



David Geffen
School of Medicine

CME OFFICE OF
CONTINUING
MEDICAL
EDUCATION

DAVID GEFFEN SCHOOL OF MEDICINE of **UCLA**

12th Annual UCLA Sleep Medicine Course

Sleep Disturbances Across the Life Cycle

Saturday,
January 12, 2019

7:50 am - 12:45 pm
UCLA Campus,
NRB Auditorium



Sleep Disturbances Across the Life Cycle

Course Description:

Physicians in all areas of medicine encounter patients who complain of disturbed sleep. The purpose of this course is to help clinicians identify and treat major sleep disorders as they present across the life cycle from childhood to older age. Pediatricians are often challenged by a variety of sleep disorders in their patients ranging from insomnia and circadian rhythm disorders to sleep apnea and sleepiness. In fact, data show that symptoms of narcolepsy first begin during adolescence, yet the majority of patients are incorrectly diagnosed or treated. Sleep disorders in pregnancy consist of restless legs syndrome, worsening of sleep apnea symptoms and insomnia. Menopause is likely to be associated with insomnia which perpetuates poor sleep into older age. Older patients sometimes present with depression and cognitive disturbances which are occasionally attributable to disturbed sleep.

Discussion of sleep problems unique to each age group will be presented including chronic insomnia, excessive sleepiness and narcolepsy, sleep apnea, parasomnias and restless legs syndrome.

A major goal of the course is to provide practitioners with current updates and clinical pearls to help them differentiate between multiple causes of sleepiness and insomnia in specific age groups, including disturbed sleep in the setting of childhood, adolescence, pregnancy, menopause and dementia.

Target Audience:

This course will target clinicians and healthcare providers who regularly encounter patients with sleep complaints. Given the focus this year on sleep disturbances across the life cycle of patients, the course is particularly useful to family physicians, primary care physicians, internists, pediatricians, obstetricians and gynecologists, neurologists, geriatric medicine specialists, psychiatrists, psychologists and other specialists who are likely to encounter patients with sleep disturbances.

Goals and Objectives:

At the conclusion of this activity, participants will be able to:

- Formulate a practical approach for management of the major sleep disorders in adults including insomnia, obstructive sleep apnea and abnormal motor activity during sleep, including restless legs syndrome.
- Appreciate the causes of sleepiness in children, adults and older persons.
- Identify issues and challenges in the diagnosis and treatment of pediatric sleep disorders, especially sleep apnea.
- Identify the differential diagnosis of excessive daytime somnolence and recognize the specific clinical presentation of narcolepsy.
- Recognize the diagnostic tools available in the evaluation of narcolepsy and utilize treatment modalities currently available.

Accreditation Statement

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA, designates this live activity for a maximum of 4.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement

The FDA has issued a concept paper that classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is "truly independent" and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced, and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program's participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the sponsor adequately manage all identified potential conflicts of interest prior to the program. We at UCLA fully endorse the letter and spirit of these concepts.

Program

7:50 Welcome and Introduction
Alon Y. Avidan, MD, MPH

Module I: SLEEP DISORDERS IN EARLY LIFE:

8:00 Childhood Insomnia and Disturbed Sleep
Iqbal Rashid, MD

8:30 Pediatric Obstructive Sleep Apnea
Alisha West, MD

Module II: SLEEP DISORDERS IN ADULTS

9:00 Excessive Daytime Sleepiness and Narcolepsy: Presentation, Evaluation and Management
Lois Krahn, MD

9:45 Break

10:00 Insomnia, Parasomnias and Restlessness at Night
Alon Y. Avidan, MD, MPH

Module III: SLEEP DISTURBANCES IN WOMEN

10:45 Sleep Problems in Women
Sonia Ancoli-Israel, PhD

Module IV: SLEEP DISORDERS IN OLDER PEOPLE

11:15 Sleep in Older Age
Sonia Ancoli-Israel, PhD

12:00 Questions and Answers

12:45 Adjourn

Faculty

COURSE DIRECTOR



Alon Y. Avidan, MD, MPH
Professor and Vice Chair
UCLA Department of Neurology
Director, UCLA Sleep Disorders Center
David Geffen School of Medicine at UCLA

FACULTY



Sonia Ancoli-Israel, Ph.D.
Professor Emeritus of Psychiatry and Medicine
Professor of Research
Department of Psychiatry
University of California, San Diego



Iqbal Rashid, MD
Assistant Professor
Division of Pediatric Pulmonology & Sleep Medicine
Department of Pediatrics
David Geffen School of Medicine at UCLA



Lois Krahn, MD
Professor of Psychiatry
Mayo Clinic Arizona
Phoenix, Arizona



Alisha West, MD
Associate Professor In Residence
UCLA Department of Head and Neck Surgery
David Geffen School of Medicine at UCLA

General Information

Saturday, January 12, 2019

Fee \$150.00

Location

Neuroscience Research Building
Auditorium (NRB), UCLA Campus
635 Charles E. Young Drive South
Los Angeles, California 90095

e-Location:

<https://goo.gl/maps/GbaMuqxtnGC2>

Directions and Parking

From the 405 freeway, exit on Wilshire Blvd. East. Proceed on Wilshire Blvd. and make a left. Proceed north on Westwood Blvd.

There are 2 options to park in Lot 9:

Option 1: Please proceed to the Westwood Parking Plaza kiosk to purchase permit for Lot 9 for \$12, cash only.

Option 2: There is a new pay by phone option called Parkmobile. Please see the below information sheet on how to download the application and provide your license plate number and credit card to park in Lot 9. The parking fee is \$12 plus an additional \$0.35 convenience fee per transaction.

For questions on Parkmobile, please visit:
<https://transportation.ucla.edu/campus-parking/visitors/parkmobile-faq>.

To access an information sheet on Parkmobile, please visit:
www.cme.ucla.edu/files/view/docs/Parkmobile-Information-Sheet.pdf

Refunds

Due to the low enrollment fee, no refunds will be given for this conference.

Enrollment

Online

Go to:

www.cme.ucla.edu/courses/Sleep2019

You may use your MasterCard, Visa, American Express or Discover card to register.

By Mail

Use the form attached and mail to:

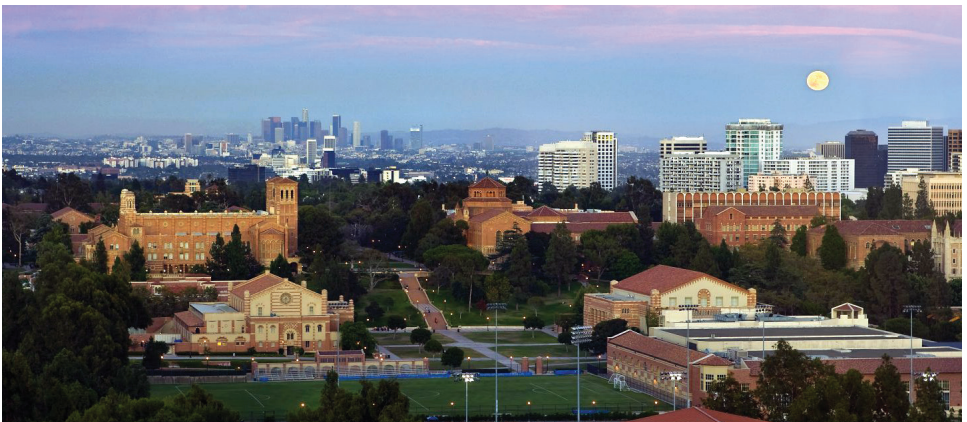
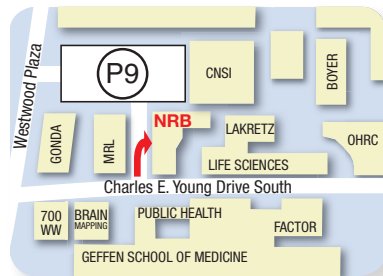
Office of Continuing Medical Education
David Geffen School of Medicine at UCLA
UCLA Sleep Medicine Course
10920 Wilshire Blvd., Suite 1060
Los Angeles, CA 90024-6512

By Fax

Send the completed enrollment form with credit card information and authorizing signature to (310) 794-2624.

By Phone

Call (310) 794-2620 to use your MasterCard, Visa, Discover, or American Express card.



Application for Enrollment

Winter 2019

(please print)

Course Title and Number	Registration Fee
12th Annual UCLA Sleep Medicine Course M189-33	\$150.00

Last four digits of your Social Security Number

Name (First/Middle/Last)

☐ Male☐ Female

Degree

Preferred Mailing Address

City / State / Zip

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Area Code Phone

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Area Code Fax

E-Mail Address

☐ Check enclosed payable to: The Regents of the University of California

Charge:

☐ MasterCard☐ Visa☐ Discover☐ American Express

Card Number

Expiration Mo/Yr

Signature

Mail to: Office of Continuing Medical Education, David Geffen School of Medicine at UCLA,
UCLA Sleep Medicine Course, 10920 Wilshire Blvd., Suite 1060, Los Angeles,
CA 90024-6512

Fax: (310) 794-2624 (must include charge card information and authorizing signature)

Call: (310) 794-2620

Register online: www.cme.ucla.edu/courses/Sleep2019

Office of Continuing Medical Education
David Geffen School of Medicine at UCLA
405 Hilgard Avenue MC29
Los Angeles, CA 90095-6938

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Sleep Disturbances
Across the Life Cycle**

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Register today!

Enroll now by mail, fax, phone or online.

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