

# Sleep Wake Disorders

Long-term Neurocognitive, Executive,  
and Behavioral Consequences and  
Clinical Controversies

**Tuesday, June 9, 2009**

**6:00 PM-8:30 PM**

**Grand Hyatt Seattle**

## Faculty

**Michael J. Thorpy, MD** / *Course Director*

*Albert Einstein College of  
Medicine of Yeshiva University  
Bronx, New York*

**Richard D. Simon, Jr., MD**

*St Mary Medical Center  
Walla Walla, Washington*

**Hans P.A. Van Dongen, PhD**

*Washington State University Spokane  
Spokane, Washington*

**Matthew P. Walker, PhD**

*University of California, Berkeley  
Berkeley, California*



Jointly sponsored by Albert Einstein College of Medicine and  
Montefiore Medical Center, and Asante Communications.



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educational grant from **Cephalon, Inc.**

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For information on this and other programs  
please visit [www.sleepclinician.com](http://www.sleepclinician.com)



A CME DINNER SYMPOSIUM

**Monday, June 8, 2009**

6:30 PM - 9:00 PM

**Grand Hyatt Seattle**

Leonesa Ballroom, Lobby Level  
721 Pine Street  
Seattle, Washington

## Clinical Correlates of Disrupted Slow-wave Sleep

### OVERVIEW

Insomnia is a highly prevalent but inadequately understood disorder, and relatively little is known about the neurobiology that underlies its pathophysiology. This symposium will address the clinical correlates of disturbed slow-wave sleep (SWS) as well as discuss current and emerging nonpharmacological and pharmacological therapies that address SWS deficiencies.

### LEARNING OBJECTIVES

- Identify the clinical consequences of a deficit in stage 4 SWS, including daytime and nighttime consequences of a deficiency of SWS
- Document the value of enhancing stage 4 SWS in affected patients
- Describe and appraise recent evidence that highlights the pathological consequences of disturbed SWS on cognition, metabolism, and daytime function
- Assess the current and developing nonpharmacological and pharmacological therapies that address SWS deficiencies

### INTENDED AUDIENCE

Primary care physicians, psychiatrists, and other sleep specialists

### FACULTY

**Thomas Roth, PhD**

(Moderator)  
Clinical Professor  
University of Michigan  
Medical School  
Ann Arbor, MI

**Ruth Benca, MD**

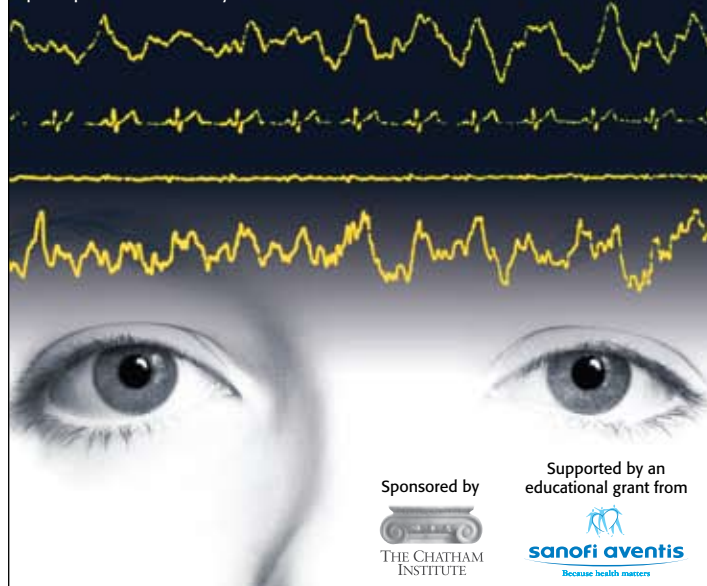
Professor, Departments of Psychiatry  
and Psychology  
Committee on Neuroscience  
Director, Sleep Program  
University of Wisconsin School of  
Medicine and Public Health  
Madison, WI

**Milton Erman, MD**

Voluntary Clinical Professor, Department of Psychiatry  
University of California, San Diego;  
Chief Medical Officer  
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Irvine, CA

### ACCREDITATION AND DESIGNATION

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