

Sample SLEEP 2010 Itinerary

Insomnia Focus

Saturday, June 5, 2010

8:00am – 5:00pm Postgraduate Course: A Practitioner's Guide to Behavioral Sleep Medicine Techniques

Sunday, June 6, 2010

8:00am – 12:00pm Postgraduate Course: Challenging Cases: Patients Beyond the Practice Parameters

12:00pm – 1:00pm Lunch on Your Own

1:00pm – 5:00pm Postgraduate Course: Individualizing Therapy for Insomnia

6:00pm – 7:30pm *Welcome to San Antonio* Networking and Fundraising Reception

Monday, June 7, 2010

8:00am – 10:15am Plenary Session and Keynote Address: Sleep and Circadian Rhythms – Closer Together Again

10:15am – 10:30am Refreshment Break in the Exhibit Hall

10:30am – 12:30pm Symposium: So Many Choices and Which to Choose: Alternative Delivery Methods for the Psychological/Behavioral Insomnia Therapies

12:30pm – 1:30pm Meet the Professor Session: Pharmacologic Treatment of Insomnia

1:45pm – 2:45pm Scientific Oral Presentations: Insomnia: Psychosocial and Epidemiological Dimensions

2:45pm – 3:00pm Refreshment Break in the Exhibit Hall

3:00pm – 5:00pm Scientific Oral Presentations: Insomnia: Classification, Causation and Consequences

Tuesday, June 8, 2010

8:00am – 9:00am Plenary Session: Childhood Antecedents for the Chronic Health Conditions: The Role of Sleep Disorders

9:00am – 10:00am Scientific Oral Presentations: Insomnia in Medical Disorders

10:00am – 10:15am Refreshment Break in the Exhibit Hall

10:15am – 12:15pm Symposium: Research on Candidate Genes Involved in Responses to Sleep Deprivation in Healthy Adults: What are the Virtues and Vagaries?

12:30pm – 1:30pm Meet the Professor Session: Optimizing Insomnia Treatment

1:30pm – 2:30pm Choose from 6 Sessions

2:30pm – 2:45pm Refreshment Break in the Exhibit Hall

2:45pm – 4:45pm Scientific Oral Presentations: Insomnia: Biological Dimensions

Wednesday, June 9, 2010

8:00am – 9:00am Plenary Session: New Adventures in Sleep Quality

9:00am – 10:00am Scientific Oral Presentations: Insomnia: Cognitive Behavioral and Alternative Therapies

10:00am – 10:15am Refreshment Break in the Exhibit Hall

10:15am – 12:15pm Scientific Poster Viewing

12:30pm – 1:30pm Meet the Professor Session: Treating Insomnia and Nightmares in PTSD

1:30pm – 2:30pm Scientific Oral Presentations: Insomnia: Advances in Pharmacotherapy

2:30pm – 2:45pm Refreshment Break

2:45pm – 4:45pm Clinical Workshop: Treatment of Comorbid Insomnia in Children and Adults