

The Best Clinical Sleep Update of the Year

SLEEP Medicine 2010

January 28-31, 2010
Hilton Scottsdale Resort & Villas
Scottsdale, Arizona

SNORE
256 uV
N/O
102.4 uV
THOR
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ABD
545.1 uV

Sleep Institute


American College
of Chest Physicians®

AMERICAN COLLEGE OF
 **CHEST**
PHYSICIANS®

The Science and Clinical Practice of Sleep Medicine

One Course. Two Concentrations. All You Need.

Plan to attend this 4-day review of the fundamentals of the science and clinical practice of sleep medicine. Sleep Medicine 2010 will offer relevant, practical, up-to-date instruction that will help you enrich your knowledge and clinical skills in the management of sleep disorders. The latest technology and tools will be reviewed, so you can gain a clear understanding of the diagnostic resources available and how you can use them to improve your practice.

This course is ideal for clinicians who are new to sleep medicine, as well as current practitioners seeking a review, and will provide an overview of sleep disorders, fundamentals of clinical assessment, diagnosis and treatment options, and an update on current research efforts in sleep medicine.

TAKE ADVANTAGE OF:

- A review of clinical assessment, diagnosis, and treatment options, as well as information on the most recent research relevant to clinical sleep medicine.
- Sessions to update you on specific sleep problems impacting your patients, including sleep apnea, restless legs syndrome, insomnia, narcolepsy, parasomnias, and circadian rhythm disorders.
- Clinical case management workshops, so you can apply what you learn to typical cases being presented and discuss management of common problems with leading experts.

Sleep disorders are a major personal health and public safety issue in the United States, affecting all races, both genders, and all age groups. Current evidence has linked insufficient sleep with adverse outcomes that include obesity, hypertension, endocrine dysfunction, and death. Obstructive sleep apnea is as common as asthma in the United States, yet it remains undiagnosed in most people. The prevalence of sleep disorders is so significant that evaluation and treatment must become the province of physicians' clinical practices. Learn more about these various areas from experts in the field, and apply the information you acquire to your daily clinical practice.

a program with purpose

LEARNING OBJECTIVES:

Describe the latest information concerning the epidemiology, pathophysiology, and diagnosis of common, and less common, clinical manifestations of sleep apnea.

Discuss the latest research regarding the treatment of obstructive sleep apnea, including newer modalities of positive airway pressure therapy, dental appliances, and surgical treatments.

List the most up-to-date information concerning portable monitoring for sleep apnea, determining eligibility for continuous positive airway pressure, and monitoring compliance.

Identify a comprehensive approach for diagnosing and managing sleep problems other than sleep-disordered breathing, such as parasomnias, narcolepsy, insomnia, and restless legs syndrome.

Describe the critical components of the diagnostic evaluation of insomnia, including the clinical interview, sleep logs, actigraphy, and indications for polysomnography. Also, review treatments for insomnia, such as cognitive behavior and pharmacologic therapy.

Define circadian-related sleep disorders and the basics of sleep/wake and circadian physiology.

Explain the basics of polysomnographic monitoring and the most current scoring criteria.

Recognize normal sleep in children and adolescents, and learn to manage common sleep disorders in these populations.

agenda

WEDNESDAY, JANUARY 27

4:00 PM - 6:00 PM

Registration

THURSDAY, JANUARY 28

6:30 AM - 7:10 AM

Registration/Continental

Breakfast/Visit Exhibits

7:10 AM - 7:15 AM

Welcome and Introductions

7:15 AM - 8:00 AM

Pretest

Neil S. Freedman, MD, FCCP; and

Peter C. Gay, MD, FCCP

ACCP Learning Category IV: Case- and Problem-Based

8:00 AM - 8:45 AM

Structure and Function of Sleep

Teofilo L. Lee-Chiong, Jr., MD, FCCP

ACCP Learning Category I: Lecture-Based

8:45 AM - 9:30 AM

Polysomnography 1

Daniel L. Herold, RPSGT

ACCP Learning Category I: Lecture-Based

9:30 AM - 9:45 AM

Break/Visit Exhibits

9:45 AM - 10:30 AM

Polysomnography 2

Daniel L. Herold, RPSGT

ACCP Learning Category I: Lecture-Based

10:30 AM - 11:15 AM

Testing for Sleepiness

Brian A. Boehlecke, MD, MSPH, FCCP

ACCP Learning Category I: Lecture-Based

11:15 AM - 12:35 PM

Group 1: Lunch (on your own)

Group 2: Case Studies

ACCP Learning Category IV: Case- and Problem-Based

12:40 PM - 2:00 PM

Group 2: Lunch (on your own)

Group 1: Case Studies

ACCP Learning Category IV: Case- and Problem-Based

2:00 PM - 2:45 PM

Hypersomnias of Central Origin 1

Alon Y. Avidan, MD, MPH

ACCP Learning Category I: Lecture-Based

2:45 PM - 3:30 PM

Hypersomnias of Central Origin 2

Alon Y. Avidan, MD, MPH

ACCP Learning Category I: Lecture-Based

3:30 PM - 3:45 PM

Break/Visit Exhibits

3:45 PM - 4:30 PM

Parasomnias 1

Carlos H. Schenck, MD

ACCP Learning Category I: Lecture-Based

4:30 PM - 5:15 PM

Parasomnias 2

Carlos H. Schenck, MD

ACCP Learning Category I: Lecture-Based

5:30 PM - 6:30 PM

Reception

FRIDAY, JANUARY 29

6:45 AM - 7:15 AM

Registration/Continental

Breakfast/Visit Exhibits

7:15 AM - 8:00 AM

Medicolegal Aspects of Sleep and Driving

Brian A. Boehlecke, MD, MSPH, FCCP

ACCP Learning Category I: Lecture-Based

8:00 AM - 8:45 AM

Insomnia: Epidemiology and Evaluation

Allison G. Harvey, PhD

ACCP Learning Category I: Lecture-Based

8:45 AM - 9:30 AM

Insomnia: Pharmacologic Treatment

James M. Parish, MD, FCCP

ACCP Learning Category I: Lecture-Based

9:30 AM - 9:45 AM

Break/Visit Exhibits

9:45 AM - 10:30 AM

Insomnia: Cognitive Behavioral Treatment

Allison G. Harvey, PhD

ACCP Learning Category I: Lecture-Based

10:30 AM - 11:15 AM

Circadian Rhythm Disorders

Teofilo L. Lee-Chiong, Jr., MD, FCCP

ACCP Learning Category I: Lecture-Based

11:15 AM - 12:35 PM

Group 2: Lunch (on your own)

Group 1: Case Studies

ACCP Learning Category IV: Case- and Problem-Based

12:40 PM - 2:00 PM

Group 1: Lunch (on your own)

Group 2: Case Studies

ACCP Learning Category IV: Case- and Problem-Based

2:00 PM - 2:45 PM

Sleep and Women

Susan M. Harding, MD, FCCP

ACCP Learning Category I: Lecture-Based

2:45 PM - 3:30 PM

Sleep, Neurological Disease, and Seizures

Alon Y. Avidan, MD, MPH

ACCP Learning Category I: Lecture-Based

3:30 PM - 3:45 PM

Break/Visit Exhibits

3:45 PM - 4:30 PM

Restless Legs Syndrome

Barbara A. Phillips, MD, MSPH, FCCP

ACCP Learning Category I: Lecture-Based

4:30 PM - 5:15 PM

Perioperative Management for Patients With Sleep-Disordered Breathing

Peter C. Gay, MD, MS, FCCP

ACCP Learning Category I: Lecture-Based

agenda

SATURDAY, JANUARY 30

6:45 AM - 7:15 AM

**Registration/Continental
Breakfast/Visit Exhibits**

7:15 AM - 8:00 AM

Cardiovascular Disease and Sleep
Sean M. Caples, DO
ACCP Learning Category I: Lecture-Based

8:00 AM - 8:45 AM

Central Apnea Syndromes
Sean M. Caples, DO
ACCP Learning Category I: Lecture-Based

8:45 AM - 9:30 AM

**Obstructive Sleep Apnea: Epidemiology,
Risks, and Outcomes**
Charles W. Atwood, Jr., MD, FCCP
ACCP Learning Category I: Lecture-Based

9:30 AM - 9:45 AM

Break/Visit Exhibits

9:45 AM - 10:30 AM

Portable Monitoring
Charles W. Atwood, Jr., MD, FCCP
ACCP Learning Category I: Lecture-Based

10:30 AM - 11:15 AM

**Positive Airway Pressure Therapy for
Obstructive Sleep Apnea**
Neil S. Freedman, MD, FCCP
ACCP Learning Category I: Lecture-Based

11:15 AM - 12:35 PM

Group 1: Lunch (on your own)
Group 2: Case Studies
ACCP Learning Category IV: Case- and Problem-Based

12:40 PM - 2:00 PM

Group 2: Lunch (on your own)
Group 1: Case Studies
ACCP Learning Category IV: Case- and Problem-Based

2:00 PM - 2:45 PM

**Oral Appliances for Obstructive Sleep
Apnea**
Kent E. Moore, MD, DDS
ACCP Learning Category I: Lecture-Based

2:45 PM - 3:30 PM

**Surgical Treatment of Obstructive Sleep
Apnea**
Kent E. Moore, MD, DDS
ACCP Learning Category I: Lecture-Based

3:30 PM - 3:45 PM

Break/Visit Exhibits

3:45 PM - 4:30 PM

Sleep and the Psychiatric Patient
Lois E. Krahn, MD
ACCP Learning Category I: Lecture-Based

4:30 PM - 5:15 PM

Pediatric Sleep: Normal and Abnormal
Suresh Kotagal, MD
ACCP Learning Category I: Lecture-Based

SUNDAY, JANUARY 31

6:45 AM - 7:15 AM

**Registration/Continental Breakfast/Visit
Exhibits**

7:15 AM - 8:00 AM

Group Clinical Case Presentations
*Neil S. Freedman, MD, FCCP; and
Peter C. Gay, MD, MS, FCCP*
ACCP Learning Category IV: Case- and Problem-Based

8:00 AM - 8:45 AM

Pediatric Sleep-Disordered Breathing
Suresh Kotagal, MD
ACCP Learning Category I: Lecture-Based

8:45 AM - 9:30 AM

Sleep and Pulmonary Disease
James M. Parish, MD, FCCP
ACCP Learning Category I: Lecture-Based

9:30 AM - 9:45 AM

Break/Visit Exhibits

9:45 AM - 10:30 AM

The Future of Sleep Medicine
Barbara A. Phillips, MD, MSPH, FCCP
ACCP Learning Category I: Lecture-Based

10:30 AM

Adjourn

faculty



CHAIR

Neil S. Freedman, MD, FCCP

The Sleep and Behavior Medicine Institute
Pulmonary Physicians of the North Shore
Bannockburn, IL



VICE-CHAIR

Peter C. Gay, MD, MS, FCCP

Professor of Medicine
Division of Pulmonary, Critical Care, and
Sleep Medicine
Mayo Clinic College of Medicine
Rochester, MN

Charles W. Atwood, Jr., MD, FCCP

Associate Professor of Medicine
Division of Pulmonary, Allergy, and Critical Care Medicine
Director, VA Pittsburgh Healthcare System Sleep Disorders
Program
Associate Director, University of Pittsburgh Medical Center
Sleep Medicine Center
Pittsburgh, PA

Alon Y. Avidan, MD, MPH

Associate Professor
Medical Director, UCLA Neurology Clinic
Associate Director, Sleep Disorders Center
UCLA, Department of Neurology
Los Angeles, CA

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University of North Carolina School of Medicine
Chapel Hill, NC

Sean M. Caples, DO

Division of Pulmonary and Critical Care Medicine
Assistant Professor of Medicine
Mayo Clinic College of Medicine
Rochester, MN

Allison G. Harvey, PhD

Professor of Medicine
Department of Psychology
Sleep and Psychological Disorders Lab
University of California
Berkeley, CA

Susan M. Harding, MD, FCCP

Professor of Medicine
Division of Pulmonary, Allergy and Critical Care Medicine
Medical Director, UAB Sleep/Wake Disorders Center
University of Alabama at Birmingham
Birmingham, AL

Daniel L. Herold, RPSGT

Assistant Professor of Medicine
College of Medicine, Mayo Clinic
Supervisor, Center for Sleep Medicine
Rochester, MN

Suresh Kotagal, MD

Professor of Neurology
Department of Neurology, Pediatrics, Pulmonary
and Critical Care Medicine
Mayo Clinic College of Medicine
Rochester, MN

Lois E. Krahn, MD

Associate Professor of Psychiatry
Chair, Department of Psychiatry and Psychology
Mayo Clinic Arizona
Scottsdale, AZ

Teofilo L. Lee-Chiong, Jr., MD, FCCP

Associate Professor of Medicine
Head, Section of Sleep Medicine
National Jewish Medical and Research Center
University of Colorado Health Sciences Center
Denver, CO

Kent E. Moore, MD, DDS

Diplomate, American Board of Oral and Maxillofacial Surgery
Charlotte Oral Surgery
Charlotte, NC

James M. Parish, MD, FCCP

Director, Sleep Disorders Center
Division of Pulmonary and Critical Care Medicine
Mayo Clinic Arizona
Scottsdale, AZ

Barbara A. Phillips, MD, MSPH, FCCP

Professor, Pulmonary and Critical Care Medicine
Department of Internal Medicine
University of Kentucky Medical Center
Lexington, KY

Carlos H. Schenck, MD

Minnesota Regional Sleep Disorders Center
Professor of Psychiatry
University of Minnesota Medical School
Minneapolis, MN



ACCP EDUCATION MISSION

To develop educational delivery systems for chest, critical care, and sleep physicians that facilitate lifelong learning, optimize clinical care, and meet the Education Committee goals.

DESIGNATION STATEMENT

The ACCP designates this educational activity for a maximum of *27.25 AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Sleep Medicine 2010 is designated for up to 32.75 Continuing Education Recognition Points (CERPs) of category A under provider #00011747 of the American Association of Critical-Care Nurses.

The CME credit hours above are subject to change. Final CME credit hours will be provided on-site.

ACCREDITATION STATEMENT

The ACCP is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

DISCLOSURE STATEMENT

The ACCP remains strongly committed to providing the best available evidence-based clinical information to participants of this educational activity and requires an open disclosure of any potential conflict of interest identified by our faculty members. It is not the intent of the ACCP to eliminate all situations of potential conflict of interest, but rather to enable those who are working with the ACCP to recognize situations that may be subject to question by others. All disclosed conflicts of interest are reviewed by the educational activity course director/chair, the Education Committee, or the Conflict of Interest Review Committee to ensure that such situations are properly evaluated and, if necessary, resolved. The ACCP educational standards pertaining to conflict of interest are intended to maintain the professional autonomy of the clinical experts inherent in promoting a balanced presentation of science. Through our review process, all ACCP CME activities are ensured of independent, objective, scientifically balanced presentations of information. Disclosure of any or no relationships will be made available for all educational activities.

ACCP LEARNING CATEGORIES

ACCP Learning Categories organize ACCP education activities based on the instructional methods used, so you can determine how sessions will meet your learning style and educational goals. The six learning categories are:

ACCP Learning Category I: Lecture-Based

ACCP Learning Category II: Self-Directed

ACCP Learning Category III: Evidence-Based

ACCP Learning Category IV: Case- and Problem-Based

ACCP Learning Category V: Simulation

ACCP Learning Category VI: Quality Improvement

MAINTENANCE OF LICENSURE

The ACCP Learning Categories are further subcategorized into Maintenance of Licensure (MOL) areas, so you can document CME activities that meet state, institution, or certification requirements. The sessions in this program are classified as MOL: Scope of Practice-Sleep Medicine Education.

TUITION BY CATEGORY

	On or Before 12/28/09	After 12/28/09	On-site
ACCP Member <i>(Physician and/or Doctoral)</i>	\$575	\$600	\$660
Nonmember <i>(Physician and/or Doctoral)</i>	\$840	\$865	\$955
ACCP Allied Health Member	\$475	\$500	\$550
Physician-in-Training <i>(verification required)</i>	\$505	\$530	\$585
ACCP Affiliate Member	\$475	\$500	\$550
Other Nonmember	\$505	\$530	\$585

Cancellation Policy

Tuition refund requests for this course must be received in writing by January 14 for a full refund, less a \$50 processing fee. No refunds will be available after January 14.

HOUSING ACCOMMODATIONS

Hilton Scottsdale Resort & Villas
6333 North Scottsdale Road
Scottsdale, AZ 85250

The Hilton Scottsdale Resort & Villas hotel offers impeccable accommodations in a beautiful resort-style setting. A warm welcome and exceptional luxury awaits, whether you are traveling for business or simply enjoying the beautiful Scottsdale sunny weather. Enjoy this magical retreat right in the heart of Scottsdale. Inspired by the cactus-studded Sonoran Desert, and nestled in its own secluded surroundings, with breathtaking views of Camelback Mountain, you can ease your mind and restore your spirit. A warm sense of renewal awaits you in a peaceful, stirring atmosphere. The Hilton Scottsdale Resort & Villas hotel is a AAA Four Diamond Resort, the top performing Hilton Resort for six consecutive years, and the perfect place to experience the best of Scottsdale, Arizona. It is located in the heart of downtown Scottsdale within walking distance of the finest shops and restaurants and within minutes of Fashion Square Mall (the largest mall in the southwest) and historic Old Town Scottsdale.

LOCAL ATTRACTIONS

Those in search of a little culture will want to visit Taliesin West in Scottsdale. The former winter home of Frank Lloyd Wright, this architectural masterpiece showcases the famed architect's ability to blend buildings and natural environments. Custom tours are featured throughout the week. From architecture to art, the Heard Museum's world-renowned Native American art and artifact collection also is worth a visit.

Hummer and Jeep desert tours provide a fascinating way to get to know the intricacies of the plants and animals that call the desert home, while having a rollicking off-road excursion.

No getaway is complete without a shopping spree. Enterprising shoppers will want to visit nearby malls and boutiques, such as Cartier and Gucci. There are more golf courses nearby than you can shake your nine-iron at. Horseback riding and hot-air ballooning are other popular options.

HOTEL RATES

Single/Double: \$199 per night

Room rates are subject to applicable state and local taxes (currently 11.92%) in effect at the time of check-in. A resort amenities fee of \$10 will be added to each room per night. There is a charge of \$10 per night for additional people for more than double occupancy.

Hotel Reservations

For hotel reservations, call (800) 498-7396, or (480) 948-7750, and request the discounted group rate for the American College of Chest Physicians (ACCP). Reservations must be made on or before December 29. Reservation requests received after December 29 will be accepted based on space and rate availability.

Reservation Cutoff: December 29, 2009

Cancellation Policy

Reservations must be canceled at least 72 hours prior to your scheduled arrival in order to avoid cancellation penalties.

TRAVEL ARRANGEMENTS

You and your guests are eligible for discounts from ACCP's travel partners, United Airlines and Avis Rent A Car. To receive these discounts, book airline tickets online through ACCP's official travel agency, Association Travel Concepts; contact your own travel agent; or call the travel partner directly and reference the contract number.

Association Travel Concepts

Book online: www.atcmeetings.com/accp

For first-time users, click on "Get Started Now" to create a new account, build your online profile, and make airline reservations.

United Airlines

Contract # 510CK
Phone (800) 521-4041

Avis Rent A Car

Contract # J100002
Domestic (800) 331-1600
International (918) 664-9600

Local Transportation

SuperShuttle: www.supershuttle.com or
(800) 258-3826/\$16 per person (one way)

ExecuCar: (888) 473-9227/\$45 (one way)

Taxi: The typical charge from the airport to the hotel is approximately \$40 (one way).

Reservations are recommended for the SuperShuttle.

registration

SLEEP MEDICINE 2010

January 28-31, 2010

Hilton Scottsdale Resort & Villas, Scottsdale, AZ

THERE ARE 4 EASY WAYS TO REGISTER:

1. Register online at www.chestnet.org.
2. Fax this form with credit card information to Customer Relations at (847) 498-5460 or (847) 498-8313.
3. Call ACCP Customer Relations at (800) 343-2227 or +1 (847) 498-1400.
4. Mail this form with credit card information or check to: American College of Chest Physicians
Attn: Customer Relations
3300 Dundee Road, Northbrook, IL 60062

Specialty (check only one)

- Cardiology
- Critical Care
- Pulmonary
- Sleep
- Surgery

Employment (check only one)

- Private practice
- Teaching/academic
- In-training
- Private hospital
- Public/government hospital
- Industry
- Other _____

Education Curriculum Interests

(check all that apply)

- Allergy and Airway
- Biotechnology
- Cardiovascular Disease
- Chest Infections
- Critical Care
- Critical Care Training Program Directors
- Cultural Diversity
- Diffuse Lung Disease
- Disorders of the Mediastinum
- Disaster Medicine
- Disorders of the Pleura
- Education and Teaching
- Genetic and Developmental Disorders
- Imaging
- Interventional Pulmonology
- Lung Cancer
- Lung Pathology
- Obstructive Lung Diseases
- Occupational and Environmental Lung Diseases
- Palliative Care and End of Life/Ethics
- Pediatrics
- Pediatric Chest Disease
- Practice Management and Administration
- Pulmonary Manifestations of Systemic Disease
- Pulmonary Physiology
- Pulmonary Rehabilitation
- Pulmonary Training Program Directors
- Pulmonary Vascular Disease
- Respiratory Care
- Signs and Symptoms of Chest Diseases
- Sleep Disorders
- Sleep Training Program Directors
- Thoracic Surgery
- Tobacco Cessation and Prevention
- Transplantation

Name _____

ACCP ID# _____ AACN # _____

Degree MD DO Other _____

Specialty _____ Subspecialty _____

Address _____

Address _____

City _____ State _____ Zip Code _____ Country _____

Phone _____ Fax _____

E-mail _____

Address Type: Home Office

If you have special needs, check this box. Please include your daytime phone number above, and a representative of the ACCP will contact you.

PAYMENT

Check (payable to ACCP) VISA MasterCard American Express

Credit card # _____ Exp date _____

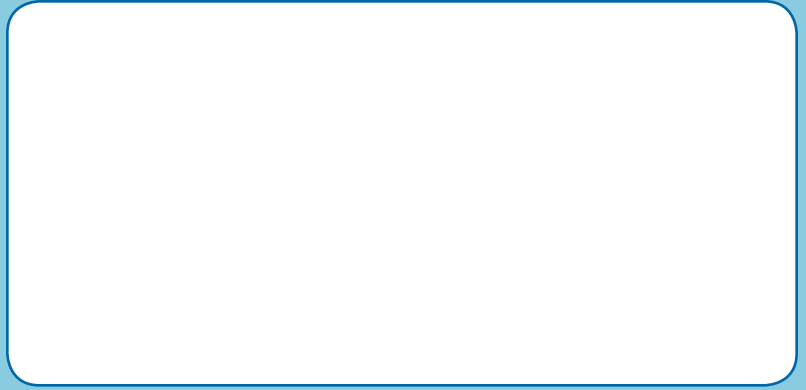
Signature _____

TUITION (check one)

	On or Before 12/28/09	After 12/28/09	On-Site
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