
Boston Children's Hospital

Sleep in Older Age & People with Dementia

Sonia Ancoli-Israel, PhD

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

18th Annual Sleep Medicine Virtual CME Course Schedule

Agenda, Lecture Schedule (Pacific Standard Time) & Faculty :

7:45 am - 8:00 am

Welcome and Introduction
Alon Y. Avidan MD, MPH

8:00 am – 9:00 am

The History and Discovery of Sleep
Kenneth Miller

9:00 am – 10:00 am

Pediatric Sleep Medicine
Judy Owens, MD

10:00 am – 11:00 am

Evaluation and Management of Chronic Insomnia Disorder
Deirdre A. Conroy, Ph.D. PLLC

11:00 am- 12:00 pm

Modern Strategies for Managing Sleep Apnea
Atul Malhotra, MD

12:00 pm – 1:00 pm

Sleepless in the 21st Century: Rethinking Chronic Insomnia Care
Colin Espie, PhD

1:00 pm – 2:00 pm

The Evaluation and Management of Narcolepsy
Kiran Maski, MD MPH

2:00 pm – 3:00 pm

Circadian and Sleep Strategies to Optimize Health, Performance and Safety
Charles A. Czeisler, MD, PhD

3:00 pm – 4:00 pm

Unrest at Rest: Innovations in Managing Restless Legs Syndrome
Michael Silber, M.B. Ch.B.

4:00 pm – 5:00 pm

Sleep in Older Age & People with Dementia
Sonia Ancoli-Israel, PhD

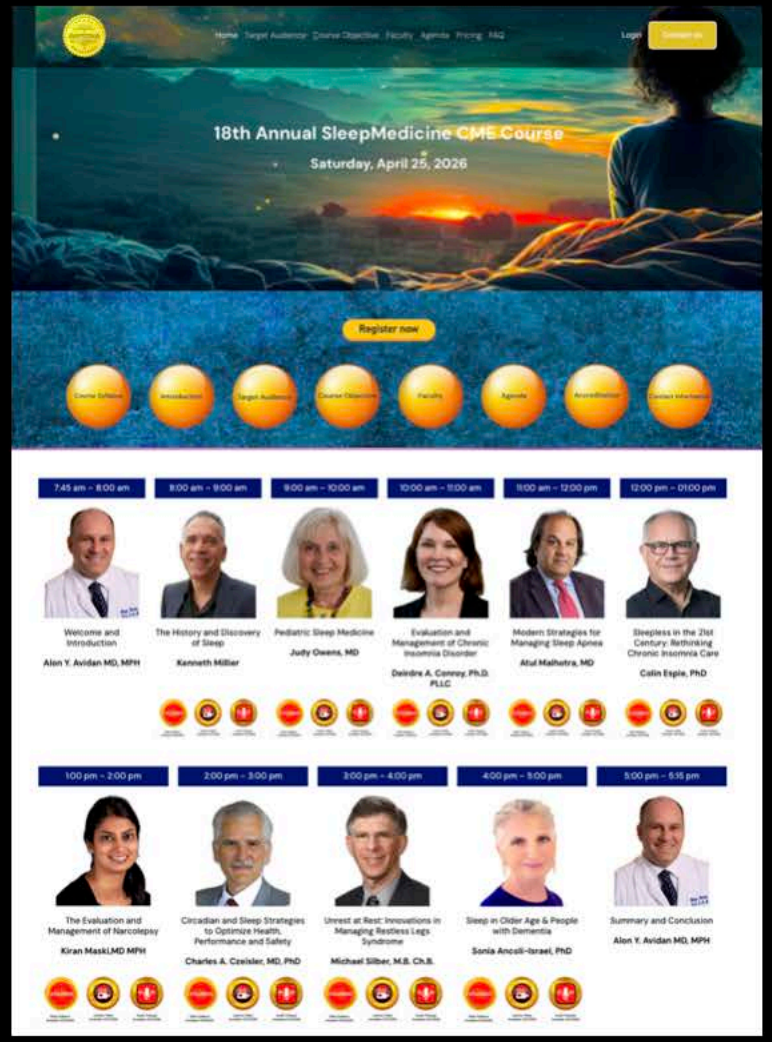
5:00 pm – 5:15 pm

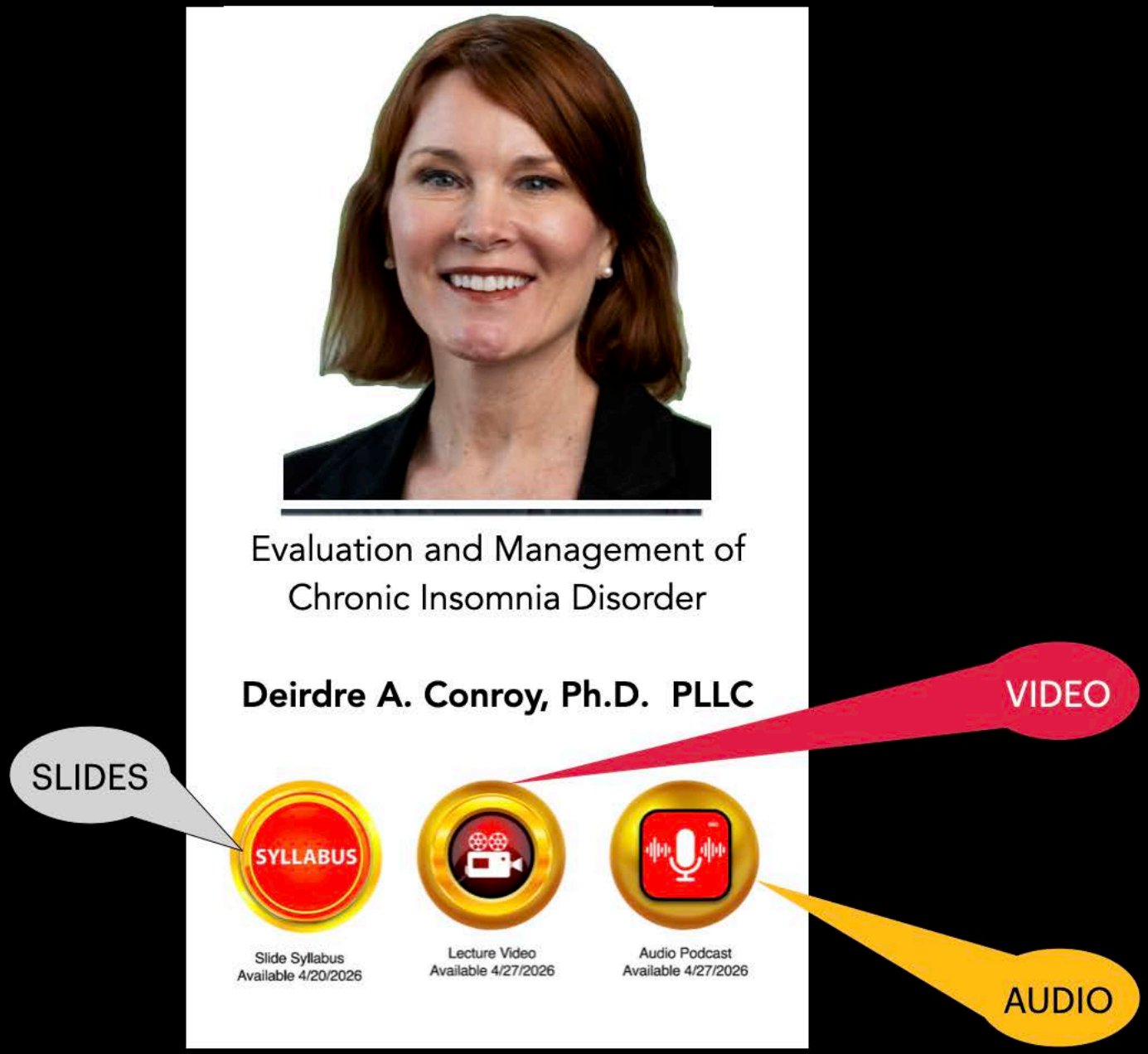
Summary and Conclusion
Alon Y. Avidan MD, MPH

To access resources, please visit:

https://medicalcme.org

Scroll to course agenda:





Course Objectives

At the conclusion of the course, learners will be expected to:

- ❑ Recognize the history of sleep medicine, leading to the uncovering of the theories about why we sleep.
- ❑ Appreciate the causes of sleepiness in specific patient populations most likely to be encountered in primary care practice and by specialists in family medicine, primary care, psychiatry, neurology, pediatrics, and geriatric medicine.
- ❑ Identify the unique mechanism of narcolepsy and identify diagnostic approaches for accurate evaluation.
- ❑ Understand the pharmacological management in managing excessive sleepiness in the setting of central disorders of hypersomnia, including narcolepsy and idiopathic hypersomnia.
- ❑ Comprehend the underlying physiologic basis of sleep and wakefulness.
- ❑ Appreciate the clinical evaluation of sleep-disordered breathing, particularly physical exam findings and new diagnostic approaches based on emerging data on the use of home monitoring equipment and wearable devices.
- ❑ Appraise conservative management techniques to address obstructive sleep apnea, including the use of surgical interventions, upper airway stimulation and pharmacologic interventions.
- ❑ Recognizing the critical importance contributes to cognitive decline and might also increase the risk 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.
- ❑ Investigate the causes of sleep problems in older adults and their potential treatments in patients with neurodegenerative disorders.

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™*:

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to:
8.0 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program;
8.0 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program; and
8.0 annual part II self-assessment credit in the American Board of Otolaryngology – Head and Neck Surgery's Continuing Certification program (formerly known as MOC).

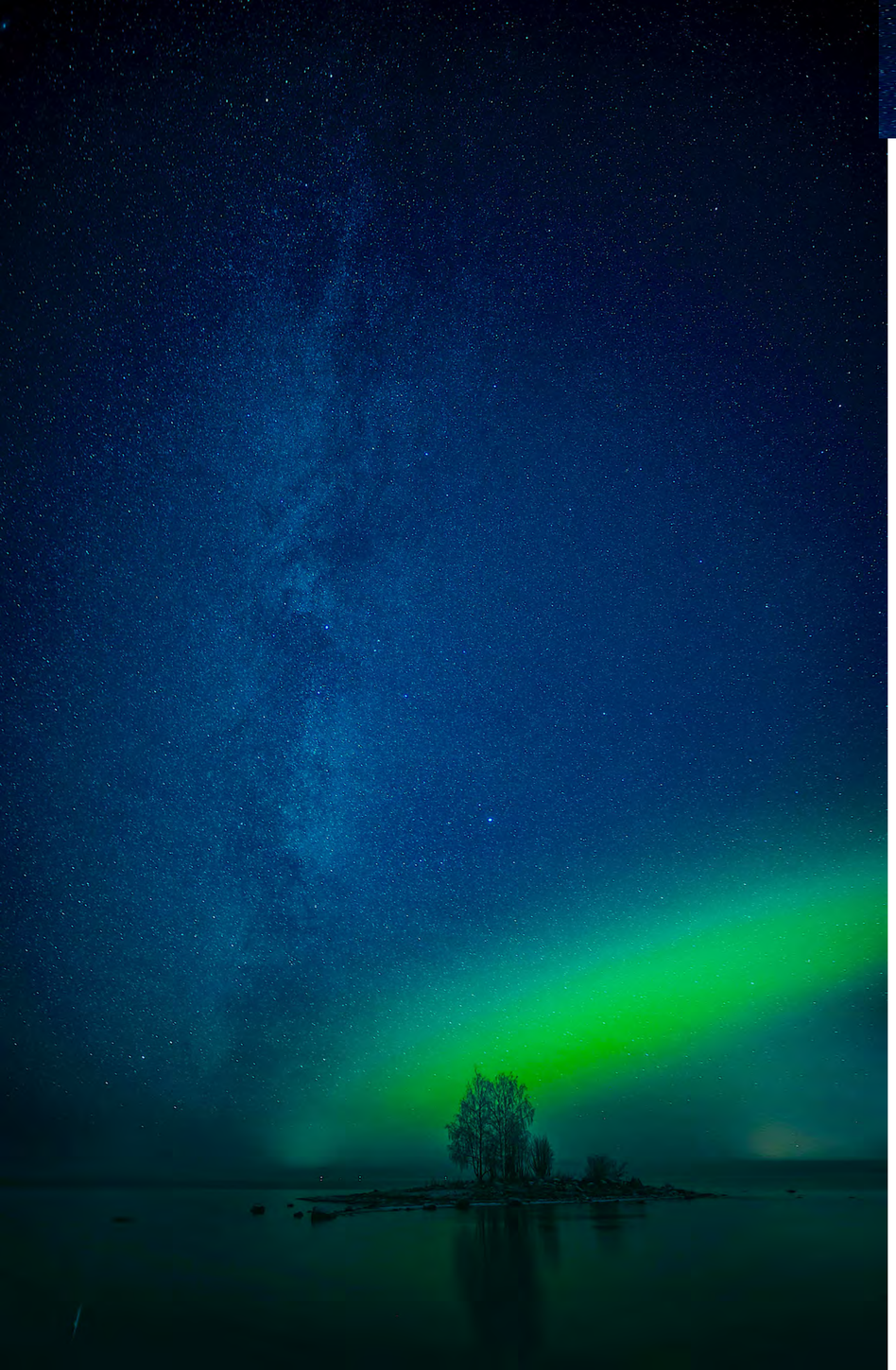
It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM, ABP, or ABOHNS MOC credit.

The American Board of Psychiatry and Neurology has reviewed the 18th Annual Sleep Medicine Virtual Course Self-Assessment Exam and has approved these programs as a part of a comprehensive self-assessment program, which is mandated by the ABMS as a necessary component of maintenance of certification.

LETTER OF ATTENDANCE:
Individuals who are not eligible for any type of continuing education credits offered at the 18th Annual Sleep Medicine Virtual Course may receive a letter of attendance outlining the number of *AMA PRA Category 1 Credits™* designated the meeting.

PHYSICIAN ASSISTANT (PA) CREDIT:
PAs may claim a maximum of 8.00 Category 1 credits for sessions offered at the 18th Annual Sleep Medicine Virtual Course. NCCPA accepts *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society.

NURSE PRACTITIONER (NP) CREDIT:
NPs may claim a maximum of 8.00 Category 1 credits for sessions offered at the 18th Annual Sleep Medicine Virtual Course. The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.



GENERAL INFORMATION:

VirualCME

https://medicalcme.org/

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.

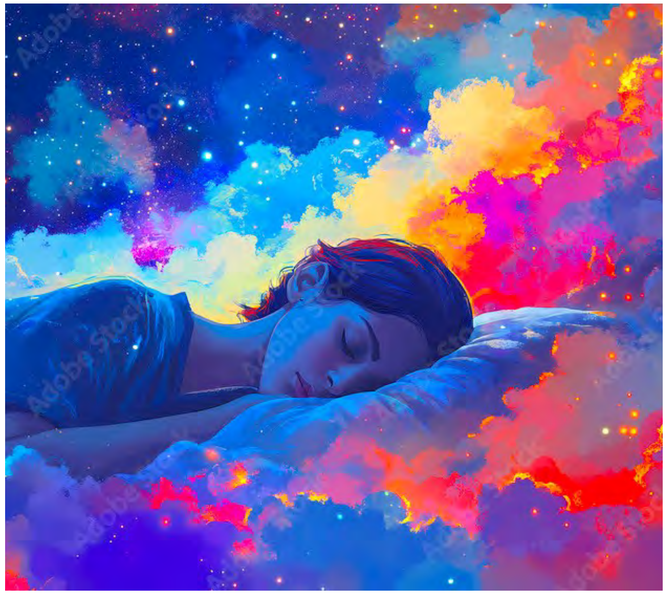
Planner Disclosures:

The following planners have no relevant financial relationships with any ineligible companies to disclose:

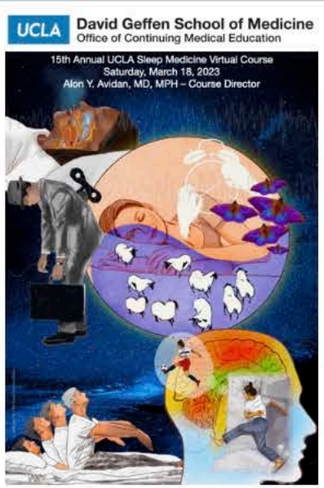
Richard Thorpe, MPharm
Charlotte Worsley
Alyssa Ebersole

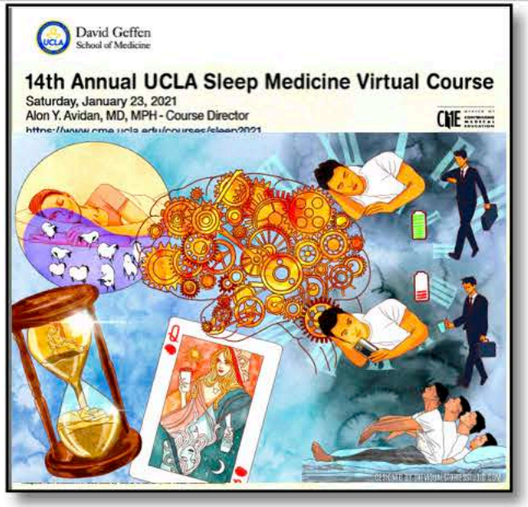
Alon Y. Avidan MD, MPH disclosed financial relationships with Avadel Pharmaceuticals (USA), Inc. (consultant, Speaker), Lilly & Company (Speaker), and Takeda (consultant).

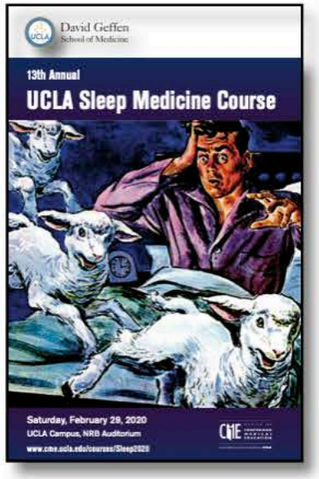
The relevant financial relationships have been mitigated.

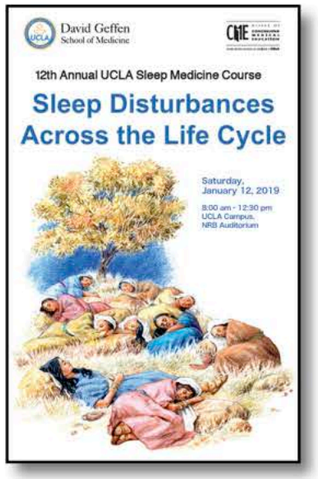


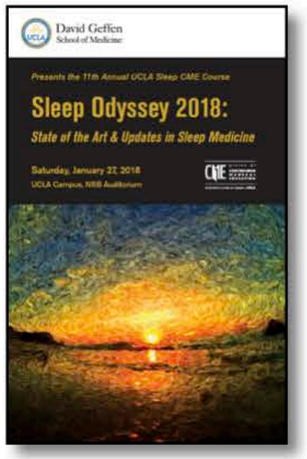
17th Annual Sleep Medicine Virtual CME Course
Saturday, March 22, 2025 7:45 AM- 6:00 PM PST

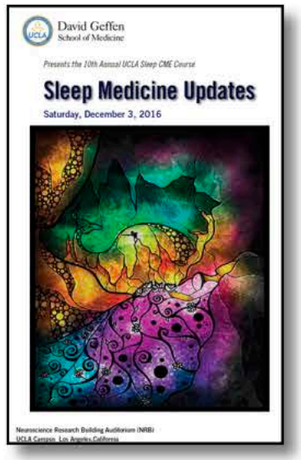

UCLA
David Geffen School of Medicine
Office of Continuing Medical Education
15th Annual UCLA Sleep Medicine Virtual Course
Saturday, March 18, 2023
Alon Y. Avidan, MD, MPH – Course Director

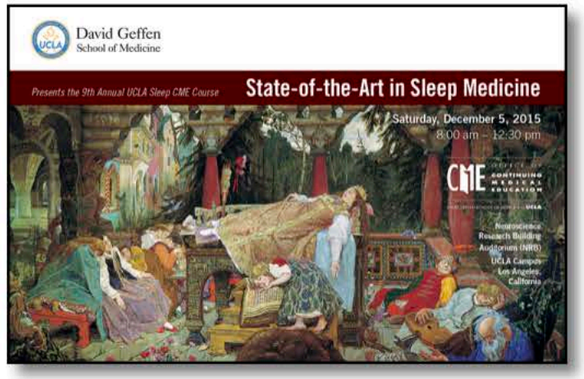

David Geffen School of Medicine
14th Annual UCLA Sleep Medicine Virtual Course
Saturday, January 23, 2021
Alon Y. Avidan, MD, MPH - Course Director

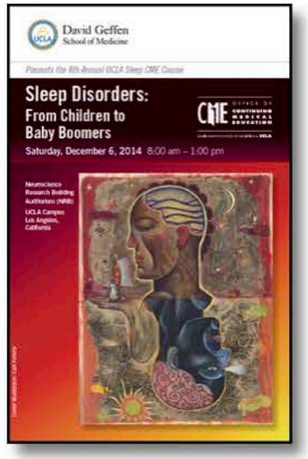

David Geffen School of Medicine
13th Annual
UCLA Sleep Medicine Course
Saturday, February 29, 2020
UCLA Campus, NRB Auditorium

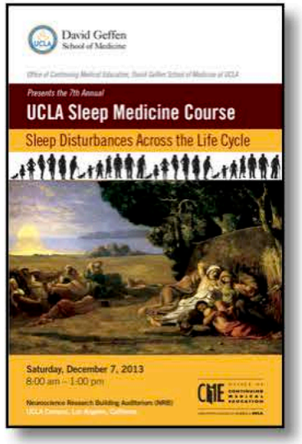

David Geffen School of Medicine
12th Annual UCLA Sleep Medicine Course
Sleep Disturbances Across the Life Cycle
Saturday, January 12, 2019
8:00 am - 12:30 pm
UCLA Campus, NRB Auditorium

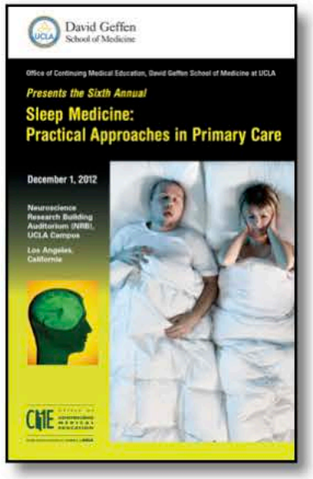

David Geffen School of Medicine
Presents the 11th Annual UCLA Sleep CME Course
Sleep Odyssey 2018:
State of the Art & Updates in Sleep Medicine
Saturday, January 27, 2018
UCLA Campus, NRB Auditorium

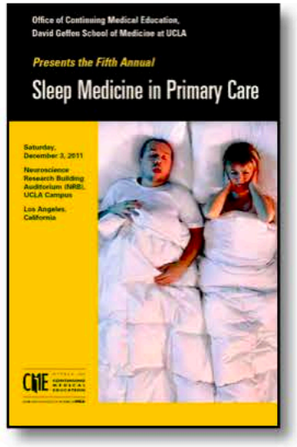

David Geffen School of Medicine
Presents the 10th Annual UCLA Sleep CME Course
Sleep Medicine Updates
Saturday, December 3, 2016
Neuroscience Research Building Auditorium (NRB)
UCLA Campus, Los Angeles, California

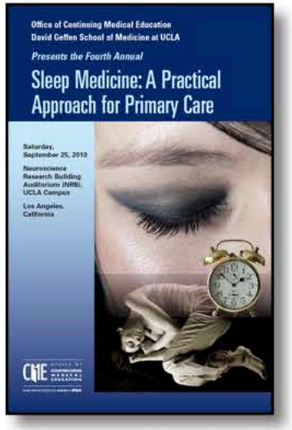

David Geffen School of Medicine
Presents the 9th Annual UCLA Sleep CME Course
State-of-the-Art in Sleep Medicine
Saturday, December 5, 2015
8:00 am – 12:30 pm
Neuroscience Research Building Auditorium (NRB)
UCLA Campus
Los Angeles, California

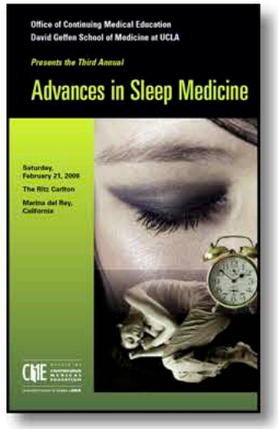

David Geffen School of Medicine
Presents the 8th Annual UCLA Sleep CME Course
Sleep Disorders:
From Children to Baby Boomers
Saturday, December 6, 2014 8:00 am – 1:00 pm
Neuroscience Research Building Auditorium (NRB)
UCLA Campus
Los Angeles, California

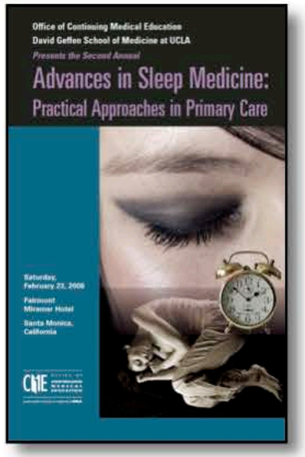

David Geffen School of Medicine
Presents the 7th Annual
UCLA Sleep Medicine Course
Sleep Disturbances Across the Life Cycle
Saturday, December 7, 2013
8:00 am – 1:00 pm
Neuroscience Research Building Auditorium (NRB)

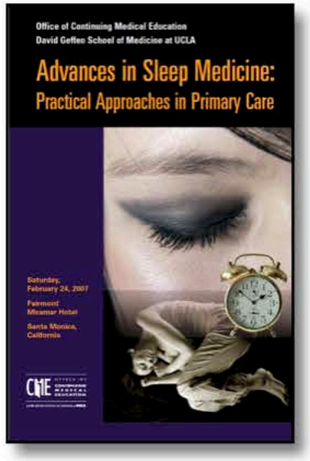

David Geffen School of Medicine
Office of Continuing Medical Education, David Geffen School of Medicine at UCLA
Presents the Sixth Annual
Sleep Medicine:
Practical Approaches in Primary Care
December 1, 2012
Neuroscience Research Building Auditorium (NRB), UCLA Campus
Los Angeles, California


Office of Continuing Medical Education, David Geffen School of Medicine at UCLA
Presents the Fifth Annual
Sleep Medicine in Primary Care
Saturday, December 3, 2011
Neuroscience Research Building Auditorium (NRB), UCLA Campus
Los Angeles, California


Office of Continuing Medical Education
David Geffen School of Medicine at UCLA
Presents the Fourth Annual
Sleep Medicine: A Practical Approach for Primary Care
Saturday, September 25, 2010
Neuroscience Research Building Auditorium (NRB), UCLA Campus
Los Angeles, California


Office of Continuing Medical Education
David Geffen School of Medicine at UCLA
Presents the Third Annual
Advances in Sleep Medicine
Saturday, February 21, 2009
The Ritz Carlton
Marina del Rey, California


Office of Continuing Medical Education
David Geffen School of Medicine at UCLA
Presents the Second Annual
Advances in Sleep Medicine:
Practical Approaches in Primary Care
Saturday, February 23, 2008
Fairmont Miramar Hotel
Santa Monica, California


Office of Continuing Medical Education
David Geffen School of Medicine at UCLA
Advances in Sleep Medicine:
Practical Approaches in Primary Care
Saturday, February 24, 2007
Fairmont Miramar Hotel
Santa Monica, California

This program is supported by educational grants from:

- **Avadel Pharmaceuticals**
- **Alkermes PLC**
- **Jazz Pharmaceuticals**

We appreciate the support of our industry partners.

COURSE EVALUATION

Course Evaluation

The American Academy of Sleep Medicine (AASM) will be sending you a course evaluation via the email you signed up from

CME Certificates

Will be sent via email once you complete the course evaluation

LECTURE TIME	TOPIC	FACULTY
7:45 am – 8:00 am PST	Welcome and Introduction	Alon Y. Avidan, Course Chair
8:00 am – 9:00 am PST	**The History and Discovery of Sleep**	**Kenneth Miller**
9:00 am – 10:00 am PST	**Pediatric Sleep Medicine**	**Judy Owens**
10:00 am – 11:00 am PST	**Evaluation and Management of Chronic Insomnia Disorder**	**Deirdre Conroy**
11:00 am – 12:00 pm PST	**Modern Strategies for Managing Sleep Apnea**	**Atul Malhotra**
12:00 pm- 1:00 pm PST	**Sleepless in the 21st Century: Rethinking Chronic Insomnia Care**	**Colin Espie**
1:00 pm – 2:00 pm PST	**The evaluation and management of Narcolepsy**	**Kiran Maski**
2:00 pm – 3:00 pm PST	**Circadian and Sleep Strategies to Optimize Health, Performance, and Safety**	**Charles A. Czeisler**
3:00 pm – 4:00 pm PST	**Unrest at Rest: Innovations in Managing Restless Legs**	**Michael Silber**
4:00 pm – 5:00 pm PST	**From Sundown to Sunrise: Rethinking Sleep in Older Adults and Dementia Care**	**Sonia Ancoli Israel**
5:00 pm – 5:15 pm PST	Summary and Conclusion	Alon Y. Avidan