

LUNCH AND LEARN: A PRO/CON DEBATE

Listen as two experts in the field of sleep medicine or sleep research debate on a single topic in these large-group sessions. Tickets are required for admittance. Advanced registration is strongly encouraged as seating is limited and sold on a first-come, first-served basis. Boxed meals are provided at these sessions. Meals are pre-selected with standard dietary needs in mind and cannot be substituted to accommodate special needs.

CE credits for psychologists are not provided for Lunch and Learn: A Pro/Con Debate sessions.

Member fee: \$40 Nonmember fee: \$50

Monday, June 7, 2010

12:30pm – 1:30pm

L 01: Predicting Fatigue in the Real World: Ready for Prime Time?

Faculty: Thomas Balkin, PhD; and Philippa Gander, PhD

Objectives:

1. Review the mathematical models to predict performance.
2. Describe the current applications of mathematical models to predict performance in industry.
3. Discuss the benefits and limitations of performance prediction models.

Tuesday, June 8, 2010

12:30pm – 1:30pm

L 02: Best Approach for CPAP Intolerant Subjects: Oral Appliance vs. Surgery

Faculty: Dennis Bailey, DDS; and Edward Weaver, MD

Objectives:

1. Discuss indications for oral appliance therapy.
2. Discuss criteria for oral appliance selection.
3. Discuss oral appliance therapy in combination with surgery and CPAP.
4. Review the scientific evidence on the pros and cons of sleep apnea surgery.
5. Compare pros/cons of sleep and surgery and oral appliance therapy.

Wednesday, June 9, 2010

12:30pm – 1:30pm

L 03: Sleep vs. Circadian Effects on Learning and Memory

Faculty: Norman Ruby, PhD; and Robert Stickgold, PhD

Objectives:

1. Review the types of learning and memory enhanced by sleep.
2. Discuss how different stages of sleep contribute to sleep dependent learning and memory.
3. Understand the separate contributions of sleep and circadian effects on learning and memory.
4. Provide new insights into circadian contributions to learning and memory.