Interpreting Sleep Studies

Date: October 22–24, 2010
Location: AASM National Office • Darien, IL (Chicago suburb)
Course Chair: Robert Basner, MD; Columbia University College of Physicians and Surgeons; New York, NY
CME Credits: 16.50
Advanced Registration Deadline: September 24, 2010

Course Description
This course will include discussion of polysomnography, portable monitoring and actigraphy. Sessions will focus on clinical signs, indications for testing, interpretation of tests and development of treatment plans. The course will be case-based, using index cases to develop guidelines for the use of testing modalities. Additional sessions will use a workshop format to review the scoring of sleep stages and events with extensive use of record samples. Following the course, all attendees will be provided with complimentary access to the AASM’s online sleep study scoring tests; this three-part online examination consists of 75 questions and features instant feedback for each question.

Target Audience
This course is intended for sleep medicine professionals interested in integrating sleep studies into the diagnosis and management of sleep disorders patients. The course will also be useful for those who order, perform and interpret sleep studies.

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

- Explain the basics of polysomnography interpretation in the diagnosis and treatment of sleep disorders;
- Integrate the International Classification of Sleep Disorders, Second Edition, the American Academy of Sleep Medicine Practice Parameters and the AASM Manual for the Scoring of Sleep and Associated Events;
- Recognize and solve interpretation dilemmas associated with respiratory sleep studies;
- Describe the design and interpretation of sleep studies for the analysis of the major respiratory sleep disorders and the major non-respiratory sleep disorders including parasomnias, circadian rhythm disorders, sleep related seizures and sleep related movement disorders;
- Recognize the major artifacts that occur in sleep studies;
- Explain the rationale for and interpretation of portable sleep studies;
- Interpret studies of sleepiness: the MSLT, MWT, and subjective scales; and
- Interpret polysomnogram record samples and discuss scoring strategies for respiratory and non-respiratory sleep disorders in adults and children.

Faculty – Robert Basner, MD – Course Chair
Carl Bazil, MD, PhD
Richard Berry, MD
Neil Freedman, MD
Mark Mahowald, MD

Important Dates
- September 24, 2010: Advanced Registration Deadline to Receive Reduced Registration Fees
- September 24, 2010: Deadline to Reserve Hotel Rooms at Discounted Rate of $99/night
- October 1, 2010: Cancellation Deadline
- October 22, 2010: Optional Intensive Scoring Review Workshop
- October 22–24, 2010: Interpreting Sleep Studies Course

Attend this course to receive a comprehensive review of the scoring requirements for AASM-accredited sleep centers.

Advance registration fees:
- On or before September 24, 2010:
  - With workshop: $645 (member); $875 (nonmember)
  - Without workshop: $495 (member); $650 (nonmember)
- After September 24, 2010:
  - With workshop: $725 (member); $1000 (nonmember)
  - Without workshop: $550 (member); $750 (nonmember)

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- October 22–24, 2010: Interpreting Sleep Studies Course

Register online at www.aasmnet.org/sleepedseries.aspx.
**Preliminary Schedule and Topics**

**FRIDAY, OCTOBER 22, 2010**

7:00am - 8:00am  Continental Breakfast* and Registration for Intensive Scoring Review Workshop

8:00am - 12:15pm  Intensive Scoring Review Workshop:
  - Technology of Sleep Studies
  - Waveform Recognition
  - Sleep Stage Scoring
  - Arousals and EEG Abnormalities
  - Respiratory Event Scoring
  - Movements and Cardiac Event Scoring
  Richard Rosenberg, PhD

12:15pm - 1:00pm  Lunch* and Registration for Interpreting Sleep Studies Course

1:00pm - 2:00pm  The ICSD-2 Diagnostic and Coding Manual and Sleep Studies Interpretation
  Stuart Quan, MD

2:00pm - 3:00pm  Interpretation of Respiratory Sleep Studies
  Stuart Quan, MD

3:00pm - 3:15pm  Break

3:15pm - 4:15pm  Respiratory Scoring Rules: Problems and Solutions
  Robert Basner, MD

4:15pm - 5:30pm  Workshop in Respiratory Sleep Study Scoring
  Faculty

**SATURDAY, OCTOBER 23, 2010**

7:00am - 8:00am  Continental Breakfast*

8:00am - 9:00am  Parasomnias: Design and Interpretation of Sleep Studies
  Mark Mahowald, MD

9:00am - 10:00am  Circadian Disorders: Design and Interpretation of Sleep Studies
  Phyllis Zee, MD, PhD

10:00am - 10:15am  Break

10:15am - 11:15am  Interpretation of Non-respiratory Sleep Studies
  Phyllis Zee, MD, PhD

11:15am - 12:00pm  Design and Interpretation of Portable Monitoring Studies for Sleep Related Breathing Disorders
  Richard Berry, MD

12:00pm - 1:00pm  Lunch*

1:00pm - 2:00pm  Workshop in Pediatric Respiratory Sleep Study Interpretation
  Stephen Sheldon, DO

2:00pm - 3:00pm  Workshop in Pediatric Non-respiratory Sleep Study Interpretation
  Stephen Sheldon, DO

3:00pm - 3:15pm  Break

3:15pm - 4:15pm  Sleep Related Movement Disorders
  Carl Bazil, MD, PhD

4:15pm - 5:15pm  Artifact Interpretation
  Richard Berry, MD

5:15pm - 6:15pm  Workshop in Non-respiratory Sleep Study Scoring
  Mark Mahowald, MD

**SUNDAY, OCTOBER 24, 2010**

7:00am - 8:00am  Continental Breakfast*

8:00am - 9:00am  Sleep Related Seizures
  Carl Bazil, MD, PhD

9:00am - 10:00am  Sleep Studies and Sleepiness:
  The MSLT
  Neil Freedman, MD

10:00am - 10:15am  Break

10:15am - 11:15am  Sleep Studies and Sleepiness:
  The MWT and Subjective Sleep Scales
  Neil Freedman, MD

11:15am - 12:15pm  Workshop: A Summary of Sleep Study Interpretation
  Faculty

* These meals are provided; attendees are responsible for all other meals. Continental breakfast on Friday morning and lunch on Friday is provided to registrants of the Intensive Scoring Review workshop ONLY.

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**Intensive Scoring Review Workshop**

**Date:** October 22, 2010  
**Location:** AASM National Office • Darien, IL (Chicago suburb)  
**Course Faculty:** Richard Rosenberg, PhD; American Academy of Sleep Medicine  
**CME Credits:** 4.00

**This half-day workshop is an add-on for those registered for the Interpreting Sleep Studies course; individuals must be registered for the Interpreting Sleep Studies course in order to register for this course.**

**Workshop Overview**

This optional half-day workshop will cover everything a sleep medicine professional should know about sleep study display, waveform recognition, scoring of sleep stages and events. The workshop will use a multimodal approach that includes: self-assessment tests before, during and at the end of the workshop; lectures on waveform recognition, staging and abnormal events; and review of recordings from sample cases.

**Target Audience**

This workshop is intended for sleep medicine professionals seeking a review of the basics of sleep scoring, including staging and event recognition.

**Workshop Objectives**

Upon completion of the workshop, 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; and
- Identify common ECG and EEG abnormalities.

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**Questions?** Contact the AASM meeting department by e-mail to education@aasmnet.org or by phone to 630-737-9700
How to Register
There are 3 ways to register for AASm Sleep Education Series courses:

1. Online.  www.aasmnet.org/sleepedseries.aspx (credit card only)
2. Fax. 630-737-9789 (credit card only)
3. Mail. American Academy of Sleep Medicine
           Attn: Meeting Department
           2510 North Frontage Road
           Darien, IL 60561
           (check or credit card)

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 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 meeting department for registration cancellation. A $50.00 administrative fee will be withheld on cancellations postmarked prior to the cancellation deadline. After this date, no refunds will be available. Refunds are not provided to no-shows. The AASm reserves the right to cancel any of these courses and provide a full refund should conditions warrant. The refund will only include the cost of registration for the event.

Registration Categories
Members
To register as a member, the registrant must currently be an individual member of the American Academy of Sleep Medicine (AASM). If the AASM 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 and would like to become a member, join the AASM to receive instant savings including reduced course registration fees, a subscription to the journals SLEEP and Journal of Clinical Sleep Medicine, and much more. Visit the AASM website at www.aasmnet.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). Beginning on October 1, 2010, individuals may apply for membership for the 2011 membership-year and receive the remainder of the 2010 membership-year for free.

Continuing Medical 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.

These courses 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 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 up to 20.50 AMA PRA Category 1 Credits™ for the Interpreting Sleep Studies and Intensive Scoring Workshop courses, 11.25 AMA PRA Category 1 Credits™ for the Pharmacology and Sleep Medicine course, 10.00 AMA PRA Category 1 Credits™ for the Comprehensive Evaluation and Management Coding course, 8.00 AMA PRA Category 1 Credits™ for the Workshops in Sleep Medicine: Portable Monitoring course and 8.00 AMA PRA Category 1 Credits™ for the Workshops in Sleep Medicine: Sleep Apnea Examination course. Physicians should only claim credit commensurate with the extent of their participation in the activity.
Registration Form

Registration Information (Please print or type clearly)

Last Name: ___________________________ First Name: ___________________________ Degree(s): ___________________________

Address: _______________________________________________________________________________________________________________________

City: ___________________________ State: ______ Zip/Postal Code: ___________ Country: ___________________________

Phone: ___________________________ Fax: ___________________________ E-mail: ___________________________

Special Needs/Accommodations: _______________________________________________________________________________________

Specialty (Check all that apply)

☐ Sleep Medicine ☐ Internal Medicine ☐ Pulmonary Medicine ☐ Neurophysiology
☐ Otolaryngology ☐ Pediatrics ☐ Psychiatry ☐ Psychology
☐ Neurology ☐ Nursing ☐ 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

Membership Dues for Nonmembers

(Check one. Membership dues are based on the date that the registration is received by the AASM national office)

<table>
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<tr>
<th>Membership Type</th>
<th>2010 Membership-year Through 9/30/10</th>
<th>2011 Membership-year On or after 10/1/10</th>
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<tr>
<td>Regular Members</td>
<td>☐ $125</td>
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<tr>
<td>Student Members</td>
<td>☐ $20</td>
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<td>Affiliate Members</td>
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<td>Affiliate Industry Members</td>
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Registration Fees

(Click the appropriate registration fee(s). Registration fees are based on the date that the registration is received at the AASM national office.)

Interpreting Sleep Studies

Option #1: Interpreting Sleep Studies course ONLY

On or before 9/24/10 After 9/24/10

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<th>Membership Type</th>
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<tr>
<td>Nonmember</td>
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Option #2: Interpreting Sleep Studies course AND Intensive Scoring Review Workshop

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<tr>
<td>Nonmember</td>
<td>☐ $875</td>
<td>☐ $1000</td>
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Questions? Contact the AASM meeting department by e-mail to education@aasmnet.org or by phone to 630-737-9700
Registration Form (cont.)

Pharmacology and Sleep Medicine

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<td>Nonmember</td>
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Comprehensive Evaluation and Management Coding

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Workshops in Sleep Medicine

Option #1: One Workshop (Either Portable Monitoring OR Sleep Apnea Examination)

Check one:  
☐ Portable Monitoring Workshop  
☐ Sleep Apnea Examination Workshop

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Option #2: Save when you Register for Both Workshops (Portable Monitoring AND Sleep Apnea Examination)

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<td>Nonmember</td>
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*If registering as an employee of an AASM center/lab member, please provide the name of your facility and your accreditation/membership number.

Name:  
Accreditation/Member Number:  

Method of Payment

☐ Check made payable to the AASM (U.S. funds drawn on a U.S. bank)

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.

Register online at www.aasmnet.org/sleepedseries.aspx.
Location & Room Reservations
All courses will all be held at the AASM national office, 2510 North Frontage Road, Darien, Illinois 60561. The AASM has reserved a block of guest rooms at the Aloft Bolingbrook, 500 Janes Ave., Bolingbrook, Illinois 60440, at a special group rate (see details below for each course). Space is limited, so please make reservations well in advance; the group rate will no longer be available if all rooms in the block sell out. Reservations must be made by individual attendees directly with the hotel’s reservation department by calling (877) 462-5638. To receive the special group rate, you must identify yourself as part of the AASM course group. Check-in time is 3:00pm and check-out time is 12:00pm.

Interpreting Sleep Studies ● October 22-24, 2010
Rate: $99/night
Cut-off Date: September 24, 2010

Pharmacology and Sleep Medicine ● October 30-31, 2010
Rate: $99/night
Cut-off Date: October 1, 2010

Comprehensive Evaluation and Management Coding ● November 1-2, 2010
Rate: $78/night
Cut-off Date: October 4, 2010

Workshops in Sleep Medicine: Portable Monitoring and Sleep Apnea Examination ● November 6-7, 2010
Rate: $99/night
Cut-off Date: October 8, 2010

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

The airports nearest to the AASM national office are O’Hare International Airport and Midway International Airport. O’Hare is approximately 23 miles from the office. Midway is approximately 18 miles from the office. Because you will be traveling to a suburb, we recommend that you do not pick-up a taxi outside of the baggage claim exit as these taxis will charge at 1.5 times the metered rate to take you to the hotel. Rather, contact American Taxi via phone at 630-920-9480 after you pick-up your baggage at the airport. An automated system will guide you through the reservation process and provide you with a cab number and a pick-up location. Taxi service to and from the airport is approximately $40.00 each way. Please anticipate 30-40 minutes for travel time to and from either airport.

Questions?
For information or questions regarding the courses, please contact:

Randi Prince, Meeting Planner
2510 North Frontage Road
Darien, IL 60561
Phone: 630-737-9700
Fax: 630-737-9789
E-mail: education@aasmnet.org
Website: www.aasmnet.org

Meals
Meals provided by the AASM are available for registered attendees only. Guests of attendees cannot be accommodated during meal functions.

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