

The American Academy of Sleep Medicine's Behavioral Sleep Medicine Course will be held on Saturday, April 24, 2004 at the Westin O'Hare Hotel in Chicago, IL.

Target Audience and Topics:

The course is intended to introduce clinicians with basic knowledge of behavioral modification to the field of Behavioral Sleep Medicine, for sleep practitioners requiring additional expertise in behavioral techniques, and as a review for candidates planning to sit for the Behavioral Sleep Medicine examination.

The course is a review of the principles of Behavioral Sleep Medicine. It will provide a review of the field for the novice and an opportunity to organize and solidify knowledge of the field for those planning to sit for the Behavioral Sleep Medicine Examination. The morning will focus on characteristics of normal sleep, circadian rhythm disorders, and pediatric sleep disorders. The afternoon will review the diagnosis of insomnia, treatments for insomnia, and sleep in psychiatric disorders. Ample opportunity for questions and answers will be provided at the end of the course.

Course Objective:

Upon completion of the course, participants will be able to identify key concepts in Behavioral Sleep Medicine and exhibit familiarity with the diagnostic tests and treatment modalities used by Behavioral Sleep Medicine practitioners.

CME credits:

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

The American Academy of Sleep Medicine designates this educational activity for a maximum of 5.75 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spend in the educational activity.

Course Director:

James K. Wyatt, PhD
Rush Sleep Disorders Service & Research Center
Chicago, IL



American Academy of Sleep Medicine
One Westbrook Corporate Center
Suite 920
Westchester, IL 60154

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Saturday, April 24, 2004 • Westin O'Hare Hotel • Chicago, IL

AMERICAN
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OF
SLEEP
MEDICINE

BEHAVIORAL
SLEEP
MEDICINE
COURSE

GENERAL INFORMATION

Location:

The AASM Behavioral Sleep Medicine Course will be held at the Westin O'Hare, 6100 River Road, Rosemont, IL, 60018, phone: (847) 698-6000, fax: (847) 698-1970.

For more information on the Westin O'Hare, visit their Web site at www.westinohare.com.

Room Reservation:

A block of guest rooms has been reserved at the Westin O'Hare. All reservations must be made by individual attendees directly with the hotel's reservation department at 1-888-627-8517 and identify yourself as part of the American Academy of Sleep Medicine. Check in time at the Westin O'Hare is 3:00pm on the day of arrival and check out time is 1:00pm on the day of departure.

Room Rate:

The room rate at the Westin O'Hare is \$129.00 per night plus tax. Space is limited. Please make reservations well in advance. The special group rate of \$129.00 is only valid until April 2, 2004 or until the AASM room block sells out.

Meals:

A continental breakfast during the morning registration time as well as a group lunch with faculty will be provided.

Transportation:

You may use the AASM travel agency, Corporate Travel Services to help in planning your trip. Call toll-free 1-800-526-4540 and ask for Anita or Amy to assist you. The airport nearest to the Westin O'Hare is the O'Hare International Airport.

The Westin O'Hare offers a shuttle service which picks up between doors #2 and #3 from the first floor of the Bus/Shuttle Center area every 20 minutes between 5:00 a.m. and 12:00 midnight, 7 days a week. At all other times, please use the courtesy telephone in the shuttle center to request a pick up. For more information on directions driving in to the Westin O'Hare or from the International terminal, please visit their Web site at <http://www.westinohare.com/directions.html>.

Cancellation Policy:

Written notification must be submitted to the AASM Behavioral Sleep Medicine Coordinator for registration cancellations. A \$50 administrative fee will be withheld on cancellations postmarked on or before April 2, 2004. After this date, no refunds will be available.

For information or questions regarding the BSM course, please contact:

Sheila Story, One Westbrook Corporate Center, Suite 920, Westchester, IL 60154, (708) 492-0930, Fax: (708) 492-0943, sstory@aasmnet.org.

PROGRAM OF EVENTS:

8:00am - 9:00am	Arrival and Registration
9:00am - 9:05am	Welcome and Overview James Wyatt, PhD
9:05am - 9:55am	Normal Sleep and Sleep Measurement Paul Saskin, PhD
9:55am - 10:45am	Circadian Rhythm Sleep Disorders James Wyatt, PhD
10:45am - 11:00am	Break
11:00am - 12:00pm	Pediatric Sleep Disorders Jodi Mindell, PhD
12:00pm - 1:00pm	Lunch
1:00pm - 2:00pm	Assessment and Diagnosis of Insomnia William Wohlgenuth, PhD
2:00pm - 3:00pm	Cognitive-Behavioral Treatment for Insomnia Jack Edinger, PhD
3:00pm - 3:15pm	Discussion on Cognitive-Behavioral Treatment Drs. Wohlgenuth & Edinger
3:15pm - 3:30pm	Break
3:30pm - 4:30pm	Psychiatric Disorders and Sleep Daniel Buysse, MD
4:30pm - 5:00pm	Question and Answer Session / Closing Remarks All Faculty

COURSE FACULTY

Dan Buysse, MD

Professor of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA

Jack Edinger, PhD

Associate Clinical Professor of Psychiatry, Duke University School of Medicine, Durham, NC

Jodi Mindell, PhD

Professor of Psychology, St. Joseph's University, Philadelphia, PA

Paul Saskin, PhD

Director, Sleep Centers of Nevada, Las Vegas, Nevada

William Wohlgenuth, PhD

Assistant Professor of Psychiatry and Behavioral Science, Duke University Medical Center, Durham, NC

James Wyatt, PhD

Assistant Professor of Psychology, Rush Medical College, Chicago, IL

Registration Information – please type or print clearly

Last Name: _____

First Name: _____

Degree: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Country: _____

E-mail: _____

Phone:(____) _____ Fax:(____) _____

Registration Category and Payment Information

Please check one:

- Member\$200 Student\$100
 Non-Member....\$300 Student Non-member\$150

2 ways to register (please only use one method):

Fax (credit card only)
(708) 492-0943

Mail (check or credit card)
AASM Behavioral Sleep Medicine
One Westbrook Corporate Center
Suite 920
Westchester, IL 60154

Please make checks payable to AASM (U.S. funds drawn on a U.S. bank).

For payment by credit card
(Visa/MasterCard/American Express):

Card#: _____

Exp. Date: ____/____/____ Validation Code*: _____

Card holders name: _____

Mailing Address: _____

Signature: _____

Date: _____

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

Please register early as seating is limited. Confirmations will be sent within one week of receipt of registration form and payment. All participants must pre-register; on-site registration will not be accepted. The last day for registration is April 19, 2004.

The AASM will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for this course.