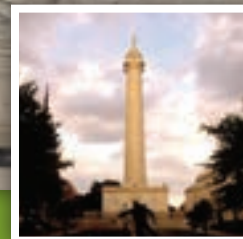
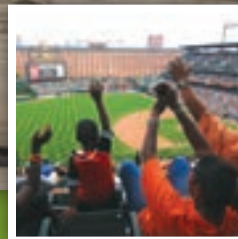


27TH ANNUAL MEETING OF THE ASSOCIATED PROFESSIONAL SLEEP SOCIETIES, LLC.
A JOINT MEETING OF THE AMERICAN ACADEMY OF SLEEP MEDICINE AND THE SLEEP RESEARCH SOCIETY



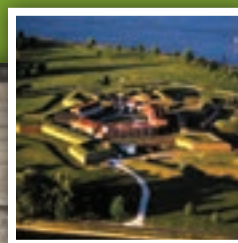
KEYNOTE SPEAKERS:

Gary H. Gibbons, MD

NIH and Advances in Sleep Research: Past, Present and Future Opportunities

Thomas Roth, PhD

Evolution of Insomnia: Patient to Population, Primary to Comorbid, Laboratory to Clinic and Pathophysiology to Therapeutics



Preliminary Program

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FEATURED KEYNOTE ADDRESSES FROM:



Gary H. Gibbons, MD

DIRECTOR OF THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE
NIH and Advances in Sleep Research: Past, Present and Future Opportunities



Thomas Roth, PhD

DIRECTOR OF THE SLEEP DISORDERS AND RESEARCH CENTER AT HENRY FORD HEALTH SYSTEM
Evolution of Insomnia: Patient to Population, Primary to Comorbid, Laboratory to Clinic and Pathophysiology to Therapeutics

READ THEIR FULL BIOS ON PAGE 39

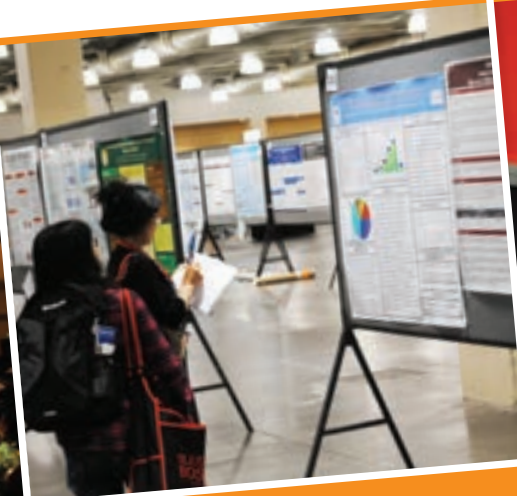


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APSS Program Committee

A Joint Committee of the American Academy of Sleep Medicine and the Sleep Research Society

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Harvard Medical School, Boston, MA

H. Craig Heller, PhD, Immediate Past Chair

Stanford University, Stanford, CA

Charles Atwood, MD

University of Pittsburgh, Pittsburgh, PA

Chiara Cirelli, MD, PhD

University of Wisconsin, Madison, WI

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NorthShore HealthSystems, Bannockburn, IL

Suresh Kotagal, MD

Mayo Clinic, Rochester, MN

Michael Littner, MD

David Geffen School of Medicine at UCLA, Los Angeles, CA

Thomas Scammell, MD

Beth Israel Deaconess Medical Center, Boston, MA

Hans Van Dongen, PhD

Washington State University, Spokane, WA

Kenneth Wright Jr., PhD

University of Colorado, Boulder, CO

Valerie Crabtree, PhD, Psychologist Reviewer

St. Jude Children's Research Hospital, Memphis, TN

Jerome A. Barrett

Executive Director

Educational Opportunities

- C Postgraduate Courses** — Intensive reviews of topics presented in a half-day or full-day session format prior to the scientific program.
- B Bench to Bedside Sessions** — Two-hour sessions focusing on the latest advances in translational science and clinical applications on a specific topic.
- W Clinical Workshops** — Reviews of patient-related and business-related aspects of sleep centers. Workshops address difficult clinical situations, business challenges and trends that clinicians experience in their daily practices.
- D Discussion Groups** — Forums for informal presentations of a specific topic, which may include conversations on controversial subjects or pro/con discussions and presentations.
- I Invited Lecturers** — One-hour lectures during which senior level investigators/clinicians present in their areas of expertise.
- L Lunch Debates** — Large-group lunch sessions during which two experts in the field debate on a single topic.
- M Meet the Professors** — Small-group lunch sessions during which an expert in the field leads an informal discussion on a single topic.
- O Oral Presentations** — 15-minute presentations during which investigators present their latest research and new ideas in the field.
- P Poster Presentations** — Visual representations of the latest research and new ideas in the field.
- R Brown Bag Report Session** — Review of challenging cases by expert panel.
- S Symposia** — Two-hour sessions focusing on the latest data and ideas in the field.

Schedule at a Glance

Saturday June 1	Sunday June 2	Monday June 3	Tuesday June 4	Wednesday June 5
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Registration Open 6:30am – 5:30pm

Full-day Postgraduate Courses 8:00am – 5:00pm

C01: Year-in-Review

C02: Trends in Sleep Medicine

Half-day Postgraduate Courses 8:00am – 12:00pm

C03: Sleep Disordered Breathing in Infants

C04: Basic and Translational Circadian Science for the Clinician and Trainee

C05: Difficult Cases That Keep You Up at Night

Lunch Break 12:00pm – 1:00pm

Half-day Postgraduate Courses 1:00pm – 5:00pm

C06: Pediatric Positive Airway Pressure (PAP) Therapy

C07: Diagnosis and Treatment of Circadian Rhythm Sleep/Wake Disorders

C08: Beyond the Polysomnogram: Special Diagnostic Procedures in Select Patient Populations

Saturday June 1	Sunday June 2	Monday June 3	Tuesday June 4	Wednesday June 5
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Registration Open 6:30am – 5:30pm

Full-day Postgraduate Courses 8:00am – 5:00pm

C09: 2013 State of the Art for Clinical Practitioners

C10: Gizmos and Gadgets: Technological Advances in Clinical Outpatient Sleep Medicine

C11: The Basics of Sleep

Half-day Postgraduate Courses 8:00am – 12:00pm

C12: PedSleep 2013: Pediatric NeuroSleep Primer

C13: Sleep Medicine in Occupational Settings

Lunch Break 12:00pm – 1:00pm

Half-day Postgraduate Courses 1:00pm – 5:00pm

C14: Sleep and Epilepsy

C15: Advances in Measurement of PLM and Long-term Treatment of RLS

General Sessions 1:00pm – 3:00pm

O01: Learning, Memory and Cognition

O02: Developmental and Aging Effects and Interactions with Sleep

S01: Time to Focus on the Locus

Refreshment Break 3:00pm – 3:15pm

General Sessions 3:15pm – 5:15pm

O03: Circadian Rhythms in Brain and Peripheral Physiology

O04: SIDS and Sleep Disordered Breathing in Children

S02: A Role for Metabotropic Glutamate Receptors in Sleep-Wake Associated Brain Functions

Take Me Out to the Ballgame
Welcome Reception 6:00pm – 7:30pm



***Make sure you arrive in
Baltimore in time to attend the
first scientific sessions starting
at 1:00pm on Sunday, June 2.***

Schedule at a Glance

Saturday June 1	Sunday June 2	Monday June 3	Tuesday June 4	Wednesday June 5
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Registration Open 6:30am – 5:30pm

Plenary Session 7:45am – 10:00am

I01: *Thomas Roth, PhD* - Evolution of Insomnia: Patient to Population, Primary to Comorbid, Laboratory to Clinic and Pathophysiology to Therapeutics

I02: *Gary H. Gibbons, MD* - NIH and Advances in Sleep Research: Past, Present and Future Opportunities

Exhibit Hall Open 10:00am – 4:00pm

Refreshment Break (Exhibit Hall) 10:00am – 10:30am

General Sessions 10:30am – 12:30pm

W01: *Pregnatio Inquieta*: Management of Restless Legs Syndrome during Pregnancy and Lactation

D01: Advancing Sleep and Circadian Rhythms Research

O05: Mechanisms and Interventions in Insomnia

O06: Neurobehavioral and Physiological Consequences of Sleep Loss in Humans

S03: Out of Center Sleep Testing 2013: Practical Strategies for Your Practice

S04: The Role of Adenotonsillectomy in the Management of Pediatric Sleep Apnea Hypopnea Syndrome: The Childhood Adenotonsillectomy Trial (CHAT)

Lunch Break 12:30pm – 1:45pm

AASM General Membership Meeting 12:30pm – 1:30pm

Lunch Sessions 12:30pm – 1:30pm

R01: Brown Bag Report: Challenging Cases

L01: Chronic Sleep Loss Leads to Obesity

M01: DME in the Sleep Center: A How-To Guide

M02: Fitness for Duty Testing

M03: Pharmacological Management of Sleepiness and Performance

M04: Sleep in Older Adults in Long-term Care Settings

M05: Identifying and Treating Parasomnias

M06: Noninvasive Ventilation (NIV) for Acute Respiratory Failure (ARF)

M07: Molecular Mechanisms of Age-related Changes in Sleep

M08: Cognitive Behavioral Treatment of Insomnia: Strategies for Improving Adherence

Invited Lecturers 1:45pm – 2:45pm

I03: *Eve Van Cauter, PhD* - Sleep, Circadian Rhythmicity and Metabolism: The Inseparable Triad

I04: *Avi Sadeh, DSc* - Sleep Development and Childhood Insomnia: Insights from Actigraphic Studies

Oral Presentations 1:45pm – 2:45pm

O07: Neurodegeneration, Stroke and Traumatic Brain Injury

O08: Hypersomnia: Pathophysiology and Clinical Outcomes

O09: Sleep and Genes

O10: New Approaches to Sleep Measurement

Refreshment Break (Exhibit Hall) 2:45pm – 3:00pm

General Sessions 3:00pm – 5:00pm

B01: Bench to Bedside: Clinical Use of Melatonin Agonists: Beyond Insomnia

W02: Coding Updates for 2013

D02: What Have We Learned from Large-scale Multicenter National and International Research Studies on Obstructive Sleep Apnea?

S05: State of the Art Symposium on Drowsy Driving: Impact of Sleep Deficiency on Real Motor Vehicle Driving Performance and Perception of Drowsiness

S06: Sleep and Brain Maturation: Development of Sleep-Regulatory Mechanisms and Interactions between Sleep and Brain Maturation

S07: Narcolepsy and the H1N1 Vaccine: Where Are We Now?

Poster Presentations 4:00pm – 6:00pm

Schedule at a Glance

Saturday June 1	Sunday June 2	Monday June 3	Tuesday June 4	Wednesday June 5
--------------------	------------------	------------------	-------------------	---------------------

Registration Open 7:30am – 5:00pm

Invited Lecturer 8:00am – 9:00am

I05: *Samer Hattar, PhD* - Atypical Photoreceptors Influence Sleep, Alertness, Mood and Learning

General Sessions 8:00am – 10:00am

W03: From Infancy to Adolescence: Sleep Difficulties in Children with Autism Spectrum Disorders

O11: Effects of Obstructive Sleep Apnea

O12: Sleep Disruption, Physiological and Altitude Stressors

S08: Sleep and Pain Interactions: Basic Mechanisms and Clinical Impact

S09: Drug Discovery for Sleep Disorders: Novel Targets for Better Treatments

Invited Lecturer 9:05am – 10:05am

I06: *Nancy Collop, MD* - Dreaming for Sleep Medicine: The Memories and the Optimistic Future

Exhibit Hall Open 10:00am – 4:00pm

Refreshment Break (Exhibit Hall) 10:00am – 10:20am

General Sessions 10:20am – 12:20pm

W04: Case Studies in the Application of ICSD-3

O13: Sleep Disorders and Brain Development in Pediatric Patients

O14: Treating Obstructive Sleep Apnea

S10: Epidemiology, Mechanisms and Treatment of Co-morbid Insomnia and Chronic Pain

S11: Matters of the Heart: Sleep vs. the Circadian Clock

S12: Local Sleep: Its Origin and Function

Lunch Break 12:20pm – 1:30pm

SRS General Membership Meeting 12:30pm – 1:30pm

Lunch Sessions 12:30pm – 1:30pm

R02: Brown Bag Report: Challenging Cases

L02: Co-sleeping with Infants Should Be Encouraged

M09: Sleep Need and Recovery from Sleep Deprivation

M10: Links between Sleep, Circadian Clocks and Metabolism

M11: Risky Business: Fatigue Risk Management Science and Technology Solutions for Industry

M12: Improving CPAP Compliance

M13: Neurobiology and Treatment of PTSD

M14: Complex Sleep Apnea: Putting the Lid Back on Pandora's Box

M15: Sleep in Autism

M16: Neural Consequences of Sleep Apnea

Invited Lecturers 1:30pm – 2:30pm

I07: *Sonia Ancoli-Israel, PhD* - The Impact of Sleep, Fatigue and Circadian Rhythms on Patients with Cancer

I08: *Paul Shaw, PhD* - A Night to Remember: Using Genetics to Understand the Role of Sleep in Memory Consolidation

Oral Presentations 1:30pm – 2:30pm

O15: Sleep in Space Flight, Aviation and the Military

O16: REM Sleep Behavior Disorder: Clinical Outcomes

O17: Pharmacology and Biochemistry of Sleep

O18: Health Care Services: Public Policy Research

Refreshment Break (Exhibit Hall) 2:30pm – 2:45pm

General Sessions 2:45pm – 4:45pm

W05: Multidisciplinary Alternatives to CPAP Clinic: An Opportunity to Serve PAP-intolerant Patients

W06: New Pieces in the RLS Puzzle: Pathophysiology, Diagnosis, Treatment and Long-term Management

D03: Updates to the AASM Scoring Manual

O19: Pathophysiology of Circadian Sleep Disorders

S13: One Sleep or Two? The History and Science of Segmented Sleep

S14: Sleep, Brain Development and Psychiatric Disorders

Poster Presentations 4:00pm – 6:00pm



Schedule at a Glance

Saturday June 1	Sunday June 2	Monday June 3	Tuesday June 4	Wednesday June 5
--------------------	------------------	------------------	-------------------	---------------------

Registration Open 7:30am – 5:00pm

Invited Lecturer 8:00am – 9:00am

I09: *Edward Bixler, PhD* - Natural History of Sleep
Disordered Breathing in Children: An Anatomic or Systemic Disorder?

General Sessions 8:00am – 10:00am

W07: Adaptation of Evidence-based Behavioral Treatments for Co-morbid Insomnia

D04: State of the Science: Translating Sleep and Circadian Research Advances into Clinical Practice

O20: Sleep and Aging: Epidemiology and Outcomes

O21: Co-morbidities of Sleep Disordered Breathing

S15: Sleep and Traumatic Brain Injury

Invited Lecturer 9:05am – 10:05am

I10: *Lisa Wolfe, MD* - Sleep and Anesthesiology

Exhibit Hall Open 10:00am – 2:00pm

Refreshment Break (Exhibit Hall) 10:00am – 10:20am

General Sessions 10:20am – 12:20pm

D05: Eyes Wide Shut: Children, Adolescents and Caregivers Living with Narcolepsy

O22: The Contribution of Sleep Disturbance to Depression

O23: Sleep Physiology: Genes and Outcomes

S16: Effects of Insufficient Sleep and Circadian Rhythmicity on Metabolism in Humans and Rodents

S17: Night-to-Night Variability of Sleep in Insomnia: Characteristics, Consequences and Treatment Implications

S18: The Impact of PAP on OSA Co-morbidities

Poster Presentations 10:20am – 12:20pm

Lunch Break 12:20pm – 1:30pm

Late-breaking Abstracts 12:30pm – 1:30pm

Lunch Sessions

12:30pm – 1:30pm

L03: Adaptive Servo Ventilation is the Treatment of Choice for Opioid Associated Central Sleep Apnea

M17: Cardiovascular Consequences of Sleep Apnea

M18: Treatment of Narcolepsy: Neural Mechanisms and Nagging Mysteries

M19: Measuring Circadian Timing in Human Rhythms

M20: Sleep, Circadian Rhythms and Aging: It's Not All Bad News!

M21: Using Social Media to Market Your Practice

M22: Pharmacologic Treatment of Insomnia: The Art and the Science

M23: Home Sleep Testing: The Good, the Bad, and the Ugly

M24: Sleep, Antidepressants and Learning

Invited Lecturer

1:30pm – 2:30pm

I11: *Steven Hursh, PhD* - Fatigue Science at Work: The Benefits of Fatigue Risk Management Systems

Oral Presentations

1:30pm – 2:30pm

O24: Sleep Across the Lifespan in Women

O25: Novel Approaches to the Evaluation of Insomnia

O26: Sleep Neurobiology: From Rats and Mice to Flies and Worms

O27: Medical Disorders and Sleep

O28: Sleep Disorder Diagnosis: New Approaches and Improved Solutions

Refreshment Break

2:30pm – 2:45pm

General Sessions

2:45pm – 4:45pm

W08: The Complexity of Complex Nocturnal Behaviors

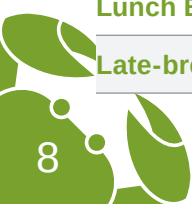
D06: The Affordable Care Act: What Sleep Medicine Clinicians and Center Managers Need to Know

O29: Risk Factors for Insomnia

O30: Assessment and Treatments for Sleep Disordered Breathing

O31: Basic Mechanisms Underlying Central and Peripheral Responses to Sleep Loss

S19: Sleep and Circadian Dysregulation in Neurodegenerative Disorders





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Join on pages 57 and 58

Postgraduate Courses

Saturday
June 1

Sunday
June 2

Monday
June 3

Tuesday
June 4

Wednesday
June 5

In order to register for postgraduate courses, you must be registered for SLEEP 2013. The APSS does not offer registration to attend only postgraduate courses. Space is limited and postgraduate courses sell out quickly. If the postgraduate course you select is full when your registration is received, you will not be charged the additional course fees. Attendees registered at the reduced rate (i.e. Resident/Postdoctoral or Student/Predoctoral) may register for postgraduate courses at the member rate regardless of membership status. Register online at www.sleepmeeting.org, or fax or mail the completed registration form on pages 53 and 54 to the APSS national office.

Electronic Course Materials

The APSS will provide postgraduate course materials in an electronic-format only. Postgraduate course attendees will be provided with the materials on a thumb drive when they check in at SLEEP 2013. Prior to the meeting, attendees **who pre-register** will be allowed to download and print the course materials if that is the format they prefer. Please note that the APSS **will not** supply computers or tablets to view the material or power for computers or tablets. 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 meeting each day.

C01: Year-In-Review

Saturday, June 1, 2013

8:00am – 5:00pm

Member Fee: \$150

Nonmember Fee: \$200

During this annual course, faculty will highlight new perspectives and recent findings in translational science from the past year. The 2013 installment of this course will highlight advances in the areas of: sleep and physiological function, sleep and immunity, hypersomnia, sleep disordered breathing, sleep duration and quality of life, insomnia, sleep and metabolism and pediatric sleep medicine.

Chair: H. Craig Heller, PhD

Faculty: Carol Everson, PhD; Monika Haack, PhD; Daniel Kripke, MD; Carole Marcus, MBBCh; Lynn Marie Trotti, MD; Fred Turek, PhD; James Wyatt, PhD; and Henry Klar Yaggi, MD

Psychologist Level of Content: Intermediate

Target Audience: Physicians, researchers, psychologists and allied health care professionals

Objectives:

1. Discuss key concepts of recent basic and clinical sleep research and how these concepts apply to current practice;
2. Apply up-to-date information and evidence-based knowledge to the clinical management of patients with a variety of sleep disorders; and
3. Improve clinical care and patient outcomes as a result of application of this knowledge.



C02: Trends in Sleep Medicine

Saturday, June 1, 2013

8:00am – 5:00pm

Member Fee: \$150

Nonmember Fee: \$200

This course will focus on the latest clinical trends relevant to the practice of sleep medicine in 2013. A few of the important topics covered in this course include accepting pediatric patients, CPAP data analysis in tracking patients with OSA, the rise of utilization management companies, perioperative sleep apnea assessment, coding and regulatory trends and perils and pitfalls of DME.

Chair: Douglas Kirsch, MD

Faculty: Amy Aronsky, DO; Charles Atwood, MD; Kelly Carden, MD, MBA; Lawrence Epstein, MD; Carol Rosen, MD; Richard Schwab, MD; Tracey Stierer, MD; and David White, MD

Psychologist Level of Content: Intermediate

Target Audience: Clinicians, including psychologists, and other health care providers involved with the clinical and business aspects of operating a sleep center

Objectives:

1. Discuss the current trends of insurance regulations, coding and reimbursement;
2. Discuss expansion of sleep center practice to include pediatric patients and provision of DME; and
3. Discuss trends in managing patients with sleep disorders including CPAP data analysis and perioperative sleep apnea assessment.

C03: Sleep Disordered Breathing in Infants

Saturday, June 1, 2013

8:00am – 12:00pm

Member Fee: \$85

Nonmember Fee: \$150

Sleep physicians are frequently tasked with determining whether breathing patterns in infants are normal or pose a risk. Infant sleep disordered breathing is quite common and distinctly differs from that seen in older children. OSA in infant patients differs substantially from other age groups, including gastroesophageal reflux, laryngeal abnormalities and control of breathing disorders. These patterns are frequently misinterpreted leading to an incorrect or delayed diagnosis. Faculty will discuss the important developmental changes in the anatomy and physiology of the upper airway and lung mechanics during infancy, as well as changes in ventilatory control and arousal.

Chair: Eliot Katz, MD

Faculty: Stacey Ishman, MD; Carole Marcus, MBBCh; Indra Narang, MBBCh, MD; and Christian Poets, MD

Psychologist Level of Content: Intermediate

Target Audience: Pediatric and adult clinicians, including psychologists and other health care providers seeking a comprehensive overview of the many unique sleep disordered breathing patterns in infants that accompany specific disease states

Objectives:

1. Recognize the full spectrum of normal breathing patterns in infants;
2. Identify the various patterns of sleep disordered breathing observed in infants; and
3. Discuss the natural history and treatment of infant sleep disordered breathing patterns.



C04: Basic and Translational Circadian Science for the Clinician and Trainee

Saturday, June 1, 2013

8:00am – 12:00pm

Member Fee: \$85

Nonmember Fee: \$150

Circadian and sleep systems are fundamentally integrated and understanding one without the other is impossible, yet the integration of these systems is often overlooked. A complete understanding of healthy and abnormal sleep phenotypes and treatment of disease requires understanding basic circadian physiological mechanisms. This course is to provide a strong foundation to sleep clinicians, researchers and trainees on basic circadian science, the importance of circadian rhythmicity for physiology and behavior, interactions with sleep and the future of circadian medicine.

Chair: Kenneth Wright, PhD

Faculty: Charles Czeisler, MD, PhD; Samer Hattar, PhD; H. Craig Heller, PhD; and Phyllis Zee, MD, PhD

Psychologist Level of Content: Intermediate

Target Audience: Sleep clinicians, including psychologists, researchers and trainees who desire fundamental and translational knowledge of circadian science

Objectives:

1. Recognize how light influences the circadian clock and mechanisms by which light influences sleep;
2. Review the role of circadian timing for cognitive function and learning;
3. Describe changes in circadian physiology across the life span and its impact on sleep;
4. Identify tools used to measure circadian phase and its importance for assessment and treatment; and
5. Evaluate the influence of circadian rhythms and circadian disruption in health and disease.

C05: Difficult Cases That Keep You Up at Night

Saturday, June 1, 2013

8:00am – 12:00pm

Member Fee: \$85

Nonmember Fee: \$150

When ineffective management plans or unexpected results present and the standard references do not provide answers pertinent to the situation, where can the sleep clinician then turn? This course will provide guidance with challenging example cases by describing the current literature, evidence, and what to do when neither is available. Faculty will also describe atypical presentations of common sleep disorders, how to interpret indeterminate or borderline diagnostic data, complications of therapies including side effects and safety in special populations, and innovative methods for dealing with sleep disorders in specific patient populations.

Chair: Raman Malhotra, MD

Faculty: Alon Avidan, MD, MPH; Charlene Gamaldo, MD; and Christopher Lettieri, MD

Psychologist Level of Content: Advanced

Target Audience: Physicians, nurse practitioners, sleep technologists, psychologists and physician assistants

Objectives:

1. Recognize side effects and alternative options for therapy of refractory restless legs syndrome;
2. Identify characteristics and factors associated with poor CPAP adherence and formulate ideas on how to combat them to increase usage of CPAP in sleep apnea patients; and
3. Discuss diagnostic criteria, differential diagnosis, pathophysiology and evidenced-based therapy for parasomnias and narcolepsy with cataplexy.

C06: Pediatric Positive Airway Pressure (PAP) Therapy

Saturday, June 1, 2013

1:00pm – 5:00pm

Member Fee: \$85

Nonmember Fee: \$150

While adenotonsillectomy is the primary treatment for obstructive sleep apnea (OSA) in children, there remain populations of youth (e.g., children with craniofacial anomalies or obesity) who require the use of positive airway pressure therapy (PAP). PAP therapy is becoming a more common treatment for sleep disorders in pediatric patients, however, as with adults, adherence to this treatment remains low. This course will provide clinicians more information about how to properly implement and utilize PAP therapy in their practice. Presentations will include when and how to implement PAP therapy, including medical considerations, technical aspects and behavioral interventions. Case examples will be used throughout to highlight these areas.

Chair: Lisa Meltzer, PhD

Faculty: Todd Antisdel, AAS; Susan Crane, PsyD; and Ann Halbower, MD

Psychologist Level of Content: Intermediate

Target Audience: Physicians, nurse practitioners, psychologists, respiratory therapists and others engaged in treating pediatric patients with obstructive sleep apnea

Objectives:

1. Review medical considerations for the use of PAP therapy with children and adolescents;
2. Discuss the technical use of PAP with children and adolescents; and
3. Identify strategies for PAP desensitization as well to improve adherence to PAP therapy.

C07: Diagnosis and Treatment of Circadian Rhythm Sleep/Wake Disorders

Saturday, June 1, 2013

1:00pm – 5:00pm

Member Fee: \$85

Nonmember Fee: \$150

Circadian rhythm sleep disorders (CRSDs) are often perplexing to manage due to the complexity of clinical presentations, a lack of well-defined practice guidelines and a myriad of other factors. This course will provide attendees with realistic examples of select CRSDs in a clinical setting and will promote proper identification through the use of history, sleep logs, questionnaires, actigraphy and salivary melatonin assessments. Understanding of the human melatonin and light phase response curves will also be emphasized, so that both light and melatonin therapies can be rationally recommended in accordance with body temperature minimum and dim light melatonin onset.

Chair: R. Robert Auger, MD

Faculty: Helen Burgess, PhD; Katherine Sharkey, MD, PhD; and James Wyatt, PhD

Psychologist Level of Content: Introductory

Target Audience: Practitioners, including psychologists, of clinical sleep medicine and anyone interested in the identification and treatments of circadian rhythm sleep/wake disorders (CRSDs)

Objectives:

1. Identify various CRSDs in the clinical setting using actigraphy and sleep logs;
2. Discuss the treatment of select CRSDs using best available evidence; and
3. Review the various experimental protocols used in chronobiologic assessments.



C08: Beyond the Polysomnogram: Special Diagnostic Procedures in Select Patient Populations

Saturday, June 1, 2013

1:00pm – 5:00pm

Member Fee: \$85

Nonmember Fee: \$150

An overwhelming majority of sleep labs are only equipped to do routine PSGs with 6 channels of EEGs and 3 EMG in addition to the routine respiratory monitoring. There are patient populations where this limited technology will not suffice. During this half-day course, the faculty will describe and demonstrate several specialized techniques and diagnostic modalities for select patient populations, including neuromuscular patients, patients with suspected parasomnias or circadian rhythm sleep disorders and patients undergoing surgical procedures at high risk for complications due to occult OSA.

Co-chairs: Hrayr Attarian, MD; and Lisa Wolfe, MD

Faculty: Peter Gay, MD; Robert Thomas, MD; and Phyllis Zee, MD, PhD

Psychologist Level of Content: Intermediate

Target Audience: Sleep physicians, physician assistants, nurse practitioners and trainees

Objectives:

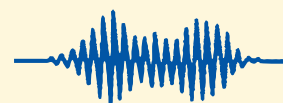
1. Describe the specialized montages used to evaluate patients with neuromuscular disorders, parasomnias and nocturnal seizures;
2. Explain the OSA screening methodologies for perioperative patients;
3. Review actigraphy, sleep logs and melatonin levels in the diagnosis of circadian rhythm sleep disorders; and
4. Demonstrate the upper airway structure phenotyping through sedated endoscopy.



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C09: 2013 State of the Art for Clinical Practitioners

Sunday, June 2, 2013

8:00am – 5:00pm

Member Fee: \$150

Nonmember Fee: \$200

Ideal for individuals looking for a broad review of clinical sleep medicine in 2013, this course will provide attendees with tips for the practical application of treatments for several common sleep disorders based on clinical evidence. Topics covered will include: insomnia, pediatrics, circadian rhythms, parasomnias, hypersomnias, complex OSA, excessive daytime sleepiness in the workplace and out of center sleep testing devices.

Chair: Thomas Scammell, MD

Faculty: Ruth Benca, MD, PhD; Nancy Collop, MD; David Dinges, PhD; Peter Gay, MD; Madeleine Grigg-Damberger, MD; David Rye, MD, PhD; John Winkelman, MD, PhD; and Phyllis Zee, MD, PhD

Psychologist Level of Content: Intermediate

Target Audience: Physicians, researchers, psychologists and allied health care professionals

Objectives:

1. Describe the best evidence-based practices for evaluating and diagnosing various sleep disorders in clinical practice;
2. Discuss the best evidence-based and cutting edge treatments for various sleep disorders in 2013; and
3. Identify major areas of uncertainty regarding best treatment practices in sleep medicine.

C10: Gizmos and Gadgets: Technological Advances in Clinical Outpatient Sleep Medicine

Sunday, June 2, 2013

8:00am – 5:00pm

Member Fee: \$150

Nonmember Fee: \$200

The goal of this course is to provide sleep practitioners with the necessary information to diagnose and better manage patients with sleep disorders using advance ambulatory technology. Morning sessions will be devoted to didactic lectures and afternoon sessions will be devoted to several hands-on interactive workshop presentations. The following topics will be covered: PAP for obstructive sleep apnea, bilevel devices in the management of hypoventilation and central sleep apnea syndromes, portable sleep apnea testing and actigraphy. The interactive workshops will provide the attendees with the necessary knowledge to evaluate, prescribe, adjust and troubleshoot the various technologies in a typical outpatient setting.

Chair: Neil Freedman, MD

Faculty: Sean Caples, DO; Ann Cartwright, PA-C; Loretta Colvin, APRN; Peter Gay, MD; Cathy Goldstein, MD; Shahrokh Javaheri, MD; Douglas Kirsch, MD; and Lisa Wolfe, MD

Psychologist Level of Content: Intermediate

Target Audience: Patient care providers at all levels including physicians, psychologists, physician assistants, respiratory therapists, sleep technologists and nurses

Objectives:

1. Recognize the indications and limitations of various PAP devices in the management of the spectrum of sleep disordered breathing;
2. Discuss the indications and limitations to be able to troubleshoot common problems of several different portable monitoring systems that are commonly used in an outpatient setting to diagnose obstructive sleep apnea; and
3. Identify the indications, limitations and technology underlying various actigraphy devices, as well as interpret downloaded data and troubleshoot common problems of several devices.



C11: The Basics of Sleep

Sunday, June 2, 2013

8:00am – 5:00pm

Member Fee: \$150

Nonmember Fee: \$200

This course will provide scientists and clinicians with a background in the fundamental principles and findings that form the core understanding of sleep and its disorders. Based on the second edition of the *SRS Basics of Sleep Guide*, the course faculty will explore a number of multidisciplinary topics and will review new and emerging data, highlighting basic findings that translate to clinical practice.

Chair: Stephanie Crowley, PhD

Faculty: Christian Baumann, MD; Mary Carskadon, PhD; Chiara Cirelli, MD, PhD; David Dinges, PhD; Janet Mullington, PhD; Frank Scheer, PhD; Ronald Szymusiak, PhD; and Jonathan Wisor, PhD

Psychologist Level of Content: Introductory

Target Audience: Sleep clinicians, including psychologists, and scientists seeking an enhanced background in the fundamental principles and findings that form the core knowledge of sleep

Objectives:

1. Discuss concepts underlying the organization of sleeping and waking behavior, sleep-wake homeostasis and circadian timing;
2. Describe the changes in normal sleep that emerge across the human life cycle;
3. Identify the neuroanatomical and neurophysiological systems underlying sleep-wake regulation;
4. Analyze the genetic basis of sleep phenotypes and sleep disorders and the genetics of sleep in animals;
5. Describe the interplay of sleep-wake and endocrine systems and how sleep loss can alter these associations;
6. Recognize the role of sleep in thermoregulation, immune function and autonomic regulation of multiple organ systems;
7. Describe the effects sleep loss produces on the brain and behavior; and
8. Review the major categories and types of sleep disorders in adult populations, and the pharmacological therapies used to treat these disorders.

C12: PedSleep 2013: Pediatric NeuroSleep Primer

Sunday, June 2, 2013

8:00am – 12:00pm

Member Fee: \$85

Nonmember Fee: \$150

Sleep problems in children with a variety of neurological and neurodevelopmental disorders are often much more common, frequent, severe and persistent compared to the general pediatric population. In many children with particular developmental disorders, sleep problems are so highly prevalent as to be considered a behavioral phenotype. Using case vignettes and videos, faculty will review the four most common pediatric referrals to sleep specialists and centers: children with epilepsy, central hypersomnias, neurodevelopmental and craniocervical junction and neuromuscular disorders.

Co-chairs: Madeleine Grigg-Damberger, MD; and Sanjeev Kothare, MD

Faculty: Timothy Hoban, MD; and Shelly Weiss, MD

Psychologist Level of Content: Intermediate

Target Audience: Sleep specialists, including psychologists, researchers, technologists and other health care professionals interested in pediatric sleep medicine

Objectives:

1. Recognize and manage sleep disordered breathing in children with neuromuscular and craniocervical junction disorders to optimize their quality of life and longevity;
2. Identify common, uncommon and rare causes of hypersomnia in children and the roles of infection, H1N1 encephalitis and vaccination in childhood-onset narcolepsy-cataplexy and other hypersomnias;
3. Appreciate the complexity and value of treating sleep disorders in children with epilepsy and/or headache; and
4. Realize how certain neurodevelopment disorders have distinctive and often unique insomnias related to their particular disorder.



C13: Sleep Medicine in Occupational Settings

Sunday, June 2, 2013

8:00am – 12:00pm

Member Fee: \$85

Nonmember Fee: \$150

Sleepiness and the impact of sleep disorders in work settings has been widely discussed in the popular press and is a hot topic in rulemaking for most 24/7 industries in the US and abroad. “Fatigue” is a significant threat to safety, productivity and well-being. Increasingly, management, labor organizations and government agencies are recognizing this issue and seeking innovative solutions, ranging from fatigue risk management systems to company-wide screening and treatment programs. This course will provide insight into this rapidly developing area of the sleep field with presentations from faculty actively involved in researching, managing and treating occupational fatigue from sleep disorders and other causes.

Chair: Hans Van Dongen, PhD

Faculty: Christopher Drake, PhD; Stefanos Kales, MD; and Charles Samuels, MD

Psychologist Level of Content: Intermediate

Target Audience: Clinicians, including psychologists, translational researchers and occupational professionals who encounter sleepiness from sleep disorders and from sleep loss and circadian misalignment in their patients, research subjects or work setting or individuals who wish to learn about how sleep disorders and sleepiness impact workers in occupational settings

Objectives:

1. Recognize how sleepiness from sleep disorders and from sleep loss and circadian misalignment interferes with safety and productivity in occupational settings;
2. Identify solutions for sleep disorders and other causes of sleepiness in occupational settings and review what innovative strategies to “fatigue risk management” have been developed and implemented; and
3. Recognize how 24/7 operations affect health and may lead to shift work disorder and what can be done to manage this.

C14: Sleep and Epilepsy

Sunday, June 2, 2013

1:00pm – 5:00pm

Member Fee: \$85

Nonmember Fee: \$150

Epilepsy is a common public health issue, impacting about 30 million individuals worldwide. 25% of patients with epilepsy experience pure sleep epilepsy. Nocturnal epilepsies may present with unusual clinical manifestations, leading to diagnostic confusion, and the treatment of epilepsy has become increasingly complex with many newer antiepileptic drugs and surgical approaches for refractory epilepsies. In this course, faculty will discuss recent research that has clarified the role of intrinsic cortical and circadian factors, and that of co-morbid sleep disorders on seizures.

Co-chairs: Milena Pavlova, MD; and Erik St. Louis, MD

Faculty: Michael Silber, MBChB; and Bradley Vaughn, MD

Psychologist Level of Content: Intermediate

Target Audience: Sleep physicians, technologists, nurses, neurologists, pulmonologists, psychiatrists, psychologists and trainees

Objectives:

1. Outline the differential diagnosis of nocturnal events, including nocturnal epilepsies and parasomnias;
2. Review the pathophysiology and usual presenting clinical and video-EEG-polysomnographic features of common sleep-related epilepsies and parasomnias in children and adults;
3. Characterize cyclic alternating pattern (CAP) NREM sleep microarchitecture and its association with epilepsies;
4. Describe the impact of circadian influences upon epilepsy;
5. Recognize the impact on seizure frequency by early recognition and treatment of co-morbid obstructive sleep apnea and other sleep disorders; and
6. Describe current treatment options for sleep-related epileptic syndromes.



Postgraduate Courses

Saturday
June 1

Sunday
June 2

Monday
June 3

Tuesday
June 4

Wednesday
June 5

C15: Advances in Measurement of PLM and Long-term Treatment of RLS

Sunday, June 2, 2013

1:00pm – 5:00pm

Member Fee: \$85

Nonmember Fee: \$150

A convergence of new evaluation approaches and new treatments has produced a major change in the approach to both periodic limb movements (PLM) and restless legs syndrome (RLS). It is now clear that PLMs need to be evaluated for periodicity as well as frequency. This course will explain both when and how to do these evaluations in the sleep lab and with ambulatory monitoring. Faculty will also discuss new developments in the diagnosis and long-term management of RLS.

Chair: Richard Allen, PhD

Faculty: Christopher Earley, MBBCh, PhD;
Raffaele Ferri, MD; and Diego Garcia-Borreguero, MD

Psychologist Level of Content: Intermediate

Target Audience: Sleep clinicians, including psychologists, sleep researchers and other health care professionals interested in the issues involved in restless legs syndrome, brain iron, periodic limb movements and movement disorders in sleep

Objectives:

1. Review the advanced methods for evaluating restless legs syndrome (RLS) using repeated suggested immobilization tests and periodic limb movements in sleep using periodicity as well as frequency characteristics of the events;
2. Discuss the new evidence-based standard for long-term care of RLS and the change in recommended initial treatment of RLS; and
3. Evaluate advances and potential options for use of opioids and IV iron in long-term care of RLS.



Presents
TAKE ME OUT
☆☆ TO THE ☆☆
BALLGAME
WELCOME RECEPTION
SUNDAY ★ JUNE 2, 2013 ★ 6:00PM-7:30PM

www.sleepmeeting.org

DON'T STRIKE OUT! Touch base with attendees while supporting future sleep research. All proceeds benefit the American Sleep Medicine Foundation and the Sleep Research Society Foundation.

Step up to the plate and purchase your tickets on the SLEEP 2013 registration form on page 53-54.



Oral Presentations

1:00pm – 3:00pm

001: Learning, Memory and Cognition

Psychologist Level of Content: Intermediate

Objective: Discuss recent progress in research on effects of sleep and circadian rhythms on formation and recall of memories.

002: Developmental and Aging Effects and Interactions with Sleep

Psychologist Level of Content: Intermediate

Objective: Describe the impact of changes across the life span on sleep and sleep-related processes.

Symposium

1:00pm – 3:00pm

S01: Time to Focus on the Locus

Chair: Sigrid Veasey, MD

Faculty: Gary Aston-Jones, PhD; Luis de Lecea, PhD; and Maiken Nedergaard, MD

Psychologist Level of Content: Advanced

Objectives:

1. Describe the role of the locus coeruleus in regulating wakefulness;
2. Discuss the interactions of the locus with orexinergic regulation of wakefulness;
3. Review the additional roles of locus coeruleus neurons, such as regulation of astrocyte energy production, microglial phagocytosis and delivery of brain derived neurotrophic factor to the cortices;
4. Explain locus coeruleus vulnerability in sleep apnea and sleep disruption;
5. Identify metabolic pathways underlying locus coeruleus injury in sleep disorders; and
6. Review promising therapeutic avenues for preventing locus coeruleus injury in sleep disorders.

Refreshment Break

3:00pm – 3:15pm

Oral Presentations

3:15pm – 5:15pm

003: Circadian Rhythms in Brain and Peripheral Physiology

Psychologist Level of Content: Intermediate

Objective: Review updates in basic circadian physiology.

004: SIDS and Sleep Disordered Breathing in Children

Psychologist Level of Content: Intermediate

Objective: Review updated information on SIDS and the role of sleep disordered breathing on systemic function in children.

Symposium

3:15pm – 5:15pm

S02: A Role for Metabotropic Glutamate Receptors in Sleep-Wake Associated Brain Functions

Co-chairs: Hans-Peter Landolt, PhD; and Mehdi Tafti, PhD

Faculty: Vincenzo Crunelli, PhD; and Dale Edgar, PhD

Psychologist Level of Content: Advanced

Objectives:

1. Review the recent findings on the roles for mGluR/mGluR5 in sleep-wake regulation along a molecule-human-medicine continuum;
2. Discuss the possible implications of genetic variation in genes regulating mGluR/mGluR5 for sleep/wake functions; and
3. Delineate possible therapeutic opportunities for interaction with mGluR/mGluR5 to improve sleep and wakefulness.

TAKE ME OUT TO THE BALLGAME WELCOME RECEPTION
JUNE 2, 2013 | 6:00PM – 7:30PM | PRE-REGISTRATION IS REQUIRED.

Plenary Session

7:45am – 10:00am

Welcome SRS and AASM Presentations

Keynote Addresses

See page 39 for more information about the keynote speakers.

I01: Evolution of Insomnia: Patient to Population, Primary to Comorbid, Laboratory to Clinic and Pathophysiology to Therapeutics

Thomas Roth, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss changes in the understanding of insomnia as a condition over the past 50 years;
2. Identify the prevalence and risk factors for developing insomnia; and
3. Appreciate the views of the pathophysiology of insomnia and its implications for therapy.

I02: NIH and Advances in Sleep Research: Past, Present and Future Opportunities

Gary H. Gibbons, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss the role that the NIH has had in advancing sleep research; and
2. Review future opportunities for advancing sleep research.

Exhibit Hall Open

10:00am – 4:00pm

Refreshment Break in the Exhibit Hall

10:00am – 10:30am

Clinical Workshop

10:30am – 12:30pm

W01: Pregnatio Inquieta: Management of Restless Legs Syndrome during Pregnancy and Lactation

Co-chairs: Mauro Manconi, MD, PhD; and Daniel Picchietti, MD

Faculty: Claudio Bassetti, MD; Jennifer Hensley, EdD, CNM; and Claudia Trenkwalder, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss the prevalence, course, pathogenesis and prognosis of pregnancy-related RLS;
2. Analyze the safety and efficacy of dopamine agonists and intravenous iron to treat RLS during pregnancy; and
3. Review new practice guidelines for RLS treatment during pregnancy.

Discussion Group

10:30am – 12:30pm

D01: Advancing Sleep and Circadian Rhythms Research

Co-chairs: Sairam Parthasarathy, MD; and Michael Twery, PhD

Faculty: Gary Gibbons, MD; Leszek Kubin, PhD; and Michael Vitiello, PhD

Psychologist Level of Content: Advanced

Objectives:

1. Discuss the National Institutes of Health's (NIH) vision of high priority areas and goals for sleep and circadian science;
2. Recognize the opportunities for basic, clinical and high-impact translational research offered by NIH; and
3. Review funding opportunities for supporting training and interdisciplinary collaboration in the pursuit of sleep and circadian rhythms research.



Oral Presentations

10:30am – 12:30pm

O05: Mechanisms and Interventions in Insomnia

Psychologist Level of Content: Intermediate

Objective: Evaluate mechanisms and interventions in insomnia.

O06: Neurobehavioral and Physiological Consequences of Sleep Loss in Humans

Psychologist Level of Content: Intermediate

Objective: Discuss recent progress in human sleep deprivation research.

Symposia

10:30am – 12:30pm

S03: Out of Center Sleep Testing 2013: Practical Strategies for Your Practice

Chair: Charles Atwood, MD

Faculty: Lawrence Epstein, MD; Samuel Kuna, MD; and Patrick Strollo Jr., MD

Psychologist Level of Content: Advanced

Objectives:

1. Identify how different health care models have adopted out of center sleep testing (OCST) as means to accomplish institutional goals related to managing sleep apnea;
2. Review practical strategies for understanding the patient base, payer mix, equipment choices and equipment distribution and return options; and
3. Formulate implementation strategies for OCST technologies and practices.

S04: The Role of Adenotonsillectomy in the Management of Pediatric Sleep Apnea Hypopnea Syndrome: The Childhood Adenotonsillectomy Trial (CHAT)

Co-chairs: Ronald Chervin, MD; and Susan Redline, MD, MPH

Faculty: Susan Garetz, MD; Bruno Giordani, PhD; Carole Marcus, MBBCh; and Carol Rosen, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Review the role of adenotonsillectomy in the management of pediatric sleep apnea, including its role in improving polysomnographic abnormalities, symptoms of sleep apnea, quality of life, cognition and behavior;
2. Identify the rate of spontaneous improvement in sleep apnea in children with mild to moderate sleep apnea; and
3. Recognize which clinical outcomes improve with adenotonsillectomy compared to watchful waiting with supportive care and which subgroups of children (defined by obesity, age, gender, sleep apnea severity) respond differently to surgical treatment.





Meet the Professors

12:30pm – 1:30pm

Pre-registration is required. See page 51 for complete details.

Member fee: \$45 Nonmember fee: \$55

CE credits for psychologists are not provided for these sessions.

R01: Brown Bag Report: Challenging Cases

12:30pm – 1:30pm

During this session, three challenging cases will be presented and an expert panel will discuss their approach to diagnosis and treatment. This session is included in the general session registration; lunch is not provided.

Lunch Debate

12:30pm – 1:30pm

Pre-registration is required. See page 52 for complete details.

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

CE credits for psychologists are not provided for this session.

L01: Chronic Sleep Loss Leads to Obesity

Faculty: James Horne, PhD; and Fred Turek, PhD

Objectives:

1. Analyze the extent to which sleep loss is related to obesity and its related disorders;
2. Recognize that findings of statistical significance are not always of clinical significance; and
3. Review the effectiveness of “better sleep management” compared with exercise and dietary methods of weight loss.

M01: DME in the Sleep Center: A How-To Guide

Carolyn Winter-Rosenberg

M02: Fitness for Duty Testing

Mathias Basner, MD, PhD

M03: Pharmacological Management of Sleepiness and Performance

Thomas Balkin, PhD

M04: Sleep in Older Adults in Long-term Care Settings

Cathy Alessi, MD

M05: Identifying and Treating Parasomnias

Alon Avidan, MD, MPH

M06: Noninvasive Ventilation (NIV) for Acute Respiratory Failure (ARF)

Peter Gay, MD

M07: Molecular Mechanisms of Age-related Changes in Sleep

Nirinjini Naidoo, PhD

M08: Cognitive Behavioral Treatment of Insomnia: Strategies for Improving Adherence

Jennifer Martin, PhD

Invited Lecturers

1:45pm – 2:45pm

See pages 42 and 43 for more information about these Invited Lecturers.

I03: Sleep, Circadian Rhythmicity and Metabolism: The Inseparable Triad

Eve Van Cauter, PhD

Psychologist Level of Content: Intermediate

1. Discuss the role of sleep for metabolism;
2. Describe the role of sleep disturbances as risk factors for obesity and diabetes; and
3. Recognize the importance of sleep and circadian function for glycemic control in patients with Type 2 diabetes.

I04: Sleep Development and Childhood Insomnia: Insights from Actigraphic Studies

Avi Sadeh, DSc

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss sleep development and sleep fragmentations as documented by actigraphy;
2. Review different applications of actigraphy in developmental studies; and
3. Identify the advantages and limitations of actigraphy.

Oral Presentations

1:45pm – 2:45pm

O07: Neurodegeneration, Stroke and Traumatic Brain Injury

Psychologist Level of Content: Intermediate

Objective: Describe the impact of sleep on stroke, traumatic brain injury and neurodegeneration.

O08: Hypersomnia: Pathophysiology and Clinical Outcomes

Psychologist Level of Content: Intermediate

Objective: Explain how hypersomnias affect various clinical outcomes and how novel interventions may modify these outcomes.

O09: Sleep and Genes

Psychologist Level of Content: Intermediate

Objective: Discuss some of the most recent molecular and genetic studies on sleep/wake and circadian mechanisms.

O10: New Approaches to Sleep Measurement

Psychologist Level of Content: Intermediate

Objective: Describe new methods of sleep detection and refinements in existing technologies.

Refreshment Break in the Exhibit Hall

2:45pm – 3:00pm



Bench to Bedside Session

3:00pm – 5:00pm

B01: Clinical Use of Melatonin Agonists: Beyond Insomnia

Chair: Steven Lockley, PhD

Faculty: Ian Hickie, MD; Shantha Rajaratnam, PhD; and Kenneth Wright, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss the circadian phase resetting and antidepressant effects of melatonin agonists;
2. Explain the role of timing and dose of melatonin agonists to achieve different clinical effects and the differences between melatonin agonists; and
3. Recognize the benefits of melatonin agonists where there has been a demonstrated clinical impact and the limitations where efficacy has not been demonstrated or is clinically-limited.

Clinical Workshop

3:00pm – 5:00pm

W02: Coding Updates for 2013

Chair: William Sherrill, MD

Faculty: Amy Aronsky, DO; Kelly Carden, MD, MBA; and Lawrence Epstein, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Identify the two new CPT codes for pediatric polysomnography and explain when it is appropriate to use them;
2. List the four sleep apnea measures accepted for the CMS Physician Quality Reporting System (PQRS) and describe how to participate in the PQRS program;
3. Identify the differences between ICD-9 and ICD-10 coding and describe the steps for transitioning to ICD-10; and

4. Discuss controversial coding for sleep medicine including PAP Nap, when to use modifiers and which codes to use for out of center sleep testing.

Discussion Group

3:00pm – 5:00pm

D02: What Have We Learned from Large-scale Multicenter National and International Research Studies on Obstructive Sleep Apnea?

Co-chairs: Clete Kushida, MD, PhD, RST, RPSGT; and Terri Weaver, PhD, RN

Faculty: Bao-Yuan Chen, MD; Jan Hedner, MD, PhD; Douglas McEvoy, MD; Josep Montserrat, MD; and Susan Redline, MD, MPH

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss the lessons learned from investigators conducting national and international studies on patients with obstructive sleep apnea;
2. Identify the steps, issues and challenges associated with planning, developing and implementing a large-scale clinical research studies; and
3. Describe considerations in conducting international investigations including similarities and differences in executing research in the United States versus other countries.

Symposia

3:00pm – 5:00pm

S05: State of the Art Symposium on Drowsy Driving: Impact of Sleep Deficiency on Real Motor Vehicle Driving Performance and Perception of Drowsiness

Chair: Charles Czeisler, MD, PhD

Faculty: Torbjorn Akerstedt, PhD; Clare Anderson, PhD; Thomas Dingus, PhD; Mark Howard, MBBS, PhD; and Pierre Philip, MD, PhD



Psychologist Level of Content: Intermediate

Objectives:

1. Identify novel methods for evaluation of driver drowsiness and their potential application to road safety; and
2. Recognize the impact of sleep deficiency on performance during real driving, the perception of drowsiness by sleep-deprived drivers and the effectiveness of interventions to reduce the hazards of drowsy driving.

S06: Sleep and Brain Maturation: Development of Sleep-Regulatory Mechanisms and Interactions between Sleep and Brain Maturation

Chair: Irma Gvilia, PhD, DSc

Faculty: Fred Davis, PhD; Marcos Frank, PhD; and Monique LeBourgeois, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Review what is known about postnatal development of sleep-regulatory processes in different species, with an emphasis on sensitive periods in the maturation of sleep behavior;
2. Discuss brain mechanisms that underlie developmental changes in sleep-regulatory homeostatic and circadian processes and the utilization of such knowledge in the treatment of sleep related disorders; and
3. Evaluate functional relationships between sleep and brain maturation.

S07: Narcolepsy and the H1N1 Vaccine: Where Are We Now?

Co-chairs: Michel Lecendreux, MD; and Giuseppe Plazzi, MD

Faculty: Yves Dauvilliers, MD; Fang Han, MD; and Markku Partinen, MD, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Review the characteristics of pediatric and adult narcolepsy and its relationship to H1N1 vaccination or infection;
2. Analyze the association between the H1N1 vaccination and narcolepsy with cataplexy in children and adults based on epidemiological studies conducted in several countries;
3. Examine the possible link between the onset of narcolepsy and the H1N1 vaccination or infection; and
4. Discuss the outcome and therapeutics of post-H1N1 narcoleptic patients.

Poster Viewing

4:00pm – 6:00pm



SLEEP 2013 will feature cash bar receptions in the Poster Hall on Monday and Tuesday evenings. This is your opportunity to explore the Poster Hall, discuss the latest discoveries in the field and network with colleagues.



Invited Lecturer

8:00am – 9:00am

See page 41 for more information about this Invited Lecturer.

I05: Atypical Photoreceptors Influence Sleep, Alertness, Mood and Learning

Samer Hattar, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Recognize the role of atypical mammalian photoreceptors in controlling sleep and alertness;
2. Identify how irregular light schedule influences mood and learning; and
3. Discuss the retinal circuits that influence all of the above mentioned functions.

Clinical Workshop

8:00am – 10:00am

W03: From Infancy to Adolescence: Sleep Difficulties in Children with Autism Spectrum Disorders

Co-chairs: Terry Katz, PhD; and Beth Malow, MD

Faculty: Jennifer Accardo, MD; Suzanne Goldman, PhD; Kiran Maski, MD; and Margaret Souders, MSN, CRNP, PhD

Psychologist Level of Content: Introductory

Objectives:

1. Identify potential behavioral and medical causes of poor sleep in infants, children and adolescents with autism spectrum disorders;
2. Review empirically-based treatments for sleep difficulties; and
3. Apply behavioral and pharmacological treatments to these patients.

Oral Presentations

8:00am – 10:00am

O11: Effects of Obstructive Sleep Apnea

Psychologist Level of Content: Intermediate

Objective: Describe the relationship of obstructive sleep apnea with other disease states.

O12: Sleep Disruption, Physiological and Altitude Stressors

Psychologist Level of Content: Intermediate

Objective: Analyze physiological and environmental stressor effects on sleep.

Symposia

8:00am – 10:00am

S08: Sleep and Pain Interactions: Basic Mechanisms and Clinical Impact

Chair: Giancarlo Vanini, MD

Faculty: Monika Haack, PhD; Maurice Ohayon, MD, DSc, PhD; Peter Soja, PhD; and Sergio Tufik, MD, PhD

Psychologist Level of Content: Advanced

Objectives:

1. Review the mechanisms by which poor sleep increases pain;
2. Analyze the clinical impact of sleep loss on pain and comorbid conditions; and
3. Identify biomarkers of chronic pain and responses to therapy.



S09: Drug Discovery for Sleep Disorders: Novel Targets for Better Treatments

Co-chairs: Gabriella Gobbi, MD, PhD; and Jian-Sheng Lin, MD, PhD

Faculty: Paul Coleman, PhD; and Moshe Laudon, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss the novel drugs presently under preclinical and clinical development for insomnia; and
2. Review novel physiological mechanisms and receptors that might represent novel targets for insomnia beyond the GABAergic system.

Invited Lecturer

9:05am – 10:05am

See page 41 for more information about this Invited Lecturer.

I06: Dreaming for Sleep Medicine: The Memories and the Optimistic Future

Nancy Collop, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Review the recent history of the growth of sleep medicine as a field;
2. Discuss current challenges to the field of sleep medicine; and
3. Consider the future of sleep medicine and how the field needs to position itself to continue to be successful.

Exhibit Hall Open

10:00am – 4:00pm

Refreshment Break in the Exhibit Hall

10:00am – 10:20am

Clinical Workshop

10:20am – 12:20pm

W04: Case Studies in the Application of ICSD-3

Chair: Michael Sateia, MD

Faculty: Richard Berry, MD; Jack Edinger, PhD; Charles Morin, PhD; Michael Silber, MBChB; and Phyllis Zee, MD, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Describe the overall structure of ICSD-3 and its utilization;
2. Identify major changes in diagnostic nosology from ICSD-2 and the rationale for these changes; and
3. Develop greater skill and accuracy in the diagnosis of sleep disorders.

Oral Presentations

10:20am – 12:20pm

O13: Sleep Disorders and Brain Development in Pediatric Patients

Psychologist Level of Content: Intermediate

Objective: Correlate brain maturation with changes in sleep and discuss common sleep disorders.



O14: Treating Obstructive Sleep Apnea

Psychologist Level of Content: Intermediate

Objective: Assess the effects of treatment of OSA molecularly and clinically.

Symposia

10:20am – 12:20pm

S10: Epidemiology, Mechanisms and Treatment of Co-morbid Insomnia and Chronic Pain

Co-chairs: Maurice Ohayon, MD, DSc, PhD; and Michael Vitiello, PhD

Faculty: Jack Edinger, PhD; and Michael Smith, PhD, CBSM

Psychologist Level of Content: Intermediate

Objectives:

1. Recognize the prevalence of various chronic pain syndromes and their interactions with sleep disturbances and insomnia;
2. Identify the potential mechanisms underlying the interrelationship between sleep quality and perceived pain; and
3. Review the recent evidence for effective treatment of insomnia and co-morbid pain in fibromyalgia and osteoarthritis.

S11: Matters of the Heart: Sleep vs. the Circadian Clock

Chair: Steven Shea, PhD

Faculty: Susan Redline, MD, MPH; Frank Scheer, PhD; Michael Sole, MD; and Virend Somers, MD, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Review the autonomic, endocrine, cardiac, vascular and inflammatory mechanisms underlying the impact of sleep, sleep disorders and the molecular circadian clock on the vulnerability for myocardial infarction, ventricular arrhythmia and sudden cardiac death;

2. Discuss the morning peak in serious adverse cardiovascular events in humans that may be attributable to the interaction of triggering behaviors, such as sleep apnea, arousal from sleep and internal circadian factors; and
3. Analyze the relevance of sleep, sleep disorders and the circadian clock for cardiovascular diagnosis and therapy.

S12: Local Sleep: Its Origin and Function

Co-chairs: Reto Huber, PhD; and Yuval Nir, PhD

Faculty: Hans Van Dongen, PhD; and Vladyslav Vyazovskiy, PhD

Psychologist Level of Content: Advanced

Objectives:

1. Discuss local aspects of sleep on multiple levels from multi-unit recordings to high-density EEG;
2. Recognize how basic knowledge of sleep regulatory mechanisms can be translated in to clinical populations; and
3. Analyze the effects of sleep deprivation on neuronal firing patterns and cognition.



Sleep Research Society General Membership Meeting
12:30pm – 1:30pm



R02: Brown Bag Report: Challenging Cases

12:30pm – 1:30pm

During this session, three challenging cases will be presented and an expert panel will discuss their approach to diagnosis and treatment. This session is included in the general session registration; lunch is not provided.

Lunch Debate

12:30pm – 1:30pm

Pre-registration is required. See page 52 for complete details.
Member fee: \$40 Nonmember fee: \$50

CE credits for psychologists are not provided for these sessions.

L02: Co-sleeping with Infants Should Be Encouraged

Faculty: Lisa Meltzer, PhD; and Judith Owens, MD

Objectives:

1. Analyze the cultural aspects of co-sleeping;
2. List pros and cons of infant co-sleeping; and
3. Develop an approach to addressing co-sleeping in the clinical setting.

Meet the Professors

12:30pm – 1:30pm

Pre-registration is required. See page 51 for complete details.
Member fee: \$45 Nonmember fee: \$55

CE credits for psychologists are not provided for these sessions.

M09: Sleep Need and Recovery from Sleep Deprivation

Siobhan Banks, PhD

M10: Links Between Sleep, Circadian Clocks and Metabolism

Kenneth Wright, PhD

M11: Risky Business: Fatigue Risk Management Science and Technology Solutions for Industry

Daniel Mollicone, PhD

M12: Improving CPAP Compliance

Terri Weaver, PhD, MSN

M13: Neurobiology and Treatment of PTSD

Thomas Mellman, MD

M14: Complex Sleep Apnea: Putting the Lid Back on Pandora's Box

Timothy Morgenthaler, MD

M15: Sleep in Autism

Beth Malow, MD

M16: Neural Consequences of Sleep Apnea

Sigrid Veasey, MD

Invited Lecturers

1:30pm – 2:30pm

See pages 40 and 43 for more information about these Invited Lecturers.

I07: The Impact of Sleep, Fatigue and Circadian Rhythms on Patients with Cancer

Sonia Ancoli-Israel, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Recognize the relationship between sleep and fatigue in cancer patients;
2. Identify possible treatments of sleep and fatigue in cancer patients; and
3. Describe the impact of sleep, fatigue and circadian rhythm disruption on cognitive function in cancer patients.



I08: A Night to Remember: Using Genetics to Understand the Role of Sleep in Memory Consolidation

Paul Shaw, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Review the general relationship between sleep and memory consolidation in humans;
2. Identify sleep- and wake-promoting neurons in the fly brain; and
3. Describe experimental methods used to demonstrate an enhancement of memory by sleep.

Oral Presentations

1:30pm – 2:30pm

O15: Sleep in Space Flight, Aviation and the Military

Psychologist Level of Content: Intermediate

Objective: Analyze interaction between high-stakes occupations and sleep.

O16: REM Sleep Behavior Disorder: Clinical Outcomes

Psychologist Level of Content: Intermediate

Objective: Review how REM sleep behavior disorder affects and is affected by various interventions across the diagnosis and evaluation spectrum of the disorder.

O17: Pharmacology and Biochemistry of Sleep

Psychologist Level of Content: Intermediate

Objective: Discuss the most recent studies on the pharmacology and biochemistry of sleep.

O18: Health Care Services: Public Policy Research

Psychologist Level of Content: Intermediate

Objective: Discuss how sleep research may potentially affect public policy.

Refreshment Break in the Exhibit Hall

2:30pm – 2:45pm

Clinical Workshops

2:45pm – 4:45pm

W05: Multidisciplinary Alternatives to CPAP Clinic: An Opportunity to Serve PAP-intolerant Patients

Co-chairs: Anita Shelgikar, MD; and Jeffrey Stanley, MD

Faculty: Marc Braem, DDS, PhD; and

Ronald Caloss, DDS, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Identify strategies to create successful multidisciplinary alternatives to CPAP programs in private and academic settings;
2. Review methods to maximize the efficacy of an established multidisciplinary alternatives to CPAP program; and
3. Discuss appropriate metrics to determine success of a multidisciplinary alternatives to CPAP program.

W06: New Pieces in the RLS Puzzle: Pathophysiology, Diagnosis, Treatment and Long-term Management

Chair: Denise Sharon, MD, PhD

Faculty: Richard Allen, PhD; Jean Askenasy, MD, PhD; Stephany Fulda, PhD; Diego Garcia-Borreguero, MD; and Daniel Picchietti, MD



Psychologist Level of Content: Intermediate

Objectives:

1. Review the pathophysiology of RLS;
2. Identify changes in the diagnostic criteria and their applications in clinical practice and research; and
3. Recognize the impact of pathophysiology and improved diagnostic criteria on the strategies for long-term management of RLS.

Discussion Group

2:45pm – 4:45pm

D03: Updates to the AASM Scoring Manual

Chair: Richard Berry, MD

Faculty: Rita Brooks, MEd, RST, RPSGT; Charlene Gamaldo, MD; Susan Harding, MD; Carole Marcus, MBBCh; and Bradley Vaughn, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss how to access and use the online AASM scoring manual and understand the organization of rules and notes;
2. Recognize the goals and mandate of the Scoring Manual Committee;
3. Review how to submit questions to the Scoring Manual Committee and review of answers to selected questions submitted over the past year;
4. Identify the major changes to the respiratory scoring rules; and
5. Discuss possible future changes to the scoring manual.

Oral Presentation

2:45pm – 4:45pm

O19: Pathophysiology of Circadian Sleep Disorders

Psychologist Level of Content: Intermediate

Objective: Discuss the pathophysiological mechanisms of circadian sleep disorders.

Symposia

2:45pm – 4:45pm

S13: One Sleep or Two? The History and Science of Segmented Sleep

Chair: Daniel Buysse, MD

Faculty: Roger Ekirch, PhD; Elizabeth Klerman, MD, PhD; and Jerome Siegel, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Describe segmented sleep in humans from an historical perspective;
2. Review polyphasic vs. monophasic sleep-wake patterns in different mammalian species;
3. Discuss the plausibility of segmented sleep from a mathematical modeling perspective; and
4. Apply the concept of segmented sleep to discuss the nature and treatment of sleep disorders such as insomnia.

S14: Sleep, Brain Development and Psychiatric Disorders

Co-chairs: Irwin Feinberg, MD; and Leila Tarokh, PhD

Faculty: Roseanne Armitage, PhD; Nitin Gogtay, MD; and Reto Huber, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Review how changes in brain development are reflected in sleep;
2. Analyze sleep changes across adolescence; and
3. Identify changes in sleep physiology and brain structure in adolescents with psychiatric disorders.

Poster Viewing

4:00pm – 6:00pm



SLEEP 2013 will feature cash bar receptions in the Poster Hall on Monday and Tuesday evenings. This is your opportunity to explore the Poster Hall, discuss the discoveries in the field and network with colleagues.

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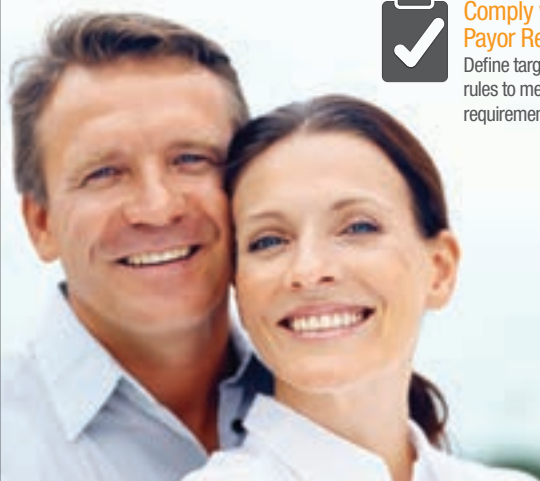
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Invited Lecturer

8:00am – 9:00am

See page 40 for more information about this Invited Lecturer.

I09: Natural History of Sleep Disordered Breathing in Children: An Anatomic or Systemic Disorder?

Edward Bixler, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Review the clinical outcome data supporting the critical respiratory threshold for treatment of sleep disordered breathing in children;
2. Discuss the natural history and risk factors of sleep disordered breathing in children; and
3. Contrast the current conceptual model of treatment of sleep disordered breathing in children with a multifactorial, evidence-based model.

Clinical Workshop

8:00am – 10:00am

W07: Adaptation of Evidence-based Behavioral Treatments for Co-morbid Insomnia

Chair: Jennifer Martin, PhD

Faculty: Jack Edinger, PhD; Philip Gehrman, PhD; Susan McCurry, PhD; and Wilfred Pigeon, PhD

Psychologist Level of Content: Advanced

Objectives:

1. Identify adaptations of evidence-based behavioral treatments for sleep disturbances for patients with specific co-morbid conditions;
2. Apply the principles of evidence-based treatments to patients with select co-morbid conditions; and
3. Review these adaptations when working with individual patients whose co-morbidities present a challenge to traditional behavioral treatment approaches.

Discussion Group

8:00am – 10:00am

D04: State of the Science: Translating Sleep and Circadian Research Advances into Clinical Practice

Chair: Phyllis Zee, MD, PhD

Faculty: Daniel Buysse, MD; Charles Czeisler, MD, PhD; Aaron Laposky, PhD; Judith Owens, MD; Allan Pack, MBChB, PhD; Thomas Roth, PhD; and Michael Vitiello, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss the consensus and divergence of viewpoints regarding strategies to accelerate the translation of advances in sleep and circadian science into clinical practice;
2. Review research advances pointing to new ways sleep medicine may protect health and prevent disease; and
3. Identify gaps, opportunities and priorities for research that will advance clinical medicine and public health.

Oral Presentations

8:00am – 10:00am

O20: Sleep and Aging: Epidemiology and Outcomes

Psychologist Level of Content: Intermediate

Objective: Discuss the effects of aging on sleep, including diagnosis and treatment of sleep disorders in older adults.

O21: Co-morbidities of Sleep Disordered Breathing

Psychologist Level of Content: Intermediate

Objective: Recognize how sleep disordered breathing is related to health and metabolism.



Symposium

8:00am – 10:00am

S15: Sleep and Traumatic Brain Injury

Chair: Philipp Valko, MD

Faculty: Christian Baumann, MD; Charles Hoge, MD; and Shantha Rajaratnam, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Review the prevalence, severity and characteristics of different sleep-wake disturbances after traumatic brain injury;
2. Discuss the neuropathological basis of posttraumatic arousal disturbances, namely regarding the injury to arousal-promoting brain areas located in the upper brainstem and the hypothalamus; and
3. Analyze recent advances in rodent models of traumatic brain injury and the contribution of translational research to the field of posttraumatic sleep-wake disturbances.

Invited Lecturer

9:05am – 10:05am

See page 44 for more information about this Invited lecturer.

I10: Sleep and Anesthesiology

Lisa Wolfe, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Assess the impact of anesthetic agents on control of breathing;
2. Distinguish natural sleep from the CNS manifestations of anesthetic-induced reduction in alertness; and
3. Review the available data to construct viable patient safety plans for those with OSA undergoing anesthetic for surgical procedures.

Exhibit Hall Open

10:00am – 2:00pm

Refreshment Break in the Exhibit Hall

10:00am – 10:20am

Poster Viewing

10:20am – 12:20pm



This is your opportunity to explore the Poster Hall, discuss the latest discoveries in the field and network with colleagues.

Discussion Group

10:20am – 12:20pm

D05: Eyes Wide Shut: Children, Adolescents and Caregivers Living with Narcolepsy

Chair: Judith Owens, MD

Faculty: Julie Flygare, JD; Kindra Gaskins; Eveline Honig, MD; Suresh Kotagal, MD; Daniel Lewin, PhD; Narong Simakajornboon, MD; and Betty Washington

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss the subjective experience of children and adolescents and their families living with narcolepsy;
2. List the common challenges pediatric patients with narcolepsy face in a variety of domains including family life, educational, social, mental and physical health and safety; and
3. Develop strategies to improve quality of life in pediatric patients with narcolepsy.

Oral Presentations

10:20am – 12:20pm

O22: The Contribution of Sleep Disturbance to Depression

Psychologist Level of Content: Intermediate

Objective: Analyze the reciprocal role between sleep disturbances and depression.

O23: Sleep Physiology: Genes and Outcomes

Psychologist Level of Content: Intermediate

Objective: Review the genetic factors that have effects on sleep function.

Symposia

10:20am – 12:20pm

S16: Effects of Insufficient Sleep and Circadian Rhythmicity on Metabolism in Humans and Rodents

Chair: Derk-Jan Dijk, PhD

Faculty: Andries Kalsbeek, PhD; Henrik Oster, PhD; and Esra Tasali, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss the mechanisms by which the circadian system through its effects on the autonomic nervous system affect glucose, metabolism and sleep;
2. Analyze the mechanisms by which insufficient sleep is associated with metabolic risk;
3. Review the effects of insufficient sleep on the transcriptome of various tissues in humans and animals; and
4. Recognize the various mechanisms by which insufficient sleep may alter metabolism.

S17: Night-to-Night Variability of Sleep in Insomnia: Characteristics, Consequences and Treatment Implications

Co-chairs: Daniel Buysse, MD; and Leon Lack, PhD

Faculty: Jack Edinger, PhD; and Annie Vallieres, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Appreciate the variability of sleep from night to night in patients with insomnia;
2. Evaluate the predictability of insomnia sleep and its relation to overall sleep quality; and
3. Discuss the relationship of this variability to daytime functioning and the implications for the treatment of insomnia.

S18: The Impact of PAP on OSA Co-morbidities

Co-chairs: Madalina Macrea, MD, MPH, PhD; and Atul Malhotra, MD

Faculty: Daniel Gottlieb, MD, MPH; Patrick Levy, MD, PhD; Sanjay Patel, MD, MS; and Patrick Strollo, Jr., MD

Psychologist Level of Content: Intermediate

Objectives:

1. Review the concept of tailoring PAP therapy to OSA co-morbidities due to these co-morbidities impact on general and especially CVD outcome; and
2. Recognize the importance of understanding OSA and its co-morbidities as a multifaceted disease in need of a multidisciplinary therapeutic plan to achieve the best patient outcome.



Lunch Debate

12:30pm – 1:30pm

Pre-registration is required. See page 52 for complete details.

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

CE credits for psychologists are not provided for these sessions.

L03: Adaptive Servo Ventilation Is the Treatment of Choice for Opioid Associated Central Sleep Apnea

Faculty: Timothy Morgenthaler, MD; and
Susmita Chowdhuri, MD

Objectives:

1. List types of sleep disordered breathing associated with chronic opioid use;
2. Explain different treatment options for sleep disordered breathing associated with chronic opioid use; and
3. Relate the likelihood of sleep disordered breathing associated with chronic opioid use successfully with adaptive servoventilation.

Meet the Professors

12:30pm – 1:30pm

Pre-registration is required. See page 51 for complete details.

Member fee: \$45 Nonmember fee: \$55

CE credits for psychologists are not provided for these sessions.

M17: Cardiovascular Consequences of Sleep Apnea

Henry Klar Yaggi, MD

M18: Treatment of Narcolepsy: Neural Mechanisms and Nagging Mysteries

Thomas Scammell, MD

M19: Measuring Circadian Timing in Human Rhythms

Elizabeth Klerman, MD, PhD

M20: Sleep, Circadian Rhythms and Aging: It's Not All Bad News!

Jeanne Duffy, PhD

M21: Using Social Media to Market Your Practice

Patrick Murray

M22: Pharmacologic Treatment of Insomnia: The Art and the Science

Daniel Buysse, MD

M23: Home Sleep Testing: The Good, the Bad, and the Ugly

Max Hirshkowitz, PhD

M24: Sleep, Antidepressants and Learning

Gina Poe, PhD

Invited Lecturer

1:30pm – 2:30pm

See page 42 for more information about this Invited Lecturer.

I11: Fatigue Science at Work: The Benefits of Fatigue Risk Management Systems

Steven Hursh, PhD

Psychologist Level of Content: Intermediate

Objectives:

1. Identify the key operational factors that cause fatigue;
2. Analyze how companies can assess and manage those fatigue factors; and
3. Discuss outstanding areas for future research.



Oral Presentations

1:30pm – 2:30pm

O24: Sleep Across the Lifespan in Women

Psychologist Level of Content: Intermediate

Objective: Discuss the developmental changes in the complexities of sleep in women.

O25: Novel Approaches to the Evaluation of Insomnia

Psychologist Level of Content: Intermediate

Objective: Analyze novel approaches to insomnia evaluation.

O26: Sleep Neurobiology: From Rats and Mice to Flies and Worms

Psychologist Level of Content: Intermediate

Objective: Discuss sleep neurobiology across species.

O27: Medical Disorders and Sleep

Psychologist Level of Content: Intermediate

Objective: Describe the relationship between sleep and various medical disorders including cardiovascular disease, COPD and HIV.

O28: Sleep Disorder Diagnosis: New Approaches and Improved Solutions

Psychologist Level of Content: Intermediate

Objective: Discuss new technologies in the diagnosis and treatment of sleep disorders.

Refreshment Break

2:30pm – 2:45pm

Clinical Workshop

2:45pm – 4:45pm

W08: The Complexity of Complex Nocturnal Behaviors

Co-chairs: Alon Avidan, MD, MPH; and Ramadevi Gourineni, MD

Faculty: Hrayr Attarian, MD; Timothy Hoban, MD; Suresh Kotagal, MD; and Bradley Vaughn, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Identify the clinical characteristics and features of common and complex nocturnal events that may be encountered in clinical practice, including parasomnias, nocturnal seizures, psychiatric phenomena and movement disorders;
2. Describe the various diagnostic and therapeutic strategies for evaluating and managing these events; and
3. Recognize key features of various nocturnal behaviors based on patient behavior.



Discussion Group

2:45pm – 4:45pm

D06: The Affordable Care Act: What Sleep Medicine Clinicians and Center Managers Need to Know

Co-chairs: Timothy Morgenthaler, MD; and Nathaniel Watson, MD, MS

Psychologist Level of Content: Intermediate

Objectives:

1. Review the implementation timeline for the Affordable Care Act (ACA);
2. Examine the impact of the ACA on patient management, including influx of patients, state exchanges and CO-OP Health Insurance Plans and accountable care organizations;
3. Discuss the operational impact the ACA will have on independently-owned sleep centers, including the tax provisions; and
4. Assess the long-term impact of the ACA on the sleep medicine profession.

Oral Presentations

2:45pm – 4:45pm

O29: Risk Factors for Insomnia

Psychologist Level of Content: Intermediate

Objective: Evaluate risk factors for insomnia.

O30: Assessment and Treatments for Sleep Disordered Breathing

Psychologist Level of Content: Intermediate

Objective: Identify new methods of evaluation and management of sleep disordered breathing.

O31: Basic Mechanisms Underlying Central and Peripheral Responses to Sleep Loss

Psychologist Level of Content: Intermediate

Objective: List neural, endocrine and immune mechanisms mediating effects of sleep loss.

Symposium

2:45pm – 4:45pm

S19: Sleep and Circadian Dysregulation in Neurodegenerative Disorders

Co-chairs: Aleksandar Videnovic, MD, MSc; and Phyllis Zee, MD, PhD

Faculty: Christopher Colwell, PhD; and David Holtzman, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Discuss neurobiological regulation of sleep, alertness and circadian rhythms;
2. Recognize the role of sleep and circadian rhythmicity in Alzheimer's disease;
3. Review how circadian dysregulation and impaired sleep-wake cycle impact Parkinson's disease;
4. Identify sleep and circadian rhythms disturbances in Huntington's disease; and
5. Develop strategies to improve sleep and circadian function in neurodegenerative disorders.

Keynote Address

Gary H. Gibbons, MD

NIH and Advances in Sleep Research: Past, Present and Future Opportunities

Monday, June 3, 2013



Dr. Gibbons's lecture is during the Plenary Session and will follow the welcome address and SRS and AASM presentations.

Gary H. Gibbons, MD, is Director of the National Heart, Lung, and Blood Institute (NHLBI) at the National Institutes of Health (NIH).

The NHLBI provides global leadership for research, training, and education programs to promote the prevention and treatment of heart, lung, and blood diseases and enhance the health of all individuals so that they can live longer and more fulfilling lives. Prior to being named director of the NHLBI, Dr. Gibbons served as a member of the National Heart, Lung, and Blood Advisory Council (NHLBAC) from 2009-2012.

Before joining the NHLBI, Dr. Gibbons served as the founding director of the Cardiovascular Research Institute, chairperson of the Department of Physiology, and professor of physiology and medicine at the Morehouse School of Medicine, in Atlanta. Under his leadership of the Cardiovascular Research Institute, he directed NIH-funded research in the fields of vascular biology, genomic medicine, and the pathogenesis of vascular diseases. During his tenure, the Cardiovascular Research Institute emerged as a center of excellence, leading the way in discoveries related to the cardiovascular health of minority populations. Dr. Gibbons received several patents for innovations derived from his research in the fields of vascular biology and the pathogenesis of vascular diseases.

Thomas Roth, PhD

Evolution of Insomnia: Patient to Population, Primary to Comorbid, Laboratory to Clinic and Pathophysiology to Therapeutics

Monday, June 3, 2013



Dr. Roth's lecture is during the Plenary Session and will follow the welcome address and SRS and AASM presentations.

Thomas Roth, PhD, is the Director of the Sleep Disorders and Research Center at Henry Ford Hospital in Detroit, a Professor in the Department of Psychiatry at Wayne State University, School of Medicine in Detroit, Michigan, and a Clinical Professor in the Department of Psychiatry at the University of Michigan, College of Medicine in Ann Arbor.

After serving as president of the Sleep Research Society and the founding president of the National Sleep Foundation (NSF), Dr. Roth became chairman of the National Center on Sleep Disorders Research advisory board. In addition, he was a member of the board of directors of the Associated Professional Sleep Societies, LLC (APSS), chaired the APSS Program Committee and the governing board of the World Sleep Federation.

Dr. Roth was instrumental in the formation of the Association of Sleep Disorders Centers (ASDC), now the AASM, and served as the organization's second president. He is also the former Chairman of the World Health Organization's worldwide project on sleep and health.

In addition to authoring and numerous articles, Dr. Roth is a past editor-in-chief of the journal *SLEEP* and currently sits on the editorial boards of *Sleep Reviews*, *Stress Medicine*, and *Advances in Therapy and Human Psychopharmacology*.

In 2002, Dr. Roth received the NSF's Lifetime Achievement Award. He received a Distinguished Research Award from the Sleep Research Society as well as the Nathaniel Kleitman Award from the American Academy of Sleep Medicine.

Dr. Roth received his doctorate from the University of Cincinnati and has since studied sleep homeostatic processes, sleep loss, sleep fragmentation, sleep pathologies and the effects of pharmacologic agents on sleep/wake function.

APSS Invited Lecturers

Sonia Ancoli-Israel, PhD

The Impact of Sleep, Fatigue and Circadian Rhythms on Patients with Cancer

Tuesday, June 4, 2013

1:30pm - 2:30pm



Sonia Ancoli-Israel, PhD, is a Professor Emeritus and Professor of Research in the Departments of Psychiatry and Medicine at the University of California San Diego (UCSD) School of Medicine, Director of the Gillin Sleep and Chronomedicine Research Center, and Director of Education at the Sleep Medicine Center at UCSD. Dr. Ancoli-Israel received her bachelor's degree from the State University of New York, Stony Brook, a master's degree in Psychology from California State University, Long Beach and a PhD in Psychology from the University of California, San Francisco. Dr. Ancoli-Israel's expertise is in the field of sleep disorders and sleep research in aging. Her current interests include the longitudinal effect of sleep disorders on aging, the effect of circadian rhythms on sleep, therapeutic interventions for sleep problems in dementia, and fatigue, particularly the relationship between sleep, fatigue and circadian rhythms in cancer and other chronic illnesses.

Dr. Ancoli-Israel is past president of the Sleep Research Society, past president of the Society for Light Treatment and Biological Rhythms and was on the founding Executive Board of the National Sleep Foundation. She was honored in 2007 with the National Sleep Foundation Life Time Achievement Award and the Sleep Research Society Mary A. Carskadon Outstanding Educator Award and in 2012 with a Society of Behavioral Sleep Medicine Distinguished Career Award. Dr. Ancoli-Israel has been a guest on television and radio programs including NPR's Morning Edition and Fresh Air with Terry Gross. Dr. Ancoli-Israel is published regularly in medical and psychiatric journals with close to 400 publications in the field.

Edward O. Bixler, PhD

Natural History of Sleep Disordered Breathing in Children: An Anatomic or Systemic Disorder?

Wednesday, June 5, 2013

8:00am - 9:00am



Edward O. Bixler, PhD, is professor of psychiatry, Vice Chair of Research and has an endowed chair in Psychiatric Research within the Department of Psychiatry at Penn State College of Medicine. Dr. Bixler earned a bachelor's degree from Occidental College, a master's degree in industrial psychology from Long Beach State College, and a second master's degree in experimental psychology from the University of Arizona, while he worked on the early design of the Apollo project including the Lunar Roving Vehicle. He received his PhD in physiological psychology from the University of New Mexico in 1970 and completed a postdoctoral fellowship in the Neuropsychiatric Institute at UCLA where he became a member of the Sleep Research and Treatment Center established in 1963 by Dr. Anthony Kales. He joined the faculty of Penn State College of Medicine as an assistant professor of psychiatry in 1971.

Dr. Bixler is a member of the Sleep Research Society and the European Sleep Research Society. He serves as a reviewer for numerous journals and is on the editorial advisory board for *SLEEP*. Throughout his 40-year tenure at Penn State College of Medicine, he has published more than 250 scientific articles and book chapters and has served on numerous committees, including the Clinical Investigation Committee (now IRB) and the Medical Student Research Committee, both of which he remains a current member. His research has been primarily focused on the epidemiology of sleep. He has established two representative general population cohorts, the Penn State Adult Cohort and the Penn State Child Cohort, based on NIH support that were initially assessed in the sleep laboratory and continue to be followed.

Nancy A. Collop, MD
Dreaming for Sleep
Medicine: The Memories
and the Optimistic
Future

Tuesday, June 4, 2013
9:05am - 10:05am



Nancy A. Collop, MD, is the director of the Emory Sleep Center at Emory University (Atlanta, GA) and a nationally recognized expert in sleep medicine. Dr. Collop's primary appointment is in the Emory School of Medicine as professor of medicine in the Division of Pulmonary, Allergy and Critical Care Medicine with a secondary appointment as professor of neurology. Dr. Collop is the president of the Associated Professional Sleep Societies, LLC, and past president of the American Academy of Sleep Medicine (2011-2012).

She has received many honors, including "Best Doctors in America," Baltimore's "Top Doctor" in pulmonary and critical care medicine and sleep medicine, the Distinguished Alumna for Natural Sciences (Edinboro University) and the Helmut S. Schmidt Award from the American Board of Sleep Medicine.

Her research interests include diagnostic testing for sleep-disordered breathing and standards for polysomnography. Dr. Collop's goal is to further interdisciplinary patient care by leading collaborative work and research with experts in all disciplines.

Samer Hattar, PhD
Atypical Photoreceptors
Influence Sleep,
Alertness, Mood and
Learning

Tuesday, June 4, 2013
8:00am - 9:00am



Born in Amman, Jordan, Samer Hattar, PhD, received a bachelor of science in biology and chemistry from Yarmouk University, a master of science in biochemistry from the American University of Beirut, and a PhD in biology and biochemistry from University of Houston. While attending the University of Houston, Dr. Hattar did his thesis on circadian rhythms with Dr. Arnold Eskin.

Dr. Hattar performed his postdoctoral fellowship at the Salmon Snyder Department of Neuroscience at Johns Hopkins University. During his fellowship in the laboratory of Dr. King-Wai Yau, Dr. Hattar made discoveries on the new photosensitive cells in the ganglion cell layer, the ipRGCs. Dr. Hattar established his own laboratory at the Department of Biology at Johns Hopkins University in 2004, with the goal of understanding how light information from the retina is signaled to the brain to influence visual functions.

Dr. Hattar's laboratory has made several important discoveries concerning the pathway by which rods and cones signal light information to non-image functions as well as the effects of light and dark on sleep and alertness. For his efforts, Dr. Hattar received the Dean's award for excellence in research from Johns Hopkins University in 2011.

APSS Invited Lecturers

Steven R. Hursh, PhD **Fatigue Science at Work: The Benefits of Fatigue Risk Management Systems**

Wednesday, June 5, 2013

1:30pm - 2:30pm



Steven Hursh, PhD, is President and Chairman of the Institutes for Behavior Resources, as well as an Adjunct Professor of Behavioral Biology in the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine.

Dr. Hursh's leadership of IBR builds on a distinguished career as a behavioral researcher and research manager, including 23 years of experience as a scientist in the US Army, serving as the consultant to the Army Surgeon General for Research Psychology, Director of the Division of Neuropsychiatry at the Walter Reed Army Institute of Research, and as a medical staff officer in the Pentagon, Office of the Assistant Secretary of the Army (Research, Development, and Acquisition).

Dr. Hursh is the technical leader of an effort to model the relationship between sleep deprivation and performance. His patented biomathematical model—the Sleep, Activity, Fatigue, and Task Effectiveness (SAFTE™) model—has been accepted by the US Department of Defense as the standard warfighter fatigue model, has been validated and calibrated by the Department of Transportation as a fatigue risk management tool, and is used by the Federal Railroad Administration, the Federal Aviation Administration and the Federal Motor Carrier Safety Administration to assess fatigue in transportation operations. He is the co-inventor of the FAST™ (Fatigue Avoidance Scheduling Tool) and FAST Aviation computer programs used by government agencies and various industries to assess and manage fatigue in operational settings.

Dr. Hursh earned his bachelor's degree in psychology from Wake Forest University and PhD in Experimental Psychology from the University of California, San Diego. Over his 35 years in research, Dr. Hursh has authored or co-authored over 65 published articles, book chapters, and technical reports, and served as associate editor of the *Journal of the Experimental Analysis of Behavior*.

Avi Sadeh, DSc **Sleep Development and Childhood Insomnia: Insights from Actigraphic Studies**

Monday, June 3, 2013

1:45pm - 2:45pm



Avi Sadeh, DSc, is a Professor of Psychology, Director of the Child Clinical Psychology Program, and the Director of the Children's Sleep Laboratory at the School of Psychological Science, Tel Aviv University, Israel. Prof. Sadeh completed his bachelor's degree and master's degree studies at the Department of Psychology, Haifa University, and then completed his DSc at the School of Medicine, the Technion, Haifa. Prof. Sadeh completed post doctoral training at Brown University, Providence, RI.

Prof. Sadeh is a clinical psychologist, with more than 20 years of experience in treating, infants, children and families. In addition to teaching and training dozens of graduate students in clinical child psychology, Prof. Sadeh is an established scientist in the field of sleep and its disorders in children.

Prof. Sadeh is the author of [Sleeping Like a Baby](#), published by Yale University Press. He has published over 100 scientific papers on sleep assessment methods, sleep disorders in infants and children, and on the links between sleep and child development.

Paul J. Shaw, PhD
**A Night to Remember:
Using Genetics to
Understand the Role
of Sleep in Memory
Consolidation**

Tuesday, June 4, 2013
1:30pm - 2:30pm



Paul Shaw, PhD, received his doctorate working with Allan Rechtschaffen at the University of Chicago investigating the effects of chronic total sleep deprivation in the rat. Dr. Shaw subsequently joined The Neurosciences Institute as a postdoctoral fellow with Dr. Giulio Tononi where they began using the fruit fly as a model system to identify molecules that play critical roles in regulating sleep homeostasis. Dr. Shaw was promoted to the rank of Associate Fellow in 2000 at the Neurosciences Institute.

In 2003, he joined the Department of Anatomy and Neurobiology at Washington University School of Medicine where he is now an associate professor studying how sleep loss disrupts the ability of an organism to acquire and/or consolidate memories.

Dr. Shaw has served on the AASM Research Committee, the AASM Educational Program Committee and the Program Committee for the Annual Meeting of the of the Associated Professional Sleep Societies, LLC.

Eve V. Van Cauter, PhD
**Sleep, Circadian
Rhythmicity and
Metabolism: The
Inseparable Triad**
Monday, June 3, 2013
1:45pm - 2:45pm



Eve Van Cauter, PhD, is the Frederick H. Rawson Professor of Medicine at the University of Chicago, where she directs the Sleep, Metabolism and Health Center (SMAHC). She obtained her master of science in Physics (1970), master of science in Actuarial Sciences (1972) and PhD in Biophysics (1977) from the Université Libre de Bruxelles. Endocrinologists at the University of Brussels led her to study the role of sleep for hormonal release and to conduct studies on the control of human rhythmicity in health and disease including mechanisms of adaptation to abrupt time shifts (jet lag) and conditions of abnormal circadian timing associated with mental illness. In 1982, Dr. Van Cauter joined the Section of Endocrinology in the Department of Medicine at the University of Chicago.

Research in her laboratory focuses on the impact of decreases in sleep duration and quality on markers of health and the interaction of sleep loss with aging. Her group identified sleep loss and poor sleep quality as novel risk factors for obesity and diabetes, which opened a new field of enquiry of relevance to the epidemic of obesity, diabetes and the increased prevalence of age-related chronic diseases. Her ground-breaking 1999 article on the impact of sleep debt on metabolic and endocrine function has been cited more than 700 times. In recent years, her efforts have focused on the impact of obstructive sleep apnea on the risk and severity of type 2 diabetes.

Dr. Van Cauter has received numerous awards, including the 2007 Gerald D. Aurbach Award of the Endocrine Society and the 2007 Outstanding Research Award of the Sleep Research Society. The author of nearly 250 publications, she serves on the Editorial Board of the *Journal of Clinical Endocrinology and Metabolism* and is an associate editor of the journal *SLEEP*.

APSS Invited Lecturers

Lisa F. Wolfe, MD
Sleep and Anesthesiology
Wednesday, June 5, 2013
9:05am - 10:05am



Lisa F. Wolfe, MD, serves as an Associate Professor of Medicine in the Division of Pulmonary and Critical Care at the Feinberg School of Medicine, Northwestern University. She serves as faculty at the Northwestern University Center for Sleep and Circadian Biology, a research center that integrates basic, clinical and translational research on sleep and circadian rhythms into a unified program.

Among Dr. Wolfe's areas of research interest are the relationship between sleep apnea severity and simulated driving performance, pulmonary care for those with neuromuscular disorders, regulation of inflammation in asthma by the molecular circadian clock, responsiveness of the aging circadian clock to light, and sleep related respiratory disorders.

Dr. Wolfe earned her medical degree from Ohio State University College of Medicine and Public Health. She completed her residency and her fellowship at McGaw Medical Center of Northwestern University Feinberg School of Medicine in Chicago, IL. Dr. Wolfe is board certified in pulmonary medicine, critical care medicine and sleep medicine.

General Information



Location

Baltimore Convention Center
One West Pratt Street
Baltimore, Maryland 21201
Phone: (410) 649-7000

Headquarter hotel: Hilton Baltimore Hotel

Registration

There are 3 easy ways to register for SLEEP 2013:

1. Online: **www.sleepmeeting.org** (*credit card only*)
2. Fax: (630) 737-9789 (*credit card only*)
3. Mail: Associated Professional Sleep Societies, LLC
Attention: Meeting Department
2510 North Frontage Road
Darien, IL 60561
(*credit card or check*)

General registration includes admission to the general sessions from 1:00pm on Sunday, June 2 – Wednesday, June 5, 2013, industry supported events and the exhibit hall. All postgraduate courses, meet the professor sessions and lunch debate sessions require additional registration fees. Registration forms submitted via mail or fax that are incomplete or do not include proper payment will be returned. All payments made by check or international money order must be U.S. funds drawn on a U.S. bank.

Discounted Registration

Individual members of the AASM and the SRS qualify for reduced registration fees; for more information about membership, visit the AASM or SRS websites at www.aasmnet.org or www.sleepresearchsociety.org. If you are interested in becoming a member of the AASM or SRS, please see the membership application forms on pages 57 and 58.

Cancellation of Registration

Notification of cancellation should be submitted in writing to the APSS national office. A \$50.00 administrative fee will be withheld on cancellations postmarked on or before Monday, May 13, 2013. Refunds are not possible after this date.

On-site Registration Hours

Friday, May 31	4:30pm – 6:00pm*
Saturday, June 1	6:30am – 5:30pm
Sunday, June 2	6:30am – 5:30pm
Monday, June 3	6:30am – 5:30pm
Tuesday, June 4	7:30am – 5:00pm
Wednesday, June 5	7:30am – 5:00pm

**Registration on Friday is only for pre-registered attendees.*

Registration materials (including badges, final programs, tickets, etc.) will be provided at the registration counter located in the Pratt Street Lobby on the 300 level of the Baltimore Convention Center. Tickets are required for entry to postgraduate courses, meet the professor sessions and lunch debate sessions.

Trainee Symposia Series

The 18th Annual Sleep Research Society Trainee Symposia Series will be held Saturday, June 1 – Sunday, June 2, 2013, at the Hilton Baltimore Hotel. The event is free to AASM and/or SRS student members. In order to attend, you must register by April 17, 2013. For complete qualification details and program information, please see the registration form on pages 55-56.

Exhibit Hall

The SLEEP 2013 exhibit hall showcases booth displays of pharmaceutical companies, equipment manufacturers, medical publishers and software companies. You must be at least 16 years of age to enter the exhibit hall.

Exhibit Hall Hours

The exhibit hall will be open during the following hours:

Monday, June 3	10:00am – 4:00pm
Tuesday, June 4	10:00am – 4:00pm
Wednesday, June 5	10:00am – 2:00pm

Press Room

Members of the press are encouraged to utilize the press room, operating from Sunday, June 2 at 12:00pm through Wednesday, June 5 at 12:00pm. The press room contains resources to assist reporters with their stories, including detailed information on the participating organizations, meeting program books, a computer and a fax machine. Please contact Lynn Celmer, Communications Coordinator, at (630) 737-9700 or lcclmer@aasmnet.org for more information.



Industry Supported Events

Industry Supported Events are educational events coordinated by third-party medical education organizers that are often supported by industry grants. While held in conjunction with SLEEP 2013, these events are not part of the scientific program that is coordinated by the APSS Program Committee. Industry Supported Events are scheduled for evening time slots following the daily scientific program. More information will be available on the official SLEEP 2013 meeting website at www.sleepmeeting.org and will be included in the SLEEP 2013 Final Program.

Baltimore Tourism

For information on Baltimore, contact Visit Baltimore via phone at (410) 659-7300 or click on the Baltimore link at www.sleepmeeting.org.

Transportation

Airfare

The official travel agency for the SLEEP 2013 meeting is CTS/American Express. Call toll-free at (800) 526-4540 Monday – Friday from 8:00am – 5:00pm CST or email at res@ctsinc.com and reference SLEEP 2013.

Taxi Service

Taxi stands are located outside each terminal at Baltimore-Washington International Airport (BWI). Average fare to downtown Baltimore is approximately \$25-\$35 and the ride can take about 15-20 minutes depending on traffic conditions and your destination.

SuperShuttle

Save on transportation from the airport to the hotel by making a SuperShuttle or ExecuCar reservation. Visit <http://groups.supershuttle.com/sleep13.html> for ride options, SLEEP 2013 attendee discount information and to make a reservation.

Amtrak

For information regarding travel via Amtrak, visit the Amtrak website at www.amtrak.com. Amtrak is offering a Convention Fare Discount for SLEEP 2013 attendees. Use discount code **X16M-959** when making Amtrak reservations for SLEEP 2013 to take advantage of this discount.

Contact Us

Associated Professional Sleep Societies, LLC

2510 North Frontage Road
Darien, IL 60561
Phone: (630) 737-9700
Fax: (630) 737-9789
Website: www.sleepmeeting.org

Registration Questions

registration@sleepmeeting.org

Course, Session and Poster Questions

Erika Schnure, Meeting Coordinator
eschnure@aasmnet.org

Press and Public Relations

Lynn Celmer, Communications Coordinator
lcelmer@aasmnet.org

Exhibit Hall Questions

Sara Rak, Meeting Coordinator
srak@aasmnet.org

Housing Questions

SLEEP Housing Bureau/Visit Baltimore
Toll Free: (800) 282-6632
Fax: (410) 659-8398

Group Block Housing Requests

Kathy Lovato, Senior Meeting Planner
klovato@aasmnet.org

Continuing Education Questions

Erika Schnure, Meeting Coordinator
eschnure@aasmnet.org

Maryland Transit Administration



For information regarding travel by bus or light rail, visit the Maryland Transit Administration website at www.mt Maryland.com. Light rail transit from BWI Airport to the Convention Center station is \$1.60 one-way. For information regarding the FREE Charm City Circulator bus service, visit www.charmcitycirculator.com.

Hotel Reservations

A block of guest rooms has been reserved at the headquarter hotel, the Hilton Baltimore Hotel. The special room rate is only available until May 2, or until the room block sells out. Guest room blocks are also reserved at the Baltimore Marriott Inner Harbor, Hampton Inn at Camden Yards, Holiday Inn Inner Harbor, Days Inn Inner Harbor, Sheraton Inner Harbor, Hyatt Regency Baltimore and Renaissance Harborplace Hotel.

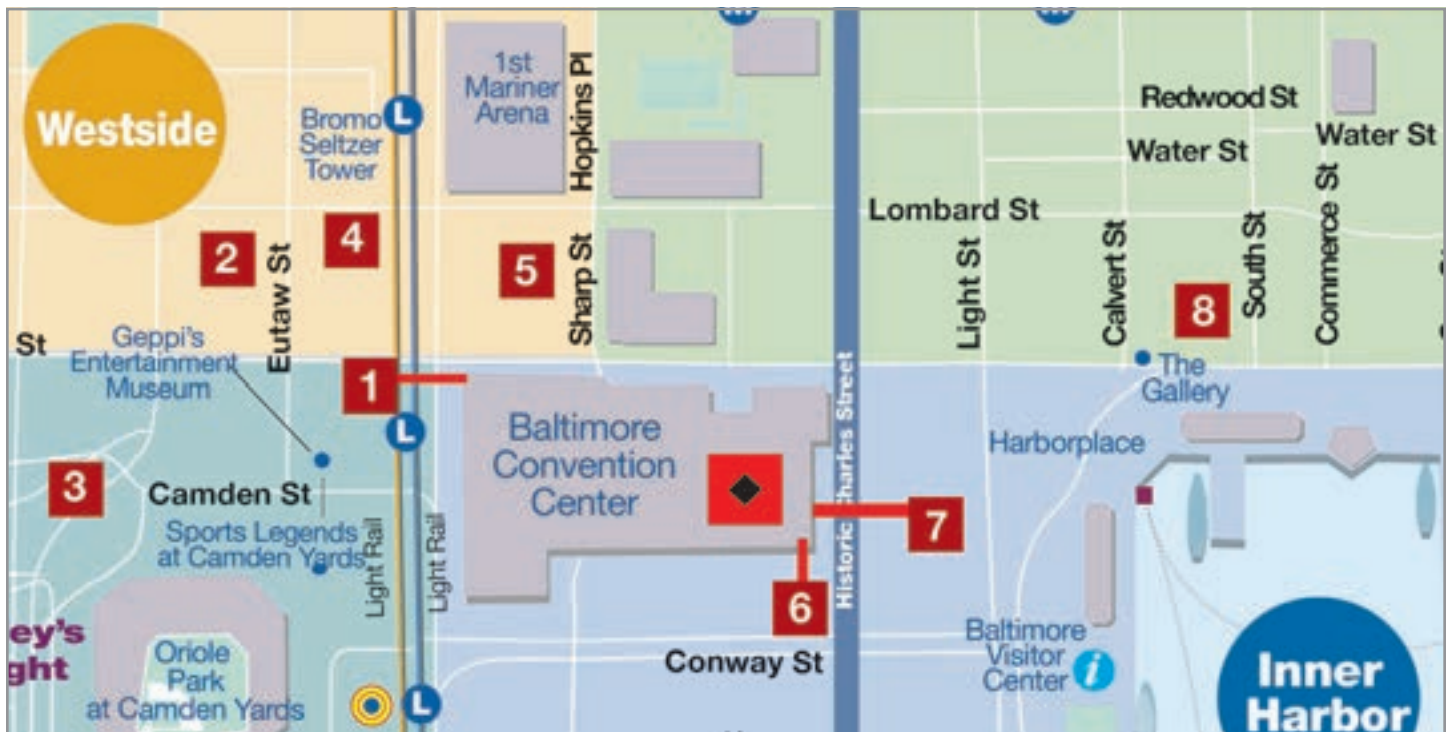
Guest room reservations must be made directly with the SLEEP 2013 Housing Bureau. Any changes or cancellations in your reservation may be done through the housing bureau through May 22, 2013. After May 22, 2013, contact your hotel directly for all changes or cancellations. Visit www.sleepmeeting.org to make your housing reservations online or download the housing form.

Questions regarding SLEEP 2013 housing should be directed to:

SLEEP Housing Bureau
c/o Visit Baltimore Housing Services
Toll Free: (800) 282-6632
Direct: (410) 837-4636
Fax: (410) 659-8398

Hotel Room Rates

Hotel	Single Rate	Double Rate
1. Hilton Baltimore – HEADQUARTER HOTEL	\$209	\$209
2. Baltimore Marriott Inner Harbor	\$205	\$205
3. Hampton Inn at Camden Yards	\$169	\$169
4. Holiday Inn Inner Harbor	\$179	\$179
5. Days Inn Inner Harbor	\$159	\$159
6. Sheraton Inner Harbor	\$200	\$200
7. Hyatt Regency Baltimore	\$205	\$205
8. Renaissance Harborplace	\$205	\$205



CME, CE, and Letter of Attendance at SLEEP 2013

Do Not Forget to Register for Credits

Continuing education credits are not included in your general registration.

Continuing Medical Education (CME) Credit for Physicians

Accreditation Statement

SLEEP 2013 meeting activities have been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Sleep Medicine designates this live educational activity for a maximum of 38.25 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Sessions Available to Earn CME Credit

SLEEP 2013 offers physicians the opportunity to earn as many as 38.25 CME credits. CME credit is awarded for brown bag reports, clinical workshops, discussion groups, invited lectures, keynote address, lunch debate sessions, meet the professor sessions, oral presentations, postgraduate courses and symposia. Specific details as to which sessions are eligible for CME credit are listed on the CME Reference Form, which is distributed during registration. Only those sessions sponsored by the APSS and listed on the CME Credit Claim Form are eligible for CME credit. Note: Poster viewing sessions are not eligible for CME credit.

Credit is awarded based on the amount of time spent in each activity (rounded to the nearest quarter hour). Physicians may earn the following maximum number of credits each day:

Saturday, June 1:	7.50
Sunday, June 2:	7.75
Monday, June 3:	7.00
Tuesday, June 4:	8.00
Wednesday, June 5:	8.00

CME may also be available by attending industry sponsored events. These credits are made available by the event organizer and are not processed by the AASM.

Satisfactory Completion

To receive CME credits, SLEEP 2013 attendees must register for CME credit and pay the appropriate fee. The administrative fees are \$20 for members and \$35 for nonmembers. Individuals must complete an online claim form to receive CME credit. Further information will be detailed on the CME Reference Form available near the registration desk.

Target Audience for SLEEP 2013

Participants of the SLEEP 2013 meeting will include clinicians, scientists, students and other health care professionals seeking to increase their knowledge of the fields of sleep medicine and sleep research. Attendees should possess a basic knowledge of biological systems and/or operational issues in medical practice.

Overall Educational Objectives

Attendance at SLEEP 2013 should give participants a broad understanding of the current state-of-the-art of sleep medicine, including current clinical practices used when investigating and treating sleep disorders in adults and children; areas of controversy in clinical practice; recent basic science research in both animals and humans; and social, business and political issues relevant to sleep medicine.

By the end of SLEEP 2013, participants should be able to:

1. Summarize relevant information on the latest sleep research and clinical practices;
2. Identify present issues or challenges in diagnosis/treatment of sleep disorders, practice of sleep medicine or topics related to the field of sleep;
3. Integrate strategies and tools for the enhancement/advancement of sleep medicine; and
4. Recognize and have a basic understanding of common sleep disorders.



Continuing Education (CE) for Psychologists Accreditation Statement

SLEEP 2013 is co-sponsored by Amedco and the Associated Professional Sleep Societies, LLC (APSS). Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content.

Sessions Available to Earn CE Credit

Psychologists may receive up to 37.25 hours of continuing education credit for attending SLEEP 2013. CE credit is awarded for brown bag reports, clinical workshops, discussion groups, invited lectures, keynote addresses, oral presentations, postgraduate courses and symposia. Note: Poster viewing, lunch debate sessions and meet the professor sessions are not eligible for CE credit.

Psychologists may earn the following maximum number of CE credits per day:

Saturday, June 1:	7.50
Sunday, June 2:	7.75
Monday, June 3:	7.00
Tuesday, June 4:	8.00
Wednesday, June 5:	7.00

Satisfactory Completion for Psychologists

To receive CE credits, SLEEP 2013 attendees must register for CE credit. The administrative fees are \$40 for members and nonmembers. Attendees must have attended each of their sessions in their entirety and complete an online evaluation form in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Further information will be detailed on the CE Reference Form available near the registration desk.

Continuing Education (CE) Contact Hours for Nurse Practitioners

Accreditation Statement

The SLEEP 2013 program will be submitted to the American Academy of Nurse Practitioners for nurse practitioner continuing education contact hours. Further details regarding the number of contact hours awarded for sessions will be available in the SLEEP 2013 final program.

Satisfactory Completion for Nurse Practitioners

To receive CE contact hours, SLEEP 2013 attendees must register for CE contact hours for nurse practitioners and pay the appropriate fee. The administrative fees are \$20 for members and \$35 for nonmembers. Attendees must have attended each of the sessions in their entirety and complete an online claim form in order to receive a credit letter. Further information will be detailed on the Nurse Practitioner CE Reference Form available near the registration desk.

Continuing Education for Others Accreditation Statement

The AMA Council on Medical Education mandates that accredited providers only offer *AMA PRA Category 1 Credits™* to physicians. The AASM will issue individuals who are not eligible for any type of continuing education credits offered at SLEEP 2013 a letter of attendance outlining the number of *AMA PRA Category 1 Credits™* designated for the sessions they attend at SLEEP 2013.

To receive a letter of attendance, SLEEP 2013 attendees must register and pay the appropriate fee. The administrative fees are \$20 for members and \$35 for nonmembers. Individuals must complete an online claim form to receive the letter of attendance. Further information will be detailed on the Letter of Attendance Reference Form available near the registration desk.

AASST CECs are not provided for SLEEP 2013 sessions. Sleep technologists should register for a letter of attendance.



Registration Instructions

How to Register

There are 3 easy ways to register for SLEEP 2013:

1. Online: **www.sleepmeeting.org** (*credit card only*)
2. Fax: (630) 737-9789 (*credit card only*)
3. Mail: Associated Professional Sleep Societies, LLC
Attention: Meeting Department
2510 North Frontage Road
Darien, IL 60561
(*credit card or check*)

Reasons to Pre-register!

- Obtain access to be able to download and postgraduate course books prior to arriving in Baltimore;
- Get into the ticketed sessions you want;
- Save money by paying the early-bird rate; and
- Use ExpressPass® to save valuable time at the registration kiosks.

Members Save!

Not an AASM or SRS member? Join today to receive the discounted members-only registration fees. Visit the AASM or SRS websites for more information and to join: www.aasmnet.org or www.sleepresearchsociety.org.

Section I - Registration Information

Type or print your information clearly. A registration form must be completed for each person attending the meeting. The form is on pages 53-54.

Membership Disclaimer

To register as a **member**, the registrant must currently be an **individual member** of the American Academy of Sleep Medicine (AASM), Sleep Research Society (SRS) or the American Association of Sleep Technologists (AAST). Employees of AASM member centers do not receive a discounted registration rate. If the Associated Professional Sleep Societies, LLC (APSS) is unable to confirm that the individual is a member of any of the societies listed above, the APSS will register the individual as a **nonmember** for all sessions at the prevailing fees. To become a member and take advantage of the membership benefits, you must submit your membership application at the time of submission of your SLEEP 2013 registration form. The AASM and SRS membership application forms are available on pages 57 and 58.

Cancellation

Notification of cancellation must be submitted in writing to the APSS national office. A \$50.00 administrative fee will be withheld on cancellations postmarked on or before **May 13, 2013**. No refunds are possible after this date. If you are registered for the meeting and do not attend, you will not be provided a refund for not attending.

Participation Disclaimer

The APSS, its contractors and attending news media may be photographing or videotaping, scientific sessions and events at the Annual Meeting. By attending SLEEP 2013, attendees acknowledge these activities and agree to allow their image to be used by the APSS in association publications, on the SLEEP meeting website and in marketing and promotional materials. Attendees at SLEEP 2013 waive all claims against the APSS for any liability resulting from these uses.

Photography/Recording Policy

Photography and/or recording of any kind, other than by the APSS or registered press approved by the APSS, of sessions, speakers and the exhibit hall is prohibited. No cameras will be allowed on the exhibit floor or in the meeting rooms at any time. Violation of this rule could result in removal from the Baltimore Convention Center and the confiscation of the film or recording device.

Ticketed Sessions

Postgraduate courses, meet the professor sessions and lunch debate sessions require tickets for admission and have limited seating. It is highly recommended that you view the list of SOLD OUT sessions available on the SLEEP 2013 website at www.sleepmeeting.org. **The APSS does not offer a waiting list for those sessions that are SOLD OUT.**

Terms and Conditions

By submitting your registration form, you agree to the membership disclaimer, cancellation policy, participation disclaimer, photography/recording policy and ticketed sessions terms and conditions stated above. This form must be submitted by **May 20, 2013**.



Section II - General Session Registration

The registration fees listed on the registration form are for pre-registration. After May 20, 2013, the national office will no longer accept registration for SLEEP 2013. Individuals wanting to register after this date must register on site, may experience long lines and will pay a registration fee that is \$25 more than the pre-registration rate. All individuals are encouraged to pre-register.

General registration includes admission to the general sessions from 1:00pm on Sunday, June 2 – Wednesday, June 5, 2013, industry supported events and the exhibit hall. The required fees for attending ticketed events — postgraduate courses (June 1-2), meet the professor sessions (June 3-5) and lunch debate sessions (June 3-5) — are listed on the registration form. You must register for the SLEEP 2013 general session to register for any ticketed events. Registrations will not be processed unless accompanied by payment in full.

Membership types are as follows:

Member: Individual member of the American Academy of Sleep Medicine (AASM) or Sleep Research Society (SRS) or dual member of both the AASM and the SRS.

Nonmember: A physician, psychologist or health care professional who is not a member of the AASM or SRS.

Resident/Postdoctoral Member: Individual member of the AASM or SRS who has received his/her terminal degree and is in a residency or fellowship program.

Student/Predoctoral Member: Individual member of the AASM or SRS who is pursuing an undergraduate, masters or doctoral degree. Students in the field of sleep technology are not eligible for this registration category and must register as an AAST member.

Resident/Postdoctoral Nonmember: Individual who has received his/her terminal degree and is in a residency or fellowship program. In order to be eligible for this registration category, individuals must complete Section II.b. on the registration form. If Section II.b. is not completed, the APSS will register the individual as a nonmember at the prevailing fee.

Student/Predoctoral Nonmember: Individual who is pursuing an undergraduate, masters or doctoral degree. In order

to be eligible for this registration category, individuals must complete Section II.b. on the registration form. If Section II.b. is not completed, the APSS will register the individual as a nonmember at the prevailing fee.

AAST Member: Individual member of the American Association of Sleep Technologists (AAST).

Technologist: A sleep technician or sleep technologist who is not a member of the AAST.

Guest Passes: A registered attendee may elect to buy a guest pass. Guest passes are for family members only and allow entrance to the exhibit hall and industry sponsored events only.

Guests must be 16 years of age. List the first and last name of each registered guest on the registration form.

Section III – Postgraduate Course Registration

In order to register for postgraduate courses, you must be registered for the SLEEP 2013 general session (Section II). The APSS does not offer registration to only attend postgraduate courses. Space is limited, and postgraduate courses sell out quickly. If a postgraduate course you select is full when your registration is received, you will not be charged the additional course fees. For course descriptions, please see pages 10-18. Attendees registered for SLEEP 2013 at the reduced training rate (i.e. Resident/Postdoctoral or Student/Predoctoral), may register for the postgraduate courses at the member rate regardless of membership status.

Section IV – Meet the Professor Sessions

In order to attend meet the professor sessions, you must be registered for the SLEEP 2013 general session (Section II). The APSS does not offer registration to attend only meet the professor sessions. These sessions have limited seating and are sold on a first-come, first-served basis. Advanced purchase of tickets is strongly encouraged. Please indicate your 1st – 3rd choices. If your 1st choice is full, we will register you for your 2nd or 3rd choices, if available. If none of your preferred meet the professor sessions are available, you will not be charged or you will receive a refund. Those attendees registered for SLEEP 2013 at the reduced training rate (i.e. Resident/Postdoctoral or Student/Predoctoral), may register for the meet the professor sessions at the member rate regardless of membership status.



Section V – Lunch Debate Sessions

In order to attend lunch debate sessions, you must be registered for the SLEEP 2013 general session (Section II). The APSS does not offer registration to only attend lunch debate sessions. These sessions have limited seating and are sold on a first-come, first-served basis. Advanced purchase of tickets is strongly encouraged. If a lunch debate session is sold out, you will not be charged or you will receive a refund. Those attendees registered for SLEEP 2013 at the reduced training rate (i.e. Resident/Fellow or Student/Predoctoral), may register for the lunch debate sessions at the member rate regardless of membership status.

Section VI – Credits

Detailed information about CME credits for physicians, CE credits for psychologists, CE contact hours for nurse practitioners and letters of attendance for all other attendees is available on pages 48-49. Credits are not included in the general registration fee. To apply for CME credit, CE credit for psychologists, CE contact hours for nurse practitioners or a letter of attendance, you must register and pay the appropriate fee.

AAST CEC credit information for technologists is available by reviewing the AAST Preliminary Program or contacting the AAST at (630) 737-9704. CECs are included in the AAST member general registration fee. Nonmembers interested in receiving CECs must register and pay the \$20.00 fee. **CECs are offered for AAST 35th Anniversary Meeting sessions only. CECs are not offered for SLEEP 2013 sessions.**

Additional information can be found on the AAST website at www.aastweb.org.

Section VII – Take Me Out to the Ballgame Welcome Reception

The SLEEP 2013 “Take Me Out to the Ballgame” Welcome Reception will be held from 6:00pm – 7:30pm on Sunday, June 2, 2013, at the Hilton Baltimore Hotel. This event provides you with the opportunity to support future research in sleep while socializing with other SLEEP 2013 attendees. The proceeds from this event will support the American Sleep Medicine Foundation (ASMF) and the Sleep Research Society Foundation (SRSF); these foundations aim to promote the advancement of knowledge in the fields of sleep medicine and sleep research. Please refer to page 19 for more details about this fundraising event.

Confirmation

After registering for SLEEP 2013, registrants will receive confirmation from the APSS via email. It is recommended that you bring your confirmation notice with you to the meeting. This will allow you the option to pick up your registration materials by using ExpressPass®. If there are any questions or discrepancies with your registration, the confirmation notice will provide the information necessary to quickly resolve the complication.



SLEEP 2013 REGISTRATION FORM



Section I - Registration Information (Please print clearly)

Last Name: _____ First Name: _____
Company: _____ Department: _____
Address: _____
City: _____ State: _____ Zip Code: _____ Country: _____
Telephone: _____ Fax: _____ Email Address: _____
On-site Mobile Number: _____ NPI Number (required for MDs only): _____

Degree(s) please check: ☐ MD ☐ PhD ☐ RST ☐ CPSGT ☐ RPSGT ☐ DO ☐ DDS ☐ RN ☐ NP ☐ PA ☐ Other _____

Primary Specialty: please circle

Sleep Neurology Pediatrics Psychology Internal Medicine Neurophysiology
Psychiatry Pulmonary Medicine Family Medicine ENT Nursing Other

Are you a resident physician? ☐ Yes ☐ No

Special Services:

☐ Please check here if you require special services to fully participate at the meeting. Attach a written description of your needs.

Section II - General Session Registration

Registration Type	on or before 4/17	4/18-5/20
☐ AASM/SRS/Dual Individual Member*	\$300	\$375
☐ Nonmember	\$525	\$600
☐ Resident/Postdoctoral Member	\$180	\$180
☐ Resident/Postdoctoral Nonmember - complete section II.b	\$230	\$230
☐ Student/Predoctoral Member	\$95	\$95
☐ Student/Predoctoral Nonmember - complete section II.b	\$135	\$135
☐ AAST Member* - includes CECs for AAST Meeting	\$220	\$295
☐ Technologist (AAST Nonmember) - does not include CECs	\$325	\$400
☐ Guest (Family members only)	\$100	\$100

Guest Name: _____

**Registrants must have AASM, SRS, or AAST individual membership status at the time of registration.
May 20, 2013, is the pre-registration deadline; increased fees apply to on-site registrants.*

Section II Total:

\$ _____

Section II.b. - To register as a student nonmember, you must currently be a student enrolled in a formal training program. Students in the field of sleep technology are not eligible for this registration category.

☐ By checking this box, I am verifying that I am currently a student enrolled in a formal training program. I give permission to contact my program director to verify my student status. My program director's name and e-mail are listed below.

Program Director's Name: _____ Program Director's Email Address: _____

Ticketed Sessions: All registrants must complete Section II - General Session Registration prior to registering for any of the following sections. Postgraduate courses, meet the professor sessions, lunch debate sessions and the welcome reception are ticketed sessions and have limited seating. A list of sold out sessions is available at www.sleepmeeting.org.

Section III - Postgraduate Course Registration - There is no limit to the number of courses for which you can register

Saturday, June 1

Full-day Courses \$150 Member, \$200 Nonmember ☐ C01 ☐ C02
Half-day Courses \$85 Member, \$150 Nonmember ☐ C03 ☐ C04 ☐ C05 ☐ C06 ☐ C07 ☐ C08

Sunday, June 2

Full-day Courses \$150 Member, \$200 Nonmember ☐ C09 ☐ C10 ☐ C11
Half-day Courses \$85 Member, \$150 Nonmember ☐ C12 ☐ C13 ☐ C14 ☐ C15

Section III Total:

\$ _____

Section IV - Meet the Professor Registration - Fee per session: \$45 Member, \$55 Nonmember

Monday, June 3 M01- M08 Choice 1: Course #M ____ Choice 2: Course #M ____ Choice 3: Course #M ____

Tuesday, June 4 M09- M16 Choice 1: Course #M ____ Choice 2: Course #M ____ Choice 3: Course #M ____

Wednesday, June 5 M17- M24 Choice 1: Course #M ____ Choice 2: Course #M ____ Choice 3: Course #M ____

Section IV Total:

\$ _____

Section V - Lunch Debate Registration - Fee per session: \$40 Member, \$50 Nonmember

Monday, June 3 ☐ L01: Chronic Sleep Loss Leads to Obesity

Tuesday, June 4 ☐ L02: Co-sleeping with Infants Should be Encouraged

Wednesday, June 5 ☐ L03: Adaptive Servo Ventilation is the Treatment of Choice for Opioid Associated Central Sleep Apnea

Section V Total:

\$ _____

Section VI - Credits**SLEEP 2013 Credits**

☐ Continuing Medical Education (CME) Credit for Physicians \$20 Member, \$35 Nonmember

☐ Continuing Education (CE) Credit for Psychologists \$40 Member, \$40 Nonmember

☐ Continuing Education (CE) Contact Hours for Nurse Practitioners \$20 Member, \$35 Nonmember

☐ Letter of Attendance for Others \$20 Member, \$35 Nonmember

AAST 35th Anniversary Meeting Credits

☐ Continuing Education Credits (CEC) for Technologists attending AAST 35th Anniversary Meeting* \$20 Nonmember

*CEC fee is included in the General Registration for AAST members only.

Section VI Total:

\$ _____

Section VII - Take Me Out to the Ballgame Welcome Reception

Friends of the Foundation (check one) ☐ 10 tickets = \$2,500 ☐ 20 tickets = \$5,000 or ☐ 30 tickets = \$10,000

☐ Individual Ticket \$50 x _____ = \$ _____

☐ If you would like to make an additional donation to the ASMF or SRSF, check here and indicate amount and society to the right: _____ \$ _____

Section VII Total:

\$ _____

Please total each section on both sides of this registration form.**Grand Total:**

\$ _____

Payment in full must accompany registration in order for it to be processed. Payment may be in the form of a check drawn on a U.S. bank or MasterCard/Visa/American Express. Registrations will be returned unprocessed if proper payment is not provided or form is incomplete. A \$50 administrative fee will be withheld on cancellations postmarked on or before Monday, May 13, 2013. No refunds are possible after this date. The final date to pre-register is Monday, May 20, 2013. Registration forms received after this date will be processed on site at the on-site registration desk. Registration confirmations will be e-mailed approximately 2 business days after the receipt of your registration.

By submitting this registration form, the registrant/payer agrees to abide by the terms and conditions listed in the preliminary program.

Payment Method

☐ Check: Make payable to APSS ☐ Credit Card (check one): ☐ MasterCard ☐ Visa ☐ American Express

Card# _____ Exp. Date ____/____/____ Validation Code* _____ Cardholder Name _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Signature: _____ Date: ____/____/____

Please choose ONE of the following methods to submit a registration form (registrations are not accepted by phone):

Online (credit card only):
www.sleepmeeting.org

Fax (credit card only):
(630) 737-9789

Mail (check or credit card):
APSS, Attn: Meeting Department
2510 North Frontage Road
Darien, IL 60561

SLEEP RESEARCH SOCIETY 18TH ANNUAL TRAINEE SYMPOSIA SERIES

Registration Form

The 18th Annual Sleep Research Society Trainee Program will be held Saturday, June 1 – Sunday, June 2, 2013, at the Hilton Baltimore Hotel. The series is free to AASM and/or SRS student members. You must be registered for the SLEEP 2013 meeting to participate; you can register online at www.sleepmeeting.org. Space is limited for Trainee Day. The deadline to register for the trainee program is April 17, 2013, or when sessions are full. **Trainee Day registrations will not be accepted after April 17, 2013.**

Name: _____ Institution: _____

E-mail: (for registration confirmation and schedule) _____

I am a member of (check one): ☐ SRS ☐ AASM ☐ Both SRS/AASM

What type of training program are you in?

- | | |
|--|--|
| ☐ Undergraduate | ☐ Medical Residency in _____ |
| ☐ Master's Program in _____ | ☐ Postdoctoral Fellowship |
| ☐ Ph.D. program in _____ | ☐ Psychology Internship |
| ☐ Medical School | ☐ Medical Fellowship in _____ |
| ☐ Post Baccalaureate | |

Saturday, June 1, 2013

Trainee Symposia Series Welcome and Keynote Address: 5:00pm – 6:30pm

Welcome Address

Ronald Szymusiak, PhD – SRS President

Keynote Address

Eric Green, MD, PhD

Human Genomics a Decade after the Human Genome Project: Opportunities and Challenges

Datablitz & Career Development Fair: 6:30pm – 8:30pm

This event will start out with a 30-minute datablitz of research presented by fellow trainees. Then, representatives from universities and research organizations will be available at the Career Development Fair to discuss their research programs and to advertise student postdoctoral and faculty positions.

Sunday, June 2, 2013

Workshop 1: 8:00am – 9:00am

Rank based on your preference; indicate your first choice with a number 1.

Epigenetics of Sleep (Beginner)

Allan Pack, MBChB, PhD

Sleep Deprivation and Genetics (Advanced)

Namni Goel, PhD

Getting Funded: NIH Grant Mechanisms for Trainees (All)

Michael Twery, PhD

International Research Collaboration (Intermediate)

Steven Lockley, PhD

Challenges in Assessment and Treatment of Sleep Problems in Older Adults with MCI, Dementia and/or Alzheimer's (Intermediate/Advanced)

Jennifer Martin, PhD

Memory Consolidation during Sleep (Intermediate)

Jessica Payne, PhD

Understanding Underlying Mechanisms of Sleep and Sleep Homeostasis through Animal Models (Intermediate/Advanced)

Paul Shaw, PhD

Population Based Measurement of Sleep (All)

Katie Stone, PhD



Visit www.sleepresearchsociety.org for a full description of each workshop.

SLEEP RESEARCH SOCIETY 18TH ANNUAL TRAINEE SYMPOSIA SERIES

Registration Form

Workshop 2: 9:10am – 10:10am

Rank based on your preference; indicate your first choice with a number 1.

_____ **Next Generation Sequencing: Opportunities for Sleep (Beginner)**
Maja Bucan, PhD

_____ **Behavioral Genetics (Beginner)**
Nicola Barclay, PhD

_____ **Transition from Postdoc to Junior Faculty (Advanced)**
Rebecca Spencer, PhD

_____ **Epidemiological Statistical Analysis/Data Mining (All)**
Michael Grandner, PhD

_____ **Childhood/Adolescent Sleep Problems and Risk for Psychopathology (Beginner)**
Candice Alfano, PhD

_____ **Sleep Disorders in the DSM-V and ICSD-3: Changes to Expect (Beginner/Intermediate)**
Michael Sateia, MD

_____ **Sleep Deprivation and Human Performance (Intermediate)**
Elizabeth Klerman, MD, PhD

_____ **Using Brain Imaging Techniques in the Study of Sleep (Intermediate)**
Eus Van Someren, PhD

Workshop 3: 10:20am – 11:20am

Rank based on your preference; indicate your first choice with a number 1.

_____ **Pharmacogenomics (All)**
Richard Horenstein, MD

_____ **Proteomics of Sleep (Beginner)**
Nirinjini Naidoo, PhD

_____ **Integrating Research Work into Clinical Practice (Intermediate)**
Kelly Byars, PsyD

_____ **Scientific Writing (Intermediate)**
Kelleen Flaherty, PhD

_____ **Sleep and Pregnancy/Postpartum (Beginner)**
Hawley Montgomery-Downs, PhD

_____ **Interactions Between Sleep and Metabolic Disorders & Obesity (Intermediate)**
Levente Kapas, MD

_____ **Sleep and PTSD (Beginner)**
Gina Poe, PhD

_____ **Circadian Clocks Mechanisms (Intermediate)**
Ravi Allada, PhD

Workshop 4: 11:30am – 12:30pm

Rank based on your preference; indicate your first choice with a number 1.

_____ **Clinical Genomics (Beginner)**
Emmanuel Mignot, MD, PhD

_____ **Metabolomics of Sleep (Beginner)**
Aalim Weljie, MD

_____ **Presentation Skills (All)**
Robert Stickgold, PhD

_____ **Careers Inside Science, Outside Academia (All)**
Christine Acebo, PhD; and Mark Aloia, PhD

_____ **Pediatric OSA (Advanced)**
Carole Marcus, MBCh

_____ **Alternative Delivery Models of CBT-I (Intermediate)**
Colin Espie, PhD

_____ **Sleep and Inflammation (Intermediate)**
Janet Mullington, PhD

_____ **Sleep as an Emerging Marker of Health Disparities (Beginner)** Jean-Louis Girardin, PhD



AMERICAN ACADEMY OF SLEEP MEDICINE

APPLICATION FOR MEMBERSHIP

Apply online at www.aasmnet.org

You must submit your application at the time of submission of your SLEEP 2013 registration form if you wish to take advantage of the membership registration fees.

BIOGRAPHICAL DATA

Last Name: _____ First Name: _____ Middle Initial: _____

Suffix: _____ Degree(s): _____ Date of Birth: ____/____/____ Gender: ☐ Male ☐ Female

☐ Former AASM Member? ☐ Member Number Unknown ☐ Member Number _____

ADDRESSES & DIRECTORY INFORMATION (Please provide both addresses and check preferred mailing address)

Members who join after February 28, 2013, will not receive or be included in the printed 2013-2014 Membership Directory. Directories will be mailed in June of each year. Send me a printed copy of future membership directories: ☐ Yes ☐ No

☐ Professional Address (listed in the online Membership Directory and annual printed Membership Directory; if no professional address is provided, only your name will be listed in the directory)

Business Name: _____

Address: _____

City: _____ State: _____ Postal Code: _____ Country: _____

Phone: _____ Fax: _____ Email: _____

☐ Home Address

Address: _____

City: _____ State: _____ Postal Code: _____ Country: _____

MEMBERSHIP CLASSIFICATION

Membership is on a calendar-year basis (January 1 – December 31). All membership categories receive online access to the journals *SLEEP* and *Journal of Clinical Sleep Medicine (JCSM)*.

☐ **Regular Membership:** Individuals possess an MD, DO, PhD, DDS, or other doctoral degree in the health care field and are active in sleep medicine.

(Please enclose a copy of your diploma and/or medical license).

Membership Dues: \$200

☐ **Affiliate Membership:** Individuals with special training in the health care field such as technologists, nurses and sleep center managers who are active in the clinical and/or research aspects of sleep medicine.

Membership Dues: \$200

☐ **Affiliate Industry Membership:** Individuals employed in the manufacture or sale of pharmaceuticals or equipment who seek to improve their understanding of sleep medicine.

Membership Dues: \$400

☐ **Student Membership:** Individuals in formal training who, upon completion, will be eligible for regular membership, including medical students, residents and fellows. Students in the field of sleep technology are not eligible for this membership category; sleep technology students must apply as Affiliate Members.

(Please enclose a letter from your program director verifying your student status).

Membership Dues: \$40

Individuals residing internationally who seek dues assistance should refer to the AASM website for more information about how to apply as a corresponding member.

METHOD OF PAYMENT

(Please check one) Purchase orders are not accepted as payment of membership dues.

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

☐ Payment by credit card (Visa/MasterCard/American Express)

The Revenue Act of 1987 requires the following statement to be published: "Membership dues are not deductible as charitable contributions." However, dues may be deductible as a business expense. The Revenue Reconciliation Act of 1993 requires that the AASM disclose the percentage of your dues that relate to nondeductible lobbying expenses. The AASM estimates that in 2013, 8% of your dues will represent such nondeductible lobbying expenses. You will need to reduce any claimed deduction for AASM dues by this amount.

Total: \$ _____ Card Number: _____ Exp. Date: ____/____/____

Validation Code*: _____ Cardholder Name: _____

Billing Address: _____

Signature: _____

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

Questions? Call the Membership Department at 630-737-9756

APPLICATION FOR MEMBERSHIP

You must submit your application at the time of submission of your SLEEP 2013 registration form if you wish to take advantage of the membership registration fees.

BIOGRAPHICAL DATA

Last Name: _____ First Name: _____ Middle Initial: _____

Suffix: _____ Degree(s): _____ Date of Birth: ____/____/____ Gender: ☐ Male ☐ Female

☐ Former SRS Member? ☐ Member Number Unknown ☐ Member Number _____

ADDRESSES & DIRECTORY INFORMATION (Please provide both addresses and check preferred mailing address)

Members who join after February 28, 2013, will not receive or be included in the printed 2013-2014 Membership Directory. Directories will be mailed in June of each year. Send me a printed copy of future membership directories: ☐ Yes ☐ No

☐ Professional Address (listed in the online Membership Directory and annual printed Membership Directory; if no professional address is provided, only your name will be listed in the directory)

Business Name: _____

Address: _____

City: _____ State: _____ Postal Code: _____ Country: _____

Phone: _____ Fax: _____ Email: _____

☐ Home Address

Address: _____

City: _____ State: _____ Postal Code: _____ Country: _____

APPLICANT STATEMENT (Please attach one of the following with your application for membership)

Full Members:

1) Statement of research activities 2) Citation listing applicant as an author (title/journal/year) 3) Letter of recommendation from a SRS full or emeritus member in good standing

Associate, Postdoctoral, Predoctoral or Undergraduate Student Members

1) Letter of recommendation from a SRS full or emeritus member in good standing

MEMBERSHIP CLASSIFICATION (Please check the membership category for which you are applying.)

Membership is on a calendar-year basis (January 1 – December 31). All membership categories receive online access to *SLEEP*.

☐ **Full Membership:** Individuals possess doctoral degrees and have either published sleep-related research or have documentation of research.
Membership Dues: \$180

☐ **Associate Membership:** Individuals with special training who are actively engaged in sleep research, usually in a laboratory, and have not obtained a terminal degree.
Membership Dues: \$90

☐ **Postdoctoral Fellow Membership:** Individuals who have received their terminal degree and are in a residency or fellowship program. (Membership in this category is limited to 5 years.)
Membership Dues: \$90

☐ **Predoctoral Student Membership:** Individuals pursuing masters and doctoral degrees. This category includes individuals who earned their undergraduate degree within the last two years and work in a sleep research laboratory prior to pursuing advanced degrees. (Membership in this category is limited to 7 years.)
Membership Dues: \$45

☐ **Undergraduate Student Membership:** Individuals pursuing undergraduate degrees. (Membership in this category is limited to 4 years.)
Membership Dues: \$45

METHOD OF PAYMENT

(Please check one) Purchase orders are not accepted as payment of membership dues.

☐ Check payable to the SRS (U.S. funds drawn on a U.S. bank)

☐ Payment by credit card (Visa/MasterCard/American Express)

The Revenue Act of 1987 requires the following statement to be published: "Membership dues are not deductible as charitable contributions." However, dues may be deductible as a business expense. The Revenue Reconciliation Act of 1993 requires that the AASM disclose the percentage of your dues that relate to nondeductible lobbying expenses. The AASM estimates that in 2013, 8% of your dues will represent such nondeductible lobbying expenses. You will need to reduce any claimed deduction for AASM dues by this amount.

Total: \$ _____ Card Number: _____ Exp. Date: ____/____/____

Validation Code*: _____ Cardholder Name: _____

Billing Address: _____

Signature: _____

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

Facing the Challenges in Narcolepsy Management:

Issues
and
Answers



FACULTY

Thomas Scammell, MD (Chair)

Associate Professor of Neurology
Harvard Medical School
Boston, Massachusetts

Richard Bogan, MD

Associate Clinical Professor
University of South Carolina School of Medicine
Charleston, South Carolina

Suresh Kotagal, MD

Professor of Neurology
Mayo Clinic
Rochester, Minnesota

Emmanuel Mignot, MD

Professor of Psychiatry and Behavioral Sciences
Stanford University School of Medicine
Palo Alto, California

Scan this code
with your Smart-
phone to register
and for more
information.



Monday, June 3, 2013

Registration and Dinner

6:15 PM – 6:45 PM

Symposium

6:45 PM – 8:45 PM

Hilton Baltimore
401 Pratt Street
Baltimore, Maryland

AGENDA

6:15 PM Registration and Dinner

6:45 PM Introduction

Chair: **Thomas Scammell, MD**

6:50 PM The Evolution of Narcolepsy
Definition, Pathophysiology,
and Diagnosis

Emmanuel Mignot, MD

7:15 PM Optimizing Treatment in
Narcolepsy Patients

Richard Bogan, MD

7:40 PM Hot Topics in Narcolepsy
Moderator of Panel Discussion:
Thomas Scammell, MD

1) Implications of emerging
guidelines

2) Challenges in diagnosis and
management of narcolepsy in
the pediatric population

8:05 PM Case Presentation

Suresh Kotagal, MD

8:25 PM Question-and-Answer

8:45 PM Conclusion of Program

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