2010 UPDATE ON SLEEP DISORDERS
for Primary Care Physicians, Health Care Professionals and Sleep Technicians

SEPTEMBER 24, 2010
The Madison Concourse Hotel
Madison, WI

Sponsored by:
University of Wisconsin School of Medicine and Public Health
Department of Medicine
and the Office of Continuing Professional Development in Medicine and Public Health
GENERAL INFORMATION

Date: Friday, September 24, 2010
Place: Madison Concourse Hotel
       1 West Dayton Street
       Madison, WI 53703
Phone: 800-356-8293
Fax: 608-257-5280

Hotel Accommodations
A block of rooms has been reserved at the conference site, the Madison Concourse Hotel and Governor’s Club. Please write or call the hotel directly to arrange your accommodation. To receive the special room rate of $119 plus tax, please mention “Sleep Conference, 2010” to the hotel staff when making your reservation. Rooms will be available at this rate for reservations made by August 26, 2010. After this date, the conference rate and availability cannot be guaranteed.

Conference Attire
To ensure your comfort in the conference, please bring a sweater or jacket to accommodate temperature variations.

Cell Phones
As a courtesy to the other participants, please silence cell phones in the meeting rooms.

Conference Fee
The conference fee of $250 for physicians, $200 for Nurses and other Allied Health Professionals and $100 for Sleep Technicians includes tuition, course materials, continental breakfast, lunch and refreshments and a nonrefundable registration fee of $50. Should you cancel your registration up to 72 hours prior to the beginning of the Sleep Conference, you will be refunded the entire conference fee except the $50 nonrefundable portion. No refunds will be made after that time.

Four Easy Ways to Register:
Online: www.ocpd.wisc.edu (click on Course Catalog)
By Mail: Return completed form and payment to: CME Specialist, Department 101, Pyle Center Registration, 702 Langdon St., Madison, WI 53706
By Fax: 1-800-741-7416 (in Madison fax 265-3163)
By Phone: 1-608-262-1397 Please call and give your billing information or pay by MasterCard, VISA or American Express

Confirmations
All registrations are confirmed in writing. If you do not receive a confirmation, please call 608-262-1397.

For Further Information
For conference information, please contact Susan Cobb, Wisconsin Sleep Center, by telephone at 608-232-3308 or email: susan.cobb@uwmf.wisc.edu.
STATEMENT OF NEED AND LEARNING OBJECTIVES

Sleep deprivation and sleep disorders are creating an immense and growing burden on every aspect of the public health. Physicians and other health care providers are often not aware of the magnitude of the problem or of the larger societal impact. The focus of this educational activity is to educate primary care and other non-sleep specialist providers to diagnose and treat common sleep disorders, including sleep apnea, sleep related movement disorders (restless legs and periodic limb movements), insomnia, and sleep disorders in children.

The overall objective will be to define and discuss the prevalence of sleep disorders and sleep deprivation; describe diagnostic evaluation of specific sleep disorders; discuss treatment modalities that should be used in primary care settings including behavioral approaches; and to provide guidelines on patient referrals to sleep medicine specialists.

LEARNING OBJECTIVES INCLUDE:

- Increase the awareness of healthcare providers to the prevalence of sleep disorders and sleep deprivation in the population, and signs and symptoms of common sleep disorders, so as to properly diagnose and treat patients with sleep disorders and improve patient outcomes in the primary care setting.
- Understand interventions to decrease the health burden of sleep problems including identification of sleep disorders and insufficient sleep, treatment of sleep disorders, and patient education regarding healthy sleep habits.

SPECIFIC LEARNING OBJECTIVES FOR SLEEP TECHNICIANS INCLUDE:

- Learn techniques to titrate AVAPS and ASV (Respiratory Assist Devices).
- Learn protocols for hypoventilation.
- Understand the pathophysiology of central sleep apnea.
- Review basic cardiac arrhythmias.
- Understand the differences in monitoring and interpretation of sleep studies in the pediatric population.

ELEMENTS OF COMPETENCE

This CME activity has been designed to change learner competency focusing on the American Board of Medical Specialties areas of patient care and medical knowledge.

TARGET AUDIENCE

This course is intended for primary care physicians, nurse practitioners, nurses, other allied health professionals, sleep technicians and trainees.

NOTE: There will be separate presentations customized for the professional needs of the Sleep Technicians.
CREDIT

Accreditation Statement
The University of Wisconsin School of Medicine and Public Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation Statement
The University of Wisconsin School of Medicine and Public Health designates this educational activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with their participation in the activity.

Continuing Education Units
The University of Wisconsin-Madison as a member of the University Continuing Education Association (UCEA) authorizes this program for .60 continuing education units (CEUs) or 6.0 hours.

Continuing Education Units - Sleep Technicians
Application has been made for credit from the American Association of Sleep Technologists (AAST) for registered Polysomnographic Technicians. Approval is pending.

Policy on Faculty and Sponsor Disclosures
It is the policy of the University of Wisconsin School of Medicine and Public Health that the faculty, authors, planners, and other persons who may influence content of this CME activity disclose all relevant financial relationships with commercial interests in order to allow CME staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made in the activity handout materials.
GUEST FACULTY

Steven H. Sheldon, DO
Professor of Pediatrics
Northwestern University Medical School
Director, Sleep Medicine Center
Children's Memorial Hospital
Chicago, IL

UNIVERSITY OF WISCONSIN FACULTY

Ruth M. Benca, MD, PhD
Director, University of Wisconsin Center for Sleep Medicine and Sleep Research
Professor and Associate Chair, Department of Psychiatry
UW School of Medicine and Public Health

John Dopp, PharmD
Associate Professor of Pharmacy
UW School of Pharmacy

Mary E. Klink, MD
Assistant Professor, Department of Medicine
Section of Pulmonary Medicine
Associate Medical Director, Center for Sleep Medicine and Sleep Research
UW School of Medicine and Public Health

Stephanie M. Kraus, CNS
Department of Cardiology
University of Wisconsin Hospital and Clinics

Cami Matthews, MD
Assistant Professor, Department of Pediatrics
UW School of Medicine and Public Health

David Plante, MD
Assistant Professor, Department of Psychiatry
UW School of Medicine and Public Health

Meredith Rumble, PhD
Clinical Assistant Professor, Department of Psychiatry
UW Psychiatric Institute & Clinic
UW School of Medicine and Public Health

Mihaela Teodorescu, MD, MS, FCCP
Assistant Professor, Department of Medicine
Section of Allergy, Pulmonary and Critical Care Medicine and the Wisconsin Sleep Institute
UW School of Medicine and Public Health

PLANNING COMMITTEE

Ruth M. Benca, MD, PhD
Director, University of Wisconsin Center for Sleep Medicine and Sleep Research

Susan Cobb
Clinical Operations Assistant
Wisconsin Sleep

Linda S. Jelinek
Sleep Laboratory Technician
Wisconsin Sleep

Mary E. Klink, MD
Associate Medical Director, Center for Sleep Medicine and Sleep Research

Paula J. Moore
Administrative Director
Wisconsin Sleep

Lori Zemlicka
Grants Manager/Financial Analyst
Wisconsin Sleep
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<tr>
<th>PRIMARY CARE SCHEDULE</th>
<th>SLEEP TECHNICIANS SCHEDULE</th>
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<tbody>
<tr>
<td><strong>MORNING</strong></td>
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<tr>
<td>7:15 am Registration &amp; Continental Breakfast</td>
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<tr>
<td>8:15 am <strong>Sleep Apnea</strong></td>
<td>8:15 am <strong>EEG Interpretation</strong> Cami Matthews, MD</td>
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<td>9:15 am <strong>Sleep-Related Movement Disorders: Restless Legs and Periodic Limb Movement Disorders</strong> David Plante, MD</td>
<td>9:15 am <strong>Pediatric Care in the Sleep Lab</strong> Stephen Sheldon, DO</td>
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<td>10:15 am Break</td>
<td>10:15 am Break</td>
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<tr>
<td>10:45 am <strong>Sleep Disorders in Children</strong> Stephen Sheldon, DO</td>
<td>10:45 am <strong>Identifying Cardiac Rhythms and Arrhythmias in EKGS</strong> Stephanie Kraus, CNS</td>
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<td><strong>LUNCH</strong></td>
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<td>11:45 am Buffet Lunch</td>
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<td><strong>AFTERNOON</strong></td>
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<tr>
<td>12:45 pm <strong>Insomnia: Diagnosis and Evaluation</strong> Ruth Benca, MD, PhD</td>
<td>12:45 pm <strong>Central Sleep Apnea (CSA)</strong> Mihaela Teodorescu, MD</td>
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<td>1:45 pm <strong>Pharmacotherapy of Insomnia</strong> John Dopp, Pharm D</td>
<td>1:45 pm <strong>Tutorial on Titration of AVAPS, ASV and Treatment of Hypoventilation</strong> Mary Klink, MD</td>
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<td>2:45 pm Break</td>
<td>2:45 pm Break</td>
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<tr>
<td>3:15 pm <strong>Non-Medication-Based Approaches in Treating Insomnia</strong> Meredith Rumble, PhD</td>
<td>3:15 pm <strong>Case Studies</strong> Mary Klink, MD</td>
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<tr>
<td>4:15 pm Evaluations</td>
<td>4:15 pm Evaluations</td>
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REGISTRATION FORM

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REGISTRATION - Please complete steps 1-4 in BLOCK letters – all steps are required

STEP 1. PARTICIPANT INFORMATION:

Name ____________________________________________

First MI Last

Professional Degree (for name tag) □ MD □ DO □ PhD □ Nurse □ Technician □ Student

Company Name ____________________________________________________________

Dept. Name or Mail Code _____________________________________________________

Work Address ______________________________________________________________

City, State, Zip ______________________________________________________________

Phone ( ) (Where you can be reached from 9:00 am – 5:00 pm Monday through Friday)

Fax ( ) (Where you can be reached from 9:00 am – 5:00 pm Monday through Friday)

E-Mail ____________________________________________________________

STEP 2. CONFIRMATION

All registrations are confirmed in writing. If you do not receive a confirmation, please call (608) 262-1397. Address for confirmation:

☒ Work Address (as provided in Step 1) – or –
☒ Home Address- Please complete the following:

Home Address: ______________________________________________________________

City, State, Zip ______________________________________________________________

STEP 3. PAYMENT INFORMATION:

Conference Fees (Check applicable):

☒ $250 Physicians
☒ $200 Nurses and Other Allied Health Professionals
☒ $100 Sleep Technicians

Payment Method (Check one):

☒ P.O. or check enclosed (payable to University of Wisconsin – Madison)
☒ Please bill my company
☒ Credit Card: ☐ MasterCard; ☐ VISA; ☐ American Express

Cardholder’s Name __________________________________________________________

Card Number ___________________________ Exp. Date __________________________

STEP 4. FAX OR MAIL

Fax completed registration form to 1-800-741-7416 or mail to:

CME Specialist
Department 100
Pyle Center Registration
702 Langdon St., Madison, WI 53706

The University of Wisconsin provides equal opportunities in employment and programming, including Title IX requirements. The University of Wisconsin School of Medicine and Public Health fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please notify Susan Cobb at (608) 232-3308
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