The AASM is offering a Sleep Education Webinar Series as a new professional education opportunity for sleep medicine practitioners and medical professionals interested in learning more about sleep medicine. The 60-minute intensive online sessions provide practitioners with timely and relevant professional education that will improve their knowledge and understanding of sleep medicine disorders and other issues related to the field. Participants will receive slides for the presentation one week in advance of the session. The Sleep Education Webinar, Behavioral Treatment of Insomnia, will be presented on Friday, April 6, 2007, from 12:00 p.m. – 1:00 p.m. Central Time.

Learning Goals  The Behavioral Treatment of Insomnia webinar will describe non-pharmacological treatments for insomnia. Stimulus control, sleep restriction, relaxation and cognitive behavioral therapies will be discussed. Management strategies using multicomponent therapy will be given. Case studies will be used to demonstrate successful therapy.

Target Audience  Physicians with an interest in sleep disorders and sleep medicine specialists interested in supplementing their knowledge of the non-pharmacological treatment of insomnia. The webinar will also be of interest to behavioral sleep medicine specialists seeking an up-to-date review of current therapeutic approaches.

Continuing Medical Education  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 1 AMA PRA Category 1 Credit™. To receive credit, participants will need to complete a post-test that will be distributed following the webinar.

Presented by
Jack D. Edinger, PhD

When:  Friday, April 6, 2007,
12:00 p.m. to 1:00 p.m., Central Time

To Register:  Visit us online at
www.aasmnet.org. The deadline to register is Monday, April 2, at 5:00 p.m. Central Standard Time.

Price:  AASM Members or employees of a Sleep Center or a Sleep Lab that is an AASM Center Member*: $100
Non-members $170

CME Credit:  CME credit for one person is included with the registration fee. Additional participants can receive CME credit. The administrative fees are:
$10 for AASM Members and employees of a Sleep Center or a Sleep Lab that is an AASM Center Member*.
$20 for Non-members.

*Please note that a maximum of four employees of AASM Center Members can register for the webinar or CME credit at the member rate.
Behavioral Treatment of Insomnia

Presented by
Jack D. Edinger, PhD

About the Speaker

Jack D. Edinger, PhD

Jack D. Edinger, Ph.D. is an insomnia researcher and clinician. He earned his MS and PhD degrees from Virginia Commonwealth University, Richmond, VA and completed a psychology internship at the University of Alabama/Birmingham. He currently is a Clinical Professor in the Department of Psychiatry, Division of Medical Psychology at Duke University Medical Center, and serves as the Senior Psychologist for the VA Medical Center in Durham, North Carolina. He is certified in behavioral sleep medicine by the AASM, and has over 24 years of clinical and research experience with insomnia and other sleep-disordered patients. A member of professional organizations such as the American Academy of Sleep Medicine, The Association for Behavioral and Cognitive Therapies, and the American Psychological Association, Dr. Edinger recently served on the AASM ICSD Revision Committee, and the AASM Behavioral Sleep Medicine Committee. He currently is serving on the Board of the American Insomnia Association. He recently served as the Chair of the Work Group charged with development of Insomnia Research Diagnostic Criteria. He is a prolific clinical researcher who currently has approximately 200 publications in the form of journal articles, abstracts, and book chapters, and most of these pertain to the evaluation and treatment of insomnia and related sleep disorders. Case series studies conducted by Dr. Edinger and colleagues are among the earliest articles published that describe the efficacy of multi-component Cognitive Behavioral Therapy for treating insomnia complaints. He currently has active funding from NIMH, NIAMS and the Department of Veterans Affairs to support his diagnostic and treatment research pertaining to insomnia.