

**20
FALL
12**

American Academy of Sleep Medicine | Sleep Education Series
COURSE CATALOG



Continuing Education Courses from the
PREMIER Provider of Sleep Medicine Training

Register for these courses to improve your knowledge on the state-of-the-art of sleep medicine.



UPDATED FOR 2012

Interpreting Sleep Studies

September 29–30 | AASM National Office | Darien, IL

NEW COURSE

Sleep Disorders for the Physician Assistant or Advanced Practice Nurse

October 6–7 | AASM National Office | Darien, IL

UPDATED FOR 2012

Sleep Medicine Board Review Course and Companion Courses

October 11–14 | Renaissance Harborplace | Baltimore, MD

NEW COURSE

Diagnosing and Treating Sleep Disorders in the Pediatric Population and SRS Companion Course

October 26–28 | AASM National Office | Darien, IL

Register online at www.aasmnet.org.



Continuing Education Courses from the
PREMIER Provider of Sleep Medicine Training

SLEEP EDUCATION SERIES COURSES

AASM Sleep Education Series courses offer interactive professional education opportunities for sleep medicine practitioners and allied health professionals interested in learning more about sleep medicine. Presented by expert faculty, the courses provide participants with in-depth, timely and relevant information that will improve their knowledge and understanding of sleep medicine disorders and other issues related to the field.

SEE WHAT'S NEW THIS FALL:

- ▶ **OCST covered during *Interpreting Sleep Studies* course:** Out-of-center sleep testing is becoming more prevalent throughout the country. Lectures on this important topic have been added to this annual course which focuses on the interpretation of sleep studies to diagnose and treat sleep disorders. **(page 2)**
- ▶ **The AASM is offering a course for physician assistants and advanced practice nurses:** Send these professionals to this two-day course to learn the necessary skills for a successful career in sleep medicine. **(page 4)**
- ▶ **More question-based lectures added to the Sleep Medicine Board Review Course:** Whether you're preparing to take the 2013 American Board of Medical Specialties certification examination in sleep medicine or need a general overview of the state-of-the-art of sleep medicine, this course will allow you to test your knowledge with the addition of question-based lectures based on actual cases. **(page 5)**
- ▶ **Everything you need to know about pediatric patients:** Looking to accept pediatric patients at your sleep center? Attend a course focusing on diagnosing and treating sleep disorders in the pediatric population. **(page 8)**



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HOW TO REGISTER

There are 3 ways to register for AASM Sleep Education Series courses

- 1. ONLINE.** www.aasmnet.org/events.aspx (*credit card only*)
- 2. FAX.** 630-737-9789 (*credit card only*)
- 3. MAIL.** American Academy of Sleep Medicine
Attn: Meeting Department
2510 North Frontage Road
Darien, IL 60561
(*check or credit card*)

QUESTIONS?

For information or questions regarding the courses, please contact:

AASM Meeting Department

2510 North Frontage Road

Darien, IL 60561

Email: education@aasmnet.org

Phone: 630-737-9770

Fax: 630-737-9789

Website: www.aasmnet.org

Interpreting Sleep Studies



DATE September 29–30, 2012
LOCATION AASM National Office | Darien, IL
HOUSING Aloft Bolingbrook
COURSE CHAIR Robert Basner, MD
COURSE VICE CHAIR Neil Freedman, MD
CREDITS 15.00 AMA PRA Category 1 Credits™

ADVANCED REGISTRATION FEES

On or before August 31, 2012
\$550 (member); \$700 (nonmember)

REGULAR REGISTRATION FEES

After August 31, 2012
\$625 (member); \$775 (nonmember)

IMPORTANT DATES

August 31, 2012 Advanced Registration Deadline

August 31, 2012 Deadline to Reserve Hotel Rooms at Discounted Rate of \$109/Night

September 7, 2012 Cancellation Deadline

September 29–30, 2012 Interpreting Sleep Studies Course

COURSE DESCRIPTION

This course will include discussion of the interpretation of polysomnography, actigraphy and out of center sleep testing (OCST). Sessions will focus on clinical signs, indications for testing, interpretation of tests and development of treatment plans. The course will be case-based, using index cases to develop guidelines for the use of testing modalities. Additional sessions will use a workshop format to review the scoring of sleep stages and events with extensive use of record samples. Following the course, all attendees will be provided with complimentary access to the AASM's online sleep study scoring test; this three-part online exam consists of 75 questions and features instant feedback for each question.

TARGET AUDIENCE

This course is intended for sleep medicine professionals interested in a case-based review of how to perform and interpret sleep studies to diagnosis and manage patients with sleep disorders.

COURSE OBJECTIVES

Upon completion of the course, attendees will be able to:

- Explain the basics of polysomnography and OCST interpretation in the diagnosis and treatment of sleep disorders;
- Integrate the *International Classification of Sleep Disorders, Second Edition*, the American Academy of Sleep Medicine Practice Parameters and the *AASM Manual for the Scoring of Sleep and Associated Events*;
- Recognize and solve interpretation dilemmas associated with respiratory sleep studies;
- Describe the design and interpretation of sleep studies for the analysis of the major respiratory sleep disorders and the major non-respiratory sleep disorders;
- Recognize the major artifacts that occur in sleep studies;
- Interpret studies of sleepiness: the MSLT, MWT, and subjective scales; and
- Interpret polysomnogram record samples and discuss scoring strategies for respiratory and non-respiratory sleep disorders in adults and children.

FACULTY

Robert Basner, MD — Course Chair
Neil Freedman, MD — Course Vice Chair
Hari Bandla, MD
Carl Bazil, MD, PhD
Kelly Carden, MD, MBA
Reena Mehra, MD
Sairam Parthasarathy, MD

PRELIMINARY SCHEDULE AND TOPICS

Saturday, September 29, 2012

- 7:00am–8:00am Continental Breakfast* and Registration
- 8:00am–8:15am Welcome and Introduction
Robert Basner, MD
- 8:15am–9:15am PSG Interpretation of Adult Respiratory Disorders: The Basics
Sairam Parthasarathy, MD
- 9:15am–10:15am PSG Interpretation of Respiratory Disorders: How to Link the AASM Scoring Manual and Diagnostic Scoring Manual
Sairam Parthasarathy, MD
- 10:15am–10:30am Break
- 10:30am–12:00pm Pediatric PSG Interpretation: The Respiratory Disorders
Hari Bandla, MD
- 12:00pm–1:00pm Lunch*
- 1:00pm–2:00pm Respiratory PSG Scoring Rules: Updates from the AASM
Reena Mehra, MD
- 2:00pm–3:00pm Interpretation of Actigraphy
Kelly Carden, MD, MBA
- 3:00pm–3:15pm Break
- 3:15pm–4:15pm Artifacts in PSG Interpretation
Kelly Carden, MD, MBA
- 4:15pm–5:30pm Out of Center Sleep Testing: Use in Sleep Related Breathing Disorders
Reena Mehra, MD

Sunday, September 30, 2012

- 7:00am–8:00am Continental Breakfast*
- 8:00am–9:00am Pediatric PSG Interpretation: Non-Respiratory Disorders
Hari Bandla, MD
- 9:00am–10:00am Neurologic PSG Interpretation: Seizure Disorders
Carl Bazil, MD, PhD
- 10:00am–10:15am Break
- 10:15am–11:15pm Neurologic PSG Interpretation: Non-Seizure Disorders
Carl Bazil, MD, PhD
- 11:15am–12:30pm Interpretation of Sleep Stage, ECG and Arousals
Neil Freedman, MD
- 12:30pm–1:15pm Lunch*
- 1:15pm–2:15pm Sleep Studies and Sleepiness: The MSLT
Neil Freedman, MD
- 2:15pm–3:15pm Sleep Studies and Sleepiness: The MWT and Subjective Sleep Scales
Neil Freedman, MD
- 3:15pm–3:30pm Break
- 3:30pm–5:00pm Advanced Workshop in Interpretation of Sleep Related Breathing Disorders
Robert Basner, MD

* These meals are provided; attendees are responsible for all other meals.

Sleep Disorders for the Physician Assistant or Advanced Practice Nurse



DATE October 6–7, 2012

LOCATION AASM National Office | Darien, IL

HOUSING Marriott Chicago Southwest at Burr Ridge

COURSE CHAIR Loretta Colvin, ACNP-BC

CREDITS 12.00 AMA PRA Category 1 Credits™ and AANP Contact Hours

New Course

ADVANCED REGISTRATION FEES

On or before September 7, 2012

\$100 (member); \$150 (nonmember)

REGULAR REGISTRATION FEES

After September 7, 2012

\$125 (member); \$175 (nonmember)

IMPORTANT DATES

September 7, 2012 Advanced Registration Deadline

September 12, 2012 Deadline to Reserve Hotel Rooms at Discounted Rate of \$111/Night

September 14, 2012 Cancellation Deadline

October 6–7, 2012 Sleep Disorders for the Physician Assistant or Advanced Practice Nurse Course

COURSE DESCRIPTION

This one-and-a-half-day course will provide physician assistants and advanced practice nurses with an overview of normal sleep; common sleep disorders; diagnosing and treating sleep disorders; and billing and documentation. The course will include case-based clinical lectures and several hands-on demonstrations.

TARGET AUDIENCE

This course is intended for physician assistants and advanced practice nurses with 0-1 year of sleep medicine experience who are seeking to expand their practice to include sleep medicine

COURSE OBJECTIVES

Upon completion of the course, attendees will be able to:

- Describe a normal sleep cycle;
- Identify common sleep disorders, the tests used to diagnose sleep disorders and evidence-based guidelines for treating sleep disorders; and
- Identify the billing and documentation issues that impact physician assistants and advanced practice nurses.

FACULTY

Loretta Colvin, ACNP-BC — Course Chair

Carolyn Buppert, NP, JD

Ann Cartwright, MPAS, PA-C

Neil Freedman, MD

Amy Sawyer, PhD, RN

Teresa Valerio, APN, NP, DNP

Terri Weaver, PhD, RN

Phyllis Zee, MD, PhD

PRELIMINARY SCHEDULE AND TOPICS

Saturday, October 6, 2012

7:00am–8:00am Continental Breakfast* and Registration

8:00am–8:15am Introduction and Overview
Loretta Colvin, ACNP-BC

8:15am–9:15am Sleep 101
Phyllis Zee, MD, PhD

9:15am–10:15am Diagnosing Sleep Disorders
Neil Freedman, MD

10:15am–10:30am Break

10:30am–11:30am Billing for Sleep Services
Carolyn Buppert, NP, JD

11:30am–12:30pm Documentation of Sleep Services
Carolyn Buppert, NP, JD

12:30pm–1:30pm Lunch*

1:30pm–2:30pm Obstructive Sleep Apnea – An Overview
Amy Sawyer, PhD, RN

2:30pm–3:30pm OSA: PAP Adherence and Evidence-based Case Discussion
Terri Weaver, PhD, RN

3:30pm–3:45pm Break

3:45pm–5:45pm Breakout Sessions

- OSA Devices: Diagnosis and Treatment
Ann Cartwright, MPAS, PA-C
- Insomnia Diagnosis and Treatment
Teresa Valerio, APN, NP, DNP

Sunday, October 7, 2012

7:00am–8:00am Continental Breakfast*

8:00am–9:00am Sleep Potpourri
Ann Cartwright, MPAS, PA-C

9:00am–10:00am Complex Sleep Cases
Neil Freedman, MD

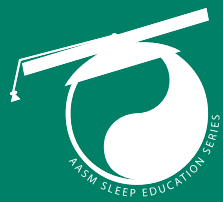
10:00am–10:15am Break

10:15am–11:15pm Screening Tools and Assessment in Occupational Health, Pre-Operative Evaluation and General Clinic Assessment
Amy Sawyer, PhD, RN

11:15am–12:15pm Panel Discussion: The Future of Sleep Medicine and the Role of Physician Assistants and Advanced Practice Nurses
Faculty

* These meals are provided; attendees are responsible for all other meals.

Sleep Medicine Board Review Course and Companion Courses



DATE October 11-14, 2012
LOCATION Renaissance Harborplace | Baltimore, MD
HOUSING Renaissance Harborplace
COURSE CHAIR Charlene Gamaldo, MD
COURSE VICE CHAIR David Plante, MD
CREDITS 20.50 AMA PRA Category 1 Credits™

Updated for 2012

Registration Fees Include Access to the AASM Online Practice Exam – a \$150.00 Value!

ADVANCED REGISTRATION FEES

On or before September 13, 2012

Board Review Course **only**:

\$1000 (member); \$1200 (nonmember)

Board Review Course and **one** Companion course:

\$1300 (member); \$1595 (nonmember)

Board Review Course and **both** Companion courses:

\$1400 (member); \$1790 (nonmember)

REGULAR REGISTRATION FEES

After September 13, 2012

Board Review Course **only**:

\$1100 (member); \$1300 (nonmember)

Board Review Course and **one** Companion course:

\$1445 (member); \$1740 (nonmember)

Board Review Course and **both** Companion courses:

\$1595 (member); \$1980 (nonmember)

IMPORTANT DATES

September 13, 2012 Advanced Registration Deadline

September 19, 2012 Deadline to Reserve Hotel Rooms at Discounted Rate of \$199/Night

September 20, 2012 Cancellation Deadline

October 11, 2012 Companion Courses

October 12-14, 2012 Sleep Medicine Board Review Course

COURSE DESCRIPTION

The Sleep Medicine Board Review Course is a two-and-a-half-day course during which an expert faculty of basic researchers, academicians and clinicians at the forefront of the field will present a comprehensive review of sleep medicine. The topics covered mirror the American Board of Medical Specialties (ABMS) sleep medicine examination content areas. The course includes a mixture of didactic sessions on basic sleep mechanisms and evaluation of polysomnograms, case-based lectures on the entire range of sleep disorders in the *International Classification of Sleep Disorders, Second Edition* and sleep in special populations and question-based presentations.

Following the course, all attendees will be provided with complimentary access to the AASM online sleep medicine practice examination; this six-part online exam consists of 150 questions in a variety of topics and features instant feedback for each question, a built-in reading list, and a printable summary guide for future study.

TARGET AUDIENCE

This course is intended for physicians currently active in sleep medicine planning to take the ABMS examination in sleep medicine or seeking a general overview or the state-of-the-art of sleep medicine.

COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Formulate a differential diagnosis for patients with sleep disorders;
- Determine appropriate investigative strategies;
- Review and interpret sleep studies;
- Evaluate data and arrive at a final diagnosis;
- Develop a comprehensive treatment plan for patients with sleep disorders; and
- Devise a schedule for study in preparation for the sleep board examination.

FACULTY

Charlene Gamaldo, MD – Course Chair

David Plante, MD – Course Vice Chair

Ruth Benca, MD, PhD

Nancy Collop, MD

Stacey Ishman, MD

Douglas Kirsch, MD

Teofilo Lee-Chiong, MD

Raman Malhotra, MD

Shalini Paruthi, MD

Gary Richardson, MD

Carol Rosen, MD

Rachel Salas, MD

Thomas Scammell, MD

Richard Schwab, MD

Ronald Szymusiak, PhD

Nathaniel Watson, MD

W. Christopher Winter, MD

Please see Preliminary Schedule and Topics on following page →

Sleep Medicine Board Review Course

PRELIMINARY SCHEDULE AND TOPICS

Friday, October 12, 2012

7:00am–8:00am	Continental Breakfast* and Registration	9:45am–10:30am	Pediatric Sleep Disorders Part II: Sleep Apnea and other Respiratory Conditions <i>Shalini Paruthi, MD</i>
8:00am–8:45am	Introduction to Sleep Boards, Trends and Tips <i>Douglas Kirsch, MD</i>	10:30am–10:45am	Break
8:45am–9:45am	The Insomnias <i>Ruth Benca, MD, PhD</i>	10:45am–11:30am	Test Your Knowledge: Pediatric Polysomnography Staging and Interpretation <i>Carol Rosen, MD</i>
9:45am–10:30am	Hypersomnia and Narcolepsy <i>Thomas Scammell, MD</i>	11:30am–12:15pm	Test Your Knowledge: Pediatric Sleep Case Presentation <i>Shalini Paruthi, MD</i>
10:30am–10:45am	Break	12:15pm–1:15pm	Lunch*
10:30am–11:45am	Circadian Rhythm Disorders <i>Gary Richardson, MD</i>	1:15pm–2:00pm	Test Your Knowledge: Adult Polysomnography Staging and Interpretation <i>Raman Malhotra, MD</i>
11:45am–12:30pm	Basics of Breathing <i>Richard Schwab, MD</i>	2:00pm–2:45pm	Test Your Knowledge: MSLT and MWT Protocol, Procedure and Interpretation <i>W. Christopher Winter, MD</i>
12:30pm–1:30pm	Lunch*	2:45pm–3:30pm	RLS, PLMS and PLMD <i>Raman Malhotra, MD</i>
1:30pm–2:15pm	Testing Your Knowledge of Basic Sleep Science <i>Ronald Szymusiak, PhD</i>	3:30pm–3:45pm	Break
2:15pm–3:00pm	Sleep Related Breathing Disorders: Presentation and Evaluation <i>Stacey Ishman, MD</i>	3:45pm–4:30pm	Neurology and Sleep (EEG) <i>Nathaniel Watson, MD</i>
3:00pm–3:45pm	Sleep Related Breathing Disorders: Treatment and Management <i>Richard Schwab, MD</i>	4:30pm–5:15pm	Parasomnias <i>Nathaniel Watson, MD</i>
3:45pm–4:00pm	Break	5:15pm–6:00pm	Movements, Artifacts and Arousals <i>Rachel Salas, MD</i>
4:00pm–4:45pm	Testing Your Knowledge: Sleep Related Breathing Disorders <i>Nancy Collop, MD</i>		
4:45pm–5:45pm	1000 Things to Know for the Sleep Board Examination <i>Teofilo Lee-Chiong, MD</i>		
5:45pm–6:30pm	Sleep and Wake Home Testing: Actigraphy, Ambulatory Apnea Monitoring and the Works <i>Nancy Collop, MD</i>		

Saturday, October 13, 2012

7:00am–8:00am	Continental Breakfast*		
8:00am–9:00am	Sleep and Medical Disorders <i>Teofilo Lee-Chiong, MD</i>		
9:00am–9:45am	Pediatric Sleep Disorders Part I: Non-Respiratory Conditions <i>Carol Rosen, MD</i>		

Sunday, October 14, 2012

7:00am–8:00am	Continental Breakfast*
8:00am–9:00am	Sleep and Medications <i>David Plante, MD</i>
9:00am–10:00am	Sleep and Psychiatry <i>David Plante, MD</i>
10:00am–10:15am	Break
10:15am–11:15am	Test Your Knowledge: ICSD-2 Case Review <i>Charlene Gamaldo, MD</i>

* These meals are provided; attendees are responsible for all other meals. Continental breakfast on Thursday morning is provided to registrants of the Intensive Scoring Review course **only**.

These half-day courses are an add-on to the AASM Sleep Medicine Board Review Course; individuals must be registered for the Sleep Medicine Board Review Course to participate in these courses.



Intensive Scoring Review

Earn up to 4.00 AMA PRA Category 1 Credits™

During this half-day morning course, faculty will present a detailed review of the basics of sleep study evaluation complementary to the AASM Sleep Medicine Board Review Course. The course will be especially helpful to those seeking a review of signal processing, waveform recognition and the rules of the *AASM Manual for the Scoring of Sleep and Associated Events*. It is intended as preparation for the ABMS examination in sleep medicine; content areas relevant to the sleep medicine certification examination blueprint include:

- Sleep Evaluation (approximately 20% of the examination), with a focus on:
 - Polysomnography and electroencephalography; and
 - Sleep staging and scoring.

TARGET AUDIENCE

This course is intended for physicians wishing to review the basics of sleep scoring, including staging and event recognition, in preparation for the ABMS examination in sleep medicine.

COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Describe signal processing of polysomnographic variables;
- Recognize key waveforms for sleep scoring;
- Differentiate sleep stages;
- Detect arousals, sleep related breathing events and movements in sleep;
- Identify common ECG and EEG abnormalities; and
- Construct a comprehensive sleep report.

FACULTY

Douglas Kirsch, MD
Richard Rosenberg, PhD



Basic Science of Sleep for the Sleep Specialist

Earn up to 4.00 AMA PRA Category 1 Credits™

During this half-day afternoon course, faculty will present a detailed review of basic sleep complementary to the AASM Sleep Medicine Board Review Course. The course is intended as preparation for the ABMS examination in sleep medicine; content areas relevant to the sleep medicine certification examination blueprint include:

- Sleep-wake mechanisms, neurophysiology;
- Chronobiology/neurophysiology;
- Organ systems physiology (other); and
- Basic sleep-wake pharmacology.

TARGET AUDIENCE

This course is intended for physicians currently active in sleep medicine and seeking a review of the basic science of sleep in preparation for the ABMS examination in sleep medicine.

COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Appraise current theories on the neurophysiological control of sleep;
- Inventory pharmacological effects on the sleep/wake system;
- Differentiate behavioral and physiological effects of sleep deprivation; and
- Summarize the effects of the circadian system on sleep and waking.

FACULTY

Ruth Benca, MD, PhD — Course Co-chair
Thomas Scammell, MD, PhD — Course Co-chair
Gary Richardson, MD
Ronald Szymusiak, PhD

Diagnosing and Treating Sleep Disorders in the Pediatric Population



DATE October 26–28, 2012

LOCATION AASM National Office | Darien, IL

HOUSING Marriott Chicago Southwest at Burr Ridge

COURSE CHAIR Shalini Paruthi, MD

CREDITS 16.00 AMA PRA Category 1 Credits™

New Course

ADVANCED REGISTRATION FEES

On or before September 28, 2012

\$550 (member); \$700 (nonmember)

REGULAR REGISTRATION FEES

After September 28, 2012

\$625 (member); \$775 (nonmember)

IMPORTANT DATES

September 28, 2012 Advanced Registration Deadline

October 5, 2012 Cancellation Deadline

October 10, 2012 Deadline to Reserve Hotel Rooms at Discounted Rate of \$111/Night

October 26–28, 2012 Diagnosing and Treating Sleep Disorders in the Pediatric Population Course

COURSE DESCRIPTION

During this two-day workshop, an expert faculty will review what physicians need to know in order to diagnose and treat sleep disorders in the pediatric population. Sessions will focus on clinical signs, indications for testing, interpretation of tests and development of treatment plans for pediatric patients. Several lectures will focus on the scoring of sleep stages and events with extensive use of record samples. When pertinent, lectures will include information on business considerations that sleep centers must account for when seeing pediatric patients.

TARGET AUDIENCE

This course is intended for sleep specialists who want to begin diagnosing and treating sleep disorders in pediatric patients.

COURSE OBJECTIVES

Upon completion of the course, attendees will be able to:

- Determine appropriate investigative strategies for pediatric patients;
- Review and interpret sleep studies of pediatric patients;
- Evaluate data and arrive at a final diagnosis for pediatric sleep disorders; and
- Develop a comprehensive treatment plan for pediatric patients with sleep disorders.

FACULTY

Shalini Paruthi, MD — Course Chair

Madeleine Grigg-Damberger, MD

Timothy Hoban, MD

Sanjeev Kothare, MD

Carole Marcus, MBCh

Ron Mitchell, MD

Judith Owens, MD, MPH

Daniel Picchiatti, MD

Carol Rosen, MD

PRELIMINARY SCHEDULE AND TOPICS

Saturday, October 27, 2012

7:00 am–8:00am	Continental Breakfast*
8:00am–8:15am	Introduction <i>Shalini Paruthi, MD</i>
8:15am–9:15am	Sleep Related Breathing Disorders: Central Sleep Apnea, Sudden Infant Death Syndrome and Congenital Central Hypoventilation <i>Carol Rosen, MD</i>
9:15am–10:15am	Insomnia in Early Childhood <i>Judith Owens, MD, MPH</i>
10:15am–10:30am	Break
10:30am–11:30am	Insomnia in the Older Child <i>Judith Owens, MD, MPH</i>
11:30am–12:30pm	Treating Insomnia with Medications <i>Carol Rosen, MD</i>
12:30pm–1:30pm	Lunch*
1:30pm–2:30pm	Parasomnias <i>Sanjeev Kothare, MD</i>
2:30pm–3:30pm	Evaluation of a Child in the Sleep Clinic <i>Madeleine Grigg-Damberger, MD</i>
3:30pm–3:45pm	Break
3:45pm–4:45pm	Disorders of Hypersomnia <i>Madeleine Grigg-Damberger, MD</i>
4:45pm–5:45pm	Sleep in Special Populations <i>Timothy Hoban, MD</i>

Sunday, October 28, 2012

7:00 am–8:00am	Continental Breakfast*
8:00am–9:00am	Normal EEG Scoring <i>Timothy Hoban, MD</i>
9:00am–10:00am	Respiratory Rules of Scoring <i>Shalini Paruthi, MD</i>
10:00am–10:15am	Break
10:15am–11:15am	Variants, Artifacts and Abnormal EEG <i>Sanjeev Kothare, MD</i>
11:15am–12:15pm	Case Presentation and Discussion <i>Shalini Paruthi, MD</i>
12:15pm–12:45pm	Lunch
12:45pm–1:45pm	Surgical Treatments of OSA <i>Ron Mitchell, MD</i>
1:45pm–2:45pm	Split Night and PAP Titration Procedures <i>Carole Marcus, MBCh</i>
2:45pm–3:00pm	Break
3:00pm–4:00pm	Alternatives to Surgery <i>Carole Marcus, MBCh</i>
4:00pm–5:00pm	Movement Disorders During Sleep <i>Daniel Picchiatti, MD</i>

* These meals are provided; attendees are responsible for all other meals.

This full-day course is an add-on to the AASM Diagnosing and Treating Sleep Disorders in the Pediatric Population course; individuals must be registered for the Diagnosing and Treating Sleep Disorders in the Pediatric Population course to participate in this course.



Toddlers, Tweens, and Teens: A Survey of Pediatric Sleep Research

Earn up to 8.00 AMA PRA Category 1 Credits™

During this full-day course, an expert faculty will present a detailed review of the sleep research of the pediatric population. The course will provide a framework for the AASM Diagnosing and Treating Sleep Disorders in the Pediatric Population course, as presentations will focus on the basic science behind normal sleep and development from infancy to adulthood, various factors that impact sleep in childhood and an introduction to common pediatric sleep disorders.

TARGET AUDIENCE

This course is intended for physicians seeking a review of the basics of pediatric sleep research.

COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Describe normal sleep and development from infancy through emerging adulthood;
- Recognize the role of sleep in various aspects of childhood, including academics, substance abuse and obesity; and
- Describe the research behind common pediatric sleep disorders.

FACULTY

Stephanie Crowley, PhD — Co-chair
 Angela Randazzo, PhD — Co-chair
 James Shaffery, DPhil — Co-chair
 Roseanne Armitage, PhD
 Mary Carskadon, PhD
 James Gangwisch, PhD
 Monique LeBourgeois, PhD
 Lisa Meltzer, PhD
 Amy Wolfson, PhD

PRELIMINARY SCHEDULE AND TOPICS

Friday, October 26, 2012

7:00 am – 8:00am	Continental Breakfast* and Registration
8:00am – 8:15am	Introduction
8:15am – 9:15am	Normal Sleep and Development: Infancy to Childhood <i>Monique LeBourgeois, PhD</i>
9:15am – 10:15am	Normal Sleep and Development: Adolescence to Emerging Adulthood <i>Mary Carskadon, PhD</i>
10:15am – 10:30am	Break
10:30am – 11:30am	Circadian Timing and Development <i>Stephanie Crowley, PhD</i>
11:30am – 12:30pm	Behavioral Measures of Sleep in Pediatric Research <i>Lisa Meltzer, PhD</i>
12:30pm – 1:30pm	Lunch*
1:30pm – 2:30pm	Interactions between Sleep, Academics, and Behavior Over the Adolescent Years <i>Amy Wolfson, PhD</i>
2:30pm – 3:30pm	Sleep and Emotion Regulation During Development <i>Roseanne Armitage, PhD</i>
3:30pm – 3:45pm	Break
3:45pm – 4:45pm	The Role of Sleep in Obesity, Overweight, and Diabetes in Children and Adolescents <i>James Gangwisch, PhD</i>
4:45pm – 5:45pm	Common Pediatric Sleep Disorders <i>Lisa Meltzer, PhD</i>

* These meals are provided; attendees are responsible for all other meals.

Sleep Medicine Board Review Course General Information

LOCATION & ROOM RESERVATIONS

Hotel:	Renaissance Baltimore Harborplace Hotel 202 E. Pratt Street, Baltimore, MD 21202-6101
Rate:	\$199.00 per night plus tax
Rate available until:	September 12, 2012, or until the room block sells out
Reservations:	To make reservations online, visit www.aasmnet.org/sleepedseries.aspx . To make reservations by phone, call 800-468-3571 and reference the AASM Board Review Course.
Check-in time:	4:00pm
Check-out time:	12:00pm

TRANSPORTATION

Save on your airfare by booking with our official travel agent: Corporate Travel Solutions/American Express. Call toll-free (800) 526-4540, Monday–Friday from 8:00am–5:00pm Central, or email res@ctsinc.com and reference the AASM. Airfare savings are subject to availability; we suggest you make your arrangements as soon as you receive your registration confirmation.

The airport nearest to the Renaissance Baltimore Harborplace Hotel is the Baltimore Washington International Airport (BWI). The hotel is approximately 8 miles from the airport. The hotel does not provide its own shuttle service. Taxi service from the airport is approximately \$30.00 each way, not including gratuity. For shuttle service, please visit www.supershuttle.com; cost is approximately \$13.00 each way.

ELECTRONIC COURSE MATERIALS

In its continued effort to “Go Green,” the AASM will provide course materials in an electronic format only. Course attendees will be provided with the course materials in an electronic format at the course. Prior to the course, attendees will be allowed to download and print the course materials if that is the format they prefer. Please note that the AASM **will not** supply computers or tablets to view the material, power for computers or tablets or internet access. It is imperative that attendees wishing to view the course materials on their laptops or tablets have them sufficiently powered prior to arrival at the course each day.

MEALS

Breakfast and lunch will be served on Thursday for attendees of the Intensive Scoring Review. Lunch is not provided on Thursday. Breakfast will be served on Friday, Saturday and Sunday, and lunch will be served on Friday and Saturday during the courses; all other meals are the responsibility of the attendees. Meals provided by the AASM are available for registered attendees only; guests of attendees will not be permitted to participate in meal functions.

RECORDING

Photographing and/or recording, of any kind, of sessions and speakers at the courses is strictly prohibited.

AASM National Office Courses General Information

COURSE LOCATION

The Sleep Medicine Board Review Course and Companion Courses will be held in Baltimore, MD. See page 11 for more information.

All other courses will all be held at:

AASM National Office
2510 North Frontage Road
Darien, Illinois 60561

ROOM RESERVATIONS

Space is limited, so please make reservations well in advance; the group rate will no longer be available if all rooms in the block sell out. See the chart on page 13 for course-specific room reservation information.

TRANSPORTATION FROM HOTEL TO NATIONAL OFFICE

SHUTTLE

Shuttle service will be provided to and from the hotel to the AASM national office prior to and at the end of the day on each day of a course. Transportation to any other location or at any other time is the responsibility of the attendee. Details regarding the shuttle schedule will be sent to attendees via email in advance of the course.

PERSONAL VEHICLE

Attendees wishing to drive themselves each day may park in the AASM free lot in front of the building. Those arranging transportation with family or friends should make sure the driver knows the address, parking lot, and start/end times of the course. Drivers may not use the building or participate in sessions (including meals).

FLIGHTS

Save on your airfare by booking with our official travel agent: Corporate Travel Solutions/American Express. Call toll-free (800) 526-4540, Monday-Friday from 8:00am-5:00pm Central, or email res@ctsinc.com and reference the AASM. Airfare savings are subject to availability; we suggest you make your arrangements as soon as you receive your registration confirmation.

The airports nearest to the AASM national office are O'Hare International Airport and Midway International Airport. O'Hare is approximately 23 miles from the office. Midway is approximately 18 miles from the office. Because you will be traveling to a suburb, we recommend that you do not pick-up a taxi outside of the baggage claim exit as these taxis will charge at 1.5 times the metered rate to take you to the hotel. Rather, after you pick-up your

ELECTRONIC COURSE MATERIALS

In its continued effort to "Go Green," the AASM will provide course materials in an electronic format only. Course attendees will be provided with the course materials in an electronic format at the course. Prior to the course, attendees will be allowed to download and print the course materials if that is the format they prefer. Please note that the AASM **will not** supply computers or tablets to view the material, power for computers or tablets or internet access. It is imperative that attendees wishing to view the course materials on their laptops or tablets have them sufficiently powered prior to arrival at the course each day.

baggage at the airport, contact 303 Taxi via phone at (847) 256-8294 and provide them with the account number 6307379700. Taxi service to and from the airport is approximately \$40.00 each way, not including gratuity. Please anticipate 30-40 minutes for travel time to and from either airport.

MEALS

Meals provided by the AASM are available for registered attendees only; guests of attendees will not be permitted to participate in meal functions.

RECORDING

Photographing and/or recording, of any kind, of sessions and speakers at the course is strictly prohibited.

WEATHER CANCELLATION POLICY

In the event that a registrant is unable to attend a course due to severe weather forcing airline cancellations or airport closures, the American Academy of Sleep Medicine will apply 50 percent of the individual's registration fees toward another AASM course (excluding the SLEEP meeting) held within 12 months. Registrants will need to provide documentation from the airport or airline confirming the inability to travel due to severe weather within 30 days following the course. The American Academy of Sleep Medicine will not apply this policy to the SLEEP meeting, as the length and nature of the meeting allows for registrants to attend a portion of the event regardless of severe weather.

Interpreting Sleep Studies Course

Hotel: Aloft Bolingbrook
500 Janes Avenue
Bolingbrook, Illinois 60440

Rate: \$109.00/night plus taxes

Rate available until: August 31, 2012, or until the room block sells out

Reservations: Reserve your room online at www.aasmnet.org/events.aspx, or contact the hotel by calling (877) 462-5638; to receive the special group rate, you must identify yourself as part of the AASM course group.

Check-in time: 3:00pm

Check-out time: 12:00pm

Sleep Disorders for the Physician Assistant or Advanced Practice Nurse

Hotel: Marriott Chicago Southwest at Burr Ridge
1200 Burr Ridge Parkway
Burr Ridge, Illinois 60527

Rate: \$111.00/night plus taxes

Rate available until: September 12, 2012, or until the room block sells out

Reservations: Reserve your room online at www.aasmnet.org/events.aspx, or contact the hotel by calling (630) 986-4100; to receive the special group rate, you must identify yourself as part of the Sleep Medicine for the Nurse Practitioner and Physician Assistant course.

Check-in time: 4:00pm

Check-out time: 11:00am

Diagnosing and Treating Sleep Disorders in the Pediatric Population Course

Hotel: Marriott Chicago Southwest at Burr Ridge
1200 Burr Ridge Parkway
Burr Ridge, Illinois 60527

Rate: \$111.00/night plus taxes

Rate available until: October 10, 2012, or until the room block sells out

Reservations: Reserve your room online at www.aasmnet.org/events.aspx, or contact the hotel by calling (630) 986-4100; to receive the special group rate, you must identify yourself as part of the Pediatric Sleep Medicine course.

Check-in time: 4:00pm

Check-out time: 11:00am

Credit Information

The American Academy of Sleep Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

These courses have been planned and implemented in accordance with the Essential Areas and Their Elements of the ACCME by the American Academy of Sleep Medicine. The *Basic Science of Sleep for the Sleep Specialist* and *Toddlers, Tweens, and Teens: A Survey of Pediatric Sleep Research* course have been planned and implemented in accordance with the Essential Areas and Their Elements of the ACCME through the joint sponsorship of the American Academy of Sleep Medicine and the Sleep Research Society.

The American Academy of Sleep Medicine designates the *Interpreting Sleep Studies* course as a live activity for a maximum of **15.50** AMA PRA Category 1 Credits™, the *Sleep Disorders for the Physician Assistant or Advanced Practice Nurse* course as a live activity for a maximum of **12.00** AMA PRA Category 1 Credits™, the *Sleep Medicine Board Review Course* as a live activity for a maximum of **20.50** AMA PRA Category 1

Credits™, the *Intensive Scoring Review* course as a live activity for a maximum of **4.00** AMA PRA Category 1 Credits™, the *Basic Science of Sleep for the Sleep Specialist* course as a live activity for a maximum of **4.00** AMA PRA Category 1 Credits™, the *Diagnosing and Treating Sleep Disorders in the Pediatric Population* course as a live activity for a maximum of **16.00** AMA PRA Category 1 Credits™ and the *Toddlers, Tweens, and Teens: A Survey of Pediatric Sleep Research* course as a live activity for a maximum of **8.00** AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. The AMA Council on Medical Education mandates that accredited providers only offer AMA PRA Category 1 Credits™ to physicians. The AASM will issue a letter of attendance for activities designated for AMA PRA Category 1 Credits™ to all other individuals.

The *Sleep Disorders for the Physician Assistant or Advanced Practice Nurse* course will be submitted to the American Academy of Nurse Practitioners for nurse practitioner continuing education contact hours.

Registration Instructions

HOW TO REGISTER

There are 3 ways to register for AASM Sleep Education Series courses:

Online. www.aasmnet.org/events.aspx (*credit card only*)

Fax. 630-737-9789 (*credit card only*)

Mail. American Academy of Sleep Medicine
Attn: Meeting Department
2510 North Frontage Road
Darien, IL 60561
(*check or credit card*)

CONFIRMATION AND REGISTRATION DISCLAIMER

Registration is limited. Please register early. Confirmation letters will be sent via email within one week of receipt of registration form and payment. All attendees must pre-register; **on-site registration will not be accepted.** The AASM will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for a course.

CANCELLATION POLICY

Written notification must be submitted to the AASM meeting department for registration cancellation. A \$50 administrative fee will be withheld on cancellations postmarked prior to the cancellation deadline. After this date, no refunds will be available. Refunds are not provided to no-shows. The AASM reserves the right to cancel any of these courses and provide a full refund should conditions warrant. The refund will only include the cost of registration for the event.

REGISTRATION CATEGORIES

MEMBERS

To register as a member, the registrant must currently be an individual member of the American Academy of Sleep Medicine (AASM). If the AASM is unable to confirm that the individual is a member, the individual will be registered as a nonmember at the nonmember prevailing fees.

EMPLOYEES OF CENTER MEMBER

To register as an employee of an AASM center member (with a maximum of four registrants), the registrant must currently be employed at a sleep center that is currently a member of the AASM. If the AASM is unable to confirm that the center is a member of the AASM, the individual will be registered as a nonmember at the nonmember prevailing fees.

NONMEMBERS

Want to register at the member price, but you're not a member? If you are not an individual member of the AASM and would like to become a member, join the AASM to receive instant savings including reduced course registration fees, a subscription to the journals *SLEEP* and *Journal of Clinical Sleep Medicine*, and much more. Visit the AASM website at www.aasmnet.org for more information about membership including a complete listing of benefits and a description of all membership categories. Membership is on a calendar-year basis (January 1–December 31). Beginning on October 1, 2012, individuals may apply for membership for the 2013 membership-year and receive the remainder of the 2012 membership-year for free.

REGISTRATION FORM

REGISTRATION INFORMATION (Please print or type clearly)

Last Name _____ First Name _____ Degree(s) _____

Address _____

City _____ State _____ Zip/Postal Code _____ Country _____

Phone _____ Fax _____

Email (email required to receive confirmation) _____

Special Needs/Accommodations _____

SPECIALTY (Check all that apply)

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Sleep Medicine | <input type="checkbox"/> Anesthesiology | <input type="checkbox"/> Family Medicine | <input type="checkbox"/> Internal Medicine |
| <input type="checkbox"/> Pulmonary Medicine | <input type="checkbox"/> Neurophysiology | <input type="checkbox"/> Otolaryngology | <input type="checkbox"/> Pediatrics |
| <input type="checkbox"/> Psychology | <input type="checkbox"/> Neurology | <input type="checkbox"/> Nursing | <input type="checkbox"/> Other _____ |

Are you a resident physician? Yes No

ATTENDEE LIST PERMISSION (Check one)

I give my permission to include my contact information on an attendee list to be distributed to course attendees. Yes No

AUDIENCE RESPONSE SYSTEM (Check one)

Several AASM courses include an audience response system. Speakers have multiple choice questions in their presentations and poll the audience. Each attendee uses a keypad to submit his/her answer. The speaker is then able to display the responses. The keypads are distributed to attendees when they check in at the course. **Each device has a unique identification number linking each course attendee to a specific device. There is no charge for participating unless you do not return your keypad at the end of the course. If you fail to return the response device you will be charged an \$80.00 replacement fee.** Participation in the Audience Response System is voluntary; it will not affect your CME or any other aspect of participation in the course. Do you agree to participate in the audience response system for the course(s) for which you are registering? I agree I do not agree

MEMBERSHIP DUES FOR NONMEMBERS (Check one. Membership dues are based on the date that the registration is received by the AASM national office.)

2012 memberships will be valid through December 31, 2012; 2013 memberships will be valid through December 31, 2013.

	2012 Membership-year Through 9/30/12	2013 Membership-year On or after 10/1/12
Regular Members	<input type="checkbox"/> \$125	<input type="checkbox"/> \$200
Student Members	<input type="checkbox"/> \$20	<input type="checkbox"/> \$40
Affiliate Members	<input type="checkbox"/> \$125	<input type="checkbox"/> \$200
Affiliate Industry Members	<input type="checkbox"/> \$250	<input type="checkbox"/> \$400

METHOD OF PAYMENT (Check one)

Check made payable to the AASM (U.S. funds drawn on a U.S. bank)

Credit Card VISA MasterCard American Express

Card #: _____ Exp. Date: _____ Validation Code**: _____

Cardholder's Name: _____

Billing Address: _____

Signature: _____ Date: _____

**For a VISA or MasterCard, the validation code is the last 3 numbers in the signature box. For an American Express, the validation code is the 4 numbers above the credit card number.

REGISTRATION FEES (Check the appropriate registration fee(s). Registration fees are based on the date that the registration is received at the AASM national office.)

INTERPRETING SLEEP STUDIES	On or before 8/31/12	After 8/31/12
AASM Member	<input type="checkbox"/> \$550	<input type="checkbox"/> \$625
Employee of an AASM Member Center*	<input type="checkbox"/> \$550	<input type="checkbox"/> \$625
Nonmember	<input type="checkbox"/> \$700	<input type="checkbox"/> \$775

SLEEP DISORDERS FOR THE PHYSICIAN ASSISTANT OR ADVANCED PRACTICE NURSE	On or before 9/7/12	After 9/7/12
AASM Member	<input type="checkbox"/> \$100	<input type="checkbox"/> \$125
Employee of an AASM Member Center*	<input type="checkbox"/> \$100	<input type="checkbox"/> \$125
Nonmember	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175

SLEEP MEDICINE BOARD REVIEW COURSE	On or before 9/13/12	After 9/13/12
Option #1: Sleep Medicine Board Review Course ONLY		
AASM Member	<input type="checkbox"/> \$1000	<input type="checkbox"/> \$1100
Employee of an AASM Member Center*	<input type="checkbox"/> \$1000	<input type="checkbox"/> \$1100
Nonmember	<input type="checkbox"/> \$1200	<input type="checkbox"/> \$1300
Option #2: Sleep Medicine Board Review Course and ONE Companion Course		
Check ONE: <input type="checkbox"/> Intensive Scoring Review <input type="checkbox"/> SRS Basic Science of Sleep for the Sleep Specialist		
AASM Member	<input type="checkbox"/> \$1300	<input type="checkbox"/> \$1445
Employee of an AASM Member Center*	<input type="checkbox"/> \$1300	<input type="checkbox"/> \$1445
Nonmember	<input type="checkbox"/> \$1595	<input type="checkbox"/> \$1740
Option #3: Save when you register for the Sleep Medicine Board Review Course and BOTH Companion Courses		
AASM Member	<input type="checkbox"/> \$1400	<input type="checkbox"/> \$1595
Employee of an AASM Member Center*	<input type="checkbox"/> \$1400	<input type="checkbox"/> \$1595
Nonmember	<input type="checkbox"/> \$1790	<input type="checkbox"/> \$1980

DIAGNOSING AND TREATING SLEEP DISORDERS IN THE PEDIATRIC POPULATION	On or before 9/28/12	After 9/28/12
Option #1: Diagnosing and Treating Course ONLY		
AASM Member	<input type="checkbox"/> \$550	<input type="checkbox"/> \$625
Employee of an AASM Member Center*	<input type="checkbox"/> \$550	<input type="checkbox"/> \$625
Nonmember	<input type="checkbox"/> \$700	<input type="checkbox"/> \$775
Option #2: Save when you register for the Diagnosing and Treating Course and SRS Companion Course		
AASM Member	<input type="checkbox"/> \$800	<input type="checkbox"/> \$925
Employee of an AASM Member Center*	<input type="checkbox"/> \$800	<input type="checkbox"/> \$925
Nonmember	<input type="checkbox"/> \$1000	<input type="checkbox"/> \$1125

*If registering as an employee of an AASM center member, please provide the name of your center and your accreditation/membership number.

Name _____ Accreditation/Member Number _____



AMERICAN ACADEMY OF SLEEP MEDICINE
 2510 North Frontage Road
 Darien, IL 60561-1511

**20
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 12**

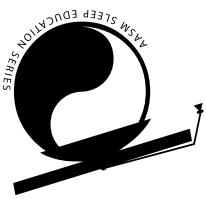


American Academy of Sleep Medicine
 Sleep Education Series



COURSE CATALOG

Register online at www.aasmnet.org.



Diagnosing and Treating Sleep Disorders in the Pediatric Population and Companion Course
 October 26-28 | AASM National Office | Darien, IL

NEW COURSE

Sleep Medicine Board Review Course and Companion Courses
 October 11-14 | Renaissance Harborplace | Baltimore, MD

UPDATED FOR 2012

Sleep Disorders for the Physician Assistant or Advanced Practice Nurse
 October 6-7 | AASM National Office | Darien, IL

NEW COURSE

Interpreting Sleep Studies
 September 29-30 | AASM National Office | Darien, IL

UPDATED FOR 2012

COURSE CATALOG
 AMERICAN ACADEMY OF SLEEP MEDICINE | SLEEP EDUCATION SERIES

FALL 2012