The AASM is offering a Sleep Education Webinar Series as a new professional educational 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 Hypersomnia and the MSLT webinar will be presented on Tuesday, April 24, 2007, from 12:00 p.m. – 1:00 p.m. Central Time.

Learning Goals The Hypersomnia and the MSLT webinar is intended to help sleep center specialists understand when and how to implement standard polysomnographic testing for hypersomnia. The strengths and weaknesses of the Multiple Sleep Latency Test will be explored in detail. Participants will learn how to craft policies and procedures for the test that are consistent with AASM Practice Parameters.

Target Audience Directors of sleep disorders centers will find this program particularly useful. Other sleep disorders specialists and researchers will benefit from an analysis of the Multiple Sleep Latency Test. Sleep center technical supervisors or advanced technologists are also appropriate participants.

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.

When: Tuesday, April 24, 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 16, 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.
Presented by
Donna Arand, PhD

Hypersomnia and the MSLT

About the Speaker

Donna Arand, PhD

Dr. Arand is Clinical Director of the Sleep Disorders Center at Kettering Hospital in Dayton, OH. She also is an Assistant Research Professor in neurology at the Wright State University Boonshoft School of Medicine.

Dr. Arand has done extensive research in the areas of sleep deprivation, daytime performance, and insomnia. This research has delineated various factors influencing sleep latency measurements on nap tests. She also chaired the task force for the MSLT/MWT review paper that was the basis for the MSLT and MWT clinical practice parameter paper for the AASM. Currently, she serves on the task force reviewing evidence on treatment of hypersomnia.

Dr. Arand has served on the Board of Directors of the American Academy of Sleep Medicine (AASM) and she is former chair of the AASM Accreditation Committee. She is currently president of the American Insomnia Association.