

POSTGRADUATE COURSES

Saturday, June 5, 2010

In order to register for postgraduate courses, you must be registered for SLEEP 2010. The APSS does not offer registration to attend only postgraduate courses. All postgraduate courses require additional registration fees. Tickets for postgraduate courses that have not sold out are available for on-site purchase at the registration counter in the Henry B. Gonzalez Convention Center across from room 214.

Schedule at a Glance

Saturday, June 5, 2010

Registration Open	6:30am – 5:30pm
Full-day Postgraduate Courses	8:00am – 5:00pm
Half-day Morning Postgraduate Course	8:00am – 12:00pm
Half-day Afternoon Postgraduate Course	1:00pm – 5:00pm

Sunday, June 6, 2010

Registration Open	6:30am – 5:30pm
Full-day Postgraduate Courses	8:00am – 5:00pm
Half-day Morning Postgraduate Course	8:00am – 12:00pm
Half-day Afternoon Postgraduate Course	1:00pm – 5:00pm
Welcome to San Antonio Networking Reception	6:00pm – 7:30pm

01: Best Practices in Sleep Medicine 2010

Room 214ABC

Saturday, June 5, 2010

8:00am-5:00pm

Member Fee: \$150

Nonmember Fee: \$200

Co-Chairs: Teofilo Lee-Chiong, MD; and Michael Littner, MD

Faculty: W. McDowell Anderson, MD; Dennis Bailey, DDS; Ann Halbower, MD; Timothy Hoban, MD; Shahrokh Javaheri, MD; Susheel Patil, MD, PhD; Michael Perlis, PhD; and James Wyatt, PhD

Psychologist Level of Content: Advanced

Target Audience:

- Practicing providers of health care, including psychologists, for sleep disorders

Objectives:

1. Describe the best practices for evaluating and diagnosing the most common sleep disorders in clinical practice.
2. Discuss the best evidence-based and cutting edge evaluations and treatments for various sleep disorders in 2010.
3. Identify major areas of uncertainty regarding best treatment practices in sleep medicine.

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Saturday, June 5, 2010

02: A Practitioner's Guide to Behavioral Sleep

Medicine Techniques

Room 217AB

Saturday, June 5, 2010

8:00am-5:00pm

Member Fee: \$150

Nonmember Fee: \$200

Chair: Jack Edinger, PhD

Faculty: Mark Aloia, PhD; Anne Germain, PhD; Allison Harvey, PhD; Brett Kuhn, PhD; Jennifer Martin, PhD; Jason Ong, PhD; and James Wyatt, PhD

Psychologist Level of Content: Introductory

Target Audience:

- Clinicians and psychologists interested in developing or augmenting their skills in regard to the assessment and therapy techniques commonly employed by the behavioral sleep medicine specialist
- Researchers interested in the current evidence supporting the assessment and intervention strategies

Objectives:

1. Demonstrate how to use interview, sleep diary and actigraphy data to conduct thorough assessments of patients who present sleep/wake complaints.
2. Discuss the evidence for and nature of currently accepted first line behavioral management strategies for childhood insomnias.
3. Demonstrate how to implement both cognitive and behavioral components of cognitive behavioral therapy (CBT) for adult insomnias and to consider evidence for the efficacy of this multi-component treatment with primary and comorbid forms of insomnia.
4. Examine the use of CBT in combination with hypnotic medications and as a component of treatment for addressing hypnotic dependence.
5. Review assessment methods as well as treatments such as light therapy, melatonin, behavior therapy and cognitive therapy for circadian rhythm disorders.
6. Discuss the evidence for use of exposure therapy, varied CPAP delivery methods and motivational interviewing in the management of apnea patients who refuse CPAP or display initial intolerance to this treatment.
7. Analyze nightmare assessment techniques and describe imagery rehearsal therapy for treating disturbing dreams and nightmares.
8. Identify useful assessment and management strategies for the sleep disturbances presented by older community dwelling and institutionalized/demented older adults.

03: The Interface of Neurology and Sleep

Room 207AB

Saturday, June 5, 2010

8:00am-5:00pm

Member Fee: \$150

Nonmember Fee: \$200

Chair: Alon Avidan, MD, MPH

Faculty: Devin Brown, MD; Charlene Gamaldo, MD; Clete Kushida, MD, PhD, RPSGT; Ronald Postuma, MD; Michael Thorpy, MD; Bradley Vaughn, MD; and Phyllis Zee, MD, PhD

Psychologist Level of Content: Advanced

Target Audience:

- Clinicians, psychologists, researchers, fellows, residents, nurses, physician assistants and health care providers who encounter neurology patients with sleep disorders or complaints

Objectives:

1. Review the common sleep disorders comorbid in neurology.
2. Distinguish the sleep disorders that may result from underlying neurologic conditions and are directly attributable to the disorder itself or from treatment of the underlying condition.
3. Identify neurologic consequences of untreated sleep disturbances.

04: Diagnosis and Management of Sleep Related Breathing Disorders in Special Populations

Room 217CD

Saturday, June 5, 2010

8:00am-5:00pm

Member Fee: \$150

Nonmember Fee: \$200

Co-Chairs: Vishesh Kapur, MD; and James Rowley, MD

Faculty: Najib Ayas, MD; Joshua Benditt, MD; Shahrokh Javaheri, MD; Sairam Parthasarathy, MD; Grace Pien, MD; and Carol Rosen, MD

Psychologist Level of Content: Advanced

Target Audience:

- Practicing sleep physicians, fellows, psychologists, technologists and other allied health care professionals

Objectives:

1. Discuss pathophysiology of sleep related breathing disorders in special populations.
2. Discuss how to manage sleep related breathing disorders in special populations.
3. Review guidelines on the titration of NIPPV in hypoventilation syndromes.

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Saturday, June 5, 2010

C 05: Advanced Methods and Guidelines for Evaluation and Long-term Management of Restless Legs Syndrome

Room 214D

Saturday, June 5, 2010

8:00am-12:00pm

Member Fee: \$85

Nonmember Fee: \$150

Chair: Richard Allen, PhD

Faculty: Norma Cuellar, DSN; William Ondo, MD; and Arthur Walters, MD

Psychologist Level of Content: Advanced

Target Audience:

- Sleep medicine clinicians, scientists and psychologists

Objectives:

1. Review the biological basis for the evaluation and treatment of restless legs syndrome (RLS).
2. Outline how to order and interpret tests for iron status of RLS patients.
3. Discuss how to manage the RLS complicated by other medical and psychiatric conditions.
4. Identify treatment options for long term management of treatment resistant RLS.

C 06: Multidisciplinary Treatment of Obstructive Sleep Apnea

Room 214 D

Saturday, June 5, 2010

1:00pm-5:00pm

Member Fee: \$85

Nonmember Fee: \$150

Chair: Jeffrey Prinsell, DMD, MD

Faculty: Robert Rogers, DMD; Patrick Strollo Jr., MD; and Edward Weaver, MD

Psychologist Level of Content: Advanced

Target Audience:

- Sleep physicians, psychologists and dentists

Objectives:

1. Discuss the current advances in nasal CPAP, oral appliances and other behavioral therapies for obstructive sleep apnea (OSA).
2. Identify the numerous upper airway surgical procedures and staging protocols for the treatment of OSA.
3. Differentiate the contributions of sleep physicians, including otolaryngologists, and dentists, including oral and maxillofacial surgeons, in a comprehensive multidisciplinary team approach to OSA.