

BOARD REVIEW FOR THE SLEEP SPECIALIST

Companion Courses:

- Intensive Scoring Review
- Basic Science of Sleep for the Sleep Specialist
– *sponsored by the Sleep Research Society*

Two Convenient Locations for 2010:

Grand Hyatt Denver
Denver, Colorado

Companion Courses:

August 12, 2010

Board Review for the Sleep Specialist Course:

August 13–15, 2010

Hyatt Regency Reston

Reston, Virginia (Washington, DC metro-area)

Companion Courses:

September 30, 2010

Board Review for the Sleep Specialist Course:

October 1–3, 2010

**LAST CHANCE TO
TAKE EXAM UNDER
PRACTICE PATHWAY!**

The 2011 sleep medicine certification exam will be the final exam in which physicians who have not completed formal sleep medicine fellowship training may apply.



Ensure that you are taking the necessary steps to prepare for the 2011 American Board of Medical Specialties (ABMS) certification examination in sleep medicine. The 2011 exam will be the **last opportunity** for physicians to earn their sleep medicine certification by illustrating experience through clinical practice... after this exam, all candidates will be required to complete a formal sleep medicine fellowship program to apply.

With an average passing rate of less than 75% on the past two exams, it is imperative that candidates for the 2011 exam begin serious preparation well in advance of the exam date. Equip yourself with the finest education available by beginning your exam preparations with the AASM Board Review for the Sleep Specialist course and companion courses in 2010.



Sleep
Research
Society®



BOARD REVIEW FOR THE SLEEP SPECIALIST

Course Chair: Douglas Kirsch, MD; Harvard Medical School

Earn up to 20.0 AMA PRA Category 1 Credits™

August 13–15, 2010 • Grand Hyatt Denver • Denver, Colorado
October 1–3, 2010 • Hyatt Regency Reston • Reston, Virginia

Board Review for the Sleep Specialist is a two-and-a-half-day course during which an expert faculty of basic researchers, academicians and clinicians at the forefront of the field will present a broad review of sleep medicine. The topics covered mirror the ABMS sleep medicine examination content areas. The course includes a mixture of:

- Didactic sessions on basic sleep mechanisms and evaluation of polysomnograms;
- Case-based lectures on the entire range of sleep disorders in the *International Classification of Sleep Disorders, Second Edition*; and
- Breakout sessions focused on sleep in special populations.

Following the course, all attendees will be provided with complimentary access to the AASM online sleep medicine practice examination; this six-part online exam consists of 150 questions in a variety of topic areas and features instant feedback for each question, a built-in reading list, and a printable summary guide for future study.

TARGET AUDIENCE

This course is intended for physicians currently active in sleep medicine, especially Diplomates of the American Board of Sleep Medicine, planning to take the ABMS examination in sleep medicine.

COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Formulate a differential diagnosis for sleep disorders patients;
- Determine appropriate investigative strategies;
- Review and interpret sleep studies;
- Evaluate data and arrive at a final diagnosis;
- Develop a comprehensive treatment plan for patients with sleep disorders; and
- Devise a schedule for study in preparation for the sleep board examination.

FACULTY

Douglas Kirsch, MD (Course Chair)
Alon Avidan, MD
Ruth Benca, MD, PhD
Richard Berry, MD
Nancy Collop, MD
Flavia Consens, MD
Charlene Gamaldo, MD
Meir Kryger, MD

Teofilo Lee-Chiong, MD
Gary Richardson, MD
Carol Rosen, MD
Thomas Scammell, MD
Richard Schwab, MD
Shahriar Shahzeidi, MD
Ronald Szymusiak, PhD



Registration fees include access to the AASM online practice exam – a \$150.00 value!



INTENSIVE SCORING REVIEW

Earn up to 4.0 AMA PRA Category 1 Credits™

August 12, 2010 • Grand Hyatt Denver • Denver, Colorado
September 30, 2010 • Hyatt Regency Reston • Reston, Virginia

During this half-day morning course, an expert faculty will present a detailed review of the basics of sleep study evaluation complementary to the AASM Board Review for the Sleep Specialist course. The course will be especially helpful to those seeking a review of signal processing, waveform recognition and the rules of the AASM *Manual for the Scoring of Sleep and Associated Events*. It is intended as preparation for the ABMS examination in sleep medicine. Content areas relevant to the sleep medicine certification examination blueprint include:

- Sleep Evaluation (approximately 20% of the examination), with a focus on:
 - Polysomnography and electroencephalography; and
 - Sleep staging and scoring.

TARGET AUDIENCE

This course is intended for physicians currently active in sleep medicine, especially Diplomates of the American Board of Sleep Medicine, planning to take the ABMS examination in sleep medicine.

COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Describe signal processing of polysomnographic variables;
- Recognize key waveforms for sleep scoring;
- Differentiate sleep stages;
- Detect arousals, sleep related breathing events and movements in sleep;
- Identify common ECG and EEG abnormalities; and
- Construct a comprehensive sleep report.

FACULTY

Douglas Kirsch, MD
Richard Rosenberg, PhD

This half-day course is an add-on to the AASM Board Review for the Sleep Specialist course; individuals must be registered for the Board Review for the Sleep Specialist course in order to participate in this course.



BASIC SCIENCE OF SLEEP FOR THE SLEEP SPECIALIST

Earn up to 4.0 AMA PRA Category 1 Credits™

Course Co-Chairs: Ruth Benca, MD, PhD; University of Wisconsin-Madison
& Thomas Scammell, MD; Harvard Medical School

August 12, 2010 • Grand Hyatt Denver • Denver, Colorado
September 30, 2010 • Hyatt Regency Reston • Reston, Virginia

During this half-day afternoon course, an expert faculty will present a detailed review of basic sleep complementary to the AASM Board Review for the Sleep Specialist course. The course is intended as preparation for the ABMS examination in sleep medicine. Content areas relevant to the sleep medicine certification examination blueprint include:

- Sleep-wake mechanisms, neurophysiology;
- Chronobiology/neurophysiology;
- Organ systems physiology (other); and
- Basic sleep-wake pharmacology.

TARGET AUDIENCE

This course is intended for physicians currently active in sleep medicine and seeking a review of the basic science of sleep, especially Diplomates of the American Board of Sleep Medicine, planning to take the ABMS examination in sleep medicine.

COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Appraise current theories on the neurophysiological control of sleep;
- Inventory pharmacological effects on the sleep/wake system;
- Differentiate behavioral and physiological effects of sleep deprivation; and
- Summarize the effects of the circadian system on sleep and waking.

FACULTY

Ruth Benca, MD, PhD (Course Co-Chair)
Thomas Scammell, MD (Course Co-Chair)
Gary Richardson, MD
Ronald Szymusiak, PhD

This half-day course is an add-on to the AASM Board Review for the Sleep Specialist course; individuals must be registered for the Board Review for the Sleep Specialist course in order to participate in this course.

Preliminary Course Schedule and Topics

Thursday: August 12 or September 30

7:00am – 1:00pm	Registration for SRS Basic Science of Sleep for the Sleep Specialist Course
7:00am – 8:00am	Continental Breakfast* and Registration for Intensive Scoring Review Course
8:00am – 12:15pm	Intensive Scoring Review Course <ul style="list-style-type: none">• Technology of Sleep Studies <i>Richard Rosenberg, PhD</i>• Waveform Recognition <i>Richard Rosenberg, PhD</i>• Sleep Stage Scoring <i>Douglas Kirsch, MD</i>• Arousals and EEG Abnormalities <i>Douglas Kirsch, MD</i>• Respiratory Event Scoring <i>Richard Rosenberg, PhD</i>• Movements and Cardiac Event Scoring <i>Douglas Kirsch, MD</i>
12:15pm – 1:00pm	Lunch on Your Own
1:00pm – 5:15pm	SRS Basic Science of Sleep for the Sleep Specialist Course <ul style="list-style-type: none">• Circadian Neurobiology <i>Gary Richardson, MD</i>• Effects of Sleep Deprivation <i>Ruth Benca, MD, PhD</i>• Anatomy and Pharmacology of Wakefulness <i>Thomas Scammell, MD</i>• Anatomy and Pharmacology of Sleep <i>Ronald Szymusiak, PhD</i>

Friday: August 13 or October 1

7:00am – 8:00am	Continental Breakfast* and Registration for Board Review for the Sleep Specialist Course
8:00am – 12:30pm	Board Review for the Sleep Specialist Course <ul style="list-style-type: none">• The Insomnias <i>Ruth Benca, MD, PhD</i>• Hypersomnia and Narcolepsy <i>Thomas Scammell, MD</i>• Circadian Rhythm Sleep Disorders <i>Gary Richardson, MD</i>• Parasomnias <i>Alon Avidan, MD</i>
12:30pm – 1:30pm	Lunch*
1:30pm – 5:30pm	Board Review for the Sleep Specialist Course <ul style="list-style-type: none">• Basic Science Update <i>Ronald Szymusiak, PhD</i>• Medications and Their Effects on Sleep <i>Flavia Consens, MD</i>• Scoring Manual and PSG Technology <i>Flavia Consens, MD</i>• Diagnosing Disease: PSG and Home Sleep Testing <i>Richard Berry, MD</i>• Sleep, EEG and Epilepsy <i>Charlene Gamaldo, MD</i>

Saturday: August 14 or October 2

7:00am – 8:00am

8:00am – 12:00pm

Continental Breakfast*

Board Review for the Sleep Specialist Course

- RLS/PLMD
Charlene Gamaldo, MD
- Normal Sleep Ontogeny
Shahriar Shahzeidi, MD
- Pediatric Insomnia
Shahriar Shahzeidi, MD
- Pediatric Polysomnography
Carol Rosen, MD
- Pediatric Sleep Apnea
Carol Rosen, MD

12:00pm – 1:00pm

1:00pm – 5:45pm

Lunch*

Board Review for the Sleep Specialist Course

- Basics of Breathing
Richard Berry, MD
- Obstructive Sleep Apnea
Richard Schwab, MD
- OSA Treatment: CPAP
Nancy Collop, MD
- OSA Treatment: Non-CPAP
Nancy Collop, MD
- CSA and Hypoventilation
Richard Schwab, MD
- Preparing for the ABMS Examination in Sleep Medicine
Teofilo Lee-Chiong, MD

Sunday: August 15 or October 3

7:00am – 8:00am

8:00am – 9:00am

Continental Breakfast*

Board Review for the Sleep Specialist Course Breakout Sessions

- Sleep in the Older Person
Alon Avidan, MD
- Sleep in Women
Meir Kryger, MD
- Sleep and Medical Disorders
Teofilo Lee-Chiong, MD
- Sleep and Neurological Disorders
Douglas Kirsch, MD

9:05am – 10:05am

10:25am – 11:25am

11:30am – 12:30pm

Breakout Sessions Repeated

Breakout Sessions Repeated

Breakout Sessions Repeated

The Board Review for the Sleep Specialist breakout sessions are four 1-hour sessions repeated four times throughout the Sunday morning session. Attendees will have the opportunity to go to all four breakouts. The faculty will discuss the management of sleep disorders in patients of special populations.

* These meals are provided; attendees are responsible for all other meals. Continental breakfast on Thursday morning is provided to registrants of the Intensive Scoring Review course **only**.

Transportation and Locations

FLIGHTS

Save on your airfare by booking with our official travel agent: Corporate Travel Solutions/American Express. Call toll-free 800-526-4540 on Monday–Friday from 8:00am–5:00pm Central or e-mail res@ctsinc.com and reference the AASM or SRS. Airfare savings are subject to availability; we suggest you make your arrangements as soon as you receive your registration confirmation.

HOTEL POLICIES

Please note that any individual who checks out prior to his/her reserved checkout date will be assessed an early departure fee. To avoid this fee, individuals must advise the hotel at or before check-in of any change in the scheduled length of stay.

DENVER, COLORADO • AUGUST 12–15, 2010

Hotel:	Grand Hyatt Denver
Rate:	\$129.00 per night plus tax
Rate Available Until:	July 15, 2010 or until the room block sells out
Reservations:	Online at www.aasmnet.org/SleepEdSeries.aspx or by phone to 888-421-1442 or 402-592-6464
Group Identification:	board review course
Check-in Time:	3:00pm
Check-out Time:	12:00pm

Ground Transportation

The airport nearest to the Grand Hyatt Denver is the Denver International Airport. The airport is approximately 23 miles (40 minutes) from the hotel. Receive airport shuttle discounts by using Big Sky Airport Shuttle. The rate is \$18.00 one way or \$24.00 round trip. Make your reservations in advance online at www.bigskyshuttle.com or by calling 877-336-8267. Use the group code “sleep” when making your reservations. You can also purchase tickets at the ticket counter inside the airport. The Big Sky Shuttle counter is located across from the tourist information booth and next to the RTD counter.

RESTON, VIRGINIA • SEPTEMBER 30, 2010 – OCTOBER 3, 2010

Hotel:	Hyatt Regency Reston
Rate:	\$155.00 per night plus tax
Rate Available Until:	September 2, 2010 or until the room block sells out
Reservations:	Online at www.aasmnet.org/SleepEdSeries.aspx or by phone to 800-233-1234
Group Identification:	board review course
Check-in Time:	3:00pm
Check-out Time:	12:00pm
Special Policy:	The Hyatt Regency Reston is a non-smoking hotel. There is a \$250.00 charge for smoking in any guest room.

Ground Transportation

The airport nearest to the Hyatt Regency Reston is the Washington Dulles International Airport. The hotel offers complimentary shuttle service to and from Dulles International Airport.

General Information and Credits

MEALS

Breakfast will be served on Thursday for attendees of the Intensive Scoring Review course. Lunch is not provided on Thursday. Breakfast will be served on Friday, Saturday and Sunday, and lunch will be served on Friday and Saturday during the courses; all other meals are the responsibility of the attendees. Only registered attendees are allowed to attend meal functions. Guests of attendees will not be accommodated during meal functions.

RECORDING

Photographing and/or recording, of any kind, of sessions and speakers at the course is strictly prohibited.

CONFIRMATION AND REGISTRATION DISCLAIMER

Registration is limited. Please register early. Confirmation letters will be sent via e-mail within one week of receipt of registration form and payment. All attendees must pre-register; **on-site registration will not be accepted**. The AASM/SRS will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for a course.

CANCELLATION POLICY

Written notification must be submitted to the AASM/SRS meeting department for registration cancellation. A \$50.00 administrative fee will be withheld on cancellations postmarked prior to **Thursday, July 22, 2010**. After this date, no refunds will be available. Refunds are not provided to no-shows. The AASM and the SRS reserve the right to cancel the Board Review for the Sleep Specialist and/or companion courses and provide a full refund should conditions warrant. The refund will only include the cost of registration for the event.

QUESTIONS?

For information or questions regarding the courses, please contact:

Randi Prince, Meeting Planner
E-mail: rprince@aasmnet.org
Web site: www.aasmnet.org

CONTINUING MEDICAL EDUCATION (CME)

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

The Board Review for the Sleep Specialist course and Intensive Scoring Review course have been planned and implemented in accordance with the Essential Areas and Their Elements of the ACCME by the American Academy of Sleep Medicine. The Basic Science of Sleep for the Sleep Specialist course has been planned and implemented in accordance with the Essential Areas and Their Elements of the ACCME through the joint sponsorship of the American Academy of Sleep Medicine and the Sleep Research Society.

The AMA Council on Medical Education mandates that accredited providers only offer *AMA PRA Category 1 Credits™* to physicians. The AASM will issue non-physicians a letter of attendance for activities designated for *AMA PRA Category 1 Credits™*.

The American Academy of Sleep Medicine will award **20.00 AMA PRA Category 1 Credits™** for the Board Review for the Sleep Specialist course, **4.00 AMA PRA Category 1 Credits™** for the Intensive Scoring Review course and **4.00 AMA PRA Category 1 Credits™** for the Basic Science of Sleep for the Sleep Specialist course. Physicians should only claim credit commensurate with the extent of their participation in the activity.

General Information and Credits

HOW TO REGISTER

- 1. Online** (credit card only): www.aasmnet.org/sleepedseries.aspx
- 2. Fax** (credit card only) or **Mail** (check or credit card): The AASM and SRS will be moving the location of our national headquarters in June 2010. For current fax and address information, visit our Web site at www.aasmnet.org.

REGISTRATION CATEGORIES

Members: To register as a member, the registrant must currently be an individual member of the American Academy of Sleep Medicine (AASM) or the Sleep Research Society (SRS). If the AASM/SRS is unable to confirm that the individual is a member, the individual will be registered as a nonmember at the nonmember prevailing fees.

Employees of Center Member: To register as an employee of an AASM center member (with a maximum of four registrants), the registrant must currently be employed at a sleep center or sleep lab that is currently a member of the AASM. If the AASM is unable to confirm that the center or lab is a member of the AASM, the individual will be registered as a nonmember at the nonmember prevailing fees.

Nonmembers: Want to register for the member price, but you're not a member? If you are not an individual member of the AASM or SRS and would like to become a member, join the AASM or SRS to receive instant savings including reduced course registration fees, a subscription to the journal *SLEEP* and much more. Visit the AASM Web site at www.aasmnet.org or the SRS Web site at www.sleepresearchsociety.org for more information about membership including a complete listing of benefits and a description of all membership categories. Membership is on a calendar-year basis (January 1–December 31). Membership dues for 2010 are:

	On or before May 31, 2010	After May 31, 2010
<u>AASM Categories</u>		
Regular Members	\$200.00	\$125.00
Student Members with journals	\$115.00	\$60.00
Student Members without journals	\$40.00	\$20.00
Affiliate Members	\$200.00	\$125.00
Affiliate Industry Members	\$400.00	\$250.00
<u>SRS Categories</u>		
Full Members	\$180.00	\$90.00
Postdoctoral Student Members	\$90.00	\$45.00
Predoctoral Student Members	\$45.00	\$25.00
Associate Members	\$90.00	\$45.00

REGISTRATION FEES

	Board Review Course (BRC) Only		BRC + 1 Companion Course		BRC + Both Companion Courses	
	On or before July 15, 2010	After July 15, 2010	On or before July 15, 2010	After July 15, 2010	On or before July 15, 2010	After July 15, 2010
AASM or SRS Member	\$800.00	\$900.00	\$1,100.00	\$1,245.00	\$1,200.00	\$1,395.00
Employee of an AASM Center	\$800.00	\$900.00	\$1,100.00	\$1,245.00	\$1,200.00	\$1,395.00
Nonmember	\$1,000.00	\$1,100.00	\$1,395.00	\$1,540.00	\$1,590.00	\$1,780.00

Registration Form (please type or print clearly)

Last Name: _____
First Name: _____ Degree(s): _____
Address: _____
City: _____ State: _____ Zip/Postal Code: _____
Country: _____ Phone: _____
Fax: _____ E-mail: _____ (e-mail required to receive confirmation)
Special Needs/Accommodations: _____

Specialty (Check all that apply)

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Sleep Medicine | <input type="checkbox"/> Internal Medicine | <input type="checkbox"/> Pulmonary Medicine | <input type="checkbox"/> Neurophysiology |
| <input type="checkbox"/> Otolaryngology | <input type="checkbox"/> Pediatrics | <input type="checkbox"/> Psychiatry | <input type="checkbox"/> Psychology |
| <input type="checkbox"/> Neurology | <input type="checkbox"/> Nursing | <input type="checkbox"/> Other _____ | |

ATTENDEE LIST PERMISSION (Check one)

I give my permission to include my contact information on an attendee list to be distributed to course attendees. Yes No

2010 MEMBERSHIP DUES FOR NONMEMBERS

I am applying for membership to: (Check one)

- AASM SRS

Membership Category and Dues: (Please print or type the name of the membership category under which you are applying and the appropriate membership dues based on the date of payment; found on page 8 of this brochure)

Category: _____ Dues: \$ _____

COURSE LOCATION AND REGISTRATION FEES

Location: (Check one)

- Denver, CO (Aug.)
 Reston, VA (Sept./Oct.)

I would like to register for: (Check one)

- Board Review for the Sleep Specialist ONLY
 Board Review for the Sleep Specialist AND Both Companion Courses
 Board Review for the Sleep Specialist AND Intensive Scoring Review
 Board Review for the Sleep Specialist AND SRS Basic Science of Sleep for the Sleep Specialist

Membership Status: (Check one)

- AASM or SRS Member
 Employee of an AASM Member Sleep Center/Lab
Name of Sleep Center/Lab: _____
 Nonmember

Registration Fees: (Based on the number of courses that you will attend, date of payment and membership status, please fill in the appropriate registration fee as found on page 8 of this brochure)
\$ _____

METHOD OF PAYMENT

- Please make checks payable to the AASM (U.S. funds drawn on a U.S. bank)
 For payment by credit card (VISA/MasterCard/American Express):

Card#: _____

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

Cardholders Name: _____

Billing 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 4 numbers above the credit card number.



AMERICAN ACADEMY OF SLEEP MEDICINE
One Westbrook Corporate Center Suite 920
Westchester, IL 60154

BOARD REVIEW FOR THE SLEEP SPECIALIST

Companion Courses:

Intensive Scoring Review

SRS Basic Science of Sleep for the Sleep Specialist

**Earn up to 28.00 AMA PRA Category 1 Credits™
when you attend all three courses!**

**Registration fees
include access to the
AASM online practice
exam – a \$150.00 value!**