



An AASM Sleep Education Series Course

ESSENTIALS OF SLEEP TECHNOLOGY: CPAP TITRATION COURSE

September 6, 2008 • Baptist Hospital • Nashville, Tennessee

COURSE CHAIR:

Eric Olson, MD
Mayo Clinic Sleep Disorders Center
Pulmonary and Critical Care Medicine
Rochester, MN

ESSENTIALS OF SLEEP TECHNOLOGY: SLEEP, PARASOMNIAS AND NOCTURNAL EPILEPSIES COURSE

September 7, 2008 • Baptist Hospital • Nashville, Tennessee

COURSE CHAIR:

Bradley Vaughn, MD
University of North Carolina
Chapel Hill, NC



ESSENTIALS OF SLEEP TECHNOLOGY: CPAP TITRATION COURSE

Saturday, September 6, 2008 • Baptist Hospital • Nashville, Tennessee

TARGET AUDIENCE

This course is intended to offer sleep technologists a review of sleep disordered breathing with a primary focus on CPAP titration.

COURSE OVERVIEW

The course provides a review of basic lung physiology and control of breathing. It includes instruction in the recognition and criteria for evaluation of the severity of sleep related breathing disorders for the implementation of “split night” studies. Common treatment modalities are reviewed. The culmination of the course is a discussion of positive airway titration schemes and methods for improving patient compliance. Newer positive airway pressure modalities are explained and discussed.

COURSE OBJECTIVES

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

- Understand the pathophysiology of sleep related breathing disorders
- Recognize when CPAP titration is appropriate
- Learn techniques for CPAP titration
- Be familiar with advanced topics such as Bi-PAP and Auto-PAP
- Legally perform CPAP titration as a sleep technician in South Carolina

FACULTY

Eric Olson, MD
Course Chair
Mayo Clinic Sleep Disorders Center
Pulmonary and Critical Care Medicine
Rochester, MN

John Park, MD
Mayo Clinic Sleep Disorders Center
Pulmonary and Critical Care Medicine
Rochester, MN

SCHEDULE OF EVENTS

10:00 AM – 11:00 AM *Registration*
11:00 AM – 12:30 PM *General Session*
12:30 PM – 1:30 PM *Lunch**
1:30 PM – 5:00 PM *General Session*

**Lunch is the only meal provided with this course. All other meals are the responsibility of attendees.*

TOPICS

- Breathing During Wakefulness and Sleep and Sleep Related Breathing Disorders
- Polysomnographic Diagnosis of Sleep Related Breathing Disorders
- CPAP Titration
- Bilevel PAP Titration
- Advanced Topics Regarding CPAP
- Quiz and Discussion

ESSENTIALS OF SLEEP TECHNOLOGY: SLEEP, PARASOMNIAS AND NOCTURNAL EPILEPSIES COURSE

Sunday, September 7, 2008 • Baptist Hospital • Nashville, Tennessee

TARGET AUDIENCE

Sleep technologists seeking a better understanding of nocturnal seizures and parasomnias.

COURSE OVERVIEW

This course is intended to offer sleep technologists a review of electroencephalography during polysomnography and the differential diagnosis of events during sleep.

COURSE OBJECTIVES

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

- Understand when additional electroencephalographic leads are appropriate during polysomnography
- Recognize common electroencephalographic abnormalities during sleep
- Review the difference between parasomnias and nocturnal epilepsies and the gray zone in between

FACULTY

Bradley Vaughn, MD
Course Chair
University of North Carolina
Chapel Hill, NC

Merrill Wise, MD
Methodist Healthcare Sleep
Disorders Center
Memphis, TN

SCHEDULE OF EVENTS

8:00 AM – 9:00 AM *Registration*
9:00 AM – 11:30 AM *General Session*
11:30 AM – 12:45 PM *Lunch**
12:45 PM – 3:00 PM *General Session*

**Lunch is the only meal provided with this course. All other meals are the responsibility of attendees.*

TOPICS

- Electroencephalography
- Abnormal EEG Patterns and Video-Polysomnography of Behaviors
- Parasomnias
- Nocturnal Epilepsies
- Case Examples and Scoring Workshop
- Quiz and Discussion

REGISTRATION FORM

Essentials of Sleep Technology: CPAP Titration Course and/or Sleep, Parasomnias and Nocturnal Epilepsies Course – September 6-7, 2008

REGISTRATION INFORMATION *Please type or print clearly*

Last Name: _____

First Name: _____ Degree: _____

Address 1: _____

Address 2: _____

City: _____ State: _____ Zip/Postal Code: _____

Country: _____ Phone: (_____) _____ – _____

Fax: (_____) _____ – _____ E-mail: _____

(e-mail required to receive confirmation)

Special Needs/Accommodations: _____

Please Check One:

- Yes, I give my permission to include my contact information on an attendee list to be distributed to course attendees.*
- No, I do not give my permission to include my contact information on at attendee list to be distributed to course attendees.*

MEMBERSHIP CLASSIFICATION

Receive immediate membership savings by joining the AASM today! Please visit <http://www.aasmnet.org/AboutMembership.aspx> for more information regarding membership types. *Note: On June 1, 2008, the 2008 membership rates listed below will decrease.*

- Regular Members – \$200
- Student Members without journals – \$40
- Student Members with journals – \$115
- Affiliate Membership – \$200
- Affiliate Industry Membership – \$400

3 WAYS TO REGISTER

ONLINE *(credit card only)*
www.aasmnet.org

FAX *(credit card only)*
(708) 273-9354

MAIL *(check or credit card)*
American Academy of Sleep Medicine
Attn: Meeting Department
One Westbrook Corporate Center, Suite 920
Westchester, IL 60154

REGISTRATION DISCLAIMER

Registration is limited. Please register early. Confirmation letters will be sent via email within one week of receipt of registration form and payment. All attendees must pre-register; **on-site registration will not be accepted.**

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

Detach and Return

REGISTRATION FORM *continued...*

REGISTRATION CATEGORY *(please check one)*

Members • To register as a member, the registrant must currently be an individual member of the American Academy of Sleep Medicine (AASM) or the American Association of Sleep Technologists (AAST). If the AASM is unable to confirm that the individual is a member of the AASM or AAST, the AASM will register the individual as a non-member for all sessions at the non-member prevailing fees.

Employees of Center Member • To register as an employee of 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 AASM will register the individual as a non-member at the non-member prevailing fees.

Non-Members • If you are not an individual member of the AASM and would like to become a member, please complete the membership classification information above. For more information regarding AASM membership, call the AASM Membership Department at (708) 492-0930.

ADVANCED REGISTRATION *(on or before August 8, 2008)*

ESSENTIALS OF SLEEP TECHNOLOGY: CPAP TITRATION COURSE

- | | |
|---|-------|
| <input type="checkbox"/> AASM or AAST Individual Member | \$195 |
| <input type="checkbox"/> Employee of an AASM Member Sleep Center or Sleep Lab | \$195 |
| Name of Sleep Center or Sleep Lab: _____ | |
| <input type="checkbox"/> Non-Member | \$300 |

ESSENTIALS OF SLEEP TECHNOLOGY: SLEEP, PARASOMNIAS AND NOCTURNAL EPILEPSIES COURSE

- | | |
|---|-------|
| <input type="checkbox"/> AASM or AAST Individual Member | \$195 |
| <input type="checkbox"/> Employee of an AASM Member Sleep Center or Sleep Lab | \$195 |
| Name of Sleep Center or Sleep Lab: _____ | |
| <input type="checkbox"/> Non-Member | \$300 |

BOTH COURSES: CPAP TITRATION AND SLEEP, PARASOMNIAS AND NOCTURNAL EPILEPSIES

- | | |
|---|-------|
| <input type="checkbox"/> AASM or AAST Individual Member | \$340 |
| <input type="checkbox"/> Employee of an AASM Member Sleep Center or Sleep Lab | \$340 |
| Name of Sleep Center or Sleep Lab: _____ | |
| <input type="checkbox"/> Non-Member | \$550 |

REGISTRATION *(after August 8, 2008)*

ESSENTIALS OF SLEEP TECHNOLOGY: CPAP TITRATION COURSE

- | | |
|---|-------|
| <input type="checkbox"/> AASM or AAST Individual Member | \$225 |
| <input type="checkbox"/> Employee of an AASM Member Sleep Center or Sleep Lab | \$225 |
| Name of Sleep Center or Sleep Lab: _____ | |
| <input type="checkbox"/> Non-Member | \$350 |

ESSENTIALS OF SLEEP TECHNOLOGY: SLEEP, PARASOMNIAS AND NOCTURNAL EPILEPSIES COURSE

- | | |
|---|-------|
| <input type="checkbox"/> AASM or AAST Individual Member | \$225 |
| <input type="checkbox"/> Employee of an AASM Member Sleep Center or Sleep Lab | \$225 |
| Name of Sleep Center or Sleep Lab: _____ | |
| <input type="checkbox"/> Non-Member | \$350 |

BOTH COURSES: CPAP TITRATION AND SLEEP, PARASOMNIAS AND NOCTURNAL EPILEPSIES

- | | |
|---|-------|
| <input type="checkbox"/> AASM or AAST Individual Member | \$390 |
| <input type="checkbox"/> Employee of an AASM Member Sleep Center or Sleep Lab | \$390 |
| Name of Sleep Center or Sleep Lab: _____ | |
| <input type="checkbox"/> Non-Member | \$600 |

REGISTRATION FORM *continued...*

METHOD OF PAYMENT *(please check one)*

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

Card#: _____

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

Card Holders Name: _____

Mailing Address: _____

Signature: _____ Date: ____/____/____

**For a Visa or Master Card, 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.*

CONFIRMATION

Confirmations will be sent via e-mail within one week of receipt of registration form and payment. All participants must pre-register for the Essentials of Sleep Technology courses; **on-site registration will not be accepted.**

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

CANCELLATION POLICY

Written notification must be submitted to the AASM Meeting Department for registration cancellation. A \$50 administrative fee will be withheld on cancellations postmarked prior to August 8, 2008. After this date, no refunds will be available. Refunds are not provided to no-shows. The AASM reserves the right to cancel the Essentials of Sleep Technology courses and provide a full refund should conditions warrant. The refund will only include the cost of registration for the course.

INFORMATION OR QUESTIONS

For information or questions regarding the Essentials of Sleep Technology courses, please contact:

Randi Prince, Meeting Coordinator
One Westbrook Corporate Center, Suite 920

Westchester, IL 60154

Phone: (708) 492-0930

Fax: (708) 273-9354

Email: rprince@aasmnet.org

Web site: www.aasmnet.org

GENERAL INFORMATION

LOCATION

The Essentials of Sleep Technology courses presented by the American Academy of Sleep Medicine will be held at the Gladys Stringfield Owen Education Center Amphitheater at Baptist Hospital, 2000 Church Street, Nashville, Tennessee 37236, (615) 284-5555.

DIRECTIONS & PARKING

For directions to Baptist Hospital, visit http://www.baptisthospital.com/_downloads/bhmap.pdf. Attendees can park for free in the parking lot at the corner of 21st Avenue North and Patterson Street or in the 21st Avenue North Parking Garage.

ROOM RESERVATIONS

A block of guest rooms has been reserved at the Guest House Inn & Suites, 1909 Hayes Street, Nashville, Tennessee 37203, (615) 329-1000. Space is limited, so please make reservations well in advance. The room rate is \$92.95 per night plus tax and is only valid until the room block sells out.

Reservations must be made by individual attendees directly with the hotel's reservation department via phone at (615) 329-1000. To receive the special group rate, you must identify yourself as part of the AASM group.

MEALS

Lunch will be served during both the CPAP Titration course and the Sleep, Parasomnias and Nocturnal Epilepsies course. Meal functions are available for registered attendees only. Guests of attendees will not be accommodated during meal functions. All other meals are the responsibility of attendees.

TRANSPORTATION

Attendees may contact Corporate Travel to purchase airlines tickets. Call toll-free (800) 526-4540 and ask for Lori or Julie to assist you. The airport nearest to Baptist Hospital is the Nashville International Airport.

RECORDING

The AASM strictly prohibits photographing and/or audio, video, or otherwise recording sessions and speakers at the Essentials for Sleep Technology courses.

DRESS CODE

Dress code at the course is business casual.

CONTINUING EDUCATION

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 ACCME 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*[™] for physicians. Physicians will continue to receive a certificate indicating awarding of *AMA PRA Category 1 Credits*[™].

The American Academy of Sleep Medicine will award *AMA PRA Category 1 Credits*[™] for these courses. Each physician should claim only those credits that he/she actually spent in the educational activity.

This activity has been planned and implemented through a joint sponsorship of the American Academy of Sleep Medicine and the American Association of Sleep Technologists (AAST).



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

**ESSENTIALS OF SLEEP
TECHNOLOGY COURSES**

SEPTEMBER 6-7, 2008

BAPTIST HOSPITAL • NASHVILLE, TENNESSEE